

Attention Athletes,

It's a proven fact that competition makes an athlete better during the season and in the off-season. This year we want to create a more competitive off-season for all grade levels by introducing a program that will allow athletes to compete in the weight room against their classmates as well as all other athletes. To do this we are going to create the **Power Board**. The Power Board will be broken into 4 levels:

Freshman Top 10
Sophomore Top 10
Junior Top 10
Overall Top 10

To create a top 10, we will need at least 18 athletes competing at each level.

To qualify athletes for the Power Board we will be using a formula called the Power Quotient (PQ). The PQ for Sophomores and Juniors will be an athlete's

Max Squat + Max Bench + Max Power Clean / Body Weight

For Freshmen it will be an athlete's....

Max Squat + Max Bench + Max Power High Pull / Body Weight

(For a freshman to qualify for the overall top 10 they will have to compete using a power clean)

To get a qualified lift onto the board, an athlete must test out in all 3 lifts while being viewed by one of the following coaches:

Coach Davis
Coach Tennes
Coach Foerch
Coach Schmitz
Coach McCardle
Coach Branske

Athletes must also complete the following criteria to qualify for the Power board:

1. Be receiving a passing grade in all classes
2. Demonstrate G'town Power attendance of 70% or greater as tracked via the attendance sheets
3. Be eligible to compete in a varsity sport

Initial Testing Opportunity

We will do the initial power testing the week of December 7th thru December 10th.

All max testing for squat and bench will be done using a 3, 5 or 10 Rep test and converting this into a 1 Rep Max. Power cleans will use a 1, 3 or 5 rep test and converting that accordingly. High Pull will use a 3 or 5 rep max.

When Can I test out after the initial testing?

Once initial testing is done, athletes can test out any week they wish using the workout that is being performed that week. As example if we are doing a 10 Rep workout athletes can test out and convert their best 10 into a 1 rep max. This will allow athletes that can lift 10 reps better than 3 reps to compete and create a chance to set new personal records each week. It will also allow athletes to break a personal record every week.

In-Season Athlete Participation

Athletes that are in a sport are eligible to compete to get on the Power Board. They will be required to lift a minimum of 2 times per week (as track via attendance sheet) with each session being at least 40 minutes long.

A Qualified Squat

A qualified squat will require the athlete to touch a box with their Ischia tuberosity or butt bones on each rep. Box height will be determined by a height chart in the weight room. They must touch the box on every rep to make it a qualifying squat

A Qualified Bench

A qualified bench will require the athlete to touch their chest and lock out their arms on each rep. They cannot receive help from a spotter but a spotter can follow them down to maintain safety. Having a coach spot is highly recommended to make sure lift is good.

A Qualified Power Clean or High Pull

A qualified power clean will require the athlete to full clean the weight to the catch position and hold it there for 1 second. 1 Rep and 3 Rep Test will be allowed for power cleans and 3 and 5 rep testing for high pulls. Setting the barbell down for re-gripping will discontinue the test.

Power Board Top 10 Monthly and Final Awards

Monthly Power Board recognition will be determined and be announced the last week of January once the board has been established for 1 month.

Starting in February we will introduce the Speed Power Quotient (SPQ) and the Agility Power Quotient (APQ) which is:

$PQ / 20 \text{ Yard Dash Time} = SPQ$

$PQ / \text{Pro Shuttle Time} = APQ$

Ultimately by combining all of these Quotients we will be able to create an off-season competition that will allow everyone get better and compete if they stay committed to training.

To make this work, we will need athletes that are committed to the off-season training program from now until August 1st. An ongoing competition like this will make the off-season a lot more enjoyable and provide athletes the single thing that makes athletics fun.... **The Ability to Compete!!**

I hope each and every athlete will step up and try to work towards getting on the board and take part in this exciting new program. Plan to take part in the testing the week of December 7th thru the 10th

Remember training is a year around commitment to getting your body ready to compete and perform at its best. Regardless if you are blessed with great natural speed, power or strength, this program will provide every athlete the opportunity to measure their progress and chart their gains each week.

Let the Games begin

G'Town Power Coaching Staff