



Thank you for your interest in powerlifting. We will have tryouts after school from 3:45 – 5:00 on Monday November 16th and Tuesday November 17th. During tryouts lifters will be evaluated on the following lifts: Bench, Squat, & Deadlift. Lifters will be selected for the team based on their one rep max in each lift. Only 12 power lifters can compete in a meet, spread out over the following weight classes:

Boys 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 & 308+

Girls 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 242+

* Final Decisions on who will compete will be based on individual maxes within each weight class

We will participate in the following meets this year.

Regionals: Exact dates and locations have not been finalized but will be around the middle to last week in January.

North Half: Exact dates and locations have not been finalized but will be before spring break.

State: Boys and Girls will be at the Mississippi Coliseum in Jackson Mississippi on Saturday April 17th 2021.

We will have practice three days a week on Monday, Wednesday, & Thursday at 6:45 in the morning. Our first practice will be on Thursday November 19th. Students are responsible for their own transportation to practice. Students will be expected to regularly attend practice sessions in order to maximize their strength gains.

In order to cover meet entry fees, travel expenses, and t-shirts all players will be expected to sell two boxes of chocolate. Players will be issued one box of chocolate at a time and will be responsible for all chocolate issued to them.

Power lifters must have a physical on file as well as an account on dragonflymax.com. **Students CANNOT try out without an up to date physical.** If you already have a physical for another sport during the 2020-2021 school year, you **DO NOT** have to get another one. If you have any questions about whether you have a physical for another sport, check with Coach Dougher (B24) or Coach Coleman (G110) BEFORE tryouts. If you already have a Dragon Fly account you will need to fill out the updated paperwork for the 2020 school year. If you have not created a Dragon Fly account please see the attached instructional letter for creating a Dragon Fly account.

Coach Dougher

Coach Coleman

DCHS Powerlifting COVID Plan

- All players' temperatures will be taken before practice.
- All players will answer screening questions before practice including
 - Have you been exposed to a confirmed case of COVID-19 in the past 14 days?
 - Have you had a fever in the last 48 hours?
 - Have you experienced a cough, shortness of breath, or soar throat in the last 48 hours?
 - Have you experienced a new loss of taste or smell?
 - Have you experienced vomiting or diarrhea in the past 24 hours?
 - **If players answer yes to any of the following questions or have a temperature above 100 Degrees they will not be allowed to work out for the day.**
- Players must wear a mask when inside the weight room and not lifting.
- Spotting will take place on both sides of the rack to promote social distancing.
- Players will be assigned a workout group that will not change in the event that contact tracing is necessary.
- Players must bring their own water bottle and a towel if needed.
- Players will not be allowed to share a weight belt, knee wraps, or wrist wraps.
- Disinfecting spray will be provided and players will be expected to use it between lifters.
- Weight room will be regularly fogged and disinfected.

MHSAA COVID-19 Considerations

1. All students, athletes and support personnel should be screened prior to entering the competition arena with temperature checks and a signs and symptoms checklist (available on the MHSAA website.)
2. It is recommended that schools traveling to a venue for a competition screen their athletes before boarding the bus and departing, so as not to allow potentially sick individuals to travel in buses and exposing others in the process.
3. In the event of a competitor failing the screening or running a temperature greater than 100 Degrees Fahrenheit, please refer to the MHSAA Fall Sports Comprehensive Guidelines available on the MHSAA website for next steps.

Masking and Hand Hygiene

1. Competing students, coaches, judges, and support personnel should be masked at all times while indoors and competing. Masks must fit snugly over the nose and along the sides of the face so there are no gaps.
2. Hand sanitizer or hand washing stations should be widely available at the venue.
3. All personnel should sanitize their hands regularly including:
 1. Upon entering the facility
 2. **BEFORE ENTERING** the warm up area
 3. **BEFORE LEAVING** the competition/scoring area

Social Distancing

1. Prior to the event, the hosting school and MHSAA will work with the venue to insure that inside capacity will be sufficient for competing athletes and team personnel.
2. A maximum of four athletes/judges or support personnel should be allowed per apparatus at one time. This applies both to the warm up area and competition area. A single bench press area, squat rack, or deadlift mat would represent an "apparatus" for this restriction.
3. Each apparatus should be separated from the next by at least 10 feet. Each apparatus should have a line marked 6 feet in front of the position the lifter will be facing, inside which no one is allowed to walk while a lift is being attempted.
4. If the venue and equipment is not sufficient to allow all athletes to compete at once with the limitation of 4 per apparatus, then teams should be organized into rounds or flights to limit the number of people congested into the warm up or competition area.
5. There should be a minimum 10 feet separation from the participating personnel and fans/spectators at all times, in both the warm up or competition areas.
6. Limit the pre-event meeting to one coach per team competing.
7. Forego team handshakes before or after competing.
8. Maintain social distancing 3-6 feet while in the venue.
9. Limit travel parties to those necessary to compete and space as widely as possible on team buses.

Shared Equipment

Belts, towels, wipes, etc should not be shared. Teams/Individuals are encouraged to bring their own chalk for lifting.

Bars, plates and collars should be sanitized between rounds/sessions, in both the warm up and competition areas. A CDC approved disinfecting spray is recommended for this use.

All personnel should have their own water bottle or separate drinks.

GET STARTED WITH DRAGONFLY



DragonFly makes sports and activities more organized with easy-to-use digital forms, health records and team communication tools.



PARENTS & STUDENTS

- 1 Download the DragonFly MAX app from the App Store or Google Play.
- 2 Tap 'Get Started' and 'Sign Up for Free' then follow the prompts to create your Parent account with your own email address.
Note: please do not create an account with your child's name or contact information – you will get the chance to add your child soon!
- 3 Verify your account with the verification ID sent to your email address.
- 4 Tap 'Connect to your school' to select 'Parent' as your role and search for your child's school.
- 5 After selecting your child's school, tap 'Join' to request access. An administrator at your school will approve your request.
- 6 Tap 'Set up your children' and follow the prompts to add your kid(s) and fill out their participation forms.



ATHLETIC DIRECTORS, COACHES & SCHOOL ADMINISTRATORS

- 1 Visit dragonflymax.com and click the 'Log In/Sign Up' button.
- 2 Click 'Sign Up for Free' to create your account with your school email address.
- 3 Verify your account with the verification ID sent to your email address.
- 4 Click the 'Get Started' button to select your role and search for your school.
- 5 After selecting your school, tap 'Join' to request access. You will see a list of administrators at your school who can approve your request. If you're the first person to request access to your school, a member of the DragonFly team will verify your role and approve your request.

PREFER TO DO THIS ON YOUR COMPUTER?

Visit dragonflymax.com and click 'Log In/Sign Up' to get started.