



BOISE
BARBELL

A GUIDE FOR YOUR FIRST COMPETITION

WHAT TO EXPECT AND HOW THINGS WORK

WEIGHTLIFTING COMPETITION

BOISE
BARBELL

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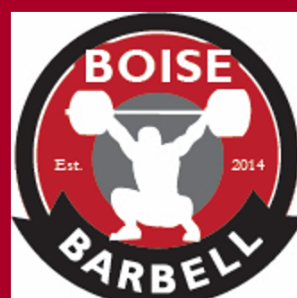
A DUET BY TORI AND
SARA MIRANDA

COMPETITION

A SOLO PERFORMANCE
BY FRED AGUILAR

YOU DID IT!

TORI XANDRO SINGING
HIS LATEST SONGS



CONGRATS!

Congratulations! You are going to compete in your first Weightlifting competition! The sport of Weightlifting is really rewarding and competition is a big part of that.

If you're feeling a little nervous or a little jittery about competing, don't worry. It is totally normal to feel some nerves! Think of that nervousness as extra energy... extra lifting fuel for the day!

The most important thing to do on competition day is **HAVE FUN!** You've put in the work on the platform and know what to do. Just have fun lifting and hanging out with your teammates!

fun

LEVEL
UP

*Good
vibes*

SLAY
THE
DAY

WHAT TO BRING

There are some important things you'll need to bring with you to the competition.

Here's a list -

Singlet

Lifting shoes and other gear you normally use (belt, wrist wraps, knee sleeves/wraps). Pulling straps are not allowed in competition, so please leave those at home.

A government issued ID (drivers license)

Proof of USA Weightlifting membership (paper card or electronic).

There's also some things that aren't required, but are very helpful.

Recommended things to bring -

Food. (Bring foods that you usually eat/your body is used to.

Ask your coach about how much food to bring.)

Water/Powerade/Coffee

Extra clothes. (pair of comfy sweats, t-shirt, sweatshirt)

Tools you use to prep for training - roller, lacrosse ball, bands, etc.

Headphones/ear buds.



WEIGH IN

Two hours before the start of your competition, you will weigh in. There will be signs at the venue indicating where weigh-ins take place, usually in a restroom or locker room.

Please arrive early, prior to the start of weigh-ins for your session. The individual in charge of weigh-ins will start on time. If you are not there or do not hear your name called, you will go to the end of the list and weigh-in last.

You will need your USAW card/proof of current membership and a valid ID to weigh in. Please have those items with you.

When your name is called for weigh in, follow the official in to the restroom/locker room. They will ask to see your USAW card and your ID.

If you are younger than 18, you will wear a singlet to weight in. If you are 18 or older, you may weigh in wearing your singlet, undressed, or in undergarments. Regardless of age, you will not wear shoes or socks on the scale.

After weighing in, please eat a snack/meal and drink some water. You can relax and hang out with your teammates, go get something to eat, etc... If you are going to leave the venue, please let your coach know.



WARM UPS

It's time to lift! Your coach will let you know when to start warming up with the barbell. Prior to that, take some time to go through your normal lifting prep routine.

That could be using a foam roller, doing some stretching or activation exercises... any or all of those. Whatever YOUR normal prep is, do that prior to warming up with the barbell.

Make sure you put your singlet on and have any other lifting gear you use is near by.

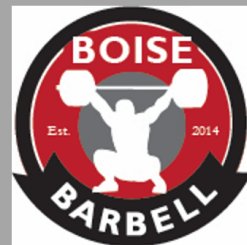
Your coach will have your warm up planned out, how much you will lift and when to lift. Your coach and/or teammates will load the bar for you.

All you need to do is lift when your coach tells you to and then rest.

It might feel hard to wait/sit and rest when you're warming up. This feeling is totally normal. It's really important to lift when your coach tells you to. Your coach is trying to time your warm up so you're ready to take your first attempt without waiting too long before or taking a warm up shortly before.



COMPETITION



The competition will start with the Snatch first and then the Clean and Jerk. All of the athletes in your group/session have 3 attempts with the Snatch, then the group will move on to the Clean and Jerk. Every athlete will get 3 attempts in the Snatch and 3 attempts in the Clean and Jerk.

Your attempts will be watched by 3 judges. One judge will sit in front of you (center judge), another judge at the right corner of the platform (if you're standing on the platform looking out), and the third judge will be at the left corner of the platform.

Based on your technique the judges will give your attempt a white flag/light or a red flag/light. If your attempt receives 2 or 3 white lights, the lift is good! If your attempt receives 2 or 3 red lights, the lift does not count and is considered a miss. Ideally, we want all of the judges to give the attempt a white light.

When it's your turn to take your first attempt in the Snatch, you will hear the announcer say your name, state the weight of your attempt, and then say "The bar is loaded. The athlete has 1 minute".

From here, you will have 1 minute to take your attempt. You can go out right away or take a few moments to get yourself ready.

If the barbell is not in a position on the platform where you want it to be, you can move it. **Use your HANDS to move the barbell and NOT your feet.** If you use your feet to position the barbell, you will automatically receive 3 red lights/missed lift.

COMPETITION



When you hit your opener (first attempt), **you will need to wait for the center judge to give you a down signal to drop the barbell.** So, when you stand up from the bottom receiving position of the Snatch pause and be still. This shows that you have control of the barbell.

Then, when you're given the down signal (judge saying "down" and/or arm movement down) control the barbell to chest height before letting it drop.

The rest of your attempts in the competition will follow that same pattern. Easy peezy...

In between attempts, your coach will help you stay warm/stay ready. Sometimes, you won't wait very long for your next attempt. In that situation, you sit and rest before the next attempt. Sometimes, you may have to wait several minutes until your next attempt. When that happens, your coach may have you do some pulls or other movement to keep you ready.

You will have a break in between Snatch and Clean and Jerk.

This is a great time for a snack, to use the restroom, to have some more to drink, or to rest. How long the break is depends on a lot of things. Your coach will let you know when to start warming up for the Clean and Jerk.

The Clean and Jerk portion of the competition will follow the same pattern as the Snatch. When you have taken your third attempt in the Clean and Jerk, you are done competing! Woo hoo!

YOU DID IT!!

Way to go!!! You did it!!!

You have completed your first competition!!!

Usually, the week following a competition there's no programmed training. So, you can have some extra rest and maybe do some other activities that you enjoy.

If you'd like some feedback on your competition, some point during the week post-competition is a great time to chat with your coach. Just let him/her know.

WOW!

CHEERS!

