

Powerlifting

Place: Harrisburg High School

Time: 6:00p – 7:30p

When: Thursday

What to bring: Lifters please bring a comfortable shirt and shorts. No jeans or non-lifting attire.

Reminder: Please do not arrive to practice more than 15 minutes before practice starts.

SCHEDULE OF LIFTING DAYS:

MARCH 28 – Orientation/Practice for all lifters and coaches. Powerlifting shirt sign up.

APRIL 4 – Practice

APRIL 11 – Practice

- Please bring money for powerlifting shirt (We will get you the amount by the 2nd practice on April 4)

APRIL 18 – Practice

APRIL 25 – Practice (Last practice for athletes **not** attending state tournament)

MAY 2 – Practice

MAY 9 – Last practice

FRIDAY, MAY 17 – Powerlifting competition at USD in Vermillion

Attendance Requirement: Athletes also participating in track may miss up to three practices total between the two sports but no more than two within one sport. If you miss any additional time beyond three practices or a total of 4.5 hours, you may be scratched from participating. Athletes only participating in Powerlifting, may miss up to one practice or a total of 1.5 hours AND the practice hours must be made up by attending either a Soccer Skills or a Track and Field practice. Please contact Tracy Donovan to schedule make-up hours. Reminder missed time includes arriving late to or leaving early from practice.

Please contact:

Joel Lubovich at joel.lubovich@k12.sd.us or 605/332-1954 with any questions or concerns. For practice make-up contact Tracy at 317/910-4952 or Tracy.D@sosioxfalls.org. You may also call the Fireworks phone at 605/336-0240.