

## 2015 USA Powerlifting HS Nats Coaches Checklist

- ☐ Contact each competitor individually to confirm they have registered on the competition site [http://wiusapl.org/?page\\_id=403](http://wiusapl.org/?page_id=403) and have completed the PayPal portion. Their name will not be listed on the public registration list if they have not paid.  
<https://docs.google.com/spreadsheets/d/1ISfwtttdCbEbpj2OjZt-ReAqhH5q-7r10reyZtwGEfBw/edit?usp=sharing>
- ☐ Confirm each competitor has printed out the three documents attached to the email they received.
- ☐ Confirm each competitor has signed the entry form and liability release documents that came in their confirmation email.
- ☐ Confirm each competitor has their parent or guardian signature on the entry form and liability release documents.
- ☐ Make a copy of these *two forms for your folder* to bring to MKE.
- ☐ Work with your head principal to have the proof of academic good standing form completed on ALL of the team going to MKE.
- ☐ Make a copy of the academic good standing form(s) *for your folder*.
- ☐ Make a copy of every team member's government issued ID. Or school ID should there be no gov. issued ID. Ideally have a form of identification that cannot be debated. *Put in your folder*.
- ☐ Confirm each team member has purchased a valid USA Powerlifting membership. The expiration date cannot be anything other than 12-31-2015. It must be HIGH SCHOOL level.  
*Make a copy for your folder*. Link for purchasing:  
<http://www.usapowerlifting.com/forms/MembershipApplication.php>
- ☐ Any possibility of breaking a USA Powerlifting American record? Get a copy of the competitor's birth certificate and *make a copy for your folder*.
- ☐ Competing as a team and in several categories? Complete the USAPL HS Nationals Team Declaration Sheet for each category. Put the original and *copy in your folder*.
- ☐ Coordinate how the team fee(s) will be paid at the contest. \$50 per category. The check should be made out to **Wisconsin High School Powerlifting Association**. *Put in your folder*.
- ☐ Determine how many coaches are supporting the team so you can coordinate payment at registration for them.
- ☐ PACK *THE FOLDER* IN YOUR BAG. MORE IMPORTANT THAN YOUR TOOTHBRUSH.
- ☐ Plan to be at the coaches meeting on Thursday March 26 7:00 PM. This is where future HS Nats contests are bid on and all votes are important. Many other topics are discussed as well.
- ☐ Plan to be at the Coach's Toast Saturday night from 8:30-10:00 pm in the Altitude bar of the Crowne. This social hour is exclusive to coaches, no competitors or parents will be allowed. When you come through registration, your voucher for this will be provided.
- ☐ Review the preliminary schedule available in Coach's Corner. Note the times registration and equipment check are open. Many opportunities so you can focus on weighins when it is time to make weight.

Don't hesitate to contact Tonya L. with any questions. [tonya\\_wiusapl@me.com](mailto:tonya_wiusapl@me.com)