



PUREfitness...PUREpower - Powerlifting Conduct Code

Mission Statement

To bring together Wisconsin's best power lifters and represent the state of Wisconsin and Pure Fitness on a National Stage. Working cooperatively in training, performance and community to grow the sport of powerlifting in Wisconsin and Nationally.

Conduct Policy – Lifters & Coaches

- **Exhibit the most professional attitude and behavior while representing Wisconsin and Pure Fitness. Including, but not limited to, competition and anytime wearing Pure Fitness team clothing.**
- **Compete and abide by all International Powerlifting Federation (IPF) Rules and Regulations within IPF Technical Rule Book.**
- **Zero Tolerance Policy.**

Targeted Lifters

We are creating a 10 man team from Wisconsin to compete at Men's Open Nationals for Pure Fitness who are the top lifters that have best wilks total and/or winner of each weight class and have a passion for the improvement of self, team and sport.

What to Expect from PURE FITNESS

Inspired by a few lifters currently at our facility we would like to put together a team for Nationals in 2015. At this time we are offering our team athletes a t-shirt, coaching/guidance as needed and the possibility of additional benefits once the team has been formed.

Our team representative coaches consist of RG Luckow, Bruce Sullivan, & Michael Steinmetz. We completely understand that you each may have your own coaches that you work with regularly. This is why the team representatives are only here as an additional support, in regards to program design or nutrient timing should you need it. Above all, we are looking to create a Wisconsin based team of the best power lifters to compete on a National Level and WIN.