

# Power Lifting

2021 Season. Updated 5/25/2021





# Return to Play 2021

- Practice Guidelines
- Competition Outline
  - Virtual
  - At home



# Power Lifting Season

- Season
  - February 1<sup>st</sup> - December 31<sup>st</sup>
- Virtual Competition
  - May – August



## Season Goals

- Practice & improve skill development
- Improve conditioning & fitness
- Offer virtual meet amongst lifters across the state
- Offer at home opportunity that focus on fitness and wellness activities
- Awards will be awarded at end of season

# Practice





# Practice

Teams may gather following Massachusetts guidelines for COVID 19

- Please refer to the [Phase 4 Return to Play Document](#) for the most up-to-date gathering guidelines
  - Gathering allowances will be increased however Training and Competition organizers must work with **each facility operator** to confirm parameters of capacity and still must allow for all sanitizing and social distance guidance within facility.
- Recommend forming sub groups of 10 and use same groups for every practice session
- Although the Mask order has been relaxed for outdoor sports as of May 18, all SOMA activities **will remain operating with a Mask order at least through June 30, 2021** when athletes cannot social distance and for all indoor activities. Athletes in the water do not need to wear a mask.
- Social distancing protocols must be followed at all times
- No towels or equipment is to be shared
- Recommended use same groups for every practice session



# Practice

- For the state of Massachusetts, spectators are now allowed at sporting events, however local and facility guidance must be adhered to at all times. If local and facility guidance equals that of the state, the Special Olympics MA guidance will be as follows:
  - **Practices:** Spectators must remain outside the playing area at all times and where a mask. If within the playing area, they must be screened and counted as part of the head count for that specific playing area.
- All players and coaches must wash and sanitize hands upon arrival, frequently during and at conclusion of practice
- All equipment must be sanitized prior to start of, frequently during, in between each lifter and at end of practice
- All individuals attending practice must take a COVID 19 screening prior to start of practice, (refer to return to play power point in [coaches resource section](#) of SOMA website)

# Competition







# Competition Opportunities

- Virtual Meet
  - Lifters are divisioned against others from across state in a virtual meet that is based on USA Power Lifting Hometown Throw Down. Awards provided at conclusion of season
- At Home



# How Virtual Meet will work

- Lifter or coaches submit following information to Special Olympics MA
  - Athlete name, body weight, lifts attempting
- Athletes will be placed into classes and classes posted to SOMA website
  - Classes may change throughout season.
- From May – August: lifter or coach submit all lifts during that time frame in lbs & kg's. Results will be posted to leaderboard on SOMA website so athletes can see how they are doing vs others in their class
- August 15<sup>th</sup> submission window closes. Special Olympics MA will review lifters final submitted lift and judge that lift. Lift may be judged using video submission or in person by a certified judge. Final lift that is submitted for review or is reviewed will serve as final result
- Athlete may join competition at any point during this window



## In Person Meet

- It is the goal of Special Olympics MA to host an in person power lifting completion
- Event, if held, will be in Fall of 2021 and potentially outdoors



## At home competition

- For those athletes that can not attend a practice due to risk level or apprehension for being in small gatherings. Special Olympics has designed the following at home fitness competitions:
  - Strength & Conditioning
    - Athletes receive points for number of days they work out using the monthly workout calendar
    - They receive awards based on # of points earned
  - Special Olympics North America Move Challenge

# Future of Sport





# Post COVID

- Season to be expanded from current 12 week window to 6-8 month long season
- Each season will end with a state competition
- At least four (4) weeks prior to state competition, assessment days will be held across the state. Purpose of assessment days are as follows
  - Opportunity for Meet Committee to view athletes doing lifts at a lighter weight of 75% of projected max
  - Committee will evaluate all lifters and determine if lifter needs to be in a modified lift class at state meet
  - Opportunity to give lifter training tips on how to train over remaining weeks of training to properly prepare for meet. As well as give coach a detailed assessment of lifter so they can alter training plan and work on any flaws or weakness in athletes form that may negatively impact their lifts at state meet
  - Serve as a rules clinic and dry run for both coaches and lifters so they are prepared for state meet.
- Athletes may compete in multiple sports and not choose which sport to compete in for a season. Only time an athlete must make choice is if competition falls on same day.

# Questions?

ops @specialolympicsma.org

or

Matt.Ruxton@specialolympicsma.org

