



Saturday July 16, 2016
The Summer Bash "Primer"



Place: 2XL Powerlifting - 8 Yorktown Convenience Center Lombard, IL 60148

Time: 9 a.m. start time - will run until approximately 2-3 p.m.

Who: Lifters whom the Summer Bash will be their first, or one of their first meets

Description: 2XL Powerlifting staff and Team Stone powerlifters will cover everything an aspiring or beginning powerlifter needs to know to compete in the 13th Annual Chicago Summer Bash. 2XL and Team Stone includes world-champion powerlifters as well as APF sanctioned powerlifting referees to cover both the technique and strategy of a competing in a powerlifting meet as well as the logistics and rules of a sanctioned contest.

2XL Staff will start by explaining day-of logistics of a powerlifting meet, including weigh-ins, scheduling of flights, warm-ups, attempt selection and the flow of a typical meet. The rules, commands, and technique of the squat, bench and deadlift will be explained in a straight forward fashion. From there, each participant work through 1-2 attempts on each lift in a more informal fashion and pace than in a meet. Newer lifters unfamiliar with the judges commands will have a chance to perform their lifts with those commands from certified referees. Additionally, each lifter will have a chance to have their technique evaluated by certified judges and coaches. The lifting will take place on some of the same equipment (monolifts, competition benches, competition bars) that will be used at the Summer Bash.

Cost: \$30 for those registered for the Summer Bash, \$50 if not lifting in the 'Bash

Registration: Online Registration is available at 2XLPowerlifting.com.