

Chisago Lakes Weight Lifting Competition

Chisago Lakes High School is holding a weight lifting competition and we have been invited. Athletes will be tested in: bench press, parallel squat; clean (hang or power); vertical jump; shuttle run; and 1 min jump rope. They lift to failure or 10 reps whatever comes first. The weight on the bar and reps are used to determine a 1 rep max. The score on each event is worth points and the total points on all 6 events are used to find the places in each weight class. T-shirts are awarded to the varsity (soph or junior) and jv (8th grade or freshman) winner and runner up. There is also a team component which is scored like a track meet with each weight class being like an event. Points awarded to the team for the top finishers. There is a traveling trophy awarded to the winning team.

Where: Chisago Lakes High School

When: Thursday, March 7th: Check-in at 4:30 p.m. & event beginning at 5:00 p.m.

- We will meet at the weight room after school at 3:15 p.m (snack will be provided). Our bus will leave the high school at 3:30 p.m. The event will be over around 8:00-8:30 p.m. depending on the amount of competitors.

Cost: 15\$ (with meal provided)

Attire: CENTENNIAL COUGAR SHIRT and workouts shoes



Turn this in with your 15\$ so we have a head count on who is competing.

Name: _____

Current Grade: _____

COUGAR STRENGTH

