

River Falls Powerlifting
“ALL IN”
LIFTER & PARENT HANDBOOK
2025-2026



River Falls Powerlifting

Dear Lifters and Parents:

The purpose of this letter is to supply you with pertinent information and familiarize you with the philosophy of the River Falls Powerlifting (RFPL) program under Head Coach: Ulice Payne III. At RFPL, we are a Family and we believe that the best way to accomplish goals is through the culmination and collaboration of parents, athletes, and coaches.

We are excited for your child to be a part of our powerlifting program this year. We plan to conduct a program that develops physical and mental strength and facilitates the growth of our student-athletes into well-rounded citizens in their home, school, and community. As a staff, our goal for our program is that it will show tangible progress in the character as well as athletic performance of your child.

The health and safety of our athletes is the utmost priority of our program. In the case that your son/daughter should injure him or herself, we ask that they communicate this with the coaches immediately. We ask that everyone (coaches, parents, and athletes) make a concerted effort to exhibit good sportsmanship at all times. We believe that it is vital to support all athletes and create a positive atmosphere at all times. With that being said, please note we will not tolerate poor sportsmanship from anyone (athletes, coaches, and parents) within our program.

If you have any concerns or questions during the season regarding your athlete, please contact Coach Payne via email or text. We also ask that if there are any concerns that you please avoid the natural reaction to voice your displeasure around the community, and please reach out to the coach instead. We will schedule a meeting/conference to discuss any questions or concerns with you and a member(s) of the RFPL Board.

We are excited and looking forward to a new season at River Falls Powerlifting Club. We aim to develop a tradition of hard work and respect amongst teams in both our area and statewide.

Sincerely,

Ulice Payne III, Head Powerlifting Coach (414)406-6254

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River Falls Powerlifting Guidelines & Policies

1. All athletes must meet the requirements of the River Falls High School Activities Handbook (RFHSAH) for scholastic eligibility before taking part in any practice or contest.
2. All athletes must follow the RFPL Guidelines and Policies as set forth. The RFPL Guidelines and Policies are an addendum to the RFHSAH, not a replacement.
3. All athletes are expected to abide by normal school/classroom rules. If you fail to abide by school policy, you will be dealt with according to the RFHSAH.
4. Athletes will remember that they are the most visible representatives of our school and community and will accept the responsibility of dressing and conducting themselves accordingly. Sportsmanship is an essential part of that conduct.
5. All students participating in Powerlifting are required to practice at assigned practice times and must arrange their own transportation.
6. Students must have a preparticipation physical fitness form attesting to their current physical fitness to participate in sports as determined by a licensed physician, Physician's Assistant (PA) or Advanced Practice Nurse Prescriber (APNP) no less than every other school year. A sports physical card must be on file with RFSD prior to starting practice.

<https://www.wiaawi.org/Portals/0/PDF/Forms/PPE-form.pdf>

7. Transportation to powerlifting events is each individual lifter's responsibility.
8. Athletes will be issued equipment. They are responsible for that equipment and if it is lost, stolen, or destroyed, the athlete will pay the cost to replace that equipment. The costs are listed below:

Singlet: \$100

9. Tobacco, alcohol, vaping, and illegal drugs have no place in the life of an athlete; they are detrimental to health and performance. Those who violate this policy will be dealt with according to the athletic policy.
10. Overuse of supplements, specifically stimulants (pre-workouts, energy drinks, etc.) should be cautioned. Lifters and parents should review the WIAA performance-enhancing and banned substances list and policy statement, see links below. Any use of these items will be documented by Coach Payne and discussed with parents.

<https://www.wiaawi.org/portals/0/pdf/health/performanceenhancers.pdf>

<https://www.wiaawi.org/Portals/0/PDF/Health/WIAASupplementPositionStatement.pdf>

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<https://www.usapowerlifting.com/wp-content/uploads/2022/07/USA-Powerlifting-Anti-Doping-Rules-v.Feb2022.pdf>

<https://www.usapowerlifting.com/drug-testing/>

11. Participation in team sports requires teamwork. Always present a respectful attitude -- be considerate of your teammates -- we are a family.
12. If you cannot accept authority, your place is not in athletics. We must have the cooperation of everyone. If you feel that you cannot follow our rules, then it is best that you take your interest elsewhere. **Participation in athletics is a privilege, not a right.**
13. If a lifter is removed from the team by a coach, the parents will be contacted by telephone stating the reasons why that lifter has been removed. It is at the coach's discretion whether the lifter is immediately removed from the team.
14. Lifters will use appropriate communication. Avoid using profane, foul, or otherwise inappropriate (including innuendos and racial slurs) language. Please be conscious of your tone, facial expressions, and body language. Remember that 90% of communication is non-verbal. The coach will determine the number of Squat Jumps based on the severity and frequency of the offense.
15. Lifters will display an attitude of respect, teamwork, and sportsmanship. Negative examples are: yelling at teammates, playing selfishly, arguing with judges, or negative display of emotion. The coach will determine the number of Squat Jumps based on the severity and frequency of the offense.
16. Lifters must follow dress code for each practice, scheduled meet and must come prepared. Lifters will be given a reminder for being out of uniform, but still will be expected to workout in whatever gear they can obtain for practices. If you are out of uniform for a meet, you will not be allowed to participate in that meet and will do squat jumps during the next practice.
17. Keep equipment/weight room area clean. Pick up your own trash and keep your equipment and personal belongings in designated areas. If trash or equipment are left in the weight-room, the entire team will do Squat-Jumps dependent upon how many articles are left out.
18. Parental interference in practices is not allowed and should remain outside the weightroom at all times.

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River Falls Powerlifting Meet Conduct Guidelines

1. We will conduct ourselves during the Powerlifting Meets with sportsmanship as the number one priority. We will be respectful to the officials. This includes our facial expressions and body language. **Nobody will talk to a judge other than the head coach.**
2. During the Meet, the Lifters should not be walking around and talking with others. They should be watching and cheering their teammates on.
3. **ANY OFF SCRIPT BEHAVIOR WILL RESULT IN A MINIMUM 2 MEET SUSPENSION. THIS IS NON NEGOTIABLE.**

We will conduct ourselves in a sportsmanlike manner after the meet. As a team, we will gather and help the host team “tear down.” No lifter is allowed to leave before the awards ceremony unless discussed and agreed upon by the head coach, minimally 4 days prior to the meet.

River Falls Powerlifting Practice Attendance

Our Athletes will grab a weight that is appropriate and do Squat Jumps 100 times per Reminder. Note: it's not a form of discipline but to remind our Athletes to make good choices.

1. Lifters are required to be at every practice.
2. Absence Policy:

EXCUSED ABSENCE: *Defined in the RFHS Athletic Code of Conduct*

Athletes MUST notify Coach 1 day prior to the absence with a valid reason for missing. 100 weighted squat jumps will be completed at the beginning of the next practice in order to participate in that week's meet.

UNEXCUSED ABSENCE: *Defined in the RFHS Athletic Code of Conduct*

Any absence in which the Head Coach was not notified 1 day prior to the absence.

If this happens, contact must be made from parent to coach within 24hrs of that practice start time explaining the reason for the absence. If the absence is then

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determined to be excused based on the ACC's and Head Coach's discretion, then the athlete is eligible to participate in that week's meet.

Any following unexcused absence will result in suspension from that week's meet. 100 weighted squat jumps will be completed at the beginning of the next practice in order to participate in the athlete's next eligible contest.

Maximum number of allowed excused absences: Middle School – 3; High School – 5

LATE ARRIVAL: Athletes must complete 10 burpees for every minute they are late. After 30min of practice if an athlete is late, it will be considered an unexcused absence.

ATHLETIC CODE:

1. I WILL RESPECT MYSELF, MY TEAMMATES, AND MY COACHES
2. I WILL REPRESENT MY SCHOOL WITH HONOR & INTEGRITY
3. I WILL PREPARE TO COMPETE AT THE HIGHEST LEVEL
4. I WILL COMMIT MYSELF TO UPHOLD A TRADITION OF EXCELLENCE
5. I AM PROUD TO BE A WILDCAT

Lifter & Parent Handbook 2025-2026

I have read each page of the lifter and parent handbook. I understand the policies and procedures and agree to follow them. I understand that in order to be considered for a varsity letter, that I am required to attend all competitive meets, and 98% of all practices. In addition, exhibit exemplary leadership qualities both in the gym and out. I understand that it is my responsibility to return all items that are issued to me during the season and/or to pay to replace (at cost) the items that were issued to me.

Electronic signatures will be collected during TeamSnap registration.

Athlete Name: _____

Signature of Athlete

Date

Signature of Parent

Date

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