

# Powerlifting Parent Meeting

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SUNDAY, OCTOBER 12, 2025

RIVER FALLS HIGH SCHOOL COMMONS

6:00 PM

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# Agenda

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Club Background and Board Member Introductions

Coaching Staff

Powerlifting Overview

Team Handbook

Practice and Meet Schedule

Weightroom Rules

Registration

Communication

Investment and Team Apparel

Fundraising and Volunteer Requirements

Questions

# River Falls Powerlifting Club

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## Non-profit Organization

Formed for the primary purpose of promoting and fostering community and family support for a thriving powerlifting program.

The key objectives of THE CLUB are:

- Support the coaching staff to help produce powerlifting teams of the highest competitive level.
- Provide support, financial and otherwise to the powerlifting team.
- Provide the necessary resources to supply the program with the highest quality training and equipment.
- Encourage good sportsmanship.

# 2025 – 2026 Board Members

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|                               |                   |
|-------------------------------|-------------------|
| President                     | Sara Swenson      |
| Vice – President              | Jennifer Larimore |
| Secretary                     | Danielle Klumb    |
| Treasurer                     | Tessa VanOverbeke |
| Communications & Social Media | Lisa Christensen  |
| Fundraising Coordinator       |                   |
| Equipment Manager             | Lenny Austin      |

# 2025 – 2026 Coaching Staff

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|                 |                 |
|-----------------|-----------------|
| Head Coach      | Ulice Payne III |
|                 |                 |
| Assistant Coach | Megan Nekola    |
| Assistant Coach | Sorin Fuchs     |
| Assistant Coach | Gary Mitchell   |
| Assistant Coach | Lenny Austin    |

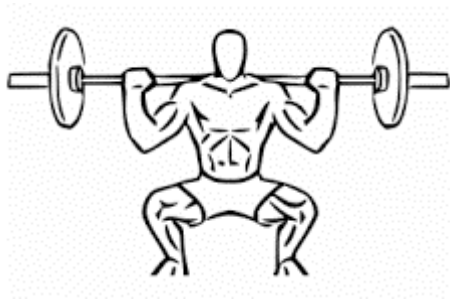
# Powerlifting Overview

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Powerlifting is a strength sport that consists of three lifts: squat, bench press, and deadlift.

Athletes have three attempts to reach their maximum capacity and must follow strict technique rules so that everyone is compared equally.

Powerlifting, like other forms of heavy resistance training, strengthens your skeleton and reduces your risk of injury in other sports and activities.



# Powerlifting Overview

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Every lifter on the team competes

Every lift is graded by three judges → White light = Valid Lift, Red light = Violation

Any two white lights is a qualified lift

Scoring



# WHSPA State Qualifying Totals – subject to change

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| Weight Class | Qualifying Total |
|--------------|------------------|
| 97           | 345              |
| 105          | 400              |
| 114          | 470              |
| 123          | 540              |
| 132          | 565              |
| 148          | 625              |
| 165          | 630              |
| 181          | 630              |
| 198          | 635              |
| 220          | 640              |
| 242          | 645              |
| 242 +        | 650              |

M  
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| Weight Class | Qualifying Total |
|--------------|------------------|
| 114          | 515              |
| 123          | 650              |
| 132          | 755              |
| 148          | 940              |
| 165          | 1015             |
| 181          | 1085             |
| 198          | 1130             |
| 220          | 1135             |
| 242          | 1135             |
| 275          | 1135             |
| 275 +        | 1135             |
|              |                  |

NOTE: USAPL Weight Classes & Qualifying Totals Are Different

# River Falls Powerlifting Player and Parent Handbook – Guidelines & Policies

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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 River Falls Powerlifting (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. Transportation to powerlifting events is each individual lifter's responsibility.

# River Falls Powerlifting Player and Parent Handbook – Guidelines & Policies

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7. 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.
8. 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.
9. Overuse of supplements, specifically stimulants (pre-workouts, energy drinks, etc.) should be cautioned. Lifters and parents should review the WIAA AND WHSPA 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.

[www.wiaawi.org/performanceenhancers](http://www.wiaawi.org/performanceenhancers)

10. Participation in team sports requires teamwork. Always present a respectful attitude -- be considerate of your teammates -- we are a family.
11. Participation in athletics is a privilege, not a right.

# River Falls Powerlifting Player and Parent Handbook – Guidelines & Policies

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12. If a player is removed from the team by a coach, the parents will be contacted by telephone stating the reasons why that player has been removed. It is at the coach's discretion whether the lifter is immediately removed from the team.
13. Players will use appropriate communication.
14. Players will display an attitude of respect, teamwork, and sportsmanship.
15. Players must follow dress code for each practice, scheduled meet and must come prepared.  
**If you are out of uniform for a meet, you will not be allowed to participate in that meet**
16. Keep equipment/weight room area clean.

# River Falls Powerlifting Player and Parent Handbook – Guidelines & Policies

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**NEW**

## **Sports Physical**

Required every two years.

Must be completed and submitted prior to the 1<sup>st</sup> day of practice.

Form can be found on [rfpowerliftingclub.com](http://rfpowerliftingclub.com) under Resources

Pre-participation physical examinations by a primary care physician are important to reduce the risk of injury while participating in powerlifting and to identify any potential medical problems that could interfere with sports participation.

# Meet Conduct Guidelines

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1. Sportsmanship is the number one priority!

**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.**
4. As a team, we will gather and help the host team “tear down”
5. 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.

# Athlete Academic Performance

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Scholastic achievement should be the prime concern of the student; therefore, students participating in activities must maintain a passing grade in all their subjects.

Subjects are any classes for credit in which the student is enrolled during a marking period.

Each term's grades will be the basis for the following terms eligibility.

**Proof of good standing forms are completed by the District and grade checks are completed prior to each meet to determine lifer eligibility for that meet.**

**Both 1<sup>st</sup> Quarter Grades and current term grades are used to determine eligibility for the December Meet and January Meet for Middle School and High School**

**For High School - 2<sup>nd</sup> Quarter Grades and current term grades are used to determine edibility for the February Meet**

# Practice Attendance

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**Lifters are required to attend EVERY practice.**

# Practice Attendance – Absence Policy

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## **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.**

|                                             |                   |                 |
|---------------------------------------------|-------------------|-----------------|
| Maximum number of allowed excused absences: | Middle School (3) | High School (5) |
|---------------------------------------------|-------------------|-----------------|

# Practice Attendance – Absence Policy

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## **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 determined to be excused based on the Activity/Athletic Code and Head Coach's discretion, then the athlete is eligible to participate in the next meet.**

# Parent / Student Participant / Coach Expectations (RFSD Activities Code)

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Acknowledgement of the River Falls Powerlifting Player and Parent Handbook includes acknowledgement of the River Falls School District Activities Code. Both policies must be adhered to by the participant and parents.

Parenting and coaching are extremely difficult and different vocations. By establishing an understanding of each other's expectations, we are better able to accept the actions of both parties and provide greater benefits to the student/athlete. When a child becomes involved in a co curricular activity, parents and coaches have a right to understand what EXPECTATIONS are going to be placed on the athlete and on each other.

# Parent / Student Participant / Coach Expectations (RFSD Activities Code)

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## **Appropriate Concerns Athlete/Parent May Address with Coaching Staff:**

1. The treatment of the athlete mentally and physically.
2. Ways to help the athlete improve his/her performance and skill level.
3. Concerns about the athletes' behavior in school/practices/games.

## **Areas That Are Not Appropriate For Parents to Discuss With Coaches:**

1. An individual's playing time (i.e. meets the lifter is selected to participate in).
2. Team strategy (i.e. who lifts at what meets).
3. Play selections (i.e. weight attempts of the lifter).
4. The makeup of the team and the decision as to who plays on a particular team (i.e. varsity vs junior varsity selections).
5. Other members of the team, other parents, and other coaches.

# Parent / Student Participant / Coach Expectations (RFSD Activities Code)

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## **The Proper Method To Address a Concern:**

### Step One:

- a. The athlete speaks with the coach.

### Step Two:

- a. The parent asks for a conference with the coach and the athlete.

### Step Three:

- a. The conference between the parent/athlete and coach will take place with at least one Powerlifting Board member present.

# Handbook

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Questions?

Handbook acknowledgement will be part of the registration process on TeamSnap.

Season Calendars will be distributed the first day of practice.

# Practice Schedule

## Middle School → 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade

Monday, Tuesday, Thursday

3:15 pm – 4:30 pm      AT MEYER MIDDLE SCHOOL

*\*practice dates subject to change based on weight room availability\**

Season: November 4<sup>th</sup> through the Tuesday after the New Richmond Meet (January 17<sup>th</sup>)

Equipment turn in – January 20<sup>th</sup>

## High School

Monday, Tuesday, Thursday

Practice Option A      5:45 am – 7:00 am      AT MEYER MIDDLE SCHOOL

Practice Option B      4:30 pm – 6:00 pm      AT MEYER MIDDLE SCHOOL

Season: November 4<sup>th</sup> through the Monday after the Elk Mound Meet (February 7<sup>th</sup>)

Equipment turn in – February 9<sup>th</sup>

Monday → Squat

Tuesday → Bench Press

Thursday → Deadlift

# Meet Schedule

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|                                   |                     |                       |
|-----------------------------------|---------------------|-----------------------|
| Amery Meet                        | December 6, 2025    | Middle School Lifters |
| New Richmond Meet                 | December 13, 2025   | High School Lifters   |
| Osceola Meet                      | January 10, 2026    | High School Lifters   |
| New Richmon Meet                  | January 17, 2026    | Middle School Lifters |
| Elk Mound Meet                    | February 7, 2026    | High School Lifters   |
|                                   |                     |                       |
| Wisconsin State High School Meet  | March 6 – 8, 2026   | Appleton, Wisconsin   |
| USAPL High School Nationals       | March 26 – 29, 2026 | Killeen, Texas        |
| Powerlifting America HS Nationals | April 16 – 19, 2026 | Omaha, Nebraska       |

The Club does not provide transportation to meets. Please plan to carpool or provide transportation for your athlete.

# State and National Extended Season Practice Schedule

| High School                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday, Tuesday, Thursday                                                                                                                                                                                                                        |
| Time and Location TBD                                                                                                                                                                                                                            |
| Season: February 10 <sup>th</sup> – March 4 <sup>th</sup>                                                                                                                                                                                        |
| Extended Season Training is <b><u>Required</u></b> for Lifters competing at State Competitions                                                                                                                                                   |
| Additional <b><u>REQUIRED</u></b> Fees for Extended Season Training will be collected AND an Additional Registration Process will take place later in the season.<br>Lifter will also need to obtain a USAPL or Powerlifting America Membership. |

Extended Season Meeting  
will be held at the Meyer  
Middle School Weight  
Room

Tuesday, January 27, 2025  
6:15 pm

# River Falls Powerlifting Club Mission

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Work hard to become the best version of ourselves; stay humble in both success and failure and strive for greatness.

# River Falls Powerlifting Weightroom Rules

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No phones during training (except on opener days)

Proper spotting is to be practiced at all times

Proper clothing/footwear must be worn at all times

Put away EVERYTHING you use during training

Show CONSTANT support & accountability of ALL teammates

Off script behavior will not be tolerated during practice OR at meets and may result in removal from the team.

# TeamSnap

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Sport and activity management app.

Available in the App Store and in the Google Store.

Will be utilized for registration, communication, volunteering, apparel and more!



Powerlifting athletes DO NOT  
need to pay the school activity  
fee.

# Registration

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Links will be available to register soon and will be distributed via email to those in attendance this evening.

# Season Investment

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## Middle School:

**November 4<sup>th</sup> – January 20<sup>th</sup>**

2 meets

Team t-shirt

Coaching from highly sought after trainers & athletes

\$195 for the 2.5 month season

Option to pay in three equal payments

## High School:

**November 4<sup>th</sup> – February 9<sup>th</sup>**

3 meets

Team t-shirt

Coaching from highly sought after trainers & athletes

\$295 for the 3+ month season

Option to pay in four equal payments

Training investment for the extended season to prepare for State and Nationals is REQUIRED will be \$100 and will be billed at a later date.

Payment plans are available as part of the registration process on TeamSnap.

**Scholarships are available with applications due by October 24<sup>th</sup> ...see Coach Payne or a board member for more information.**

# Budget Breakdown

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Various Operating Costs:

Insurance

Tax Compliance Professional Fees

Website Domain Fees

Trailer Storage & Maintenance

WHSPA & USAPL Fees

Judges and Spotter Fees for Meets

Coach payroll and payroll taxes

Equipment

Other advertising / administration including PO Box, IRS 501 Fees

30% of the annual budget comes from registration fees.

The River Falls Powerlifting Club receives no funding from the River Falls School District or the Athletic Booster Club.

# Apparel

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Will be available to order Mid October

Apparel vendor: Ink n Threadz Hudson, WI

Similar package offerings you are used to in addition to new options!

# Singlets

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Every individual lifting as part of the River Falls Powerlifting Club is required to wear a club approved singlet to participate in meets.

All athletes will be issued singlet for the season.

*Failure to return the singlet will result in the lifter being fined \$100.*

If you have questions about if your singlet is approved, please reach out to Coach Payne BEFORE the first meet.

# Fundraising

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Coupon Cards

Blitz with Pizza Lunch

November 8, 2025

- Parents need to stop in to sign meet forms
- All lifters grade 6 – 12 are required to attend.

River Falls Deadlift Classic during RF Days

July 11, 2026

**Stay Tuned for additional fundraisers through the year!**



# Volunteer Opportunities & Requirements

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To run a safe, fun and competitive program, we depend on the support of all of our families.

The Powerlifting Board and Coaches take on the majority of the tasks that must be completed to run the program, BUT there are many jobs we NEED you for! These tasks are not meant to consume much of your time, but they are very helpful to take the load off of those running the program.

At this time, there are not formal volunteer requirements nor are there fees associated with failure to volunteer. Your proactive volunteerism is appreciated!

# Board Member Openings

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Are you interested in being more active in the River Falls Powerlifting Club?

Board members rotate every three years

Meetings are held on a monthly basis throughout the year.

No experience necessary

# Questions

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Email: [rfpowerlifting@gmail.com](mailto:rfpowerlifting@gmail.com)

Website: <https://rfpowerliftingclub.com/>

Social Media: Facebook, Instagram

Coach: [ulicepayneiii@gmail.com](mailto:ulicepayneiii@gmail.com)

Address: PO Box 812, River Falls WI 54022