

Preparing for Competition

There are several things to consider when preparing athletes and partners for competition. These include a good training plan that is based upon the number of weeks left to train and the changing variables that are mentioned above. Also needed is a good competition plan.

A competition plan includes warmups, 1st, 2nd and 3rd attempts for lifts competed along with contingencies. The competition plan also includes information related to the athlete that is needed to best support them during the competition. This might be how they wear their belt, what music they like, and/or what “psych” words they might use when on the platform. Also included might be if they use blocks and what kind of setup they need prior to each attempt.

The following is a copy of blank competition plans that can be filled out in excel, copied on to hard paper, hole punched and hung around the coaches neck so as to keep their hands free.



Competition Plan for:		
Bodyweight	<i>Lbs</i>	<i>kg</i>
SQUAT		
Personal Best	<i>Lbs</i>	<i>kg</i>
Recent Best	<i>Lbs</i>	<i>kg</i>
		<i>lbs</i> <i>- or</i> <i>-</i> <i>kg</i>
Warmups - Weight X Reps	Opening Attempt	
1		
2	2nd Attempt	
3		
4	3rd Attempt	
5		
BENCH PRESS		
Personal Best	<i>Lbs</i>	<i>kg</i>
Recent Best	<i>Lbs</i>	<i>kg</i>
		<i>lbs</i> <i>- or</i> <i>-</i> <i>kg</i>
Warmups - Weight X Reps	Opening Attempt	
1		
2	2nd Attempt	
3		
4	3rd Attempt	
5		
DEAD LIFT		
Personal Best	<i>Lbs</i>	<i>kg</i>
Recent Best	<i>Lbs</i>	<i>kg</i>
		<i>lbs</i> <i>- or</i> <i>-</i> <i>kg</i>
Warmups - Weight X Reps	Opening Attempt	
1		
2	2nd Attempt	
3		
4	3rd Attempt	
5		
COACH COMMENTS		

Lifters Competition Plan Provided by Special Olympics Illinois



Also, it is a good idea to have a (separate) list of all of the items athletes and partners will need to bring to the competition including:

- Lifting shoes
- Singlet
- Long socks
- Correct underwear
- Lifting Belt
- Wrist wraps
- Personal chalk

Along with a competition plan and list of items that need to be brought, it is a good idea to plan on the logistics and timing of arrival at the venue, weigh-in, equipment check and warm-up. Also, plan your athlete's meals and hydration

Your athletes have worked so hard that you don't want a misunderstanding about transportation to the venue or how long it will take your athletes to warm up, or who will warm your other athletes up while you are with an athlete in staging or at the platform to impact and athletes success. It is their time to shine and you are there to make sure nothing gets in their way!

