



GREATER MARINETTE-MENOMINEE YMCA BARBELL WARS

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ (circle) Male Female

Phone: _____

*Email: _____

Participant Employer: _____

*Email must be filled out for communication!

AGE ON JUNE 9: _____ (MUST BE 15 YEARS)

WEIGHT: _____

Shirt Size: Check One Please

MENS

____ S ____ XL

____ M ____ 2XL

____ L ____ 3XL

WOMENS

____ S ____ XL

____ M ____ 2XL

____ L ____ 3XL

If your child is 17 or younger please complete this Parent/Guardian information listed below:

Parent / Guardian Name: _____

Parent / Guardian Employer: _____

Phone: _____ Circle one: Male Female

Parent Guardian Date of Birth: _____

E-mail: _____

For our staff to input your registration form, it is necessary to fill out your Emergency contact information! Thank you!

Emergency Contact Name: _____

Emergency Contact Phone: _____

CODE OF CONDUCT

I agree to follow all rules and policies of the Greater Marinette-Menominee YMCA. Informed Consent for Exercise Participation: All forms of physical activity involve a risk of injury. By voluntary participation in YMCA programs and activities, I assume and accept all risks of injury related to that activity.

Signature of Guardian _____

Date _____

TEAR HERE

TEAR HERE

TEAR HERE

OUR CAUSE DEFINES US

We know that lasting personal and social change comes about when we all work together. That's why, at the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

OUR IMPACT IS FELT EVERY DAY

With a mission to put Christian principles into practice through programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.



Email allysonb@mymca.org with any questions!

HOW TO REGISTER:

1. Stop in at the Y!
2. Register online
3. Mail in this registration form

Please be thorough in your registration questions



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA BARBELL WARS



PUSH/PULL POWERLIFTING COMPETITION

June 9, 2018

Men. Women. Amateur. Masters.
Young. Old. Tall. Short.
Anyone Age 15 and up



All Weight Lifting Enthusiasts Welcome To Participate In This Meet!

The Greater Marinette-Menominee YMCA
1600 West Drive, Menominee, MI 49858

www.mymca.org | Find us on Facebook!



**GREATER MARINETTE-
MENOMINEE YMCA**

BARBELL WARS

REGISTRATION: Open NOW until May 23

DATE: Saturday, June 9, 2018

LOCATION: The Greater Marinette-Menominee YMCA

PRICE: \$40.00

WHO? Everyone! This is a fun meet to see where you stand in the weight lifting world! Compete against a friend, for fun, or for a personal test. (15 years and up)



DAY OF EVENTS

WEIGH-INS | EQUIPMENT CHECK | FIRST ATTEMPTS

RECORDED: 6:15 am - 7:15 am

LIFTER RULES MEETING: 7:30 am

OPENING EVENT:

8:00am - Bench Press

Deadlift to follow

Final standings to follow

ONLINE REGISTRATION AVAILABLE!

Visit mmymca.org and click on 'events'

EVENT CAPS AT
30 PARTICIPANTS

WEIGHT CLASSES & AGES

Like most meets, you will be competing against people your same age and weight class. We will lift one platform at a time, starting with Bench, followed by Deadlift. You will get 1 minute from when your bar is loaded to lift your attempt. Approximately 1-2 minutes between lifters. We are only taking 30 total lifters for this competition and spots will fill fast!

NO FANCY STUFF: #RAW

This is a very low key, fun event, so please leave your lifting suits at home! Keep all lifting equipment raw and minimal, a belt, wrist wraps, knee sleeves, chalk if needed. Nothing equipt. will be allowed.

PLEASE WEAR:

Spandex shorts, a form fitted t-shirt or tank top, or better yet, let's see that onesie! Of course your tall lifting socks and bring you're 'A' game. We need to see your form when you lift, so bring an extra shirt or pants if you aren't sure if it will pass equipment check the morning of the event. Don't be scared, we are all friends here.

FEEL EMPOWERED

Maybe this is your first meet, but maybe it's your 10th. There is just something about feeling the iron ripping your hands raw and lifting as heavy as you can, sending your weights to heaven. #crushit



SNACKS

The Y does have a healthy snack vending machine and drinks available on our main level to purchase. We all love a good snack.

GIMME SWAG!
WITH REGISTRATION,
WHAT IS INCLUDED

1. T-shirt
2. Something really cool that isn't even known yet.... Our local tough guy experts are searching high and low.