

GPHS



Powerlifting

Lift for us!

Powerlifting is a strength sport that involves high school athletes attempting to lift a barbell loaded with weights plates as much as they can in three different lifts: the squat, bench press, and deadlifts.

Opportunity to join a team and setting that is different than traditional teams.

Competition gives meaning and purpose to training.

The Opportunity to win meets, regionals, and state.

Scholarships for college and the opportunity to earn a letter jacket.

Skills

Leadership

Teamwork

Discipline

Drive

Future Careers

With the skills and experience that you can obtain during Powerlifting at GPHS you may want to pursue a career related to:
Coaching, Teacher, Body building, Personal Training.

