

Tomah Powerlifting 2024-25

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Assistant Coach: Mike Crapser

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Intro

Mike Krause:

College Degree in Criminal Justice and
minor in Exercise Science

Owner of the Fitness Connection since
1996

Personal Trainer since 1997 (ACSM)

Assistant Powerlifting coach for past
two years

First year as Head Powerlifting Coach

Mike Crapser:

Owner of High Powered Nutrition
Competed in Body Building (4 shows)

Competed in Powerlifting:

4 years of Highschool powerlifting

3 Powerlifting meets (post Highschool)

Currently Body Building coach

Currently Powerlifting coach

Currently Diet/Nutrition coach

Communication: Remind App

Class name

THS Powerlifting

Class code

@ 3dacfc

School

Tomah High School

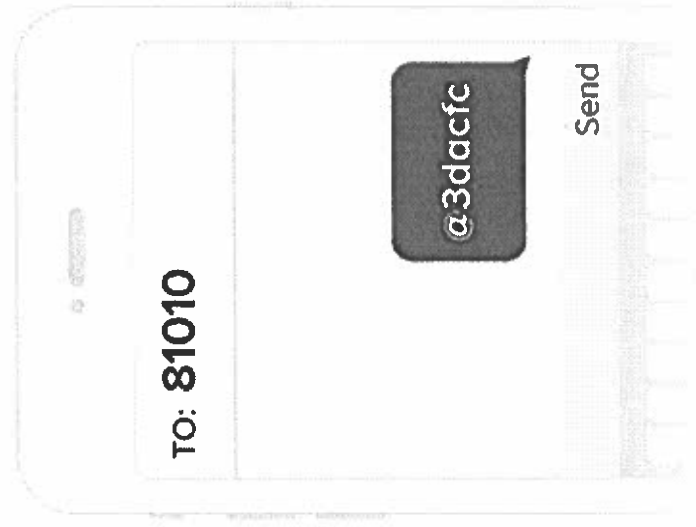
Athletes should
know how to do
this. Help me
out!

Com

Tell people to text @3dacfc to the number 81010

They'll receive a welcome text from Remind.

If anyone has trouble with 81010, they can try texting @3dacfc to (303) 731-4514.



Fundraiser Dates (Currently)

We need to do at least 4 to 5 concessions events for games.

Will be talking to Mr. Plueger to finalize dates

Any suggestions/input is helpful for any other fund raising activities

Schedule

There will some national qualifying meets that I will put out on Remind

Also a last chance meet for those with a good chance of qualifying for state that I will also put on Remind

Powerlifting Schedule 2023-24

First Practice	Nov. 4th			
School	Date	Location	Bus leaves weightroom	
Adams-Friendship	Dec. 14th	A-F High School	5:45 AM	
Riverdale (Varsity only)	Feb. 22nd	Riverdale High School	5:45 AM	
Holmen	Jan. 25th	Holmen High School	5:45 AM	
Mauston (JV)	Feb. 15th	Mauston High School	6:15 AM	
State	March 7-9	Appleton, WI	3:00 PM	
Nationals	April 10-13	Milwaukee, WI	On Your Own	
Note: Riverdale High is in Muscoda, WI				
Note: State is at Fox Cities Expedition Center				
Note: Nationals is at the Sheraton, Brookfield, WI				

Team Rules / Lettering Policy

TEAM RULES

We will work in groups of 4-5 no more no less

We have a sportsmanship concept. (encourage, support, positive attitude/feedback)

No bad language in practice and especially meets

Use phone only if necessary. NO Snapchat, TikTok, Instagram etc...

MUST check in with coach for practice

LETTERING POLICY

Must attend and compete in 2 meets

Must score six team points over the entire season

Must be deemed competitive at the varsity level to lift varsity (freshmen and new sophomores only)

All juniors and seniors must lift varsity

Team Rules / Lettering Policy (cont.)

TEAM RULES (cont.)

Three unexcused absences will result in dismissal from team

Doctor's excuse or Parent email to me or office is contacted is excused

Must attend 50% of a school day to attend practice

Pass ALL your classes!!!!!!

Athletic Code can be found on the district website

LETTERING POLICY (Cont.)

Unless a Sophomore chooses to lift JV they will also lift varsity

Freshman can letter but coaches will determine if they will be competitive at that level

Clothing Order Form and Practice Gear

<https://meca.chippoly.com/tomahpowerrifting/>

To the left is the link to Meca's online store

All lifters must purchase the \$14 Cotton T-Shirt PC54 on the order form

You can buy the sleeveless shirt but cannot compete with it

All Lifters must purchase a singlet

All Lifters must purchase knee-high socks

It is recommended that you purchase your own belts but the school does have some that can be used

Optional purchases: belt, knee sleeves, platform shoes, deadlift slippers, wrist wraps

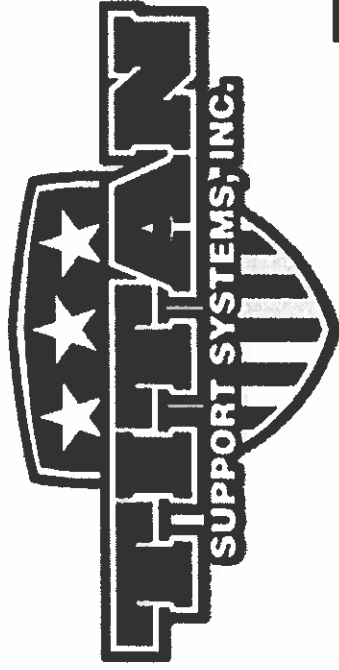
Names in
Powerlifting

ROGUE

<https://www.roguefitness.com/powerlifting>

SBDTM

<https://us.sbdapparel.com/>



<https://titansupport.com/>

INZER
ADVANCE DESIGNS
The World Leader In Powerlifting Apparel

<https://inzer.net.com/>



<https://www.andersonpowerlifting.com/>

Practice

With the current numbers (75) the following will occur for the first two weeks and possibly longer.

There will be three groups:

Group 1: Grades 9-10 complete main lift between 3:30 and 4:15 PM

Group 2: Grades 11-12 complete entire workout from 4:15 to 6:00 PM

Group 3: All Grades 9-12 complete workout 5:45 - 7:15 AM (all dual sport athletes must lift in the morning but others can as well)

MUST HAVE 4-5 teammates per group. There will be no more or no less.

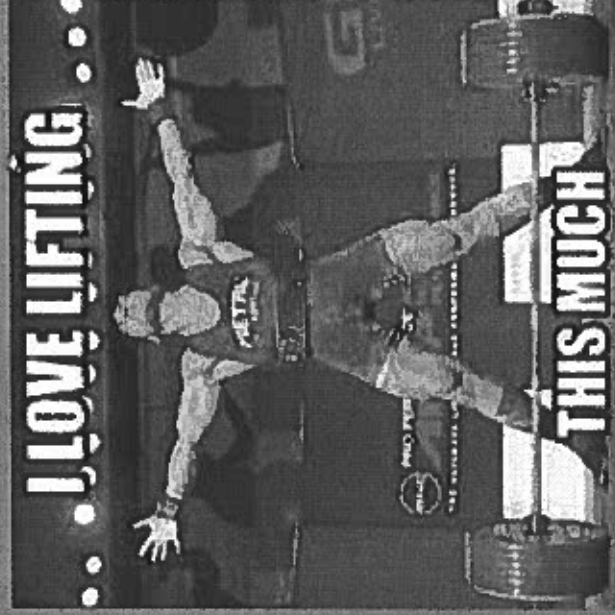
For Squat: We will utilize the 3 new squat racks, the 2 cages closest to the jungle gym, and the two racks on the jungle gym. Four racks must be left open for general student population until 4:15.

For Bench: 3 open benches and the two cages closest to them.

For Deadlift: any platform or open floor

Every group member will have a job to keep things moving. You should not be taking more than 5 minutes to rest between sets of major lifts. You should complete the workout in less than 90 minutes.

Practice Continued



Practice will be M-F with Wednesday being optional

You are encouraged to attend Wednesday where we can do many things such as:

Cardio, yoga, sled races, whatever you feel you need more work on, make-up day, knees-over-toes stuff, farmers walk races, team building stuff, tug-o-war, etc.

Wednesday practice will go from 3:30 to 5:30 PM, no groups

Can be used as a makeup day, if you know you'll be missing a day during the week

Daily Routines will be given via coaches at the front desk. **MAKE SURE** you are completing the **FULL** workout. If you cheat, you are only cheating yourself...

PRACTICE TO WIN which means **DOING YOUR PERSONAL BEST!!!**

The WHSPA

Wisconsin High School Powerlifting
Association

There is a wealth of information here,
however I will disclose that they may
not be the quickest with updating their
page



USA
Powerlifting

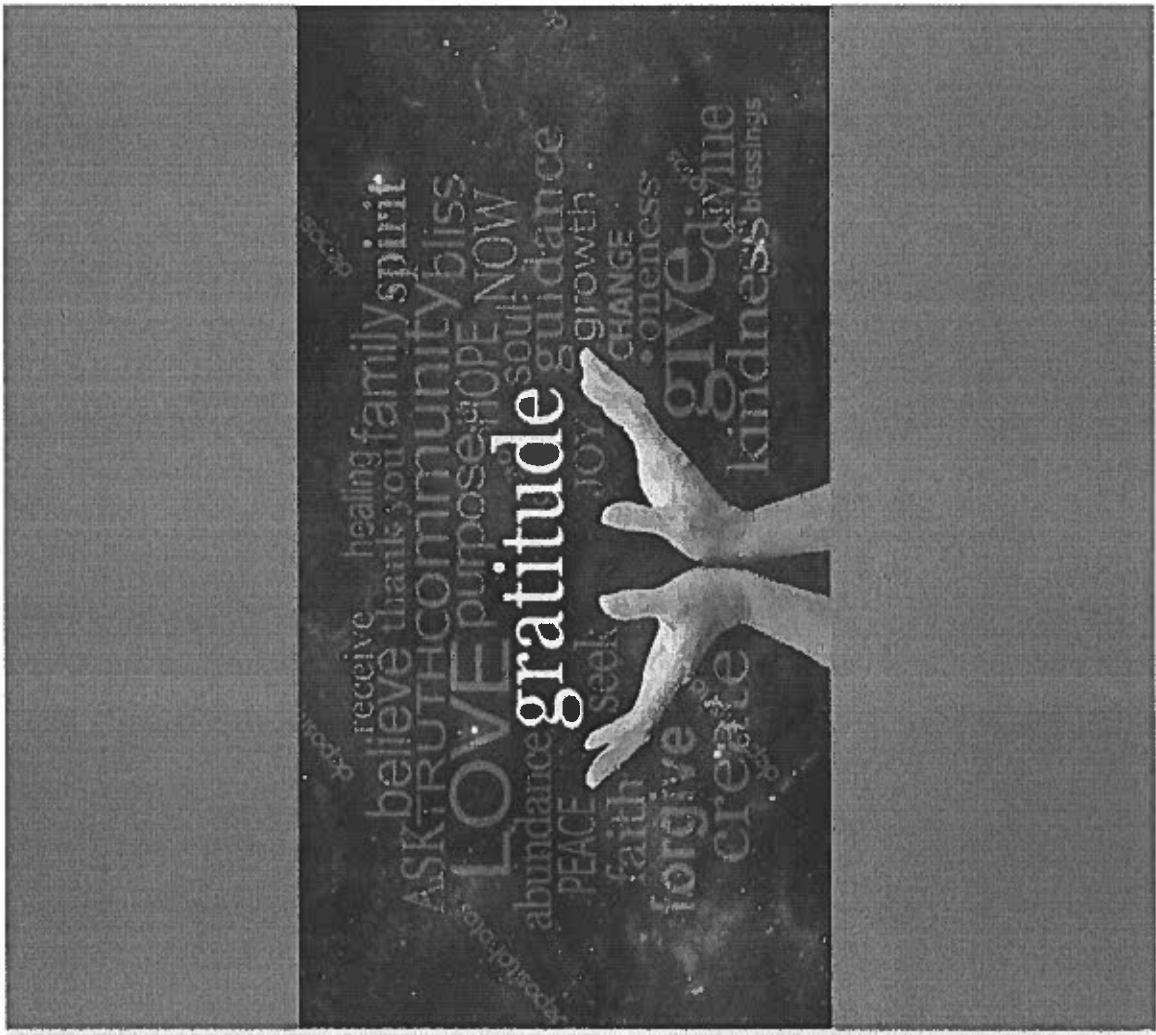
You need a membership if you are going to compete at qualifier meet, State, and Nationals

Membership is good (according to the Website) for the remainder of this year and through 2023 if purchased after Nov. 1st



Final point

Be Grateful





Gratitude is a powerful process
for shifting your energy and
bringing more of what you
want into your life. Be grateful
for what you already have and
you will attract more good
things.