

# OLYMPIC LIFTING! IT'S FUN!

We at BFS strongly recommend that all coaches get involved in Olympic Weightlifting. It's a fun and challenging sport. The Olympic Lifts also help build an athlete's explosive power. Don't be intimidated by the Snatch and Clean & Jerk. An athlete can compete very well on the Snatch by doing a Power Snatch. You don't have to drop down with your butt one inch from the floor. A Power Snatch is similar to a Power Clean in many respects. The Clean & Jerk is even easier. Just do a Power Clean like most athletes are already doing. Then dip, launch the bar upward, split the feet explosively, and you have the Jerk part of it.

Hardly anybody Olympic Lifts anymore, so you don't have to do much to get national recognition. For example, a 16-year-old, 165-pound athlete can be ranked in the top 25 in the nation with a 135-pound Snatch and a 200-pound Clean & Jerk. If an athlete weighs over 181, it's even easier! Just Snatch 135 and Clean & Jerk 170 pounds.

What you read is not a misprint. It's that easy. What it means is that every high school has the capacity of having every member of a ten-man team ranked in the top 25 nationally. Obviously, that can do wonders for your program, not to mention the increased self-concept improvement for the individual.

## HOW TO GET STARTED

Bigger Faster Stronger is endorsing a Three-Phase Program to help coaches get started in Olympic lifting Competition.

### Phase I: The High School Clean and Jerk Competition

This competition phase lasts six weeks, beginning next February. This program is funded by a grant from the U.S.

Olympic Foundation. All you do is Clean & Jerk during a physical education or weight-training class. You don't have to go to a contest, just do it as part of a class. There are some nice prizes available, including a 310-pound Olympic Barbell Set for a school.

For free information on how to get involved, and technique videos, write: U.S. Weightlifting Federation, 1750 East Boulder, Colorado Springs, CO 80909, (303) 578-4508.

### Phase II: The BFS Olympic Record Board

We will begin keeping national records on January 1, 1989, in the Snatch, Clean & Jerk, and Total. Your athletes must do these lifts in an intramural meet, a meet with another school(s), or in an officially sanctioned meet. Athletes get only three total attempts on each lift, with an individual's best Snatch and Clean & Jerk recorded as the total. To be eligible for a national BFS record, an athlete must have a 2.0 minimum GPA and be a member in good standing in at least one of the following team sports: football, basketball, wrestling, track, or baseball. All results must be verified by an official coach or school administrator.

Three age groups will be used: 14 and under, 15-16, and 17 and over. Weight classes are as follows: 123, 132, 140, 148, 157, 165, 173, 181, 190, 198, 220, 220-plus.

### Phase III: A Fully Sanctioned Meet

You should now be ready to compete in a fully a sanctioned U.S. Weightlifting Federation meet as a U.S. Registered lifter. If you don't know your local weightlifting official, you may write or call the Colorado Springs office listed in Phase I. They can tell you about upcoming meets.

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