

TIP OF THE MITT POWERLIFTING

# YOUTH POWERLIFTING TEAM

MALES AND FEMALES  
AGES 7-11



## OUR MISSION

**TO FOSTER AN ENVIRONMENT IN WHICH MEMBERS POSITIVELY MOTIVATE EACH OTHER TO BECOME STRONGER AND HEALTHIER, WHILE ENCOURAGING A SAFE AND HEALTHY ACTIVITY. THAT IMPROVES OVERALL PHYSICAL WELLNESS, LONGEVITY, AND CONFIDENCE, AMONGST OUR COMMUNITY AND OUR YOUTH.**

ALTHOUGH THE SPORT FOCUSES ON YOUR MAX EFFORT FOR EACH LIFT, WE WILL BE FOCUSING ON FORM AND FUNDAMENTALS, NOT MAX EFFORT. IN ADDITION, CONFIDENCE IS AN ESSENTIAL TRAIT THAT HELPS CHILDREN TO NAVIGATE LIFE'S CHALLENGES AND SUCCEED IN THEIR ENDEAVORS. THIS SPORT GIVES THEM CONFIDENCE, TEACHES THEM THE IMPORTANCE OF DISCIPLINE, AND PROVIDES THEM A SAFE AND SUPPORTIVE ENVIRONMENT TO FLOURISH.



### Coach April Johnson

Youth Powerlifting Director  
USAPL Certified Coach  
World Champion Powerlifter

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**To ensure the kids get the time and attention needed, there will be a beginner and an advanced group.**

# YOUTH POWERLIFTING TEAM



## Individual Athlete Sponsorship 2023

Athlete Name: Harper Case

Athlete Age: 9

Upcoming Meets: USAPL State Meet 11/18/2023

- Goal is to qualify for 2024 Youth Nationals

### Meet Expenses:

- USAPL Membership \$25
- Meet Registration \$160

**TOTAL: \$185**

### Equipment Expenses:

- Powerlifting belt \$65\*
- Singlet \$80\*
- Squat Shoes \$100\*
- Knee Sleeves \$80\*
- Deadlift Shoes \$30
- Wrist Wraps \$36

**TOTAL: \$391**

