

What is expected of Mentors:

My vision for the Mentor position is one of complete support and education about how our events are run, in addition to how to conduct yourself as an athlete participating in USA Powerlifting.

My expectations of you are the following:

- Please be on time. If you are late, your athletes panic.
- Be proactive and find your athletes before check in (if they are not late)
- Take them through the check in process explaining what they need to show
- When they have their lifter card in hand, explain they need to write only their first attempts in KG on the card before they go into weigh ins.
- Go to the weigh in line and explain they need to dress down to as little as they can while waiting in line to expedite the process inside.
- Make sure they all have an ID out and ready.
- Go with them to equipment check. Tell them to put their bag on the ground in front of the table and take everything out they are going to wear on the platform so the referees can inspect it all.
- Go to the rack height line. Suggest they put on their squat shoes for the squat rack height.
- Based on their flight, explain what the process will be (some may already know) for each flight for when they warm up and where they should be during their time on the platform (in the staging area).
- When it is their time to warm up (when the flight before them is on the platform), be in the warm up area with them helping them with loading and unloading their bar and hand offs.
- Encourage sharing the warm up equipment with other athletes.
- When their flight is on the platform, stay with them (unless they have a coach who understands the process) and meet them at the scoring table when they come off the platform.
- Explain the process of next attempts.
- Encourage them to eat and hydrate during the time they are not warming up or on the platform and getting off their feet somewhere.
- If it is not their time to warm up, please try to stay out of the warm up area.
- When your athletes are not warming up or competing, look for athletes who may look like they are lost or confused about what they should be doing. Offer your assistance. Many Mentors have many athletes and sometimes athletes can get left behind. This is something I don't want to happen!
- If there is nothing for you to do, relax!
- Encourage healthy, civil competition. No one is their enemy. It is possible to be competitive and not be an a\$\$.

When you arrive at the venue, please find the Mentor shirts, change into your shirt, write your name on a name tag, place it on your shirt and start yelling your athletes name out. I believe you all have more than one athlete. Find as many as you can and then get into the check in line and begin the process. I'm always available for questions so don't hesitate to come find me.

Thank you all for being involved in our Rookie event! These events have become hugely popular and it is because of your willingness to help and be involved. We could not do it without you!

Danna Snow