

DSHS Powerlifting 2018-2019

Welcome to this year's powerlifting team, my name is Coach Ryan and I'm the head coach. I look forward to having fun this year while achieving the most success possible. I have a few expectations and requirements I will explain for this team that are simple to follow and even easier to maintain. Throughout my career I've been extremely successful three consecutive state championships in 2015, 2016, and 2017 at my former school with my 2017 team finishing ranked top 10 in the nation. I will have high expectations from each of you both inside and outside of the gym. You are expected to be the face of the DSHS Powerlifting team and Denham Springs High School. Winning championships are fun but my ultimate goal is to have you become better athletes, better competitors, and most of all better people. I hope you will be apart of this journey in becoming a dominating powerlifitng team in not only the state of Louisiana but in the nation for both our boys and girls teams.

Practice Expectations:

Practice is something that I take **very serious** and should be taken very seriously by every one of my student-athletes. Even though this is a team sport, it is based on individual performance for an overall team goal to win state. Our practices will typically be Sunday beginning at 2pm-4pm, Tuesday & Thursday beginning immediately at 3pm ending around 4:30/5pm. These times will vary during the Holidays, I typically like to get it done early so we will lift from 8am-10am on our holiday workouts. **Our Summer workout schedule will be two days a week on Sunday from 2pm-4pm and Wednesday from 1pm-3pm.** Athletes who will be competing in other sports, I will accommodate for them and either come in at a different time or alter their workouts. I expect each athlete to push themselves in every workout we have while being able to have some fun in the process. Attending every practice and giving full effort is **EXTREMELY IMPORTANT**. My rules and expectations for practice are simple:

- Be on time
- Dress in the appropriate clothing (boys must wear shirts)
- Report an injury as soon as it occurs
- Cell phone use is prohibited during practice
- Have fun!

As far as missing practices, each athlete will be allowed five (5) unexcused absences from practice before you will be dismissed from the team. I will never turn anyone away from the team if they come out to compete for me. This policy will remain until an athlete decides to cheat their teammates and coaches out of practices.

Examples of excuses are doctor's notes, a funeral, or an emergency. Other unique situations will be approved by coaches. Notes from home will not be accepted as proper excuses.

Qualifying Process:

Powerlifting is a team sport based on individual performances. Athletes who compete in this sport are in constant competition with each other to participate in meets. We do have a large team this year and most likely with multiple athletes in the same weight class so everyday will be a competition. This year we are going to two/three meets outside of Regionals and State that way us as coaches can see each athlete lift and determine who will be in the best position for us to succeed. Another way an athlete can compete for a position in the meet is to “challenge” another athlete in their weight class for that position. As coaches, we want to make this as fair as possible. Attitude toward practice and attendance will also be determining factors for qualifications. Ultimately myself as the head coach will make the best decision for TEAM success.

Invitationals, Regionals, and State:

The Regional and State meets are our two important meets this year as they usual will be, but the remainder of our schedule is TBD.

Contact Information:

Again, the coaching staff and I are very excited for this year and being able to coach you. If you have any questions please do not hesitate to ask us at any point in time.

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