

# Oxford University Powerlifting Club Membership Form

Name:

Date of Birth (dd/mm/yyyy):

Email Address:

Are you an Oxford University Student? (Y/N)

If so, at which college?

While no experience in powerlifting is necessary to join the club, we'd like to have an idea of your ability for safety reasons before coaching begins.

Do you have previous experience in Powerlifting?

If so, please give your best squat, bench and deadlift, judged to IPF standard.

Squat:

Bench:

Deadlift:

Weightclass:

## **Club Information:**

The club will run 2 training sessions per week for members, where squad members will be on hand to coach and assist with technique. These are typically held Wednesday at 6:30 and Sunday at 1:30, though timing can be changed to best suit members needs.

If you have any questions, please visit our website, [www.ouplc.com](http://www.ouplc.com), or email:

[info@ouplc.com](mailto:info@ouplc.com)

Student membership is £25 per year, non-student membership is £30 per year. Please submit this form, along with a cheque made payable to Oxford University Powerlifting Club to Jake Yorke, St. Peter's College.

An OUPLC t-shirt is available for £12.50. Would you like to purchase one? Y / n  
What size? S m L xL xxL

A free trial session will be held Wednesday, October 12<sup>th</sup> at 630 pm. This session will not require membership to the Powerlifting Gym at Iffley.