

# Oxford University Powerlifting Club

## Membership Form

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**Name:** ..... **Date of Birth:** *Day* *Month* *Year*

**Email Address:** .....

**Are you a member of Oxford University?**  Yes  No

**If so, at which college?** *Pick from list*

**Do you have any previous experience with powerlifting?**  Yes  No

Please give brief details of any weight training program you have followed consistently (if applicable):

Give your best lifts (for those with powerlifting experience). Competition lifts are preferable, otherwise enter gym lifts:

		These lifts were performed:
<b>Squat</b>	kgs	<input type="checkbox"/> In competition <input type="checkbox"/> In the gym
<b>Bench Press</b>	kgs	<input type="checkbox"/> Equipped <input type="checkbox"/> Unequipped
<b>Deadlift</b>	kgs	

Please note that even gym lifts will be expected to conform as closely as possible to IPF rules. For details see [http://www.powerlifting-ipf.com/ipf\\_technical\\_rulebook.htm](http://www.powerlifting-ipf.com/ipf_technical_rulebook.htm).

### **Club Information**

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The powerlifting club operates various training sessions throughout the week:

Wednesday, 6.30 p.m  
Sunday, 11.00 a.m

Sessions for Varsity and experienced lifters are on different times to above. There will be at least one experienced lifter at all sessions to organise training. All sessions will be held at the Iffley gym unless otherwise specified.

### **Contacts**

Feel free to contact any of the following if you have any questions regarding the club:

**President:** Luke Pike (luke.pike@sjc.ox.ac.uk)

**Secretary:** Scott Mclaughlan (scott.mclaughlan@seh.ox.ac.uk)

**Treasurer:** Tristan Gray-Davies (tristan.gray-davies@mansfield.ox.ac.uk)

Student membership is £10 per term or £25 for the academic year. Non-students membership is £30. Membership fees to be sent to the Treasurer (Tristan Gray-Davis, Mansfield College), cheques made payable to 'Oxford University Powerlifting'. The club will offer a two week trial period before membership must be paid.