

## STARTIN' OUT

### MEET ASSISTANT CHECKLIST as told to by Doug Daniels

Rappers have entourages, golfers have caddies, Brad has Angelina, but when it comes down to the task at hand, the rapper, golfer and the movie star have to come through on their own. However, their assistants do play a key role in their success. The powerlifter is alone on the platform versus the weight and gravity. For best results at a meet, however, each lifter needs dedicated support and that comes from his meet assistant. This support does not stop with yelling encouragement to the lifter on the platform. This is where an individual sport gains team characteristics.

In the past, I presented a checklist for lifters to review before a meet. A pre-meet checklist can help ensure a lifter is prepared for all items and situations leading up to a meet. This checklist will describe the job description of the

meet assistant. To do this, I have broken out the checklist by categories: pre-meet, each lift, and miscellaneous.

**Pre-Meet:** 1. Help at weigh-in; 2. Turn in opening attempts; 3. Understand meet rules; 4. Check that all lifting gear, etc., is ready to go.

**Squat:** 1. Verify bar height and rack in/out setting for each attempt; 2. Help put on squat suit for each attempt; 3. Belt tightening; 4. Knee wrapping; 5. Knee wrap re-rolling after attempts; 6. Assist in loosening equipment after attempts; 7. Chalk and powder



Frank Caminita gets some assistance setting up for a big bench press attempt at this year's Scot Mendelson Bench Press meet.

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application on lifter.

**Bench press:** 1. Assist putting on and removing bench shirt; 2. Adjust bench shirt between attempts; 3. Chalk application on lifter; 4. Belt tightening; 5. Provide hand off, if allowed.

**Deadlift:** 1. Assist in putting on and removing lifting gear; 2. Belt tightening; 3. Powder application to lifter's legs.

**Miscellaneous:** 1. Warm-up room help; 2. Monitoring lifting order; 3. Location of lifting gear; 4. Assist in determining next attempts; 5. Giving next attempts to scorer's table; 6. Quick check if bar is at least symmetrically loaded for attempt; 7. Ask for spotters to clean excess chalk, etc., from platform and bar; 8. Check lifter's standing during meet; 9. Food and beverages; 10. Take photos or videos; 11. Objective critique of lifting technique.

As you can see, the assistant's job description is substantial. I'm sure I'm missed some tasks, so your own list could grow easily. When I was an assistant, after the meet I was more exhausted than the lifter I was helping. The value of a competent aide at a meet can't be understated. I've seen lifters not show on the platform for an attempt because they didn't know it was their turn to lift. That's a costly and unnecessary mistake. This should never happen with competent meet support.

Having an assistant help you deal with the items on this checklist can mean the difference between a successful meet and a disaster. Without good meet assistance, all your hard work can quickly go right down the drain. Of course, yelling encouragement to your lifter is just as critical as any item on the list above. An effective meet assistant can make an individual sport a successful team event.