



SIGN UP NOW!
ACCESS CODE:
6R4E-9QB9

SEASON STARTS - 11/6/2023
PARENT MEETING - 10/30 AT 6PM



**ORDER
APPAREL**



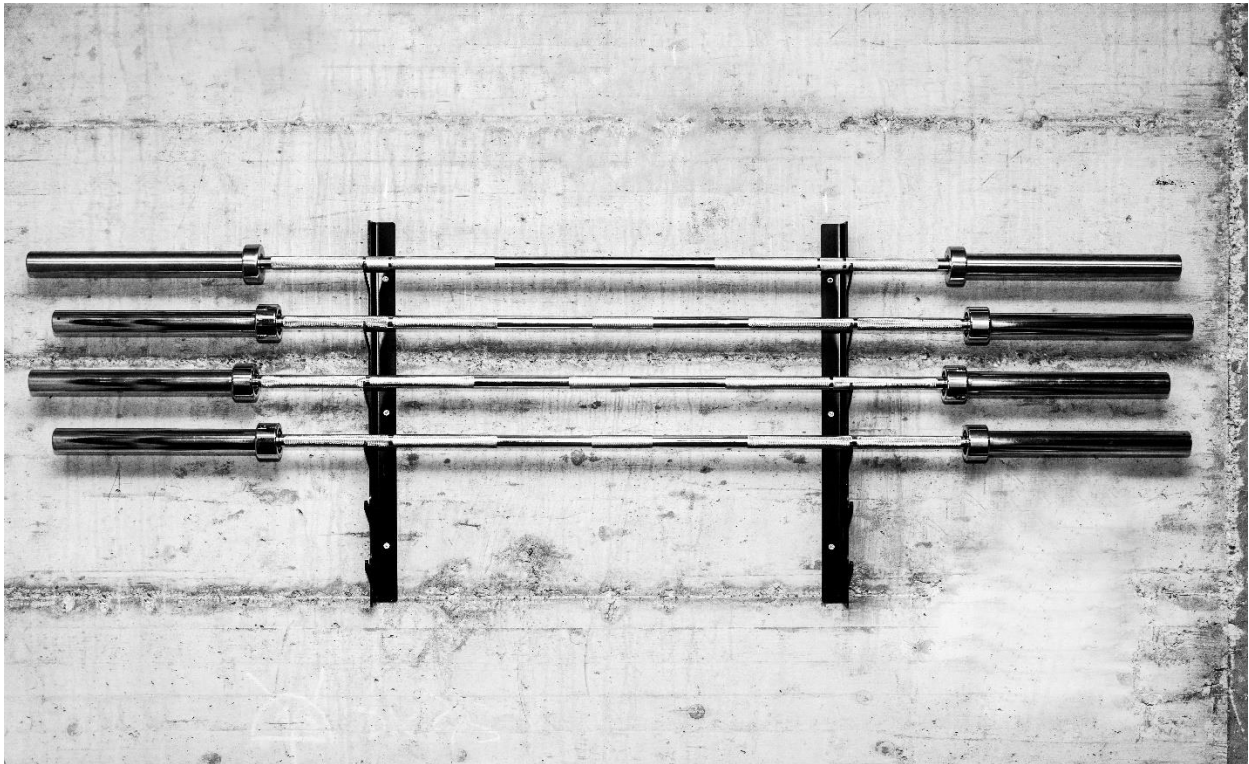
HORTONVILLE

POWERLIFTING

SEASON
START 11/6

2023-2024
SEASON

PRACTICE 3:45-5PM
MON/TUE/THUR



COACHES

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**2023-2024
MEET SCHEDULE**

**QUALIFYING TOTALS
FOR 2023-2024**

GIRLS CLASS/TOTAL

97 / 345
105 / 400
114 / 470
123 / 540
132 / 565
148 / 625
165 / 630
181 / 630
198 / 635
220 / 640
242 / 645
242+ / 650

LACONIA

12/2/2023

**DAVE
ADAMOVICH
MEMORIAL
INVITE AT
WINNECONNE**

1/6/2024

NEENAH

2/3/2024

WHSPA STATE

APPLETON, WI
3/2/2024 - 3/3/2024

**NATIONALS IN
BATON ROUGE, LA**

SELF FUNDED
4/4/2024 - 4/7/2024

BOYS CLASS/TOTAL

114 / 515
123 / 625
132 / 740
148 / 925
165 / 985
181 / 1075
198 / 1090
220 / 1095
242 / 1100
275 / 1125
275+ / 1130

VOLUNTEER NEEDS

CONCESSIONS

LIFTERS PLEASE PLAN TO SIGN UP FOR ONE OF THE DATES FOR CONCESSIONS!

Powerlifting receives the proceeds from the dates we work concessions. We use these funds to offset the cost of singlets, knee sleeves, belts etc. We also use these proceeds to help cover entry fees for lifters who may not be able to afford it. We want everyone to compete through the state meet no matter your financial situation. If costs are an issue, please reach out to any of the coaches. We're here to help!

Thursday
12/21/2023

Friday
1/26/2024

Friday
2/23/2024

3/2/2024

&

3/3/2024

STATE MEET WORKERS

Table Workers: Each region is responsible for providing 2 volunteers per session. 1 for cards and 1 for computer.

Concessions: There will also be needs for parents to help with concessions.

Please keep in mind, Hortonville does not host a meet so we should be willing to assist more than other schools in our region at the state meet.

“We have to continue to volunteer our time in the sport because we see what a great effect it can have on our youth.”

-Percy Verbrugge

SAFETY

- Lift with Spotters
- Learn the proper lifting techniques and watch out for the safety of those lifting around you.
- If you have an injury or illness, please let coaching staff know so we can modify when appropriate.

CULTURE OF HORTONVILLE POWERLIFTING

TAKE OWNERSHIP

- Personally take responsibility for making things happen.
- What you put into the season you will get out.
- Do the extra reps, and auxiliary lifts. These will help you grow.
- Set high goals.
- No excuses.

ACT WITH INTEGRITY

- Watch your language when in the gym and at meets.
- No rude or disrespectful behavior towards officials or referees. No arguing with calls or swearing on or off the platform. We are representing Hortonville Powerlifting.
- Be there for your teammates; encouraging and helping each other succeed.

ENJOY THE EXPERIENCE

- Learn to enjoy and appreciate the hard work you put in at the gym. Be proud of your progress.
- Make the most of workouts by attacking the day with energy, focus, purpose, and enthusiasm.
- Invest in your teammates and work to build strong friendships. A strong team bond will enable each lifter to be more successful working through challenging times.

