

Do's & Don'ts

Welcome to the BDFPA Do's and Don'ts section, where our members can share their lifting hints and tips. Send any of your ideas to Chris Morgan our coaching secretary at the following e-mail address. chunky@chunkymuscle.com . Please keep your submissions to between 50 and 100 words as per these examples below.

Don't sit on the sidelines saying that you're going to compete, but never actually test yourself on the platform. The world is littered with strong people, who think about competing, but never actually make it to a competition platform. Visit the BDFPA website events section to see when the next competition is in your local area. *Chris Morgan, Coaching Secretary, BDFPA*

Do get involved with the organisation and help the Executive Committee grow 'Drug Free' power lifting. There are many jobs within the BDFPA that you could be helping out with, like refereeing, promoting competitions, updating this website, collating competition results and producing the Raw Power magazine. *Chris Morgan, Coaching Secretary, BDFPA*

You're invited you to share any favourite Do's & Don'ts for publishing in this feature.

Be organised. " "Knowledge is power!" " as someone famous said, but can't remember who! Keep a training diary and don't be hit & miss with your figures. Know what you've done- exactly, so you can spot trends and make informed judgements around increases in repetitions and weight. **(Mike Leadbetter, International Lifter & Referee)**

Physical limits are inevitably in excess of psychological limits. Gauge what type of individual you are. Are you too cautious or too reckless? The guy who can get close to his physical limits without sacrificing form will record his best performances on the platform. We've all seen lifters who throw away kilos on a lift because they go too heavy. **(Mike Leadbetter, International Lifter & Referee)**

Develop strength of character to ignore the comments of training mates, particularly on squat depth if you feel they don't know what they're talking about. Be aware of the squat depth rule! Do they tell other guy's they're " "in" " when you can see they're borderline or high? A good training atmosphere is important, but so is "reality" because you have to do it according to the rules on the platform. **(Mike Leadbetter, International Lifter & Referee)**

In full power lifting it's the TOTAL that matters if you want to win or move on to record a personal best! Don't throw valuable kilos away on your lifts. It's a case of "look after the pennies & the pounds will look after themselves!" Look after the total and the increases on individual lifts will follow. **(Mike Leadbetter, International Lifter & Referee)**

It's not what you start with but how you finish that matters in competition. Nobody has three maximum lifts in them on each individual lift. So, your 1st attempt should always be something easy to complete! It's then nice to get what realistically you wanted on a 2nd, but it's probably going to be a carefully considered 3rd, that's your

true maximum attempt, and the one that brings the real satisfaction. **(Mike Leadbetter, International Lifter & Referee)**