



ONTARIO WEIGHTLIFTING ASSOCIATION

ATHLETE COMPETITION INFORMATION FORM

NOTE: This information must be given to the Head Coach no later than a day before the Athlete's competition.

Athlete's Name: _____ Coach's Name: _____

Club/Personal Coach proposed attempts for Athlete:

SNATCH	1)	kg	2)	kg	3)	kg
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CLEAN & JERK	1)	kg	2)	kg	3)	kg
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RECOMMENDED WARM UP FOR ATHLETE

SNATCH approximate time: _____min

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CLEAN & JERK approximate time: _____min

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COMMENTS FROM CLUB COACHES REGARDING SPECIFIC NEEDS OF ATHLETE (e.g.: injuries, nervous stomach issues, frequent washroom visits, etc...)

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BRIEF TRAINING HISTORY OF ATHLETE LEADING UP TO COMPETITION

Athlete's best single repetition of full Snatch and Clean & Jerk 10 days before competition day

SNATCH: kg

CLEAN & JERK: kg

Athlete's best full Snatch and Clean & Jerk for 2 repetitions in last 3 weeks before competition day

SNATCH: kg

CLEAN & JERK: kg

Athlete's best front squat for 3 or 5 repetitions 2 weeks before competition day

3 reps: kg

5 reps: kg

Athlete's morning & evening body weight 5 days before competition day

Morning: kg

Evening: kg

Does the Athlete have any previous experience with doping control procedures?

Yes: ☐

No: ☐

List of supplements, prescription drugs and over-the-counter medications the Athlete has taken in the last 21 days up to competition day. *****As well, please note any medical/health conditions that we should be aware of (recent concussions, history of seizures, diabetes, etc. These conditions WILL NOT be a part of the Head Coach's report.)***

Emergency Contact Name: _____ Relationship: _____ Phone #: _____

NOTE: This is a mandatory form and must be filled out by both the Athlete and Club/Personal Coach.

The information noted in this form will be part of the Head Coach's written report.

Athlete's signature: _____

Club/Personal Coach signature: _____

Date: _____