

Central California AAU
Strength Sports
TJB AAU Powerlifting & Weightlifting Referee Train
August 2, 2024

Hosted by Team Juanatas-Bowens
Team Juanatas-Bowens, Bakersfield, CA

AGE GROUPS: 35-39 Yrs Old, 75-79 Yrs Old, 80-84 Yrs Old, 85-89 Yrs Old, 16 & 17 Yrs Old, 18 & 19 Yrs Old, 20-23 Yrs Old, 24-34 Yrs Old, 40-44 Yrs Old, 45-49 Yrs Old, 50-54 Yrs Old, 55-59 Yrs Old, 60-64 Yrs Old, 65-69 Yrs Old, 70-74 Yrs Old, 80-84 Yrs Old, 90 + Yrs Old

ENTRY FEE: \$100.00

ENTRY FEE PAYABLE TO: Team Juanatas-Bowens

ENTRY DEADLINE: July 05, 2024

SIGN UP AT: www.TeamJuanatas-Bowens.org

RULES: You must read the AAU Powerlifting Rulebook and the AAU Weightlifting Rulebook.

ADDITIONAL INFO: Team Juanatas-Bowens is preparing to go into its second year and we need Local State Level Referees in both Weightlifting and Powerlifting. If you are interested, sign up now. This is an interactive training session taught by Dr. Bryan Bowens and Dr. Michelle Bowens. We are looking for serious and reliable individuals to take this course. If this is you, sign up now!

We will cover 5 lifts, Squat, Bench, Deadlift, Snatch, Clean and Jerk

This session is for a State Level Referee in either Powerlifting, Weightlifting, or Both.

There is mandatory homework which is the AAU Weightlifting Rulebook and the AAU Powerlifting Rulebook, failure to do so will be enough cause to refund you 100% of your money and have you take the course when you have read the rulebook. No Exceptions!

The training will start promptly at 9am at the Wilson Library in a private meeting room located at 1901 Wilson Road, Bakersfield, CA 93304. Doors will be locked at 9:05am. If you show up after that 100% of your registration fee will be refunded and you will have the ability to register for a future training session.

Please email Coach Bryan Bowens at bryan.bowens@TeamJuanatas-Bowens.org with any questions and concerns. This is an in person training session space is limited to 20 Individuals.

FOR MORE INFORMATION:

Bryan Dewitt Bowens
bryan.bowens@teamjuanatas-bowens.org

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.

BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for memberships to be processed.

Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.