

2025-2026 SEASON

PARENT MEETING



I. COACHES

Head Coach:

Jake Wolter - jakewolter42@yahoo.com – 920.716.4946

Assistant Coaches:

Amber Pheifer – amber.pheifer@pheifer.com – 920.558.4657

Brenda Wolter - brwolter1028@yahoo.com – 920.740.3841

Bret Springstroh - strohslc@gmail.com – 920.659.3369

Brianna Yenter - briannayenter@gmail.com – 920.221.0549

Dallas Cavegn - dallascavegn@hasd.org

II. POWERLIFTING 101

- Powerlifting has three lifts: squat, bench press, and deadlift. In meets, you get three attempts per lift, and your best counts toward your total.
- We have JV (freshmen & sophomores) and Varsity (all grades). Everyone can compete at the right level, and classifications may be adjusted to help the team succeed.
- There are state qualifying totals for each weight class — JV lifters can still qualify!
- Early practices focus on technique and safe spotting.

III. EXPECTATIONS

Team, as we kick off the season, we want to be clear about what it takes to succeed — not just as lifters, but as teammates. We're here to push each other, support each other, and hold ourselves to a high standard.

- **Communication Matters**
 - Sometimes meets don't go the way you planned, or you might not agree with a decision. That's normal. But we ask that you follow the 24-hour policy: give yourself a day to cool off before reaching out to your coaches. Once you're ready, we want to hear from you directly. This is your sport — advocate for yourself before bringing in parents.
- **Your Mindset**
 - Control what you can control — your effort, your attitude, your preparation.
 - Don't be afraid to fail. Every missed lift is a chance to learn.
 - Remember: while powerlifting is an individual sport, we are building a team. Appreciate what it means to show up for each other.
- **Consistency & Dedication**
 - This team is bigger than ever, and that means commitment matters. We need lifters who are consistent — in training, in effort, and in mindset. That means lifting with the team, in the weight room, not on your own.
 - We understand some of you are in zero hour or the YA program. If you're a veteran lifter with 2+ years under your belt and you've qualified for State before, we'll work with you to give you flexibility. But the expectation is the same: show us you're committed.

- **Training & Practice Structure**

- This year, the first week will be different.
 - Day one, we'll set your weight class.
 - Then we'll run strength tests.
- From there, we'll group you with lifters of similar strength so you're training with people who push you. Your working weights will be displayed at your platform, and groups will lift from lightest to heaviest.
 - Here's how practice will run:
 - ❖ Dynamic Warm-Up: 3:45 – 4:00
 - ❖ Core Lift: 4:00 – 4:40
 - ❖ Auxiliaries: 4:40 – 5:10
 - ❖ Stretch: 5:10-5:15
- We're excited about this season. Show up ready, stay consistent, and remember: your effort sets the tone for this team.

IV. PRACTICE SCHEDULE

Practices will run from 3:45-5:15. Coaches will be available until 5:30.

- Monday: Squat
- Tuesday: Bench Press
- Wednesday: Cardio/Core/Dynamic Stretching
- Thursday: Deadlift

V. MEET SCHEDULE

Below are the dates for school-sponsored meets through the Wisconsin High School Powerlifting Association (WHSPA). Transportation will be provided to all listed meets, except for the State Meet in March. All competition costs for these meets are covered by the school.

- **Regional Meet: Saturday, December 6th, 2025** (Tentative)
- **Regional Meet: Saturday, January 3rd, 2026** (Tentative)
- **Regional Meet: Saturday, February 7th, 2026** (Confirmed)
 - Location: Neenah Middle School - 1275 Tullar Rd, Neenah, WI 54956
- **State Meet: Friday, March 6th – Sunday March 8th, 2026** (Confirmed)
 - Location: Fox Cities Exhibition Center, 355 W. Lawrence St. - Appleton
 - Transportation is NOT provided.

Below are the dates for NON-school-sponsored meets through the USA Powerlifting Association (USAPL). Transportation will not be provided, and all costs are the responsibility of the athlete. A current USAPL membership card is required to compete in these events. Coaches will be on-site but will not be coordinating travel or accommodations.

- **USAPL JV Qualifier: Saturday, January 24th, 2026** (Confirmed)
 - For JV lifters who can't qualify for State but want to compete at Nationals.
 - Location: Limitless Elite Gym – 3003 W. Prospect Ave - Appleton
 - Register: <https://www.usalimitless.com/events>
- **USAPL HS Nationals: Thursday March 26th – Sunday March 29th, 2026** (Confirmed)
 - JV Lifts Thursday – Varsity Friday-Sunday
 - Location: Killeen, TX
 - Register: <https://hs.nationals.usapowerlifting.com/>

VI. ATHLETE GEAR POLICY

- For athletes with more than one year of experience, we require you to purchase your own gear. This includes a belt, knee sleeves, and singlets. Optional items would be wrist wraps, squat shoes and deadlift shoes. Our team has grown too large to track gear for 50+ lifters. Equipment has been disappearing, making it financially unsustainable to replace each year. First-year lifters will still be provided with belts, knee sleeves, and singlets, but returning athletes are expected to supply their own.
 - If this poses a financial hardship, please reach out so we can discuss options with both the athlete and a guardian. We don't want any athlete to miss out on lifting because of this change.
 - Local Option: Limitless Elite Gym - <https://www.usalimitless.com/shop>
 - Online Resources:
 - ❖ A7: <https://a7.co/>
 - ❖ Inzer Advance Designs: <https://inzer.com/>
 - ❖ Anderson Powerlifting: <https://www.andersonpowerlifting.com/>
 - When looking at gear, make sure it states that it is **USAPL Compliant** or **USAPL Approved**.

VII. VOLUNTEER OPPORTUNITIES

- **Concessions:** Concessions are run by athletes, who can earn service hours volunteering.
 - Need 6-8 athletes per event.
 - **Friday, December 19th – 4PM**
 - **Thursday, January 22nd – 5:30PM**
- **State Meet:**
 - Open to athletes and parents. Roles include table work, set-up, take-down, admissions, weigh-ins, and equipment checks. A sign-up form is released in February. Each region must provide volunteers, and since Hortonville doesn't host a meet, we strongly encourage Hortonville to make a presence. Thanks for continuing our strong tradition! Counts towards service hours.
 - **Friday March 6th – Sunday March 8th**

VIII. FUNDRAISING

- We'll be partnering with Leading Edge, and a company representative is present to explain opportunities. Funds raised will help purchase warm-up gear for athletes, cover USAPL event dues, support coaches travel, fund future equipment and possibly provide some compensation for assistant coaches.
- Mandatory Fundraising Kick Off Event for athletes
 - Tuesday, November 4th – 5pm
 - Meet in Library

IX. APPAREL

- 360 Apparel – Store Open until 11/7
 - Will arrive in time for December meet.
- Bonfire – Store Open Year-Round – Ships directly to you.
 - <https://www.bonfire.com/store/hortonville-powerlifting/>

X. PHOTOGRAPHY

- We've partnered with Debbie Dannon Photography
 - Team Photo will be: Thursday November 20th at 3:45.
 - Individual Portraits will also be offered.
 - If you anticipate qualifying for state and/or are a senior, please make sure to have an individual portrait taken. These will be used for your banners.
 - Will send out ordering information as date approaches.

XI. BOOSTER CLUB

- We're exploring the idea of forming a powerlifting booster club to help ensure the long-term success of the program. Bret, Jake, Brenda, and Amber won't be coaching forever, and a booster club would help keep the program strong for future athletes. If this is something that interests you, Amber is willing to serve as the coach representative, but we'd like at least one parent from each grade to join and stay engaged. The goal is to keep the booster relevant and fresh by welcoming new parents each year.
 - Please email Amber at amber.pheifer@pheifer.com if you are interested.

XII. RESOURCES

- HASD FORMS – **MUST BE COMPLETED IN ORDER TO PRACTICE.**
 - <https://students.arbitersports.com/programs/hortonville-high-school-activity-registration-25-26-school-year-2>
- Co-Curricular Code of Conduct Handbook
 - https://www.hasd.org/cms_files/resources/code-of-conduct.pdf
- WHSPA RULE BOOK
 - <https://docs.google.com/document/d/1r26PPfF5ECp0xodBnhECtMAIVqJEIzdIpdSRzRTIBuY/edit?tab=t.0>
- USAPL RULE BOOK
 - <https://www.usapowerlifting.com/wp-content/uploads/2025/01/USAPL-Rulebook-v2025.1.pdf>