



South Australian Weightlifting Club Inc.

ABN 39 266 279 756

Affiliated with the South Australian Weightlifting Association
Incorporated

Email: SAWeightliftingClub@gmail.com

www.SAWeightliftingClub.com.au

Welcome to the South Australian Weightlifting Club!!

Welcome to the South Australian Weightlifting Club (SAWC). We are the premier place in Adelaide to train and compete in the sport of Olympic Weightlifting.

Our club is dedicated to creating weightlifters with high technical skill and we aspire to get all of our members lifting big weights!

We are an all welcoming club, no matter your background or age. If you are prepared for hard work we can help you to become a great weightlifter!!

Membership:

Becoming a member of the club is simple.

All that is needed is that you

- return the membership application form. (*forms located on our webpage if needed*)
- pay the membership joining fee via one of our payment options.

Training

Training times are as follows:

Mon - Fri	5.00pm to 7.30pm
Sat	9:00am to 11.30am

You can turn up any time during our training times and your coach will instruct you while you are there. Turning up just before training finishes is not recommended however!

Membership covers all coaching and programming. If you are a beginner you will get most of the attention from the coach and as you progress in your skill development the coaching will be more group orientated.

Competing and Participation

All of our members have the opportunity to compete as a weightlifter – with a qualification stream that links directly to national and international events. Whilst competing is not compulsory we find that people who compete tend to enjoy the sport of weightlifting much more and it gives you the opportunity to test your weightlifting skill against lifters of similar experience.

The South Australian Weightlifting Club is a non-for-profit organisation that is run by volunteers. Members from time to time will be asked to help assist at competitions and other events. Your participation and input to the club is always welcome and will greatly improve the experience of all members involved.

Joining the State Association

It is a requirement of all our members that they also join the South Australian Weightlifting Association (SAWLA). This is so you have insurance cover while you train for weightlifting activities and also so you can compete. Cost of SAWLA membership is NOT included in the fees.

Find us on the Web!

Website: www.SAWeightliftingClub.com.au
Facebook: www.facebook.com/SouthAustralianWeightliftingClub
You Tube: www.youtube.com/user/SAWeightliftingClub



South Australian Weightlifting Club Inc.

ABN 39 266 279 756

Affiliated with the South Australian Weightlifting Association Inc

Email: SAWeightliftingClub@gmail.com

Web: <http://www.SAWeightliftingClub.com.au>

APPLICATION FOR CLUB MEMBERSHIP - \$50 PER CALENDAR YEAR

*NAME: _____ *GENDER: Female / Male
 *ADDRESS: _____ *MOBILE: _____
 *SUBURB: _____ *POST CODE: _____
 *DATE OF BIRTH: _____ *EMAIL: _____
 PHONE: (H) _____ (W) _____

EMERGENCY CONTACT DETAILS:

NAME: _____ BEST CONTACT NUMBER: _____

I (name of applicant) _____,

- Apply for membership of the South Australian Weightlifting Club Inc. (SAWC) and agree to be bound by the rules SAWC and the South Australian Weightlifting Association Inc. (SAWLA) for the time being in force together with the provisions of the doping policy of the Australian Weightlifting Federation Incorporated which shall be deemed to be the doping policy of the SAWC.
- Accept that I shall comply with all lawful and proper directions of the Australian Sports Anti-Doping Authority (ASADA) or any other properly authorised Authority and that I submit myself to lawful and proper testing for the presence in my body of banned doping agents.
- allow the South Australian Weightlifting Club Inc (SAWC) and the South Australian Weightlifting Association Inc (SAWLA) to publish or use images in any other way deemed appropriate by the SAWC or SAWLA, any photographic, digital and/or video images of SAWC Members in the course of activities associated with SAWC or SAWLA events for the purpose of promoting the sport of weightlifting in South Australia.

 Signature of applicant Date

 Signature Parent/ Guardian (if applicant is under the age of 18 years) Date

* Members should also apply for South Australian Weightlifting Association membership www.sawweightlifting.org.au

PLEASE NOTE: Membership is due by 1st February of the current year. If membership is not renewed by this date the athlete will be deemed to no longer be a member of SAWC and will not be able to use any weightlifting equipment provided by SAWC - including platforms, barbells, bumper plates, change plates and collars.

Payment by EFT only:

Account Name: SA Weightlifting Club
 BSB: 015 450
 ACC#: 290 473 171

* Please ensure EFT Payment references your name e.g. "Surname Initial 2016 Fees".

OFFICE USE ONLY

Membership Approved By/Date

 Payment Received:
