

SPECIAL OLYMPICS BHARAT
POWER LIFTING NCC cum NATIONAL CHAMPIONSHIP
09th - 14 th July 2017

**Special
Olympics**
Bharat



भारतीय खेल
प्राधिकरण
sports
authority of
india

Host State:- Special Olympics Bharat –Maharashtra

Accommodation Venue:- Hotel Lisha, Kolhapur, Maharashtra

Competition Venue: Rajgaurav Hall, Kadamwadi Road,
Kolhapur, Maharashtra

Camp Schedule

Arrival:- 9th July, 2017 Morning.

Departure:- 14th July, 2017 before 12noon.

QUOTA ALLOTTED TO EACH STATE

Male =	4 Athletes	Female =	4 Athletes
	1 Coach		1 Coach
Total Delegation = 10			

Probable's will be selected for the 2019 Special Olympics World Summer Games.

TEAMS MAY BOOK THIER TRAIN TICKETS UP TO FOLLOWING STATIONS.

1. Chhatrapati Shahumaharaj Terminus (Kolhapur)
2. Miraj Junction (There are local trains from Miraj Junction to reach Kolhapur (1hr journey by local train)
3. Pune Junction (There are Local buses from Pune to reach Kolhapur its 5 hrs Journey)
4. 4. Mumbai CST (There are 2 trains everyday evening from Mumbai CST to reach Kolhapur its 8 hrs Journey

National Office Special Olympics Bharat

J - 47, Lower Ground Floor, Lajpat Nagar - III, New Delhi - 110 024, India

Tel +91 11 29841362 / 63 ; Fax +91 11 29841361 ; www.specialolympicsbharat.org

Events Offered

- 1) Bench Press
- 2) Dead Lift
- 3) Squat Lift
- 4) Combination 3 Lifts (Squat+Bench Press+Dead Lift)
- 5) Combination 2 Lifts (Bench Press+Dead Lift)

N:B

- 1) Athletes must be at least 14 years old to participate in the powerlifting.
- 2) Athletes must be able to at least lift the bar for any of the events
- 3) Athlete must compete in all three lift (Squat, Bench Press & Deadlift and participate in any one combination lift.

Athletes will be selected and placed in combined weight classes based on qualifying scores within the weight classes listed below

Qualifying scores: female 43 kg: 190, female 47 kg: 225, female 52 kg: 240, female 57 kg: 250, female 63 kg: 260, female 72 kg: 270, female 84 kg: 260, female 84+ kg: 250, male 53 kg: 315, male 59 kg: 400, male 66 kg: 450, male 74 kg: 500, male 83 kg: 525, male 93 kg: 550, male 105 kg: 560, male 120 kg: 535, male 120+ kg: 520

WHAT ATHLETES NEED TO BRING

CLOTHING FOR CAMPERS:- Casual wear, night wear, sufficient under garments,

Toilets Accessories:-Bathroom Slipper. Towel, Soap, Shaving kit, Toothpaste, comb, powder, etc.

SPORTS WEAR:- Track suit 1 set, jersey 2 sets, sports shoes, socks 2 pairs,

DRESS CODE FOR COACHES:- All coaches have to report on the ground with proper team uniform, including sports shoes.

MEDICINE:- Medicine's and doctor's prescriptions should be carried by the respective athletes and also indicate the type of medicine being taken/consumed.

MEDICAL CARE:- First—Aid and medical team will be available during the competition and at the accommodation side.

BEDDING:- Mattresses will be provided in the Dormitory facility, However, campers must bring their own 2 bed sheets and pillow covers.

SUGGESTED SPORTS SPECIFIC ITEMS:- Shirt, Short, Brief, Lifting Belt, Wraps, Socks, Shoes, Lifting Suits & knee guard.

Last Date:- The last date to confirm your participation is **15 June, 2017.**

All entries should be sent through GMS along with the photo of the athletes & Coaches.

Kindly Note:- Late entry will not be accepted.

TRAVEL :- Re-imbusement of travel expenses for Participants will be paid by National Office as per SAI norms. The Original ticket along with photocopies of the return ticket must be submitted to the camp-in charge after the arrival at the camp. Taxi /Bus Auto or Rickshaw charge if claimed must be accompanied by valid voucher. No re-imbusement will be made without any supporting document. Second class A/C train fare or whichever is less will be paid to the participants.

Last Date:- The last date to confirm your participation is **15 June, 2017**.

All entries should be sent through GMS along with the photo of the athletes & Coaches.

Kindly Note:- Late entry will not be accepted.

Food During the camp:- Vegetarians Food will be Served in the camp.
(Guideline regarding food will be as per the standard norms laid down by the Sports Authority of India)

Important:- State have to produce Xerox copies of all the certifctes for the records of the National office

On demand the original certificates have to be produced for verification

Certificates :- I.Q Certificates, Medical certificate Parent declaration form ,
2 photos in original.

(Coach have to submit their Bio-Data with Photo)

In- charge of Delegation :-There will be only one Male or Female In- charge .

**THE STATES WHO DO NOT INFORM THEIR ARRIVAL
DETAILS WILL HAVE TO REPORT DIRECTLY AT THE VENUE.**

CONTACT PERSON

Mrs. Sandra Vaz
Area Director SO Bharat-Maharashtra
Camp In charge
Mobile:- 09820011210
Email ID:- sandravaz12@hotmail.com

Mrs. Hansini Raut
Program Manger SO Bharat- Maharashtra
Camp Coordinator
Mobile:- 09821688777
Email ID:- sobmaharashtra@hotmail.com

MM Khurram
Sr. Manger (ACTP)
Mobile: - 09871842513
Email ID: - khurram@specialolympicsbharat.org

Transport Incharge :- Mr Nandkumar
9762181936

Issued by
Mr. Victor R Vaz
National Sports Director ;Special Olympics Bharat