

1. I heard there was a meeting on Thursday night at the hotel. Do I (athlete/parent) have to attend?

- What you are hearing about is the Technical Conference (TC). You do not need to attend this meeting. This meeting is for USA Weightlifting, Team Georgia, and other coaches to finalize the meet schedule and competitor list. **HOWEVER, IT IS IMPORTANT THAT YOU CHECK THE OFFICIAL TIME TABLE AFTER THIS MEETING.** You/your child's weight-in and lifting time may have changed. Check www.usaweighting.org or www.usaschoolage09.com Thursday night or Friday morning for the official schedule.

2. I would like to volunteer and have not signed up since Thursday. What can I do?

- Come Friday, there is too much going on for the meet directors to keep the sign-up sheet updated. We will probably have stuff to do, so just show up, find a director, and he/she will direct you where to go.

3. What if I have volunteered for a job at a certain time slot, and, for some reason, I cannot fulfill my duties. What should I do?

- Please, find a replacement ASAP! We rely very heavily on our volunteers and appreciate their help, but we need to make sure our duties are filled.

4. This is my first/second weightlifting meet, and I'm still learning the ropes. Should I be concerned with anything in particular.

- Relax and watch your child lift big weights! We are so blessed to have this competition in Gainesville, so take advantage of it. However, we would love your help in making sure your child makes his/her weigh-in on-time. Please, check the official schedule after the TC Thursday night. We would like him/her to be at the official weigh-in area AT LEAST 15 minutes before official weigh-in. Also, if you are not familiar with the rules of weightlifting, you can go to www.usaweighting.org and check the rulebook.

5. I'm not real familiar with the area. Help!

- The Georgia Mountain Center is in the heart of downtown Gainesville at 301 Main St SW. You will need to follow signs for parking in one of the city's parking decks (there are plenty). The Holiday Inn (official hotel) is right across the street from the venue at 400 E Butler Parkway.

6. Where are the weigh-ins/check scales?

- The official weight-in will be at the Holiday Inn. Check scales will either be at the hotel or venue, depending on how many scales we have and their reliability.

7. I (my child) am having to cut weight. Any suggestions?

- Check your weight regularly. Stay hydrated, but don't over drink. Stay away from sodas, refined sugar, bread, Chinese food, Mexican food, fried foods, and high sodium foods. If you are under 1 kg the night before you compete, eat a hearty dinner; you will most likely make it. If you are over 1 kg, eat very very light, like a small portion of veggies and a little bit of shredded chicken. MOST IMPORTANTLY, GET PLENTY OF SLEEP!

8. I heard rumors this meet can be viewed over the Internet. Is that true?

- We are fortunate enough to have this competition (both platforms!) webcasted live over the Internet! Check www.usaweightlifting.org or www.usaschoolage09.com for details.

9. What if I have questions during the competition?

- If you need to get a hold of someone from Team Georgia, you may reach the meet directions:
 - C. Dean Alford [some of the days]: (770) 860-9416
 - Chandler Alford [all three days]: (770) 378-1757
 - Meleisa Stockel
 - Jay Foster [I.T. specialist]: (770) 597-2578
 - C.J. Stockel [last resort, please]: (770) 827-8183