Fireworks
Practice Handout
Powerlifting 2027

Practice Information

Day: Tuesdays **Time:** 5:30 to 7:00 pm

Dates: Jan 12,19,26
Feb 2, 9, 16, 23
Mar 2

Location: Harrisburg High School
1300 W Willow Street
Harrisburg, SD

Notes:
*Lifters should wear a comfortable shirt/shorts for practices. No jeans or non-lifting attire.
*Do not show up earlier than 5:30 pm.

Tournament Information:

Area: NONE- There is NO Area competition
If you are signing up for Powerlifting, you must commit to attending the State Competition.
State: Saturday, March 6, 2027
SDSU Campus, Brooking SD

Minimum Attendance Requirements

- Powerlifting athletes should make every effort to attend every practice, but if necessary, you can only miss one practice.
- Call or text 605-336-0240 if you are going to miss a practice. Missed time includes arriving late or leaving early from practice
- Athletes that miss more than the allowed time will be scratched from participating in State Powerlifting Competition

Weather Cancellation Policy for Practices

- The Sioux Falls Fireworks Sports Director or Sports Coordinator may cancel practice in the event of extreme weather (to include too hot/cold) or other environmental conditions.
  - If it is necessary to cancel practice, the Sports Director or Sports Coordinator will email all coaches & athletes. When possible, the emails will be sent out no later than two hours prior to practice.
  - Please be sure you have our email address in your contacts: fireworks@sosioufalls.org
  - The information will also be posted to our website: www.sosiouxfalls.org
  - If you have any questions, please text or call Fireworks 605-336-0240
- Parents, Guardians & Staff: If we do NOT cancel a practice but you feel your athlete will be adversely affected by the conditions, please keep them at home. You will still need to text/call the Fireworks phone at 605-336-0240 to inform them of your athlete's absence.

Please note: If Harrisburg School district closes school early or cancels school for the entire day, there will be no practice the day of the cancellation.