



European Powerlifting Federation

COMPETITION REMINDERS

Dehydration

Don't let yourself become dehydrated. If you become dehydrated, you will lose energy and subsequently lose concentration. **Remember to drink little and often.** If you have trouble sweating make sure you have a separate water sprayer available.

Tiredness

Make sure you rest when you can. The competition may be long, so you will need to stay focused throughout, (find a resting strategy)

Prepare well before you compete

If you do not prepare for your event physically and mentally then you will find it harder to focus on your performance, especially towards the end of the event.

Nutrition

Drinking

Don't wait until you are thirsty, as you will already be dehydrated. Have a bottle with you at all times so that you can drink little and often. Drink an energy drink if possible. Do not share another lifter's drink bottle.

Eating

Make sure you take some snacks to eat throughout the competition. Try and eat light energy snacks at the end of each discipline. If possible try and snack on high carbohydrate foods.