

SMALL-SCHOOL POWERLIFTING COACHING MANAGEMENT SYSTEM

16-Area Master Problem Outline

16 CORE PROBLEM AREAS

1. Coach Assignments	9. Meet-Day Preparation
2. Annual Calendar and Practice Schedule	10. Individual Coaching
3. Athlete Evaluation and Weight Classes	11. Time Management
4. Technique Development	12. Minimizing Athlete Dead Time
5. Strength Programming	13. Captains and Senior Leadership
6. Attempt Selection and Competition Strat	14. Equipment, Uniforms, and Maintenance
7. Safety, Spotting, and Emergency Respons	15. Multi-Sport and Working Athletes
8. Weight Room and Facility Operations	16. Meet Setup, Records, and Championshi

FIVE UMBRELLA CATEGORIES

A. STAFF & SAFETY	1 Coach Assignments 7 Safety, Spotting, and Emergency Response 13 Captains
B. TRAINING MANAGEMENT	2 Calendar and Schedule 4 Technique 5 Programming 11 Time 12 Dead Time
C. ATHLETE MANAGEMENT	3 Evaluation and Weight Classes 10 Individual Coaching 15 Multi-Sport Athletes
D. MEET MANAGEMENT	6 Attempt Selection 9 Meet-Day Preparation 16 Championship Planning
E. OPERATIONS	8 Weight Room Operations 14 Equipment, Uniforms, and Maintenance

NOTES / PRIORITIES

AREA 1: COACH ASSIGNMENTS

MANAGEMENT OBJECTIVE

Build a qualified staff in which every adult owns clear teaching, spotting, safety, and meet responsibilities.

COMMON SMALL-SCHOOL CHALLENGES

- One coach supervises several platforms
- Limited certified strength staff
- Volunteer roles are unclear
- Meet duties pull coaches away from lifters

OPERATING SYSTEM

1. Assign a lead coach for squat, bench, and deadlift
2. Publish platform, spotting, and record-keeping duties
3. Train every adult in rack setup and emergency response
4. Use managers for loading charts, video, and equipment
5. Hold a staff safety huddle before each session

WEEKLY / DAILY CHECKLIST

- Confirm staff attendance
- Assign platform coverage
- Review medical restrictions
- Check spotting teams
- Record one staff follow-up

MEASURES TO TRACK

- Platforms fully supervised
- No missed safety duty
- Practice starts on time

COACH NOTES / NEXT ACTION

AREA 2: ANNUAL CALENDAR AND PRACTICE SCHEDULE

MANAGEMENT OBJECTIVE

Organize the season from general preparation through competition peaks while respecting the school calendar.

COMMON SMALL-SCHOOL CHALLENGES

- Athletes enter from different sports
- Shared weight-room access
- Weather and school events interrupt training
- Too many heavy sessions close together

OPERATING SYSTEM

1. Map meets, testing, holidays, and recovery weeks
2. Use preparation, strength, intensification, and taper phases
3. Post weekly lift times and platform groups
4. Prepare a short-session alternative
5. Adjust volume before major meets

WEEKLY / DAILY CHECKLIST

- Verify room availability
- Post the daily plan
- Set starting weights
- Schedule recovery
- End within the published time

MEASURES TO TRACK

- Session completion
- On-time starts
- Planned versus completed volume

COACH NOTES / NEXT ACTION
