

What Can YOU Do To Help The GBPF?

Yes, we want your help! After all, it's all been done for the benefit of the lifters, at all levels. So lifter involvement is crucial. **Your** involvement is crucial. But first, let's put our request into perspective.

Surf around this website. Pretty good, isn't it? Several thousand pounds worth of work went into developing it – all donated free of charge by Rob Thomas. The GBPF is adopting a promotion and development strategy that took Martin Flett three weeks to produce. His charge for that work? Nothing.

Behind the scenes, people like Arthur Hoey and Ralph Farquharson have been working tirelessly, with help from many others, to realize the dream of an independent IPF powerlifting affiliate in the UK. All this work has been done voluntarily, and time has been given willingly.

At a meeting on 31st August 2008, twenty one people travelled from all over the UK to meet in Birmingham and get the GBPF moving. People came from Glasgow, Newcastle, South Wales, the south west, and many other places besides. Most of them incurred more in fuel costs to attend the meeting than you are being asked to pay as an annual membership fee, as well as giving up their time to move the sport forward.

Up and down the country, divisional representatives work tirelessly to provide lifters of all ability levels, all ages, and both sexes, to lift competitively. Many of them are also involved in staging national championships, coaching everyone from beginners to international lifters, and officiating at home and abroad. All give their time and expertise willingly and free of charge.

Their joint commitment to you, the lifter, and the sport of powerlifting, is unequivocal. But if we are to develop the sport and take it to a new level, **everyone** has a role to play.

So what can you do? Well, just take the following top ten simple, inexpensive steps and play your part in developing British powerlifting.

1. **Join!** Particularly in its first year in existence, it is vitally important to have the funds in place to carry out essential functions. The annual subscription fee of £35 (£20 for juniors) is less than you probably pay for a pair of trainers. Join, and join early!
2. **Encourage Others To Join!** If every member introduces **just one new member** each year, the federation doubles in size each year. A lot of people each doing a little makes a meaningful difference.
3. **Buy GBPF Merchandise!** Not only will you get value for money products that will last for years, but you'll look pretty cool wearing something utterly exclusive that you won't find in the shops. Buy products as gifts for others, and suggest

GBPF merchandise as a gift for you if your family and friends find you ‘hard to buy for’. Build a collection of the different coloured teeshirts and vests. By buying products or asking for them as gifts, you will be making a major contribution to the GBPF’s financial wellbeing, and benefiting from great products at great prices.

4. **Support Your Local Division!** If you can lift at an event, lift. If you can’t, offer your services to your divisional secretary. We always need loaders and spotters, scoreboard operators, and other help on the day. Failing that. Come along and support the lifters – and bring a friend or two with you.
5. **Get Your Name In The Local Papers!** No, it’s not going on an ego trip, it’s not being big headed, it’s all about getting as much good publicity as possible for powerlifting. The national papers may not be interested in powerlifting (yet), but local sports reporters are always looking for a ‘local person does good’ sports story. Give them the story, tell them where you train, and offer to help any readers who might be interested in taking up the sport. See elsewhere on the website for a model press release you can use.
6. **Tell Us About Your Contacts!** We need sponsors. Do you know of a company that will give anything from £200 to sponsor a local divisional event to tens of thousands of pounds to be the national sponsor? We would also love to encourage ‘names’ into the sport, because where ‘names’ go, media coverage follows. Do you know any names that we might approach? Let’s have your suggestions!
7. **Give Positive Criticism!** It’s easy to moan, especially now you’ve got the internet. But don’t just whinge – offer positive suggestions, and where possible we’ll take your views on board.
8. **Promote Powerlifting!** Get your gym to put up a poster publicising the GBPF. Then all your fellow gym goers will know who to approach if they’re interested in taking up the sport. Wear GBPF clothing – be a billboard!
9. **Form A Club!** That gives a focal point for powerlifting in your area and gives new lifters a way into the sport. And once you form a club, it can apply your local council for grants to buy equipment and meet competition and travelling expenses. Sound too complicated? Simply download a model constitution, insert your club’s name, follow the rules outlined and you’re up and running! And the GBPF has decided that club affiliation will be absolutely free. We’ve decided that you shouldn’t have to pay for the privilege of helping the sport!
10. **Don’t Take Banned Substances!** It’s simple and straightforward. The GBPF is absolutely committed to the WADA Code of Practice. We don’t want drugs cheats. They are a stain on the sport. If you cheat, we will catch you! There are organisations that do not undertake testing of lifters. If you must take drugs, lift

there. The GBPF doesn't want you. We are committed to providing a level playing field for clean lifters. If you do drugs, do them somewhere else!

So what are you waiting for?