

## **REGISTRATION FEES & TEAM DUES**

New team members pay an initial registration fee of \$200.00 which includes initial training and assessment in the three competitive lifts, four months of coaching at the gym, a Strong Life team shirt, and annual membership in the R.A.W. United Powerlifting Federation.



*Derek, Mia, and Colin all qualified for the 2022 R.A.W. United National Championships*

Athletes that choose to continue to be a part of the Strong Life team after their initial four months, pay team dues of \$120.00 every four months.

Payment cycles occur in January, May, and September with the first payment being adjusted to ensure all team members are on the same payment schedule. The payment schedule itself is as follows:

**Payment Due 20 December  
Covers January 01 through April 30**

**Payment Due 20 April  
Covers May 01 through August 31**

**Payment Due August 20  
Covers September 01 through December 31**



*Squat Day: Mariam at Strong Life Training Facility*

Once registered and assessed, an individualized routine is then created and followed for eight to twelve weeks in preparation for the lifter's first competitive event. After their initial contest experience, future strength logs are created for each lifter based upon his or her performance on the competitive platform.



*Grip It & Rip It:  
Colin working on his deadlift at Strong Life Training Facility*

Strong Life team members compete four to six times per year, to include the following annual events: the Florida State Championships in March, the National Championships (lifters must register a qualifying total to compete) in June, and the Tony Conyers Extravaganza in November. Team members also compete in local, full power or single-lift events.