

SDSC Para Powerlifting Open House 2020
Criteria for SDSC Para Powerlifting Training Programme

1. INTRODUCTION

This notice is to highlight what the Singapore Disability Sports Council (SDSC) and its Coach (Para Powerlifting) is looking out for in its recruitment of potential athletes into the SDSC Para Powerlifting Training Programme.

2. OBJECTIVE

To try to shortlist the most appropriate athlete who have the potential and pathway to excel in Para Powerlifting.

To be placed on a up to 1 year training programme (till 31 Dec 2020 and subjected to review and performance monitoring throughout the period)

3. ELIGIBILITY

To be eligible for consideration the participant must:

- i) Must be a Singapore citizen
- ii) Compliance with the sport specific classification rules (8 eligible physical impairments under International Paralympic Committee IPC. See Annex)
- iii) Physical fit and with no other health conditions that limits an individual from doing weight and strength training.
- iv) 38 years of age and below
- v) For a start, able to lift (bench press) a weight of 30kg and above comfortably.
- vi) Able to commit to a training programme (approx. minimum 1 to 3 times a week training) and to follow the prescribed training plans endorsed by SDSC and its coach.

- vii) SDSC and Coach would like the opportunity to establish if participants have the technical and commitment level required for development. An interview with SDSC and Coach will also be included.

4. CONTACT PERSON

Mr. Loh Ngiap Kiang
Pathway and Participation Executive
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ANNEX

The 8 Eligible Physical Impairment Type

<https://www.paralympic.org/powerlifting/classification>

Impairment Type	Description
Impaired Muscle Power	Reduced force generated by muscles or muscle groups, such as muscles of one limb or the lower half of the body, as caused, for example, by spinal cord injuries, spina bifida or polio.
Impaired Passive Range of Movement	Range of movement in one or more joints is reduced permanently, for example due to arthrogyrosis. Hypermobility of joints, joint instability, and acute conditions, such as arthritis, are not considered eligible impairments.
Limb Deficiency	Total or partial absence of bones or joints as a consequence of trauma, illness or congenital limb deficiency.
Leg Length Difference	Bone shortening in one leg due to congenital deficiency or trauma.
Short Stature	Reduced standing height due to abnormal dimensions of bones of upper and lower limbs or trunk, for example due to achondroplasia or growth hormone dysfunction.
Hypertonia	Abnormal increase in muscle tension and a reduced ability of a muscle to stretch, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
Ataxia	Lack of co-ordination of muscle movements due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.
Athetosis	Generally characterised by unbalanced, involuntary movements and a difficulty in maintaining a symmetrical posture, due to a neurological condition, such as cerebral palsy, brain injury or multiple sclerosis.