

Are you IIT's strongest? Come prove it!

By **Ashlie Ingold**
STAFF WRITER

"IIT's Strongest Man and Woman" will be held on April 30 at Keating Sports Center, from 3 p.m. to 6 p.m. In an interesting twist, this competition will be unlike other powerlifting contests because it is not based on a one-repetition maximum for each lift. Instead, each participant will perform a 5-rep maximum lift, with three attempts allowed by each competitor in the traditional powerlifting events: the Bench Press, the Squat, and the Deadlift. The total number of repetitions in each set will be multiplied by the weight lifted for each exercise. Then the cumulative weight total will then be divided by the participant's body weight for the final score.

While strength performance is the goal for this event, strength alone will not decide who wins. The winners may not necessarily have the single heaviest lift in all three events, or even one. But if they lift the best amount of weight overall, they will have some advantage. They still need to make sure their totals are high when divided by their body weight. In a sense, this means that leaner athletes can win by being the "pound for pound" strongest, but they still need to lift weights heavy enough to be competitive against bigger athletes.

The entry fee is \$5 per participant, and the winners will receive a training session with Sean Armstead from Phenomenal Fitness (more information at <http://www.phenomenalfitness.com>), who is one of America's top kettle weight coaches. Coach Neal, our Director of Intramurals & Recreation, will serve as the chief judge for all lifts. As with all programs offered by the Office of Intramurals & Recreation, this competition is open to all students, staff, faculty, and alumni of Illinois Institute of Technology, Shimer, and Vandercook. Email intramurals@iit.edu for more information.



(Photos courtesy Graeme Port)



Lifeguarding and Scuba at Echo Pool

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Lifeguarding

\$200
April 15 and 29, 6 p.m. - 10 p.m.
April 16, 17, and 30, 8 a.m. - 6 p.m.

If you are 15 years or older and a proficient swimmer, you can become trained as a professional lifeguard.

Safety Training for Swim Coaches

\$75
April 17, 8 a.m. - 6 p.m.

Developed in collaboration with USA Swimming, this course teaches swim coaches and other aquatic professionals how to prevent and respond to emergencies while on the pool deck.

Discover SCUBA

\$150 total (\$120 PADI, \$30 Bob Huff)
April 10 2 p.m. - 6 p.m.
Scuba Class with Bob Huff
April 19 - 21 6 p.m. - 10 p.m.

Signup cutoff Sunday April 17. Everyone needs to complete the online course prior to class and have their own masks and snorkel.