



Greater London Development Squad

Organised under the Great Britain Powerlifting Federation

Date: Saturday, 4th April 2009

Venue: British Barbell, London

British Barbell hosted the first the Junior Development Squad, under a new initiative from National Development Manager, Paul Rees. The day was open to Junior Powerlifters in and around the division, and, in addition to Paul Rees, was overseen by GB Senior Team Coach and Former World Champion, Tony Stevens, and current GB Team member, Ben Banks. Each of the twelve participants worked up to moderate weights in each of the three disciplines, receiving pointers and advice on techniques and training for each lift.



The Squad was open to all, with a full range of people in attendance, from those building up to their first competition, to those aiming to move up to the national squad.



There are similar squads organised in other divisions, contact the GBPF National Development Manager, Paul Rees (dpaul.rees@ntlworld.com), for further details. British Barbell will also be looking to host a second development for Greater London towards the end of the year; anyone interested in attending the next event for the region should contact the Greater London Development Manager, Ben Banks (club@british-barbell.org.uk).