

GYM OWNERS GUIDE TO THE OLY OPEN



Fun Opportunities to make this an epic
event for your community

www.girlsgonerx.com/oly0open



Welcome to the Global Online Oly Open!

The Oly Open is an Online Olympic Weightlifting Competition

WE ARE ALL ABOUT LIFTING EACH OTHER UP AND WHAT BETTER WAY THEN TO LIFT HEAVY, CHEER EACH OTHER ON, AND PERHAPS PR.

[#competeforacure](#)

\$5 from everyone registered will be donated to Compete for a Cure
competeforacure.org

Details

- **5 Weeks Long**
- **4 Weight Divisions**
- **Every week is a new lift announced on Wednesdays with video submissions entered by Sunday (central timezone)**

- All Competition Lifting will be done in pounds or entered in pounds



Leading up to the Oly Open

CASH PRIZE!

The more that lift, the more we pay! The Prize Pot is divided out between the top 1st place lifters in all weight divisions. Each week we will also have prizes for the top lifters in each division!

4 Weight Divisions

You must stay in your division for the entire 5 weeks; weekly weigh-ins will be required for proof.



LADIES

Division 1: Up to and including 130lbs

Division 2: 131lbs up to and including 157lbs

Division 3: 158lbs up to and including 179lbs

Division 4: 180lbs and up



MENS

Mens Division 1: Up to/including 160lbs

Mens Division 2: 161lbs up to and including 196lbs

Mens Division 3: 197lbs up to and including 225lbs

Mens Division 4: 226lbs and Up

Masters 45+ Subdivision for all (which is based on your birthday. You will automatically be added to this division if you turn 45+ before the end of the final week)



Leading up to the Oly Open

Tips to maximize participation and to help your athletes.

Host Skill Sessions:

Leading up to the Oly Open, consider the main areas of potential "Bright Spots" for clients. For some, this may be their first-ever competition or their first time attempting a 1RM.

Schedule (or have a coach plan this) a specialty seminar for different lifts over the weekend.

Host a Weightlifting Clinic and have athletes pay to attend. Could host this over the weekends and even during the weekdays, leading up to the Oly Open. You can choose to highlight one lift each weekend with accessories as homework. Since the Oly Open is focused on Olympic Lifting, you could break down the lifts into several clinics.

Need help creating a program or want a detailed Built-for-You 4-week Oly Clinic? email support@girlsgonerx.com





Retail

Shirts, Stickers, and More

Everyone loves shirts! Use this opportunity to design a new barbell design and get it put on a shirt and get stickers made. You know your community, so think of shirts, headbands, hats, etc.

We sell GGRx Oly Open tank and swag within the event registration. Most lifters have a journal, water bottle, etc that is covered with stickers, so add yours to that.

Our official Oly Open designs are made by our design team within Girls Gone Rx.

Get your own Custom Design

If you want something custom-made for you, we can easily make that happen. So get creative and connect with GGRx HQ and get a custom design made for you and your community.

Request your Custom Designs Here:

<https://girlsgonerxshop.com/products/custom-shirt-design>



OLY Open Operations

- Many gyms have done a Friday Night Lights event, just like you may have seen for the CrossFit Open. You can do the same style event and highlight a designated lifting area or even make a platform.



- Make it loud, bright lights on the platform, and make sure your gym is spectator-friendly. Let your lifters invite friends and family. We've found that 5 Fridays in a row can be taxing on both members and staff, so change it up. If Fridays are too much, have a Or a Sunday Funday event, that is lifting followed by a brunch.

- A spectator-friendly Saturday Showdown, maybe with a BBQ and cornhole afterwards
- Friday Night Lights with a gym potluck or BYOB
- A Sunday Funday followed by brunch
- A Thursday Throwdown with drinks after



Highlights

■ Highlights

Every week is a different lift or complex, so every week you can highlight your top lifters! Interview your athletes, talk about the lifts, and really highlight if they hit a PR. Think client stories, interviews, and fun highlights!

During the week host a Facebook Live on Thursdays talking about how to attack that weeks lifts; a good chance to get your coaches involved too. Tag your photos with your gym name and use #olyopen





HOST IT YOURSELF

OLY OPEN MINI- EVENTS

- 4m x 4m platform or taped off lifting area
- 1 women's bar 35lb or 15kg
- Clips/Collars
- 1 weight set 295lb (45x4, 25x2, 15x2, 10x2, 5x2, 2.5 x2) or at least 135kg (25x2 optional, 20x2,15x2,10x2,5x2,4x2,3x2,2x2,1x2)
- Chalk Bucket
- Clock (able to count down by seconds)
- Cleaning Kit (sanitizer and rag for blood on bar)
- Broom to remove dirt/chalk from lifting area
- Chairs/benches/boxes for spectators

**Warm up area (separate as much as possible from the platform)
Make sure it is well lit and safe for lifters, especially if running a FNL theme.**

- Bars – enough for 2 lifters to a bar
- Weights – enough to adequately allow warming up for 5-10 bars
- Chalk

Running the Oly Open

- Weigh In -
Have a scale for every week
 - a) All ladies will weigh in every week, as part of your video. Make sure you can clearly see in the video the scale zeroed out and then your weight. *if we share your video, we will not include your weight, just your lifts*
- Lifting Logistics
 - a) Wrist wraps, knee sleeves, taped hands and weightlifting belts are all accepted. Lifting straps are not allowed. Singlets not required.
 - b) Make sure to follow that week's standards, which are in a video and sent out each week.



Contact Us

Thank you so much for taking the time to look through this! If you have any questions, ideas, or thoughts about getting your gym involved with the Oly Open, we'd LOVE to talk with you & see how your community & facility can benefit! Feel free to reach out to Lindsey or DM us via Instagram, or over email at lindsey@girlsgonerx.com