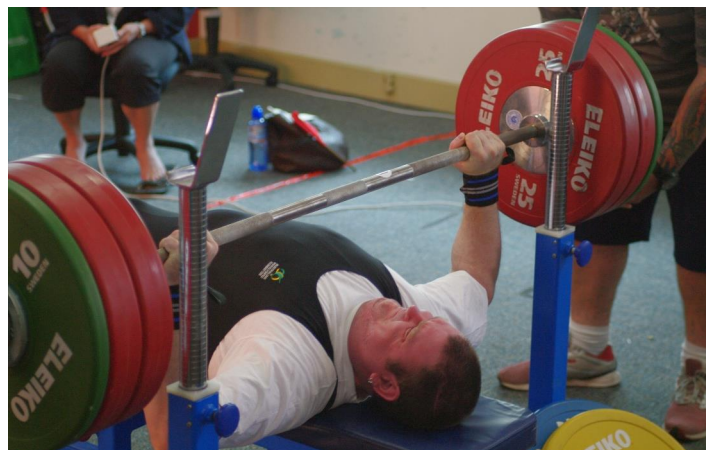


Para Powerlifting

Para Powerlifting requires strength, power, coordination and dedication to training.

Athletes with a physical disability (eg. amputation, spinal cord injury, cerebral palsy) compete in the bench press only, whilst athletes with a vision impairment compete in the bench press, squat and dead lift.

Physical disability Para Powerlifting is the only discipline currently contested at Paralympic Games.



The Association coordinates coaching and development opportunities for lifters with a physical disability through a series of approved hubs throughout Queensland as per below.

Region	Venue	Contact
Brisbane	Sporting Wheelies and Disabled Association Health and Fitness Centre 60 Edmondstone Road, Bowen Hills Qld	Robyn Stpehensen 07 3253 3333 robyns@sportingwheelies.org.au
Brisbane	Extreme Physique 1 Greg Chappell St, Albion Qld	Rob Norrington 07 3262 7334 info@extremephysique.com.au
Gold Coast	Zero Weakness 4/36 Newheath Drive, Arundel Qld	Thomas Lilley 0434 431 495 thomas@zerow.com.au
Sunshine Coast	University of Sunshine Coast Gym 90 Sippy Downs Drive, Sippy Downs Qld	USC Sport 07 5459 4888 sport@usc.edu.au
Townsville	Heavy Metals Strength and Powerlifting Club Shed 4, 16-18 Gurney St, Townsville Qld	Favian Arcidiacono 0457 770 111 heavymetalspc@gmail.com
Cairns	Iron Strength Power and Performance 81 Fearnley St, Portsmith Qld	Elias Wright / Jacky Feher 0423 531 278 info@ironstrength.com.au

We are also looking to establish more hubs in regional areas, if you have a training facility interested in becoming a hub please contact us.

For more information, contact Robyn Stephensen, Sport Development Coordinator on (07) 3253 3333 or email: mailbox@sportingwheelies.org.au

