

URGENT MEMO

Re: Cutting of bench shirt collars

Gentlemen:

I hope this finds you in good health and spirits. Before all else I want to state that it's an honor and privilege to be able to service the THSPA and THSWPA – the strongest High School federations in the USA.

*I write to you today concerning a **serious** safety issue that needs to be brought to your attention.*

*I have been informed that some coaches have started cutting the collars on bench shirts to make them more comfortable for their lifters. This is a **dangerous** practice. The collar is not simply decorative. It is a functional, integral part that is responsible for keeping the shirts intact. Cutting the collar can result in massive product failure while the lifter is under stress.*

This action will seriously endanger the lifter as the failure will occur under heavy load.

This would be the same as cutting or splitting a football helmet to make it more comfortable on a player's head. The first collision will prove to be disastrous to the health and well being of the athlete.

When our products are used as intended, there is a very minimal risk of product failure. This alteration will absolutely compromise the integrity of the product and its ability to do its job properly and will cause failure while being used by the athlete. There is absolutely no question that the product will fail when cut. The question is not "if" but "when".

*I strongly recommend and urge you to inform your membership of this **hazard and risk**. I also recommend that you further address this in your rulebooks by prohibiting the cutting of collars.*

If the issue is about making the shirt more comfortable on the lifters neck, there are two things that can be done to alleviate the problem.

- 1. Pull the back of the shirt up and then pull the front collar down on every bench attempt.*
- 2. Use a narrow belt (preferably a bench belt or a narrow belt) to cinch the shirt and hold it down. Pull the front of the shirt down first and then cinch the belt. (Shirt to be worn under a singlet, belt on top of the singlet).*

Due to the seriousness of the situation, I recommend that you post this warning on your respective websites to educate those coaches who may be unknowingly endangering the welfare of their students.

Should you have any questions or need any assistance, please free to contact me.

Sincerely,

PM (Pete) Alaniz

President



Always the Originator. Never the Imitator.

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