



POWERLINES

August 2010



Blaine Sumner squats 804lbs at Raw Nationals

PRESIDENT'S MESSAGE:

This is our second issue of the electronic version USA Powerlifting Powerlines. Our first issue showed that some of our members have not updated their email addresses. Because of this we were unable to notify as many members and past members as we had hoped. If you didn't receive my email letting you know that the issue was published, please notify the National Office of your correct address so that you will receive this and other important information send from your organization. If you are reading this now, you've found us! If someone passed the notification to you, please thank them, but would like to send to you directly. The USA Powerlifting Website, Powerlines, USAPL Blog, Twitter, Facebook will be the main sources of communication for federation news, results, and information. If you have a question, please contact the National Office directly or one of the Officers.

We've just completed another very successful Raw Nationals. There were a number of records broken and many more excellent performances. Please see the article on the meet in this issue, as well as a profile of Jennifer Thompson, women's outstanding lifter. This meet was also our third national meet this year to be live streamed. The upcoming Bench Nationals will be live on the internet as well. We continue to see the value to you in the online audience of this medium and hope to improve our broadcast in coming weeks. One item we are experimenting with is embedding the scoreboard in the broadcast itself. We are also investigating having a moderator to answer the questions that the audience has during the broadcast. We hope that these changes can be worked out soon so that you have a better viewing experience.

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President's message cont.



We are working on the preparations for the Arnold Sports Festival this spring in Columbus. There are several changes coming to our competitions. One of the biggest changes is that we have been offered a ballroom for all three days of the Festival. As the Grand Ballroom is has been committed Sunday, we will present the USA Powerlifting Events in the

12,000 sq. ft. ' E Section Ballroom.' We will host the Raw Challenge, the American Invitational, the Titan Pro Bench Bash, and this year, an Ohio Invitational Push/Pull. We are very excited that our new location opens directly on the main hallway right next to the Accreditation Booth. This will provide easier access to spectators who would not otherwise see USAPL events. The GNC International Pro Deadlift will continue in its usual time slot and location on the Expo Stage. Please continue to go to the USA Powerlifting Official website for the updates, rankings, etc for the Arnold events, don't forget to join us on Twitter and be informed as soon as information is posted.

In this issue Kevin Stewart profiles Alison McWeeny. You find that she is an outstanding athlete who is all the more inspirational in her dedication to and performance in lifting since losing a leg in a boating accident last year. Read on for a great interview.

Finally, as you read this, our athletes will be competing in the North American Championships in Aguadilla, Puerto Rico. We are looking forward to an exciting competition as well as our usual fun time in a beach front venue with all of our friends. For those of you who haven't been there, the fans in Puerto are second to none. They love Powerlifting! This year, due to the convenience and fun of this competition some of our most elite lifters are attending. The City of Aguadilla is going all out to host this event that follows shortly on the heels of the Centro-American Games. It promises to be a great time for all.

Until next time,
LJM

As always, we are open to your suggestions for future editions of Powerlines and look forward to the contributions of our members in each issue.

ORGANIZATION NEWS

USAPL POLICY REGARDING USAGE OF ITS LOGO AND OTHER INTELLECTUAL PROPERTY

The 2010 NGB asked for a published policy for the use of the USAPL logo. The following is the policy and it is also found, along with the forms on the USAPL website: www.usapowerlifting.com >About Us >Logo Usage Policy

The Policy:

Any member or organization must complete and return the Form called, USAPL Application to Use the USAPL Logo or other USAPL Intellectual Property (hereinafter "USAPL Logo Usage Form"), for approval before the USAPL logo or any of its intellectual property may be used.

Any intellectual property, which includes the USAPL logo, shall not be used by anyone without completing this form and without written approval.

If there is any member or organization who is currently using the USAPL logo without USAPL permission, please complete the form and return it for written permission.

If usage is approved, the USAPL logo shall not be changed in anyway, and shall always be displayed with the "TM" on the logo. Any derivation of the logo shall be cause to terminate the usage permission.

Please direct any inquiries or questions regarding this policy or the USAPL Logo Usage Form or general usage of the USAPL logo to Bettina C. Altizer at altizerlaw@aol.com.



TECHNICAL UPDATE

Robert Keller – Technical Chair

In this issue of Powerlines, I am going to address the following five [5] issues: Technical News Bulletin, Raised Toe Deadlift Shoe, Raw Lifting - Allowable Knee Sleeves, Unsanctioned Competitions/Lifting with Suspended Lifters, and the Technical Secretary Training Program.

TECHNICAL NEWS BULLETIN

During September 2010, the USAPL Technical Bulletin will be reinstated and posted on the following websites: 1] USA Powerlifting website; 2] USAPL Twitter and 3] USAPL Facebook. Overall, the quarterly USAPL Technical Bulletin will serve to inform both the national and grassroots level lifters as well as officials and referees on important IPF and USAPL technical rules changes. Hopefully, this resolve several miscommunications which took place at the Women's National Championships in Ohio.

RAISED TO DEADLIFT SHOE

Per the IPF Technical Committee, the specialized raised-toe deadlift shoe is no longer authorized to be worn at all USAPL/NAPF/IPF Championships. I realize the description in the IPF Technical Rulebook, under allowable shoes, should allow the specialized DL Shoe; however, we're going to honor the desires of the IPF Technical Committee Chair's interpretation.

ALLOWABLE KNEE SLEEVES

The only authorized knee sleeves allowed to be worn at USAPL Sanctioned Raw Championships are those made

of the [neoprene] material. Referees, during your equipment checks, please be sure the sleeves do no measure more than 30cm in length. I discovered several that measured more than 30cm at the Raw National Championships in Denver. Also, there is one manufacturer out there [APT] producing - believe or not - double ply knee sleeves. Of course, they're not authorized to be used in our championships - Again, Neoprene only!

UNSANCTIONED COMPETITIONS/LIFTING WITH SUSPENDED LIFTERS

This year marked an [unsettling] trend with notable USAPL/IPF athletes and officials taking part in unsanctioned and non-drug-tested championships which are in direct competition with USA Powerlifting. As a result of this, I am sending out another reminder to both the athletes and officials that by participating in non-drug tested competitions, with potential suspended lifters taking part, you're at risk of being sanctioned by the International Powerlifting Federation [IPF Constitution - 14.9]. Also, if you're selected to a USA Team and take part in another federation's international championship the same year, you will not be able to lift in a NAPF or IPF Championship that year as well. This rule extends to referees as well. All I can say is; buyer beware.

TECHNICAL SECRETARY TRAINING PROGRAM

The USAPL Technical Committee will be embarking on a robust training program to expand our pool of Technical Secretaries. The program will be introduced and rolled out at our 2011 National Championships. Those that are interested, please contact me directly at: rhk@verizon.net or 954.790.2249 and I will assign you to one our national championships.

ARE YOU USAPL CONNECTED?

The USAPL is connecting to our membership via the many Social Media outlets. We are present on both Twitter and Facebook, along with a USAPL Blog which will keep you abreast of organizational information, meet announcements, information on live streaming, meet schedules, nominations, etc.

This month..... Sign-up with Twitter and follow the USAPL on Twitter and you will be automatically entered in a drawing for **Two FREE USAPL logo T-shirts.** (USAPL Twitter - www.twitter.com/usapowerlifting)

Twitter will make short announcement, meet updates, etc throughout the month so you can stay connected with what is happening in your organization. Twitter can even text you updates!

The winner will be contacted via Twitter Sept 1.



OUT OF MEET DRUG TESTING IN THE USAPL - THE OMT, THE ALF AND THE RTP

Cathy Marksteiner - Chair, OMT Committee

Is this a new language in Powerlifting and you didn't get the translation cheat sheet for all these letters?

No, not really. Just some of the abbreviations usually heard with Out of Meet Drug Testing.

The USAPL, as a member of the IPF, follows the WADA code. This means, the USAPL does both In-Meet (IMT) and Out-of-Meet Testing (OMT).

The IMT and OMT use the same drug test, same paperwork, same procedure and same kits. So, what's the difference? Specifically, the differences are where the test is done, advance notice of the test and the athlete "test pool".

All of the lifters at a meet are included in the IMT "test pool". You, the lifter, know you could be one of the 10% (or more) chosen for IMT, on that day, at that meet.

In comparison, the OMT is a no-notice drug test and the athletes are chosen from the "Registered Test Pool" (RTP). The USAPL Registered Test Pool is primarily made up of lifters competing on the World (IPF teams) and Intercontinental level (NAPF teams) and Arnold athletes. Additionally, athletes coming off suspension (within 6 months) are included. Since we bring the no-notice test to the athlete, we need to be able to locate the athlete. The lifters provide their contact and location information, via the electronic Athlete Locator Form (ALF), found on the USAPL web site. The ALF can also be updated quarterly. Who should complete the ALF? And, when submit the ALF? When you accept the IPF or NAPF team slot, you are in the RTP. Your ALF is submitted as soon as you accept your team slot.

The website ALF form was recently redesigned and is easy to complete and submit.

[USAPL Athlete Locator Form](http://usapowerlifting.com/Forms/Athlete%20Location%20Form) (usapowerlifting.com >Forms >Athlete Location Form)

- Fill in your contact and location information.
- Select the competition from the drop down menus at the top—"Upcoming IPF or NAPF meet?" and the specific meet in the next box.
- Fill in the other information, as needed.
- Select "ACCEPT, Athlete Locator Form Acknowledgement".
- Electronically sign the form, using the security key.
- Please choose "Submit ALF", not "print" or "email".

It will automatically be sent to both the ALF Custodian and OMT Committee Chair. You will also receive a confirmation, via email, that the ALF was sent. Once the ALF is submitted, the OMT committee has the contact and location information needed to schedule a possible OMT.

If you are an athlete submitting an ALF, then "Congratulations".

If you have any questions about the OMT process or ALF, you can contact me via email: cmarksteiner@gmail.com

ATHLETE REP NOMINATIONS

It is time to nominate Athlete Representatives. USAPL Athlete's Representatives are NGB voting members elected by the USAPL athletes and members. They have the duty to participate at any NGB meeting with the purpose of representing the interests, needs, and perspectives of the USAPL competing athletes.

- **Nominations:** Current USAPL members can nominate up to five [5] names of current USAPL Athletes (including yourself), please send them to: usapl.simons@gmail.com
- **Nomination Deadline:** August 15th, 2010
- **Voting:** Voting will occur online and will be announced in the Sept issue of Powerlines.



RAW COMMITTEE MEETING REPORT

Submitted by Joe Warpeha

The Raw Committee meeting was held following the afternoon awards session on Saturday. The chair of the Raw Committee, Joe Warpeha, oversaw the meeting which had an attendance of about 20-25 people and lasted an hour or so. There were no pressing issues on this year's agenda which was a welcome relief following the knee sleeve/wrap debate that was finally resolved last year.

QUALIFYING TOTALS

The issue of qualifying totals for Raw Nationals was brought up in order to get an initial sense of how lifters feel about such a thing. Some believe qualifying totals should be implemented in order to make the event more like Men's and Women's Nationals in terms of having higher-level competition. Others are against requiring anything more than just a raw total to qualify because it affords all lifters the chance to lift on a national stage. It was also suggested that imposing qualifying totals could dramatically reduce the number of lifters in the national contest and it might have the unwanted effect of driving some lifters away. The point was made that at least a couple more years of data would be required before valid qualifying totals could be statistically calculated so there is no need to jump too deeply into this topic at the present time. However, it will likely be a source of discussion in years to come.

LIFTER CLASSIFICATIONS

The possibility of establishing lifter classification standards was raised and most, if not all, in attendance were in agreement that such standards should be created because it gives every single lifter goals to strive for. It was noted that, while more data is probably needed before appropriate standards could be

developed, such a set of standards should be developed since there is no foreseeable downside.

RAW CHALLENGE INVITE

A suggestion was made to give an automatic invite to the Arnold Raw Challenge for class winners at Raw Nationals and there seemed to be widespread agreement on this.

NAPF RAW CHAMPIONSHIPS

Robert Keller (NAPF Secretary General and Chair of the USAPL Technical Committee) was on hand to answer questions about the potential new regional raw championship that would be held under the sanction of the NAPF. If approved at the August NAPF meeting, the goal would be to have the first raw championship in October, 2011. Robert indicated that the plan would be to make Raw Nationals the sole qualifying event for the NAPF raw meet and that a team of 8-10 lifters would be selected (based exclusively on Wilks points) to represent the region. Nothing is written in stone yet so stay tuned for further developments.

USAPL WEBSITE RAW LIFTING SECTION

Finally, it was suggested that there should be a section on the national website devoted to raw lifting (just like there currently is for other member segments). A list of legal knee sleeves was given as an example of how a section on the national website could benefit lifters. On the topic of knee sleeves, there were several illegal knee sleeves at this year's event. To reiterate what it says in the rulebook, "neoprene knee sleeves" are the only knee sleeves allowed for raw lifting. The APT knee sleeves made out of material similar to that of knee/wrist wraps are NOT legal and will NOT be allowed for lifters competing raw. There seems to be confusion regarding this topic at local meets.

The image shows the U.S.A. Powerlifting logo on the left, with the text "U.S.A.™ POWERLIFTING" and the tagline "The Choice for Drug-free Strength Sport" below it. To the right is the word "eStore" in a large, white, sans-serif font. Below "eStore" is the tagline "The Choice for Drug-free Strength Sport". To the right of the text is a photograph of a hand holding a blue object, possibly a weight or a piece of equipment.

RENEW YOUR MEMBERSHIP ONLINE: [USAPL MEMBERSHIP](#)



Mens Open/Teen/Junior Nationals Report

As Reported by Angela Simons

The 2010 Men's Open-Teen-Junior National Powerlifting Championships were held June 18-20 in Palm Springs, CA. Palm Springs provided an ideal setting for a national championship with the championship venue, host hotel and access to first rate restaurants and shopping all accessible and within walking distance. The dry desert heat remained within reason during the day with temperatures ranging between 100-105 degrees. The evening temps dropped to 75 degrees which allowed for athletes and guests to enjoy the many shops, dining and drinking establishments along Palm Canyon Drive as well as poolside socializing at the Hilton Palm Springs, the host hotel.



Over 110 athletes from twenty-three states attended this year's event directed by Lance Slaughter. For Teen and Junior lifters, this championship was the last opportunity to qualify for Sub-Junior and Junior Worlds and it was the only qualifying opportunity for Open competitors vying for a slot on the Open Men's World Team heading to South Africa this fall. The format of this championship combining Open, Teen and Junior age competitors also provided younger, less experienced lifters the unique opportunity to compete on the same stage as elite, seasoned veterans and former world champions. In fact, it was the new generation of very talented young lifters who provided many of the championship's top performances. Some highlights:

FRIDAY: (52 kg/114 lbs- 75 kg/165 lbs)

Lifting began on Friday with the 114 lb - 148 lb lifters going in the morning followed by the 165 class in the afternoon. The 114 lb class, which is only available to Teen and Junior lifters, was won by 15 year old Thomas Soto from Texas with a 902 pound total.

In the 123s, both the junior and open divisions were won by Chris Tran of Mississippi, whose squat (474 pounds), deadlift (507 pounds) and total (1240 pounds) were all new junior national records. A lifter to be watched in this class is Eric Torres, a strong young man from Texas who won the 18 - 19 year old division. He set a new sub-junior world record deadlift of 488 pounds on his way to a total of 1227.

The 132 Open division came down to the last pull when Jonathon Bareng of Hawai'i had the winning deadlift in his hands but was unable to lock it out for the win. Mike Kuhns repeated as the Open national champion with a 1427 total.

In the 148 weight class, Doc Holloway was uncontested in the Open division and earned his spot on Open World team with a world class 1576 pound total. Wisconsin's Jason Rupnow came back from a set back during the squat to win the 16 - 17 year old Teen division with a 1328 total.

Proving that the future is bright for American powerlifting, the top two places in the Open division in the 165 pound class were won by Junior lifters Maliek Derstein and Knute Douglas. Maliek went 8 for 9 and emerged on top with a 1720 pound total. Knute ended the day with a 1631 pound total on a 3 for 9 day. 2010 Sub-junior world team member Charles McDonald won the 15 - 16 year old Teen division with an impressive 1471 lb total.

SATURDAY: (82.5 kg/181 lbs - 100 kg/220 lbs)

Lifting started with the 181 weight class in what many anticipated being a dog fight between former world champions Wade Hooper and Dan Williams. Dan who has most often competed at 198, winning worlds in that class in 2008, and Wade who has had unparalleled success at 165 were to meet in the middle in the 181 lb class. Unfortunately their competition ended earlier than planned when Wade was unable to post a successful bench. Dan went on to win the

Check out the official meet photos:



Order photos & video here.



class with 1765 pound total while only going 4 for 9. On his third deadlift attempt, Dan went for an American record of 744 lbs but was unable to pull it through to completion.

The Junior division was won by Stephen Verbois who went 8 for 9 on his way to a 1714 lb total. A lifter that is certain to have an amazing future in the sport is Idaho's Jesse Norris. At only 16 years of age, Jesse had the second biggest squat of the entire class at 705 pounds. His squat coupled with his total of 1703 pounds makes him the new Sub-Junior World Record holder in both of these categories.

On the strength of a 9 for 9 day and a 1835 pound total, Justin Walker won dual honors as the 198 lb Open division champion and Junior division champion. With his win, Justin earned the unique distinction of winning the Junior national championship each of the four years he was eligible. The 17 - 18 year old Teen division was won by Ian Bell who, on his way to securing the win and his sub-junior world team spot set sub-junior world record in the deadlift 711 pounds.

Nick Tyluti was the winner in the 220 pound Open class. Nick was successful with 8 of his 9 lifts and ended the day with a 2006 pound total. The highly competitive Junior division was won by Chase Favre by virtue of body weight over Luis Jaimes. Pat Sutton won 18 - 19 year old Teen division title establishing new American records in the squat (722 pounds) and total (1753 pounds).

SUNDAY: (110kgs/242lbs - UNL)

The 242s were a class that many people were waiting to see. Jeff Douglas, Jesse Betzinger and Jonathon Krogman were all lifters that the crowd assumed would put up a good fight to earn national champion honors. Jesse led after the squats with a successful 817 pounds which put him 22 pounds ahead of Jeff and 44 pounds ahead of Jon. After the bench press, Jeff took over first place at the sub-total by 17 lbs over Jon and 33 pounds over Jesse. During the deadlift the top position would change hands once again and this time it was Jonathon Krogman of Minnesota who would walk away with the gold medal achieving a 2045 pound total and a 25 pound win over Jeff Douglas. Also of note in this class was the performance by Preston Turner who at 18 years of age set a Sub-Junior World Record in the bench with 512 pounds.



The top two finishers in the 275 lb Open class both went 9 for 9. Patrick Anderson who continues to improve his total at each national championship placed second with an 1979 lb total. Nick Weite won top honors in this class with a 2204 pound total which in kilograms is the much sought after 1000. Raymond Koons won the Junior division playing the numbers just right and successfully pulling what he needed to win on bodyweight.

The last class of the day saw the unlimited Open class in a classic battle of age versus youth. Junior lifter Blaine Sumner led Brad Gillingham by 88 pounds after a successful junior American record squat of 903 pounds. Blaine broke a long standing record held by legendary Mark Henry since 1995. Blaine maintained his 88 pound lead over Brad at the sub-total. However as all who follow powerlifting will note, "The meet doesn't start until the weight hits the floor" The day ended with Brad winning over Blaine by 110 pounds and with a near miss of a master's world record deadlift of 880 pounds. It should be no surprise that Blaine won the Junior division achieving a 2105 pound total with only 3 successful attempts.

Best Lifters			
	Friday Lightweight	Saturday Middleweight	Sunday Heavyweight
Teen	Eric Torres	Jessie Norris	Preston Turner
Junior	Maliek Derstein	Justin Walker	Blain Summer
Open	Maliek Derstein	Nick Tylutki	Nick Weite

Team Winners	
Teen	Team Texas
Junior	Mississippi Powerlifting
Open	Team Titan



Featured Lifter: Jennifer Thompson



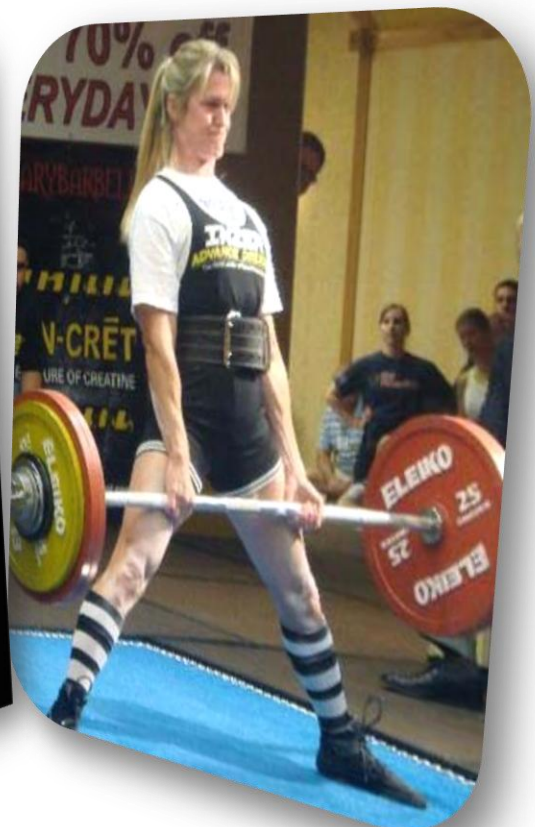
Jennifer Thompson started Powerlifting in 1999 after seeing a USAPL Bench Press meet on Venice beach. It only took her 6 months to make it to her first IPF Bench Worlds where she took third. She has since compiled 9 World Bench Press Medals in 9 tries taking three years off to have children. She has won 4 World Gold's and except for that first Worlds she has never finished any worse then second at any National or World Competition.

Although the Bench Press has always been her best event she has always competed as a full Powerlifter improving every year. She has won Women's Nationals as well as competing at the IPF Powerlifting Worlds. Once the USAPL introduced Raw lifting Jennifer found her home and has excelled at ever lift showing her true strength. This was capped off at the 2010 USAPL Raw Nationals, which was the greatest day of Powerlifting she has ever had and arguably one of the greatest ever by a female. She went 9 for 9 breaking the squat, bench, deadlift, and total American Records twice each. Her Raw Wilks of 500 was not only the best for a female in USAPL history, but it was higher than all the men. She is most proud of the fact that she has done this at the age of 37, while raising two boys, 4 and 6 years old, and still working as a math teacher. She prides herself on her longevity and her ability to continue to improve. This is stated in her motto which is, "It's not supposed to be easy, if it were everyone would be a Champion."

Career Highlights at 132 pounds:

Lifts	Equipped	Raw
Squat	380lbs	308lbs
Bench	325lb	292lbs
Deadlift	397lbs	386lbs
Total	1080lbs	986lbs

- 4 World Bench Press Gold's
- 10 World Championship Medals
- 5 Bench Press World Records
- 11 USAPL National Titles
- Best Raw Wilks (500) male or female!





2010 RAW NATIONAL HIGHLIGHTS

Denver, Co ~ July 16-18

Submitted by Joe Warpeha



The meet started out on Friday with Jennifer Thompson continuing her record-breaking ways by successfully bench pressing 292 lb in the 132s for what was arguably the best pound-for-pound raw bench press by a female...EVER. Technically, it looked perfect and it appeared that she had some more left in her. Husband and coach, Donovan, seemed to hint that 300 might fall soon. Donovan also got the win in the 181 Master 1A division on Saturday though he couldn't quite get that 501 deadlift to go. Gold must be the Thompson's favorite color. Jennifer went 9 for 9 on the day (with 27 white lights) and added a 308 lb squat and 385 lb deadlift for a 986 lb total, a Wilks score of 500.5, and Best Overall Female Lifter for the contest. Jennifer's Wilks score was the highest for the entire contest...for men and women. Video of the historic BP can be found here: <http://www.youtube.com/watch?v=m51c0QQEdWY>

Saturday saw a very deep and competitive 181 class (I know because I was at the bottom of it). First place in the open 181s came down to the last pull...and some strategy in terms of third deadlift changes. In the end, 49-year-old Ron Garofalo was able to pull out the win over Tony Reid. Perhaps one of the most memorable moments came as Tony cheered louder than anyone for Ron to lock out his third deadlift for the win. You will not find anyone who embodies intensity and sportsmanship more than Tony Reid. Rumor has it the Reid and Thompson families got together after lifting to see some sites with the kids. How would you have liked to be a fly on the wall when that group started talking about training?

The meet wrapped up with some heavy iron being moved around on Sunday. Meet director Dan Gaudreau has obviously been in the game for a while as evidenced by the virtually indestructible custom platform he had at the meet - the specifications say it is rated for two Brad Madvigs (sorry Brad, but for as much grief as you dole out, you deserve to get a little back every now and then). The platform sure came in handy when one of Colorado's own went out for squats. Perhaps it was "home field advantage" that Blaine Sumner can attribute to the win in the open unlimited division (as a junior no less). Or perhaps it was simply the fact that he's as strong as a bull...and approaches the bar like one too. His gutsy jump to 804 for his third squat (after missing his second with 772) paid off with a slow but sure drive to the top...and three white lights to earn a place in the record books. Blaine totaled 1940 via 804-429-705 for the win in the junior unlimited class...and the open. The future of USA Powerlifting looks real good.

Thanks to Dan and Jennifer Gaudreau for once again hosting a top-notch event. I can't imagine what the air conditioning bill was for the hotel that weekend. The venue stayed cool the entire weekend despite a "mass of humanity" lifting a lot of heavy things inside while the temperature was in the 100s outside. Maybe it has to do with that thin air up there. Last but not least, the spotters and loaders did an amazing job all weekend. The bar was loaded quickly every time and, most importantly, no one got hurt. Thanks to everyone who came out to Denver to make the 3rd Annual USAPL Raw Nationals a success. See you next year!

IN THE SPOTLIGHT!

Jennifer Thompson, makes a mark in history by achieving the highest Raw Wilks for both men and women at the 2010 USAPL Raw Nationals, hitting an impressive 500 Wilks!



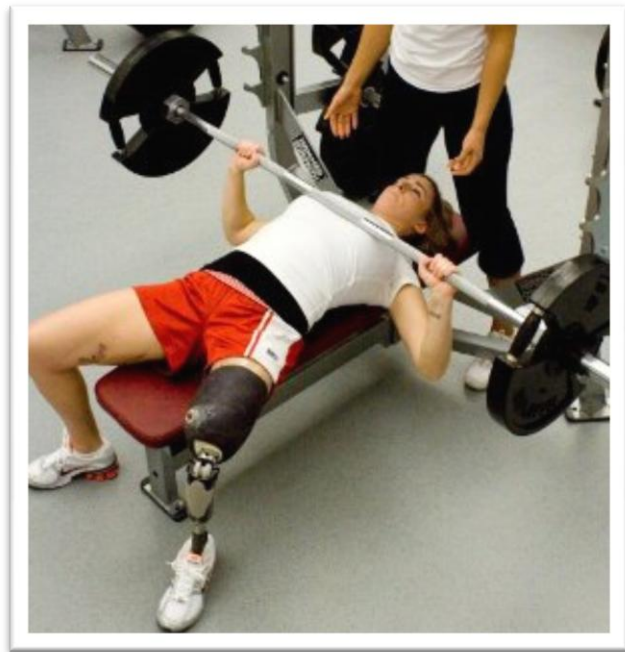


ATHLETE INTERVIEW - ALI MCWEENY

An Inspiring Life story

Interview by Kevin Stewart

**One Year Later
(The Alison McWeeny Story)**



**Ali,
Give me a little background on you, where are you from, age what you do ect....**

I grew up in Milton, WA, graduated from Fife High School 2006, 21 years old turning 22 this August 15th.

Stats before my accident of sports: In high school played Varsity soccer all four years receiving Most Improved, Most Inspiration, Defensive MVP, 1st Team All League for the Sweeper position and Captain her senior year. In Track&Field broke the school records for the 100m Hurdles and Pole Vault. Also in high school Track Alison received Most Improved, MVP, Most Inspirational, and a Captain position her senior year.

I went onto college for Track&Field and fought for a position on the throwing squad because of my small size. I've thrown for Central Washington University ever since 2006 and has received the 5th rank on the top 10 hammer throws in CWU history with my best distance in the hammer throw. While competing in throwing and many other Intramural Sports for CWU.

I have Powerlifted since I was 15. Now holding 23 Washington State records in the sport and striving for more! I've also has competed in 2 Strongman competitions at CWU, taking 2nd place in the first and taking 1st place in the second in the spring of 2009. I also took 1st place in Central's Bench Press Competition in 2009.

Tell me what happened a year ago Fourth of July weekend?

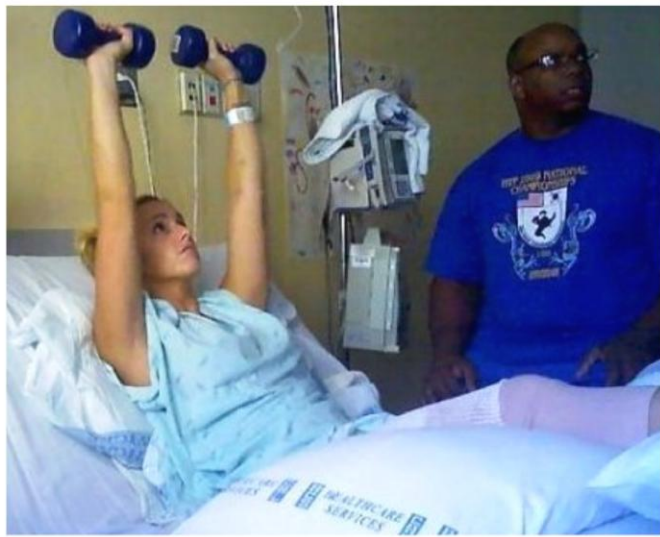
I was involved in a very serious boating accident that left me fighting for my life for a little over 4 hours until arriving at the hospital. I was sitting in the front of my friend's wake boarding boat when out of no where a big wave came over the bow that filled the whole front of the boat with water, followed by a second wave that hit the and pulled the bow of the boat under the water and then flipping over. As the boat was submersed I jumped out of the boat along with the other passengers.

I was the only passenger that jumped off the left side of the boat. I jumped as far away as I could from the boat in the short amount of time I had, but there wasn't enough time. As the boat immediately flipped over on its right side, the propellers of the boat pulled me back into the water and ran through my left and right leg. Once the propellers released me, I surfaced the water and had to tread water with my arms while I screamed for help not knowing exactly what was wrong with my legs. I treaded water for 15-20 before I could get a boats attention to come pick me up.

As a nearby boat came to help me I had to swim over to the boat then told the mother on the boat to call 911 immediately still not knowing what condition my body was in. I then had to talk the "in shock" teenager on board to help me out of the water since I knew I had to be loosing a lot of blood. After 2 more passengers of the flipped boat swam over the three boys were able to lift me out of the water and onto the back of the boat. As they placed me onto the boat I noticed they got my right leg on, but they had to bring my left leg separately which was still attached to my body. Once I saw a glimpse of my condition I began coaching those on the boat to give me towels so I could make tourniquets for both legs and to call 911 again to tell them how bad my condition was. I tied my own tourniquets and had to hold them until the boat made it to shore where there were more people to help me.



After making it to shore I continued coaching those around me on how to help me, blocking the sunlight from me with towels, keeping my tourniquets tight (but not too tight), and to help me stay calm until the EMT's got there. With the traffic on the highway it took the ambulance an hour and a half to get to me, once there they prepared me to be transported. As all of this was happening, I was awake and alert making sure I would make it. I was taken to a sight where I then was airlifted to Harborview Medical Center in Seattle where I had 3 amputation surgeries on my left leg. The end result of this was my left leg being amputated above the knee however; they were able to save my right leg. My right leg now has 6 enormous lacerations on the back of my thigh on my Hamstring. Even though they saved my right leg I have a lot of issues with it. With all of the cuts going as deep as my bone it severed almost all of her nerves and hindered my circulation forever. I will only gain back hopefully 1/4 of the feeling in the area injured and my Hamstring muscle will be cramped for life.



Ali in the hospital with Coach Kevin Stewart

How is your recovery coming since the accident?

Recovery is never easy for anyone no matter what type it is, but I'd have to say my recovery was not as tough as it was said to be. The reason why recovery was easier for me was because of my motivation and constant drive to get back into a healthy state where I could get back into school and sports. The only thing that hurt my life during recovery was when I tried to do too much activities when my body wasn't ready for it and my body let me know by my immune system

shutting down and me getting sick until I gave my body enough time to recover.

How are you doing mentally with the realization that things are slightly different for you now since the loss of your leg?

Same way I dealt with difficult events in life before my accident, if something happens that I have no control over then all I can do is take what I'm left with and move on and go forward in life never looking back and only using that incident as something to learn from. Before I went into the hospital that day I saw how my entire left knee joint was shattered so I knew they would do whatever they had to in order to save my life.



When I woke up after that 1st surgery I went to touch my left knee and my hand hit the hospital bed instead since it wasn't there. Since that moment I have never looked back or thought of looking back, I can't do anything about getting that leg back so now I'm working with what I have and living life just as I did before or even more so than before. Yes my life is forever altered and now I must modify everything to accommodate me with my above knee amputation, but physically and mentally it isn't and will never hold me back or down, nothing can and no one but myself can do that and I won't allow it!

How has this made you a stronger person?

Ask anyone who knows me and they will reiterate how strong of a person I was before this accident, which is another key factor in my fast recovery, but overcoming this has made me so much stronger than before. The mental and physical challenges I had to conquer that day alone in order to survive put me in a mind set that nothing could be tougher than that day so any challenges to come could never be tougher and I could and will conquer! The challenges that I've had since my accident I've conquered them all, some taking more effort than others. Overcoming all that I have and continue to, has made me stronger everyday mentally and physically.



The Choice for Drug-free Strength Sport



Have you been back on the water yet or in a boat?
I've been swimming in an indoor pool as a cardio workout since January, so I've been in water since then and growing up I've always been a fish so there's no way I could stay out of the water if I'm near it. As for a boat, I went on my 1st boat in early June and it was actually at the site of my accident as well. So in the same day I was on a boat for the 1st time and at the same site of the accident for the 1st time and it was great. A little nervous at first, not going to lie, but I was comfortable within minutes and had a great time with people I could trust to drive safely. So no boat or water fears here people!



How did the accident affect your college life?
I tried to take 15 on campus credits the September following my accident, while crutching to class everyday after only a month of rehab I ended up lasting 3 weeks and had to drop the quarter. It was too physically demanding for me at the time and it was really hard for me to drop the classes to go sit at home until I was healed. So I took 10 credits online Winter quarter and passed with an A in each. Spring quarter came still shy of a year from the accident and I tried to get back into on-campus classes, but got Bronchitis from a fellow classmate that took me totally out

physically. It turned into Bronchitis and a Sinus Infection that then turned into my body shutting down and giving me a Kidney Infection that I was hospitalized for a week for so I had to take a medical withdrawal from this last spring quarter. So physically college is a little tougher for me since any and everything I do it takes more effort than able-bodied people. Mentally college is the same, not easier not tougher I'm just put on hold with finishing school until my body is fully ready for it.

What are your plans as far as college goes now?
I've got about a year and a half left of school that I am going to finish and will start working on that this coming Fall 2010. As for a deadline on when I will be done, I plan on taking my time not overloading myself so that my body doesn't crash again so I will finish when I finish.

What are your plans as far as powerlifting or any other sports go?
Powerlifting is in my life forever since day one! I plan to compete in powerlifting and strongman until my body says different in the future when I'm too old to continue. As for other sports I plan to do everything I can and I haven't had the opportunity to play around and see what I can do yet due to problems with a consistent prosthesis, but soon we will see!

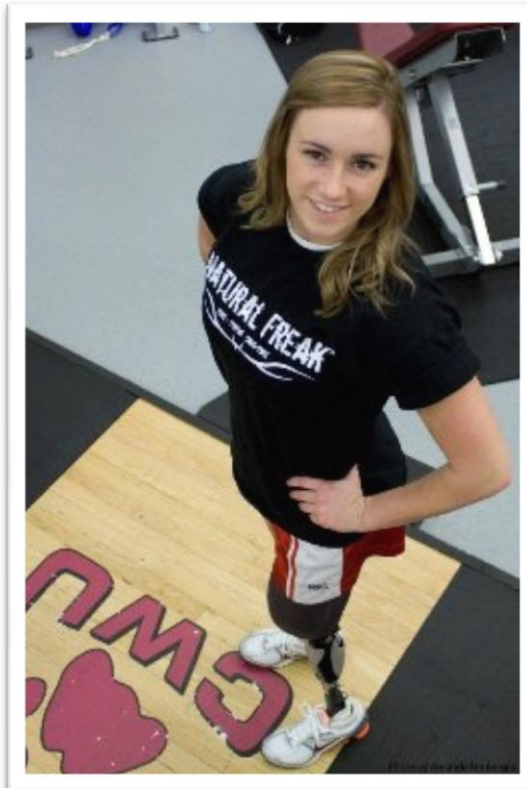
When is your next powerlifting competition? Do you have any plans to compete in a full powerlifting meet again or just Bench press only meets?
September 25th in Las Vegas, I will be competing in Bench Press. I do want to come in a full meet when I find a prosthesis that will allow me to, until then I'm limited to Bench Press and one-legged Deadlift.

Tell me about the help and you received from Stan Efferding and Flex Wheeler.
The help I've received from Stan Efferding and Flex Wheeler has been great! Flex is sponsoring me along with the company he works for, All-American EFX Supplements, my competitions until December 2010 unless they decide to keep me as one of their athletes. Stan had helped me by coming and making appearances at events that I've helped run. Flex and Stan also helped me the most by having me be a part of a Muscular Development workout video that spread my story all over the Internet. They are both definite friends forever.



You have an award that was established in your name that will be handed out annually at the Fife Holiday Classic to an inspirational person as yourself. What are your thoughts knowing that there are more people out there like yourself that would never be recognized for their Tragedy to Triumph story without something like this around? Very liberating. People say I'm so strong now, but I've always been this strong it's just that no one has noticed until now and for anyone else to deal with the same thing as I or even worse I think they all deserve to be awarded for it. If I can help anyone at all with something unfortunate and crazy that happened to them I will do anything in my power to do so and this award is one of those ways to help them and help their story touch others as mine did.

You are an inspiration to many folks. What would be your message to someone who is going through a tough time or a tragic accident as you did?
The only thing and/or person in life that holds you back is only yourself! If you've had something happen to you that there is no way possible for you to change then all you can do is work with what you have now and make



the best out of yourself and your life! Everything takes time and practice no matter what anyone says, no one is perfect, but when you put all that blood and sweat into your life everyday it gets easier and easier. Once you have perfected everything and you look back at how tough it was at the beginning and what if you never tried just remember the only person who controls your life and drive is yourself and you drove yourself to where you are today!

Who would you like to Thank that has been there for you along this tough journey?
Everyone! My entire family nuclear and distant, my lifting coach from high school/dad Steve Slavens, my current lifting coach/dad Kevin Stewart, my entire USAPL family who has always stuck by me and believed in me that I could and would do

better no matter what, Stan Efferding, Flex Wheeler, my best friends who all know who they are, my strongman coach Grant Higa, and anyone else who has helped me along my way of recovery and triumph!

Alison, it is an Honor and truly a blessing watching you come through this adversity with such strength and grace.

AMERICAN OPEN

Did you know that the American Open is a National Level meet designed especially for those who haven't been to a National meet or who have not made the National Qualifying Totals? It is a great opportunity to step up your lifting experience at a larger meet. In addition, the Open Class winners get an automatic spot to lift at Open Nationals the following year.

The 2010 American Open will be held December 4th-5th in Philadelphia, PA. Check out the USAPL [Calendar](#) for more information.

GET CONNECTED

- Add l-maile@usapowerlifting.com to your address book to receive email notifications from your organization.
- If you are a current member and did not receive this newsletter via email notification or have changed your email address recently, please email nationaloffice@usapowerlifting.com with your name, membership number and correct email address.
 - [USAPL Twitter](#)
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INTERNATIONAL NEWS –

NAPF NORTH AMERICAN CHAMPIONSHIPS

Good luck to all competitors in the NAPF North American Championships. They are being held August 4th- 7th in Aguadilla, Puerto Rico.

- Watch the NAPFs on UStream: <http://www.ustream.tv/channel/north-american-powerlifting-championships>
- Lifting Schedule: <http://www.usapowerlifting.com/entry-forms/2010WebcastSchedule.NAPF.Championships.pdf>
- Nominations: <http://www.usapowerlifting.com/IPF-NorthAmerica/>

Watch for updates on Twitter and a write-up in our September issue of Powerlines.

IPF MASTER WORLD TEAM

PILSEN, CZECH REPUBLIC – SEPT 27TH – OCT 2ND

Greg Jones - Head Coach

WOMEN			
M1		M2 & M3	
48	Kim Ryman	48	Bebe Burns
48	Martha Thompson	60	Rita Carlsson
56	Danna Snow	60	Annemarie Kemmerer
67.5	Tina Crawford	67.5	Donna Marts
75	Rhonda Clark	67.5	Cathy Marksteiner
82.5	Laura Styrlund	75	Donna Bryant
82.5	Barbara Chaszczewics	82.5	Regina Hackney
90	Malinda Baum	90+	Sue Hallen
90+	Nancy Edelson	90+	Jan Koenig
		67.5	Gail Moore-M3

UPCOMING IPF/NAPF COMPETITIONS

NAPF Championships - Aguadilla, Puerto Rico - August 4th - 7th

IPF SubJr/Jr Worlds - Pilsen Czech Republic - August 30th - September 4th

IPF Master Worlds - Pilsen Czech Republic - September 27th - October 2nd

NAPF/PanAmerican Bench Championships - Road Town, British Virgin Islands- October 7th-9th

IPF Open Worlds - Potchefstroom, South Africa - November 7th - 13th

MEN					
M1		M2		M3 & M4	
56	Eric Kupperstein	67.5	Paul Mears	67.5	Jeff Jacobs
60	Kevin Jones	82.5	Tom Cencich	75	Mark Cucinella
67.5	Greg Simmons	90	Ray Penland	75	Bill Weinstock
75	Greg Page	110	Ray Baxter	82.5	Alan Tepper
75	Jose Perez	110	Bill Sindelar	82.5	Jimmie Espinoza
100	Kenneth Gack	125	Segismundo Pares	100	Dave Clark
110	Greg Nucci	125	Dave Schneider	100	Jim Yakubovsky
125	Tom Smith	125+	Dan Gaudreau	110	Bill Helmich
125	Bill Collins	125+	Steve Green	125	Crayton Taylor
125+	Steve Johnson			125+	Harry Heyman
				90	Tom O'Keefe -M4
				100	Raymond Curtis - M4
				100	DeEdwin Shaw -M4



CALENDAR OF EVENTS

All USAPL sanctioned meets can be found on the USAPL Official Website at: www.usapowerlifting.com/calendar.shtml

NEXT ISSUES:

Have a topic you want covered or want to contribute to Powerlines? How about Video or Photos? Please email pribic@usapowerlifting.com.

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