



POWERLINES

July 2010



PRESIDENT'S MESSAGE:

Welcome to the rebirth of the electronic issue of the USA Powerlifting newsletter, Powerlines. The newsletter will provide information on USAPL events, teams, and individuals.

As we move further into the electronic era we will use all of the tools at our disposal to keep you informed. We will also encourage you to follow us on our Twitter and Facebook pages, and when complete our Rankings system. Please let us know how we might make this publication serve you. As with our prior hardcopy newsletters, we will be asking for assistance with articles and news. We intend to make Powerlines a gateway to USA Powerlifting news, whether that news is on our website, USAPL State sites, other outlets.

We are happy to link videos of our athletes and will publicize events which for which immediate news is available, i.e., via Twitter, Live Streaming, and/or Live Scoring. Please provide you email address when you join USA Powerlifting so that we can send this directly to your inbox.

Look here for information in the next issue for information on the Arnold Sports Festival, as well as some exciting new developments that we think are the next step forward for Powerlifting.

Finally, we will advertise goods and services that are consistent with the ideals of our federation. Please contact me directly at: l-maile@usapowerlifting.com.

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USA POWERLIFTING

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ORGANIZATION NEWS –

NATIONAL GOVERNING BODY MEETING MINUTES -

The 2010 National Governing Body (NGB) Meeting was held in Palm Spring, CA - June 17th. Full meeting minutes and Treasurer's Report can be found using the following links: [2010 NGB Meeting Minutes](#) [2010 Treasurer's Report](#)

NEW EXECUTIVE COMMITTEE MEMBER



Introducing
Joe
Marksteiner

Age 56

Married to Cathy Marksteiner since 1978

Retired Air Force Pilot/Engineer

Current employment, Risk Assessment Engineer at GE Aircraft Engines

Lifter

I started Powerlifting in military contests in 1978 then joined the USPF and lifted in Alabama, Hawaii, Arkansas, and Michigan. I managed to place in most contests and set some state squat records too in the 148/165 lb classes.

1984 USPF Military Nationals, 2nd place 148 lb class.

I joined the USAPL in 1986 when I went to the Air Force Academy. I lifted/placed in a couple Colorado meets and held the state squat record for a few years.

1992 ADFPA Lifetime Drug Free Nationals, 3rd place 165 lb class

2000 and 2006 USAPL Master Nationals, 2006 3rd place 165 lb class (lifting raw)

2009 Raw Nationals, 1st place 165 lb class (55-59) American and National records in Squat and Total

Referee

USPF national ref in 1981

ADFPA national ref since 1987 (officiated at 50+ national championships)

IPF Cat II since 1998 (officiated at 10 IPF World Championship Events)

Shared the 2008 USAPL Referee of the Year Award with my wife Cathy.

Coach

My wife and I coached the Air Force Academy Powerlifting team 1986-1990 winning 2 National Championships and were meet directors for the 1988 ADFPA Collegiate Nationals.

2009 Brother Bennett Award Recipient

Author of the NextLifter scoring programs in use nationwide by the USAPL and in more than a dozen IPF member nations for local to world championship contests.

Number one cheerleader for my wife Cathy at national and international competitions.



Get your Video and Pictures from the 2010 Men's Nationals here:





REFEREE HELP NEEDED:

If you are interested in officiating in a meet listed below, please contact Robert Keller at rhk@verizon.net or 954.790.2249

- **Raw Nationals**- Denver, CO - July 16th - 18th
- **Bench Nationals** - Charlottesville, VA - August 28th & 29th
(We're nearly full in terms of referees; so I would kindly ask that you make your request to referee in writing to me by no later than July 15, 2010.)

State Referees are encouraged to come and assist as technical controllers or scoring officials and to prepare themselves to take the National Referee Examination.

USA POWERLIFTING ON TWITTER!



USA Powerlifting is now live on Twitter. USA Powerlifting's presence on Twitter will allow followers to stay in touch with USAPL to get ongoing notices of the latest news, event updates and real-time meet reports on their computer or sent directly to their phone.

USAPL's use of Twitter is part of a broader strategy to utilize digital and social media platforms to communicate to its members and reach out to anyone interested in learning more about powerlifting throughout the U.S.

In addition to the national web site- www.usapowerlifting.com - USAPL's primary and official source of information, and the re-launch of the online Newsletter, USAPL will increase its use of Twitter and Facebook to provide real-time communications to the membership. To stay connected with USA Powerlifting, follow us on Twitter at www.twitter.com/usapowerlifting.

ADVERTISING OPPORTUNITIES AT USAPL

By Geoffrey S. Plante, USAPL Treasurer

USA Powerlifting has multiple opportunities for you to advertise your companies, your products, and your meets. These opportunities include:

- Advertising in the USAPL E-Newsletter, which is produced monthly and e-mailed to each member and other interested parties;
- Place an advertisement on the USAPL website and reach members and non-members;
- Become a National Sponsor and promote your business at national meets as well as in our newsletter and on the website

To learn more about how you can advertise with USA Powerlifting or become a sponsor, contact Geoff Plante, National Treasurer at gsp12196@aol.com.

MAKE MONEY RAISING FUNDS FOR USAPL

By Geoffrey S. Plante, USAPL Treasurer

As a member of USAPL, you can make money through commissions by referring or generating sponsorships for USA Powerlifting. The sponsor would have to be a new sponsor not currently or recently sponsoring USAPL or its events. In return, USAPL will give the lead generator a 20% commission on all sales generated. This is a great way to help the organization and make some money at the same time. This offer is not open to any members of the Executive Committee.

MOVING WEIGHT!

Anchorage USAPL Raw lifter, Danny Autrey was spotted having fun in the local Highland Games in Eagle River, AK. Danny took 3rd in the Farmers walk (each weighing 173lbs), going for a distance of 350ft.





HONORARY AWARDS

To read further detail on the USAPL recipients past and present, visit: www.usapowerlifting.com/awards/index.shtml

BROTHER BENNETT



Priscilla Ribic

Priscilla's outstanding achievements and dedicated service have made significant contributions to promote drug free powerlifting, advance

women's powerlifting and provide tremendous support to the growth of USA Powerlifting.

As an athlete, Priscilla has achieved unparalleled success on the platform. Priscilla began competing in the sport in December 1999. Since that time, Priscilla has become one of the most decorated lifters of our time.

Over the last decade, Priscilla has committed considerable time and effort to promote awareness of and revenue growth to USA Powerlifting by overseeing the development and implementation of the USAPL e-store, supporting the expansion of the USAPL merchandising program, producing content for online and printed newsletter communications and assisting as webmaster for the USAPL national website. Most recently, Priscilla has been largely responsible for developing and coordinating the USA Powerlifting events at the Arnold Sports Festival, a project that has brought unprecedented interest and attention to our sport, and to USA Powerlifting.

As an advocate and champion of USAPL members, Priscilla has served as an athlete's representative and currently serves as a member of the IPF Athletes Commission. On behalf of the USAPL, she has served as a referee, meet director, State Chair and sponsor.

To close, Priscilla has amassed a distinguished career of achievement and service to USA Powerlifting that is unmatched. By *Lance Slaughter*

COACH OF THE YEAR



Jim Brown

Jim Brown has been a member of USA Powerlifting since 1986.

Not only is Jim a very good

lifter, he is an excellent coach as well! He has coached the USA Women's Team at the IPF/NAPF North American Championships the past three consecutive years. During this time, the Women's Team has gone undefeated bringing home three consecutive team titles. This is testament to Jim's hard work and excellent coaching ability to not only organize and manage a team, but also train and coach the lifters in his charge - Teaching with positive results! Jim's efforts have been instrumental in building a very strong program and his hard work and sacrifice contributes immensely to one if not the largest and most successful women's sports programs in America.

Most importantly as Jim's Coach this past year at the 2010 IPF Men's World Open Championships, on his volition, set many hours of his time aside to coach the Women's Team from Indonesia. Being without a coach, he immediately stepped in to assist the lifters from another nation in need, even despite the negative effects that it would have had on his own platform performance - A true testament to his character and sportsmanship!

Jim remains a most humble and approachable person, who will take time to share his knowledge with others in the sport of Powerlifting.

By *Robert Keller*

REFEREE OF THE YEAR



Bill Sindelar

This honor is given to the referee whose efforts best characterizes what an official stands for in this organization: honesty, integrity, and superior performance. Bill Sindelar excels in [all] of these areas as an official. Bill is person of integrity and high moral standards, which makes him the outstanding referee that he is. As the State Chairman of Nebraska, Bill Sindelar is well known for his loyalty to the membership, dedication, and hard work through the direction of the multiple championships that he puts on each year. In short, Bill is a tireless promoter of our cause - Drug Free Powerlifting!

In closing, Bill Sindelar has the full confidence and endorsement from not only me, but his fellow officials and the lifters for this award. I know of no one who better exemplifies the personal and professional qualities that we honor through this award. Without ignoring the fine qualities of all of the other candidates, I advocate Bill Sindelar because of his exceptional contributions as an official to USA Powerlifting. He has all of the qualities we honor in giving the award. He is clearly one our hardest working officials and deserves to be recognized as Referee of the Year.

By *Robert Keller*



WOMEN'S HALL OF FAME –

Read more about all the Women's Hall of Fame Inductees at: www.usapowerlifting.com/halloffame/women/index.shtml



CATHY MARKSTEINER

Cathy, a self proclaimed 'military brat' was born 1958 in Ardmore, OK. She is a mother of two children, Tony and Liz, and wife to Joe since 1978. Besides being Mom, her career consists of EMT, firefighter and paramedic.

31 Year in the sport of Powerlifting, Cathy started off her career helping her husband Joe in meets, being the score keeper (back in the days were poster board and Magic markers were used). She watched the meet and had a 'I can do that' attitude, which prompted her to get a powerlifting belt and after 2 month of training, she competed in the Hawaii State meet.

Since her first meet, Cathy did her first Nationals in 1982, and most recently has competed in Women's Nationals, Raw Nationals (setting American and National records) and also on the IPF World platform, medaling at Master World and Master Bench Worlds.

Cathy was there at the inception of the ADFPA in 1983, and been a Meet Director, Coach of the Air Force Academy, a Referee for 22 years (now currently an IPF Cat II), the Collegiate Chair for 13 years ('88-'01) and most recently the OMT Drug Testing Chair.

Her most memorable events were: Being there when Brother Bennett pitched the 'Drug Free Powerlifting Org'; Participating in the vote to join the USAPL as the IPF affiliate; Coming back as a competitor after a 13-year break at '05 Women's Nationals; Coaching Dave Ricks on a World Record setting day; and being able to help at the first ADFPA Military Nationals in 1993 when her husband Joe (Colonel) and Captain Larry Maile were the meet directors and Johnny Graham was a competitor.

"It's all about friendships and relationships across the US and World!" Cathy Marksteiner



HARRIET HALL

Harriet, born and raised in South Carolina, moved to Alaska at 26 years old and has been working there as a nurse for 41 years.

She started powerlifting in 1998 at the age 48 (she is now 61). The attributes her success in powerlifting to her introduction to the sport through Kate Dingle-Craig, being coached by Larry Maile and being part of the Alaska Iron Maidens.

Harriet has grown tremendously in the sport, starting out with a mere 800lb Total in her first meet, to her current Best lifts of a 601 lbs Squat; 352 lbs Bench; 501 lbs Deadlift and 1416 Total. With that, she has broken over 50 IPF World Records, countless American and National Meet records, still holding 16 of them.

Harriet has also won Nationals Open Class (as a Master lifter) in 2000, 2005 & 2009 and has participated in Open Worlds in '02, '03, '04, the World Games in '01 and the Arnold Sports Festival in '09. She has won countless Master Nationals and Master World Titles as well.

Career highlights include coaching Special Olympian, World Medalist Bobby Hill, winning the '05 PanAmericans, '01 World Games in Akita, Japan and participating in the Arnold Sports Festival. In Harriet's words, 'That was cool!'

Harriet would like to thank her coach, Larry Maile for mentoring her throughout her entire career. "I believed what he said I could lift."

Her words of wisdom to other lifters: *"Don't be afraid of the weight and just do it. Correct your form and have fun."*



INTERNATIONAL NEWS -

The season is starting IPF and NAPF full powerlifting meets. Our following lifters will be representing the USAPL this August and September. Please show them your support and encouragement as they get prepare for the International platform.

NORTH AMERICAN CHAMPIONSHIP TEAM

AGUADILLA, PUERTO RICO – AUG 4TH -7TH

NAPF – Head Coach Jim Brown			
Women		Men	
48	Be Be Burns	67.5	Luciano Torres
48	JoJo Ocampo	75	Rick Esposito
52	Sommer Binash	82.5	Wade Hooper
56	Janel Brown	82.5	Jim Klostergaard
56	Danna Snow	90	David Ricks
56	Dawn Gant	90	Jonathan Gallmeier
75	Donna Bryant	90	Ray Penland
75	Rhonda Clark	110	Derek Brixius
82	Lindsey Smith	110	Doug Currence
90	Malinda Baum	110	Chris Calvano
		125	David Schneider
		125	Garrett Owens
		UNL	Brian Siders

UPCOMING IPF/NAPF COMPETITIONS

NAPF Invitational Bench Press Championships - Princeton, NJ - July 31st

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

SUBJR & JUNIOR WORLD TEAMS

PILSEN, CZECH REPUBLIC - AUG 30TH - SEPT 4TH

SubJunior Team- Head Coach Joe Lewis				Junior Team – Head Coach Jon Mangendie			
Sub Jr Women		SubJr Men		Jr Women		Jr Men	
44	Sheila Mayes	52	Thomas Soto	44	Alesha Summers	52	Ja'Mon Williams
48	Michele Van Dusen	56	Eric Torres	44	Molly Jaeger	56	Jaime Gonzales
52	Katie Durham	60	Christian Issac Nunez	48	Kaitlyn Stewart	60	Taylor Emanuel
56	Kelsey King	67.5	Nick Laznovsky	60	Samantha Baker	60	Nelson Boutte
67.5	Beverly Crawford	67.5	Jason Rupnow	67.5	Pamela Bartz	75	Maleik Derstine
75	Shantel Noel	75	Charles McDonald	75	Stephanie King	82.5	Reece Verbois
82.5	Stacie Pomrening	75	Zach Garza	82.5	Michelle Stark	82.5	Stephen Meche
90	Alexis Contreras	82.5	Jesse Norris	82.5	Kenzie Hower	100	Shane Brady
UNL	Becky Cook	90	Ian Bell	90+	Jessica Rende	110	Matthew Schamburg
UNL	Natalie Luna	100	Justin Duran	90	Mary Dean Bradley	125	Kyle Ramsey
		110	PrestonTurner			125+	Andre LeBlanc

SubJr Team Website: <http://2010sub-juniorworldteamusa.weebly.com/index.html>



IPF SUBJR, JUNIOR & OPEN WORLDS, KILLEEN, TX (MAY 25TH-30TH)

This year Killeen, TX was the host city of the IPF Bench Worlds and the first year that the IPF combined the SubJunior, Junior and Open teams. Team USA had a good showing with the SubJrs and Juniors making a sweep on the medal stand, being coached by Jennifer Gaudreau taking home the #1 Team positions. The Open Team, coached by Donovan Thompson had excellent battles in all classes, with the Men's Team taking Silver to Japan and the Women's Team tying Russia, but losing the tie-breaker, therefore also taking the Silver.

Full results Team USA can be found on the IPF website through these links:

- [SubJunior Men](#)
- [SubJunior Women](#)
- [Junior Men](#)
- [Junior Women](#)
- [Open Men](#)
- [Open Women](#)

CONGRATULATIONS TO TEAM USA'S LIFTERS AND COACHES!



USAPL DESIGNATED BENEFICIARY PROGRAM

Team Members, please remember, you can let individual sponsors know they can use the *USAPL Designated Beneficiary Program* to donate to your trips. They may be able to benefit with tax savings. Please read more about the program here: www.usapowerlifting.com/forms/designated_beneficiary.shtml



CALENDAR OF EVENTS

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



CHECK OUT THE CURRENT SPECIALS: [ESTORE SPECIALS](#)

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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