



POWERLINES

October 2010



PRESIDENT'S REPORT

As always, there are a number of important things going in USAPL this month including IPF strategic planning, SubJunior/ Junior and Master World Championships, preparations for the Arnold Sports Festival.

Our SubJunior/Junior Teams fared well in their respective World Championships. Each of the teams medaled with the SubJunior men taking the gold medal. The Master's Men's teams all medaled with the Master 3 Team taking the gold. The Women's Master 1 and 2 teams swept the gold, with many excellent individual performances.

The IPF has undertaken an extensive strategic planning process. Some of the issues involved are aimed at making the IPF structure more reminiscent of a for-profit business model. While we in the USAPL administration do not necessarily agree that each of the steps is necessary it is clear that some change will be required for the IPF to move forward. A number of technical rule changes are contemplated as well. We will weigh these following the IPF General Assembly and inform you as to changes that are being defined. For a look at the prospective agenda please see: www.powerlifting-ipf.com/fileadmin/data/Congress/Agenda_GA_2010.pdf.

Finally, we are continuing with preparations for this year's Arnold Sports Festival. This newsletter includes information and links that will provide you with all the information you need for this year's event. We have added an Ohio Invitational competition, and have reworked several of the events to make for closer competition. We think you will like this year's event.

Please enjoy good health and a happy fall season,
LJM

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ORGANIZATION NEWS

WOMEN'S HALL OF FAME

It is time to start thinking about nominations for the 2011 Women's Hall of Fame Inductee. Nomination deadlines are January 15th. Please visit www.usapowerlifting.com/halloffame/women/index.shtml for more information including the Nomination forms and our past inductee bios.

Questions? Nominations? Please contact Women's Committee Chair, [Priscilla Ribic](mailto:Priscilla.Ribic).

ARNOLD SPORTS FESTIVAL

Planning is well underway for USAPL events in the Arnold Sports Festival. This year we have some changes! The first is the addition of the Ohio Invitational which will be held Sunday, following the Titan Bench Bash. The second change is to help streamline and simplify the entry work for both the competitor and the Arnold volunteers. With that said, both the Raw Challenge and the NAPF Pro American competitions will have an open entry for those lifters who meet the criteria. Each event is limited, 75 for the Raw and 60 for the Pro American. Once the limit has been reached, the entries no longer be accepted so review the criteria and if you qualify, enter early.

We have a new look and feel to for our Arnold page: arnold.usapowerlifting.com. This site will be the main source of communication with lifters for this event (we will no longer be sending individual emails). Please opt to subscribe to the website in order to be notified when new updates are available. You will also find a link to this page off of the main page on the USAPL Official Website.

The Arnold Sports Festival has teamed up with American Airlines for a 5% discount on travel to the Arnold. Use Promotional code 1920AE when booking online at www.aa.com.

ATHLETE REP NOMINATIONS

New Athlete Reps are:

- Melinda Baum
- Shawn Cain
- Sioux-z Hartwig-Gary
- Jack Marcus

Two spots remain open. If you care to serve please have your State Chair send a recommendation to: usapl.simons@gmail.com.

ARNOLD SPORTS FESTIVAL LOGO CONTEST

Got a creative side? Help design the 2011 Arnold Sports Festival logo and win \$300 in USAPL Merchandise!

Information for your submittal:

Logo to include a minimum of:

- USAPL Logo
- IPF Logo
- *The Contest year: 2011*
- *Contest Name: Arnold Sports Festival*
- *City Name: Columbus, OH*
- *Wording: America's Choice for Drug-free Strength Sport*

Art Format:

Design: 4-color

Sample format for submittal: .jpg

Final Version format: .eps illustrator vector art, 300 dpi with the colors separated

Deadlines:

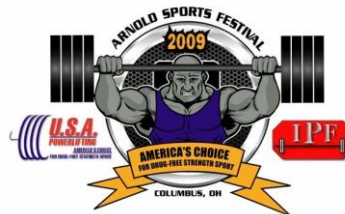
Samples Due no later than November 10th
Winner Announced in the December issue of Powerlines

Submit to: pribic@usapowerlifting.com

Please send medium size jpgs. You will receive an acknowledgement email to show your submittal has been received.

Past Winning logos:

2009 & 2010 by Vicki Dixon, 2008 by Chris Parody





LOCAL NEWS

Meet Directors/State Chairs - Submit your local meet reports, links to results and photos for the newsletter to pribic@usapowerlifting.com

9TH ANNUAL USAPL AMERICAN OPEN BENCH PRESS & POWERLIFTING CHAMPIONSHIPS – KING OF PRUSSIA, PENNSYLVANIA



The 9th Annual USAPL American Open Bench Press and Powerlifting Championships will be held on **December 4 & 5, 2010** at the Greater Philadelphia Expo Center, in King of Prussia, Pennsylvania. The town of King of Prussia is located in the suburbs north of the city of brotherly love - Philadelphia. Notably, this is one of USA Powerlifting's most

celebrated and well attended championships of the year. And, the 2010 American Open looks to be the best ever! All event information to include the entry form, can be found here:

www.usaplnationals.com/2010-usapl-american-open

The American Open was specifically established to allow lifters from state and regional level to transition to the national level, by providing a well-directed competition with the flavor of a National Championship. With that said, the equipment for this year's American Open Championship will be of an international caliber, and will include seven [7] ER/Combo squat/bench press racks from Denmark, and calibrated Ivanko bars/weights on the main platforms. A computerized scoring system shall be used to direct and calculate the individual and team scoring for the championship.

Key and important, the championship shall be drug-tested in accordance with USAPL/IPF standards. Also, international and national referees will be in attendance for lifters to set both equipped and raw American Records. In addition, if you require powerlifting gear, commercial dealers will be available with the most up-to-date equipment to accommodate your specific needs.

To close, if you have any questions regarding this championship, I can be reached by e-mail at: rhk@verizon.net or my telephone number at: 954.790.2249. On behalf of USA Powerlifting, I would like to take this opportunity to wish you much success with your training for this year's American Open and look forward to seeing you in King of Prussia this December! Thank you. Robert H. Keller, Contest Director, 2010 USAPL American Open Championships.



CALENDAR OF EVENTS

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

2010 USAPL VIRGINIA STATE MEET

Results: [Click Here](#)



ANDREW COHN 600# DL



JEFF PRESKAR & CHRIS HARRIS CELEBRATE



STEVE BUCCILLI SQUATS BIG RAW



IN THE SPOTLIGHT KEN MORRIS



[Video](#) | [Pictures](#)

I would like to send special thanks to Ken Morris, USA Powerlifting Member and recent MA graduate in Sports Science from FAU, for volunteering to be the clinician for this year's Kids Fitness Festival sponsored by the West Palm Beach Sports Commission. Ken was also a star football player at Florida Atlantic University, in Boca Raton, Florida.

An overwhelming success, the festival was attended by well over 6,000+ kids this year. Important, USA Powerlifting - Florida has been involved with the Kids Fitness Festival since 2004 and it has been a pleasure to partner with the West Palm Beach Sports Commission for the past seven years.

The Kids Fitness Festival is specifically geared to introduce the Olympic and World Games Sports, through the presentation of short clinics, to kids 6-13 years of age that live in Palm Beach County. A worthwhile endeavor! Moreover, monies are also raised to fund after school community based sports programs for those in need - great cause.

If you have the time and opportunity to volunteer in your community with youth level sports, please do so. The impact that you make is well worth the time and effort. I have enclosed a news video of the event, please review the impact both USA Powerlifting and Ken Morris played in this event.

Thank you,
Robert Keller Chairman USA Powerlifting - Florida

ADVERTISING OPPORTUNITIES WITH USAPL

Contact USAPL Treasurer Geoff Plante (gsp12196@aol.com) if you would like to advertise in Powerlines, the USAPL website or to become a sponsor of USA Powerlifting. A great way to advertise your company.



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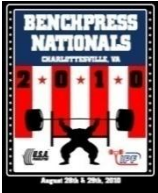




NATIONAL NEWS

2010 BENCH NATIONALS – CHARLOTTESVILLE, VA

The 2010 Bench Press Nationals were held at the Double Tree Hotel in Charlottesville, Virginia. There were 147 lifters entered in the contest from all over the United States. IPF World team selections were on the line and the competition was fierce.



Up first were the ladies and the lifting was great. Kristine Polizzano won the 105 pound class T-2 division with a good lift of 143 pounds.

Diann Nelson took the Open 114 pound class with a good lift of 181 pounds. Yuxin Hao won the M-1 with a good lift 176.

In the 123 pound class it was Lizz D'Entremont getting in her opening at lift of 176 for the win.

In the 132 pound class Jennifer Thompson decided to lift Raw. She got in first two lifts and was at 286 pounds more than double body weight and she called for a new American and National record attempt at 294 and was just off mark. Helen Sauer won the M-2 with a nice lift of 203 pounds.

Jennifer Gaudreau was the Open winner in the 148 pound class with a 226 bench press. Jennifer came in just over the 132 limit. Kelly Hockeborn won the Raw Open and Master with class high 231 pounds. It was her first USAPL Nationals and she was a very impressive lifter.

Sonja McKinlay at 66 years young was the only lifter at 165 pounds class but that did not stop her from having a great meet getting a nice 187 pound lift.

In the 181 pound Devan Doan was just excellent. She got in a Junior IPF Record with her second lift going 356 pounds. She then called for the Open World record at 408 but it was not there on this day. She was the Female Best Lifter for the meet. Tammy Walker won the M-1 with a lift of 242 pounds.

In the 198 pound class Rebekah Liar was the winner with 226 pounds. Sue Ann Pack 69 years old from West Virginia was the M3 champions setting an American Record with 187 pounds.

In the 198 plus division Deborah Ferrell had the biggest lift of the meet with an impressive lift of 363 pounds. Paulette Calhoun won the M-2 good lift of 231 pounds. Up next were the lightweight men. In the 114 T-2 it was Jay White winning first place with a 159 pound lift.

The 123 class Open class was won by Brian Siddons with a good lift of 214 pounds. The top lift of the class came from junior lifter Will Garcia who had an awesome day hitting a great 341 pound lift.

The 132 pound class only had one Open lifter 52 year old Chet Mangra who got in a 220 pound lift.

The 148 pound class had nine overall lifter but Joe Smith was the class of the field winning with a 457 pound lift. Joe was the Best lifter in the lightweight session taking home the Championship Belt. Jeff Hadad, Jules Pellegrino and Ivan Zwich took their respective Masters classes.

The 165 pound class winner was Damian Fronzaglia. Damian went three for three on day ending with 451 pounds. He also won the M1 class as well. Jon Mouzon the South Carolina State chair was second in the Open with nice 413 pound lift.

The 181 Open class was won by Virginia's own Adam



181 Class Winners

Mamola. Adam came in ready for the home crowd. He opened with the win at 545 pounds. He went right to the American Record at 606. He locked it out on his second lift but was turned down by the officials. He took one more shot at it but it was not to be. The class was strong with Joe DeMatteo taking second in the Open and winning the M1 division with a 501 pound lift.



Tom Cencich, Chip Hultquist and Tom O’Keefe taking masters divisions win. The star of the whole contest was 90-94 class winner Dr. Anton Reel. Dr. Reel went three for three with the crowd giving him a well deserved standing ovation.

In the 198 pound class it came down to the final lift but in the end it was the sessions Best Lifter Dennis Cieri winning with his opener of 617 pounds. Cieri won the M1 and Lifetime divisions as well. Danny Thurman moved up the 198 pound class for the Nationals and he went for the win on last lift but came up just short ending with 600 pounds. Tim Stoshine and Luke Hanifen each had good days as well. In the M2 division Dana Rosenzweig won with a perfect day ending with 474 pounds. Mark Daniel and Brian Kline won their age divisions as well. In the Raw Open Pete Grohoski won with a good 391 pound lift. Jim Bardsley and John Moore each had good days winning in the Raw Masters.

The 242 class was very impressive with three lifters battling it out for the win. Kevin Mayer got in a must have third attempt at 639 to nip Brady Stewart who was very strong with an easy lift of 633. Chris Asbury from West Virginia lifting in his first USAPL National event was right there with a solid 617 effort. Tim Durrett from Virginia had a good day placing third in the Open. The Raw Open division was won by Sid Zullinger with a good lift of 369 pounds. Brandon Mauro won the Raw T2 division and Gerald Burke won the M3 division.

John Bogart came to meet looking for big numbers and he did not disappoint winning the 275 pound class with a 716 pound lift. Bogart would also win the Best Lifter Championship Belt for the Heavyweight classes. Jeff Snyder won injured his should put pressure on Bogart trying a 705 pound lift that was very close. Brad Klinger had a great day with a IPF World M2 record nailing a great 622 pound lift. Chris Calvano won the M1a division with his opener at 523 pounds. Greg Mendoza won the Raw Masters 1b with a 352 effort. Kevin Hutchison won the M2b with a great 424 lift.



220 Class Winners

Tim Anderson was winner again this year in the 220 Open class. Anderson winning lift was a really nice 622 effort. Anderson had to wait as J. T. Hall took a shot at the win with a huge try at 661. Hall could not get to weight to touch and had to settle for his opener 407 which he took Raw to win the Lifetime division. Mike Ferrantelli won the M1 division with a nice 540 pound effort. Julian Ulvang went 491 winning the M1b division. Charlie Turco won the M2 with a record lift of 540 pounds. Dave Clark won the M3 division with a nice lift of 363 pounds. Lou Sposato who is 71 years old opened with an IPF World M4 world record and finished with a very impressive 385 pounds for the M4 win. Jeff Cardinal set the American and National records winning the Raw M2 class.

The supers were the last to hit the platform. Everyone went for it but in the End it was Jay Leo coming out the winner with a nice 661 pound lift. He went for a final lift of 727 but did not make the attempt. Niko Hulsander got up a lift that would have put him in the lead but it was turned down. Alvin Belfield got 507 to win the M1b division in his first USAPL Nationals. Robert Crawford was the M2 Champion with a nice 451 pound lift at age 59 years old.

Team Titan won the Men and Women’s Team Championships. Team Florida won the Masters Team Championship.

I would like to thank all of the Virginia lifters and USAPL staff and officials that work so hard to put on a great National Championship. Thank you to the Sponsors (Garage Ink, Titan Support Systems,





StrongerCup.com, LiftingLarge, Next Lifter Software, West Cary Barbell, Ivanko, Siegel Engraving) for your support of the contest. Thank you lifters for coming to Virginia for this year's Championship.

I wish all of the USA lifters the best as they prepare for the 2011 IPF World Bench Press Championships.

John Shifflett - Championship Director

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Athlete Interview - Father & Son Team Together at Open Worlds

JEFF & KNUTE DOUGLAS

BY: DEREK BRIXIUS

Far and few between will you see a Father and Son Team headed to compete at the IPF Open Worlds. This November, both Jeff Douglas and his son Knute Douglas will be competing together on the US Open Team in South Africa.

Q: How long have you been competing?

KNUTE: I have been competing for 9 years.

JEFF: 33years 1st meet was dual meet Hattiesburg High v Meridian High 1977

Q: Why did you start competing?

KNUTE: Originally I started competing to get bigger for football.

JEFF: To make me stronger for football

Q: What are your credentials?

KNUTE: I have won 2 USAPL Mississippi State Championships, 2 USAPL Louisiana State Championships, 2008 Mississippi High School Powerlifter of the year, 3 USAPL Teenage National Championships, 3 times Open National Championship Medalist, 5th place at the IPF Junior Worlds in 2009, USAPL Collegiate

National Champion, Numerous State and National records.

JEFF: I have won several state & regional championships, 2x Masters National Champion, 3x Open Champion, 1995 silver medalist at IPF open worlds in Pori, Finland which the USA also won the team Championship, 7th place finish at IPF open worlds held in Cherkasy, Ukraine, 2003 Silver medalist at Master Worlds in Regina, Canada. Also have coach over dozen kids to teen, Junior, collegiate and open national championships.

Q: How does it feel to train with your dad?

KNUTE: I feel blessed that I have a good coach, teacher, and mentor that has been around for many years and can teach me the ins and outs of powerlifting.



Q: How does it feel to train with your son?

JEFF: Greatest feeling in world to have son follow in a sport that I love. Then to watch him grow in the sport. The first 5 or 6 years I did all his workouts now he designs his own.

I take great pleasure in watching him give back to the sport. He has work the tables, spot/load after lifting, help coach other lifters, volunteer coach at his old high school and was the meet director at Mississippi state meet this summer.



Q: What does mom think about father/son training together?

JEFF: Melanie (mom/wife) is very proud that we both are pick to represent the USA and very happy that we stay so close in a sport we both love that probably keeps both of us out of trouble.

Q: How does it feel to be the first father/son combination to lift at an IPF Worlds?

KNUTE: I think this is one of those rare moments in powerlifting that I will not forget, because to have a

father and a son compete at the highest level of our sport at the same time is something that would be hard to duplicate and is going to leave a lasting impression upon me.

JEFF: It will be greatest accomplishment I have ever had in Powerlifting

Q: What are your goals for this upcoming IPF Worlds? As well as this coming powerlifting season?

KNUTE: At this year's IPF Worlds, my goal is to have the biggest total by an American 165er at a world competition in the last few years. My goal after worlds is to win the 2011 Open Nationals in my home state of Mississippi. I have been close the last two years but let it slip away, but I am going to put all my heart and soul into winning this meet to become the best in America.



JEFF: I plan to hit a 960k total place in the top 5. As for next year I will lift at Master Nationals in Atlanta, Open Nationals in Mississippi and hopefully make the master world team and lift in Canada.

Good Luck at IPF Open Worlds Jeff & Knute!

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INTERNATIONAL NEWS –

IPF MASTER WORLD TEAM

Congratulations to all competitors in the IPF Master World Championships, held September 27- October 2nd in Pilsen, Czech Republic. Watch for a write-up in our November issue of Powerlines.

➤ **Results:** www.powerlifting-ipf.com/World-Masters-Powerlifting.293.0.html

NAPF/ PAN-AMERICAN BENCH PRESS TEAM - OCTOBER 7TH – 9TH ROAD TOWN – BRITISH VIRGIN ISLANDS



The 2010 IPF/NAPF/FESUPO Pan-American Bench Press Championships will take place in Road Town, Tortola, and British Virgin Islands on October 7- 9, 2010. Seven [7] IPF Member Federations will take part in the championship: Brazil, British Virgin Islands, Canada, Costa Rica, Puerto Rico, USA and the US Virgin Islands.

The featured lifters are: Women – Irani Barbosa Rodrigues and Nilceia Da Silva [Brazil] and Rebekah Lair [USA]. Men - Eric Oishi and Edmur Pessoa [Brazil]; The Twin Towers - Cliff Williams and Shevon Reef [British Virgin Islands]; Orlando Blas, Harold Milan and Lazlo Nieves [Puerto Rico] and Demetrius Maoury; Clint Poore, Chris Calvano, Shaun Bales, and Big Jon Bogart from the USA. Bogart expects to set yet the IPF World Record at 125+kg and be the first lifter in the IPF to go 365kg in the Bench Press

Athletes / lifter nominations here: www.usapowerlifting.com/IPF-NorthAmerica

The competition will be aired via the live webstream [Eastern Standard Time] at the following URL:

www.ustream.tv/channel/napf-pan-american-bench-press-championships

Schedule:

October 08, 2010

3:00 PM (EST) Opening Ceremony - All Delegations

4:00 PM (EST) Lifting All Women + Men 56kg to 82.50kg

October 09, 2010

10:00 AM (EST) Lifting All Men 90kg to 125+kg

Good luck to all who is competing!

~ TEAM USA ~	
NAPF/PanAmerican Bench Team	
75kg	Rebekah Lair
75kg	Demetrius Maoury
82.5kg	James Bardsley
90kg	Jim Bardsley
100kg	Clint Poore
110kg	Chris Calvano
110kg	Doug Currence
125	Shaun Bales
125+	John Bogart

UPCOMING IPF/NAPF COMPETITIONS

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

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

Arnold Sports Festival - Columbus, Oh
March 4th-6th



**2010 JUNIOR AND SUB-JR WORLDS
TEAM USA REPORT**
by Curt StRomain

The small town of Pilsen, Czech Republic is a quiet city that is home to two wonderful attractions. St. Bartholomew’s Cathedral is the tallest in Czech Republic, and the Pilsner Urquell brewery sends their famous brand of delicious beer all over Europe. While these two attractions bring tourists to the city during much of the year, the IPF Junior Worlds was the talk of the town for at least a week.

The Sub-Junior and Junior lifters representing USAPL arrived in Pilsen with hopes of leaving with medals and team titles. The Junior teams knew they would probably finish in 3rd place in both categories. The Sub-Junior team, however, knew they had a good chance at winning in both if they performed up to their potential.

THE WOMEN

97’s: Sheila Mayes came in ranked first with the intentions of winning a close battle with Valentina Rodionova of Russia. But, Tamara Stenkova of Ukraine dashed those hopes when she moved down from 105. Sheila still lifted well enough for the silver and her 248 final pull was crucial in holding off the Russian.

Alesha Summers of Texas A&M had the best day of anybody on the women’s team. Alesha’s 9 for 9 day gave her a PR total of 722, an overall silver and a bench-press gold. Molly Jaeger of UT San Antonio missed a questionable 3rd squat for depth that cost her the overall bronze.

105’s: Michelle Van Dusen of Necedah, Wisconsin was sure to win this class from the beginning. When both of her real competitors left for other weight classes (we think she scared them away!), Michelle had nothing left to do but win by a lead of over 236lbs and also topped her performance at Women’s Nationals by over 30lbs to her total! She received all 3 individual Gold medals and attain the highest Wilks of the competition. It’s not often that an American is the BEST LIFTER at any Worlds. Congrats to Michelle!



Michelle VanDusen



Shantel Noel



Best Lifter, Michelle VanDusen with fellow lifters at the Banquet

Kaitlin Stewart of LSU lifted very well despite her young age and her first world competition. She missed two benches due to an issue with poor press calls. But, overall, her day was very good and resulted in 5th.

123’s: Katie Durham moved up from 114 to take a shot at gold and 12 important points. But, misses on her 2nd and 3rd squats with 325 kept her from having any shot at the win. Anna Filimonova of Russia moved up from her nomination at 105 to easily break WR’s in the squat and bench. She was cruising to the win until the Russian coaches stepped on the brakes. Anastasiya Galanova was in her final sub-worlds and her coaches decided that she should have the gold.



Filimonova was told to take a token deadlift of 220 to wrap up the silver and call it a day. She was obviously upset but did as she was told.

132's: Kelsey King moved up to this class when Durham went to 123. Kelsey had a tough day, and two misses in the squat and bench kept her out of 3rd place. She had 319 on the bar to give her the overall and deadlift bronze but it was too heavy.

Veterans Pam Bartz and Samantha Baker doubled up at 132 to score some big team-points. Both girls hit three squats and easily brought home 2nd and 3rd respectively. This was Pam's 5th and final Jr. Worlds. She has been the model of consistency with four-straight silver medals. Nice work Pam. Kristine Hanssen Tutta of Norway doesn't look nearly as strong as she is. She benched 292 with no problem and lost 303 just before the rack command.

148's: Beverly Crawford of Pennsylvania had an outside chance at the gold if she had a perfect day. But, two squat misses killed those chances early. She benched 171 and pulled 358 to wrap up 2nd place. Beverly is still very new to the sport and will definitely be much stronger in the next few years.

165's: Shantel Noel was in the same position as many of the other sub girls. She needed a great day to take the gold. But, slow warm-ups caused her openers to get dropped a bit and she just didn't have the strength to pull out the win. Shantel has another year of subs left and will be back again.

Stephanie King of Kingsville, TX was expected to do big things based on her performance at collegiate nationals. But, a high squat on her opener and a questionable miss on her 2nd put her in a bad position. She easily hit depth on her 3rd but got forward as she started to strain and missed. She came back to win a bronze in the bench and a silver in the deadlift.

181's: Stacie Pomrening of Wisconsin needed three squats to get one on the board. Two misses in the bench made the gap just too big to pull out the win. She was inches away from locking out the winning deadlift.



Pam Bartz



SHWs take Gold & Silver



Stacie Pomrening

198's: This began the session from hell for the USA coaches. Between the 198's and SHW's, there were 7 lifters competing. But, everybody pulled together and did a great job for the girls. Alexis Contreras had a great day on her way to the silver. She hit a PR in squats, benches and totaled over 1000 for the first time. Alexis is just learning how to use quality equipment and has another year left of subs. I would call her the favorite to win next year.

Michelle Stark and Kenzie Hower were sure to do well at 198. Both moved up from 181 to try and take a class that nobody seemed to want. There wasn't a legitimate 198 from any of the other countries in this class. Plus, Olena



Kozlova of Ukraine at 181 will make any lifter want to switch classes. So, our girls went up. Kenzie squatted 507 and pulled 407 to easily take 3rd place. Kenzie just made the move up from sub-juniors. So, the future looks great for her. Michelle Stark is a 5-time All American in the hammer and weight throw at Ashland University. After lifting in 3 meets, she found herself at worlds with a great chance to win. Olga Tikhomirova of Russia also made the move up to this class. So, it was a battle of 198's who were both under 185. Michelle made 446 on her 3rd squat but was well behind Tikhomirova's 507. She made up some ground with a 259 2nd bench. But, it was a narrow miss at 270 that killed her chance to win. Michelle pulled 424 and 468 with no problem. Tikhomirova's final pull of 468 forced a monster attempt with 512 for the win. This attempt was the most impressive by any of the American women during the week. The bar stalled quickly off the floor and looked like it wouldn't be close. Michelle kept pulling and was about an inch away from being able to throw her hips forward to lock it out. The bar stopped and just stayed there. The USA coaches were both disappointed and impressed at the same time.

SHW's: The subs played out almost exactly as planned. With no real competition except each other, Becky Cook of Wisconsin and Natalie Luna of Texas waited all week for their rematch from Womens nationals. Becky had pulled out the win in Cleveland and had put up some big numbers in training. Natalie had lifted well in her first nationals and was still upset about the loss.

If Natalie had a chance to win, she had to take a good lead in the squat. Her opener with 479 was easy, but not incredibly fast. Becky's 490 was high and she had to make it on her 2nd. Natalie's 507 on her 2nd was deeper and easier than her opener and received three reds for depth. This was the worst call of the competition. Becky went to 507 and also received depth reds. Natalie's final attempt with 523 was to break her own sub WR. It was no different than the attempt before. Deep and fast, she had 540 for sure.

Both girls benched well. Becky made up some ground with a 248 to Natalie's 242. Luna made all three pulls including a 429 that seemed to take five minutes to finish. This forced Becky to pull 462 to win it. She had made 451 to win in Cleveland, so nobody was going to be surprised if she pulled it. The bar moved fast and stopped about two inches from lockout. It was the best head-to-head competition of the week for the subs. Great work ladies.

Mary Dean Bradley had big problems getting low in the squat and bombed. Jessica Rende was another newcomer to the sport. She had a great battle with Samantha Viteri of Ecuador for the gold. Viteri took a small lead in the squat that Jessica made up in the bench. Jessica made all three pulls and finished with 435. Viteri had to make 440 for the win. About half-way, the bar dipped noticeably and Samantha kept pulling to lockout. Everybody expected to see reds but really weren't surprised when white lights came up. It was just that kind of week for the USA. The coaching staff appealed to the jury that the lift wasn't good. But, they weren't listening.

Team: The sub-junior women finished 2nd to Russia while the juniors were 3rd behind Russia and Ukraine. There are some young and talented lifters that will be back on both teams next year. Expect them to be much better in Canada.



Nick Laznovsky



Jesse Norris & Beverly Crawford





THE MEN

The sub-junior team had a good chance to beat the Russians with a big performance from their lifters and some help from the other nations. The junior men knew before it started that they would finish 3rd behind Russia and Ukraine. Sometimes, the numbers were just that clear.

114's: Thomas Soto was the youngest lifter on the team and had an outside chance at the gold if his huge deadlift had stuck around through a hamstring injury a few weeks before. Thomas put up the sub-total that he needed, but the hamstring just wasn't going to cooperate and he only made his opening pull to finish 5th.

Ja Mon Williams had his best day in a long time with a 903 total and 4th place finish. He's also had some problems with injuries since joining the junior ranks. Hopefully, he can continue to stay healthy and help the team.

123's: Travis Charles was an alternate who got the call to lift as a sub 123. A long weight cut didn't seem to affect him much. He went 8 for 9 with 407 on both ends. Travis has another year of subs and will be a serious lifter at 132 next year.

Eric Torres' biggest challenge was getting to Pilsen. Eric picked up his passport at the Houston office just hours before getting on the plane. It seemed like lifting was the easy part of the trip. Eric was the big favorite on the nominations and didn't have to get away from the original plan to win. He hit a huge bench with a WR 317 to take a lead that couldn't be touched. A try with a 490 deadlift to break his own WR was too much. But, it was still a win, 12 points, and 3rd place in the best lifter awards.

Jaime Gonzales fought through the toughest squat of the week and seemed to have the overall bronze wrapped up. Walter Gomez of Ecuador came out for his third deadlift and sprinkled chalk on the platform under both feet before he pulled. After he made the lift, head coach Jon Magendie protested to the jury about this obvious rule infraction. Their response was to warn the lifter instead of taking the lift away. That doesn't do much good on the 3rd deadlift. "What do you want I should do?" was the official response of one jury member.



Charles McDonald



Ian Bell



Preston Turner

132's: Isaac Nunez is another sub with a big bench and total. He had a serious fight with Alexander Molin of Russia for the gold. Isaac's 3rd bench with 359 was actually too light. He could have pushed 374 for sure. His 462 pull got him in the lead temporarily. But, he couldn't finish his 485 and Molin was able to take the gold. It was a difficult loss for Isaac. But, he will be back as a junior and ready to hit big numbers.

Nelson Boutte was back at worlds after a long time away. His performance wasn't certain because of injury issues. But, he tore through eight attempts before taking a shot at 2nd place with 518 and missing. T.J. Taylor had a great chance to win if he was perfect all day. But, getting on his toes and missing a 3rd squat killed that chance. He pulled 529 with no problem and got about to his knees with the winning pull of 578 before it stalled.



148's: Nick Laznovsky made the move up to this class at nationals and expected to hit some big numbers. His day had to be flawless to keep up with the awesome Vichet Duong of France. Nick squatted 562 before setup problems in the bench kept him from making 303 in two attempts. He attempted a 551 pull which wasn't meant to be. It didn't matter. Duong came behind him and made 573 for the best formula pull of the competition.

165's: Charles McDonald of Neenah, Wisconsin is a young lifter who showed a lot of potential with a 600 squat and 556 pull for 3rd place overall. He should be very tough to beat at 181 next year.

Maliak Derstine of Pennsylvania had an outside chance of winning the overall gold over Ilya Khariton of Russia. Maliak squatted 639 before having problems keeping his butt on the bench and bombed. His final bench was questionable but received two red lights.

181's: Zach Garza moved up from 165 and had a solid day on his way to the overall bronze. Jesse Norris was certainly the strongest lifter in this class and cruised to an easy win. His WR squat attempt with 716 was called high. But, he made all three benches and a WR deadlift on his way to another WR total. Jesse's 526 Wilks was the 2nd best of the meet.

Reece Verbois and Stephen Meche both had chances to take silver if they had good days. Unfortunately, Stephen missed two squats and Reece ran out of gas after his opening deadlift. Expect a lot more from both of these guys as they move to the open class.

198's: Ian Bell made his first trip to worlds a memorable one. While he didn't have his best subtotal, it doesn't take a big one when you can pull 688 with ease. It didn't take long for the Russian coaches to start asking if he was Gene Bell's son. Ian won by a big margin and nearly finished a huge 722 pull to break his own world record.

220: Shane Brady of La Tech was in a very tough class that didn't allow any mistakes. His opening squat was easy, but he had balance issues on his last two attempts with 699 and 716. He finished up the day with a 451 bench and 666 deadlift.

242's: Preston Turner of Victoria, TX had the stage set for him. The team needed a win to wrap up the team championship. Preston didn't disappoint. He broke sub WR's in the squat with an easy 739 and bench with 513. His 556 deadlift was more than enough to wrap up the win.

Matt Schamburg had broken a long-standing AM record in the bench in Palm Springs. He was hoping to put up a good total and break that bench record. A nice 683 squat put him on track for the total. But, the bench just wouldn't cooperate. Misses with 501 and 529 left him disappointed.

275's: Kyle Ramsey of Louisiana Lafayette is barely too old for the sub-juniors. But, he still brings a huge squat to the table. His other lifts aren't developed enough to make a run at an overall medal. But he definitely had the strength to make an 804 squat with no problem. This kid shows a lot of promise for the future.

SHW's: Andre LeBlanc was obviously tired after a week of waiting to lift. His opening squat of 716 had to be repeated. But, he made three benches, finishing with 485. His final pull of 650 slipped from his grip before lockout.

Overall, the competition was well-organized with a wonderful venue. We can't wait to see what the following year in Moose Jaw, Canada brings to our sub and junior teams.

Full Results: www.powerlifting-ipf.com/World-Sub-Junior-Junior-Powerl.292.0.html

NEXT ISSUES:

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