

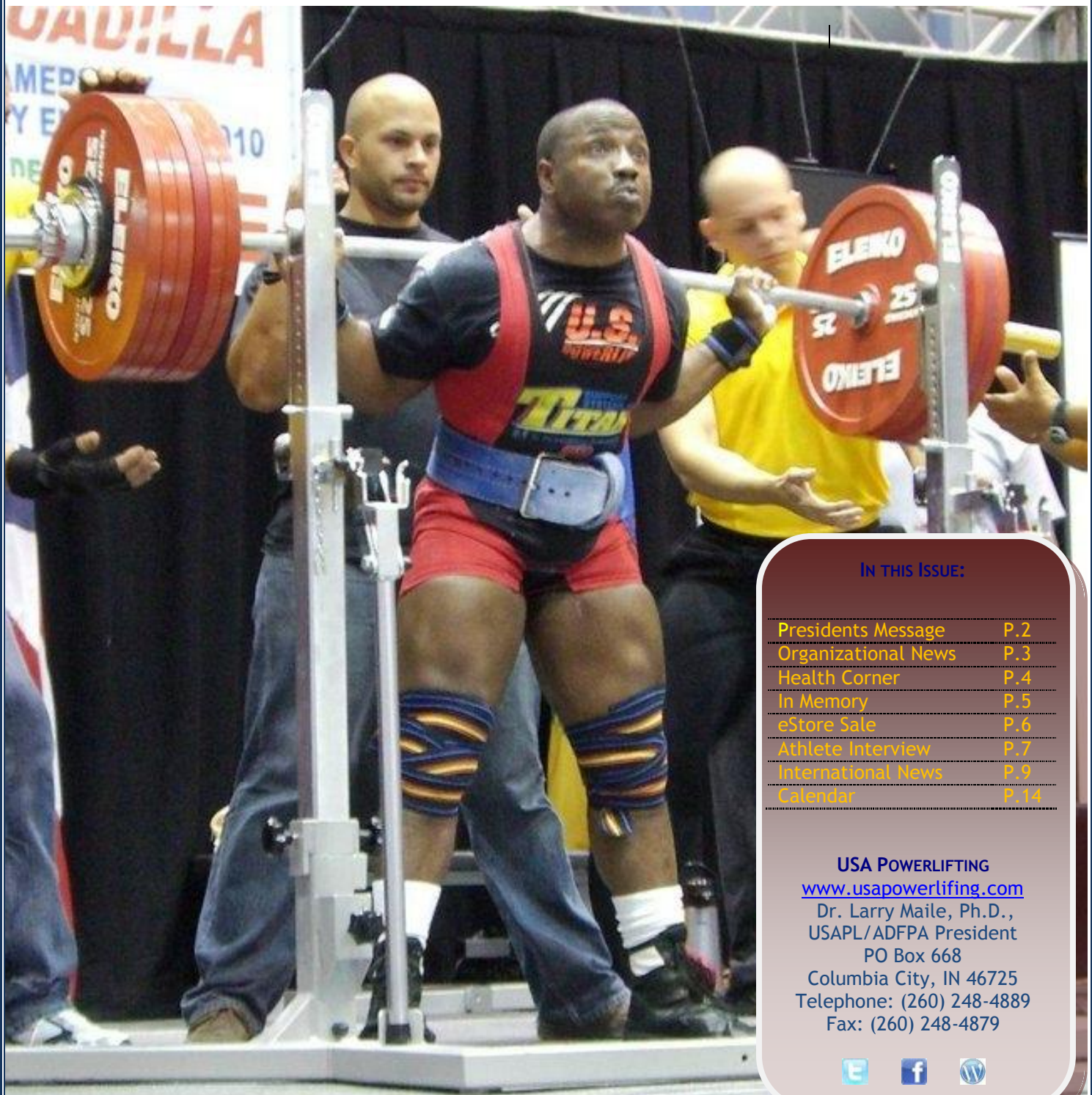


The Choice for Drug-free Strength Sport



## POWERLINES

September 2010



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### USA POWERLIFTING

[www.usapowerlifting.com](http://www.usapowerlifting.com)

Dr. Larry Maile, Ph.D.,  
USAPL/ADFPA President

PO Box 668

Columbia City, IN 46725

Telephone: (260) 248-4889

Fax: (260) 248-4879





## PRESIDENT'S REPORT



This has been another great month for us in USA Powerlifting. While summer is generally a slow time for us, with peaks in membership in the spring and fall, this year has been more consistent. We have had a number of meets this summer some of which have been much bigger

and more successful than average. We have also had a great summer in the region. Our North American Championships this August were a great success and as a preview to next month's issue, our Juniors and SubJuniors have had a great competition in the Czech Republic.

We have been working on a number of important upgrades for you, our members and customers. The E-store has undergone a major upgrade that brought with it a few glitches but will pay dividends for our customers in ease of use. It also allows us to add, delete, and discount items to better provide the USA Powerlifting merchandise that you want. Related to this we have initiated several surveys, addressing your preferences for USAPL goods and services and for to assist us in representing your views on technical and rule changes proposed at the IPF level. In this regard, you have spoken clearly that you do not want continuing rule changes but seek expanded opportunities within the existing framework of the USAPL and the IPF. This further supports the informal feedback that you've given members of your executive over the past several years.

Please connect to our Facebook and Twitter accounts for the latest, up to the minute USAPL news. You can

find our information at: [twitter.com/USAPowerlifting](https://twitter.com/USAPowerlifting) and [www.facebook.com/group.php?gid=2267125001](https://www.facebook.com/group.php?gid=2267125001).

We are working away on the Arnold Sports Festival activities. As last year, look for the lists of qualified applicants for each event to be published soon. Invitees will be selected from these lists which will be found on the USA Powerlifting website: [www.usapowerlifting.com](http://www.usapowerlifting.com). This year we are also featuring an Ohio Invitational event to give hometown athletes to participate in the biggest show on Earth. We are very much looking forward to being right in the center of the things this year, with our venue opening directly onto the main hallway across from the gymnastics venue.

We have a group working on what we see as the next step in powerlifting. We have a legitimate amateur body and outlets through the NAPF and the IPF, but we have feel strongly to increase the visibility of our sport and to provide opportunities for our very best athletes and our sponsors, as well as growing USAPL we have to add to that model with events that not only provide support for our athletes but which include a professional presentation, an appreciative audience, and commentary that reflects the excitement that our sport is made of. Look for more developments along this line soon.

I would just like to close by thanking each of you for your membership, and your loyalty to USA Powerlifting. Thank you for belonging.

Until Next time,  
L.J. Maile

## USAPL PEPSI GRANT – YOUR ACTIONS NEEDED!

USA Powerlifting is in the running to receive a \$50,000 Grant from the Pepsi Refresh Program. Only the Top 10 'ideas' will receive the grant. We need you to **Vote DAILY** to help the USAPL receive the grant and move into the Top 10. Voting runs through September 30<sup>th</sup>.

- Set a reminder on your calendar or your phone to vote daily!
- Ask friends and family members to vote.
- Post on your Facebook and Twitter Accounts; Let everyone know to Vote Daily.
- **Vote here:** [www.refresheverything.com/usapowerlifting](http://www.refresheverything.com/usapowerlifting)
- **Also Vote by Text:** Text 102280 to Pepsi (73774)

Receiving a \$50,000 Grant from Pepsi is solely in the hands of you, our members! Your voting us to the Top 10 spot will allow USA Powerlifting to have money to fund our World Teams, Drug Testing and promote the sport through Media. **Please Vote Daily.**





## ORGANIZATION NEWS

### USAPL TECHNICAL NEWS BULLETIN: 2010 - 2



In this issue of Powerlines, I am going to address the following four [4] issues: Raw/Unequipped Lifting; IPF Recertification; Marshal/Technical Controllers and Drug-testing Rooms at Nationals.

#### **Raw/Unequipped Lifting**

As a reminder, if a lifter desires to compete in both the unequipped (raw) and equipped divisions, simultaneously, at a championship, the athlete shall be required to lift unequipped (raw) for the duration of the entire competition. This rule shall apply for all single-lift; push-pull and three-lift sanctioned USAPL competitions.

#### **IPF Referee Recertification**

As an early reminder, during the early months of 2011, I will be sending out the IPF recertification and renewal forms to each referee. It will be essential the completed form be turned in by no later than September 01, 2011. Bill Clayton and I will review and then send to the IPF for approval.

The requirements to renew your credentials are;

- 1) Refereed at a minimum of four [4] National and/or International Powerlifting Championships during the past four years. And,
- 2) Attended a mandatory IPF Rules Seminar. Next year, we will provide the rule seminars at several of our National Championships - The Men's National Championships for sure. If you're an IPF Referee, please be sure to prepare for the recertification process.

#### **Marshal/Technical Controllers**

The marshal/technical controllers serve a vital role at our national and international championships. The chief function of the referee when assigned to this position is to inspect the uniform/equipment before the athlete is called to the platform. The second responsibility is to ensure and maintain a clear and well-organized preparation area for the coaches and lifters. Overall, the Technical Controller will ensure the athlete called to the platform is the correct lifter as announced and properly attired before proceeding to lift.

#### **Spotter/Loader Uniforms - Correct Code of Dress**

National Championship directors are to ensure the assigned spotters/loaders are to be dressed in approved sponsor/championship T-shirts, with matching sport track suit trouser/shorts uniform in color. Trainers or sport shoes are the required footwear. Overall, the purpose of this is to make certain a professional image of our organization is presented to the media and public attending our championships. Please act in accordance with this request.

#### **Drug-testing Room at National Championships**

At National Championships it is required that a private lockable room, containing a bathroom, when possible, be designated for doping controls ONLY. The room is not to be used for any other purpose other than doping control. Again, national championships directors, please act in accordance with this request.

As always, questions and/or comments are welcome. Please contact me directly at: [rhk@verizon.net](mailto:rhk@verizon.net)

Thank you,

Robert Keller  
IPF Category I Referee  
Chairman, Technical Committee



## ATHLETE REP NOMINATIONS

**UPDATE** - We did not receive enough nominations last month, please email your nominations to Angela, this is your chance to select an athlete to represent you at the NGB.

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](mailto:usapl.simons@gmail.com)
- **Nomination Deadline:** September 30, 2010
- **Voting:** Voting will occur online and will be announced in the October issue of Powerlines.

## HEALTH CORNER

### PREVENTING INJURY BY FINDING MUSCLE BALANCE: PART 1 – SERRATUS ANTERIOR

Erin Ribic, PT, DPT, CSCS

Hello fellow lifters! As a physical therapist, the most common complaint I hear from athletes is shoulder pain. Most of us spend much of our time training our chests and front deltoids for a big bench. To counter these muscle groups and keep our shoulders in good alignment, I recommended the following exercise for everyone to add to their bench day.

The job of the serratus anterior is to pull the scapula forward to “hug” the rib cage. When our pectoralis muscles overpower the serratus anterior we can see “winging scapula” that no longer sit on the rib cage flat, causing misalignment of the shoulders.



**Start Position - Shoulders flat on bench with elbows in locked position**

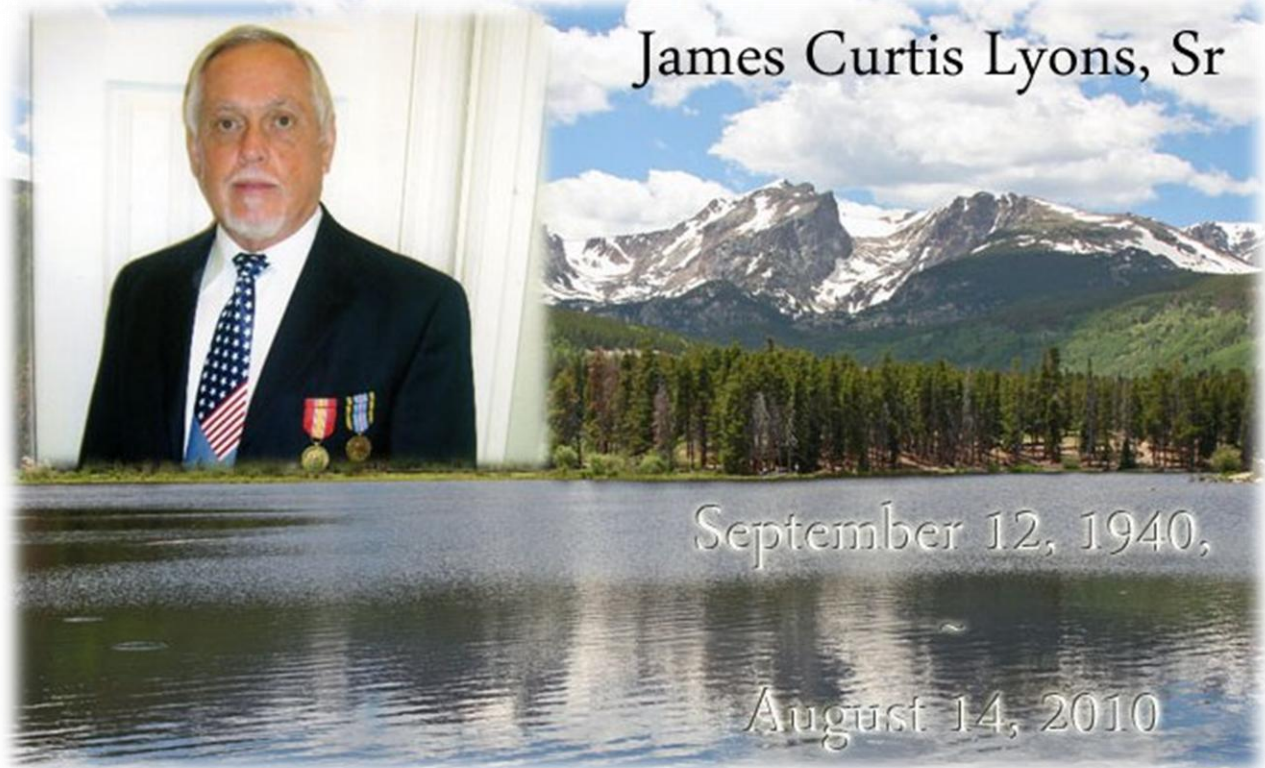
**End Position - Shoulders raised off bench, keeping elbows in locked position**

This is an easy movement that can be incorporated into your accessory sets of benches, flyes or inclines. Use light weights, 40-50% of your workout weight for sets of 10-20.

**Next month:** Low back pain and core stability. Have a topic you want covered? Email Erin at: [erinribic@gmail.com](mailto:erinribic@gmail.com)



## In Memory of Jim Lyons



USAPowerlifting mourns the loss of a wonderful competitor, contributor and friend of the organization. Jim Lyons passed away Saturday August 14<sup>th</sup> from injuries suffered as a result of a fall. Jim was a dear friend to all who knew him in the lifting world and was always a joy to be around. He enjoyed giving back to the sport he so loved and did so as a judge for Texas High School Powerlifting and had just recently completed his certification as a USAPL State referee. He also had a strong desire to help young lifters with technique and lift strategies so that they might realize their full potential.

Jim was an accomplished lifter, competing at Masters' Nationals over the past eight years and medaling for the USA at Masters' Worlds in South Africa.



He was truly an ambassador for our sport because his smile, handshake, and friendship meant something to everyone he came in contact with. Jim will be a friend forever, fondly remembered and greatly missed.



A video tribute to Jim can be viewed and condolences to the family can be sent at: [http://www.allenfamilyfuneraloptions.com/Lyons\\_J/Obituary.html](http://www.allenfamilyfuneraloptions.com/Lyons_J/Obituary.html)



The Choice for Drug-free Strength Sport



## USAPL eSTORE SALE ITEMS

Stock up now or use as a great gift for your fellow powerlifters. Click on the items below to view on the [USAPL eStore](#).

<i>Item</i>	<i>Size(s)</i>	<i>Price</i>	<i>Item</i>	<i>Size(s)</i>	<i>Price</i>
	<a href="#">ADPFA Retro Tees</a>	S, 2XL-3XL \$45 Now \$10		USAPL Team Jackets Sold Out	\$45 Now \$25
	<a href="#">USAPL Roller Bags</a>	22", 30" See eStore		USAPL Team Pants XS, S, XL-4XL	\$30 Now \$10
	<a href="#">Men's Long Sleeve Shirt</a>	S-3XL \$40 Now \$25		Ladies Black Zip Hooded Jacket XS-S	\$35 Now \$25
	<a href="#">Men's Mesh Shorts</a>	S-3XL \$25 Now \$15		Red Crew Sweatshirt S-3XL	\$25 Now \$15
	<a href="#">USAPL Classic Crew Jacket</a>	S, L, 2XL-3XL \$65 Now \$39		Ladies Rhinestone Flag Shirt XS	\$30 Now \$15
	<a href="#">White Polo Shirt</a>	S-3XL \$30 Now \$20		Ladies Blue Open Bottom Pants M-2XL	\$30 Now \$15
	<a href="#">Ladies Hooded Sweat w/Zip</a>	S-2XL \$35 Now \$25		Ladies Pink Tank XS, XL	\$15 Now \$10
	<a href="#">Ladies Black Shorts</a>	XL-2XL \$25 Now \$15		Ladies Blue Tank S-L	\$15 Now \$10
	<a href="#">Ladies Gray Open Bottom Pants</a>	XS-XL \$30 Now \$15		Kids Hooded Sweatshirt Youth S-L	\$25 Now \$19



## Athlete Interview – Dr Anton Reel

### THERE'S NO RUST ON THIS 90 YEAR OLD IRONMAN

By Cathy Marksteiner



Dr. Anton Reel, 90 year old Bench Press Competitor, competed in his 15<sup>th</sup> consecutive USAPL Bench Press National Championship, this past weekend August 28 - 29, 2010, in Charlottesville, Virginia. Along the way, Anton added to his impressive list of American and National records. Dr. Reel now holds American and National Bench Press

records in 3 different age divisions, Master 5A (80 - 84), Master 5B (85 - 89), and now Master 6A (90 - 94).

Most people do not take up a new sport in their 70's. But Dr. Reel is not most people. Dr Reel's athletic career as a multi-sport athlete began early.

He was born in Nurnberg, Germany in 1919 and immigrated to New York City when he was 9 years old. When he got to the US, he spoke only German. He is still fluent in conversational German. In High School, he set the New York State High School record for Low Hurdles. He was offered a track scholarship to Dartmouth. However, during the State Finals, he tore a hamstring. Because this was considered a career ending injury, he lost the track scholarship. A friend of his father stepped in and said he could help Anton completely rehabilitate and heal the hamstring. The idea of rehabbing a sports injury was new. Over the next 4 months, under the guidance of Joseph Pilates, Anton rehabbed his hamstring. The rehab work was successful and Anton received a scholarship to Perkinson Junior College in Mississippi.

After Junior College, Anton went to Louisiana State University and then Dental school at Loyola University, in New Orleans. While in Dental

school, Pearl Harbor was attacked. 6 weeks later, in 1942, Dr. Reel joined the Navy to be a fighter pilot. However, Dr. Reel would be denied the role as fighter pilot, due to a 10 year citizenship requirement. He was 2 years short of the 10 years. Instead, since Dr. Reel was already majoring in Pre-Dental studies, he was offered Dental School with the Navy. Dr. Reel's Navy career went from 1942 to 1947, and then the Naval Reserve for another 10 years.

In 1944, while in Dental School, Dr. Reel started his weightlifting sports career. He won the Southern AAU Weightlifting Championships with lifts in three different lifts: Military Press, Clean and Jerk and Snatch. That same year, 1944, he won the Mr. New Orleans Bodybuilding Championships, and qualified for the Mr. America Body Building Championships. After the bodybuilding championship, he was asked to come out to Hollywood and audition for the possible role of Tarzan, replacing the aging Johnny Weismuller. Sadly, the Navy career would not allow him to go to California or to the Mr. America Championship.



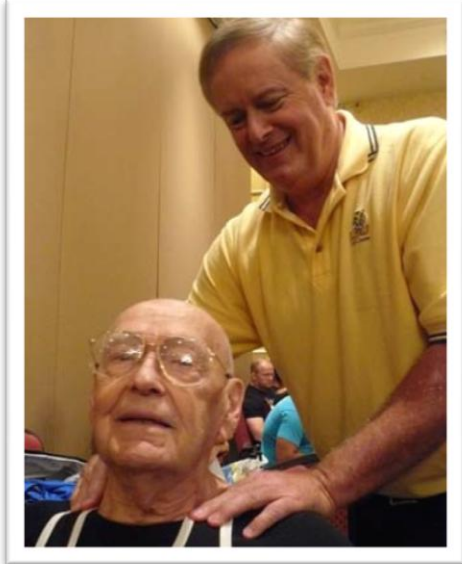
Dr Anton Reel		M	82
Bench 3	37.5	Kg	Go
Rack Ht - 12-6	82.7	Lb	Nex
Records	0	M6A	
World/IPF (Kg)	302.5	155	
American (lbs)	595	0	
National (lbs)	556.5	0	
Name	Body Wt	Wt Cls	M/F
Dr Anton Reel	81	82.5	M

In 1945, Dr. Reel graduated from Dental school, married his wife of 64 years, Loise, and passed two medical boards. The Navy assigned Dr. Reel to Germany with the Occupational Forces during 1946 and 1947. While he was in Germany, he attended the Nurnberg War Trials for 2 weeks.

After serving as a Navy Dentist for 3 years, Dr. Reel returned



to Mississippi and practiced dentistry and Oral Surgery for 42 years. He taught clinical Oral Surgery skills at LSU to Junior and Senior Dental students for 4 years.



Dr Anton with his Son

Weightlifting programs for football and other sports did not exist in the 30's, 40's and 50's. Everyone thought the players would get too bulky and slow. Dr. Reel suggested a weight lifting program for the LSU football team. Dr. Reel was good friends with the LSU Athletic Director. In spite of reservations and some resistance, by the LSU Head Football, the weightlifting program got started in 1955. 3 years later, the LSU Tigers won the National Football Title. In recognition of his role in starting the strength program, Dr. Reel was honored as "Honorary Football Coach" with the 1958 team.

Dr. Reel was the Brookhaven High School Strength and Conditioning Coach from 1947 - 1988 and Assistant Track Coach from 1947 - 1960. Not content with this, he helped start many of the Southern Mississippi High Schools and Junior Colleges weightlifting programs for football, basketball and track. He also was a recruiter for the LSU football team among the Southern Mississippi High Schools.

Maybe Dr. Reel was bored. He started to try other sports. At the age of 53, from 1962 - 1972, karate was his new adventure. He competed in the Southern AAU "Open Division" Championship and as the oldest competitor in the meet, made it to the Semi-Finals. Dr. Reel retired from Dentistry in 1988, when he was 69. He and his wife moved to different cities—New Orleans (1988 - 1995) and then Jacksonville, Florida

(1995). When he moved to Jacksonville, Florida, he met 2 powerlifters: Joe Yanovitich and Hurley Meeks at Bailey's Gym. They talked Anton into starting a new sport - powerlifting - in 1996, at the age of 76. Ever since that first Bench Press National in New Jersey in 1996, Dr. Reel has competed in each and every USAPL Bench Press National Championships. His weight class has changed from 220 to 165 to 181 to 198. He holds American and National records in 3 different age divisions. In addition, in the mid 1960's, Dr. Reel was inducted into THE National Football Hall of Fame as an Honorary Member. Then, in 2000, he was inducted into the American Football Hall of Fame.



Dr. Reel is a competitor and athlete who continues to challenge himself and his fellow athletes. Like any athlete, he has a goal for the platform: "To walk up on the stage at age 100 and compete." Except for the first year, Dr. Reel's son, Anton, has come to Bench Nationals with his Dad. Dr. Reel's wife attended at least 7 of the meets. Sadly, Dr. Reel lost his wife of 64 years earlier this year. When I asked "What are some of the high points of Bench Nationals?", the answers came quickly and easily: "I look forward to more than the competition. There are friendships formed and renewed every year. (Dana Rosensweig and Jim Klostergaard are two mentioned often.) I enjoy the competition level and the fellowship of fellow athletes. The Athletic Community is my weightlifting Powerlifting Family. I treasure the people."

Bench Press Nationals is richer because of our history with Dr. Anton Reel. We, as an organization, are honored to have this multi-sport athlete competing with us. We are lucky to be a part of his Powerlifting Family. Multi sport athlete, Record setter, Family Man. We honor Dr. Anton Reel.

We look forward to watching Dr. Reel move toward his goal: "Walk up on the Stage at age 100 and compete."



## INTERNATIONAL NEWS –

### IPF SUBJUNIOR & JUNIOR WORLDS

Congratulations to all competitors in the IPF SubJunior and Junior World Championships, held August 30<sup>th</sup> - September 4<sup>th</sup> in Pilsen, Czech Republic. Watch for a write-up in our October issue of Powerlines.

➤ **Results:** <http://www.powerlifting-ipf.com/World-Sub-Junior-Junior-Powerl.292.0.html>

### IPF OPEN TEAM - POTCHEFSTROOM, SOUTH AFRICA – NOV 7<sup>TH</sup> – 13<sup>TH</sup>

USAPL OPEN WORLD TEAM			
WOMEN		MEN	
Head Coach – Matt Gary		Head Coach – Robert Keller	
48	Savannah May	56	Chris Tran
52	Sioux-z Hartwig-Gary	60	Jonathan Bareng
56	Katherine Clark	75	Knute Douglas
60	Jennifer Gaudreau	82.5	Dan Williams
67.5	Alyssa Hitchcock	90	Erik Kasabuske
75	CiCi Smith	100	Nick Tylutki
75	Rhonda Clark	110	Jeff Douglas
82.5	Liane Blyn	110	Jon Krogman
90	Jessica Rende	125	Nick Weite
		125+	Brad Gillingham

### UPCOMING IPF/NAPF COMPETITIONS

**IPF Master Worlds** - Pilsen Czech Republic - September 27<sup>th</sup> - October 2<sup>nd</sup>

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

**IPF Open Worlds** - Potchefstroom, South Africa - November 7<sup>th</sup> - 13<sup>th</sup>

### SETTING IPF WORLD RECORDS

Congratulations to the following USAPL members for setting IPF World Records.

John Bogart	125kg Open	July 31, 2010	328kg & 332.5kg	Bench	Princeton, NJ
Dennis Cieri	90kg M1	July 31, 2010	283kg	Bench	Princeton, NJ
Donna Bryant	75kg M2	Aug 4, 2010	173.5kg	Squat	Aguadilla, PR
Donna Bryant	75kg M2	Aug 4, 2010	448.5kg	Total	Aguadilla, PR
Jim Klostergaard	82.5kg M3	Aug 6, 2010	175kg	Bench	Aguadilla, PR
Devan Doan	82.5kg Jr	Aug 28, 2010	161.5kg	Bench	Charlottesville, VA
Brad Klinger	125kg M2	Aug 29, 2010	282.5kg	Bench	Charlottesville, VA
Louis Sposato	100kg M4	Aug 29, 2010	170.5kg & 175kg	Bench	Charlottesville, VA
Eric Torres	56kg SubJr	Aug 31, 2010	144kg	Bench	Pilsen, CZ
Christin Nunez	60kg SubJr	Aug 31, 2010	163kg	Bench	Pilsen, CZ
Jesse Norris	82.5kg SubJr	Sept 3, 2010	301.5kg	Deadlift	Pilsen, CZ
Jesse Norris	82.5kg SubJr	Sept 3, 2010	780kg & 784kg	Total	Pilsen, CZ
Preston Turner	110kg SubJr	Sept 4, 2010	233kg	Bench	Pilsen, CZ
Preston Turner	110kg SubJr	Sept 4, 2010	235.5	Squat	Pilsen, CZ



## NAPF NORTH AMERICAN CHAMPIONSHIP – AGUADILLA, PUERTO RICO

The 8<sup>th</sup> NAPF North American Regional Powerlifting Championships was held on August 4 - 7, 2010 in Aguadilla, Puerto Rico. Aguadilla is beautiful coastal city that is located on the northwest corner of the island just a short two hour's drive from San Juan. The competition was a tremendous success with 150 athletes from 11 countries attending.



View from the meet hotel

Each year, surfers travel from around the world come to Aguadilla to ride some of the world's best waves that would even make Jeff Spicoli envious. Aguadilla was the host of the 1<sup>st</sup> IPF Pan-American Championships way back in 1975. The Cielo Mar, the host hotel offered a magnificent view overlooking the ocean. Some say the best on the island. Overall, great service and meals for a very reasonable cost. As part of this year's championship, the government of Puerto Rico included powerlifting as part of the 21st IOC Recognized Central American and Caribbean Games - a major accomplishment for our

Powerlifting Federation. Special thanks also goes to Honorable Carlos Mendez, the mayor of Aguadilla, and his assistant, Pipo Molinari, the Direction of Recreation for the City of Aguadilla for providing the competition venue, transport and the housing at CECADER - the athlete's village. Thank you!!

Now to the highlights of the championship -- ladies first! At 48.00kg, Maria Vasquez from

Guatemala was simply sensational and pushed a world class total of 385kg, ending with a 523.38 Wilks. She was your Overall Best Female Lifter for the competition. Not to be outdone, Dawn Gant from the USA was the Best Overall Junior Lifter. She totaled a PR of 405kg. Dawn has a tremendous future. The master ladies were led by USA lifters' Donna Bryant, who set two masters II IPF Word Records, and Danna Snow who was the overall Best Masters Lifter.



Opening Ceremonies



Best Lifters: Maria Vasquez, Dawn Gant & Danna Snow

very young region. Many more to come. This achievement is attributed to the hard work of the competition directors -- Mr. Nestor Gregory, President of the Puerto Rico Powerlifting Federation and Mr. Fernando Baez, Vice President of the Puerto Rico

The USA Team convincingly beat Puerto Rico for the Women's Team Title under the excellent coaching of



The Choice for Drug-free Strength Sport



Mr. Jim Brown, your recipient of the 2010 USAPL Coach of the Year Award - My congratulations to all of the ladies from team USA. Job well done.

Now to our men. Ivan Cancel a major contributor to the success of the championship and part of the organizing committee, won convincingly, I believe, his fifth or six NAPF title at 56kg. The most championships of any athlete in the NAPF. He is engaged to Maria Vasquez, and proposed at the farewell banquet at the Pan-American Championships last year in Miami. The NAPF's first couple. Awesome. Ivan also serves as our record keeper for the NAPF and does a great job!

Winston Stoby from Guyana at age 51 won the 75 class, with a tremendous deadlift of 275kgs.



**Danna, Gladys, Janel, Jim, Sommer & Bebe**

World Champions Wade Hooper and David Ricks provided a nice one/two punch for the USA in the 82.50 and 90.00kg weight classes. Wade and David were the overall best open and master lifter, respectively. Randolph Morgan from Guyana, the human sculpture, beat Luis Tapia of Puerto Rico, with his final pull of 310kg to win the silver medal behind Wade. Believe it or not, Randolph, could have easily pulled 320kg. He related to me at the medal ceremony that his new goal is to break the world open record in the deadlift - I believe it! Also, at 82.50kgs, James Klostergaard, at 62 years young, set two IPF World Records in the Masters III Category with 175.00 and 177.5kgs, respectively. Claudio Lora was the Dominican Republic's first ever lifter at an international powerlifting championship - tremendous. More lifters from the Dominican Republic to come in the future, with the assistance of Claudio!

Orlando Blass from Puerto Rico convincingly won the 100kg class. Not only is Orlando an excellent lifter, he also showed his moves and talent as a dancer. Orlando and Chevon Simpson from Trinidad and Tobago presented their own version of Dancing With The Stars at the venue and farewell banquet - They were great to watch. Interestingly, not only is Chevon a very good powerlifter, he is a martial artist and was also one of best 100 meter sprinters in Trinidad at one time.

At 110kg, Harold Milan had his best day and total ever, and at the farewell banquet on Saturday evening, was inducted into the NAPF Powerlifting Hall of Fame - Congratulations and well deserved.

At 125kg, Canada's McDonald was solid in all his lifts and won Gold. We look forward to seeing more lifters from Canada at our championships. The Silver medal went to Carlos Green from Trinidad and Tobago. Extraordinarily, Carlos is an inspiration to many, as he is totally blind.

William Schouten from the United States Virgin Islands squatted a huge 387.50kg like it was no one's' business in route to Gold at 125+kg. He is destined to be a 410.00+kg squatter by next year. He will be receiving an invitation to the 2011 Arnold Sports Festival. Also, at 125+kg, Hayden - the Hawk - Hudson from Trinidad and Tobago is a man on a mission and will challenge Schouten at the 2011 Caribbean Championships in the Cayman Islands as the region's strongest man!



**Best Lifters: Ramon Burgos, Dave Ricks & Wade Hooper**

Once the competition closed, and scores tallied, the team title for men came down to a tie between Puerto Rico and the USA with 61 points each. The tie breaker came down to Puerto Rico having more bronze medal winners than the USA. This shows the placing of each lifter does, in fact, count. Congratulations goes to



Puerto Rico for winning the team title over the USA. Great job by the PR coaches David Estrada and Carlos Perez.

A championship of this magnitude would not be possible for the following volunteers: Mike Licciardi and Karen Licciardi. Mike handled the finances and Karen did a great job organizing the banquet. Special thanks also go to Mr. Bill Clayton [USA], Sergio Centeno [Puerto Rico] and Onix Rivera [Puerto Rico] once again for their great work in overseeing the technical direction of the championship. Sergio also handled the live webstream for the competition - the first time for one our championships. We still have to work out some of the kinks. We'll get them worked out.

As always, special thanks go to sponsors Priscilla Ribic, PLGearOnline and Pete Alaniz, Titan Support Systems for their sponsor contributions. They're most appreciated and were instrumental in the success of the championship - Thank you!!

Last but not least, many thanks to Dr. Larry Maile for his sturdy and strong leadership of the region - indispensable! As I close, my congratulations and

sincere thanks go out to organizing committee for the direction of a superb championship - great job!

Overall, what makes the NAPF Championships such a great time and so successful are the friendships shared between the athletes, coaches, and administrators. I would not give it up for anything in the world. These friendly relations will continue to propel us forward to building a simply phenomenal region with many unique and interesting opportunities. To close, I look forward to seeing everyone next year in the US Virgin Islands for our 9<sup>th</sup> Regional Championship.

-- **Robert Keller**, Secretary General, North American Regional Championships.

Results: [Men](#) | [Women](#)

Photos of the NAPFs can be viewed here: [http://gallery.me.com/idahoag#100314&view=grid&bg\\_color=black&sel=365](http://gallery.me.com/idahoag#100314&view=grid&bg_color=black&sel=365) (Photos by George Marts)

Video via YouTube: [2010 NAPF Championships](#)



## Promote drugfree sports through USA Powerlifting for youth & adults.

USA Powerlifting (USAPL)



IN THE RUNNING FOR

# \$ 50K

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  - 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](mailto:nationaloffice@usapowerlifting.com) with your name, membership number and correct email address.
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## NAPFS FROM WORLD CHAMPION WADE HOOPER'S VIEW



Arecibo Radio Satellite - Sherman, Wade & Kim

Aguadilla, Puerto Rico was the site of this year's North American Championships. A beautiful town that border's the Atlantic ocean with a view from your hotel window that would blow your mind every morning. Although it never seems to be enough time to do some sight seeing at powerlifting meets, this town would definitely be a good vacation site for anyone who likes good food, friendly people, and nice beaches.

Although the A/C was out in the warm-up room for the first two days, which made it challenging for all the competitors, the contest director Nestor Gregory and championship secretary Robert Keller worked very hard the whole week to put on a first class event. I commend them for doing just that. This meet rivaled any world championships that I have competed in and look forward to 2012 when the Open World Championships will be back in Aguadilla.

A huge thanks goes out to Jim Brown and his wife, Janel who also competed and won gold, for doing such a tremendous job coaching all week long. A special thanks goes out to Daren Cressionne who was also handling all the lifters in the warm up room everyday and worked his butt off to make sure all the lifters did their best on the platform.

With this being my first NAPF Championship, I wasn't sure what to expect. But it was such a great time being on the same platform with the competitors from the master's and Junior division's who I normally do not get to compete with. Dave Rick's, who I have competed with many times, never ceases to amaze me. He is just timeless. Jim Klostergard and Donna both had an amazing day setting several master's world records. Doug Currence was impressive with his 9 for 9 day and well as Junior Dawn Gant with her outstanding lifter performance. But it was probably Bebe Burns who probably stood out the most. After winning gold, she decides to run 2 miles up hill back to the hotel and continued to do this the rest of the competition. She told me that she was preparing for a upcoming mini triathlon. Now that is dedication! She definitely was an inspiration to us all.

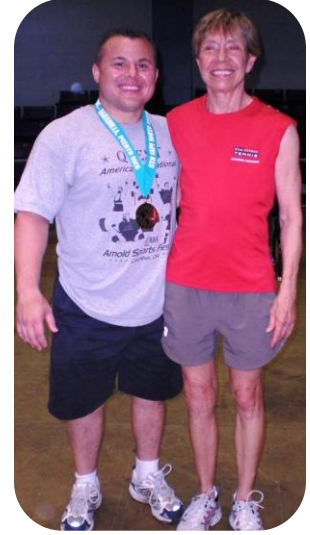
Like I said this was my first NAPF Championship but it will not be my LAST. This was an awesome event and I think that if you get a chance to compete for the US team, it is a must.



Wade & Dave Ricks



Wade pulls big!



Wade & Bebe Burns



### CALENDAR OF EVENTS

All USAPL sanctioned meets can be found on the USAPL Official Website at: [www.usapowerlifting.com/calendar.shtml](http://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](mailto:pribic@usapowerlifting.com).

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