



POWERLINES

Feb-March 2011



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USA POWERLIFTING

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**17-YEAR OLD IAN BELL
Pulls 788lb at the Arnold!**



PRESIDENT'S REPORT



It has been an exciting, and busy couple of months, so busy that we didn't have time to produce a newsletter. But we'll take a deep breath here and try to catch up before the all of your Executive and senior volunteers are swamped with the next few weeks meets.

Before we get to powerlifting related news, let's take a moment to think of our friends in Japan. The area that was devastated by the recent earthquake and tsunami was the home to several powerlifters, some of whom have visited the U.S. over the past several years. Please keep them, and our other friends in Japan in your prayers as they are engaged in rescue and recovery operations.

USA Powerlifting has just completed our most successful Arnold Sports Festival. One of the things that contributed to that success was a new venue, not quite as large but open to the main concourse. In fact, we were right across from one of the two wristband stations. We were constantly full, with loud, supportive crowds and all but blocked the concourse with people stopping to watch who were just passing by. I would like to thank our generous sponsors of the USAPL events at the Arnold: Brown's Gym, Titan Support Systems, and GNC Amp line of supplements. Without the financial support of these gracious companies, our powerlifting events would not be possible.

We would also not be able to host the Arnold events without the efforts of dozens of volunteers. I will, no doubt leave some of these important individuals out, but it is only because there are so many who pitched in to help. The Ohio Crew was chaired by Greg Page, the Ohio State Chair. Greg coordinated receiving and transporting of our merchandise, weights, platforms, and other supplies. He delegated the very task of driving, setup, and behind the scenes event management to Stephanie Dzurmak. She was assisted by Ron Dues, Bernie Tatulinski (who also lifted), and a host of others who moved equipment, spotted and loaded, and every other thing that was necessary. To all our Spotters and Loaders, who worked countless hard hours. Johnny Graham, Lanette Lopez and Donna Bryant managed lifter registrations. Robert Keller served as Technical Secretary and was assisted by Jack Marcus (Doping Control), P.J. Couvillion, Dr. Billy Jack Talton, Dan Gaudreau, and more than a dozen other officials. Joe and Cathy Marksteiner served as scoring managers, and Rick Fowler and Lance Slaughter did a masterful job as masters of ceremony. Priscilla Ribic, Katie and Frank Tatuliski worked the USAPL merchandise booth all weekend. The sales abilities have contributed significantly to our closing the financial gap between what would like to do and what we can afford to do. IPF Secretary General Emanuel Schieber worked all weekend at whatever task he was asked to perform, from setup to awards presentation. There were really just so many people who contributed to the success of the USAPL events at the Arnold that its not possible to remember each of their contributions.

In visiting with Dr. Talton in Columbus, he informed us that the Louisiana High School Activities Association designated powerlifting an official high school sport. They will follow USA Powerlifting rules and will test powerlifting for two years in a timeslot that will fall between other sports' seasons so that the highest number of kids can participate. What an exciting development that will bring many more young people to our great sport!

USA Powerlifting will sanction several "pro" events in 2011 in addition to those at the Arnold. The first of these will be the GNC Pro Deadlift at the Northern Quest Casino in Spokane, Washington. It will be held in association with the Empire Classic Bodybuilding Competition, a show that sells out 1500 seats months in advance. USAPL will also sanction a Pro Bench and Deadlift competition at the Resorts Casino in Atlantic City, New Jersey late in July. Arrangements are being finalized now. This movement represents a new direction for powerlifting through which our Elite athletes can raise money to participate in national and international competition, and gain the recognition that their years of dedication merit.

As I write this the Military Nationals are wrapping up, and the High School Nationals are in final preparations, and the Collegiate Nationals will be in two weeks. We'll take a short breather, and then on the Master's Nationals, in early May, followed by Women's Nationals, later on in the month, and Men's Nationals in June. It is a heavy competition schedule but it will be exciting and give more than 1000 athletes a chance to compete for the title of national champion. Watch the USA Powerlifting website for results, our Twitter and Facebook pages for immediate results, and our newsletter, Powerlines for articles and information on USA Powerlifting events.



ORGANIZATIONAL NEWS

2011 USA POWERLIFTING NATIONAL GOVERNING BODY MEETING

Bay St. Louis, Mississippi
Thursday, June 10th 2011

All current USAPL members are invited to attend the 2011 National Governing Body Meeting.

The official agenda will be posted on the USA Powerlifting web-site the week of May 30th. Below you will find the listings for elections and honorary awards. If you would like to nominate someone for an elected position or for an honorary award, please notify Angela Simons at usapl.simons@gmail.com

A reminder to all State Chairs and voting members: if you are planning to proxy your vote to another member you must notify USAPL Secretary, Angela Simons, by mail or email. Your proxy must also carry a copy of the letter with your signature to the NGB meeting before they will be given your voting card. State Chairs must proxy their vote to a member from their state. Only one vote is allowed per individual. All voting members must have a current membership.

If you have any questions, please contact any Executive Committee member. Executive Committee members contact information can be found at http://www.usapowerlifting.com/admin/executive_committee.shtml

Elected Executive Committee Positions (3 year terms):

Treasurer
Secretary
EC Members (2 elected)

Honorary Awards:

Brother Bennett Award
Coach of the Year
Referee of the Year

Important Deadlines:

April 3rd: All by-law amendments & additions (current by-laws can be found at http://www.usapowerlifting.com/aboutus/BYLAWS_USAPL.pdf)

May 10th: All nominations (Treasurer, Secretary, Two (2) Executive Committee Positions and all honorary award nominations) Agenda Items, NATIONAL MEET BIDS (Men's open/jr/teen, Bench, Raw, Deadlift/Push-Pull, American Open*) and ALL COMMITTEE REPORTS**.

Please note that all National Meet bids must be submitted on the National Event Application Form. The application form can be downloaded at: <http://www.usapowerlifting.com/forms/meetdirectorforms/index.shtml>

* All other National Meet Bids (High School, Collegiate, Women's) are submitted to the appropriate committee chair for consideration at the corresponding national committee meeting. (Committee chairs contact information can be found at <http://www.usapowerlifting.com/committees/index.shtml>)

** Committee reports will be included in NGB materials per NGB vote in 2007. Committee chairs are still encouraged to use their time to thank those they wish and give a **brief** summary at the meeting.

Angela L. Simons
USA Powerlifting Secretary
usapl.simons@gmail.com



USAPL TECHNICAL NEWSLETTER

Greetings everyone. I trust everyone had and pleasant and enjoyable holiday season. In this newsletter, I am going to cover the following items:



1. 24 Hr Weigh-ins
2. USAPL American, USAPL National, NAPF Regional and IPF World Records
3. IPF Category I and II Examination Notification
4. IPF Category I and II Re-registration [2012 - 2015]
5. USAPL Rulebook - Update
6. USAPL State and National Referee Examinations
7. Non-supportive Singlets
8. Powerlifting Shoulder Straps
9. Alterations to Suits and Shirts [IPF Update -- March 13, 2011]
10. Deadlift - Foot Movement [IPF Update - March 13, 2011]

24 Hr Weigh-ins

Meet directors, please take notice, per the 2010 NGB, 24 Hr Weigh-ins at local, state and regional competitions are no longer allowed.

USAPL American, USAPL National, NAPF Regional and IPF World Records

I received several phone calls this month regarding the actual procedures on setting USAPL American, USAPL National, NAPF Regional and IPF World Records and the process of applying for these records. Based on the number of phone calls and emails, I believe it important to review once more. Questions, please contact me directly at: rhk@verizon.net

USAPL American Records can be set at any USA Powerlifting Championship, so as long as three [3] National and/or IPF Cat I or II Referees are present to adjudicate the lift(s). The minimum amount of weight that an American Records can be set by is .5 kilograms. American Records set at a National Championship or the American Open do not require a record application. American records will be updated directly from the results. USAPL American Records set at a local, state or regional championship require a record form to be completed and sent to the National Office within 30 days from the date the record was set. The American record form can be found here: <http://www.usapowerlifting.com/forms/meetdirectorforms/index.shtml>
All Open American Records must be tested.

Note: National Referees that have not officiated for several years, please make sure you contact the National Office or with Bill Clayton to ensure that your referee credentials are still active and current. This should be done well before the start of the competition.

USAPL National Championship Records can only be set at the corresponding National Championship. As an example, Junior National Record = Junior National Championship; Master National Record = Master National Championships, etc.

Furthermore, three [3] National and/or IPF Cat I or II Referees must be present to adjudicate the lift(s). The minimum amount of weight that a National Record can be set by is 2.5 kilograms. National Records do not require a record form. National records are updated directly from the signed score sheet.



Get Your USAPL Membership HERE!



NAPF Regional Championship Records can only be set at the corresponding NAPF North American Regional Championship with three IPF Cat I or II Referees present to adjudicate the lift(s). As an example, the NAPF North American Regional Powerlifting Record = NAPF North American Regional Championships; NAPF North American Bench Press Record = NAPF North American Bench Press Championships, etc. The minimum amount of weight that an NAPF Record can be set by is .5 kilograms. NAPF records are updated directly from the signed score sheet.

As of January 01, 2011, **IPF World Records** can only be set at International, International Regional or IPF World Championship events. Of course, three [3] IPF Cat I or II Referees are required to adjudicate the lift(s). The minimum amount of weight that a World Record can be set by is .5 kilograms. IPF World Records can no longer be set at USAPL National Championships. An IPF Record Form must be completed and sent to the IPF Record Registrar within 30 days of the championship. All IPF World Records must be WADA - IOC Tested.

IPF Category I and II Examination Notification

The IPF Referee Registrar now requires a 3 month notification for those desiring to take the IPF Category II examination. Up until, January 01, 2011, only the IPF Category I Examination required 3 months but now both are in sync notification wise. Having said this, please be sure that you contact Bill Clayton and me at least one [1] month before the IPF three [3] month deadline to be sure we have time to prepare, review and submit the required documents. All IPF Cat I and II Candidates must be approved by the referee committee and the President of USA Powerlifting, before submitting your credentials to the IPF Referee Registrar.

IPF Category I and II Re-registration [2012 - 2015]

All IPF Referees requesting to be re-registered by the IPF, must send to Bill Clayton or to me, by September 01, 2011, the IPF Re-registration Form. To re-register with the IPF, it is required that each international referee will have officiated at four [4] National, Regional and/or World Championships during the past four [4] years and attend and IPF Rules Clinic/Seminar. I will host a two IPF Rule Seminars this year -- 2011 USAPL Men's National Championships in Bay St. Louis, Mississippi and 2011 USAPL Master's National Championships in Atlanta, Georgia. I am in possession of the re-registration form for 2012 - 2015 and will, shortly, be sending it to each of international referees by way of email. If you wish to have one in advance, please let me know.

USAPL Rulebook Updates

The updates to the USAPL Rulebook are now finalized and should be ready to go by April 01, 2011. The rulebook is now being reviewed and edited for content. My compliments go out to Dr. Joe Warpeha for his excellent work and thoroughness in making the necessary updates - Great job and thank you.

USAPL State and National Referee Examinations

Once the Rulebook is finalized and posted, the next task for the Referee and Technical Committees is to update the USA Powerlifting State and National Referee examinations. This work shall begin March 01, 2011 and they should be ready to go by May 01, 2011.

Non-supportive Singlets

All Referees. Please, when performing equipment check, and you come across a non-supportive singlet and you discover a patch over the crotch area or it is double-layered in the crotch area, the suit is to be approved, as it is non-supportive! As the technical rules state, "...The non-supportive leotard or singlet may also have a double thickness of the same material size 12 cm x 24 cm in the area of the crotch."

Powerlifting Shoulder Straps

I have received a number of calls in recent days regarding the length of





the seam on the shoulder straps. Where a tightening has been made in the shoulder straps and the excess material **is longer** than 3 cm's, this then must then be turned inside the suit and fixed flat. No more than 3 cm length may protrude **outside** the suit. Now, referees, at your next meet, if you discover the straps on a suit are too long and more than 3cm, please use your best judgment. The new rules just went into effect and not all of the coaches and lifters are up to speed. Please take into account that the seam length overage will not provide a lifter with an unfair advantage over another.

Alterations to Suits and Shirts [Update from IPF - March 13, 2011]

As of March 13, 2011, the IPF has corrected the Rules for Costumes as follows: Non-Factory alterations to tighten suits and shirts are not illegal when done in the form of pleats. However, the pleats must be made only on the manufacturer's original seams. These pleats **must** be made on the inside of the suit or shirt. Any alterations made on areas other than the manufacturer's seams are illegal. Pleats may not be sewn back onto the body of the garment.

Deadlift - Foot Movement [Update from IPF - March 13, 2011]

Foot movement after the command "Down" will **not** be cause for failure - following item #5 , Causes for Disqualification of a Deadlift.

To close, if you have any questions, please feel free to contact me directly at either: rhk@verizon.net or 954.790.2249.

As always, constructive comments are always welcome. Thank you!

Robert Keller
IPF Category I Referee
Chairman, Technical Committee

WOMEN'S NATIONALS – COMMITTEE MEETING & BIDS

The Women's Committee will be held Saturday evening at Women's Nationals in Atlanta.

We are currently accepting:

- Agenda Items
- Nominations for Committee Members
- Bids for 2013 Women's Nationals. 2013 will be held the weekend of May 18th & 19th Bids must be formally submitted in writing.

Deadline: April 8th

Submit to: pribic@usapowerlifting.com

Please visit the contest website: [2011 Women's Nationals](#)

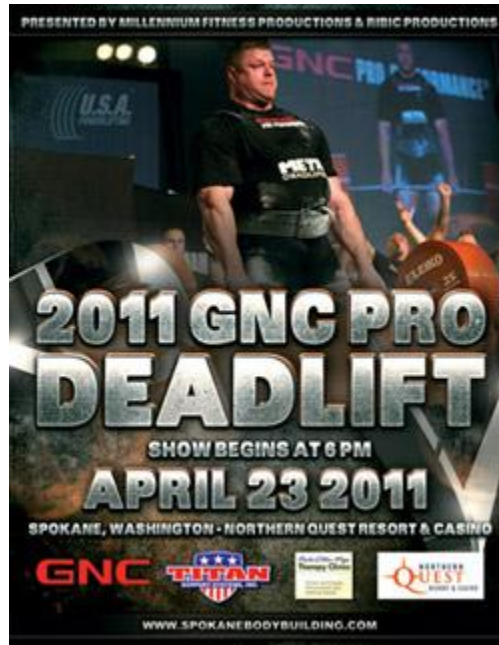
The advertisement features a black and red color scheme. On the left is the "SUPER CENTURION FORGED BY TITAN" logo, which includes a Roman helmet icon. The main text reads "The Best Performing IPF Approved 1-Ply Suit Ever Created Has Just Gotten Better!". To the right is a photograph of a male powerlifter in a black singlet with yellow reflective stripes, lifting a barbell with red and blue plates. Below the main text are two bullet points: "▶ TITAN'S PATENTED HARNESS SYSTEM" and "▶ NEW! REINFORCED 3CM SEAMS".



GNC PRO DEADLIFT - SPOKANE, WA - APRIL, 23 2011

Five of the top USAPL deadlifters go head-to-head for the biggest pull and \$2500 at stake. See who's battling it out and more information on the show.....this will be a sellout crowd!

[2011 GNC PRO DEADLIFT](#)



USAPL ESTORE NEW ITEMS

It's a new year and we have fresh NEW items on our eStore. Click on the images below to view the items or go directly to the [USAPL eStore](#).

	<u>30-Year Anniversary Tee</u>		<u>Women's USAPL 'Star' Tee</u> Pink & Black
	<u>Women's USAPL Splash Bella Top</u>		<u>Kid's 'Future USAPL Champ'</u>



LOCAL NEWS

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

STATE	DATE	MEET	LOCATION	RESULTS
MN	2/19	MN State Open	Brooklyn Park, MN	[RESULTS]
AZ	2/19	Valley of the Sun Push/Pull	Scottsdale, AZ	[RESULTS]
FL	2/19	Florida State Bench Press/Deadlift/Push-Pull/ Powerlifting	Lake Mary, FL	[RESULTS]
CA	2/19	California State Championships	Santa Clara, CA	[RESULTS]
TX	2/26	2011 USAPL Aggie Showdown	College Station, TX	[RESULTS]
WA	3/05	Washington State Championships	Tumwater, WA	[RESULTS]
WI	3/12	WI High School State Championships	Eau Claire, WI	[RESULTS]
MO	3/12	2011 Missouri ST/Ozark	St Louis, MO	[RESULTS]
TX	3/12	2011 USAPL Spring No-Frills Qualifier	Spring, TX	[RESULTS]

Attn: State Chairs - Please review your State Website Link on the USAPL website. If you have a new URL for your website or now have a website, please email webmaster Tony Cardella @ t-cardella@usapowerlifting.com to update.

NOTABLE NEWS:



SOUTH DAKOTA HALL OF FAME

Jeff Blindauer and Brian Jacobson were inducted into the South Dakota Hall of Fame during the State meet on March 12th.

Read their Bios:
[Jeff Blindauer](#)
[Brian Jacobson](#)

Welcome Arkansas State Chair!

Jeff Phillips
 312 West Main Street
 Russellville, AR 72801
 P: 479-967-8100
 P: 479-967-7771

E: atticus@suddenlinkmail.com

Congratulations to Kat Clark for receiving the Washington State Athlete of the Year Award!

NATIONAL NEWS

JUST IN, RESULTS FROM MILITARY NATIONALS! - March 19, 2011 - Brooks City-Base, San Antonio, Texas

- [RESULTS](#)



CALENDAR OF EVENTS

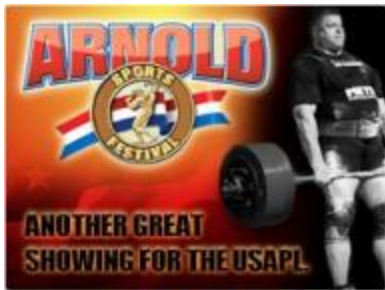
All USAPL sanctioned meets can be found on the USAPL Official Website at: www.usapowerlifting.com/calendar.shtml

2011 USAPL Bench Press Nationals - Orlando, Florida

The USAPL Bench Press National Championships will take place on September 3 & 4, 2011 at the Hyatt Hotel, in Orlando, Florida. Details will be forthcoming next week. In the meantime, if you have any questions, please feel free to contact me at: rhk@verizon.net

Thank you, Robert Keller

INTERNATIONAL NEWS –



ARNOLD SPORTS FESTIVAL

The USAPL was host again to the powerlifting events at the Arnold Sports Festival in Columbus, Ohio. As you may know, the Arnold Sports Festival is the largest multi-sport event in the Nation, with over 18,000 athletes and hundreds of thousands of spectators. This was the fourth year for USAPL (in conjunction with the IPF and NAPF) to host its events, including the *Raw Challenge*, *Brown's NAPF Gym Pro Meet*, *GNC Pro-Performance Pro Deadlift*, *Titan Bench Bash* and this year a special meet for Ohio residents only, the *Ohio Invitational Push-Pull*. Over \$20,000 in cash prizes was awarded to the top athletes in these events!

Brief Highlights

RAW CHALLENGE

Fifteen Women competed this year, with the front runners being multi-time IPF World Champions Jennifer Thompson and Sioux-z Hartwig-Gary. Sioux-x had an outstanding day going 8 for 9 and taking him 2nd place for Best Wilks (459). Jennifer Thompson, despite missing two attempts on 'her lift', the bench, took Overall with 501 Wilks points, the highest Raw Wilks ever in the USAPL/NAPF! Monica Augustine also made a showing with the only over 400lb squat for the day.

Lightweight men, weight classes of 66kg-93kg battled it out with top awards going to Russian lifters, Aleksey Bakhirev, who impressed the crowd with the ease he moved his lifts and his double overhand pull of 628lbs at a body weight of 171! Second runner up was Arkansas lifter Jamie McDougal, also pulling an outstanding 628 on this second attempt.

Heavyweight men put on a good showing with some very heated battles for the top slots. In fact, fellow Canadians Jamie Emberley and John MacDonald tied with Total and Body Weight for 1st place! Jamie walked away with the win due to hitting the winning total first. Letroy Higgins

takes Overall for Wilks and SHW 1st place winner Michael Neal takes 2nd in Wilks.

Masters and Juniors used Wilks points scoring. Tammy Walker was the winner for Women and Ron Garofalo for Master's **men**, while Danny Flonta of Idaho took home the Junior Division. Had Danny also lifted in the Open Division, he would have placed 2nd overall on Wilks for the Heavyweight's. He is an impressive young lifter!

BROWN'S GYM PRO

This meet was an outstanding meet with top lifters from the U.S.A., Canada, Guatemala, Brazil and Puerto Rico showing the Arnold crowd what they are made of. Saturday morning started out with thirteen ladies battling it out for the top slot, including Maria Louisa Vasquez from Guatemala, who at only 103lbs, attempted at World Record squat of 396lbs. The crowd, all on their feet were amazed at the poundage this gal was moving. Maria took Runner Up in Wilks to Erica Bueno of Brazil. Erica also won Overall in this event in 2010.



The Lightweight Men's battle came down to Eric Oishi of Brazil and Marcus Williams of the U.S. Eric Oishi won his weight class, but Marcus Williams due to a lighter body weight won the Overall Wilks by less than 2 Wilks points!

The Middleweight Men kept the audience on their feet at TEN World Records broken in this session! Seventeen year-old Jesse Norris of Idaho showed the audience a World Record squat of 727lbs at only 182lbs body weight, followed by a World Record deadlift of 677.5 and a World Record Total of 1807! Jesse went back to back with legendary Master, Dave Ricks. At over 50 years old, Dave broke the Squat (777lbs), Bench (496lbs) and Total (1923lbs) World Records. A special touch was added by having Dave's Father called to the front of the venue to watch him break these World Records. Dave won Overall Wilks followed by Canadian lifter John MacDonald. This is the same John MacDonald who also lifted the day before in the Raw Challenge!

Heavyweight men showed some mighty squatting and deadlifts. With Steve Mann's notorious lightening fast squat and Randall Harris making a large 799 pull to wrap up the day! Notable lifter was Beau Moore, who did not make the timeline to enter the Raw Challenge, but overly qualified for this meet, lifted Raw among the geared lifters and was very much a crowd pleaser. Randall Harris took Overall Wilks and Runner-up was Steve Mann.

The Masters and Junior Divisions were scored by Wilks, with the Luis Tapia of Puerto Rico coming out on top for the Masters. The Juniors battle was extremely tight with Mike MacDonald of Canada edging out World Record setter Jesse Norris by only 1.71 Wilks points for the lead.

Meet Sponsors Jim and Janel Brown of Brown's Gym included a special award for the Best Overall Squat (by Wilks) of the meet. The Winners were Dave Ricks and Maria Vasquez. They were presented with 4ft Trophies, which was nearly as tall as the mighty Maria Vasquez!

Arnold made his presence at the Brown's Gym Pro meet! He gave a short speech, stayed around to watch some of the lifting and several of those in our audience were able to get a personal handshake and a few words in with the legend.

GNC PRO PERFORMANCE PRO DEADLIFT

The much heavily contested event was held on the Main Expo Stage at the Arnold Sports Festival. Familiar names were back, but also some new fresh faces joined the elite pullers. Represented this year were the U.S.A, Iceland, Norway and Sweden.

For the women, the winning pull for both the Wilks and Heaviest pull was done at the end of the first round, with Alyssa Hitchcock's opening pull. IPF Hall of Famer, Inger of Norway gave a mighty attempt on her last pull, which would have put her in the lead for the Heaviest pull, but came up short. Tiny 110lb Michelle VanDusen impressed the crowd with a 385lbs lift.

The Men's battle was a fun one to watch when you throw in the factor of Wilks scoring. Thirteen men, three attempts each.. the outcome? The Winner on Wilks, by a narrow margin of only .712 Wilks (yes, less than one Wilks point), was 17-year old Texan, Ian Bell, pulling a remarkable 788lbs, edging out 2008 World Champion Dan Williams. IPF Hall of Famer, Brad Gillingham went all out again for the biggest pull of the event and did not disappoint!

TITAN PRO BENCH BASH

How many meets can you see twenty-three World Records set? This meet was full of World Champion benchers, heading it up were the Women, with Justyna Kozdryk, Poland winning Overall Wilks with a 3 for 3 day and setting a World Record bench of 264lbs at a mere body weight of only 96lbs! Runner-up was 2010 World Champion Yulia Medvedeva of Russia. Heaviest Bench award went to World Champion Devon Doan of the USA!

Lightweight Men was a tight battle with only 1.57 Wilks separating 1st-3rd place, with Multi-time World Champ and Record holder Markus Schick, Germany winning Overall Wilks, ahead of Runner-up Fredrik Jäder of Sweden. Markus Schick and Joe Smith (USA) each set World records in their respective weight classes. The excitement in this class was watching the battle between the 93kg lifters, Dennis Cieri (USA), Jan Wegiera (Poland) and Fredrik Jäder (Sweden). They each opened up with the World Record, they each made it and went back and forth as the current World Record holder. Out of 9 World Record attempts, 8 of them were made! Very impressive lifting by all three!

In the Heavyweight Men, World Record holder John Bogart came on a mission and did not disappoint. Not only did he win the Overall Wilks with an outstanding 193 Wilks points, but his 3 for 3 attempts lead to both Open and Master World Records along with the Heaviest Bench award. Fredrick Svensson of Sweden took Runner-up with less than a Wilks point above Chris Asbury of the U.S.

OHIO INVITATIONAL PUSH-PULL

2011 was the first year of this event for the Arnold Sports Festival. It was a well received event by the ASF Organizers with having an event held specifically for



lifters within their state. The majority of these lifters have never had the opportunity to lift at an event this big, but their performance showed they had what it takes to please the Arnold crowds!

Among the Ohio lifters, USAPL Women's Hall of Famer and World Team member Cathy Marksteiner moved the

heavy weights, and that's even after her working the scoring table the three days prior. Helen Daher edged Cathy out for the Best Lifter award by a narrow margin of .112 Wilks. There were some outstanding lifting done in the Men's Division, with World Team Member and World Record holder Jeremy Auerbach coming away with a commanding lead for Best Lifter.

OFFICIAL SPONSORS OF THE ARNOLD SPORTS FESTIVAL POWERLIFTING EVENTS



WRAPPING IT UP:

A special thanks to all the athletes that participated in this event and made it entertaining for the thousands of spectators that filtered through, throughout the weekend. There were many times the crowd backed all the way out into the hall and many lifts left spectators mouths a gasp! No event can go on without the many, many volunteers who make the show run, from those who coordinated the event, those who hauled in and set up the equipment, the announcing, the spotting and loading, refereeing, scorekeeping, hats off to the long hours you all put in!

Thank you to our sponsors who made this event possible: Pete Alaniz of Titan Support Systems, GNC Pro Performance, Jim and Janel Brown of Brown's Gym.

And finally, a Thank You to USAPL President, Dr Larry Maile for the countless hours of negotiations with the Arnold Sports Festival Organizers, making it possible for USA Powerlifting to be the host of this spectacular event!

[RESULTS](#)

[- PHOTOS \(IPF FAN PAGE\)](#)

[- VIDEO](#)



Markis (GER) & Erika (BRA)



Janel & Jim Brown present Best Squat to Dave (USA) and Maria (GUA)



Eric (BRA)



**3RD PAN-AMERICAN REGIONAL & 5TH NORTH AMERICAN REGIONAL BENCH PRESS CHAMPIONSHIP
ROAD TOWN, TORTOLA, BRITISH VIRGIN ISLANDS
OCTOBER 7 – 9, 2011**



The 2010 IPF/FESUPO/NAPF Pan-American and North American Regional Bench Press Championships was held on October 7-9, 2011 in Road Town, Tortola, the British Virgin Islands. Overall the competition was well directed by Mr. Steve George, President of the BVI Powerlifting and Fitness Federation, despite the tropical storm that punished the small Caribbean Island with tropical force winds and rain for nearly five consecutive days! This was the BVI's first stab at directing an international championship and they pulled through it very well, despite the weather and last minute change of the venue. In the end, the BVI's efforts produced a total 53 entries from 7 member federations from North, Central and South American as well as the Caribbean Islands. Overall, this was the largest USA Team fielded in the five years that we have held this championship and the individual results were quite good given the weather and humidity that blanketed you like a Speedo wet suit, from the time we stepped off the plane onto the tarmac, until the day we departed back to the USA. The air-conditioning in the rooms worked perfectly.

Day 1: Thursday, October 07, 2010

We held the Technical Meeting in the poolside lounge. Quite good. After the Technical Meeting, three seminars were held for the athletes, which included an IPF Technical Rules Clinic on the bench press, a thorough bench press training seminar and finally a brief nutritional class for the athletes. I deliver the technical rules seminar; however, would like to send special thanks to John Bogart for delivering the training seminar in the bench press and Mike Licciardi for overseeing the nutritional class for the athletes. The lifters found the clinics to be quite helpful and informative, as this was their very first international competition. Good show and thank you Mike and John!

Day 2: Saturday, October 08, 2010

Frances Baez and Gladys Serrano - Puerto Rico, provided a strong one two punch with some very successful lifting. Gladys went 3/3 and had one of her best days ever. Irani Barbosa - Brazil, missed her opener, came back and made it on her second with a strong tough push. Her subsequent try at a huge 102.5kgs was nearly locked out. Great try. Jen Maduro is a standout track & field athlete for the BVI and is now adding powerlifting to her repertoire. Her structure and background will make her a really good one if she decides to stay with it. We'll see. Lastly, Rebekah Lair absolutely crushed her first and second attempts in the bench press with 100kg and 110kg, respectively, and nearly made a huge PR with 127.5kgs on her third attempt. Rebekah was our first ever Women's USA Team lifter to go to this championship. Super job! Congratulations to all of our ladies.





Raghunauth Boodram - BVI and Eric Oishi - Brazil went unopposed, winning the 56kg and 67.5kg weight classes, respectively. At 75kg, Carlos Melendez - Puerto Rico overcame a nearly disastrous performance by making his final attempt with 172.5kg. All I can say, it was a close one. There was nothing left after the press. Demetrius Maury - USA, was not so fortunate and missed all three attempts with 195kg. Tough one. However, next year, there will be another story. He has the talent to be a great one! In the 82.5kg class, James Bardsley started the Men's USA Team off right with three strong and powerful bench presses ending with 162.5kg for gold! James also served as the teams official photographer. Thank you James! Super job! Subsequent to James's performance his father squeezed out a close win over Danley Anderson from the BVI to win the gold as well. Double gold for the Bardsleys! Congrats!

Day 3: Sunday, October 09, 2010

At 100kg, Clint Poore was revved up and ready to go and stroked three strong and powerful bench presses ending with a perfect 230kg for Gold! Clint is one of the most enthusiastic lifters I have ever met and loves to be a part of this team!. As a coach, he is someone you definitely want to have as part of your team. He will give you a 100% performance all of the time. At 110kg, ever consistent , Chris Calvano nailed another gold this year, which now makes him winningest Bench Presser in NAPF History - 5 at the North American Championships and 2 Pan-American Gold for a total of 7, not to mention a slew of NAPF Records. Well done Chris! Teammate, Douglas Currence of West Virginia went 3/3 with a personal best of 222.5kg for silver. Very well done. In the 125kg class, newcomer Shaun Bales performed quite well and just missed an ever so close PR third attempt of 250kg, on a 2-1 decision by the referees. More to come from this guy! Very well done. At 125+kg, the baddest cat on the planet in the bench press lined up for a shot at yet another IPF World Record! Jon's opener of 315kg was a toy and then went directly to 360.5kg [folks that is 795lbs] on his second, the most ever lifted in the IPF and a new world record. Close on the 2nd attempt and valiant effort on his third. Next time for sure! Just incredible! Cliff Williams, the strongest man in the BVI, pushed a new National and all-time record for his country. It was well received by the media and audience. Congratulations!

I want mention the sportsmanship displayed by Demetrius Maury and Ryan Lair for stepping in to assist the BVI Staff with the spotting and loading on Saturday to ensure the safety of the lifters! Well done and thank you!

On Saturday evening, after the competition, the traditional closing banquet was held under the poolside Veranda with all of the blackened Mahi-Mahi you could feast on - Excellent. Our honored guest and awards presenter for the evening was Ms. Dacia Penn, the Deputy Premier for the BVI and Mr. Patrick Harrigan, the Minister of Youth and Sports for the BVI. Irani Barbosa [Brazil] and Jon Bogart [USA] were your respective Champion of Champions. Team USA was victorious in the Mens Competition and the Team Puerto Rico in the Women's Category. My thanks go out to Steve George, his lovely wife Monique and Cliff Williams for staging a memorable championship - Well done.

After the banquet, the USA Team was on the prowl and wanted to throw me in the pool. I had to hideout in the kitchen until the coast was clear. Once I guy like Jon Bogart gets a hold of you, lights out, I was going for a swim. Not this time. You will have to wait until next year. LOL.



As I close, I want thank Robert Massey, the President of the USVI Powerlifting Federation for loaning all of his ER Equipment, Ivanko weights, etc, to the BVI Federation for the championship, which was only a 45 minute ferry ride from St. Thomas. His contribution is very much appreciated to say the least. Thank you Robert! Also, I would like to thank Mike Licciardi [USA]., Fernando Baez [Puerto Rico] and Eric Oishi [Brazil] and Hugo Velasquez [Costa Rica] for officiating the championship. Sergio Centeno for his steadfastness as the scoring guru. A great team of people to make it all go and pull you through when conditions are somewhat not easy to work with. Thank you gentlemen!



Next year's North American Bench Press Championships will be held during October, in Tampa/St. Petersburg, Florida and the next Pan-American Bench Press Championships will be held by Dan Gaudreau, in Denver, Colorado, during October 2012. See you next time!

Championship results here: <http://www.usapowerlifting.com/IPF-NorthAmerica/>

Thank you,

Robert Keller
Secretary General
North American Powerlifting Federation

2010 IPF OPEN WORLDS MEN'S TEAM REPORT – BY HEAD COACH – ROBERT KELLER



The 40th Men and 31st Women's IPF World Open Powerlifting Championships were held during November 7 – 13, 2010 in Potchefstroom, the Republic of South Africa. Potchefstroom is the home of Northwest University and was like most college towns – vibrant and active. The drive to "Potch" is a little over 2 hours north of Johannesburg. The USA Men's Team stayed at the PUK Hotel. Interestingly, this was the same hotel used by the Spaniards for the recent World Cup, held just weeks before the IPF World Championships. The rooms were clean and the meals in the restaurant cooked very well. Overall, the experience with the hotel was quite good.

The championship took place on the campus of Northwest University and was not without its controversy. This year, the hotel arrangements and how things were billed took center stage. These matters were eventually sorted out through diplomatic discussions with the IPF and Hannie Smith, the organizer of this year's World Championships. In the future, the IPF will now require ALL member federations attending an IPF World Championship to stay in the assigned meet hotel selected by the organizer of the championships, at the established rates set by the organizer, and approved by the IPF. I am interested to see how this works out next year.



Each year, the championship begins with the IPF General Assembly and many sweeping changes were made [Please review my Technical Committee Report in the February issue of Powerlines [here](#)]. The changes that stand out the most are the newly formed weight classes and world record standards. On an interesting note, Johnny Graham from the USA was elected as IPF Vice-president. In the past, this position normally went to selected/elected IPF EC Member. However, after this congress, the IPF has now made the position of Vice-president a permanent one. Our congratulations to Johnny Graham!

The venue for the lifting was large and spacious sports center located on the Northwest University campus, with 5 large scoring screens that were strategically placed all around the venue, so whichever way you looked, a scoring screen was available to keep you posted on the results and who was lifting on the platform – very well done. There were quite a few vendors, and the venue was full with spectators during most of the afternoons when the lifting took place.

This setting served as an ideal location for the championship. Now to the lifting:

56.00kgs: Chris Tran, still a Junior lifter and college student at the University of Southern Mississippi, where he studies Education and Sports Coaching, lead Team USA off with a strong 7 for 9 performance. Chris missed his second squat; however, came back on his third with the 212.5 and made it easily. His final deadlift of 237.5 was plenty strong, but lost his grip right a lockout. I believe the total of 560 was close to his PR. Chris boasts an awesome lifting resume: 3 Times National Teen/Junior Champion, Twice National Collegiate Champion and twice National Open Champion. He will be a force to reckon with in the future. Super job by Chris and my congratulations. Fedosienko was again, unbelievable, finishing with the Gold and the off the chart Wilks score of 668.14. Folks, I checked it, not a misprint. Wszola from Poland was second and Wu from Taipei was the third. Fedosienko was the competition's overall best lifter. Well done!

60.00kgs: The USA Team did not have any entrant. Mohamed Lakehal, the overall bronze medal winner, now has the distinction of being Algeria's first ever IPF World Championship medal winner. Lited from France finished with just kilos ahead of Lakehal with 625kgs. Hsieh from Taipei was dominating with his final attempts in the bench press and deadlift looking to me, like openers.

67.50kgs: Once more, the USA Team did not have a lifter entered into this weight class. This provided the coaching staff with an opportunity to sit, rest and watch one of the best lifters of all-time do his thing – Jaroslaw Olech from Poland. On the nominations, Jaroslaw was scheduled to lift at 75kg, but surprising, dropped to 67.5kg. His final squat of 350.00kgs [771lbs] was deep and easy, but was called for depth. Impressive and the lift looked clearly good. The bench press was off this day, but finished strong in the deadlift and a new world total of 825kgs. Tremendous lifting by Jaroslaw this year! Sergey Gladkikh and Nikolay Sokolov from Russia, were second and third, respectively. Sokolov is only 21 years of age and is poised to take over the reins in this weight class as the man to beat. Tough

day for 5 lifters in the class this year -- 5 bombs. The most of any weight class. Most surprising was Oishi from Brazil. Long ride folks to South Africa. For most of us, travel time to South Africa was 24+ hours from the house to hotel. Try having your best day lifting after a trip like this. Not real easy. Try it sometime.

75.00kgs: Knute Douglas from Mississippi is clearly one of the USA Powerlifting's most promising and exciting young talents. Still in the junior ranks, he was not intimidated and stroked a 300kg squat on his 3rd attempt that was right on the money. This earned Knute the Bronze medal in the squat. Knute ran into some difficulties on the bench press, making only his second attempt; however, came back strong in the deadlift finishing a hard fought 287.5kg which landed him in fourth position in hard fought battle for the overall bronze medal with Aelmerdenov from of Kazakhstan and Ozerov from Russia. Castillo from Ecuador won the gold and is the first lifter from Ecuador to the win an world open championship – congrats! Needless to say, this class was a nail biter all the way to the finish. Interestingly, Knute is the son of Jeffrey Douglas, who also was selected to the team at 110kg. They're the first father/son combination ever to lift on the same platform at the IPF World Championship. Currently, Knute is a student at Jones College, where he is a standout NCAA soccer player. No doubt the strongest one in the land. Knute will attend the University of Southern Mississippi with his good friend and training partner Chris Tran next year. He is currently studying education and coaching. Great job Knute and well done!

82.50kgs: The US of A's Dan Williams performance was simply outstanding! Cool, calm and collected with the confidence of seasoned pro, Daniel reeled off 9 perfectly selected attempts to finish in a solid 5th position, in likely one of the most stacked and talented weight classes of the competition. His deadlift of 330kg [727lbs] won him the overall gold medal in this lift – well deserved. This four time USA teen/junior and USA twice open national champion



will no doubt be ready for golden honors next year. Great job Dan! Sorokin from Russia was tremendous and broke one of the oldest IPF world record marks in history -- Mike Bridge's squat of 379.50kg -- with a 380kg effort and looked good for even more. Wow! Sorokin's 910kg total earned him the gold medal over the two Ukrainian lifters Rysev and Naniev, which placed second and third, respectively. Some great lifting in this weight class. Congratulations.

90.00kgs: Professional strength coach Eric Kasabuske from California, in his first ever international/world championship, lifted extremely well and stuck 7 very strong attempts. His third squat of 315kgs was turned down 2-1 and from my positioning was a clearly a good lift. Sometimes this happens. Not sure what the officials were looking at. A nearly 5.0kg drop in bodyweight forced Eric to alter his original established attempt selections. Look for some big things from Eric at this year's national championship. It is amazing to see the lifters development after one very successful world championship, as demonstrated by Eric at the recent Arnold Sports Festival. He is now under the tutelage of Kevin Stewart of Washington State. Great job Eric, keep it going! The Ukrainian Team finally got on track in pursuit of the team title with Bulanyy winning gold over Sholskiy of Russia. Sholskiy from Kazakhstan was third.

100.00kgs: Now senior USA team member, Nick Tylutki a Police Officer from Minnesota, came to the event, clearly ready to go! All three of Nick's squats were strong and powerful; however, during his last attempt, he re-injured/pulled an erector in his lower back which forced us to lower his opener in the deadlift to 260kg. Nick, nevertheless, was able to gut out a 300kg second attempt that would have brought any normal human to their knees. Clearly, after the opener most would have packed it in and called it a day; however, Nick stepped up a delivered one for the team! All I can say is that he is one tough competitor. Thank you and well done! The Ukraine's Ivan Freydu was unstoppable and posted 9 perfect attempts, totaling a mind-boggling world record total of 1047.5kgs. Lebedko from Russia, though, still brought the red heat and tried to overtake Freydu on his last two deadlifts. It was not to be on this day. Great competition between these two athletes! Well done! The Ukraine was now back on track for the team title with two gold medals in the 90kg and 100kg weight classes.

110.00kgs: Jon Krogman and Jeff Douglas placed 5th and 6th, respectfully. Jon, a deputy sheriff from Minnesota is 24 years of age and is just out of the junior ranks. He had, nearly, a flawless day by going 8 for 9, missing only his last deadlift, which was within a fraction of second of receiving

the down signal from the chief referee. Jon's final deadlift would have placed him in fourth position over Golubev from Kazakhstan. It was that close. Overall, a tremendous performance, considering this is Jon's very first open worlds. Well done and congratulations! As coaches, we're very excited at what next year will bring for the Krog-Man! Jeff Douglas, a Sales Manager for a Lumber Mill in Mississippi, one of senior veterans of the team and past silver medalist at the World Championships. For all of you old timers out there, Jeff is still going strong and continues to improve well into his late 40s. Jeff's openers in the squat, bench press and deadlift were called for technical infractions. However, Jeff roared back on all of his seconds to make them easily. His third squat was called high and was a close one. I thought it was good. Jeff's last deadlift of 320kgs was called good by the platform referees; however, was overturned unanimously by the jury for not having his shoulders locked out. When challenging this decision, I politely reminded the jury that when reversing calls by the platform officials, the cause for disqualification has to be a blatant an obvious error, which was not the case. They, of course, grumbled. Jeff dropped from 5th to six place on this call. Overall, a tough day, but fine performance by Jeff. Great work! Lastly, Barkhatov from Russia outdistanced Pevnev and Karpov from the Ukraine with a world record total performance. Russia was now in the driver's seat to win, yet another team title.

125.00kgs: Emerging superstar and St. Louis Police Officer, Nick Weite was absolutely sensational and reeled off a perfect 9 for 9 day, ending with the silver medal in the deadlift and total. Nick's performance was most impressive and with his rate of improvement the past two years, he will no doubt challenge the Russians and Ukrainians for the top spot in the 120kg class at next year's World Championships. Watch, wait and see! Nick, super job! Journeyman Pat Anderson, a chiropractor from Georgia had a simply tough day, making only three attempts. This was unusual, as Patrick is one of the most consistent lifters in all of powerlifting. Pat came to the championship nursing a strained hip, which forced him to alter his training somewhat and was not able to recover in time enough to post his normally big numbers. However, he still gave his all and was able hobble his way through the meet to the finish line. Tough day. Nice work. Igor Gagin, as master lifter, used a world record total to out distance Nick for the gold medal, after Viktor Testsov surprisingly bombed in the deadlift. Sarik from the Czech Republic won the bronze.

125.00+kgs: Brad Gillingham was simply brilliant and the IPF Hall of Famer from Minnesota delivered big time for the USA on the final day of the championships. Brad nailed 9 perfect attempts that landed him with the overall bronze medal, as well as the gold medal in the deadlift with a



world masters record of 400kg! There is no doubt in my mind, and that of many others, Mr. Brad Gillingham is by far the greatest super-heavyweight powerlifter of all-time, barring absolutely none! 11 Times Men's National Champion; 2 times IPF Open World Champion; 4 times

Open Worlds Silver medalist; 3 times World Masters Champion and 3 times World Games competitor. No other lifter in history, in this weight class, can match his credentials. Powerlifting's true ironman! Great job Brad!

Before I close, I want to send special thanks to Mike Anderson, Gary Grahn and Michael Pratt for serving as assistant coaches for the men's USA Team this year. Not an easy job; however, each coach did an excellent job with their assigned lifters. Once the ladies were complete with their lifting, Matt Gary, Head Coach of the USA Women's Team, and Kevin Stewart both stepped in to assist the men during the last day. Kevin did a very nice job setting the bench press shirts for the lifters. A unique talent. Matt assisted the lifters with their preparation with their gear and warm-ups. Thank you. All around great teamwork by everyone and very well done! Thank you men! I want to offer a special note of thanks to Angela Simons, the USAPL Secretary, for assisting with the completion with some of the documentation that was required to be sent to the organizing committee. The IPF is becoming very stringent on the nomination process; however, it is only to the benefit for all of us as an organization. Thank you Angela.

On Saturday evening, the banquet was held at the Elgro Hotel and was magnificently done. Prior to the team and best lifter award ceremony, there was an indigenous peoples dance performance that was quite good and very unique. The meal was well done and the room was completely decorated, resembling something you would see right out of the movie Casablanca! Overall, a very nice banquet.

Before I close, I would like to send my special thanks to Mr. Pete Alaniz from Titan Support Systems and Mr. John Inzer from Inzer Advance Designs for sponsoring the USA Team once again. Pete, also supplied the Team USA shirts as well. Thank you Pete!!

This year the USA finished fourth behind Russia, Ukraine and Poland. Next year's championship will take place in Pilsen, Czech Republic. Based on the outstanding performances by the USA lifters this year, the USA Men's Team is now poised to climb back into one of the top three positions. I look forward to seeing everyone at the Nationals this year in Bay St. Louis. No doubt, it will be a great show!

- [Results](#)
- [Photos via IPF Facebook Fan Page](#)

NORTH AMERICAN POWERLIFTING FEDERATION

1. 2011 Arnold Sports Festival - Columbus, Ohio
2. 2011 Caribbean Championships - Cayman Islands
3. 2011 North American Regional Championships - Miami, Florida
4. 2011 NAPF Raw Powerlifting Championships & NAPF Bench Press Championships - Tampa, Florida
5. 2011 NAPF Pro Grand Prix Bench Press and Deadlift Tournament - Atlantic City, New Jersey
6. IPF Raw Rankings
7. USVI Powerlifting Federation - Olympic Committee Recognition
8. CI Powerlifting Organization - Cayman Islands Powerlifting Federation
9. Puerto Rico Powerlifting Federation - Fernando Baez
10. Bahamas Powerlifting Federation - Nina Miller
11. 2013 NAPF Bench Press Championships -- Guatemala Powerlifting Federation
12. Pan-American Special Olympics - Costa Rica
13. NAPF Records
14. NAPF Website - Lea Hendrix





2011 Arnold Sports Festival - Columbus, Ohio

I would like to extend my compliments to USA Powerlifting for directly a simply outstanding championship once again at the Arnold Sports Festival. This year, the Browns Gym Pro Invitational Championship and the Raw Challenge competition were sanctioned by the North American Powerlifting Federation. Congratulations to all of the athletes!

2011 Caribbean Championships - Cayman Islands

The FINAL nominations for the 5th Annual IPF/NAPF Caribbean Powerlifting Championships that will take place on March 23 - 26, 2011, in Georgetown, Grand Cayman, Cayman Islands are now posted on the NAPF website. 51 lifters from 7 member federation countries will take part in this year's championship. The Ramada Grand Cayman Resort will serve as the primary Headquarters for the competition. The Caribbean AGM, the Championship Technical Meeting and the farewell banquet will be held at this location. Information here:

<http://www.grandcaymanian.ky> The competition lifting will take place at Kings Sports Center. The new IPF weight classes will be used for this competition. The Caribbean Championship will be live streamed via the internet here: <http://www.ustream.tv/channel/caribbeanchampionships2011>

2011 North American Regional Championships - Miami, Florida

The 9th Annual North American Regional Powerlifting Championships will take place at the Hyatt Hotel, in Miami, Florida on July 7 - 9, 2011. The official invitation will be posted the week of March 21, 2011.

2011 NAPF Raw Powerlifting Championships & NAPF North American Bench Press Championships -- Tampa, Florida

The NAPF International Raw Powerlifting Championships and the NAPF Bench Press Championships will held together on take place in Tampa/St. Petersburg on October 7 - 9, 2011. The official invitation will be posted the week of March 21, 2011.

2011 NAPF Pro Grand Prix Bench Press and Deadlift Tournament - Atlantic City, New Jersey

The NAPF Pro Grand Prix Bench Press and the NAPF Pro Grand Prix Deadlift Championships will be held on Saturday, July 23, 2011 at Resorts Casino in Atlantic City, New Jersey. Information TBA sometime the first week of April, 2011.

IPF Raw Rankings

I have requested Kalevi Sorsa, the IPF Rankings Coordinator, to begin keeping Raw Rankings for the IPF. They will be done the first year by Wilks. The meets recognized will be the NAPF Arnold Raw Challenge and the NAPF International Open Powerlifting Championships.

USVI Powerlifting Federation - Olympic Committee Recognition

During January 2011, the USVI Powerlifting Federation officially received recognition from the USVI Olympic Committee. Compliments go to Robert Massey, the President of the USVI Powerlifting Federation for all of his hard work in developing his federation and getting this done.

CI Powerlifting Organization - Cayman Islands Powerlifting Federation

During March 2011, the Cayman Islands Powerlifting Organization officially received recognition from their Olympic Committee. Compliments go to out to Rex Whitaker and Tony McInerney for all of their hard work in developing their federation and getting this done. We look forward to their direction of the Caribbean Championships.

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Puerto Rico Powerlifting Federation - Fernando Baez

During January 2011, Mr. Fernando Baez was elected as the new President of the Puerto Rico Powerlifting Federation. Mr. Nestor Gregory stepped down after almost 2 decades as the President. Our congratulations to Fernando and special thanks to Nestor for all of great work the past 20 years. Thank you.

Bahamas Powerlifting Federation - Nina Miller

Nina Miller, the General Secretary of the Bahamas Powerlifting Federation has stepped down after more than 10 years due to professional obligations. Our congratulations to Nina for her promotion and we send our thanks for her very good work the past 10 years with the federation. Thank you.

2013 NAPF Bench Press Championships -- Guatemala Powerlifting Federation

The bid for the 2013 North American Bench Press Championships was recently awarded to the Guatemala Powerlifting Federation. Congratulations!

Pan-American Special Olympics

The NAPF has been requested by the Costa Rica Special Olympics Association to assist in the direction of the Pan-American Special Olympics Powerlifting Championships. This championship is being tentatively scheduled for the Summer of 2012. Negotiations now taking place. More to come.

NAPF Records

The old NAPF Records will be merged into the new IPF assigned weight classes. The new data base is now finished and the new records will be up to date by the end of April. The old records will be frozen.

NAPF Website - Lea Hendrix

Special thanks go out to Mrs. Hendrix for her great work in redesigning the NAPF Website - Thank you!!

Comments, questions, please contact me at: rhk@verizon.net

Thank you,

Robert Keller - Secretary General

North American Powerlifting Federation

NEXT ISSUES:

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

DID YOU KNOW THE USAPL IS COMMUNICATING WITH ITS MEMBERS ALMOST DAILY?

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.

Can't view social media at work? No problem. On the USAPL main webpage www.usapowerlifting.com we have a live feed from Twitter on the right-hand column. You can see our updates and communications anytime!

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