



POWERLINES

January 2011



LIANE BLYN 82.5kg Bronze Medalist!

Photo by IPF Facebook Fan Page

IN THIS ISSUE:

Presidents Message	P.2
Organizational News	P.3
Arnold Sport Festival	P.6
In Memory	P.7
Athlete Interview	P.8
Local News	P.10
National News	P.11
International News	P.13

USA POWERLIFTING

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



Happy New Year!

And we expect it to be a great year. We start off our competition year with the Arnold Sports Festival, turn around shortly to host the Collegiate, High School, Master, and then the Men's Nationals. These next few months will be busy on both the national and international fronts. We have the IPF Master Worlds, and the NAPF Caribbean Championships coming in the spring.

There are also a number of changes coming down from the IPF level that will impact primarily international competition. Chief among these are the change in the weight classes at the international level. Your Executive Committee has given this matter a great deal of thought, and have considered a number of factors. On the one hand, "force-fitting" our national champions into fewer weight classes for worlds will be difficult, but on the other hand we finally agreed that the change will have less impact than disrupting local, state, and national level competition. Put another way, it is easier and less damaging to make changes for the approximately 175 international competitors in USA Powerlifting, than for the 4300 non-international competitors. Rather than retire the records, change the weight classes in more than 120 competitions and 50 states, we opted to select the most qualified from among our national champions for international competition. Our World Team selection criteria will be discussed later in this issue.

There will be a number of changes in the technical rules. Chief among these will be the requirement that elbows be locked in the bench press, and that gear alterations that change the manufacturer's original specifications will not be allowed. Lateral foot movement in the squat and deadlift will not be allowed. (Unfortunately, this may mean that if your foot slides out you may have to choose between your toes and a successful attempt). Another major change will be that you may not change weight classes from the one you were nominated in 21 days in advance. Other technical changes will be covered in more detail below in the article by Dr. Robert Keller, the USAPL Technical Chair.

A great deal of discussion has been had lately about the consequences of USAPL lifters competing outside of our own competition, or those meets sanctioned by our Regional Federation (the NAPF), or the IPF. Should our athletes, referees, or officials participate in a competition not organized, sanctioned, or recognized by the IPF will be ineligible to compete in any international competition under the IPF umbrella (IPF Constitution 14.9). That is to say that while these athletes, coaches, referees will not be suspended they will not also be eligible to compete or officiate above the USAPL level. We will not nominate you as these are our responsibilities as an IPF affiliate.

Please also note that if you compete against any lifter suspended by the IPF or an IPF affiliate federation (Regional OR National) you may be suspended for a six month period (IPF Constitution 14.10.6).

While we will not tell you where you may compete, YOU will also be responsible for the consequences of competing outside the IPF or its affiliate federations or against suspended lifters. It is your decision to compete outside the IPF umbrella but it is the IPF's decision to render you ineligible to return.

Please plan now to attend the Men's National Championships in Bay St. Louis, Mississippi this June. We are honored to return to the home of our founder, Brother Bennet, but it is also the meet where we hold our National Governing Body meeting. Please come, participate in the governance of USA Powerlifting.

To a great 2011,

L.J. (Larry) Maile, Ph.D.



ORGANIZATIONAL NEWS

USAPL TECHNICAL NEWSLETTER



I hope that your Christmas and New Years was enjoyable. I believe as an organization that it is very important that we celebrate our successes, learn from our mistakes, and more importantly take time to thank those family members and friends that are near and dear to each of us for their support, as we take time away from them, so that we pursue our goals, dreams and aspirations! On this note, as we start a new year, I believe we should take time to send our sincere thanks to all of the volunteers that made 2010 another very successful year for USA Powerlifting - Thank you!

Speaking of success, I would like to congratulate both our Men's and Women's Team at the IPF World Championships that took place in South Africa! Overall, both teams achieved a high level of success.

My compliments and congratulations go out to all of the athletes, as well as our coaches, trainers and handlers that were instrumental in preparing our teams for such a successful year. As everyone knows, each year at the IPF Men/Women's Open World Championships, the annual IPF Congress/General Assembly is held. Notably, at this year's congress there were some significant technical rule changes.

In this issue of Powerlines, I will address the following issues of importance for members of USA Powerlifting. Those items are as follows:

1. 2011 IPF Technical Rules
2. USAPL Rulebook Updates
3. IPF World Records
4. IPF 14.90 / 14.10
5. Referee Credentials

2011 IPF Technical Rules

This week, the IPF Technical Rules have been updated and posted onto the IPF website. There have been some monumental changes to the IPF Technical Rules. Namely to the weight classes. The Men's weight classes have gone from 10 to 8 and the Women's from 9 to 7. Sub-junior and Juniors have 9 and 8, respectively. However, besides the Arnold Sports Festival, USA Powerlifting will not be incorporating the new IPF weight classes this year for any of our championships - Business as usual! Interestingly enough, I proposed and recommended to the IPF Executive, at the IPF Congress/ General Assembly in South Africa, they go with a transition year for making a change of this significance; however, this proposal fell on deaf ears. The IPF executive opted, instead to make a change to something we have been using for over 40 years with little or no time to prepare the federations. No doubt, there will be some aftershocks. The weight classes will definitely be a topic for discussion at the USAPL NGB this June in Bay St. Louis. With that said, it will be important that each USAPL member provide feedback to their respective state chairperson on how they feel about this particular change. How will this affect the USA World Team Selections? Answer, see the section on "2011 World Team Selection Process" below in this issue of Powerlines.

Another major rule change includes elbow impairment for the bench press. The IPF Elbow Impairment Form is now out. IPF Rules now require the arms to be [straight] at the start and completion of the bench press. Finally, decisions to overturn the platform referee decision, by the Jury, must now be unanimous. Lastly, the updated IPF Technical Rules can be found on the IPF Website here: www.powerlifting-ipf.com.

**The Best Performing
IPF Approved 1-Ply
Suit Ever Created
Has Just Gotten
Better!**

- ▶ TITAN'S PATENTED HARNESS SYSTEM
- ▶ NEW! REINFORCED 3CM SEAMS

CENTURION
FORGED BY TITAN



USAPL Rulebook Updates

The USAPL Technical Committee and USAPL Referee Committee will be revising the USAPL Rulebook and it will be posted onto the Technical Committee website no later than February 01, 2011, if not sooner. Overall, some of the new IPF Technical Rules will have USAPL annotations and we're currently working through them. Please remain patient.

IPF World Records

With the change to the weight classes, come new IPF World Records. Interestingly, IPF World Records can now only be set at IPF World Championships and IPF Regional Championships [e.g. NAPF North American Championships, EPF European Championships, etc.], so National Championships are now out. When reviewing the new IPF World Record Standards, they appear somewhat skewed in most of the new weight classes. In some incidences, the new IPF World Record Standards are actually higher than the previous IPF World Records.

IPF Rule 14.90/14.10

This rule is clearly one of the most controversial discussed by members USA Powerlifting and even those that are not members. Often times discussions on 14.90/14.10 lead to highly polarizing positions. During the past 5 years, there have been numerous high profile athletes and referees that have been suspended/ruled ineligible for not adhering to this particular rule -- Some knowingly and some mistakenly. In short, whether you agree or disagree with the rule, as members of USA Powerlifting, we have to abide by the terms and conditions of the International Powerlifting Federation [IPF].

How does this affect the members of USA Powerlifting? To the USAPL member, if you decide to enter, or for that matter officiate, coach, and/or lift at a championship outside of USA Powerlifting, which has a suspended lifter competing or international lifters taking part and it is discovered that you have taken part in this championship; you [may] be subject to either a suspension by the IPF and/or be ruled ineligible by USA Powerlifting to compete in a future international and/or world championship for a period of 12 months. Suspensions by the IPF may last up to 6 months - USA Powerlifting cannot say it any more plainly than this! Therefore, again, prior to venturing outside of USA Powerlifting, it is highly recommended that you contact both the meet director and/or the administration [if there is one] of the sanctioning federation that you plan to lift in, to ensure there are no suspended and/or international lifters taking part. If there is, I would select and locate another event or take a pass. Some of these federations and/or meets that pop up are just the new flavor of the month and are soaring in numerous liabilities. Prudence and caution please. If there are any questions, please feel free to contact me directly.

Referee Credentials

Each referee should bring with them, to each championship, their referee credentials. More importantly, per the IPF Rules, at National, Regional and World Championships, it is important, each referee place their credentials on the Jury table before the start of each lifting. Moreover, please be sure your credentials are signed by the technical secretary or chief referee immediately at the end of each lifting session. This is to ensure that if there is ever a dispute as to which, or how many competitions you have officiated, the credentials with signatures, will be requested to verify the championships officiated. Also, it is important that each referee have a patch to signify the grade/level of certification. This is to be displayed on your blazer at each championship. If you do not have either a patch/or misplaced your referee booklet, please contact Barb at the National Office at 260.248.4889 so that one may be sent to you.

Feedback, comments and questions are always welcome. Please feel free to contact me directly at: rhk@verizon.net

Good luck to everyone for a very successful 2011.

Thank you.

Robert Keller
IPF Category I Referee
Chairman, Technical Committee



WOMEN'S NATIONALS – SCHEDULE CHANGE

2011 Women's Nationals will be held in Atlanta, Georgia, May 20-22. This year we are anticipating a record number of lifters due to the location of the meet and because both Master and SubJr/Junior Worlds are going to be held in Canada. To accommodate lifting for 150+ lifters, lifting will be 3-days, now start on Friday afternoon with the 97-114 weight classes.

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

2011 WORLD TEAM SELECTION PROCESS

As mentioned earlier, the IPF has voted to change weight classes beginning January 1, 2011. The USAPL has elected to retain the current weight classes currently in place, as this is the standard in the U.S. and number of lifters (Locally and Nationally) outweigh the number of lifters at the IPF level.

Due to the reduced number of IPF weight classes, Worlds Team selection will no longer be created based solely on National Champions. Some selection criteria must be set. The process outlined guarantees that those first selected for the team are National Champions and further aids in the formation of the most competitive team.

USAPL Nationals will use the following weight classes:

Men's classes: 52kg (junior), 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, 100kg, 110kg, 125kg, and 125+ kg.

Women's classes: 44kg (junior), 48kg, 52kg, 56kg, 60kg, 67.5kg, 75kg, 82.5kg, 90kg, and 90+ kg.

IPF Worlds will use:

Men's classes: 53kg (junior), 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, and 120+ kg.

Women's classes: 43kg (junior), 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, and 84+ kg

Selection Process for IPF World Teams:

National Champions will be crowned in each USAPL weight class.

The selection of the members of the IPF World Team will be based on a rank order of these National Champions. This ranking will be done using a 3-year Carpino system which is a calculation that gives a lifter's average placing at Worlds based on the total they achieved at the qualifying National meet. The lifters with the highest rank and therefore the highest average 3-year World placing will be chosen for the team with no more than 2 lifters in any one weight class.

Alternates for the World Team:

The top ranked alternates will be those national champions that were not selected after which alternates will be selected using the same pool process and ranking as previously outlined by that World Team.

PRO MEET – EMPIRE CLASSIC PRO DEADLIFT



USAPL along with Millennium Fitness Productions will be hosting the Empire Classic Pro-Deadlift competition at the 2011 Empire Classic Bodybuilding Show. The Empire Classic is celebrating its 10th year while growing in leaps and bounds, catering to over 150 competitors and a sellout crowd of 1500+.

The Pro Deadlift Competition, presented by GNC, will be held during the Empire Classic Bodybuilding finals on April 23, 2011 in Spokane, WA. Five top USAPL male deadlifters will tear it up on stage, battling for their share of \$2500 in cash prizes!

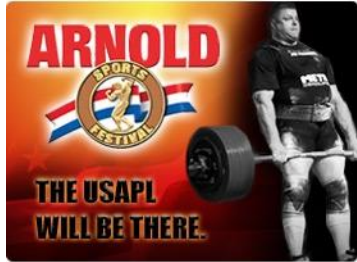
Where: Northern Quest Resort & Casino, Spokane, WA

When: April 23, 2011

Promoters: Erin & Ivan Ribic

Sponsors: GNC, Titan Support Systems, Paula Mays Physical Therapy

Would you like to Sponsor this event? Contact Erin at erinribic@gmail.com



ARNOLD SPORTS FESTIVAL

Official USAPL Webpage: arnold.usapowerlifting.com

The webpage listed above is 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.

Expo Tickets:

All competitors will receive wrist bands that will get them into the Expo events for the entire weekend. Friends, family, coaches, etc will need to purchase an Expo ticket. You can purchase the tickets in advance under the Tickets link at www.arnoldsportsfestival.com. One-Day and Weekend passes are available. You may also purchase them at the Expo, but you will not receive the advanced purchase discount.

WADA Prohibited List & Therapeutic Use Exemption (TUE) Forms:

Lifters, please be educated on all supplements and medications you are taking. If you are taking a medication that is on the prohibited list, a TUE needs to be filled out and submitted immediately to the IPF for approval.

The WADA list and TUE Forms can be found on IPF webpage here: www.powerlifting-ipf.com/Anti-Doping.49.0.html
An additional useful online tool for medications can be found here: www.globaldro.com/

Athlete Locator Forms (ALF):

Athlete Locator Forms (ALFs) are due IMMEDIATELY. This is a requirement of all participating athletes.
Go here: [Athlete Locator Form \(ALF\)](#)

Lifting Schedule:

The complete lifting schedule for all five powerlifting events is now posted on the USAPL Arnold webpage.

Arnold T-shirts:

Don't forget to pre-order your Arnold Shirts! They are limited quantity and sell out, so if you want one as a souvenir, get it now! Order on the USAPL eStore: [2011 ASF Tshirts](#)

Hotel:

Book your hotel rooms as soon as possible, this is an extremely large event and hotels sell out quickly. The designated USAPL/IPF hotel can be found on the [Invitation](#). You may opt to stay at any of the hotels within the Columbus area.

Sponsors:

Thank you to our sponsors for helping make this event a success! If you are interested in sponsoring, please contact l-male@usapowerlifting.com.

ARNOLD SPORTS FESTIVAL - USA POWERLIFTING OFFICIAL SPONSORS

GNC Live Well.





The Choice for Drug-free Strength Sport



IN MEMORY

ROBERT W. "BUDDY" COSTIGAN



Robert W. "Buddy" Costigan, 62, of Lake Township, passed away unexpectedly Wednesday, December 29, 2010, at the Wilkes-Barre General Hospital. Mr. Costigan was born December 28, 1948, in Philadelphia, Pa., and was a son of the late Robert F. and Ann Marie Wagner Costigan. He was a graduate of Lake-Lehman High School, class of 1967, and attended King's College.

He was the owner of many local karate schools and was a well-known power-lifting champion. He was a highly decorated Vietnam War veteran, serving as a combat medic and a member of the 173rd Airborne Brigade, Green Beret Special Forces. Buddy was a recipient of two **Purple Hearts** and a **bronze star**.

He was also a member of the American Legion Post 967 at Harveys Lake. He was preceded in death by his daughter, Kaitlin Costigan. Surviving are his fiancée, Amber Murphy, and her son, Jason, of Lake Township; former wives, Vera Jane Smith of Harveys Lake, and Karen Davis Costigan of Wilkes-Barre; daughters, Shannon Costigan of Pittston; Brianne Costigan Winston and her husband, Charles Winston, of Wilkes-Barre; and Carrie Anne Costigan of Wilkes-Barre; as well as grandchildren, Jared, Nadia, Kiah, Gianna, Odesia, and Kendra.

Funeral with military honors will be held Monday, January 3, 2011, 11 a.m. from the Curtis L. Swanson Funeral Home Inc., with Pastor Ken Brown of the Alderson United Methodist Church officiating. Interment will be in the Maple Grove Cemetery, Pikes Creek.

Video of Bob from the 2007 USA Powerlifting American Open in Scranton, Pennsylvania
http://www.youtube.com/watch?v=o8L_-NcBQFs



ATHLETE INTERVIEW

THE 2011 ALISON McWEENY AWARD

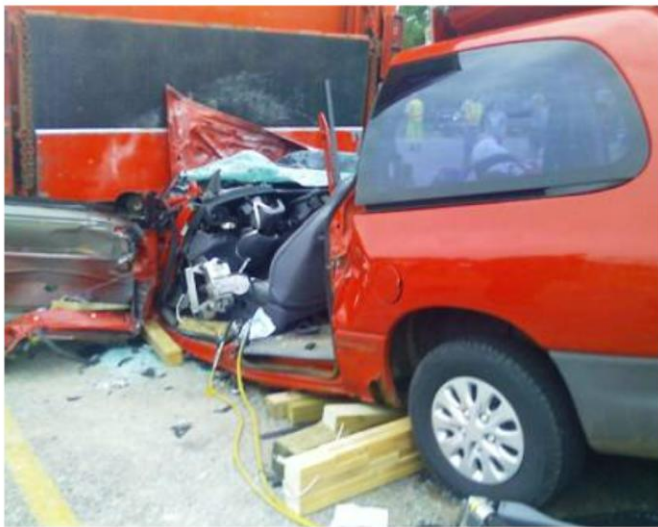
The Alison McWeeny Award was established by Coach Kevin Stewart for his lifter, Alison McWeeny, who inspired many with her perseverance after facing a life changing tragedy. (See the [USAPL Powerlines Aug 2010 Issue for Ali's Story](#)) The Alison McWeeny Award is handed out annually at the Fife Holiday Classic, held in Fife, Washington. If you would like to submit a deserving recipient, please contact Kevin Stewart at 206-617-8526 or fuzzystu62@yahoo.com.

This year's recipient is **Dannielle (Danni) Wagner**.

THROUGH MY EYES

By: Dannielle Wagner

On July 14th of 2009, my life came to an earth - shattering halt, literally. I was on my way to work when a semi-truck suddenly stopped in front of me. I didn't see that it had come to a stop until it was too late. I didn't even have time to touch the brakes. I rear-ended the semi-truck at 60 miles per hour. I felt my seatbelt dig into my chest as the front end of my vehicle crinkled like a tin can. I heard the sound of my windshield shattering as I was propelled forward. The seatbelt dug into me with every last thread. I soon met the airbag, it came at me forcefully. Time slowed down and I thought that I might die in that moment, although I wasn't ready to let go.



Once real time caught back up to me, there was no escaping. The crash was so incredibly loud, but it was over in seconds. The initial loudness of the impact turned into an eerie calm and silence. For a moment it seemed like the world stopped. I felt alone and I was scared that no one would help me. I tried to free

myself. It was impossible. The whole front end of my vehicle was piled on top of me. I remember thinking that I would die alone without being able to say goodbye to everyone that I love. That was the moment that I decided I would not die like this. I would not die that day, no matter how hard I had to fight.

The first person at the scene of the crash was Coach Mach. He was there before my parents, before the firefighters, and before the paramedics. I didn't know how he got there so quickly. He stood over me and the wreckage. I told him I was sorry. I didn't mean to get into the accident. I held his hand as the pain shot through me, he did what he knew best; he coached me through it. I remember him telling me that this was like the lift of my life. He told me I could do it, that I could make it. He said I was strong. I looked into his eyes and I could see tears welling up. I never wanted to put anyone through that. He saw everything. He saw my femur sticking out of my thigh. He saw my blood and my tears.

The smell of the hot engine, the taste of blood and metal in mouth, and the pain that shot through my legs began to take over my body. I wanted to run away from the wreckage and escape quickly, but I was trapped. I couldn't see my legs, but the pain I felt in them was excruciating. I remember it all so well. I heard the fire fighters' and paramedics' panicked voices as they desperately tried to get my body out of the crinkled vehicle. I was conscious throughout the whole ordeal. I felt more pain than I thought the human body could handle. I told the firefighters all of the information about me that they needed to know. I tried to fight off the pain, but there was no stopping it. I heard the firefighters talking about my legs. They thought that they might not be able to save them. They were talking about amputation already. Hot tears began to run down



my face at thought of losing my legs. I could feel them. They were there, underneath it all. I tried to move them although it hurt. I wanted to know that they weren't ripped from my body. I remember telling the firefighters over and over that my legs were there.

I knew that the people around me thought that I would be unconscious or dead by the time the ambulance got there. I could hear everything they said, but I couldn't see because they had placed a blanket over my face. I knew that I had to hold on. I wasn't ready to die. I hadn't made my mark on this world yet. It took all of my strength and determination to fight for my life while I was trapped inside that metal coffin. I had thoughts about the life I had lived up to that very point. It all seemed so incomplete. I wasn't ready to give up, although I felt as though I could live or die in that moment. I could hold on to my life or just let it slip away.

They drug me out of the vehicle. They had to straighten my legs to put me on the stretcher. The pain was so intense that I hadn't heard the loud noise of a tarp being sucked into the propeller of the helicopter. Now med-flight couldn't take me straight to the Madison hospital and instead they took me to Mauston first by ambulance. The Mauston hospital couldn't deal with the severe wounds that my body had acquired. I was then med-flighted to Madison from the Mauston hospital. I was rushed into surgery as soon as I reached the Madison hospital.

The firefighters saved my life. The pain was horrible, but I was never so happy be alive. It took me a month to recover from my bruises, deep wounds, and broken bones. I had to learn how to walk all over again. The rehabilitation seemed to take forever. I had never depended on so many people. I couldn't do much for myself for a while. My parents, the nurses, and the doctors had to help me do almost everything at first. I hated not being able to be independent. I'm not the type of person that likes to feel incapable. I have never faced something so challenging in my life. The pain and the tears during my month-long stay in the hospital made me so much stronger.

The doctors said that I would be able to walk normally, but they doubted I would ever be able to lift again. The fact that lifting would be taken away from me nearly crushed me. I didn't know who I would be without powerlifting. It was what made me who I am. I wouldn't let them take it away from me. I worked hard

even after the month in the hospital. I pushed myself each time during my intense physical therapy. I also did work with my legs outside of physical therapy. I desperately wanted to compete in powerlifting this senior year.

I was eventually cleared to participate in my normal activities in late October. I was thrilled, but I knew that I had a long road ahead of me if I wanted to lift like I use to. Coach Mach pushed me to train. He knew what was best for my legs and I did what he said, however painful it was. It was hard to stay hopeful because I just couldn't lift as much as I use to. I felt like my lifting success was ripped out from underneath me without warning. I had to start all over.



My training and listening to Coach Mach's words of advice definitely paid off. He never left my side throughout this whole tough process. I look up to him. He is my role model, my coach, my friend, and my family. I will never view him as anything less than that. I got to compete in my very first powerlifting meet of my senior year at Riverdale. My goal was to do my best at that meet, but I had never imagined walking away with a first place medal. That was exactly what happened. I had won first place at Riverdale for my weight class. I competed hard that day; with my whole team and the crowd behind me for each of my lifts. It was hard for me to believe that a little less than 5 months before that meet I was lying in a hospital bed in critical condition. If I can overcome a car crash and still compete in the thing that I love most, I believe that a person can do anything that they put their mind to. It just takes time, determination, and perseverance.



I feel like I can face anything that life will hand me. The accident has given me a new perspective on learning, love, and life. I want to make a difference. I want to be all that I can be, because I only have one

life to live. I feel like I should make the most of the second chance that I have been given. I look forward to many new things and a new start.

Coach Erich Mach's Account of the Accident

It was quite the shock the day I got the call about Danni and her accident. I was at home and I got the call "one of your lifters has been in a very bad accident coach and I think you need to be here" was the call and I drove down to the scene.

Surreal would be the word I would use; it was almost like I went to autopilot and walked up to the crash. I told the EMT's that I was her coach. They told me that "she needs someone she knows, so talk to her" My first reaction to was, she's not going to make it and selfishly I thought how am I going to handle this. Danni looked at me and said I'm sorry coach, and I tried to comfort her but she actually was cognizant and awake the whole time.



The two toughest times during the ordeal were while they were lifting the dash board off of her legs, the jack gave way and the entire unit came crashing down on her already mangled legs. The other was to see the injuries as she was pulled from the wreckage. I was amazed to see her toughness during this ordeal; it is nothing short of miraculous. The other situation was when I visited her in the hospital. To give her a boost, I told her "you'll be back by the Riverdale Powerlifting Meet" on December 12th.

I truly did not believe it to be possible; I put that out of my thoughts. However, with excellent rehab Danni was cleared to lift, and she then resumed training with me. It was very rough going at first with scar tissue being broken up and flexibility returning to surgically repaired limbs. Tears of pain were replaced by tears of joy as what was thought not possible happened.

Danni not only lifted but competed again in the sport of powerlifting at the Riverdale Meet, five short months after what would best be described as an averted tragedy. Danni is not only alive but STRONG.

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
CA	11/06	Southern California Regionals Best Lifters in Powerlifting were awarded to Sheryl Condon and Stephanie Whiting among the women and John Planas and Shawn Buckley among the men. Highlights from the meet also included outstanding performances from Teen and Junior standouts Madison James, Bradley Carter, Max Walters and Nicholas Loporchio.	Santa Clarita, CA	[RESULTS]
MS	11/13	MS Region VI Championships	Pearl, MS	[RESULTS]
PA	11/20	USAPL Stars and Stripes	Clarks Summit, PA	[RESULTS]
GA	11/20	2010 Georgia & Southern States BP & Powerlifting Championships	Duluth, GA	[RESULTS]
MD	11/20	Maryland States	Columbia, MD	[RESULTS]



Your Body,
Your
Choice



50% off any one item in our [Bargain Bin](#)
Enter Code **Jan2011** at Checkout. Offer Exp 01.31.11

NATIONAL NEW

AMERICAN OPEN BENCH PRESS & POWERLIFTING CHAMPIONSHIPS



The 9th Annual USAPL American Open Bench Press and Powerlifting Championships, held on December 4 & 5, 2010, at the Greater Philadelphia Expo Center, in King of Prussia, Pennsylvania was a great success! The event was attended by 200+ athletes from nearly 15 states. The venue was large and spacious with every inch of the 20,000 sq. ft. expo center jammed packed the entire weekend. This year, as part of the American Open, the Police and Firefighter National Championships was held along with a “Special” Special Olympics competition. The Special Olympics competition was videotaped for television by the SO National Committee from Washington DC. Interestingly, this was officially the first time that USA Powerlifting and Special Olympics officially “partnered” together on an event and produced a very successful championship. The success from this “shared value” experience is attributed to the hard work of the volunteers, the outstanding lifting by all of the athletes and the generous contributions from our sponsors.

First, I will begin by sending special thanks to Chip Hultquist, as well as Bill and Clair Keel from Special Olympics for stepping forward to have the Special Olympics event as part of the American Open Championships. Awesome! Special recognition should go out to Angela Simons, Terry Halliday, Jules Pellegrino, Ron Falcone, Brian Callahan, Mike Rodriquez, John Dalessio Mike Rosenwald, Nick Theodorou, Don Wilson, Tammy Cutrona, Deb Hariston and Joe Braca for working the entire weekend as officials - great job and very well done! Notably, I would like to especially thank Joe and Cathy Marksteiner for driving all the way from Ohio and for lugging their equipment to score the championship, Bill Clayton for handling the Technical Secretary duties, Lance Slaughter for announcing the entire competition, Greg Page for stepping in to handle DCO duties and Eliot Feldman for overseeing the awards presentation. To all, great work and thank you!!

Second, the lifting, overall was outstanding with numerous USAPL American Records being set. Best lifters were as follows and I offer my congratulations to each lifter. Well done!

American Open Championships

Champion of Champions -- Powerlifting

Men’s Equipped: Joe Cappellino, New York
Women’s Equipped: Heather Crocker, Massachusetts
Men’s Raw: Andrew Hollenbeck, New York
Women’s Raw: Jessica Kratz, Pennsylvania

Champion of Champions - Bench Press

Men’s Equipped: John Bogart, New York
Women’s Equipped: Rebekah Lair, Maryland
Men’s Raw: Joseph McAuliffe, New Jersey
Women’s Raw: Marisa Bartone, New Jersey

Police/Fire National Championships

Champion of Champions - Powerlifting
Men: Tyrone Jackson, New Jersey
Women: Victoria Semple, Pennsylvania

Champion of Champions - Bench Press

Men: Bill Taylor, Indiana
Women: Rebekah Lair, Maryland

Special Olympic Championships

Champion of Champions - Powerlifting
Men: Lewis Maxwell, Georgia
Women: Jasmine Swain, Florida



Team Champions are as follows: Montrose High School, Penridge High School, Supreme Sports Performance and Training, Elite Tactical Martial Arts Center and Iron Sport Gym.

The results for the championship can be found here: <http://www.usapowerlifting.com/results>

Third and most important, I would like to thank our sponsors for this year's event: Pete Alinez from Titan Support Systems which produces some of the best powerlifting gear for the lifters in our great sport; Priscilla Ribic from PLgearonline.com whose on-line ordering service is second to none; and Dennis Cieri from SSP Nutrition. Folks, Dennis's nutritional products are simply fantastic and I highly recommend his supplements for that competitive edge. I would also like to recognize EO Board Vest for their ongoing patronage of my events. EO carries a department store of powerlifting products that are necessary and helpful in the success for any aspiring powerlifter.

Exclusive Distributor for ER Racks in the USA



Overall, 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. The equipment for this year's American Open Championship was of international caliber, and included six [6] ER/Combo squat/bench press racks from Denmark and calibrated Ivanko bars/weights on both of the main platforms. A computerized scoring system with two large screens was used to direct and calculate the individual and team scoring for the competition. The computer scoring provided a smooth and well directed competition, with each day's lifting ending around 6:00pm. Again, thank you Cathy and Joe Marksteiner!

To close, this championship closes, yet, another very successful year for USA Powerlifting. Once again, my compliments and congratulations go out to each and every athlete that attended the competition, and to the volunteer staff that pulled it all together. Great job! I wish everyone a very happy New Year! Thank you!

Robert H. Keller
Contest Director
2010 USAPL American Open Championships.

WOMEN'S HALL OF FAME

Nomination for the 2011 Women's Hall of Fame are due 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).



CALENDAR OF EVENTS

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



INTERNATIONAL NEWS –

IPF/NAPF CARIBBEAN POWERLIFTING CHAMPIONSHIPS



The 5th Annual IPF/NAPF Caribbean Powerlifting Championships will take place on March 23 - 26, 2011 in Georgetown, Grand Cayman, Cayman Islands. My congratulations go out to the Cayman Islands Powerlifting Organization for directing next year's competition.

The official Invitation for the contest can be found here: www.usapowerlifting.com/IPF-NorthAmerica

The Ramadan Grand Cayman Resort will serve as the primary Headquarters for the competition. The Caribbean AGM and the Championship Technical Meeting and the farewell banquet will take place at this location: <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.

Questions, please contact me directly at: rhk@verizon.net or 954.790.2249.

Thank you,
Robert Keller
Secretary General
North American Powerlifting Federation

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.





Enter Code
USAPLJan11 for
10% off*
on orders of \$99
or more.
Expires 01/31/11

PLGEARONLINE.COM

priscilla@plgearonline.com / 888.495.6045
World Class Gear - World Class Service

Authorized Dealer for:








THE WOMEN'S OPEN WORLD TEAM REPORT

Matt Gary - USA Women's Open Team Head Coach



The 2010 IPF Open World Championships was the 31st World Championships for the ladies and the 40th for the men. This year's competition took place on the Potchefstroom University Campus in Potchefstroom, South Africa about an hour a half's drive south of Johannesburg. Students and locals were treated to six days of international powerlifting at the sport's highest level.

This year's USA Women's Team sported a new look and a different vibe. Seasoned world team veterans Sioux-z Hartwig-Gary and Liane Blyn were the headliners while Jennifer Rey-Gaudreau returned to the open world team for her third stint. Beyond the two usual suspects, the team was comprised with new faces all looking to make their mark.

Fifteen-year old **Savannah May** jumpstarted the action in the 48kg class and made a strong statement in her open world team debut. Lifting beyond her years, Savannah made seven solid attempts including personal bests in the bench press, deadlift, and total. If not for a tough two-to-one depth call on her third squat and a poor lift-off on her third bench, she would have been flawless. Her sixth place finish is merely the harbinger of more strong performances from this promising newcomer.

Eleven-time open world team veteran and crowd favorite, **Sioux-z Hartwig-Gary**, notched another stellar performance in her belt. The 52kg class is often the most competitive of all the women's classes and this year was no different. With six lifters finishing above 550 Wilks points, it was tough sledding the whole way. Sioux-z again rose to the challenge making eight of nine lifts while equaling personal bests and masters world records in the squat and bench press. Her only miss came on her

third deadlift - an all-time personal record (PR) attempt. Her 435kg total was only 2.5kg under a PR total. When the chalk dust settled, she had tied for fifth place losing on bodyweight, which tallied her at sixth place overall out of thirteen.

Katherine "Kat" Clark made her international premiere a memorable one in the 56kg class. Unfortunately, things started off poorly when Kat was ordered to return her opening squat attempt to the racks due to soft knees. As such, she timed out but came back unfazed to annihilate her opener on her second attempt. Her third squat at 170kg (374-pounds) proved to be a meet PR and helped build some momentum heading into the benches. As fate would have it, lightning struck again and Kat only managed her opening bench press followed by two narrow misses. Once the bar hit the floor, energy faded fast and her opening deadlift would be her only successful attempt. That said, it only took four attempts for Kat to



hit two PRs (squat and total) and place seventh in another deep and competitive class. Just imagine what this fiery competitor can do when she nails down her other attempts.



Jennifer Rey-Gaudreau made her return to the open world stage with another strong outing. In a stacked 60kg class, Jennifer carved out a fifth place finish on six successful lifts. She barely missed a personal record on her third squat when she was called for depth. In doing so, Jennifer tweaked her back thus aggravating an old injury. Accordingly, she only made the bench opener albeit without any leg drive. Veteran savvy and wise attempt selection yielded white lights on all three deadlifts and locked up fifth. If not for the back injury, Jennifer would have made a legitimate claim to fourth place.



Alyssa Hitchcock is no stranger to international competition on the big stage. Even so, this was Alyssa's

first experience on an open world team. Alyssa came in fresh off a strong training cycle with a legitimate shot at making the medal stand in the 67.5kg class. The squats proved troublesome as Alyssa missed her opener due to an awkward stance. She came back to nail the 200kg on her second attempt only to be turned down by the judges for depth. Down 0-2 in the count, Alyssa was backed into the proverbial corner. She came out swinging with a hard-fought third attempt and just as the bar started to slow, the side-spotter prematurely grabbed the bar thus nullifying her effort. I immediately raced to the jury table and respectfully requested a repeat. After a short deliberation, Alyssa was awarded a fourth attempt due to spotter error. For anyone that's had to retake an attempt and follow yourself, you know how the deck is stacked against you. The fourth try was a pinch high as well and before we knew it Alyssa was out of the meet.



You really don't learn much about a person's character until they're forced to deal with adverse situations. As such, Alyssa gathered herself, decided to finish what she started, and came back to shine in both the bench press and deadlift. From there on out she only missed one attempt and secured a PR bench press of 120kg (264-pounds) while narrowly missing another PR with a technical miscue on her final deadlift. Despite Alyssa's squat misfortune she took silver in the deadlift. I have every confidence that she will come back next year, stronger than ever, and I look forward to more world team appearances from Alyssa.

The 75kg class saw two American females haul in nice totals. **Cydney "CiCi" Smith** is a familiar face on world bench press teams but this was her inaugural appearance on a three-lift open world team. She didn't disappoint and treated the crowd to some fine lifting. CiCi made two solid squats finishing with 180kg (396-pounds) and then went on to make every attempt after that. On an eight for nine day, she hit a PR bench press with 125kg (275-pounds) and a PR deadlift of 187.5kg (413-pounds)



that rounded out and tied her PR total of 492.5kg (1,086-pounds).



Rhonda Clark came all the way from Dallas, TX to make her first appearance on an open world team. Rhonda competed often this year proving she's no stranger to the platform. She finished with 160kg (352-pounds) in the squat and followed with two benches. Having just competed in the Night of the Living Dead, Rhonda's final deadlift proved to be too much. Nevertheless she was successful with two lifts in each discipline and finished in ninth place behind teammate CiCi Smith.

Liane Blyn is a crafty veteran of the iron game. Her experience came in handy as she was confronted with a small class of only five combatants and a blistering pace. By rule, when there are fewer than six in a flight, extra time must be added to make up for the deficit. Even with the extra minute, the 82.5kg class was like a sprint. Once Liane strode off the platform, she had but a split-second to rest, before her pit crew of handlers had her up and ready for the next attempt. As such, the flight literally flew by and her conditioning was put to the test. Liane hit a big second squat with her herculean effort of 227.5kg (501-pounds). Called for depth on her third squat, Liane didn't flinch making three strong benches including a PR at 157.5kg (347-pounds). Unfortunately, the race caught up with all the competitors when it came time to deadlift. Fortunately, Liane's opener was all she needed to lock up bronze and complete her day. Only

➤ **Men's Open World Write up in the next issue of Powerlines**

NEXT ISSUES:

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

one lifter in this group made all three deadlifts, which gives you an idea of how this session finished in the blink of an eye.

This year's team didn't have any ladies in the heavier classes so the coaches and handlers were spared a day's work. At meet's end, the USA Women's Team placed sixth out of 22 nations. All things considered, that's not too shabby for a band with so many new players.



Per usual, this was a total team effort and I'd be remiss if I didn't thank all those who played a vital role in this team's success. Thanks to **Kevin Stewart** and **Jessie Betzinger** for your hands-on assistance. You guys were invaluable. Without team manager **Sioux-z**, who ironed out all the details, we'd all be lost. God bless her. USAPL and now IPF Vice President, **Johnny Graham** was instrumental in so many ways. I also want to thank USA Men's World Team head coach, **Robert Keller**, for his faithful support. As always, I consider it an honor and a privilege to serve as coach, to so many outstanding powerlifters, on the world's grandest stage.

➤ [RESULTS](#)