

# HALL OF FAME BIOGRAPHY

## DEAN ROSS – CLASS OF 2019

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Dean Ross is a man of many talents. He has been involved with the USAWA since 2009. His previous strength passion involved participating in the Scottish Highland Games, where he put up a Hall of Fame career. Dean has always been known for his commitment to enter competitions. When he was throwing several times he would compete on Saturday and then drive over 500 miles overnight to another competition on Sunday. That same enthusiasm he has brought to the USAWA. During the last 10 years Dean has competed in over 100 USAWA events. That is a mark that no one else has ever done! He is a member of the Dino Gym and supports all of the gym's events, as well as making long driving trips to big events like Nationals. Everyone in the USAWA knows Dean, as he has participated in events in every club.

Dean has put up a very impressive resume during these previous years:

- 9<sup>th</sup> place overall at the 2018 Nationals in Cocoa Beach, Florida
- 6<sup>th</sup> place overall at the 2016 Nationals in Norwood, Massachusetts
- Best Lifter in the 70-74 age group at 2016 Nationals
- 9<sup>th</sup> place overall at the 2015 Nationals in York, Pennsylvania
- 7<sup>th</sup> place overall at the 2014 Nationals in Macomb, Illinois
- 7<sup>th</sup> place overall at the 2012 Nationals in Las Vegas, Nevada
- Lifter of the Month 2 times – July 2018 & August 2015
- Presidential Cup Award Winner in 2015
- Overall Team Champion with LaVerne Myers at the 2017 Team Championships
- Grand Slam Postal Series Winner – 2016 & 2015
- 9<sup>th</sup> Place overall in the 2016 Postal Series

- 6<sup>th</sup> Place overall in the 2015 Postal Series
- 8<sup>th</sup> place overall in the 2016 IAWA World Championships in Lebanon, PA
- USAWA Sportsmanship Award winner in 2016 & 2017
- USAWA Athlete of the Year Runner Up Award winner in 2015
- USAWA Courage Award winner in 2013
- USAWA Newcomer Award winner in 2011



Dean's strength as an All Rounder is his ability to set records in a wide array of different lifts. He currently has the fourth most USAWA records of any lifter in the history of the USAWA, with 383. But even more impressive, is these records have been accomplished in over 150 different lifts! Dean is one of the few lifters to have competed in every one of the Championship events that the USAWA offers, which includes the Heavy Lift Championships, Grip Championships, Presidential Cup, Postal Championships, Club Championships, Old Time Strongman Championships, Team Championships, and the National Championships. He has also competed at the International level – having competed in the 2016 IAWA Worlds, 2016 Gold Cup, and the 2013 Gold Cup. Dean loves to lift heavy and has the goal of doing at least one lift over 1000 pounds every year in competition. He has accomplished this goal consistently over the past 10 years. Dean is one of the most well liked guys in the USAWA, and always has a new story to tell. He is a great competitor, and always encourages other lifters. It is a fitting honor for him to join the USAWA Hall of Fame.