

HALL OF FAME BIOGRAPHY

DEANNA SPRINGS – CLASS OF 1997



Deanna Springs and Al Springs performing a Team Cheat Curl

Deanna Springs was born in Gallatin, Missouri, daughter of Ray and Gertrude Cook. Deanna was introduced to All-Round Weightlifting by her husband, Al Springs, in 1990. Having no prior sports experience, she quickly developed a love for weightlifting, and trained with Al at their gym. Together, they also promoted several local competitions. Someone else who inspired her to take up weightlifting was Bill Clark. Deanna and Al would often compete in the All-Round Weightlifting competitions that Bill hosted at his gym. Her best National placing was placing 3rd overall at the 1994 USAWA National Championships in East Lake, Ohio. Deanna's favorite lifts were the Zercher Lift and the Hand and Thigh. Her best Hand and Thigh was 620 pounds. That is how the Deanna Lift, which was named in her honor, came to be – by combining the movements of the Hand and Thigh and the Zercher Lift. Deanna died in 1995. Every year Bill Clark hosts the Deanna Springs Memorial, a meet which features the Deanna Lift.