

Dear USAWA Family and Friends,

Another year is behind us in the USAWA. This has been a very active year for our organization with lots of exciting news. The USAWA website is our source of daily news, containing meet announcements, meet results, membership roster, and current event blogs. This Year in Review book is an accumulation of that information so that our history will be preserved in printed form.

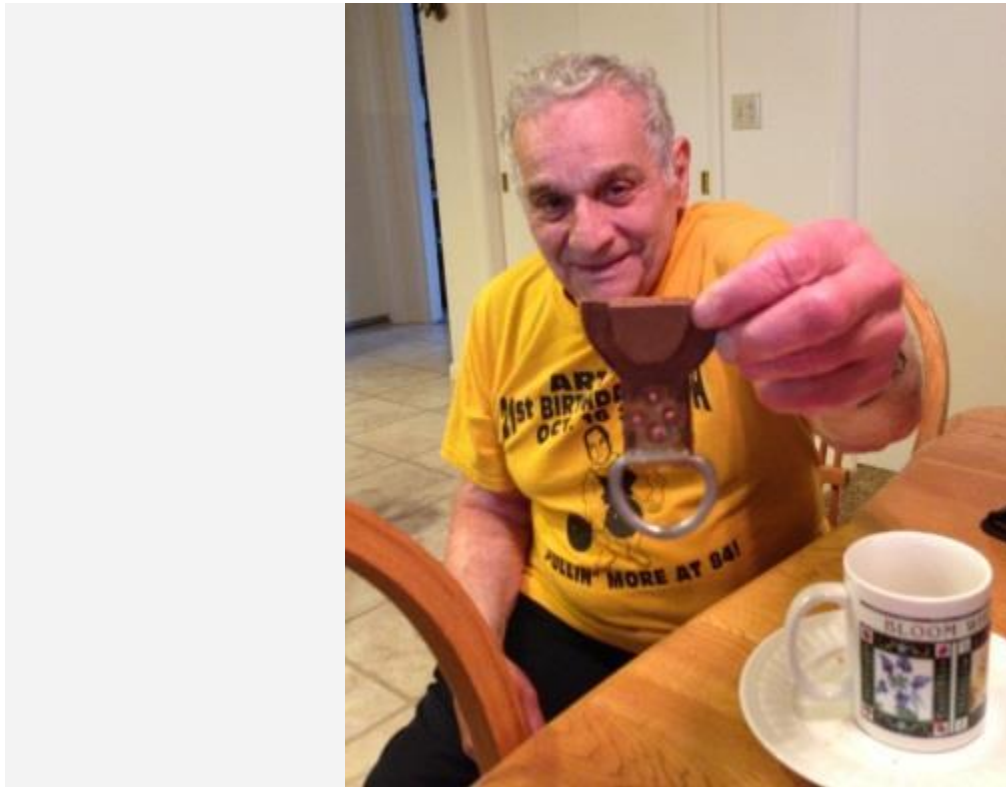
I want to thank several people who have helped me make this successful. First of all, I want to thank my friend Brian Krenzin for his guidance in the website development and maintenance. I also want to thank the blog contributors that help provide daily news stories on lifting and life. This includes Thom Van Vleck, Eric Todd, Dave Glasgow, and John McKean. I want to thank the USAWA Executive Board for their support in the website – President Denny Habecker, Vice President Chad Ullom, Scott Schmidt, and Dennis Mitchell. Lastly, I want to thank all the USAWA membership for supporting our organization and making this even possible.

Al Myers, USAWA Secretary

Top Lifts of 2013

 January 1, 2014 | Authored by | [Edit](#)

by Al Myers



Art proudly displaying his homemade Teeth Bit!

Today welcomes in a New Year, and with it comes the excitement of another very promising year in the USAWA. 2013 had to be one of the best EVER in the history of the USAWA. There were many great competitions and great individual performances. Of the 22 official competitions that occurred in 2013 in the USAWA, I was a participant or attended 18 of them!

As I'm sitting here sipping a cup of coffee in the early morning hours of 2014 (my internal clock would not allow me to sleep in!), I'm reflecting on some of the fantastic lifts I was able to witness "first hand" in the USAWA in 2013. It didn't take me long to come up with a list of over 20, but I'm gonna narrow the list today to the TOP TEN lifts that impressed me the most. I want to reiterate that this is MY LIST of the lifts that I was able to watch, and only reflects my viewpoints. Many, many others were extremely impressive that did not make the list. A few individual lifters had multiple lifts that impressed me, but I'm only including THE ONE that impressed me the most by an individual lifter. It took me three times as long to come up with my list as it did to write this blog! Here it goes – counting down from number ten:

10. Lance Foster and his 575# Dinnie Lift at the OTSM Championships

This had to be one of the most tenacious lifts of the year. Lance struggled at the Battle of the Barn with the Dinnie Lift, but came back a month or so later to up his performance by 75 pounds! If the USAWA offered a TRUE GRIT AWARD Lance would win it.

9. Jera Kressly and Logan Kressly 600# heels together deadlift at the Team Championships.

Jera and Logan did this mixed pair (man/woman) lift quite easily at the Team Champs. I should mention that Logan was only 15 at the time! That's a big deadlift for any mixed pair with a normal stance – let alone having the heels together!

8. James Fuller and his 60 KG Bent Press at the Gold Cup.

James has been on a mission to mastering the Bent Press this year. The Bent Press is one of the MOST old and obscure lifts of all round lifting. Very few even know how to go about doing one. I first saw James bent pressing Frank's axle at the Heavies, with was extremely cumbersome to handle. I was going to include that effort instead of this one for James, but his Gold Cup lift really deserves it more as it was done in a big competition. It won't be long before James puts up the highest Bent Press record of All Time in the USAWA.

7. Joe Ciavattone Sr. and his 805# Neck Lift at the Heavy Lift Championships.

This HAD to make my list. Joe is one of the best neck lifters in USAWA history, and held the overall record for many years. To come back and hit a personal record now several years later shows true ability. I was glad to be able to witness his lift (as I had not seen his previous record lift).

6. Troy Goetsch and his 260# one handed Vertical Bar Lift at the Grip Championships.

I've seen many great VB lifts in the past, but Troy's is one of the best. Troy won the overall lifter at the Grip Champs, and his VB was the lift that I will remember from him on that day.

5. Frank Ciavattone and his 202.5 KG Ciavattone Grip Deadlift at Nationals.

Frank still has some great lifting in him, as shown with this big lift at our National Championships which is named after him. I never get tired of watching Frank do Ciavattone Grip Deadlifts – and this is one I'll never forget.

4. Dan Wagman and his 120# Pullup at the Dino Gym Record Day.

YES – that's 120 pounds strapped to the waist and then performing a pullup with the chin OVER the bar with no kipping!!! And hold for a down command! Not too many around could even come close to this performance of Dan's. I've seen a lot of great lifting out of Dan and often what he does does not surprise me – but this pullup did!

3. Joe Ciavattone Jr. and the 1400# Hand and Thigh Lift at the Heavy Lift Championships.

Junior doesn't realize yet that he will be a future superstar of the USAWA, but I see it. His untapped strength is unreal, and this big H&T proves it. He just finished with a 1200 at the meet, I gave him a couple of tips between lifts, and then he adds 200 pounds and gets it easily! Impressive to say the least...

2. Eric Todd and this 1000# Neck Lift at the Battle of the Barn II.

ET has put up 1000 pound Neck Lifts before several times – but this one was done with rules beyond those of the USAWA. He cleared the floor substantially, and then HELD the lift for over 2 full seconds recorded on a stop watch. I'm still shaking my head after seeing that effort!

1. Art Montini and his 107# Teeth Lift at the Presidential Cup.

All I can say is that I still don't know how he did this! Art is 85 years old and has FALSE TEETH. This lift won him the Presidential Cup of the USAWA for the year, and I would say deserving of the lift that impressed me the most! Art has been one of the most active lifters in the USAWA this year – attending most of the championship events, attending the "Big Three" (Nationals, Worlds, and the Gold Cup), and still involved with promoting his annual Birthday Bash. He has a deeper resume than anyone in the history of the USAWA, and I'm glad to name Art's lift as the most impressive lift of 2013. Congrats Art!!

Da Rules



January 6, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

Let's start off the new year right with some controversy! I don't think it's controversial but I imagine some will.

When my kids were younger they liked to watch a kids' show called the "Fairly Odd Parents" which was a play off of "Fairy God Parents". In the show a boy had two fairy god parents that would help him out in various situations. The show often centered around him getting himself into trouble then wishing his way out of it. However, if he could simply wish his way out, then that wouldn't be much of a show. There were rules he had to follow. In the show there was a book called "Da Rules" and it would inevitable appear whenever he would try and make a wish that would easily end the whole show in the first couple of minutes, but then having to follow the rules would lead to a full half hour of hilarity. The rules were enforced by the leader of the god parents. Namely, Jorgen von Strangle who was built like Arnold Swarzenegger and suspiciously had an Austrian accent. Jorgen enforced the rules like a German SS storm trooper and because of this was often the primary protagonist in most every episode due to his inability to bend the rules to any given situation.

Let me set up my "street cred" (what qualifies me as an "expert"....I know...BIG DEAL. But I do what people to understand my history and that this is based on decades of experience and observations. My family has lifted in Bill Clark run "odd lift meets" since the 50's and I lifted in my first odd lift meet in 1979. I am also a Level 2 Lifetime certified official in the USAWA. I passed my test on the first try (and that's a HARD test!). I have judged in the required 25 competitions to achieve the Level 2 status. I got Clark's newsletter for decades and even had a bunch for the 60's that I gave to Al to complete his collection. I have followed this for a LONG TIME.

So, get to the point, you may ask! Well, here's my thoughts. There have been times where I have sat around with guys and discussed the membership of the USAWA. You would think it would be a big deal! It seems perfect for many lifters that don't have the leverages to be a great Olympic lifter or pure strength to be a great Powerlifter. I know over the years it has amazed me how you can take a guy that is mediocre in lifting but he (or she) will have this one lift (or two) that they are flat out AMAZING at. So why don't we have people flocking to the sport. I think I know why.

Da Rules.

I know we need rules. There needs to be structure. But when does the structure become a road block? We try and create a system that is objective, but because humans are involved it's doomed to always be subjective no matter what we do.

Some years ago I took my brother to watch his first Olympic lifting meet. Art Tarwater was the head judge. He's been Olympic lifting and judging meets for over 50 years. A great friend of lifting and a great lifter. He's also a stickler for the rules. If you get a lift when he's judging, you did it according to the rules and that's no joke. He KNOWS every infraction. So, my brother is watching this meet and about 50% of the lifts that were completed were turned down. Press outs, catching the clean below the clavicals, elbow touch to the knee....on and on. My brother kept asking what was wrong with this lift or that. At one point Tarwater told the lifter to put the weight down as he has made an infraction on the clean and not to bother on the jerk. My brother (who is almost a dozen years younger than me and this is important as I think he represents the mind set of a younger generation) finally made the comment "THIS IS STUPID.....THOSE ARE GOOD LIFTS".

Now, let's get into the meat of my point. There are times when rules are enforced properly and then times when they are NOT. There are many reasons for this but here is one I've seen repeatedly in the USAWA (and might get me in trouble with some guys). First, let me say I haven't gotten a speeding ticket in over 20 years (more than I can say for Al Myers). Is it because I don't speed? Heck no! I speed all the time. I get pulled over, too. But I get warnings. My daughter, who is 16, got pulled over the other day....she got a ticket. I bet you dollars to doughnuts (pun intended) that cops give younger people less warnings and more tickets than older guys. Why? Because they want them to learn a lesson. I see that same thing with judges in our


sport....in all lifting sports and event he Highland Games. Heck, even in the Pro sports the old veteran gets the calls against the rookie every time!

I think we, as judges, have good intentions when we red light certain infractions. But what I think has happened is younger guys come in and do a meet or two and leave with a bad taste in their mouth and that stop coming. Then we are left with this core group that never grows and we are slowly aging ourselves out of existence. I would also say there has been a time or two I have wondered if the intentions WEREN'T good and the judge WANTED to run off the lifter. Yes, I said it and I stand by that statement. We are all human.

So let me end with this. I would challenge the members of the USAWA to encourage some young lifters to get into the sport and I would ask you to challenge yourself as a judge to look at these guys and know that they are learning and if an infraction did not help them in completing the lift then warn them before red lighting them (and I understand that's not "Da Rules"....but a judge by definition forms an opinion or conclusion about "if" something fits the law.....otherwise we would be called "Police" who ENFORCE the law). An example would be dropping the weight after the conclusion of the lift. For many lifters this is part of lifting. They just don't know and need to learn. Police officers give a ticket for the infraction, a judge forms an opinion and comes to a conclusion as to what the intent of the law was and if the event fit that intent or if the event intended to subvert the law.

Otherwise, we appear rigid and controlling and who wants to be a part of that. I can tell you the younger generation does not. They see Jorgen von Strangle as the enemy.

OTSM Wrap Up for 2013

 January 16, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Mike McIntyre, of the Jackson Weightlifting Club, lifts 315 pounds in the Anderson Press at the 2013 USAWA Old Time Strong Man Championships.

2013 was a great year for Old Time Strong Man (OTSM) in the USAWA. We saw four meets and 38 total lifters. Here are some highlights:

Eric Todd won two of the meets while Chad Ullom and Dan Wagman won one apiece.

Two of the meets included women lifters with Ruth Jackson and Whitney Piper being crowned as Champs.

As we look to grow in 2013 I hope that we can expand on the lifts we have. It's not as easy as you might think to come up with a lift for the OTSM. First, it must be a lift or variation of a lift done by a great lifter of the past. Second, it must not duplicate a lift already in the USAWA. Finally, it must be a "loadable weight" event (you must be able to increase or decrease the weight so that attempts can be increased). So, do some research and submit a lift to me or Al Myers and maybe you can lay claim to adding an event to OTSM someday.

Please consider hosting, competing in or attending an event. If you like lifting, and like Strongman....then OTSM combines the best of both worlds. The rules are flexible, making events easier to judge and easier for spectators to follow. It is also easier for newcomers to catch on to the events and not find themselves losing a lift to a technicality.

Postal Championships



January 17, 2014 | Authored by | [Edit](#)

by Al Myers

The results of the 2013 USAWA Postal Championships are in!!! It's been another good year of postal meets within the USAWA, with 11 lifters taking part in our postal meet grand finale. The big winners in the Postal Championships are WOMEN – RUTH JACKSON and MEN – DAN WAGMAN. Congrats to both of these exceptionally lifters for their big victories. On top of their lifting talents, both Ruth and Dan are great representatives of the USAWA.

I want to mention some of the top lifts and other "stats". The biggest weight lifted in the one arm clean and jerk was 140 pounds by Chad Ullom and myself. Chad had the heaviest dumbbell cheat curl at 210 pounds, and my 550 pound heels together deadlift was the heaviest lifted. Denny Habecker was the oldest lifter entered at 71 years of age, and Eric Todd was the youngest at 38. Ruth was the lightest lifter entered at 107 pounds, and Lance Foster the heaviest at 330 pounds.

I especially want to thank John Wilmot in his "send off" meet as the USAWA Postal Director. This position will be taken over by Denny Habecker for 2014. John wrote me a short letter when sending me the results. In it

he said, "With Denny Habecker as the new Postal Meet Director the postal meets are in very good hands!" I agree – and I am looking forward to another great year of postal meets in the USAWA.

MEET RESULTS

2013 USAWA Postal Championships

December 31st, 2013

Meet Director: John Wilmot

Lifts: Clean and Jerk – One Arm, Cheat Curl – 2 Dumbbells, Deadlift – Heels Together

Lifters with Certified Officials:

Barry Bryan – Certified Official Denny Habecker

Denny Habecker – Certified Official Barry Bryan

Al Myers – Certified Official Chad Ullom

Chad Ullom – Certified Official Al Myers

Eric Todd – Certified Official Lance Foster

Lance Foster - Certified Official Eric Todd

Lifters with non-official judges:

Ruth Jackson – Judge Dan Wagman

Dan Wagman – Judge Ruth Jackson

Samuel Rogers – Judge Orie Barnett

John Wilmot – Judge Emile LeMoigne

Orie Barnett – Judge Samuel Rogers

WOMENS DIVISION

| LIFTER | AGE | BWT | C&J | CURL | DL | TOT | PTS |
|--------------|-----|-----|------|------|-----|-----|-------|
| Ruth Jackson | 52 | 107 | 52-L | 80 | 195 | 327 | 506.2 |

MENS DIVISION

| LIFTER | AGE | BWT | C&J | CURL | DL | TOT | PTS |
|-------------|-----|-----|-------|------|-----|-----|-------|
| Dan Wagman | 50 | 183 | 115-L | 180 | 505 | 800 | 833.3 |
| Al Myers | 47 | 236 | 140-R | 170 | 550 | 860 | 758.9 |
| Barry Bryan | 55 | 196 | 121-R | 150 | 402 | 673 | 706.1 |
| Chad Ullom | 42 | 257 | 140-R | 210 | 500 | 850 | 685.1 |

| | | | | | | | |
|----------------|----|-----|------|-----|-----|-----|-------|
| Orie Barnett | 52 | 236 | 85 | 160 | 425 | 670 | 618.6 |
| Samuel Rogers | 51 | 210 | 85 | 140 | 397 | 622 | 605.7 |
| Eric Todd | 38 | 256 | 131 | 180 | 400 | 711 | 557.6 |
| John Wilmot | 66 | 214 | 55-R | 100 | 345 | 500 | 546.5 |
| Denny Habecker | 71 | 193 | 72-R | 92 | 286 | 450 | 541.7 |
| Lance Foster | 48 | 330 | 75 | 150 | 350 | 575 | 445.6 |

NOTES: BWT is bodyweight in pounds. All lifts recorded in pounds. R & L stand for right and left. TOT is total pounds lifted. PTS are overall points adjusted for age and bodyweight.

Dino Gym Challenge



January 22, 2014 | Authored by | [Edit](#)

by Al Myers



Group picture from the 2014 Dino Gym Challenge.

I was quite surprised by the turnout at this year's Dino Gym Challenge. On Saturday 8 brave lifters showed up to take on some of the favorite lifts of the famous old time strongman Warren Lincoln Travis. I decided to have this meet in tribute to WLT – as he has always been one of my favorite old time strongmen.

The teeth lift was the first lift up – and as to the best of my knowledge has never been contested before in a USAWA competition (all USAWA records have been set at record days). All of us had really no idea of what our capabilities were in this – but ET and myself ended up with the best lifts at 175 pounds. I felt “maxed out” but ET has much more in him. Doug Kressly took his third attempt at 95 pounds, and then a fourth record attempt at 155 pounds which he got! Dean Ross about lost a tooth. Larry Traub had the mouthpiece in backwards and cut up his chin with the connecting bolts. Lance Foster was the smartest by saying “no can do”.

We then moved onto the finger lift with the middle finger using a ring. It wasn’t really anyone’s favorite – but the lifting surprised me. Eric Todd had the best lift at 200 pounds, and Doug Kressly had a solid 180. Several pulled skin off the favorite finger – with Dave Glasgow shedding the most blood. I thought I was going to have to get my hot iron to cauterize his wound for a while.

The Kennedy Lift was next on the agenda. This is an exhibition lift (not an official USAWA lift) which follows the rules of the Peoples Deadlift except includes a straddle stance on the bar. It was very well received. I had the top lift at 750 pounds, followed by Larry’s 675. Young Logan Kressly was extremely impressive with his record attempt at 500 pounds. Everyone seemed to enjoy this lift, and by the positive response I got I’m going to propose it as a new OTSM lift.



Doug Kressly Harness lifting
as Lance Foster waits his turn.

Now time for the BIG STUFF. The Harness Lift and Back Lift were a couple of Travis’s favorites. We started with the Harness. It took a while to get everyone to figure out how to get the harness’s on, but once they did

the lifting was outstanding! I had the top harness at 2400. Other impressive harness lifts were Doug's at 1800, Larry at 1750, and Dave at 1200. Lance gave an exceptional effort at 1605 to break a 20 year plus record held the one and only Tom Ryan who had held the record at 1600 from the 91 Zercher. I told Lance I would make sure to tell Mr. Ryan that his harness lift record was no more.

The back lift very rarely gets the chance to be in meets (mainly because it requires a specialized machine!). I had the top at 2200, followed by Doug at 2000. However, the youngster Logan really impressed us the most with his 1600. I told him he may be the best junior in the USAWA right now – and I expect him to be at Nationals to prove it! Dean Ross came into the day sporting a new pair of fire resistant lifting shoes - and used them to good use to go over 1000 pounds in both the Harness and Back. I don't know of anyone else who has fire resistant lifting shoes, but then again, Ross the Boss tends to burn up the platform when he lifts!

I got to thank my dad LaVerne for "sitting in the chair" as head official all day. He did a marvelous job and no one really gave him any crap. He judged everyone very fairly, and didn't give me any breaks either because I'm his sonny boy. I was very impressed by the help the lifters provided in loading and putting stuff away afterwards. We had a nice awards ceremony with each lifter getting a Dino Gym Tshirt and a hand made award by me featuring a metal cut-out of Warren Lincoln Travis. It will be an award that will stand out in everyone's trophy case (or should I say stand up?). I know I had lots of fun at this meet – and like I commented on Facebook – "Days like today make me realize how much I like my USAWA family!"

MEET RESULTS:

Dino Gym Challenge

Dino Gym

Holland, Kansas

January 18th, 2014

Meet Director: Al Myers

Official (1-official system used): LaVerne Myers

Scorekeeper: Al Myers

Lifts: Teeth Lift, Finger Lift – Middle, Kennedy Lift, Harness Lift, Back Lift

MENS DIVISION

| LIFTER | AGE | BWT | Teeth | Fing | Kenn | Harn | Back | TOT | PTS |
|-------------|-----|-----|-------|------|------|------|------|------|--------|
| Al Myers | 47 | 234 | 175 | 155 | 750 | 2400 | 2200 | 5680 | 5034.5 |
| Larry Traub | 60 | 206 | 95 | 170 | 675 | 1750 | 1300 | 3990 | 4242.3 |

| | | | | | | | | | |
|---------------|----|-----|-----|-----|-----|------|------|------|--------|
| Logan Kressly | 15 | 166 | 95 | 95 | 450 | 1200 | 1500 | 3340 | 3831.4 |
| Doug Kressly | 34 | 286 | 95 | 180 | 550 | 1800 | 2000 | 4625 | 3433.6 |
| Dave Glasgow | 60 | 260 | 105 | 160 | 525 | 1200 | 950 | 2940 | 2763.7 |
| Dean Ross | 71 | 267 | 75 | 125 | 400 | 1010 | 1050 | 2660 | 2695.2 |
| Lance Foster | 48 | 330 | 0 | 155 | 500 | 1605 | 850 | 3110 | 2353.9 |
| Eric Todd | 39 | 260 | 175 | 200 | 500 | 1010 | 1050 | 2935 | 2282.8 |

EXTRA LIFTS FOR RECORD:

Logan Kressly: Teeth Lift 115#

Logan Kressly: Middle Finger Lift 105#

Logan Kressly: Kennedy Lift 500#

Logan Kressly: Harness Lift 1300#

Logan Kressly: Back Lift 1600#

Doug Kressly: Teeth Lift 155#

Lance Foster: Middle Finger Lift 170#

NOTES: All lifts recorded in pounds. BWT is bodyweight in pounds. All Middle Finger Lifts done with right hand. TOT is total pounds lifted. PTS are overall adjusted points for age and bodyweight correction.

Year in Review

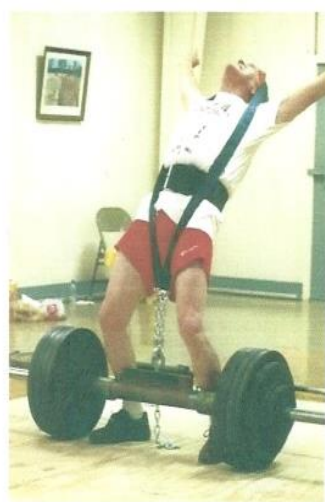
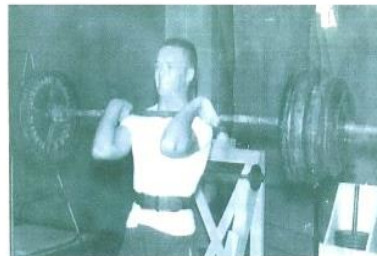


January 30, 2014 | Authored by | [Edit](#)

by Al Myers

USAWA

2013 YEAR IN REVIEW



In memory of Dale Friesz

USAWA Hall of Fame – Class of 2002

Cover page for the 2013 USAWA Year in Review.

I've announced this in the USAWA Discussion Forum, but would like to as well in a blog so everyone is aware of the 2013 Year in Review. I've compiled the entire year of 2013 in the USAWA (from all website stories) into a document for print. I'm planning on taking it to the printers next week. If anyone is interested in one of these "hard copies" please let me know so I can get a proper count for printing. I only plan to do this once. The price will be the cost of printing (I would guess around 50 dollars). The book is over 400 pages long and contains all the website information from the past year – stories, meet results, etc.

If anyone would prefer just a digital copy of this – let me know and I'll email it to you "free of charge".

Dino Gym Record Day

 November 29, 2013 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT DINO GYM RECORD DAY

Meet Director: Al Myers and the Dino Gym

Meet Date: Sunday, February 9th, 2014 10:00 AM-4:00PM

Location: Dino Gym, Abilene, Kansas

Sanction: USAWA

Entry Form: None – just show up

Entry Fee: None

Lifts: Record Day – Pick any lifts you can set a USAWA record in!

Contact me at amyers@usawa.com if you have any questions

Grip Championships

 November 29, 2013 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT 2014 USAWA GRIP CHAMPIONSHIPS



LaVerne Myers performing a 112# Dumbbell Walk at the 2012 USAWA Grip Championships under the watch of Denny Habecker (left) and Dave Glasgow (right). The Dumbbell Walk will be in this year's Grip Championships as well.

I will be hosting the USAWA Grip Championships again this year at the Dino Gym. Last year this meet was a great success with many entrants – and hopefully this year will be even better. This is one of the USAWA's Championship events, and one of the signature competitions within the USAWA each year. It is designed to recognize the top lifters in a selection of grip events, which are official lifts of the USAWA. The USAWA has several lifts that are "grip oriented" and since this is a Championship Competition only official lifts of the USAWA are eligible to be in this competition.

It is always a difficult thing for me to pick the lifts for this meet. It seems no matter what I pick – there is always someone who doesn't like my choices! So this year I got myself "off the hook" by letting others chose a lift a piece for the Grip Champs. The lucky participants for this assignment were Thom, Chad, Dave, and my Dad LaVerne. I won't reveal what each of their choices were – but it is pretty easy to tell by looking at the selected lifts in this meet. Three of them picked their "pet lift" while the choice of the fourth was just being sadistic.

As with keeping with the traditional date of the Grip Championships, it will be held on the second Saturday in February (Feb 8th). Put this date on your calendar and make it to the Dino Gym for a day of fun!!!

MEET DETAILS:

Meet Director: Al Myers

Meet Date: Saturday, February 8th, 2014 10:00 AM – 4:00 PM

Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410

Sanction: United States All-Round Weightlifting Association. Individual USAWA membership is required of each participant.

Weigh-ins: 9:00-10:00 AM the day of the meet. Lifting will start at 10:00 AM

Divisions: Juniors, Women, Masters, and Open

Awards: Championship Certificates

Entry Fee: None – but please notify me ahead of time if you plan to enter

Lifts:

Dumbbell Walk
Deadlift – 2 Fulton Dumbbells
Deadlift – One Arm
Deadlift – Middle Fingers

Rules: USAWA General Rules and Scoring Apply.

This will be a **DRUG TESTED** event.

Registration: No Entry Form, but please contact me ahead of the meet if you plan to attend at amyers@usawa.com



Categories: [USAWA Daily News](#), [USAWA Events](#) |



Tags: [2014 Meet Announcement](#), [Dumbbell Walk](#), [Grip Championships](#), [LaVerne](#)

[Myers](#)

Grip Championships



February 11, 2014 | Authored by | [Edit](#)

by Al Myers

2014 USAWA GRIP CHAMPIONSHIPS



Participants in the 2014 USAWA Grip Championships held at the Dino Gym on February 8th.

The USAWA Grip Championships turned out to be much more successful than I predicted with the bad weather and snow that preceded it. At one point last week I was wondering if anyone would show up! Then to my surprise – 10 lifters made it to the Dino Gym Saturday morning.

Ruth Jackson made the trip from Colorado and was the lone woman lifter in the meet, but even without any “one on one” competition she lifted outstanding. She set several USAWA records enroute to winning the Overall Best Lifter in the Womans Division. Ruth competes in the same bodyweight class as the Hall of Famer Noi Phumchaona did – so she has some pretty good records of Noi’s to contend with. Ruth also brought me some new plates for my plate collection (which has earned her some bonus votes for the lifter of the month award!!!)



Where to start with the mens lifters? That's pretty easy – we had a newcomer entered in the meet! Keith Thompson entered his first USAWA meet as part of the KCSTRONGMAN club. Keith was also the youngest lifter in the meet. Keith lifted exceptional – with his 310 pound fulton dumbbells deadlift being his highlight lift. I'm looking forward to seeing Keith entered in more meets. Other KCSTRONGMEN members Eric Todd and Lance Foster had solid days of lifting as well.

Dan Wagman pulled off a close overall victory over LaVerne Myers and Dave Glasgow. It came down to the last event (the middle fingers deadlift) to determine the overall men's champion. These three ended up very close in points (854 pts for Dan, 848 pts for LaVerne, and 832 pts for Dave) in the final placings. LaVerne started off with a great record-setting Dumbbell Walk of 123 pounds which was the tops of the meet. Dave lifted a 308 pound one arm deadlift which was quite impressive, as well as a 290 pound fulton dumbbells deadlift. However, it came down to "the fingers" (like a lot of past Goerner Meets) to decide the winner – and Dan's big MF deadlift of 236 sealed the deal for him.

Scott Tully lifted big – and posted the top total of the meet at 1002 pounds. That's quite an accomplishment in a field like this. Scott's BIG LIFT was his record setting fulton dumbbells deadlift of 322 pounds. This earned Scott a new USAWA record as well as setting a new DINO GYM record (breaking the record held by Ben Edwards at 320 pounds). USAWA faithfuls Dean Ross and Mike Murdock rounded out the field. Dean and Mike have been extremely active in the USAWA over the past few years, and always enhances the meet atmosphere when they are in attendance.

Great day for the USAWA Grip Championships! I would say this HAS to be one of the best grip champs that the USAWA has had. I want to thank everyone who made the competition.

MEET RESULTS:

2014 USAWA Grip Championships

Saturday, February 8th, 2014

Dino Gym, Abilene, Kansas

Meet Director: Al Myers

Official (1-official system used): Al Myers

Scorekeeper: Al Myers

Lifts: Dumbbell Walk, Deadlift-2 Fulton Dumbbells, Deadlift-One Arm, Deadlift-Middle Fingers

WOMENS DIVISION

| LIFTER | AGE | BWT | WALK | DL-FDB | DL-1 | DL-MF | TOT | PTS |
|--------------|-----|-----|------|--------|-------|-------|-----|-------|
| Ruth Jackson | 52 | 107 | 48-R | 130 | 185-R | 95 | 458 | 712.8 |

EXTRA LIFTS FOR RECORD

Ruth Jackson: Deadlift-Middle Fingers 100#

MENS DIVISION

| LIFTER | AGE | BWT | WALK | DL-FDB | DL-1 | DL-MF | TOT | PTS |
|----------------|-----|-----|-------|--------|-------|-------|------|-------|
| Dan Wagman | OP | 184 | 103-L | 270 | 303-L | 236 | 912 | 854.6 |
| LaVerne Myers | 69 | 249 | 123-R | 280 | 253-L | 165 | 821 | 848.4 |
| Dave Glasgow | 60 | 259 | 98-R | 290 | 308-R | 187 | 883 | 832.8 |
| Eric Todd | 39 | 257 | 93-R | 250 | 352-R | 253 | 948 | 741.8 |
| Keith Thompson | 27 | 229 | 118-R | 310 | 203-R | 242 | 873 | 724.7 |
| Scott Tully | 38 | 333 | 108-R | 322 | 341-R | 231 | 1002 | 692.9 |
| Dean Ross | 71 | 269 | 63-R | 210 | 162-R | 165 | 600 | 605.7 |
| Lance Foster | 48 | 330 | 73-R | 210 | 203-R | 181 | 667 | 504.9 |
| Mike Murdock | 73 | 193 | 48-R | 130 | 115-R | 115 | 408 | 498.3 |

EXTRA LIFTS FOR RECORD

Dan Wagman: Deadlift-2 Fulton DBS 290#

Mike Murdock: Deadlift-Middle Fingers 132#

NOTES: BWT is bodyweight in pounds. AGE is age in years. All lifts recorded in pounds. TOT is total pounds lifted. PTS are adjusted points for age and bodyweight correction.

Dino Gym RD

 February 12, 2014 | Authored by | [Edit](#)

by Al Myers



Dan Wagman performing a Feet in the Air Bench Press at the 2014 Dino Gym Record Day. Dan set a new record with a lift of 375 pounds!

Last weekend was a full weekend of great lifting at the Dino Gym! Sunday picked up where Saturday left off with 5 lifters attempting to break/set new USAWA records. I was surprised to see 3 new faces on Sunday who could not make the Grip Champs – Chad Ullom, Doug Kressly and Logan Kressly. Dan Wagman and Ruth Jackson were the only Saturday lifters who made the full two day competition.

The record day started off strong with Dan setting a new USAWA record in the Bench Press – Feet in Air. Dan broke a long standing record held by the great Barry Bryan (at 374 lbs. set in 1990) with a lift of 375 pounds. It was a very impressive lift. Dan then backed it up with a record in the Bench Press – Reverse Grip at 350 pounds.

Ruth lifted fantastic as usual. She set several new records – with some outstanding lifts in the Vertical Bar Deadlifts. She also completed her official's practical on this day. Once the paperwork has been approved – she will be added to the official's list as a Level One Official.

Chad Ullom picked several of his favorite lifts to set new records in (Arthur Lift, Ziegler Clean, Continental to Belt). Looked solid and strong as ever!

I was glad to see Doug and Logan back to the gym. These two made my Dino Challenge in January as well. Doug upped his teeth lift record from the Dino Challenge, and then helped Logan to many new records. Logan had some tremendous marks – Fulton Bar Deadlift of 352, Dinnie Lift of 550, and a front squat of 300. He tried 320 in the front squat, and took it way too deep to recover from. That's a huge front squat for a young kid only 15!

Overall, a great day for the everyone!!!



My companion in the gym during the meet - Dan's dog Gram - short for Hamilton vom Naglersee.

MEET RESULTS:

Dino Gym Record Day

Dino Gym, Abilene, Kansas

February 9th, 2014

Meet Director: Al Myers

Officials (1-official system used): Al Myers, Chad Ullom In-training Ruth Jackson

Scorekeeper: Al Myers

Lifters and Lifts:

Ruth Jackson – 52 years old, 108 lbs. BWT

Clean and Press – Alternate Grip: 80 lbs.

Jackson Press: 75 lbs.

Vertical Bar Deadlift – 2 bars, 2": 176 lbs.

Vertical Bar Deadlift – 2 bars, 1": 202 lbs.

Deadlift – Fulton Bar: 187 lbs.

Squat – Front: 120 lbs.

Logan Kressly – 14 years old, 168 lbs. BWT

Squat – Front: 300 lbs.

Deadlift – Fulton Bar: 352 lbs.

Deadlift – Reeves: 155 lbs.

Dinnie Lift: 550 lbs.

Dan Wagman – Open, 184 lbs. BWT

Bench Press – Feet in Air: 375 lbs.

Bench Press – Reverse Grip: 350 lbs.

Bent Over Row: 300 lbs.

Curl – Cheat, 2 Dumbbells: 160 lbs.

Doug Kressly – 34 years old, 286 lbs. BWT

Teeth Lift: 179 lbs.

Chad Ullom – 42 years old, 255 lbs. BWT

Ziegler Clean: 182 lbs.

Teeth Lift: 200 lbs.

Arthur Lift: 220 lbs.

Continental to Belt: 440 lbs.

Snatch – On Knees: 115 lbs.



Categories: [2014 Meet Results](#), [USAWA Daily News](#) | Tags: [Dan Wagman](#), [Dino Gym](#), [Feet in the Air Bench Press](#), [Gram](#)

Texas Power Bar

 February 18, 2014 | Authored by | [Edit](#)

by Al Myers



Three different Texas Power Bars in the Dino Gym: 1. Mac TPB (bottom), 2. 10 year old Capps TPB (middle), and 3. New Capps TPB (top).

The Texas Power Bar has become synonymous with THE STANDARD of powerlifting bars over the past 25 years. This bar was initially marketed in the early 80's and has been used by many powerlifters thru the years, both in training and in competition. It is a general PL bar – meaning that it is a good bar to be used for all the powerlifts. It is fairly rigid, has good aggressive knurling, and holds up to “hardcore” use. The name “Texas Power Bar” has name value to anyone who has been involved with powerlifting, and most all lifters associate the Texas Power Bar with quality.

I bought my first Texas Power Bar in the early 80's from Mac Barbell Equipment. At that time, the main advertising for lifting was through the PL magazine, Powerlifting USA. You could count on there being an advertisement for the Texas Power Bar in every issue. One of the company's selling pitches was this comment in their ads, “The Mac Texas Power Bar has been used in more World and National Championships than all other brands combined. Make sure you don't get a cheap imitation or counterfeit”. Mac Barbell was located in Grand Prairie, TX, thus the reason for the name being called the Texas Power Bar.



The end cap of a TPB which contains the official logo of the Texas Power Bar.

Now a little history lesson. This bar is the “brainchild” of Buddy Capps. He has, for over 30 years, owned and operated Capps Welding and has been in the weight lifting bar manufacturing business this entire time. His business is located in Irving, Texas. Buddy Capps was a former Texas State Powerlifting Champ, so he knows something about the needs of powerlifters. The TPB (Texas Power Bar) was influenced in design by a couple of other very good powerlifters, Doug and Clay Patterson. However, Mac owned “the rights” to the TPB, and shortly afterwards Capps and Mac Equipment had a “falling out”. Capps then did a redesign of the TPB, and started making his newer (and improved) version. Since then, he deals through distributors for resale. Mac Equipment has now been out of business for several years, so the earlier “Mac Texas Power Bar” is no longer being produced. The only TRUE Texas Power Bar on the market is the Capps TPB. I say this because I have seen other advertised Texas Power Bars on the market that are not made by Capps, and are imposters. Every Texas Power Bar contains a sticker logo on the end of the bar indicating it as the OFFICIAL Texas Bar. Bill Ennis, of Weightlifters Warehouse, told me that the steel used by Capps in the Texas Power Bars is American high-quality steel, and has always been that way. I have owned several Capps TPB’s and from my lifting experience on them, I agree with this. The steel seems the same to me in the new TPB’s as the ones I got over 20 years ago. I’ve had only one Capps TPB bend on me, and that was because it was being used inappropriately and not the fault of the bar. Capps believes in producing high-quality bars and this can only be achieved by using “top of the line” steel.

The bar specs on a few of my Texas Power Bars are:


| BAR | Length | Shaft Diameter | Center Knurling | Center Spacing | Width Inside Collar | Collar Width |
|--------------------------|-----------|----------------|-----------------|----------------|---------------------|--------------|
| Mac TPB | 7’-2” | 1- 1/8” | Yes-6” | 16-1/2” | 52-1/8” | 1-1/2” |
| Capps TPB (10 years old) | 7’-1 3/4” | 1-1/8” | Yes-4” | 17” | 51-3/4” | 2” |
| Capps TPB (NEW) | 7’-1 3/4” | 1-1/8” | Yes-4” | 17” | 52” | 2” |

My Mac Texas Power Bar is still in good condition even though I have had it and been using it for over 25 years. It still has a very aggressive knurling that hinders most from wanting to use it. The newer TPB’s have less aggressive knurling, but still I would consider as aggressive in terms of depth of knurling cut. The newer TPB’s are coated in Black Oxide and have a nice finish. The sleeves rotate very well for power bars, but not well enough to be used as Olympic Lifting bars if you are an experienced Olympic lifter. They are plenty “stiff”, which makes them great bench and squat bars and general purpose training bars.

I believe Texas Power Bars are very consistent in quality (at least the ones I've lifted on – and that's been many). They have several of Capps distinguishing features – wide 2" collars, aggressive knurling cut pattern, and the use of two roller pins to secure the sleeve. The end cap is recessed as well. His bars have a look unlike all others. If you are looking for a good bar that will last for a long time – I highly recommend Texas Power Bars.

 Categories: [USAWA Daily News](#) |  Tags: [bars](#), [Buddy Capps](#), [Texas Power Bar](#), [Weight Lifting Bars](#)

OCPD: Weightlifting Sub-type

 February 21, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Most, but not all, of my Scottish Hammers....I don't see a problem with having 20 plus hammers....that's normal, right?

Recently the DSM 5 (Diagnostic and Statistical Manual) was released. It has the criteria for diagnosing mental health disorders. I end up referring to it a great deal as part of my job as a Licensed Professional Counselor. The DSM 5 is actually the 7th revision which plays into the fact that there are lots of arguments about what is in it because Mental Health is not as an exact science as we would like. It relies heavily on the observation and self report of a client and not so much on hard science. Someday it will, but not now.

The big argument that comes up every time they revise this thing is what is mentally ill and what is not. Many factors play into this. Some are pretty legit, some are very politically and culturally driven, and some may be related to special interests such as pharmaceutical companies and mental health facilities that stand to make a profit. I'm not cynical, just realistic.

So with that in mind I decided to come up with my own disorder. Obsessive Compulsive: Weightlifting Sub-type. Now right now I need to clarify something. Obsessive-Compulsive Disorder (OCD) is different than

Obsessive-Compulsive Personality Disorder (OCPD). Many get these confused. OCD is an anxiety disorder characterized by intrusive thoughts that produce anxiety. The individual then seeks to reduce the anxiety producing thoughts by developing a preoccupation with some obsessive/compulsive behavior. OCPD is a personality disorder and is characterized by a preoccupation with perfectionism and orderliness. This can be with the things around them or the people around them. The funny thing about OCPD is that the person afflicted with it often sees it as a huge plus and a reason for their success....and fail to see how destructive it is to those around them.

So, my OCPD Weightlifting sub-type (and if you haven't figured out this is mostly tongue in cheek.....and a little not) is geared towards those whose preoccupation with the iron has become a chronic, non-adaptive pattern. Their drive to achieve perfection in training, diet, and all aspects of life that will lead to that holy grail of being the best they can be has led to them becoming asocial, impossible to deal with, and actually leads to the opposite of what they want to achieve. Some of the sub-types include narcissism, passive aggressive, paranoid, antisocial, and histrionic (look that one up...it's interesting).

Now, I said this was tongue in cheek and it mostly is. There is no way this will ever be a real diagnosis. But I will tell you that I think weightlifters are a "special breed" (that means "crazy" and "nuts" to the average person). We see what we do as good and we often reinforce each other especially when one of those "average" persons points out our insanity. However, we also can box ourselves in with our obsession to the point where we think what we are doing is working and effective when it's really not. That's what OCPD: Weightlifting Sub-type really is. I know I've had bouts with it. The very nature of the obsessiveness needed to be successful in weightlifting works against you from time to time.

So what do you do? You need to take a step back every once in awhile and take a look at yourself, what you do, have you convinced yourself what you are doing is working or is it REALLY WORKING. Take a look at those around you. Are the blind leading the blind? Sometimes if you are getting angry because someone contradicts your beliefs that may be a good sign you actually are OCPD:WS. A good lifter is always open to new ideas. If you are surrounded by people who agree with you all the time....you better watch out! That means you are all OCPD:WS! Finally, take a hard look at what you do. I was once told by an employer if he asked me why we do something a certain way and my answer was "Because that's how we've always done it" he would fire me on the spot. I made a joke recently that if I ate hot dogs before ever squat workout I could easily surmise hot dogs were the secret if things went well. Never assume, always experiment and you will stay away from the chronic, non-adaptive pattern that characterizes OCPD:WS!

So, do you have OCPD: WS....well....do ya?



Categories: [USAWA Daily News](#) |



Tags: [Scottish Hammers](#), [Thom Van Vleck](#), [Weightlifting Addiction](#)

Ruth Jackson new USAWA Official

 February 26, 2014 | Authored by | [Edit](#)

by Al Myers

Congrats to Ruth Jackson for becoming the latest new USAWA Official. RJ was the first one to undergo the more strenuous requirements to become an official. A couple of years ago the USAWA began requiring practical training after passing the written rules test in order to become a certified official. Ruth just completed her practical training at the USAWA Grip Championships/Dino Gym Record Day earlier this month. She is now listed on the Official's List, and will receive a 3 year officials card.

1st Quarter Postal Meet

 January 14, 2014 | Authored by | [Edit](#)

by Al Myers

There has been a big change this year in our USAWA Postal Meet Series. John Wilmot has "stepped down" as the Postal Meet Director after many years of doing an excellent job in this capacity. Our USAWA Postal Meets have become a BIG PART of the yearly USAWA schedule, with quarterly meets culminating in the final Postal Meet Championships in December. Many USAWA lifters have taken part in some or all of these postal meets. It has become a great tradition for the USAWA – with thanks going to John Wilmot for starting this tradition.

I was initially concerned about the future of these events with John's resignation. But then – lo and behold – our USAWA President Denny Habecker agreed to taking the position of Postal Meet Director. Denny has a long resume of being a very successful meet promoter, and this position is in no better hands than Denny's. I feel confident that the future of the USAWA Postal Meets will be strong as long as Denny is in the position.

The first quarterly Postal Meet has been announced for the year. The format will remain the same as before – with three lifts chosen per meet. There are two single arm lifts in this meet – and you only need to do the lift the arm of your choosing. Make sure to circle which arm you use on the entry form.

Also, the big difference is to remember to send your results to Denny from now on instead of John.

LIFTS:

Swing – Dumbbell, One Arm

Deadlift – No Thumbs, One Arm

Deadlift – 2 Bars

ENTRY FORM: [2014 1st Quarter Postal Entry Form](#)



Categories: [USAWA Daily News](#), [USAWA Events](#) |



Tags: [2014 Meet Announcement](#), [Postal Series](#)

Frank's BBC Championships



January 31, 2014 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT

Frank's Barbell Club Championships

Meet Director: Frank Ciavattone

Meet Date: Saturday, March 15th

Location:

Frank's Barbell Club

204 East Street, Walpole, MA 02032

Contact Frank if you plan to attend.



Categories: [USAWA Daily News](#), [USAWA Events](#) |



Tags: [2014 Meet Announcement](#)

Zercher Strength Classic



February 5, 2014 | Authored by | [Edit](#)

by Al Myers

Bill and Joe have made plans to host the annual Zercher Strength Classic at Clark's Gym on March 29th. The date is later this year than usual – which hopefully will help with the attendance. The “traditional day” often fell on Super Bowl weekend which might hinder those passionate football fans from attending, and having it later will help avoid those nasty winter storms in Missouri. This meet has a deep history in the USAWA, and could be said to be the meet that “started it all”. Many great all rounders got their start by entering the Zercher. It contains 13 hard all round lifts to be completed. Bill stated in his letter to me that the meet will be a one day affair this year. So get a good night's sleep, eat a energy rich breakfast, strap on those lifting shoes tight, and come prepared for a full day of lifting!!!

MEET ANNOUNCEMENT

Zercher Strength Classic and Record Day

Meet Director: Bill Clark and Joe Garcia

Date: Saturday, March 29th, 2014

Venue: Clark's Gym, Columbia, Missouri

Weigh-ins: 8 – 9 AM

Start Time: 10 AM

Entry Fee: None

Entry Form: None

Awards: None

Membership: Must be a current USAWA Member

Lifts: Leg Press, Deadlift – One Arm, Deadlift – Heels Together, Hack Lift, Continental Clean and Jerk, Clean and Press – Heels Together, Zercher Lift, Steinborn Lift, Neck Lift, Hip Lift, Harness Lift, Hand and Thigh Lift, and Bench Press – Feet in Air

To enter, a confirmation must be sent to Bill Clark by the Tuesday preceding the meet. Bill can be reached by phone: 573-474-4510, Fax: 573-474-1449, or mail: Bill Clark, 3906 Grace Ellen Drive, Columbia, Missouri, 65202



Categories: [USAWA Daily News](#), [USAWA Events](#) |



Tags: [2014 Meet Announcement](#), [Zercher Strength Classic](#)

Postal Series 2013



March 2, 2014 | Authored by | [Edit](#)

by Al Myers



Dan Wagman performing a 350 pound Reverse Grip Bench Press at the recent Dino Gym Record Day.

As the first quarterly postal meet of 2014 is less than 30 days from being completed, I finally got the results from the 2013 Postal Series tabulated. The USAWA has 4 postal meets per year (March, June, September, and December), with the last one being designated as the Postal Championships. All these together make up the Postal Meet Series. Each postal meet a lifter competes in generates points for him/her, that total up for the final Postal Series Ranking.

The way the points are generated is pretty simple. I take the overall placings of the meet and then reverse "the count" for the points earned for each lifter. I.E – if three lifters compete lifter number 1 gets 3 points, lifter number 2 gets 2 points, and lifter number three gets 1 point. The Postal Championships is worth "double points". Obviously then, as more lifters enter more points can be earned for winning the meet, and ALL lifters earn points regardless where they place overall. Just entering will earn points toward the Postal Series Ranking.

Overall there was good participation in the USAWA Postal Meets last year. A total of 18 lifters competed in the various postal meets. The first Postal Meet had 17 lifters, the second had 9 lifters, the third had 9 lifters, and the Postal Championship drew 11 lifters. Several lifters competed in ALL of the postal meets last year and they deserve to be recognized. These lifters are Ruth Jackson, Dan Wagman, Sam Rogers, Orie Barnett, Denny Habecker, and John Wilmot.

Now for the overall rankings for the 2013 USAWA Postal Series!

WOMENS DIVISION – TOP TWO

| PLACING | LIFTER | MEETS ENTERED | POINTS |
|---------|--------------|---------------|--------|
| 1 | Ruth Jackson | 4 | 6 |
| 2 | Gabby Jobe | 1 | 1 |

MENS DIVISION – TOP TEN

| PLACING | LIFTER | MEETS ENTERED | POINTS |
|---------|----------------|---------------|--------|
| 1 | Dan Wagman | 4 | 51 |
| 2 | Orie Barnett | 4 | 35 |
| 3 | Al Myers | 2 | 32 |
| 4 | Sam Rogers | 4 | 30 |
| 5 | Barry Bryan | 2 | 29 |
| 6 | Chad Ullom | 2 | 26 |
| 7 | Eric Todd | 3 | 22 |
| 8 | Denny Habecker | 4 | 18 |
| 9 | John Wilmot | 4 | 15 |
| 10 | Les Cramer | 2 | 15 |

Congrats to Ruth Jackson and Dan Wagman for being the OVERALL WINNERS of the 2013 USAWA Postal Series. On top of winning the series both of these lifters won EACH and EVERY Postal Meet of 2013! That has never been done before in the history of the USAWA Postal Series.



Categories: [USAWA Daily News](#) |



Tags: [Dan Wagman](#), [Postal Series](#)

Lifter of the Month: Dave Glasgow



March 6, 2014 | Authored by | [Edit](#)

by Al Myers



Dave Glasgow with a 1200 pound Harness Lift at the 2014 Dino Gym Challenge in January.

Congrats goes to Dave Glasgow for being the USAWA Lifter of the Month for January!! Dave competed in the Dino Gym Challenge in January – the tribute to Warren Lincoln Travis. Along with competing, Dave encouraged other Ledaig Club members to attend (Larry Traub, Doug Kressly, and Logan Kressly). Without Dave's support of this meet – it would not have been the success it was! Dave has been one of the most active members in the USAWA these past few years and has promoted several meets (including last year's Club Championships). He is well-deserving of this award, and is a great representative of the organization.

 Categories: [USAWA Daily News](#) |  Tags: [Dave Glasgow](#), [Harness Lift](#), [Lifter of the Month](#)

Better than Gold

 March 7, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



The medal my Uncle Wayne gave me.

I was recently at an event and one of the other competitors reached over and pull out a medal I had hanging around my neck. He wanted to know what it represented. It is a medal that I've worn in every competition I've been in or at least been on between lifts or events. It's been dipped in the waters of the Atlantic Ocean, the Pacific, the Gulf of Mexico, the North Sea, the Irish Sea, Mississippi River, Columbia River, Missouri River....even Loch Ness and other places I have traveled and competed.

It is a medal my Uncle Wayne Jackson won the year I was born. The story goes that he went to the meet and won this medal. He would have been around 21 years old and in the midst of a great run of winning Olympic lifting events in the Midwest that included a Teenage National Title and 5 Missouri State Championships. Wayne came back from the meet ready to show off his "winnings". He had been unable to reach anyone by phone and since this was the days before answering machines and cell phones....if you weren't there to answer the phone you missed the call! So he had not been able to tell anyone about winning.

When Wayne arrived at home the house was empty and there was no note or other information on where everyone had went! He was a little concerned and a little disappointed that he had not been able to share his victory with his family. Then my Grandmother showed up and told him that he needed to get down to the hospital as his sister had her baby. Which was me of course! He told me I had upstaged him!



Reverse side with the 1964

From as early as I can remember my Uncle Wayne was a part of my life. As a kid he would pick me up and throw me high in the air. We would wrestle and he would take me out hunting arrowheads. He never had any children of his own and he became a second father to me. My kids are like his grand kids. Obviously, he's the main reason I got into weight training and in doing so he may have saved my life. At the least, my life has been much better for getting into lifting. Over the years he is the first person I call after a contest and he's also kept up to date on my workouts. He's always quick with a compliment and slow to criticize. He has also been an inspiration to me for his faith in God and using his strength not to intimidate others but protect those that needed protecting.

There came a time when he wanted me to have this medal. I'm sure it's not worth much but it's priceless to me. It represents our friendship and love for one another. It represents a passing of the torch in the Jackson Weightlifting Club. It reminds me of him and when he's not able to be there with me I feel like he's there. It is better than gold to me.

 Categories: [USAWA Daily News](#) |  Tags: [JWC](#), [Thom Van Vleck](#), [Wayne Jackson](#)

ARNOLD'S MULTI-RINGED CIRCUS

 March 12, 2014 | Authored by | [Edit](#)

BY DAVE GLASGOW



The heart of team HASA, Dave Glasgow throwing at the Arnold (photo and caption by Larry Ventress)

I HAVE HEARD OF 'THE ARNOLD' ALMOST FROM THE BEGINNING, ALL SORTS OF STORIES AND RECOLLECTIONS FROM THOSE THAT HAVE MADE THE TREK. I NEVER FIGURED I WOULD MAKE THE JOURNEY MYSELF, AS LARGE CROWDS ARE JUST NOT MY STYLE. HOWEVER, WHEN I MADE THE CUT TO BE ONE OF THE FIRST GROUP OF AMATEUR THROWERS FOR A HIGHLAND GAMES AT THE ARNOLD, I FIGURED THIS TO BE A ONCE IN A LIFE TIME ENDEAVOR. (I WANT TO QUALIFY, RIGHT NOW, THAT I WAS NOT ONE OF THE FIRST TO BE INVITED. THERE WAS A 'DROP OUT', SO I GOT THE NOD.)

SO, OFF TO OHIO I GO. LUCKILY FOR ME, CHAD ULLOM HAD BEEN CHOSEN AS WELL AND WITH THOM VAN VLECK FOR SUPPORT, WE WERE ON OUR WAY. NOT TO BE LEFT OUT, LARRY 'FLOYD' TRAUB CAME FOR THE RIDE, SO, AS YOU CAN SEE, CHADER AND I HAD ALL THE SUPPORT WE NEEDED!

WE PROCEEDED TO THE EXPO HALL ON SATURDAY AFTERNOON AND THE STORIES I HAD HEARD WERE, INDEED, TRUE. TO CALL THIS A FREAK SHOW IS QUITE AN UNDERSTATEMENT. EVERY POWER AND STRENGTH SPORT YOU COULD IMAGINE WAS REPRESENTED. THIRTEEN HUNDRED BOOTHS FOR ANYTHING RELATED TO THOSE AFOREMENTIONED SPORTS WERE LINED UP AS FAR AS THE EYE COULD SEE. I HAD NO EARTHLY CONCEPT THAT THERE WERE THAT MANY PROTEIN POWDERS AVAILABLE!!

NOW, AS STATED EARLIER, I HAVE NO DESIRE TO ATTEND THIS TYPE GATHERING SO QUITE A FEW OF THE THINGS I SAW WERE NOTEWORTHY. FOR EXAMPLE, I HAD NO IDEA THAT WOMEN COULD HAVE A 'TWELVE PAK'. NOT A SIX PAK, MIND YOU, BUT A TWELVE PAK!! HOWEVER, RIGHT THERE, BOYS AND GIRLS, IN THE FLESH, STOOD NOT ONE, BUT TWO FEMALES WITH MORE MUSCULATURE IN THEIR ABDOMINAL AREA THAN, WELL, I HAVE. PERIOD.

SPANDEX!!!!? YOU WANT SPANDEX? THIS PLACE COULD HAVE CARPETED THE VAST HALLS AND HAD MATERIAL LEFT OVER! TATOOS AND THE FAKE 'LAT SPREAD'. THOSE GUYS HAD TO HAVE BEEN TIRED AT THE END OF THE DAY!! FOLKS STANDING IN LINE FOR 30 MINUTES FOR FREE STUFF. REALLY!!!? NOT THIS GUY.

POLE FITNESS. MR. TRAUB TOOK AN IMMEDIATE INTEREST IN THIS ACTIVITY. I HAD NEVER HEARD OF 'POLE FITNESS', OUTSIDE OF WHAT I HAD HEARD WENT ON AT 'GENTLEMAN'S' CLUBS. BUT THERE IT WAS! IN THE FLESH, BABY! LITERALLY(YES, THEY WERE CLOTHED BUT JUST BARELY (PUN INTENDED). UNBELIEVEABLE. NOW, I REALLY DID'NT UNDERSTAND IT BUT I OVER HEARD ONE YOUNG LADY TELL ANOTHER THAT IT WAS THE 'PERFECT EXERCISE' FOR TOTAL FITNESS. OK. I'LL TAKE YOUR WORD FOR IT. I MEAN, REALLY, COULD THE CREATOR OF 'POLE FITNESS', 'BAD KITTY' (I AM NOT MAKING THIS UP), BE WRONG?

I WOULD HAVE REALLY LIKED TO HAVE SEEN SOME OLY LIFTING AND THE COMBAT SPORTS, BUT THIS WAS JUST NOT THE VENUE FOR THE AVERAGE ONLOOKER. THE PLACE WAS, ABSOLUTELY, PACKED. WE STAYED, AND HAD PRETTY GOOD SEATS, FOR THE PRO DEAD LIFT COMPETITION. THAT WAS MOST IMPRESSIVE! JUST VERY AWE INSPIRING.

NOW, FRIENDS, I WILL NOT GO INTO THE GAMES A WHOLE LOT, AS THIS IS NOT A 'GAMES' WEB SITE, HOWEVER, I WOULD LIKE TO NOTE THAT THIS WAS THE FIRST OF MARCH IN OHIO. WE KNEW THE WEATHER WOULD NOT BE CONDUSIVE TO OPTIMAL THROWING OR GOOD MARKS. WE WERE CORRECT IN THAT ASSUMPTION! NEAR WHITE OUT CONDITIONS GREETED US FROM THE GET GO. REGARDLESS, OVER 60 ATHLETES IN 5 DIFFERENT CLASSES TOOK TO THE FIELD. MY ONLY COMMENT TO THIS MADNESS WAS TO SAY, 'WELL, SOMEDAY, WE WILL LOOK BACK AND TELL ONE ANOTHER, "REMEMBER THE ARNOLD IN '14!!?"

WOULD I GO BACK?? I DOUBT IT. I SAW AND DID WHAT I WENT TO DO. THAT'S ENOUGH FOR ME.

HOWEVER, IF 'BAD KITTY' CALLED AND WANTED ME TO CRITIQUE HER GIRLS, I MAY HAVE TO RECONSIDER!!



Categories: [USAWA Daily News](#) |  Tags: [Arnold Classic](#), [Dave Glasgow](#), [HASA](#)

Nicknames



March 13, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

I've told a story recently and reference a nickname for my Uncle Wayne Jackson. I wanted to tell about where that came from.

A couple of years ago I hosted the USAWA Nationals. Wayne was able to make it and was kind of a guest of honor. At one point Al Myers noticed I called him "Staggo" and asked me about it. As everyone that knows me, knows ALL TOO WELL, there's a story behind that!

When I first started training at age 15 it was with my Uncle Wayne Jackson. It was kind of a tradition to make up nicknames back in the day. Often it was something that started out as an insult but over time became a badge of honor. I go to a Lutheran Church and we are taught about how the Catholics used to make fun of us and called us "Lutherans" as an insult. Now we wear it with honor.

I tended to favor the deadlift...because I was good at the deadlift. Like a lot of young guys I tended to train what I was good at and ignore what I was bad at...which was pretty much everything else! My Uncle Phil was the type of guy to cut right to the chase but Wayne was the type to try and use some subtle remark to get his point across. I think he knew I had a pretty fragile self esteem so just telling me the way I was training was pretty stupid might have dealt me a blow....and I might have quit training.

So one day Wayne started calling me Bob Peoples. If you don't know who Bob People's was, he was very much a deadlift specialist and I was on my way to becoming one, too. Every time I would start pulling Wayne would say, "Well, there goes Bob People's again" or he might say, "So is Bob deadlifting again today". He made his point and I started to diversify my training. But I also had to get him back.

Wayne was kind of sensitive about his weight, considering he spent most of his life over 300lbs! I once asked him how much he weighed at his heaviest and he told me 339 and A HALF. I then asked, "So when you weighed 340...what were your best lifts". Wayne looked at me dead serious and said, "Tommy! I NEVER weighed 340". He also would emphasize that a give weight was "in his street clothes" as if to say "I don't actually weigh that much, I'm much lighter with my clothes off"! We all have a weakness and that was his. Now to exploit it!

We were watching one of the early World's Strongest Man contests and there was a competitor from Holland named Staggo Piszko. This guy was huge...and ROUND! It was made more pronounced by the fact he had this little guy that was his "trainer" or "coach" that was dwarfed by him and kept running around him like he was on fire. My Uncle kept chuckling every time he saw him. So for the last 30 years it stuck! And like many nicknames, what started out as a snappy comeback and a good-natured "ribbing" ended up being a badge of honor.

Many times I called up Wayne and said this line:

"HEY, STAGGO!and he'll be Staggo to me forever!



Categories: [USAWA Daily News](#) |



Tags: [JWC](#), [Thom Van Vleck](#), [Wayne Jackson](#)

Big T's OTSM (First Update)

 March 26, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

I have some more information on OTSM being held at the Jackson Weightlifting Club. Entry info and a link to the first story on the meet can be found under the USAWA Future Events section.

This meet will be held outside weather permitting. If the weather is bad, we'll move it inside. Each lifter will be given the chance to look at the records and attempt one record attempt on a lift outside the competition once the meet is completed. Additional records will be up to there being time. I wanted to mention this in case there was anyone coming that planned on trying some record attempts.

I thought I might catch some flack regarding my decision to have two champs. One based on the formulas and the other based solely on most weight lifted. So far not a peep. I think it will be interesting to see if they are different! Just so you know, it's not my plan to do this with the OTSM Championships.

In addition, This meet will happen regardless of the turn out. The idea of having this in conjunction with a Highland Games meet is I hope to get some new members to sign up. You will notice I don't have a deadline. All comers! So don't worry about the meet being cancelled due to low turnout. THIS WILL HAPPEN!

Finally, bring some shade, sunscreen, and a folding chair. It's pretty wide open at my place so shade is tough to find. I don't sunburn and don't notice it....but we've toasted a few of the fair skinned lifters and throwers at my place!

Hope to see you there!

 Categories: [USAWA Daily News](#) |  Tags: [JWC](#), [Oldtime Strongman](#), [Thom Van Vleck](#), [USAWA](#), [USAWA Meets](#)

Frank's BBC RB

 March 27, 2014 | Authored by | [Edit](#)

by Frank Ciavattone Sr.

MEET WRITEUP AND RESULTS

Frank's Barbell Club Record Breaker

This meet was held March 15, 2014. This meet had seven competitors, all showing up before 9:00 am. Immediately following weigh-in there was a pancake breakfast, enjoyed by all.

After that we had a list of records to be broken with a rules clinic. Lifting started promptly at 10:00 am. There were two female, two teenage and three male lifters. The women lifters did an outstanding job with newcomer Taylor Richards. She was inches away from breaking the all time Left Hand Ciavattone Lift with a weight of 167 pounds. Also not to be out-done was Colleen Lane, lifting with an injury still managed to compete.

In the teenage division we had two new members pulling off some great lifting which enabled them to get into the record books. Brenden McAuliffe, 16 years old and Matthew McCarthy, 18 years old, both lifted 1200 pounds in the Hip Lift with very little training before this meet.

In the open division we have returning lifter Joseph Ciavattone, Jr. Joesph did some unusual USAWA lifts. Joe Sr. also performed some extraordinary gripping strength and pressing movements.

Last but not least, Frank Ciavattone, Sr. Meet Director, due to injury performed a couple of lifts, all with ease and impressive form, leaving the crowd in awe.

The two referees were Joe Ciavattone Sr. and Frank Ciavattone Sr. Everyone that attended truly was amazed at the lifting and comradeship had by all. The meet ended with a buffet style banquet. All food at this meet was prepared by one of the lifters, Colleen Lane, which helped to round out this outstanding day of lifting.

LIFTERS AND LIFTS:

Taylor Richards 23 years old, 194 lbs. BWT

Left Hand Ciavattone 153 pounds

Hip Lift 700 pounds

Colleen Lane 57 years old, 211 lbs. BWT

Left Hand Ciavattone 122 pounds

Right Hand Ciavattone 122 pounds

Brenden McAuliffe 16 years old, 178 lbs. BWT

Left Hand Ciavattone 166 pounds

Hip Lift 1200 pounds

Matthew McCarthy 18 years old, 213 lbs. BWT

Two Hand Ciavattone 375 pounds

Hip Lift 1200 pounds

Joseph Ciavattone Jr. 20 years old, 218 lbs. BWT

Clean and Seated Press 200 pounds

2 inch Clean and Press 208 pounds

Close Grip Bench 270 pounds

Joe Ciavattone Sr. 45 years old, 225 lbs. BWT

Left Hand Ciavattone 218 pounds

Fulton Lift Left Hand 166 pounds

Fulton Lift Right Hand 142 pounds

2 inch Clean and Press 168 pounds

Close Grip Bench 240 pounds

Frank Ciavattone Sr. 59 years old, 285 lbs. BWT

Left Hand Fulton Lift 166 pounds

Right Hand Fulton Lift 166 pounds

Hands Together Bench 180 pounds



Categories: [2014 Meet Results](#), [USAWA Daily News](#) |  Tags: [Franks Barbell Club](#)

Buridan's Ass



March 28, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

The story of Buridan's Ass is a paradox where an ass (ass as in burro or donkey....not someone's backside) is that is equally hungry and thirst is placed between a pail of water and a stack of hay. The ass dies of hunger and thirst because it can't make a decision about which way to go! It is actually based on a parable going back to Aristotle. The more modern version you may be more familiar with is the term "paralysis by analysis".

Regardless of where it comes from it is the state of over thinking a situation to the point that no decision is made. There is another parable that I think describes this mental dilemma even better:

There was a fox and a cat arguing over who had the better escape plan. The fox had hundreds while the cat had only one....run up a tree. Suddenly a pack of hounds approached and the cat shot up a tree to safety while the fox darted back and forth trying to decide what would be his best option. In his indecision he missed his opportunity to escape and was caught.

You can get so caught up in seeking the perfect solution that no decision occurs and you end up making mistakes, missing chances, and losing the ability to test out ideas that may have worked for fear there was a better method just around the corner.

How does this related to lifting? In a way it's been the story of my lifting career! I fancy myself a pretty smart guy. I associate and affiliate myself with the lifters and throwers. I read all I can about training. In my early years when I had a spare moment you would find me writing out workouts then erasing parts, adding parts, pondering it....and often never (at best) finishing the workout...or (at worst) never even starting it because I was in search of the "next big thing".

I think every athlete has been in search of that "holy grail" workout that will bring you big lifts and massive muscles.....and hot babes hanging off your biceps! The reality is that there is no perfect routine and the most successful athletes learn to move on quickly and decisively from one routine to the next.

So, I'm saying, don't be an ass.....but how you might ask?

1. Avoid being a perfectionist....which means allowing yourself to fail. Failing happens when we take risks and if you aren't failing then you aren't taking risks to stretch your boundaries. In positive psychology they NEVER call it "failure"....it's always a learning experience.

2. Value speed! Rewire your brain to "go for it". Imagine every decision as a crossroads and you have no brakes on your car. Make a decision and power through. What's the worst that could happen? You back up and take the other road? You will still save time over indecision AND you have the learning experience of what was the other way.

3. Focus on starting. Too often we start to look too far down that road and trying to see where it goes. If you have an idea, take 30 minutes, or a set time, and go for it all out. Then assess where you are at rather than sitting down and trying to figure it out. Set aside time for analysis...like one hour, a day, or 90 days. Make the amount of time you are in action greater than the analysis time.

4. Break down goals, look for quick wins, and appreciate every step that moves you forward. We too often focus only on failure and in the process we forget to look at what worked. Remove the fear of failure and replace it with an attitude that you embrace change and find opportunity in it rather than potential failure.

5. Develop habits and routines that avoid the paralysis. I am reminded of the Nike slogan, "Just Do It". For me it's the Bible Verse James 1:12 which tells us to "Persevere under trial" and those who do will be given the ultimate reward. Have things that help you get focused and develop them.

Finally, don't do to this article what I'm encouraging you NOT to do. Analysis is good! As a matter of fact there is a common fallacy that our first answer is more often the right answer. Have you ever been told to "go with your gut" when you don't know the answer on a test? Well, I hate to break this to you but it's NOT TRUE! It has been proven in study after study. More often we will change a wrong answer to a right one...almost 2 to 1! So why is there this perception that we change right answers to wrong? Because we tend to focus on failure! So, it is important to keep a positive focus to avoid creating your own fallacies or misconceptions.

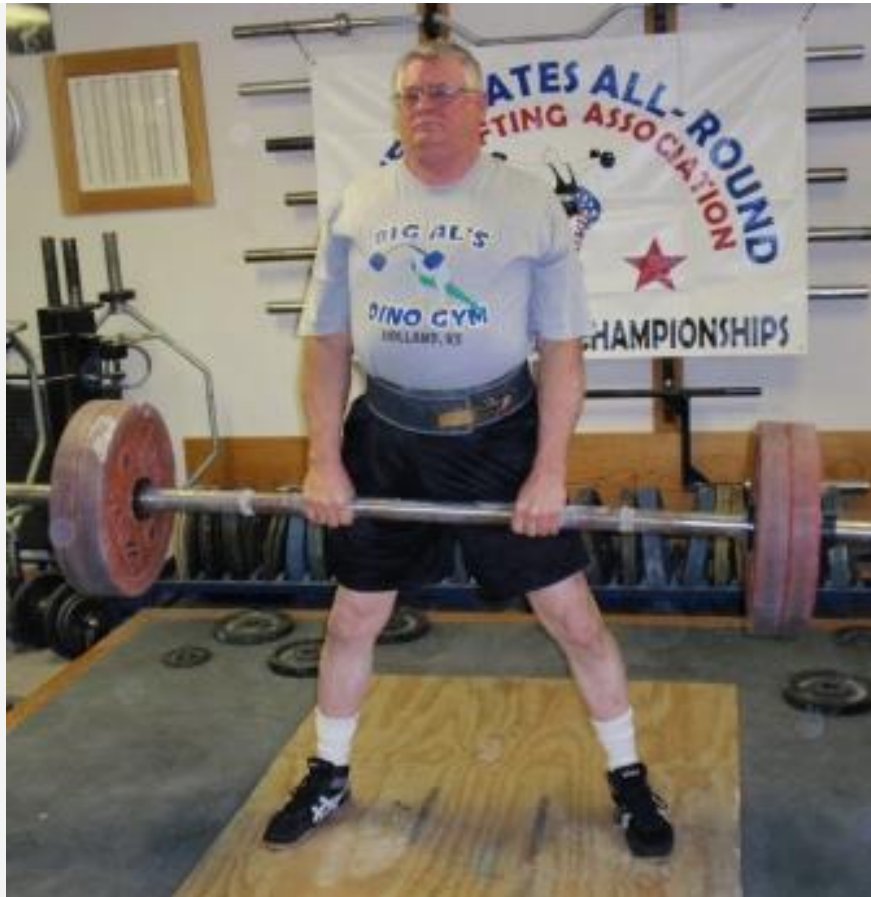
As my Uncle Phil told me....train smarter not harder.

 Categories: [USAWA Daily News](#) |  Tags: [Thom Van Vleck](#), [Training Motivation](#)

Lifter of the Month: LaVerne Myers

 March 31, 2014 | Authored by | [Edit](#)

by Al Myers



LaVerne Myers in action with a 300# Deadlift with the Fulton Bar, Ciavattone Grip at the 2013 Grip Championships (I did not get any pictures at the 2014 meet because I was busy being the head official, my apologizes).

March is over so it's time to get the lifter of the month for February announced! I had to think "long and hard" on this decision, but I've made the choice of choosing my father LaVerne Myers as the 2014 USAWA February Lifter of the Month. Now before you start accusing me of "playing favorites" in my choice let me tell you why!

The only USAWA competitions held in February were the Grip Championships and the Dino Gym Record Day, which were held "back to back" on a weekend in February. They were sanctioned as separate competitions. The Grip Championships is one of our Championship events held every year so I decided the lifter of the

month should come from that meet. LaVerne placed second in a very strong men's field (9 lifters) that included guys like Dan Wagman, Eric Todd, Lance Foster, Dave Glasgow, Keith Thompson, Scott Tully, Dean Ross, and Mike Murdock, . It was one of the best attended Grip Championships the USAWA has had. LaVerne placed second to the "unbeatable" Dan Wagman by only 6 points in the overall. LaVerne had a great meet – with lifts of 123# Dumbbell Walk (the top lift in the meet), 280# Fulton DB DL, 253# one arm deadlift, and 165# middle fingers deadlift.



LaVerne receiving his award at the 2014 Grip Championships (left), presented by myself (right).

Congrats to LaVerne on a being the LIFTER OF THE MONTH!!!

 Categories: [USAWA Daily News](#) |  Tags: [LaVerne Myers](#), [Lifter of the Month](#)

Joe the Turk OTSM

 January 26, 2014 | Authored by | [Edit](#)

by Tim Piper

MEET ANNOUNCEMENT AND PRESS RELEASE

Joe the Turk" Old Time Strongman Meet

The Macomb Salvation Army will host the 2nd annual "Joe the Turk" Old Time Strongman Meet on April 19th. "Joe the Turk" was Macomb Illinois' original "strongman" and holds a unique and special place in the history of the Macomb Salvation Army. At the turn of the 20th century Joe the Turk was in Macomb for a short time helping clean up the town of crooked laymen and henchmen. He did so by being unafraid of their tactics and

standing steadfast in his belief that good would prevail. While he only spent a short time in Macomb it seemed fitting to name the United States All-round Weightlifting Association (USAWA) sanctioned meet in his honor.

If the weather permits, the meet will be held outside. Being that the meet is slated for April in Illinois this may be a long shot but our outside meets are always fun. We have a fun list of OTSM lifts scheduled as well as an optional record setter slated for the meet. Our local lifters are excited about the meet and we hope to recruit as many as possible to become USAWA members. Since the Salvation Army gym is hosting the 2014 Nationals this should give us a good opportunity to get more of our local gym members involved in the USAWA.

The lifts include:

Cyr Press

Anderson Squat

Hackenschmidt Floor Press

Peoples Deadlift

We know we are quite a trip for many USAWA lifters but all are welcome. If anyone needs help with directions or hotel information feel free to contact me at the phone and address on the entry form.

ENTRY FORM: [Joe the Turk OTSM 2014](#)



Categories: [USAWA Daily News](#), [USAWA Events](#) |



Tags: [Joe the Turk](#)

New Direction for the USAWA!



April 1, 2014 | Authored by | [Edit](#)

by Glückliche Aprilscherz

As of today we have new leadership in the USAWA! Out with the old and in with the new and happening. The NEW ORDER is bringing many new things to the old, stodgy USAWA. First of all, DRUGS! Lots of them. Plenty of steroids, spheroids,asteroids, hemorrhoids, HGH, UGH, SheGh, WeallGH! Let's face it. That's what the masses want! We don't want to fall behind the times do we? Of course not!

The next big move will be supportive gear. Super suits, super wraps, super shoes, super britches, super bras, super socks, and my favorite.... super long johns! There will be a special line of gear that is endorsed by the USAWA. We have partnered up with a hydraulic firm that will put hydraulic jacks in our lifting suits. I just got my "fork lift" gym shorts and immediately squatted 5000lbs! It made me feel like a real man, too!

Rules.....NO MORE RULES! Who needs 'em! We just fight over them and it makes everyone feel bad. The rulebook takes forever to read and who wants to read! Just make stuff up and pass everything. Heck, no rules means we don't need judges! That's a bonus! Who needs someone looking down their nose at you

while you are lifting making you do a legit lift that has some semblance of correctness. Just slop it up and down....or just down...who cares!!!!

Winning? Well, that's not with the times fellas! There will be no losers in the USAWA. Everyone will be a winner and feel great about themselves. The new judges tree will simply flash white lights whenever you step on the podium....or EVEN BEFORE! Just show up...heck, don't show up...and we'll give you a trophy. Why should you lift heavy weights and get all sweaty? Why should you suffer from low self esteem because you aren't the strongest man in the world and you have worked out for at least 20 minutes for 3 or 4 times. You should be rewarded for just trying....heck...forget about even trying...you should be rewarded for just wanting it "real, real bad".

Money!? Who needs it. It only screws things up. So the meets will be totally free. Someone else will do all the work, too! This is my favorite part. I have even proposed that we go all professional and we all get paid THOUSANDS of dollars for showing up to meets (or not showing....just thinking about it hard enough and should be rewarded). The USAWA will immediately petition the government for stipend to make this happen. We also propose that we all be able to quit our jobs so we can just workout. I'm sure that will be fine....I'm sure there's a whole bunch of people out there that like to work and give away their money and why not give it to people who are deserving....LIKE US!

So, welcome to the new USAWA! And we will make today our special holiday! Happy April 1st!



Categories: [USAWA Daily News](#) |



Tags: [April Fools!](#)

The rest of the story....



April 3, 2014 | Authored by | [Edit](#)

by Eric Todd

Growing up, when we listened to the radio, it was always 61 Country (an AM station out of KC) or KMRN (a local AM station). On both of those stations, I enjoyed listening to Paul Harvey's "The Rest of the Story". Last year, I wrote an article called "Where Do We Go?" that detailed some of the reasons that I feel our membership in the USAWA is not terribly substantial. Well, in this article, I would like to discuss "The Rest of the Story", benefits of all-round that draw lifters to the USAWA.

The USAWA offers something for everyone. Everyone has their own strengths. There are a multitude of lifts in the USAWA across many different aspects of strength. There are grip lifts, heavy lifts, 2 man lifts, dumbbell lifts, and barbell lifts. There are eccentric lifts and very standard lifts (variations of the Olympic and powerlifting movements). So there are many different ways to demonstrate your strength. One should never be bored doing all-round. Even if you have an injury, or are limited in some way, you should be able to find some way to excel in the USAWA.

Secondly, the USAWA is drug tested. If you are new to the USAWA, you will probably be tested. IF you have dramatic increases in your lifts, you will probably be tested. Please take no offense. It is how we maintain the integrity of our drug free organization. I, for one, take a great deal of comfort knowing that I am lifting on an even playing field with other drug free lifters.

There is definitely camaraderie, a brotherhood, whilst lifting in the USAWA. It is a small enough organization that you get to know most of the good folks lifting within it. Because of this, the meets are not only competitions, they are like family reunions. I want to out lift the other competitors, but I am rooting for them all the while to lift their very best. It is the best environment to be lifting in.

Then there are the Heavy Lifts. No other organization has them, to my knowledge. If you want to inflate your ego a little, and swell up in the chest, do some Heavy lifting. Through no other means will you lift as much. I have done a ton or more in 4 lifts now, and I am not close to being the best of the best.

There is nothing more old school than lifting all-round. Because of that, you will get to lift in some of the coolest old school gyms you have ever seen. If you love the history behind weightlifting, some of our old school USAWA gyms are wealthy in weightlifting history. I know I have not been to all of them, but if you want to experience strength training and weightlifting history, visit Al's Dino Gym, Clark's championship gym, or the JWC Training Hall. I am sure there are many others in the USAWA.

The USAWA is a very unique organization for strength training. Sometimes it can be humbling, but is always a great time. For any strength enthusiast who has not tried competing in a USAWA meet, you are missing out. I suggest coming out. You will meet some great people and get to challenge yourself in ways you never had before.



Categories: [USAWA Daily News](#) |



Tags: [USAWA](#)

It is not the critic who counts



April 7, 2014 | Authored by | [Edit](#)

by Eric Todd

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly; who errs and comes short again and again; because there is not effort without error and shortcomings; but who does actually strive to do the deed; who knows the great enthusiasm, the great devotion, who spends himself in a worthy cause, who at the best knows in the end the triumph of high achievement and who at the worst, if he fails, at least he fails while daring greatly. So that his place shall never be with those cold and timid souls who know neither victory nor defeat."-Teddy Roosevelt

This quote by President Roosevelt was introduced to me by Coach Fallein, my high school wrestling coach. It always stuck with me, I guess because I was competitive in nature. One could argue that through this quote, a parallel can be drawn between weightlifting and life. There has been more than one occasion where I have witnessed someone who weightlifting (or another competitive avenue) came easy to. They try it a few times, whip the competition, and then disappear into the night. My first thought always was that if I was that natural at something, I would do it as much as possible, and be the best in the world. But alas, it was not to be and I had to scratch and claw for every PR and victory I have achieved. So why did these guys disappear? While pondering this question with colleagues, we determined that the success had come too easy for these guys. They had not felt the sting of failure. They did not have to go back to the gym, back to the drawing board, refocus and re-attack. Thus when they re-entered the arena and were victorious, they knew not of the contrast between the thrill of victory and the agony of defeat.

It is those hills and valleys that make our companionship with the weights so rewarding. Clearly, winning is the goal. But the ride to get there is what it is all about. Am I satisfied with a win if I did not lift as I am capable? There have been a time or two (no more) that I was almost satisfied with second, as I performed above and beyond anything I could have hoped for, the other guys was just better (which stings a bit anyhow). Throughout it all, though, you have got to allow yourself to enjoy the ride.

There was a time in 2003, when I was just off winning my weight class at strongman nationals. I was top 3 overall, 1 point out of second, and the first place guy received his pro card. I knew that I was going to go pro at my next contest. I poured all my eggs into 2003 Lumberjack days in Stillwater, MN. I trained like a maniac for this contest; I could not lose. I knew Dave Ostlund (of World's strongest Man fame) would be there, and he was tough, just coming off a top 3 placement in his weight class at nationals, but I was 2 and 0 against him, and knew I could make it 3 in a row. Well, the meet came and went. I ended up 3rd. I lifted fairly well, but it just was not enough. I was devastated. I had to regroup and do some soul searching. I had to re-prioritize things, and decide if I was even going to get back to the drawing board. This loss stung.

I am glad I chose to remain stalwart in my pursuit of strength. I tried a few more times for my heavyweight pro card, and was close, achieving a couple second place finishes. Ultimately, I chose to drop to the new 105 kilo division, and within half a year, I had earned my pro card at the 2005 Monsters of the Midwest. It happened in the most dramatic of fashions. Me and Dino Nick were tied going into the final event: the Atlas Stones. I had gone first and put up a quick time. However, when Nick started, he was on pace to beat me. He was on pace until the final stone, and he just was not quite able to load it. Believe me, at that moment, I was at the top of the world. That peak was so high, because of the depth of the valleys.

The highs and lows, that is the spice of our lives. I love living in the country in Missouri. I love seeing the seasons change. The May days that are sunny and in the seventies are so much sweeter because of the blizzards in January. The peaks are made remarkable because of the valleys we are made to toil through.

A couple years ago, right before thanksgiving, Mom called and said she would not be able to watch Phoebe the next day as she was not feeling well. Well we scrambled to make alternate plans, but something in the back of my mind kept me a little worried about Ma. Any of you who know her know that she is never sick, or at least wont hardly admit to being, and NOTHING will stand in the way of her time with her grandbabies. So I felt that something as a bit off. Well, I called the next day, and she was clearly not well. I talked her into going into the ER, and she ended up having an emergency surgery to remove a cancerous tumor from her colon. Though surgery went as well as could be expected, it was an invasive surgery, and she had to spend some time in ICU recovering.

I spent a lot of time at the hospital over that holiday break, spending time with ma, and spending time with dad. He clearly was worried. He had been a bit ill himself, with what appeared to be something respiratory. Dad, Jennifer, and Phoebe ate Thanksgiving dinner at Cameron Regional Medical Center that year. Me and Dad stayed most of the day, and into the night. We then made our way home, and I to bed, trying to get a little sleep, as during this time I had been lacking. At around midnight; however, I was awakened by the telephone. It was Dad. He asked me to take him to the ER. We went in, and as it turns out, his affliction was not respiratory at all. He had atrial fibrillation which was causing his heart to go crazy, and as it turns out it was a miracle he did not have a heart attack. So, that night, I got to move dad into the ICU next to Mom. I spent the rest of the night going back and forth to the hospital getting medications, clothes, etc. I finally was able to sleep around 8:00 in the morning. Those days were some dark ones. It was tough keeping everything together and trudging on through. I was in a valley. Mom and Dad both recovered miraculously. They are both are doing wonderful. I enjoy each and every minute I get to spend with them. I have a beautiful wife and two amazing kids. I have a job I love, and get to lift for fun. I am not lifting the best I ever have, but am still confident my best years are ahead of me. My life is a grand one. Those valleys I have been to let me know just how glorious these peaks can be.

I can tell you this, learning to deal with the peaks and valleys in sport goes a great deal toward teaching us how to deal with adversity in our lives. Getting my tail kicked on the wrestling mat (I can tell you, it is personal-you physically get your tail beat by another individual, saying he is the better man that day) on the football field, the track, in the weightlifting arena, and having to figure out how to deal with it and come back from it has helped teach me how to face the trials and tribulations in life. And it has shown me just how precious each victory, no matter how small, can be.



Categories: [USAWA Daily News](#) | Tags: [Eric Todd](#)

Zercher Classic



April 9, 2014 | Authored by | [Edit](#)

by Al Myers

ZERCHER STRENGTH CLASSIC

The Zercher Strength Classic, the oldest meet in the USAWA, just concluded with another year of competition. This long-standing meet has been a fixture at Clark's Gym since the early 80's to honor the St. Louis Strongman Ed Zercher.

Four brave lifters showed to tackle this 13 event affair – all held over the course of one day. Joe Garcia came out the champion of the meet, with a 7470 pound total. Newcomer Dave Emslie came in second over a couple of wily veterans Bill Clark and Al Springs. Bill Clark commented in a letter to me with the results that Dave “may be a tough competitor in the future in many lifts.”

I was glad to see Bill lifting in the meet. He put up a solid hip lift of 805 pounds, even though he commented in his letter that he had hoped to get 1000 pounds, but said he must be careful with the replaced hip and broken femur. For those unaware of Bill's joint replacements, he has had more than most people have fingers!

Afterwards there was a record day session, as if the 13 event Zercher meet wasn't enough! Many new USAWA/IAWA records were set by Joe, Bill, and Dave. It looked like a great day of lifting!

MEET RESULTS:

Zercher Strength Classic

Clark's Gym

Columbia, MO

March 29th, 2014

Meet Director: Bill Clark

Officials: Bill Clark, Joe Garcia

Lifts: Leg Press, Clean and Press- Heels Together, Continental to Chest and Jerk, Deadlift – One Arm, Hack Lift, Deadlift – heels Together, Zercher Lift, Steinborn, Bench Press – Feet in Air, Hand and Thigh, Neck Lift, Hip Lift, Harness Lift

| | Joe Garcia | Dave Emslie | Bill Clark | Al Springs |
|-----------|------------|-------------|------------|------------|
| AGE | 60 | 73 | 81 | 72 |
| BWT | 214 | 175 | 238 | 196 |
| Leg Press | 400 | 400 | 200 | 300 |
| C&P | 155 | 95 | -- | 95 |
| C&J | 165 | 105 | -- | --- |
| DL-1 | 225R | 225R | 155R | 155R |

| | | | | |
|-----------|--------|--------|--------|--------|
| Hack | 280 | 250 | 185 | 250 |
| DL-HT | 280 | 250 | 135 | 250 |
| Zercher | 225 | 200 | -- | 125 |
| Steinborn | 145 | 105 | -- | 105 |
| BP-FIA | 215 | 165 | 100 | 135 |
| H&T | 1175 | 475 | 325 | 400 |
| Neck | 405 | 235 | 100 | 145 |
| Hip | 1665 | 805 | 805 | 705 |
| Harness | 2065 | 1105 | 1105 | 875 |
| TOTAL | 7470 | 4270 | 3105 | 3545 |
| ADJ PTS | 7779.6 | 5524.9 | 3587.2 | 4234.4 |

NOTES: All lifts in pounds. BWT is bodyweight in pounds. ADJ PTS are adjusted points corrected for age and bodyweight.

RECORD DAY LIFTS

Bill Clark

Crucifix 10lbs

Curl – Cheat 45 lbs

Deanna Lift 235 lbs.

Deadlift – Left Arm 155 lbs.

Dave Emslie

Crucifix 50 lbs.

Curl – Cheat 95 lbs.

Deanna Lift 430 lbs.

Deadlift 215 lbs.

Deadlift – No Thumbs 265 lbs.

Deadlift – Middle Fingers 145 lbs.

Deadlift – Ring Fingers 145 lbs.

Deadlift – Index Fingers 145 lbs.

Pullover – Stiff Arms 65 lbs.

Pullover and Press – Wrestlers Bridge 65 lbs.

Joe Garcia

Crucifix 70 lbs.

Curl – Cheat 135 lbs.

Deanna Lift 430 lbs.

Deadlift – Fulton DB, Left Arm 157 lbs.

Saxon Snatch 65 lbs.

Brick Holdout – Right Arm 14 lbs.

Brick Holdout – Left Arm 14 lbs.

Dave Beversdorf

Leg Press 700 lbs.

Bryan Mann

Leg Press 700 lbs.

Bench Press – Feet in Air 325 lbs.



Categories: [2014 Meet Results](#), [USAWA Daily News](#) | Tags: [Zercher Strength Classic](#)

Simple Liars, Damned Liars, and Experts



April 11, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

I like talking about training. Even if half the time it evolves in an argument. The one person I have learned the most about weight training is from my Uncle Phil Jackson. He would often say to me, “I’ve forgotten more about training than you’ll ever know”. I still often think he is right. Another guy I’ll mention is Al Myers. I have learned more about throwing for the Highland Games from Al than any other person. A lot of the USAWA crowd may know Al competed in the Highland Games but are not aware he was world class at it. The reason I listened to Al and Phil was not because they were considered by the majority of the lifting or throwing world as experts but because both had something in common with me. None of us were what I would call natural or “gifted”. We all had to work for every bit we have.

First I’ll say this. There’s a fallacy out there that great athletes make bad coaches and mediocre athletes make great coaches. The “logic” given is that great players never really learn how to play and rely on their natural abilities while mediocre players have to learn every trick to get better. The evidence given is that

there are many coaches that were mediocre players. Well, that's just Bull! The reality is that there are MANY more mediocre players and it would make sense that they would end up a majority in the coaching world over the handful of great athletes. What really defines a great coach is knowledge and the ability to impart that knowledge in a way another will take it and use it. They have what's been called "Practical IQ".

Now, I don't know for sure about Al, but I do know that my Uncle Phil would say I've barely listened to him at all over the years. He's partly right, I have been stubborn at times. But I would argue he's mostly wrong. If you look at how I train there's more of him in there than any other person on earth. As for Al, I know I've frustrated him from time to time with a million questions and when he's been nice enough to answer me I've often ripped apart his answers. Al's such a nice guy this may be hard to believe....but I've made him mad more than once! Yet, if you look at how I throw...NOBODY has had more influence on my throwing and how I train for throwing! I have just learned over the years that there are....Simple Liars, Damned Liars, and Experts.

The title for this article refers to a saying among lawyers and judges. It refers to the "expert" witness. It is often used to make the point that you can get an credentialed expert witness to support about anything. Kind of like the saying "Lies, damned lies, and statistics" that make the point that you can find stats to support just about any point of view....whether that point of view is right or not! This is the attitude I bring into how I approach all experts.

Heck, I AM AN EXPERT! I have been called into court numerous times to provide expert testimony as a licensed professional counselor. I have frustrated many judges and lawyers in this role because when I KNOW I'm being looked to as an expert then all the speculation, logic, "makes sense to me" is shoved out of my brain and I got with cold, hard, facts. And the truth is.....you can't get much from cold, hard facts! You need to take that leap and expand out beyond what is known and take your "best guess" sometimes to find success. When pressed by a lawyer or judge, I would preface my "best guess" by saying this is my "opinion based on what I know". That rarely helped....they wanted me to tell them that I "unequivocally" knew the truth and to say it as such.

So, what does all this mean. I guess (based on what I know.....HAHAHA) that I'm trying to say that we need to seek out experts and understand that one person's "expert" may not be your "expert"....we all have different needs. These experts can be anywhere and don't always need to be the "greatest" or the "most famous". We also need to look at being able to mine what an expert can give us even if sometimes they aren't the best communicators. We should never throw out the coaching of on person simply because they gave bad advice one time. That's like the old saying of throwing the baby out with the bath. Finally, we need to open ourselves to find people who know more than us and take a leap of faith on what they are telling us....but always remember there are liars, damned liars, and experts. It's all in how you want to look at it. If you think it's a lie....or the truth...you'll probably be right.



EVERYONE IS A TEACHER

 April 14, 2014 | Authored by | [Edit](#)

BY DAVE GLASGOW

ONE OF THE MANY HATS I HAVE WORN IN MY ADULT LIFE IS THAT OF A PARAMEDIC/RN. FOR SEVENTEEN YEARS, I PLYED MY TRADE AND FED MY FAMILY AS AN EMERGENCY MEDICAL WORKER. DURING THIS TIME, I WORKED 'ON THE STREET' AS WELL AS IN THE EMERGENCY DEPARTMENT OF A LEVEL 1 TRAUMA CENTER IN A METROPOLITAIN SETTING.

IN THAT CULTURE, I HAVE RUN INTO ALL SORTS OF 'CHARACTERS', BOTH IN THE FORM OF PATIENTS AND IN THE MEDICAL PROFESSION, AS WELL. FROM THE OUT HOUSE TO THE PENTHOUSE, AS IT WERE. DURING THIS TIME, I HAVE HAD SOME EXCELLENT INSTRUCTORS AND SOME NOT SO , WELL..., GOOD. THE ONES I LEARNED THE MOST FROM WERE 'OLD SCHOOL' MEN AND WOMEN THAT HAD 'BEEN DOWN THE OLE HARD ROAD'. USUALLY, THESE FOLKS WERE QUIET, CONFIDENT AND UNASSUMING PROS THAT MADE THEIR JOBS AND ACTIONS LOOK EFFORTLESS. THEN, AGAIN, THERE WAS THE OTHER END OF THE SPECTRUM.

ONE OF THESE INDIVIDUALS IMMEDIATELY STANDS OUT, WHENEVER I THINK ABOUT THIS SUBJECT. ONE THAT I WILL NEVER FORGET.

TERRY (NOT HIS REAL NAME) WAS A GEM. I CAN STILL SEE HIM HOLDING 'COURT' OVER A ROOM OF EMT STUDENTS, IMPARTING HIS 'WISDOM' IN A MANNER THAT, TO THOSE NOT 'IN THE KNOW', WAS FULL OF GREAT TIPS AND KNOWLEDGE FROM A GRIZZLED VETERAN. TRUTH BE KNOWN, TERRY WAS A MARGINAL TECH, AT BEST; AND FAR FROM A VETERAN. DON'T GET ME WRONG, WHEN IT CAME TO THE DIDACTIC END OF THE JOB, HE WAS TOP DRAWER. WHEN HE TRIED TO WORK IT TO THE STREET, HOWEVER, THERE WAS AN ISSUE. HIS CALLS WERE A NIGHTMARE OF INDECISION AND CHAOS. SOMEHOW, HE JUST NEVER SEEMED TO BE ABLE TO PUT IT TOGETHER. HOWEVER, WHEN THE HEAT WAS OFF, HIS BATTLESHIP MOUTH WAS SURE TO OVER LOAD HIS ROW BOAT ASS. YOU COULD COUNT ON IT.

WELL, BEING AS I AM, THIS BRAVADO BEHAVIOR BOTHERED ME TO NO END. I HAVE ALWAYS BEEN THE TYPE TO LIVE IN A 'PUT UP OR SHUT UP' TYPE WORLD. I DON'T NEED TO EXPLAIN THIS, I'M SURE.

I TOOK MY FRUSTRATION WITH TERRY TO MY PARTNER, THE GUY WHO TAUGHT ME EMERGENCY MEDICINE, WHEN I WAS A 'PUP' AND CONSIDERED, BY ALL, TO BE THE 'REAL DEAL'. HE LET ME VENT FOR 10 MINUTES OR SO, CALMLY LIT HIS CIGARETTE AND QUIETLY SAID, 'DON'T YOU SEE HOW MUCH YOU CAN LEARN FROM TERRY?'

HUH?? ARE YOU SHI**ING ME?? WHAT COULD I POSSIBLY LEARN FROM TERRY?? HOW TO TURN A ROUTINE CALL INTO A DISASTER?? MY VENUNCULAR PARTNER SAID, "SIMPLE. YOU CAN LEARN FROM TERRY BY SEEING WHAT HE DOES WRONG AND MAKING SURE YOU DON'T DO IT YOURSELF!'. SIMPLE AND BRILLIANT!

I HAD NEVER THOUGHT OF IT IN THAT LIGHT. THAT CHANGED MY WHOLE THOUGH PROCESS, FROM THEN ON.

WHAT MADE ME THINK OF THIS IS DUE TO THE RECENT BOOM OF 'SOCIAL MEDIA', I HAVE NOTICED MORE AND MORE FROM 'YOU TUBE' VIDEOS THAT PEOPLE POST THEIRS LIFTS, EXERCISES OR WORKOUTS. AS WITH MY EXPERIENCES IN THE ER WORLD, THEY, TOO, RUN THE GAMUT FROM GOOD, TO POOR, TO, DOWNRIGHT, DANGEROUS!

ONE NEEDS TO BE VERY CAREFUL WITH THESE 'KEY BOARD' EXPERTS. THEY MAY VERY WELL BE LEGITIMENT BUT SOME COMMON SENSE NEEDS TO BE APPLIED.

SO, THE NEXT TIME YOU SEE OR HEAR ABOUT AN INDIVIDUAL THAT DID SOMETHING YOU DEEM DANGEROUS OR SILLY, REMEMBER THIS.....

YOU CAN LEARN FROM ANYBODY. YOU JUST HAVE TO KNOW WHAT YOU ARE LOOKING FOR.

EPILLOGUE.....SOME YEARS LATER, I FOUND OUT THAT I HAD ONE MORE THING TO LEARN FROM TERRY.

ONE RAINY NIGHT WHEN TERRY AND HIS PARTNER WERE WORKING A MOTOR VEHICLE ACCIDENT IN SOUTHERN TEXAS, AN ELDERLY MAN, DRIVING A PICK UP, WAS CONFUSED BY THE RAIN, THE DARK AND THE FLASHING LIGHTS. TERRY SAW THE CAR COMING DIRECTLY AT THEM AND COULD HAVE, EASILY, JUMPED CLEAR. INSTEAD, HE SCREAMED A WARNING AND WITH ONE DESPERATE, MIGHTY SHOOVE, HE PROPELLED THE CART, WITH THE PATIENT ON IT, INTO HIS PARTNER. THE MOTION KNOCKED BOTH THE PATIENT AND HIS PARTNER WELL CLEAR OF THE ONCOMING MISSLE, WITH NOT AN INSTANT TO SPARE. TERRY WAS CRUSHED BETWEEN THE CAR AND HIS UNIT. HE DIED INSTANTLY.

IN THE END, HE TAUGHT THE MOST IMPORTANT LESSON OF ALL. "Greater love has no one than this, that one lay down his life for his friends." JOHN 15:13



Categories: [USAWA Daily News](#) | Tags: [Dave Glasgow](#), [Training Advice](#)

1st Quarter Postal



April 15, 2014 | Authored by | [Edit](#)

by Al Myers

1st QUARTER USAWA POSTAL MEET

The results are in! Two women and six men tackled the 1st Quarter USAWA postal meet with great results. Ruth Jackson won the overall womens division, with Crystal Diggs second. Chad Ullom took the overall in the mens division, with Barry Bryan a close runner up. Congrats to all who competed!

I would like to take "a minute" and make a few comments on these postal meets and the submission of results. A certified official makes sure you complete the lifts in appropriate manner, but there is no one to supervise the filling out of the result sheet. This is left up to the individual lifter. I noticed in this meet that there are several instances where a lifter didn't designate an arm in the result sheet for the one arm lifts. Not that that is a problem for figuring up your total, but it takes you out of consideration for potential records as they are kept per hand. Also, make sure the official/officials sign your entry form and it is completed entirely and neatly.

Also – I have no problem with lifters completing the lifts and sending them into Denny if not a current USAWA member. Enjoy the free meet! But don't expect to see your results in the final meet results here on the website if you are not a current USAWA member. Not sure if you are???? It's easy to tell – check the membership roster – it's always up to date. I WILL NOT notify anyone if this occurs, so please don't expect that out of me. I have no interest in being a collection agent for the USAWA. I got a simple rule – NO PAY, NO PLAY. Make sure your membership registration is up to date BEFORE you enter if you want to be part of the official tally.

I'm glad to see the USAWA Postal Series Meets continuing in the USAWA. Thanks again to Denny for taking on the role of Postal Meet Director. I think this will be another great year for these competitions!

MEET RESULTS

1st Quarter Postal Meet

March 1st-31st, 2014

Meet Director: Denny Habecker

Lifts: Swing – Dumbbell, One Arm, Deadlift – No Thumb, One Arm, and Deadlift – 2 bars

Lifters using a Certified Official:

Ruth Jackson – Certified Official Jarrod Fobes

Crystal Diggs – Certified Official Ruth Jackson

Chad Ullom – Certified Official Al Myers

Eric Todd – Certified Official Lance Foster

Barry Bryan – Certified Official Denny Habecker

Denny Habecker – Certified Official Barry Bryan

Lance Foster – Certified Official Eric Todd

Keith Thompson – Certified Official Eric Todd

WOMENS DIVISION

| LIFTER | AGE | BWT | SWING | DL-NT | DL-2 | TOT | PTS |
|---------------|-----|-----|-------|-------|------|-----|-------|
| Ruth Jackson | 52 | 108 | 55-R | 97-R | 210 | 362 | 539.4 |
| Crystal Diggs | 27 | 134 | 30-R | 60-R | 150 | 240 | 276.6 |

MENS DIVISION

| LIFTER | AGE | BWT | SWING | DL-NT | DL-2 | TOT | PTS |
|----------------|-----|-----|-------|---------|-------|-----|-------|
| Chad Ullom | 42 | 258 | 135-R | 209-R | 562 | 906 | 729.0 |
| Barry Bryan | 56 | 196 | 80-R | 187.3-R | 330.7 | 598 | 632.4 |
| Denny Habecker | 71 | 196 | 60-R | 143.3-R | 319.7 | 523 | 624.0 |
| Eric Todd | 39 | 256 | 125 | 210-R | 450 | 785 | 615.6 |
| Lance Foster | 48 | 334 | 55 | 155 | 310 | 520 | 439.9 |
| Keith Thompson | 27 | 228 | 105 | 230 | — | 335 | 278.6 |

NOTES: BWT is bodyweight in pounds. All lifts in pounds. R and L designate arm used. TOT is total pounds lifted. PTS are adjusted points for age and bodyweight correction.

 Categories: [2014 Meet Results](#), [USAWA Daily News](#) |  Tags: [Postal Meet](#)

Lifter of the Month: Joe Garcia

 April 21, 2014 | Authored by | [Edit](#)

by Al Myers



Joe Garcia lifting a up a big Hip Lift!

The Zercher Strength Classic, a long held traditional meet held at Clark's Gym, was the featured meet of the month of March. So it comes as no surprise that the winner of this prestigious meet is crowned as the USAWA LIFTER OF THE MONTH for MARCH. Joe Garcia defended a tough class of 4 hard-nosed competitors to take the overall win, and because of this, earned the lifter of the month. Way to go Joe!!!!

I'm guessing that Joe has competed in more Zercher's than any other lifter thru it's 25 year plus history. There is no harder meet than the Zercher – having to do 13 different all-round lifts in one day, and amongst the lifts several heavy lifts. It's the same as several meets packed into one!

Congrats to Joe Garcia for being awarded USAWA Lifter of the Month for March, 2014.



Categories: [USAWA Daily News](#) | Tags: [Hip Lift](#), [Joe Garcia](#), [Lifter of the Month](#)

The 10,000 hour rule



April 23, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

I just got done reading a book by Malcolm Gladwell. He has had several best sellers, this one is "Outliers". The 10,000 hour rule is just one of many great chapters in the book and I could not agree more with his conclusion.

First, it takes 10,000 hours to master anything....even for the so-called "natural". He cites numerous examples, but one of my own examples is the actor Eddie Cantor. He said, "It takes 20 years to make an overnight success". Too often we look at successes and we don't realize how much work went into that effort. Sure, some have more aptitude than others but you aren't them. If you want to be the best at whatever it is you want to be good at you MUST put in the hours to be successful.

Second, and this plays right out of the first, is there is no such thing as "natural talent". In studies done on the the greats in any given field, lifting, throwing, music, etc.....there is a DIRECT STATISTICAL RELATIONSHIP BETWEEN HOURS OF PRACTICE AND ACHIEVEMENT. There is no short cut!

Third, the elites tend to love what they do so they want to spend the time doing it. That is the secret to getting in the hours. Finding the intrinsic value in what you do when you do it. If you are looking at what you are doing (lifting for example) as a chore and only at the eventual outcome then you are not likely to achieve your highest level of success. Find the value in each and every workout or practice session. I often think of the Marines when we would do our group exercises. We would chant over and over, "We love it! Good for me! Good for you!". Find that joy in what you are doing or eventually you subconscious will begin to sabotage your efforts and you will not master your talents.

I have spent too much of my life admiring the "natural talents" of others when that energy could be better spent on my own "10,000" hours. So, embrace the work, learn to love it, and know that hard work equals success more than any other equation!



Categories: [USAWA Daily News](#) |  Tags: [Thom Van Vleck](#)

Joe the Turk OTSM



April 28, 2014 | Authored by | [Edit](#)

by Tim Piper

MEET PRESS RELEASE AND RESULTS

"Joe the Turk" Old Time Strongman Meet 2014

The Macomb Salvation Army hosted the "Joe the Turk" Old Time Strongman Meet on April 19th. "Joe the Turk" was Macomb Illinois' original "strongman" and holds a unique and special place in the history of the Macomb Salvation Army. At the turn of the 20th century Joe the Turk was in Macomb for a short time helping clean up the town of crooked laymen and henchmen. He did so by being unafraid of their tactics and standing steadfast in his belief that good would prevail. While he only spent a short time in Macomb it seemed fitting to name the United States All-round Weightlifting Association (USAWA) sanctioned meet in his honor.

The USAWA was formed over 25 years ago to continue the longstanding tradition of old-time weightlifters like Eugene Sandow, Louis Cyr, Apollon, Paul Anderson, and countless others. The organization hosts meets throughout the country and is a member of the International All-round Weightlifting Association (IAWA). The lifts contested in USAWA meets are often based upon lifts that were performed in traveling circus performance acts, side shows, and festivals. Many bear the name of the old-time strongman who made them most famous. The lifts are quite atypical; involving often rarely seen variations of squats, deadlifts, and overhead movements, employing primarily simple bars and plates without the benefit of spotters. Like the old-time strongman, the lifter is tested for maximum strength while maintaining control of the barbell at all times. This was a small but exciting meet with all lifters setting numerous national records.

The meet was held outside the Salvation Army gym in the warm sun. The first lift was the Cyr Press which involves taking a standard dumbbell to the shoulder and then pressing it overhead one handed. 34 year old January Rowland of Independence Iowa did well setting a new womens national record of with a lift of 25 kilos or 55 pounds. Twenty-eight year old, 250 pound Jared Abry from Good Hope Illinois set a new personal best of 127 pounds.

The next lift was the Anderson squat, named after the late Paul Anderson. This lift consists of a partial squat with the barbell starting at 2/3 the individuals standing height. Jan Rowland lifted 225 pounds for a new womens national record. Jared Abry set a new personal best with a squat of 540 pounds.

The next lift was the Hackenschmidt Floor Press which consists of a barbell press performed on the floor with the barbell starting at a height of not more than 15 inches of the ground. Rowland lifted 121.25 pounds for a new national record. Abry also set a new national record with a press of 275 pounds.

The final lift of the day was the Peoples deadlift, named after Tennessee powerlifter Bob Peoples, and is a deadlift that starts with the barbell at 18 inches off the ground. Rowland lifted 275 pounds for new personal and national record. Abry lifted a new personal best of 518 pounds. All lifters received commemorative "Joe the Turk" mugs. For his efforts the best overall lifter Jared Abry received a set of Indian clubs similar to the sort that Joe might have recognized in his days in Macomb. While small, the meet was a lot of fun for me and I think Jared and Jan had a good time. Plans are already starting for next years "Joe the Turk" Old Time Strongman meet.

MEET RESULTS

Joe the Turk OTSM
Salvation Army Gym
Macomb, Illinois
March 19th, 2014

Meet Director: Tim Piper

Official (1 Official System): Tim Piper

Lifts: Cyr Press, Anderson Squat, Hackenschmidt Floor Press, Peoples Deadlift

| LIFTER | AGE | BWT | Cyr | SQ | FP | DL | TOT |
|---------------------|-----|-----|-----|-----|-----|-----|------|
| January Rowland (F) | 34 | 319 | 55 | 226 | 121 | 275 | 677 |
| Jared Abry (M) | 28 | 250 | 127 | 540 | 275 | 518 | 1460 |

Notes: BWT is bodyweight in pounds. All lifts recorded in pounds. TOT is total pounds lifted.



Categories: [2014 Meet Results](#), [USAWA Daily News](#) |



Tags: [Joe the Turk](#)

Heavy Champ Update



April 30, 2014 | Authored by | [Edit](#)

by Al Myers

I'm busy getting the final plans made for this weekend. The good news is that the weather forecast is looking positive for a very nice sunny day! There will be a lot of activity going on at the Dino Gym on Saturday. In addition to the USAWA Heavy Lift Championships in the morning we will be hosting the Kansas Strongest Man in the afternoon. Scott and I have planned the competitions in such a way that a person can compete in both if they want! I have made some very nice custom awards for both of the competitions which I think everyone will really like.

The Heavy Champs will be conducted in the Dino Gym on the heavy lift platform. I will have loaner neck harness's and hip belts available. The KSM will be contested on the athletic field behind the gym. I have made some new equipment for the competition (including new yokes and farmers implements). There is a shelter house for those just wanting to watch and stay out of the sun.

Afterwards I will be having a deck BBQ for anyone who wants to stay for it. There's nothing better after a long day of competing than sitting back, eating, and relaxing with friends! I'm looking forward to the weekend!!! See everyone soon!

Heavy Lift Championships

 February 6, 2014 | Authored by | [Edit](#)

by Al Myers

I'm excited to be hosting the 2014 USAWA Heavy Lift Championships. This is my first opportunity to be able to host this long time prestigious event. The Heavy Lift Championships are to recognize the best "heavy lifters" in the USAWA. Three lifts have become the traditional format for this meet over the past few years – Neck Lift, Hand and Thigh, and the Hip Lift. The meet will be held in the Dino Gym on the heavy lift platform – which is the part of the gym DEDICATED to the heavy lifts only. The nice thing about that is there will be no weights to move for a setup as it's all there in place, and no heavy cleanup required afterwards. That will give everyone more time to just enjoy the meet and commit all energies to their lifting.

MEET DETAILS:

Meet Director: Al Myers

Meet Date: Saturday, May 3rd, 2014 9:00 AM – 1:00 PM

Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410

Sanction: United States All-Round Weightlifting Association. Individual USAWA membership is required of each participant.

Weigh-ins: 8:00-9:00 AM the day of the meet. Lifting will start at 9:00 AM

Divisions: Junior, Senior, and Masters Age Groups

Awards: Championship Certificates

Entry Fee: None – but please notify me ahead of time if you plan to enter

Lifts:

Neck Lift

Hand and Thigh Lift

Hip Lift

Rules: USAWA General Rules and Scoring Apply.

This will be a DRUG TESTED event.

Registration: No Entry Form, but please contact me ahead of the meet if you plan to attend at amyers@usawa.com



Categories: [USAWA Daily News](#), [USAWA Events](#) |



Tags: [2014 Meet Announcement](#)

Big T's OTSM



February 25, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

MEET ANNOUNCEMENT: BIG T'S BIRTHDAY BASH OTSM

This May I turn 50 years old. My wife asked me what I wanted to do. Well, I love to throw, lift, and eat with family and friends. So I will be hosting a Scottish Highland Games at my gym near Greentop, Missouri as well as an USAWA OTSM meet! You may enter both if you like. There will be burgers and brats grilled for lunch. The Highland Games will begin at 10:00am while the OTSM will follow immediately after around 3 pm. Weigh ins will start at 9:00am or immediately before the lifting starts. There will be miniature anvils for awards. One difference with this meet is that there will be two champions. One will be decided using formulas while the other will be declared on most weight lifted.

MEET DIRECTOR: Thom Van Vleck

DATE: May 31, 2014

LOCATION: JWC Training Hall, 23958 Morgan Road, Greentop, MO, 63546

A special Iron Man award will be given to the combined thrower and lifter.

Following the throwing and lifting, weather permitting, there will be a bonfire and evening festivities.

Three lifts will be contested. Two are tried and true OTSM lifts while the third is a brand new lift that will be tried out for the first time.

The Cyr Press

Any dumbbell with a handle diameter between 1 inch and 1.5 inches is allowed. The dumbbell may be brought to the shoulder in any manner, but must come to the shoulder before going overhead. This includes using two hands. Once at the shoulder, the dumbbell is taken overhead with only one hand anyhow. The other arm/hand is not allowed to touch the lifting arm during the overhead portion. The feet are allowed to move. If the lifter misses with one arm, the dumbbell may be switched to the other arm during the attempt, but the arm used

must be selected at the shoulder. A time limit of 1 minute is allowed for the attempt. The dumbbell may be set down or dropped during the attempt. If the overhead portion of the lift is missed, it may be restarted at the shoulder. Once the dumbbell is overhead motionless with arm straight, the legs straight and feet in line with the torso, an official will give a command to end the lift.

Dumbbell to the Shoulder

A dumbbell will be taken from the floor to the shoulder using any method the lifter wants to employ. The dumbbell may be lifted with two hands, continental style, or may be rested on the belt during the lift by any part of the dumbbell. Hands may grip the plates, bar, collars, or any part of the dumbbell. Any size plate may be loaded onto the dumbbell. The lift is completed when the lifter is standing upright, with the dumbbell resting on the shoulder, and the lifter demonstrating control. Both hands may remain on the dumbbell to complete the lift, or with one hand or both hands off the dumbbell. A time limit of 1 minute is given to complete the lift. An official will give a command to end the lift.

Thor's Hammer (NEW LIFT!)

A 2" vertical bar that conforms to the rules for the 2" vertical bar lifts (2" in diameter and no more than 18" long with no knurling) will be used. Just as with a vertical bar lift, the bar may be gripped by any grip with only one hand near the top of the vertical bar. In addition, the hand must not be touching any weights or collars used to secure the weights. The lift will begin at the lifter's discretion. There will be a one minute time limit to complete the lift. Once the lifter chooses to use the left or right hand, the other hand will not come in contact with the weight. If the lifter misses an attempt they may switch hands but only with the weight resting on the lifting area. The lift must be one continuous motion from the floor to a locked out position with no press out. The lifter may choose to snatch or swing the weight. The forearm must not touch the weight at any time. The lifter may move the feet and body to adjust to the lift like a snatch lift. The lift is considered complete when the lifter is in an upright position with the knees and elbow locked, feet in line with the torso with the weight under control. At which time the official will give the command to end the lift.



Categories: [USAWA Daily News](#), [USAWA Events](#) | Tags: [2014 Meet Announcement](#), [JWC](#), [Old Time Strongman](#), [Oldtime Strongman](#),

[Thom Van Vleck](#)

Try DIGGING into a heavy workout!



May 1, 2014 | Authored by | [Edit](#)

by John McKean



" Winning one of Al's Dumbbell Walk Handles helped crafty ole John to develop an enjoyable new fitness movement! Can ya DIG it?!"

Before we started dating, my future wife, Marilyn, told me I couldn't touch her with a 10' pole. So I got an 11' pole – it musta worked as we'll be married for 45 years this September!

Seriously, the long pole has figured its way into my training regimen ever since I studied and practiced Chinese long pole FORMS over 20 years ago in Wing Chun Kung Fu. In addition to use as a self defense tactic, this leverage form of resistance has been terrific for both cardio training, when done for a sufficient length of time, and is fantastic for a warmup to an all-round lifting program. A long pole's smooth flow and circular motions, when done in precise martial arts patterns, really activates and awakens every muscle of the body.

However, while playing around with training tools this past winter, it occurred to me that the long pole, with one of Al's homemade "Dumbbell Walk Handles" slid down and positioned on one end would yield a lot more resistance from the pole's other far side. This would yield a heavier, rep oriented, leverage-weighted exercise, that maybe wouldn't require a half hour of work, for use as a pre workout warmup. I recalled how my old friend, the late Dr. Len Schwartz, in his original "Heavyhands" text had advocated a digging type movement with the small dumbbells that he employed for aerobic training. Dr. Len was very high on all the benefits of his shoveling motion, but couldn't convince many to attempt it, as this particular exercise seemed awkward to maneuver with 2 dumbbells. Later, however, as Schwartz formulated awesome "Longstrength" programs – which were much shorter duration than standard aerobic sessions, with slightly heavier fitness movements –

shoveling fit right in. He even devised a screw-in 6" dumbbell connector which welded two dumbbells into one solid unit.

Now my LONG lever "shovel" makes this exercise quite a bit more hardy than did Dr. Schwartz' tool. With added barbell plates and collars it can be loaded heavy enough, if desired, to produce an actual one rep maximum lift ! Yet I still keep it unloaded as pictured here to go through wide arc front circles, back circles, and realistic over the head shoveling. Hitting both left and right sides, I find that about 35 reps for these 6 maneuvers instills a robust feeling that just begs the ole bod to attack some serious heavy barbell work!

Of course, there is plenty of room for much further exploration, and many other digging style exercises to be discovered. From my initial experimentation I can assure that besides a superb warmup, my forearms, biceps, and obliques are becoming seriously toned from this fun activity! Even Marilyn must see the positive benefits – I'm now allowed a mere 7' pole around her and for workouts!

 Categories: [USAWA Daily News](#) |  Tags: [Dr. Leonard Schwartz](#), [Dumbbell Walk Handle](#), [Heavyhands](#), [John McKean](#)

Heavy Lift Championships



May 5, 2014 | Authored by | [Edit](#)

by Al Myers

2014 USAWA HEAVY LIFT CHAMPIONSHIPS



Group picture from the 2014 USAWA Heavy Lift Championships (left to right): Dennis Mitchell, Dave Hahn, Chad Ullom, Eric Todd, Lance Foster, and Dean Ross

What a big day at the Dino Gym!!! Saturday, May 3rd, the Dino Gym hosted a “double-header” of strength events – the USAWA Heavy Lift Championships in the morning and the Kansas Strongest Man in the afternoon. Six brave all rounders showed up to tackle the heaviest of the lifts in the USAWA. Veteran Dennis Mitchell made the longest trek to Holland Kansas to compete, coming from Cleveland, Ohio. I was very glad to see Dennis and Flossy here, as less than a year ago Dennis had a knee replaced and I didn’t think Dennis would be up to taking on these heavy types of lifts yet. But Dennis was an eager as ever, and lifted solid in all lifts. Eric Todd and Lance Foster from the KC STRONGMAN club made their appearance as well. ET set the tone early on that he was going to be the guy to beat when he went three for three, and set the highest Neck Lift of ALL TIME with a 1080 pound successful lift!!! I’ve seen ET lift over 1000 pounds several times in the Neck Lift to date, but I’m continually amazed at seeing it again. This big lift of ET’s overshadowed Chad Ullom’s herculean Neck Lift as well. Chad lifted a personal record 1014 pounds in the Neck Lift. Very rarely do you get to see two lifters put up these type of Neck Lifts on the same platform. Eric went on to win the overall best lifter of the day, with Chad a close runner-up.

We had a welcomed newcomer to the USAWA on Saturday – if you could really call him that. I say that because Dave Hahn of Overland Park, Kansas made his return to the USAWA after a 23 year absence! The previous time he lifted in our organization was at one of Bill Clark’s Zercher Meets in the early nineties. I was very impressed with Dave’s lifting ability – and he seemed to have knowledge of the heavy lifts as well. He put up great numbers – 350 Neck, 520 H&T, and 900 Hip. He took a shot at over 1000 in the Hip, and if not for a little balance issues, would have got it. After the meet I told Dave not to wait another 23 years before lifting in the USAWA again!!

Now who have I forgot to mention???? I guess I saved the best for last – Dean Ross! Dean has been one of the biggest supporters of the Dino Gym events over the years, and rarely misses anything! He’s also been a tremendous supporter of the USAWA these past few years and probably does more USAWA events than any other lifter! One thing about Dean – when he’s in attendance there’s never a dull moment! I was most impressed by his 700 pound Hand and Thigh. Also – once the meet was over Dean had to “hit to road” immediately to make it to Texas for a Highland Games the next day!

I hope all the lifters had a great time at this championships. I know I pushed things along at a fast pace to get done in time for the strongman meet afterwards. From start to finish the meet lasted just a little over 3 hours! I especially want to thank my dad LaVerne for officiating and helping me out, all the guys who pitched in loading, Chad for helping me finish the awards and helping with the BBQ, and Scott who was my partner in the day’s promotion.

MEET RESULTS:

2014 USAWA Heavy Lift Championships

Dino Gym, Holland, Kansas

May 3rd, 2014

Meet Director: Al Myers

Scorekeeper: Al Myers

Officials (3-official system used): Al Myers (head), LaVerne Myers, Lance Foster, Chad Ullom, Eric Todd, Dennis Mitchell

Lifts: Neck Lift, Hand and Thigh Lift, Hip Lift

| LIFTER | AGE | BWT | NECK | H&T | HIP | TOT | PTS |
|-----------------|-----|-----|------|------|------|------|--------|
| Eric Todd | 39 | 247 | 1080 | 1350 | 1810 | 4240 | 3384.4 |
| Chad Ullom | 42 | 254 | 1014 | 1210 | 1610 | 3834 | 3107.5 |
| Dave Hahn | 76 | 152 | 350 | 520 | 900 | 1770 | 2560.7 |
| Dean Ross | 71 | 267 | 250 | 600 | 760 | 1610 | 1631.3 |
| Dennis Mitchell | 82 | 153 | 246 | 350 | 475 | 1071 | 1611.2 |
| Lance Foster | 48 | 332 | 300 | 600 | 850 | 1750 | 1320.9 |

EXTRA FOR RECORDS:

Dean Ross – Hand and Thigh 700#

Dean Ross – Hip Lift 800#

Dennis Mitchell – Hip Lift 600#

NOTES: BWT is bodyweight in pounds. All lifts recorded in pounds. TOT is total pounds lifted. PTS are overall adjusted points for age and bodyweight correction.



Categories: [2014 Meet Results](#), [USAWA Daily News](#) | Tags: [Heavy Lift Championships](#)

Meaningful Lifting



May 6, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

On May 28th of this year I will have been lifting for 35 years. There have been times when life has kept me from training like I wanted. There was a year when I worked on my Master's degree that I was taking a full load of classes, working a full time job as a counselor, and I had to do an 800 hour internship. As an undergrad I worked full time but there was a point where I was needing the money so I took a night job (I could study while at this job) but for a 6 month period I averaged around 80 hours a week and went to school full time. I know....I know....excuses, excuses!

So recently I pulled a 700lb trap bar deadlift at age 48. This is more than I've ever done in my life. I have a buddy who lifts and I was bragging about it to him. He was a top powerlifter in his day totalling 2105 at 220lbs bodyweight back before all the super gear of today. He has known me since high school. He looked at me and said, "You know what that means....if you'd gotten your head out of your a\$\$ you'd pulled 800 years ago".

He's right. There is no good reason why I'm stronger in most ways now than at any point in my life. Sure, I now I have more time to train. But the honest truth is I've always been a head case. I would over think things. I would over train, then under train. I would spend too much time thinking about my workouts and not enough time actually doing my workouts. I have spend countless hours writing down workouts which would be okay but I've rarely (maybe never) completed them.

So, the past few years I've tried to change that. I think it's working! Here are some key points that I have come up with that have led to my "late in life" success. By success, I mean "good for me". I don't claim to be a champ! I just feel like I've gotten more out of my body than maybe I should have and had MUCH more fun doing it.

First, I try to make my workouts rewarding. I try to establish a clear link between work and reward. Too often the benefits of lifting are too distant in the future to really appreciate. So I try and do things I enjoy in my workouts. For me I use many ways to do this. I can constantly set personal bests in the gym even if it's doing more reps with the same weight or doing a new exercise. It's also reward myself after the workout with a meal I enjoy or a movie. My wife and I have a "date night" once a week. I try and workout that morning with the idea that our date is my reward. I have also bought myself a tool or some new training implement after reaching a short term goal and in my mind I make the attachment. I recently bought a new music CD and made myself wait to listen to it when I worked out (that made me move a workout day up!). I have set a can of Mt. Dew in a bowl of ice and refused to let myself drink it until that last set.

Second, I create variety. I have to tell you, me personally I find a 16 week program impossible. Heck....8 weeks seems like a prison sentence to me. I switch things up all the time. I try and do 3 week cycles and then switch. For me that's about my attention span for a workout routine. It eliminates my number one enemy that stymies my progress...BOREDOM. I look at a workout routine as a battle plan in the Marine Corps. Sure, you want to stick with the plan. You have a plan for a reason....but there's no reason that when you see a short cut or another easy target you could hit along the way that you can't do it! I have finished a planned workout and if I was jacked up....I do the next workout right after. I have thrown in a new exercise if I feel like I'm just not enjoying the one I'm doing. I try to experiment all the time as well. Recently, I tried doing a push press from a dead stop off of my jerk boxes. They were awkward at first, but now I love them!

Third, I need autonomy. This may be most important of all. I will workout with others but I believe that if you want to workout for life then you need to have autonomy. I have often talked to guys that had loads of talent but when someone stopped running their workouts they quit. Autonomy is responsibility. I am

responsible for my own workouts. I accept the failure but more importantly, I take the credit for success. The key element is I need to want this for myself. Not a trophy, not for a pat on the back from others, not for any other reason than for myself. That other stuff is great, it's icing on the cake but it's NOT the cake. When I stopped thinking about winning my next contest, stopped thinking about what others thought of me and my workouts, and focused on what I wanted and needed I began to enjoy my workouts more. They gained intrinsic value.

I have been around guys who can discipline themselves for the long haul. I admire those guys.....but that's not me. I needed to find my own way. So if anyone has read this to this point I want to make clear that this is not an exact guide. It's just intended to put a couple more tools in your mental tool box for your lifting. I think this is what I enjoy about this process. Lifting has not only made me physically stronger, but emotionally and intellectually stronger. And it never ends unless you let it. As I age my body won't keep up, but I know I will continue to grow through my training. Getting better and better!



Categories: [USAWA Daily News](#) | Tags: [Thom Van Vleck](#)

Time for Nominations!



May 11, 2014 | Authored by | [Edit](#)

by Al Myers

It's that time of the year again to nominate deserving lifters for the yearly awards! The USAWA award program was started in 2009 to honor those individuals that display outstanding achievements throughout the year in different categories. I have been the USAWA Award Director that entire time and was the one who started the USAWA Awards Program. Part of the USAWA budget goes to these awards, which means that part of your membership dues support this program. These awards are awarded at the Annual General Meeting of the USAWA, which occurs at the same time as the National Championships. It is important to remember when "casting your vote" that these awards are for the calendar year 2013 (which is the calendar the USAWA follows for memberships, etc.). Now for a little "overview" of the rules for nominations:

- You must be a USAWA member to make a nomination or cast a vote
- Nominated individuals must be a USAWA members to be eligible
- Only one individual may be nominated per person per award
- Two nominations for each award may be submitted, one for your choice of the Winner and one for your choice of the runner-up.
- The awards are for the calendar year 2013
- An individual may be nominated for more than one award

These are the different awards for which you should choose your nominations for:

Athlete of the Year – *This award is for the individual who has accomplished the most athletically within the last year in the USAWA. Top placings at the Nationals and World Championships should figure in high. Also,*

participation in other Championship Competitions such as the Heavy Lift Championships, the Grip Championships, the Club Championships, the OTSM Championships, the Team Championships, or the National Postal Championships could factor in. Participation in elite IAWA events such as the Gold Cup should make an influence on earning this award as well.

Leadership Award – *This is for an individual that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are: going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means.*

Sportsmanship Award – *This goes to an individual who possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be by conduct at all events, or by an specific example of exceptional sportsmanship.*

Courage Award – *This goes to an individual who shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues but still shows the courage to compete in the USAWA.*

Newcomer Award– *This award goes to an individual who is new to the USAWA or has become involved again. It doesn't have to go to someone in their first year of being involved in the USAWA.*

As stated earlier in the rules, I would like you to submit your choice for the WINNER and your choice for the RUNNER UP for each award. I will score it this way: for each nomination per award I will give 2 points for the nominated winner and 1 point for the nominated runner up. I will then add up all the points from all nominations with the person receiving the most points declared the winner and the one with the second most points the runner up. So you can see that the Award Winners are chosen by YOU THE MEMBERSHIP! That's the way it should be done.

Please email me at amyers@usawa.com with your nominations. The deadline for this is this Friday. I'm only giving a week because it has been my experience with this is that if a person does not make their nominations shortly after reading this announcement, it never gets done. So make it easy on yourself (and me!) and turn your nominations in today!!!!



Categories: [USAWA Daily News](#) |  Tags: [Award Program](#), [USAWA Yearly Awards](#), [Yearly Awards](#)

Decline of Western (lifting) Civilization: Part I

 May 14, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Can you guess what this does?

The title of the article is play off of some documentaries that pondered the decline of the western civilization through the various music movements such as punk rock, heavy metal and so on. They were as much tongue in cheek as they were a serious case that these musical movements would collapse our society and that's how this article is intended. You may notice it has a "part I".....I plan on doing a series of these.

Recently I was in a gym and they had a new piece of equipment. It took me awhile to figure it out but once I did I had to admit I felt myself becoming the type of self righteous complainer that I usually hate. But I just have to make a comment on this one. It was an assisted chin up/dip bar machine. If you can't do a single dip or chin up this machine will lift your fat butt up so you can dip and chin with the best of them! Now, before someone goes all postal on me let me tell you the real reason I see this as the decline of Western "lifting" Civilization. I get it that there are many people who can't do a chin or dip and need help and this machine could offer the chance for them to get to that point where they don't need help.

What I'm mad about is what has happened to the "gym". They seem to be getting worse and worse about equipment that caters for those that never had a childhood that involved hard work or exercise and instead was video games and maybe passive labor that was horribly overpaid. It seems to me that it lowers the bar

and in essence it lowers the lofty standards of fitness and strength that made America great. But hey, that's just me.

On another note, I did 100 chin ups today....and 1000 dips. Pretty amazing, huh!?



Categories: [USAWA Daily News](#) |



Tags: [Thom Van Vleck](#)

Decline of Western (lifting) Civilization: Part II



May 16, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



This almost takes a mechanical engineer to figure out!

Okay, so....I have to admit....I HATE Smith Machines. I hate them so much that I was even offered a free one years ago and I turned it down. I didn't even want to sell or trade it because I felt like I would be taking advantage of some poor sap who would think he'd get strong on a Smith Machine! To be honest, it needed some work and I just passed on it as I'm too cheap to pass up much free stuff....just ask Al Myers! haha.

At any rate, I saw this thing. It looks like somebody tried to take a Smith Machine and make it where you could not just go up and down but back and forth as well. If you look closely at the bottom you'll see the horizontal "rail" while the bar is attached to the usual "Smith Machine" rail.

Now I know what some of you are thinking....."but Thom, that actually solves some of the problems with a Smith machine....this is better than a Smith Machine...". I actually would agree...but I would also agree that two kettlebells are better than one. But what are you gonna do with a kettlebell! Again, remember these are tongue in cheek....so don't get bent out of shape. Okay, maybe I really do mean part of it.

I saw this and got all excited. I thought it was a power rack! I bet it cost a fortune and I bet you that hardly anyone will use it! That's my issue with it. Kind of like how you buy a kid a fancy toy and he plays with the box and the bubble wrap more than the toy. That's why this is more to add to the decline of western (lifting) civilization. Complicated means most people won't use it. Simple is best.

Plus.....I don't like the bar telling me where to push it! I can't have a weight tellin' me what to do!



Categories: [USAWA Daily News](#) |



Tags: [Thom Van Vleck](#)

Dino Gym Club of the Year



May 19, 2014 | Authored by | [Edit](#)

by Al Myers

Every year the USAWA gives out yearly awards honoring special achievements amongst the membership for the prior year. This Awards Program began in 2009. The award recipients are voted on and chosen by the membership with the exception of the Club of the Year. This award is earned on merit -with points being accrued by participation in the USAWA by each registered club. I just calculated the club points for all registered clubs in 2013 – and I'm excited to announce the Club of the Year for 2013 is the DINO GYM! This is a team effort with each club member earning points. For this I want to congratulate the Dino Gym members: Darren Barnhart, Rudy Bletscher, Scott Campbell, Chuck Cookson, Ben Edwards, Tasha Ullum, Alan English, Mark Mitchell, LaVerne Myers, Molly Myers, Dean Ross, Scott Tully, Brianna Ullum, and Chad Ullom. Extra points were generated by club participation in the "big meets" by Molly, Bri, LaVerne, Dean, Chad and myself.

Club Awards are determined by adding up club points using this 4-Step System:

- 1. One point awarded to the club for EACH USAWA registered member that lists the club as their affiliated club on their membership application. This designation is also listed beside the members name on the membership roster.*
- 2. Two points awarded to the club for EACH club member that participates in the National Championships, World Championships, and Gold Cup. Points are awarded for each competition, so if one club athlete competes in all three of these big meets it would generate 6 points for the club.*
- 3. Three points awarded to the club for EACH USAWA sanctioned event or competition the club promotes.*
- 4. Four bonus points awarded to the club for promotion of the National Championships, World Championships, and Gold Cup.*

Habecker's Gym won the Runner Up spot in the Club of the Year Award. Despite only having 3 registered gym members (Denny Habecker, Judy Habecker, and Barry Bryan), thru big meet participation and promotion of the 2013 Nationals and 2013 Gold Cup by club leader Denny, they secured a solid second place finish.

Club of the Year Final Standings (Top Five Listed)

- 1. Dino Gym – 46 points**
- 2. Habeckers's Gym – 28 points**
- 3. Frank's Barbell Club - 20 points**
- 4. Ambridge BBC – 10 points**
- 5. (tie) Clark's Gym – 7 points**
- 5. (tie) – Jobe's Steel Jungle**

Frank's Barbell Club came in fourth by being "well rounded" in their point generation, and getting points in all areas. The club had 5 registered members (Frank Ciavattone, Jeff Ciavattone, Colleen Lane, Jessica Hopps, and James Delaney), had participation in the Nationals and Gold Cup by Frank and Colleen, and promoted three meets (including the Heavy Lift Championships).

Ambridge BBC came in fourth – all due to one man! Art Montini was the only one from the Ambridge Club to register membership in the USAWA for 2013, but thru Art's devotion to the USAWA by participation in Nationals, Worlds, and the Gold Cup, plus promotion of his annual birth day bash he generated all the points himself!

You may notice that the 2012 Club of the Year Ledaig HA is not listed on the above list. There's a reason for that – the defending Champ is not eligible the following year. This was put in place originally as to not allow the same club to win the club of the year award year after year. The Ledaig HA Club will have the honors of presenting the Club of the Year awards this year at the National Championships during the awards ceremony.

All together there were 13 registered clubs in the USAWA for 2013. All of these clubs need mentioned as they are the "backbone" of our memberships. Over 75% of our yearly membership comes with lifters affiliated with a registered club. The USAWA Clubs for 2013 were: Al's Dino Gym, Ambridge VFW BBC, Clark's Championship Gym, Frank's Barbell Club, Habecker's Gym, Jackson Weightlifting Club, Joe's Gym, Jobe's Steel Jungle, KC Strongman, Ledaig Heavy Athletics, Salvation Army Gym, Schmidt Barbell Club, and M&D Triceratops (owned and operated by the late Dale Friesz). Making the "TOP FIVE" is a great achievement for any club, and one each USAWA club should strive for!



National Championships

 February 22, 2014 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT 2014 USAWA NATIONAL CHAMPIONSHIPS



Tim Piper (left), meet promoter of the 2014 USAWA National Championships, and Al Myers (right) at last years meet at the Salvation Army Gym.

The date has been set – June 21st – so mark this day off your calendar and make plans to attend the USAWA Nationals in Macomb, Illinois. Tim Piper, of the Salvation Army Gym, will be this years host and meet director. Macomb is the perfect location for our National Championships since it is located in the center of USAWA activity. It's within driving range for practically everyone.

Tim has planned a one day meet with 6 lifts. The lifts chosen are very traditional all round lifts, and lifts most everyone should like. Tim is a very seasoned meet promoter and I know he will have everything planned and organized well for a great day of lifting for everyone.

LIFTS:

Crucifix
Snatch – One Arm (Barbell)
Clean and Push Press
Jefferson Lift – Fulton Bar
Curl – Cheat
Zercher Lift

ENTRY FORM – [USAWA 2014 Nationals-Macomb IL](#)



Categories: [USAWA Daily News](#), [USAWA Events](#) |



Tags: [2014 Meet Announcement](#), [Al Myers](#), [Salvation Army Gym](#), [Tim Piper](#)

2nd Quarter Postal Meet



April 14, 2014 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT **2ND QUARTER POSTAL MEET**

The lifts have been chosen by Postal Director Denny Habecker for the 2nd quarter USAWA postal meet. This is one of the four postal meets promoted by the USAWA every year that counts toward to Postal Series rankings. Again, the lifts look like a good listing which should challenge everyone!

LIFTS:

Curl – Cheat

Snatch – One Arm

Clean and Push Press

ENTRY FORM (PDF): [2014 2nd Quarter Postal Entry Form](#)



Categories: [USAWA Events](#) |



Tags: [2014 Meet Announcement](#)

Recent Death of Joe McCoy



June 5, 2014 | Authored by | [Edit](#)

by Al Myers

I received some sad news this week, passed along to me by Dale Harder, that longtime USAWA Joe McCoy has died. Joe was one of the pioneers of the USAWA and all round weightlifting in the Missouri Valley Region. His

influence in the early days helped shape our organization. I've spent many hours visiting with Joe on the phone over the past 10 years, and his passion for the all rounds was still as great as it was when he was younger. Physical issues kept him from competing in these later years, but I know if he would have been capable, he would have been at many USAWA meets.

The following was from his obituary:

Joe McCoy, 71, passed away Friday May 30, 2014, in Fort Worth. The service was at 1:30 PM Monday at the Wiley Funeral Home in Glen Rose, Texas. Joe was born Jan 1st, 1943 in Stephenville Texas to J.C. and Louise McCoy. He married Mary Jo Phillips, June 10, 1961, in Burleson. He had lived in Glen Rose most of his life. He enjoyed weight lifting and working out. He also made movies of weight lifting contests.. He was preceded in death by his father.

I welcome comments and tributes on the USAWA Discussion Forum regarding those that knew Joe, and any stories you may have of him. If you prefer to just email them to me instead, that is alright. I plan to take these comments and write a tribute blog story in Joe's remembrance.

 Categories: [USAWA Daily News](#) |  Tags: [Joe McCoy](#)

Big T's Birthday Bash OTSM

 June 6, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



As many know by now I turned 50 years of age. When this was coming up my wife asked me what I would like to do on my birthday. I have two interests and from those interests come most of my friends. They are the Scottish Highland Games and Weightlifting. I thought about it long and hard and I knew that if I could have anything I wanted it would be to have my friends at my home and throwing and lifting being a part of

that. So, the first Saturday after my birthday (my actual birthday was May 28th and the meet was May 31st) I hosted a Highland Games and an Old Time Strong Man USAWA meet.

The Highland Games came first thing in the morning. Like the USAWA there are age groups in the Highland Games with records for eight traditional events. Moving up a class gave me an opportunity to do something that I had not done in nearly 10 years which was set a World Record. I had a group of 4 masters that included myself, 8 time Master's World Champ Jim Spalding, 8 time Master's World Champ Bill Leffler (who broke his own 60-64 age group record in the 28lb Weight for Distance at the meet), and USAWA member Dean Ross who is a 2 time MWC Champ himself!

Now, bear with me as I do a little self promotion. I spent the last two years trying to rebuild my strength base with an eye on setting the Weight Over Bar World record as well as going top ten in all the events. So here's a not-so-short story on that:

My best event is the Weight Over Bar. I love this event and it plays right to my strength. I have done what seems like a million power cleans in my life and I think all that work paid off as the WOB event involves pulling a 42lb weight over a cross bar for height. Much like the pole vault or high jump the bar will go up and the greatest height wins. I broke and rebroke the WR in this event in 2005 when I was in the 40-44 age group. In the 45-49 age group I ended with the 2nd best all time throw...but no record. I made it a goal to work this event and try and break this record. This was a two year plan. When it came time for that event I had the beginning of a nasty callous tear on my right throwing hand. If it went I knew it would seriously screw up my goal as my grip would be compromised. So I decided to not do as many warm ups and jump to a higher starting height which was 17ft. I started with the standing style (they keep records for the standing style and the "open" or spinning style) and easily cleared 17ft. I then jumped to 17ft 10in which was a half inch better than the current best by Mark McDonald of Scotland. You get three attempts at each height and I missed my first two! Disaster! Not warming up on the event was causing me some problems! I took a moment and got dialed back in and rolled it over! So, one record down and one to go. Had I missed that I would NOT have been able to attempt the second one so that was very critical. I then moved the bar up to 18ft 6in which would at least give me the second best all time WOB with the spin style and it would give me a warm up before going up to the record attempt. This was usually an easy height for me but my grip was giving me problems. It was hot and muggy and my grip just felt "greasy" and that didn't make me feel confident. Usually this height would be a cinch but instead I missed it two times and again found myself behind the proverbial "8 ball" needing to get my third throw to even have a shot at the open WOB record. I got some words of encouragement and was able to make that third throw but now I had to jump a foot to 19'6" to set the break the record held by Jeff Loosle. That's a huge jump and I was not real confident after my struggles. I went through my mental approach, visualizing my throws, going through my mental check list of what points to hit and lined up for the toss. I hit it perfectly and knew it, but I also wondered if this would be enough! I looked up and watched as the weight literally rolled over the bar! I then felt a searing pain in

my hand and looked down to see I had blown my callous wide open! Glad it waited! A two year journey had been fulfilled. Thanks for bearing with me in that “totally unrelated to the USAWA” news.

Now on to the meet report!

We started with the new “unofficial” lift of OTSM which is “Thor’s Hammer”. I was curious how this event would play out. Would it be too dangerous? Would it be too hard to judge? When you have a new event you just don’t know until you test it out. Art Montini was the brave soul that started us out. I had a warm up bar set up as well and everyone was trying out different things. You quickly realize that you can’t handle as much as you think and adjustments were being made. Dean Ross jumped in next followed by Mike Murdock and Denny Habecker. Art ended with 15lbs, Dean and Mike at 20lbs, and Denny at 25lbs before John O’Brien and Eric Todd jumped in at 30lbs. I had done 40lbs in the one time I practice this event and figured I’d just start there. John made 35lbs and Eric finished with a successful 40lb attempt. I felt a little sheepish jumping in after those two were done and was wondering if I had made a tactical error in not taking an earlier attempt. However, my nerves were calmed when I hit the 40 and I was able to finish with 45lbs. Not often I lead over those two guys at any point in a meet and I knew they’d crush me later but I have to admit it was a nice birthday present to beat two guys I have so much respect for even if it were just one lift!

We next went to the Cyr lift. Again Art led us off and got the party started. Again Art, Mike, Dean, and Denny took their turns. Art and Mike finished with 30lbs, Dean with 65lbs, and Denny at 85lbs. I started with John’s starting lift which was 125lbs. It was so tough I decided to end there. John went on to tie his own USAWA best in this lift with 140lbs before missing 150lbs on a third. Eric stole the show at this point and opened at 150lbs. He then jumped to 170lbs and then made 180lbs. This is special as he’s had an injured elbow that needed surgery. So it was nice to see Eric pushing big weights again!

We ended with the Dumbbell to the shoulder. I love this lift and had to fight Al Myers to even consider it. I think it’s a really unique event and the small crowd of spectators really seemed to enjoy watching this lift. I think for spectators the slow, methodical style of this lift and the simplicity of the rules allows them to cheer and follow along as the lifter struggles to complete the lift. However, for the lifter, this is one of the more painful lifts I have ever done and my sternum was sore for days after! Art edged out Mike Murdock with a 60lb effort to Mike’s 50lbs. Dean edged Denny with 130lbs to a 100lbs effort. I opened with 200lbs then jumped to 235lbs which would be a personal best for me in competition. After getting that I retired and set back to watch John and Eric battle it out! They both made my best attempt of 235lbs look easy and jumped to 265lbs. Both made it with some effort and then both jumped to 300lbs. This would tie the all time best in this event by Chris Anderson. 300lbs would also be a 35lb contest PR for Eric and 30lb contest PR for John. So quite a jump. Both athletes looked like they were wrestling a bear but both ended up successful! Eric called for 305lbs which was all I could fit on my bar. This was twice Eric has maxed out my equipment with the last time being on the Dinnie Stones. John said he’d had enough so it was just Eric for the 4th and final attempt. By now the Highland Games were completely over and my gym was filled to overflowing. Eric pulled the Dumbbell in and then tried to get a solid set on his belt to continental it up. He

seemed to slip on this a couple times and I was wondering if he were going to get it. As soon as he got a solid set up on his belt I think we all knew that Eric was not going to fail but there was this little detail of finishing a very painful lift! Eric bounced it up until Mike Murdock gave him the down signal. I mention the fact Mike was judging as he is one of the toughest judges I've seen and if he says you got it....YOU GOT IT WITHOUT QUESTION!

It's always nice to end a meet on a successful lift that breaks a record! Several records were broken and I believe the Thor's Hammer is an OTSM event that's here to stay! Everyone seemed to like it and after we were done the highland games throwers came to the platform to give it a go and this went on for another hour!

I had said I was going to crown two champions. The overall weight lifted regardless of age or bodyweight and then the formula winner. Eric Todd won the overall weight lifted with 525lbs. John O'Brien was 2nd and I was third. The age and weight adjust rankings go like this: Eric 410.97 and still first, John 374.65 and still second, Thom 340.31 and still third. Now we have a change. Dean and Denny now flip at 4th and 5th with Denny at 251.33 and Dean at 220.92. Art and Mike maintain their placings with Art's adjusted total at 149.14 to Mike's 128.23.

Results:

| (age/weight/class) | Thor's Hammer | Cyr Lift | Dumbbell to Shoulder | <u>Total</u> |
|----------------------------|---------------|-----------------|----------------------|--------------|
| Mike Murdock (74/180lb) | 20lbs | 30lbs (record) | 50lbs (record) | 100lbs |
| Art Montini (86/175lb) | 15lbs | 30lbs (record) | 60lbs (record) | 105lbs |
| Denny Habecker (71/195lb) | 25lbs | 85lbs (record) | 100lbs | 210lbs |
| Dean Ross (71/266lbs) | 22.5lbs | 65lbs (record) | 130lbs (record) | 217.5lbs |
| Thom Van Vleck (50/275lbs) | 45lbs | 125lbs (record) | 235lbs (record) | 405lbs |
| John O'Brien (45/285lbs) | 35lbs | 140lbs | 300lbs (record) | 475lbs |
| Eric Todd (39/257lbs) | 40lbs | 180lbs (record) | 305lbs (record) | 525lbs |

Thanks to everyone that came and made my Birthday so much fun and a success. I appreciate the guys being patient and waiting on the Highland Games to be over before we started the lifting. A special award to Dean Ross who was the only guy that did both other than me!

Nationals Update

 June 9, 2014 | Authored by | [Edit](#)

by Tim Piper

We are slowly getting entries in for the National Championships on June 21st. We are hoping for a good turnout but to make sure we are not short on awards or food for the banquet it would be great if we could get a head count by next thursday. The event is coming together well.

We have the catering set up already and will be starting the buffet style dinner around 6:30 on Saturday night at Free Range Yoga, my wife's studio downtown Maocmb. The banquet fee will be \$15 to cover cost of food, entertainment, and studio fees (I am still working on getting the facility rent free...HA!) We are serving fried chicken, tortilla crusted talapia, mashed potatoes and gravy, shells and cheese, and a broccoli dish, with some homemade desserts to follow. We will be supplying some drinks but if you wish to bring in your favorite beverage that is fine with us. ALSO, we have some very unique entertainment lined up that we think you all will enjoy. Won't tell you what it is but it should be a fun surprise for all who attend and it will certainly it will be a first for USAWA banquets.

The meet will be held at 505 N. Randolph outside under the big top. We are running a two session meet so things should run smoothly. Not sure how we will split the sessions up yet but that will all fall into place as we get the entries sorted out. Lifting for the first session will start at 10 a.m. The meet site is fully equipped with plenty of kilo plates for the meet, warm-up area, an Apollon's axle from Ironmind, and we will be using old-school York dumbbells for the crucifix. We have a crew of experienced loaders from our gym to help make sure the meet runs quickly as they know kilos well. We only use kilos in our gym so bring your conversion charts!

We need a final headcount for the meet and banquet by June 11th to make sure we have the right amount of food and awards so please email me at tj-piper@wiu.edu if you haven't already sent in your entry forms.

Can't wait to show off our little gym, our studio, and Macomb to all the great lifters and family of the USAWA.

Tim and Dawn Piper

 Categories: [USAWA Daily News](#) |  Tags: [2014 Nationals](#)

2014 Meeting Agenda

 June 14, 2014 | Authored by | [Edit](#)

by Al Myers

The USAWA National Championships is now only a week away, and with this big meet comes the annual National Meeting of the USAWA. This is the one meeting per year where the membership comes together to decide on major issues which impact the organization for the next year.

The meeting has been set for Friday evening, June 20th, at 6:00 PM at the meet site – the Salvation Army Gym. The address is 505 N. Randolph Street, Macomb, Illinois. I don't expect this year's meeting to last terribly long (like some in the past) since there are no big controversial issues on the agenda. I'm hoping we can get it done in an hour or less so we can all go out to eat afterwards together.

Business Agenda for the 2014 USAWA Annual National Meeting

- 1.Meeting called to order by USAWA President Denny Habecker
- 2.Reading of previous meetings minutes by USAWA Secretary Al Myers
- 3.Report of financial status by USAWA Treasurer Al Myers
4. Report from the Website Director Al Myers
5. Report from the Awards Director Al Myers
- 6.Report from the Officials Director Joe Garcia
- 7.Report from the Drug Enforcement Director Chad Ullom
- 8.Official appointment of new Records Director and Postal Meet Director
- 9.Discussion and vote on the new proposed lifts
 - Thors Hammer and Kennedy Lift
 - Call for new IAWA lift proposals
- 10.Discussion and vote on Rulebook Changes
- 11.Discussion of other new business brought forth by the membership
- 12.Accept bids for 2015 National Championships
- 13.Meeting adjourned



Categories: [USAWA Daily News](#) |



Tags: [Meeting agenda](#)

Chad Ullom: All Around All Rounder!



June 19, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Chad turns another caber!

Chad Ullom has been a fixture in the USAWA and IAWA for some time. He is a National and World Champ and has a slug of records to his credit. You would think that would be enough to keep him busy but Chad is also a regular on the Highland Games circuit! At one time Chad was a top rated Amateur in Highland Games and regularly won many "A" class Amateur competitions.

A couple years ago Chad turned 40 and as with most of us who threw A class and got older he found himself being beat out by the next generation and soon was competing (and winning) in the the masters category. There was even a younger thrower named Chad Gustin from Lawrence that came along and he soon became "New Chad" and Ullom became....alas..."OLD CHAD". Anyone over 40 knows the feeling.

Well...."Old Chad" dusted off the age last weekend at the 2014 Kansas City Scottish Highland Games and threw with the A class again. He was by far the oldest in the group but that wasn't a factor at all. I was the announcer at the games and had a front seat for all of it. Chad began to win or place well in events and soon he was dominating the field. Chad won handily. Chad will tell you it was not the strongest field KC has ever seen but I think all you have to do is look at some of his throws and see that Chad was in top form. For example, Chad had only cleared 14ft in the 56lb WOB once in his 19 year Highland Games career....but he cleared it last Saturday! And almost went higher!

I have to tell you, I found myself being the longest tenured athlete on the field that day going into my 20th season. It was nice to see one of the "old" guys take it to the younger men. Chad came back on Sunday and

threw masters and easily won again. It was quite a weekend. Other USAWA members on the field included Dean Ross and myself. We all plan on being at Nationals this coming weekend.

Great job to Chad and maybe there's something to training like an "all-rounder"!

 Categories: [USAWA Daily News](#) |  Tags: [Chad Ullom](#), [Thom Van Vleck](#)

National Championships

 June 23, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Group picture from the 2014 USAWA National Championships

I attended and was the head judge recently at the USAWA National Championships in Macomb, Illinois. Tim Piper was the meet director and set up a large tent by the Salvation Army Gym. As you recall, the Salvation Army Gym is in the basement of the local Salvation Army and was the victim of a terrible flood that did a lot of damage. USAWA members helped contribute money that was used to restore the gym back to its former glory. It was a TON of work that Tim and his family and friends put a lot of sweat equity into as well as there was no insurance that covered this. I'll be honest, the work was so good I may not even noticed had I not known what happened. They have some pictures of the flooding and a mark on the wall about 2ft high. One of the details that amazed me was they took water damaged photos, scanned them, and reprinted them! What a great job and lots of work that shows a lot of passion regarding the importance of the gym and what it provides the local community.

As I arrived I was concerned as there was a strong possibility of thunderstorms! Having the meet outside allowed for plenty of room but you always run the risk of weather with an outdoor meet. A little rain wouldn't have stopped us....but a stronger win might have! However, the weather missed us and other than a few drops of rain it was a great day to have an outdoor meet! Al Myers pulled double duty as the emcee and

running the scoring table. That's pretty hard to do but Al made it look easy and was on the ball all day keeping the lifters in line and the meet going smoothly. This allowed Tim the chance to lift and I think he greatly appreciated that.

I was put in the head judges chair and Mike Murdock was my wing man. Eric Todd and Dennis Habecker swapped out on the other side. It makes it easy to I know I made a couple of minor mistakes but none impacted the outcome of the lift. Funny how you can do something perfectly a hundred times and you remember the mistakes. I redlighted a push press for coming up out of the feet on the floor using the old rules for the push press even though I KNEW the changes (old habits die hard) but the lifter still got 2 whites. Nobody slashed my tires so I think everyone was pretty happy with the officiating.



Overall best lifter Chad Ullom gets set to do a big Zercher Lift!

Tim had a crew of loaders that did a fantastic job all day. I often spend a lot of time double checking loads as the head judge and only once did I catch a mistake. It wasn't even a mistake about weight, but on one side they had a 20kg weight and on the other two 10kg plates. Same weight but different combination. So I was very impressed...not a single misload all day! They also cheered on the lifters which was a big plus for a meet atmosphere. Tim's daughter took care of the shirts and drinks and was a shining presence all day long!

It is really fun to have a front seat for the lifting. I got to see some great lifts and records broken. I particularly enjoy it when a lifter comes back and makes a weight he or she missed previously. Sometimes it's not how much was lifted but seeing someone push their limits and overcome their own doubts to bring out their best. I would rather see someone gut out a tough personal best than someone stronger effortlessly make a lift and being satisfied with what they lifted as it won the event rather than going for more.

Tim had great meet shirts and provided drinks for those working the meet. He also had Pizza for lunch. We had short breaks between lifts and the lifters could go inside and cool off in the air conditioning and re-hydrate. Later was the banquet at Dawn Piper's Free Range Yoga gym. At one point, myself, Tedd Van Vleck, and Randy Smith put on a juggling exhibition (isn't it like guys to find something and turn it into a competition). There was great fried chicken, breaded fish, and sides. Dawn had made cheesecake dessert.....I had to let the belt out a notch after that!



Thom and Randy showing their skills at tandem juggling!

Then came the surprise of the evening! I had heard we would have entertainment and I wondered if Dawn would put on a Yoga demo as I know she's incredible at it. Instead we were treated to belly dancing! That's right, belly dancing. Dawn and another friend teach it and they perform regularly at Ren fairs and other venues. It was great fun and they were very good. Luckily, none of the members tried to match their moves....that could have been ugly!

As always, the best part of all was the camaraderie. Telling stories, laughing, hanging out.....great fun! That's the real reason I go. I always come back refreshed and motivated to get back in the gym. I find the lifts and lifters inspiring....each one in their own way. From Art Montini still getting it done at age 86 to seeing 16 year old Logan Kressly out there putting his ego on the line. Not many 16 year old's would have the guts to do that.

We may be a small organization and I know some might pick on our attendance.....but really...I would say we HAVE MORE FUN than any other larger group! While I hope we can grow and all that I'm still happy to be a part of the USAWA.

MEET RESULTS:

2014 USAWA National Championships

June 21st, 2014

Salvation Army Gym

Macomb, Illinois

Meet Director: Tim Piper

Meet Announcer: Al Myers

Meet Scorekeeper: Al Myers

Meet Photographer: Tedd Van Vleck

Courtesy Table: Whitney Piper

Meet Officials: Thom Van Vleck (head official), Mike Murdock, Denny Habecker, Dennis Mitchell, Eric Todd

Loaders: Justin, John, Paul, and Aaron

Lifts: Crucifix, Snatch – One Arm, Clean and Push Press, Jefferson Lift – Fulton Bar, Curl – Cheat, Zercher Lift

MENS DIVISION

| Lifter | Age | BWT | CR | SN | C&P | Jeff | Curl | Zer | TOT | PTS |
|----------------|-----|-----|------|-----------|-----|------|------|-------|-----|-------|
| Chad Ullom | 42 | 253 | 45.5 | 71 R | 120 | 230 | 100 | 170 | 737 | 598.2 |
| Randy Smith | 59 | 195 | 36.3 | 40 R | 70 | 155 | 80 | 137.5 | 519 | 564.1 |
| Eric Todd | 39 | 257 | 45.5 | 57.5 R | 115 | 200 | 92.5 | 170 | 681 | 532.5 |
| Tim Piper | 44 | 197 | 36.3 | 50 R | 90 | 155 | 75 | 130 | 536 | 506.7 |
| Logan Kressly | 16 | 172 | 27.2 | 35 R | 60 | 160 | 60 | 115 | 457 | 490.5 |
| Denny Habecker | 71 | 194 | 27.2 | 30 R | 65 | 115 | 52.5 | 90 | 380 | 454.7 |
| Dean Ross | 71 | 269 | 22.7 | 25 R | 40 | 130 | 40 | 100 | 358 | 361.1 |
| Art Montini | 86 | 175 | 13.6 | 7.5 R | 30 | 85 | 30 | 70 | 236 | 334.4 |
| Dennis | 82 | 152 | 9.1 | 10 L | 20 | 80 | 30 | 60 | 209 | 315.7 |

| | | | | | | | | | | |
|--------------|----|-----|------|------|----|-----|----|---|-----|-------|
| Mitchell | | | | | | | | | | |
| Lance Foster | 48 | 325 | 18.1 | 30 R | 75 | 150 | 70 | 0 | 343 | 261.5 |

EXTRA ATTEMPTS FOR RECORDS

Tim Piper: Crucifix 40.8

Denny Habecker: Snatch-One Arm R 36

Logan Kressly: Clean and Push Press 65

Notes: BWT is bodyweight in pounds. All lifts recorded in kilograms. R and L designate right and left. TOT is total kilos lifted. PTS is adjusted points corrected for age and bodyweight allowances.

BEST LIFTER AWARDS

Best Junior Lifter: Logan Kressly

Best Senior Lifter: Eric Todd

Best Master Lifter 40-44: Chad Ullom

Best Master Lifter 45-49: Lance Foster

Best Master Lifter 55-59: Randy Smith

Best Master Lifter 70-74: Denny Habecker

Best Master Lifter 80-84: Dennis Mitchell

Best Master Lifter 85-89: Art Montini

Overall Master Lifter: Chad Ullom

Overall Best Lifter: Chad Ullom

Best Club: Dino Gym (Chad Ullom & Dean Ross)

Best Club Runner Up: KC Strongman (Eric Todd & Lance Foster)

2014 Meeting Minutes



June 23, 2014 | Authored by | [Edit](#)

by Al Myers

The 2014 Meeting of the USAWA was called to order by USAWA President Denny Habecker at 6:00 PM at the Salvation Army Gym in Macomb, Illinois on June 20th. Roll call was taken with these USAWA members in attendance: Denny Habecker, Al Myers, Art Montini, Dean Ross, Randy Smith, Helen Kahn, Tim Piper, Mike Murdock, Dennis Mitchell, Eric Todd, Logan Kressly, and Lance Foster. Al Myers, USAWA Secretary, read the 2013 minutes in an abbreviated form as they were 5 pages long. Dean moved to accept the minutes, Randy gave a second, and it passed unanimously. The Treasurer's report was given next by USAWA Treasurer Al Myers which included a summary which showed a yearly profit for the USAWA over the past year. The budget

which was approved at a prior time by the Executive Board was explained. Dennis moved to accept, Dean gave a second, and it passed unanimously. The special directors reports were next on the agenda. The Website Director, Al Myers, gave a report on the success of the website over the past year, and how it now contains over 1300 blogs and all the meet results from the past 5 years plus much USAWA historical information. Randy moved to accept, Tim gave a second, and it passed unanimously. The Awards Director, Al Myers, then gave a report of the USAWA Awards Program. He explained how the USAWA budget money of \$750 is used to buy the yearly awards and the special awards, given on behalf of the USAWA. Tim moved to accept the report, Dean gave a second, and it passed unanimously. The Official's report was next on the agenda. Since the Official's Director Joe Garcia was not in attendance, and he had not given a report to anyone to give on his behalf in advance, no report was given. The Drug Enforcement Director's Report was next. Chad Ullom, the Drug Enforcement Director, was not in attendance but the report was given by Al Myers who does all the duties for this position anyways. Al explained that the USAWA does testing at over half the USAWA competitions, and just recently purchased more testing kits. He stated our drug testing is more extensive now than ever before in the history of the organization. Eric moved to accept the report, with a second by Dean, and it passed unanimously. The next agenda topic was the official appointment of a new Records Director and Postal Meet Director. Since the last USAWA meeting Records Director Joe Garcia and Postal Meet Director John Wilmot have resigned. The Executive Board had appointed Al Myers as the Record Director and Denny Habecker as the Postal Meet Director to act in an interim basis for these positions during this past year until official appointments could be made. Dean moved to appoint Al Myers as the Record Director and Denny Habecker as the Postal Meet Director, with a second given quickly by Randy. There was no discussion. The motion passed unanimously. Next up was the discussion and vote on two new proposed lifts. The first lift discussed was the Thor's Hammer, a lift proposed by Thom Van Vleck as an OTSM lift in the USAWA. The written rule by Thom Van Vleck was read to the group, and discussion ensued. Most seemed confused and dazed by the way the rule was written. Many questions arose that were not addressed in the written rule as presented. Most were in agreement that the lift, as verbally described and performed at Thom's recent OTSM meet, was a very good lift, but the presented written rule had way too much fluff and not enough technical details. It seemed at this point that the lift was going to be rejected on this issue, but Al Myers moved that he would rewrite the rule with specific technical details, and once it met the Executive Boards approval, would be accepted as a new USAWA lift. Dean gave a second, everyone breathed a sigh of relief, and it passed unanimously. Al then moved that prior records set at Thom's OTSM meet in the Thor's Hammer be accepted as USAWA records retroactively. Tim gave a second, and it passed with majority vote. Mike Murdock was the lone no vote, and Randy abstained from voting. The next new lift, the Kennedy Lift proposed by Al Myers, was next presented. Al read the written rule that he wrote for the Kennedy Lift, that was performed at the Dino Challenge in January as an exhibition lift. There was no discussion or questions on any aspects of the written rule, Dean moved to accept it, Eric gave the second, and it passed unanimously. Eric moved to accept prior records set in the Kennedy Lift at the Dino Challenge, Dean gave a second, and it passed unanimously. The next agenda item was the discussion and vote on rulebook changes. Al read a list of changes that have been brought up during the prior year, which included: 1. allow knee bend in the shoulder drop, 2. matters of appeal should be presented to the secretary in writing who will

then present the issue to the executive board for a vote to be decided by majority, 3. allow the chain to touch the body in the teeth lift but not be supporting the weight, 4. for the Anderson Squat, rules of the squat apply to bar position on the back, 5. Remove the rulebook wording of allowing rosin as this is often confused with tacky, 6. Add "if a lifter fails at an attempt, the lifter may call for the same weight on the next attempt". Discussion centered around the proposed rule change on the shoulder drop. The question was asked who proposed this rule change, and Al responded that it was requested by Thom Van Vleck, which brought laughs from several in the group. Arguments in favor were given to include the safety issues of having the knees bend. Since Thom was not in attendance and could not support his argument to the group, Al explained that having the legs straight can make the lift dangerous, as he had witnessed Chad have a near death experience doing the shoulder drop at Thom's place with straight legs. Al then mentioned that this whole Chad catastrophe was filmed and is now on YouTube. Arguments against included causing a deviation away from the written IAWA(UK) rule which also requires straight legs. Denny moved to accept all the proposed changes, with the exception of the shoulder drop change which would be presented to the IAWA Technical Committee to be discussed and voted on. Dean gave a second, and it passed unanimously. The last agenda item was asking for bids for the 2015 USAWA Nationals. Denny stated that York Barbell has expressed an interest of us hosting a meet there next year in conjunction with their strength extravaganza. Denny had presented this to the EB prior and had full support on this bid. Al moved to accept this bid, with Denny acting as the meet director. Dean gave a second, and it passed unanimously. At this point our allotted time was done in the meeting room. Dennis moved that the meeting be adjourned, Dean gave a second, and it passed unanimously. The meeting ended at 7:00 PM.

 Categories: [USAWA Daily News](#) |  Tags: [Minutes](#)

Club Championships

 May 21, 2014 | Authored by | [Edit](#)

by Al Myers

The Club Championships has been sanctioned and scheduled! I consider this meet as one of our "signature events" in the USAWA since it is a Championship Event, and these are the meets that really need to be contested every year. The Club Championships began in 2010 with the Ambridge Barbell Club hosting it the first couple of years. Dave Glasgow, the leader of the Ledaig Heavy Athletics, promoted it last year and has made plans to promote it this year as well!

The Club Championships is much different than other competitions. It is NOT an individual competition, but rather, a club competition. The scores of three members of a club are "added together" to form a club score. This way clubs are pitted against each other, with each member making their own contribution to their club. Awards will be given out on a "club basis" – there will be no individual recognition at this event.

The rules for the Club Championships are pretty straightforward:

- 1. Each Club brings three lifters to compete. Clubs may enter with less than three members, but will be at a disadvantage when scores are added together. A club may enter more club members than three, but only the top three will be added for the "club score".*
- 2. Club members MUST be registered with their club of participation (as documented on the membership roster).*
- 3. Adjusted Point scores are added together to form a club score.*
- 4. Club with the highest Club Score is awarded the Club Champion.*

The Ledaig HA's has been a big club player in the USAWA over the past few years. Now since Dave has his new training facility built I expect even more involvement with promotions. I consider Ledaig as one of the TOP CLUBS in the USAWA. At the 2012 IAWA World Championships, their club won the team title at the Championships (combined pt scores of all members participating). That's a big club win – winning Worlds!!!! In 2011 Ledaig won the team title at the USAWA Nationals in Kirksville. At Nationals in Las Vegas they were awarded the Runner Up Club of the Year in the USAWA. In 2012, they won the Club of the Year Award in the USAWA.

I'm really excited about this year's Club Championships. I truly believe the success of the USAWA lies with club involvement. Meets like this one foster that involvement. Year's ago it was important to lifters to be "part of a club" when going to competitions. Club spirit was high – and lifters often competed in their club shirts showing their support to their club. I want to bring that feeling back, and this meet is a great way to do that. It should be an honor for a club member to get selected to represent their club at the Club Championships. Let's make this a great meet!

MEET DETAILS:

2014 USAWA Club Championships

Saturday, July 19th, 2014

Ledaig Heavy Athletics Training Facility

Rainbow Bend, KS

Sanction – USAWA

Entry Fee – None

Weighins: 9:00 AM

Start time: 10:00 AM

LIFTS:

Clean and Jerk – One Arm

Deadlift – Fulton Bar, Ciavattone Grip

Trap Bar Deadlift

There will be a record breaker session after the competition if anyone is interested. Award certificates will be awarded to the winning clubs. There is no entry form, but please contact Dave prior to the event if you are entering a team at dglasgow@cox.net . The directions to the meet are:

GPS Coordinates are: Decimal coordinates (latitude, longitude):
37.16499343231285,-97.13128566741943

2nd Quarter Postal



July 11, 2014 | Authored by | [Edit](#)

by Al Myers

MEET RESULTS

2ND QUARTER USAWA POSTAL MEET

The results are in from the 2nd Quarter USAWA Postal Meet. Congrats goes to Women's overall winner Ruth Jackson, and Men's overall winner Chad Ullom. The Postal Meet Director Denny Habecker made some good choices for the lifts, as they were lifts contested in the USAWA National Championships. This allowed all participants in the Nationals to also be entered in this postal meet. A total of 13 lifters participated, which I consider good participation.

MEET RESULTS:

2nd Quarter Postal Meet

June 1st – June 30th, 2014

Meet Director: Denny Habecker

Lifts: Curl – Cheat, Snatch – One Arm, Clean and Push Press

Officials:

Ruth Jackson – Certified Official Jarod Fobes

Crystal Diggs – Certified Official Ruth Jackson

Barry Bryan – Certified Official Denny Habecker

All other lifters used 3 officials from the USAWA Nationals (Thom Van Vleck, Mike Murdock, Eric Todd, Denny Habecker, Dennis Mitchell)

WOMENS DIVISION

| LIFTER | AGE | BWT | Curl | SN-1 | C&PP | TOT | PTS |
|---------------|-----|-----|------|--------|------|-------|-------|
| Ruth Jackson | 52 | 107 | 100 | 62.5 L | 105 | 267.5 | 415,5 |
| Crystal Diggs | 27 | 143 | 40 | 25 L | 45 | 110 | 121.1 |

Extra Attempt for records:

Ruth Jackson – Cheat Curl 105 lbs.

MENS DIVISION

| LIFTER | AGE | BWT | Curl | SN-1 | C&PP | TOT | PTS |
|-----------------|-----|-----|-------|---------|-------|-------|-------|
| Chad Ullom | 42 | 253 | 220.5 | 156.5 R | 264.5 | 641.5 | 520.7 |
| Barry Bryan | 56 | 196 | 154.3 | 101.4 R | 203.9 | 459.6 | 486.0 |
| Eric Todd | 39 | 257 | 203.9 | 126.7 R | 253.5 | 584.2 | 457.3 |
| Randy Smith | 59 | 195 | 176.4 | 88.2 R | 154.3 | 418.8 | 455.7 |
| Tim Piper | 44 | 197 | 165.3 | 110.2 R | 198.4 | 473.9 | 448.7 |
| Denny Habecker | 71 | 194 | 115.7 | 66.1 R | 143.3 | 325.2 | 390.2 |
| Logan Kressly | 16 | 172 | 132.3 | 77.2 R | 132.3 | 341.7 | 366.9 |
| Lance Foster | 48 | 325 | 154.3 | 66.1 R | 165.3 | 385.8 | 294.1 |
| Dean Ross | 71 | 269 | 88.2 | 55.1 R | 88.2 | 231.5 | 233.8 |
| Art Montini | 86 | 175 | 66.1 | 16.5 R | 66.1 | 148.8 | 211.3 |
| Dennis Mitchell | 82 | 152 | 66.1 | 25 L | 44.1 | 132.3 | 199.7 |

NOTES: BWT is bodyweight in pounds. All lifts recorded in pounds. R & L designate right and left arms. TOT is total pounds lifted. PTS are adjusted points for bodyweight and age correction.

Newcomer Award Winners

 July 12, 2014 | Authored by | [Edit](#)

by Al Myers



Logan Kressly (right) receiving his USAWA Newcomer Award from 2014 USAWA Meet Promoter Tim Piper (left) at the National Championships.

I always enjoy the USAWA Annual Awards presentation. This program to recognize outstanding accomplishments was started in 2010. The program is funded by the USAWA bank account, and all award winners are chosen by the membership. This means if you win one of these awards – it is because your peers deemed you worthy. That means much more than one individual making the choices, or a selection committee deciding.

The first award given out was the Newcomer Award. This award is defined as, *"This award goes to an individual who is new to the USAWA or has become involved again in the organization. It recognizes a lifter who has shown great involvement or outstanding performance throughout the past year. it doesn't have to be someone in their first year involved in the USAWA. "*

Two very deserving lifters earned this award this year -

WINNER – MIKE MCINTYRE

RUNNER UP – LOGAN KRESSLY

Mike, lifting for the JWC, made a big impact in the USAWA during the prior year. He competed in several competitions promoted by Thom Van Vleck, and in my 2013 Dino Gym Challenge OTSM competition. It was

at that meet that Mike caught my attention when he performed a 410 pound Hackenschmidt Floor Press. Last December Mike placed 3rd overall in the USAWA Old Time Strongman Championships, in a very tough field of lifters. I was extremely impressed with his 315 pound Anderson Press in that meet! Mike was not on hand at the Awards ceremony to receive his award so Thom Van Vleck accepted it on his behalf.

Logan, lifting for the Ledaig Heavy Athletics, has shown great improvement over the past year in his lifting. At only 16 years old, his future is bright as lifter. Last year Logan competed in the USAWA Team Championships, and paired with Jera Kressly, to win the overall award in the mixed pairs division. He entered the 2014 Dino Gym Challenge, a tribute to Warren Lincoln Travis, and placed 3rd overall competing against many seasoned all rounders. His 1300# Harness Lift and 1600# Back Lift impressed me the most. You often do not see young lifters put up big lifts in the heavy lifts. At my record day last February he did a 550 pound Dinnie Lift! And at this meet, the 2014 Nationals, he was crowned outstanding Junior Lifter. I would say he has had a great year in the USAWA!

Congrats to both of these guys!

 Categories: [USAWA Daily News](#) |  Tags: [Awards Program](#), [Logan Kressly](#), [Mike McIntyre](#), [Newcomer Award](#)

Courage Award Winners

 July 13, 2014 | Authored by | [Edit](#)

by Al Myers



(Left Picture): Tim Piper presenting the Courage Award to Art Montini. (Right Picture): Tim Piper presenting the Courage Award to Dean Ross.

The Courage Award is described as, *"This goes to an individual who shows the courage to overcome an obstacle in order to return to competition. This may be a comeback from an injury, or just having to deal with difficult personal issues, but still shows the courage to compete in the USAWA".*

Since the USAWA Award Program began, NO ONE has been the winner of this award besides Dale Friesz. Dale was the definition of courage, competing up till his final days. He set a standard for lifting courage that will be hard for anyone to duplicate. I often think of this award now as the Dale Frieze Courage Award.

However, there's another lifter in the USAWA who has plenty of courage as well, and after being last year's runner up, repeated this year as runner up in the Courage Award by the others in the USAWA this year. That man – who defies the myths of age and weightlifting – is ART MONTINI.

RUNNER UP - ART MONTINI

WINNER - DEAN ROSS

Dean "Hot Foot" Ross was the Winner, and well deserving. His input to the USAWA over these past few years exceeds what most can accomplish in a lifetime of participation in the USAWA. You don't attend a meet that Dean is at without getting to know him! Everyone knows Dean.

Congrats to Art and Dean for being the winners of the USAWA Courage Award!



Categories: [USAWA Daily News](#) | Tags: [Art Montini](#), [Awards Program](#), [Courage Award](#), [Dean Ross](#)

IT'S ALL ISO



July 17, 2014 | Authored by | [Edit](#)

by John McKean

"You look like a 3 pound duck ,trying to lay a 5 pound egg !" was my comment to a buddy's pressing form. Bill Irish had asked me to critique his admittedly powerful overhead lift as he trained for a USAWA record. Now Bill had always specialized in the press, did quite well in this lift for local Olympic style meets (when the press was still part of it), but never mastered the modern form where superstars such as March, Knipp, and Kono thrust hips forward with a lean back to use the body's musculature to maximum advantage. Rather, Bill always trained like the real oldtimers of he 20s, trying to remain ramrod straight while powering up the barbell with mostly arm& delt strength. The result was, he acquired an inward curve in his lower back, while his tensed butt prominently pointed straight backwards like, well, a duck's tail ! And though always of a fairly sturdy frame (198-230 pounds), yet trim, he acquired a rather massive set of unwanted glutes. Since he never put much time or effort into squatting,I'm sure his pants splitting size was mostly derived from the ISOMETRIC flexing & tension created by max poundages while using his strange pressing technique over the years.

My favorite quote from the great Norbert Schemansky came when he was asked if he ever did isometrics. "Sure," laughed mighty Norb, "everytime I miss a lift!" For ,like most of the prominent American lifters of the 40s ,50s, and 60s, every lifting session was essentially like a contest -they'd single up to limit weights,then try

one or two more beyond that. In fact, our guys were at the top of the world olympic lifting heap -UNTIL they switched from these all-out programs to the rumored Soviet cycling & percentage programs! But their big weights, and more central to this story, the TOTAL BODY TENSION, built some terrifically rugged physiques. IMO, the training lifts themselves were secondary here, it was the ISO effect that built tremendous size and strength!! I was fortunate enough to watch Schemansky, Knipp, Lowe, Alexeev, Reding, and Rigert go through their programs and onto huge lifts on the platform -all had the muscle density of an above average granite slab! When lifting you could see every rock-like fiber in their bodies flexed to the max ,under the isometric support needed for record weights.In fact, during my teens while watching Mr Schemansky warm up and then proceed to a near world record snatch at a local club, it became such an epiphany as to just what had built those 20" arms (iso tension from the pulls) that I never bothered with curls or tricep extensions again!

Recently a crossfitter wrote me as to how best to get his max single deadlift up 12 weeks from now, for one of their contests. He admitted he'd been suffering an upper body injury (a recent Sports Illustrated story gave documentation that 73% of these high reppers suffer injury, some requiring surgery) from a previous meet, caused by some form of high rep,light weight maneuver that was used. I informed him that the one universal "secret" of reaching big weights was just to single up, every workout, to a top weight and one beyond that for an iso hold. A strong hint was given that it's not the high rep ,pumping format that creates strength or true,lasting muscle development, but instead the body tension in struggling with really big weights!

If one would carefully research the methods from the early 1900s to about 1930, all the heralded old time strongmen singled up ,sometimes daily as did Goernor and Saxon, achieving that mind blowing development from the constant total tension throughout their bodies. I really don't think a heavy singles, max effort program has ever failed anybody (that stuck with it!) since the beginning of organized weightlifting! Though I did have a British guy, Mick, who constantly hounded me for new updates to his routine, report a lack of success -until I found out that he changed "limit singles" down to 80% of maxes, always added many sets of rep curls into any program to delete energy, did all deadlift types WELL OFF the floor in a rack, and would take long layoffs every 3 weeks or so ! In other words, he wouldn't allow the "glorious pain" of body tension isos, from really pushing limits, to ever cause him discomfort!

Now ,we in all-round training already treat every LIFT, as just that ;not a mere "exercise"! I propose that there is never a need to add high rep" body toning movements" to pump up the ole physique; just go for broke on any of our 150+ maneuvers to let the holds, supports, struggles, and overloads do the building for us! I'll bet you'll never see old, "caveman-body" Art Montini running to a modern health spa!!



Categories: [USAWA Daily News](#) | Tags: [Isometrics](#), [Norbert Schemansky](#)

Sportsmanship Award Winner



July 17, 2014 | Authored by | [Edit](#)

by Al Myers



Tim Piper (left) awarding Dennis Mitchell (right) the winner of the Sportsmanship Award in the USAWA.

The Sportsmanship Award went to a lifter who I felt really deserved it – Dennis Mitchell. The definition of the Sportsmanship Award is, “This goes to an individual who possesses and shows great sportsmanship within the USAWA. The act of sportsmanship may be by conduct at all events, or by an specific example of exceptional Sportsmanship.”

This sums up Dennis Mitchell. Dennis is one of the most supportive lifters I know. He always is encouraging others – and well as supporting the USAWA in any way he can. This includes always giving encouraging words to other lifters, sitting in the officials chair when he’s competing, writing for the USAWA website, or helping the USAWA by being a valuable member of the USAWA Executive Board. Dennis is a VERY IMPORTANT PERSON in the USAWA, and it’s nice to see the membership rewarding him in this way by voting him the Sportsmanship Award of the Year.

Congrats Dennis!!!!



Categories: [USAWA Daily News](#) | Tags: [Award Program](#), [Dennis Mitchell](#), [Sportsmanship Award](#)

Records now online



July 19, 2014 | Authored by | [Edit](#)

by Al Myers

As some of you may have noticed, the USAWA Record List is now available on the USAWA website. It is placed under the top heading section “record list”. I will try to keep an updated version of the record list

uploaded. The record list is very large PDF of the excel file. It may take a while for some systems to download it. There are now over 10,000 records in the USAWA Record List.

It has also been awhile since I have updated the Century Club, a listing that includes all lifters that have over 100 USAWA Records. It's been over a year since I have published this update – but since there has been no real changes in it, there has not been much reason to do so. The “top ten” is exactly the same order, and no one new has been added. The BIG NEWS of the list is that Denny Habecker has become the FIRST USAWA lifter to top 500 records! That's a big number, and has given Denny a huge lead over Art Montini. The biggest placing changer in the Mens Club has been Dean Ross, who has moved up two places to number 11. Ruth Jackson is closing in on Noi – and I predict will pass her within the next couple of years. The sad news is USAWA legend John Vernacchio has dropped out of the Century Club, leaving the total number at 24.

WOMEN'S CENTURY CLUB

(as of July 19th, 2014)

| RANK | LIFTER | CURRENT RECORDS | PREVIOUS COUNT | CHANGE |
|------|-------------------|-----------------|----------------|--------|
| 1 | Noi Phumchona | 261 | 263 | +2 |
| 2 | Ruth Jackson | 213 | 180 | +33 |
| 3 | Mary McConnaughey | 117 | 117 | 0 |

MEN'S CENTURY CLUB

(as of July 19th, 2014th)

| RANK | LIFTER | CURRENT RECORDS | PREVIOUS COUNT | CHANGE |
|------|------------------|-----------------|----------------|--------|
| 1 | Denny Habecker | 501 | 480 | +21 |
| 2 | Art Montini | 445 | 425 | +20 |
| 3 | Al Myers | 421 | 411 | +10 |
| 4 | John McKean | 290 | 291 | -1 |
| 5 | Dennis Mitchell | 278 | 266 | +12 |
| 6 | Frank Ciavattone | 268 | 265 | +3 |
| 7 | Joe Garcia | 247 | 238 | +9 |
| 8 | Bob Hirsh | 229 | 229 | 0 |

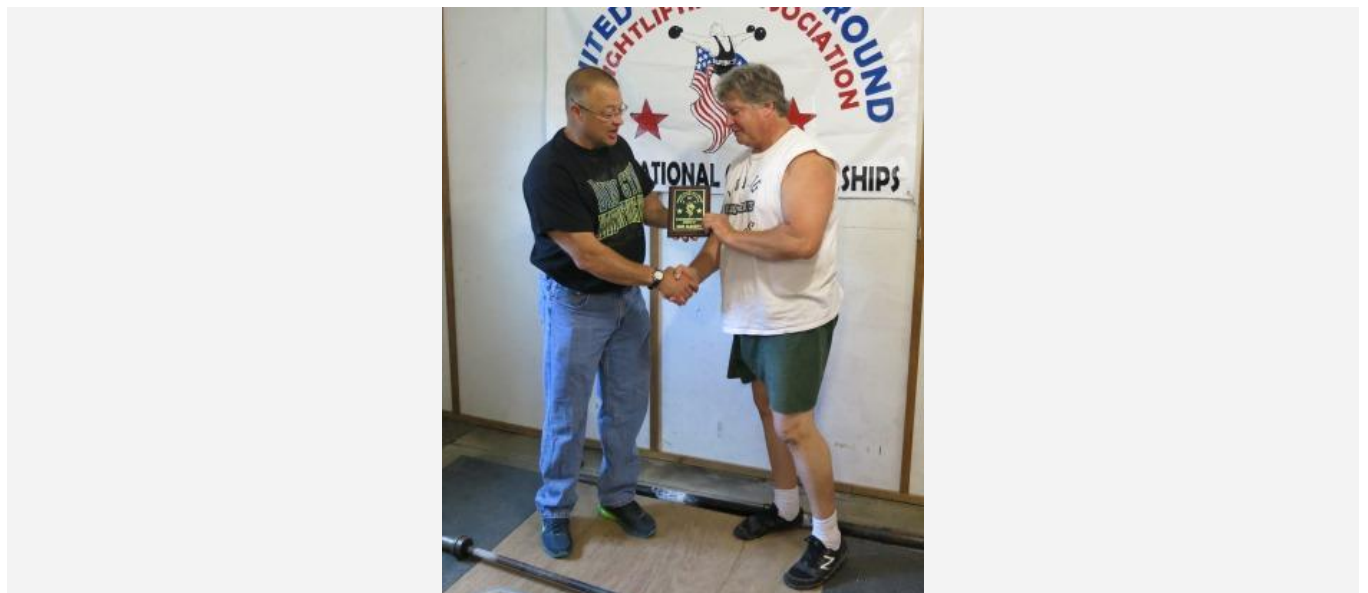
| | | | | |
|----|-----------------|-----|-----|-----|
| 9 | Chad Ullom | 210 | 200 | +10 |
| 10 | Bill Clark | 207 | 198 | +9 |
| 11 | Dean Ross | 188 | 155 | +33 |
| 12 | Howard Prechtel | 174 | 174 | 0 |
| 13 | Dale Friesz | 159 | 160 | -1 |
| 14 | Jim Malloy | 156 | 153 | +3 |
| 15 | Scott Schmidt | 150 | 151 | -1 |
| 16 | John Monk | 148 | 148 | 0 |
| 17 | Ed Schock | 138 | 138 | 0 |
| 18 | Chris Waterman | 137 | 137 | 0 |
| 19 | Rudy Bletscher | 126 | 131 | -5 |
| 20 | Mike Murdock | 113 | 107 | +6 |
| 21 | Bob Geib | 101 | 102 | -1 |

 Categories: [USAWA Daily News](#) |  Tags: [Century Club](#), [Record List](#), [Records Race](#)

Sportsmanship Runner Up

 July 21, 2014 | Authored by | [Edit](#)

by Al Myers



Dave Glasgow (right) is presented the USAWA Runner Up Sportsmanship Award by Al Myers.

At the USAWA Club Championships last weekend I was able to formally present Dave Glasgow the Runner Up Sportsmanship Award. I was hoping to keep it a secret till this past weekend in order to surprise him!

Dave's a humble guy, which makes it even more enjoyable to present him an award such as this. He never thinks he's deserving of it (and usually has a few choice words for me when he's accepting his award!)

But he's more than deserving of it! After taking part in the Club Champs which he and the Ledaig HA crew promoted, and being treated with such hospitality while there, I thought on the way home how this is how meets should be ran. Dave is always "for the athletes" first and foremost in any event he promotes.

That's just part of the reason the USAWA membership awarded Dave with this yearly award. Congrats Dave!

 Categories: [USAWA Daily News](#) |  Tags: [Dave Glasgow](#), [Sportsmanship Award](#)

Leadership Awards

 July 22, 2014 | Authored by | [Edit](#)

by Al Myers



Tim Piper (left) presenting the Leadership Award to Denny Habecker.



Tim Piper (left) presenting the Runner Up Leadership Award to Thom Van Vleck.

The Leadership Award in the USAWA goes to an individual *"that has shown exceptional leadership qualities within the USAWA during the past year. Things that should be looked at are going above the level expected of an Officer position, promoting sanctioned events with emphasis being on promoting National or World Competitions, promoting the USAWA by developing a strong club, writing articles for publications about the USAWA, or through other means."*

The two winner of this award, and very deserving of it, were:

WINNER – DENNY HABECKER

RUNNER UP – THOM VAN VLECK

Both Denny and Thom were on hand to receive their awards at our National Meet Ceremony. But then you would expect that out of them as they are leaders in the organization. Their inputs at our National Championships was vital. Thom served as the Head Official of the entire meet and did not compete because he would rather "give" than "take". Thom's contributions of writing for the USAWA Website on a frequent basis has helped ensure it's success.

Denny has been our USAWA President for many years now. He is the ultimate leader of the USAWA. He attends practically every big event promoted within the USAWA and the IAWA. If a lifter does not know Denny it is because they are not very involved! Denny attends meets all across the country and interacts with the entire USAWA membership. At Nationals he sat in the officials chair WHILE he was lifting just because that duty needed attended to. I think Denny is the best President the USAWA has ever had.

I'm glad to see the USAWA membership recognize these two for their contributions to the organization. They have earned it!

 Categories: [USAWA Daily News](#) |  Tags: [Awards Program](#), [Denny Habecker](#), [Leadership Award](#), [Thom Van](#)

Club Championships

 July 24, 2014 | Authored by | [Edit](#)

BY DAVE GLASGOW

CLUB CHAMPIONSHIPS ON THE GREAT PLAINES



Group picture of the lifters from the 2014 USAWA Club Championships.

FOUR CLUBS AND THREE STATES WERE REPRESENTED AT THE USAWA CLUB CHAMPIONSHIPS, HOSTED BY THE LEDAIG HEAVY ATHLETICS, IN RAINBOW BEND, KS. THOSE PARTICIPATING RANGED IN AGE FROM ELEVEN TO EIGHTY SEVEN! QUITE A RANGE. YET, THERE WERE GREAT LIFTS POSTED BY ALL WHO COMPETED.

ALEX WHETSTONE HAD NEVER DONE ANY OF THE LIFTS PRIOR TO THE MEET DAY. HE WAS GIVEN A CRASH COURSE ON THE LIFTS BY HIS UNCLE, 9 TIME MASTERS NATIONAL POWER LIFTING CHAMPION , LARRY 'FLOYD' TRAUB AND HIS GRANPA, DAVE GLASGOW. FOR ONE SO YOUNG AND WITH NO EXPERIENCE, WE ALL THOUGHT HE DID VERY WELL! I DOUBT VERY SERIOUSLY IF WE HAVE SEEN THE LAST OF HIM!

ANOTHER NEW CAST MEMBER TO THE LEDAIG TEAM AND THE USAWA IS DREVON KRESSLY. YOU WILL SOON NOTICE THAT THE MAJORITY OF THE MEMBERS OF TEAM LEDAIG ARE KRESSLYS AND DREVON ADDED A NEW FACE! WHAT A GREAT, YOUNG TALENT THIS KID IS!! VERY UNASSUMING AND SOFT SPOKEN, DREVON

WAS SHOWED THE 'SPLIT' TECHNIQUE FOR THE ONE ARM C/J AND THEN PROCEEDED TO PERFORM IT TO PERFECTION ON HIS VERY NEXT LIFT!! IMPRESSIVE! HE HAS THAT POWER/QUICKNESS QUALITY THAT YOU CAN'T TRAIN OR TEACH. VERY GOOD TO HAVE HIM ABOARD. DREVON'S BROTHER, LOGAN, SHOWED UP AND DID VERY WELL, ALSO. HAVING RETURNED FROM NATIONALS LAST MONTH, HE IS NO STRANGER TO THE USAWA. HE KEPT THE LEDAIG TEAM IN THE HUNT FOR THE TITLE WITH SOLID, CALCULATED LIFTS!

CONTINUING WITH THE KRESSLYS, DOUG AND JERA ARE ALWAYS GREAT TO HAVE AROUND! THEY COME TO LIFT AND ALWAYS ATTEMPT TO PERFORM AT THEIR BEST. THIS DAY, SADLY, WAS NOT TO THEIR LIKING. SOMETIMES THE EXCITEMENT OF THE DAY MAKES FOR MISCALCULATIONS AND THAT IS WHAT HAPPENED IN THIS CASE HERE FOR THEM. JERA COULD'NT MANAGE HER OPENER FOR THE TWO HAND, FULTON, CIVATONNE LIFT. HAVING MADE THE SAME WEIGHT IN WARM-UP, SHE WAS NOT ABLE TO PULL IT ON ANY OF HER ATTEMPTS. JERA WOWED THE SPECTATORS WITH HER ONE HAND C/J AND TRAP BAR DL, SO THE DAY WAS NOT A TOTAL LOSS! DOUG MUST HAVE HAD SOME OF THE SAME PORRIDGE AS JERA AS HE COULD'NT MANAGE HIS OPENER ON THE SAME LIFT!! HE WAS PERTURBED BUT CAME BACK ON THE REMAINING LIFTS TO POST GOOD NUMBERS AND SAVE SOME FACE.



Dave Glasgow helped lead his club to club victory with this 450 pound Trap Bar Deadlift (picture and caption by Al Myers).

ART MONTINI AND DENNY HAYBECKER MADE THE LOOONG TRIP FROM PENNSYLVANIA TO COMPETE. THESE TWO HAVE MADE THEIR WAY TO THE GREAT PLAINES MORE THAN ONCE AND WE ARE ALWAYS GLAD TO SEE THESE TWO GENTLEMEN AT OUR GATHERINGS! ART DID HIS USUAL CALCULATED AND SCRIPTED LIFTING. OF HIS NINE ATTEMPTS, I THINK HE MISSED ONLY ONE! THAT IS KNOWING YOURS ABILITIES, FOR SURE!

DENNY IS ONE OF MY FAVORITES IN THE USAWA. ALWAYS GREAT TO BE AROUND AND TALK TO, DENNY IS A GIFTED LIFTER. HE APPEARS COMFORTABLE WITH ANY LIFT THAT IS BEING CONTESTED. HIS KNOWLEDGE, BACKGROUND AND EXPERIENCE ARE VERY APPARENT.

I AM FAIRLY CERTAIN THAT DEAN ROSS NEVER PRACTICES THE LIFTS PRIOR TO SHOWING UP FOR THE MEETS!! DEAN ALWAYS KEEPS THE CONVERSATION GOING AND NEVER MET A STRANGER. HIS LIFTS WERE SOLID AND UNDER CONTROL. HE, ALSO, DOES MORE THAN HIS FAIR SHARE OF LOADING AND SPOTTING, AS WELL. IT WAS GOOD TO SEE MIKE MURDOCK, AGAIN!! LOOKING VERY SVELTE AT HIS NEW WEIGHT OF 174, HE WAS AIMING AT SOME RECORDS IN HIS NEW FOUND WEIGHT CLASS. MIKE ALWAYS JUMPS IN AND HELPS WHEREVER HE CAN. HE EVEN SAID 'GOOD-BYE' TO EVERYONE THIS TIME, WHEN HE LEFT!!

AL MYERS AND CHAD ULLOM, EVER THE TRAVELING COMPANIONS, JUST RETURNED FROM A THREE WEEK LIFTING/THROWING EXTRAVAGANZA IN NORWAY AND EASTERN EUROPE. BOTH WERE PRETTY BEAT UP AND WEARY FROM THE COMPETITIONS AND THE TRAVEL. REGARDLESS, THEY 'COWBOYED UP' AND HIT THE PLATFORM. AL WAS NURSING A TORN GROIN MUSCLE RESULTING IN VERY TIMID AND CONSERVATIVE LIFTS. THE FACT THAT HE COULD TRAP BAR LIFT AT ALL SURPRISED EVERYONE. AL IS A REAL STUDENT OF THE LIFTS AND LIFTING IN GENERAL, SO HIS LIFTING WAS NOT HAP HAZARD OR RECKLESS. CHAD CONTINUES TO AMAZE ME. HE HAS TO BE THE BEST OVERALL LIFTER AND ATHLETE I HAVE EVER RUN ACROSS. THERE JUST DOES'NT SEEM TO BE ANY LIFT HE DOES'NT DO WELL. HE CARRIED THE DAY AS HE WAS ALWAYS THE LAST LIFTER ON EACH LIFT. THIS BACKFIRED ON HIM, HOWEVER, AS, WHEN HE FINISHED FOR THE DAY, ALL THE FOOD WAS GONE!! I WONDER WHERE IT ALL WENT!?

LARRY TRAUB CAME TO BE A PART OF THE FESTIVITIES FROM INDIANA. HAVING A LONG HISTORY OF SUCCES IN THE POWERLIFTING GAME, HE SLIDES INTO MOST OF THE LIFTS VERY WELL. HOWEVER, HAVING SOME MOBILITY ISSUES AS OF LATE, HE TOOK PRETTY MUCH 'TOKEN' LIFTS IN THE TRAP BAR DL. TEAM LEDAIG WOULD NOT BE THE SAME WITHOUT HIS PRESENCE. THE HOST OF THE GAMES, YOURS TRULY, HAD A PRETTY GOOD DAY! HAVING HAD THE CHANCE TO DO THE LIFTS FOR THE PAST SIX WEEKS DID'NT HURT ANYTHING AND BEING ON HOME TURF IS ALWAYS A POSITIVE.

BIG THANKS TO LAVERNE MYERS FOR JUDGING. I WAS GLAD TO SEE HE COULD MAKE IT. WHEN IT WAS ALL SORTED OUT, THE LEDAIG HEAVY ATHLETICS TEAM CARRIED THE DAY FOR THE CHAMPIONSHIP!

TEAM SCORES:

LEDAIG HEAVY ATHLETICS 2477.74

DINO GYM 2165.25

HABECKERS 763.54

AMBRIDGE BBC 550.04

ALL IN ALL, A GREAT TIME. I LOOK FORWARD TO HAVING THIS MEET FOR YEARS TO COME, AS WELL!!
MANY, MANY THANKS TO EVERYONE WHO CAME OUT IN THE MIDDLE OF NOWHERE TO BE A PART OF THIS
MEET! I AM MUCH OBLIGED!!

MEET RESULTS:

USAWA Club Championships

July 19th, 2014

Ledaig HA

Rainbow Bend, Kansas

Meet Director: Dave Glasgow

Official (1-official system used): LaVerne Myers

Scorekeeper: Al Myers

Lifts: Clean and Jerk – One Arm, Deadlift – Fulton Bar, Ciavattone Grip, Trap Bar Deadlift

1. Ledaig Heavy Athletics – 2477.74 points

| LIFTER | AGE | BWT | C&J | DL-FB,CG | TRAP |
|----------------|-----|-----|-------|----------|------|
| Alex Whetstone | 11 | 79 | 22 R | 72 | 105 |
| Draven Kressly | 13 | 131 | 70 R | 182 | 250 |
| Logan Kressly | 16 | 171 | 95 R | 257 | 350 |
| Jera Kressly | 29 | 237 | 80 R | 0 | 350 |
| Doug Kressly | 34 | 285 | 110 R | 0 | 450 |
| Larry Traub | 60 | 206 | 70 R | 272 | 500 |
| Dave Glasgow | 61 | 253 | 105 L | 304 | 450 |
| Mike Murdock | 74 | 172 | 22 R | 142 | 135 |

2. Dino Gym – 2165.25 points

| LIFTER | AGE | BWT | C&J | DL-FB,CG | TRAP |
|------------|-----|-----|-------|----------|------|
| Chad Ullom | 42 | 253 | 130 R | 327 | 550 |
| Al Myers | 47 | 236 | 125 R | 327 | 420 |

| | | | | | |
|-----------|----|-----|---|-----|-----|
| Dean Ross | 71 | 264 | 0 | 237 | 330 |
|-----------|----|-----|---|-----|-----|

3. Habecker's Gym – 763.54 points

| LIFTER | AGE | BWT | C&J | DL-FB,CG | TRAP |
|----------------|-----|-----|------|----------|------|
| Denny Habecker | 71 | 197 | 75 R | 237 | 330 |

4. Ambridge BBC – 550.04 points

| LIFTER | AGE | BWT | C&J | DL-FB,CG | TRAP |
|-------------|-----|-----|------|----------|------|
| Art Montini | 86 | 176 | 27 R | 152 | 210 |

EXTRA LIFTS FOR RECORDS

Jera Kressly: Clean and Jerk – Right Arm 85

Chad Ullom: DL-Fulton Bar, Ciavattone Grip 342

Dean Ross: DL-Fulton Bar, Ciavattone Grip 242

Denny Habecker: DL-Fulton Bar, Ciavattone Grip 242

Alex Whetstone: DL-Fulton Bar, Ciavattone Grip 82

Alex Whetstone: Trap Bar Deadlift 110

Mike Murdock: Rectangular Fix 55

Mike Murdock: Curl – Reverse Grip 55

Mike Murdock: Curl - Cheat, Reverse Grip 65

NOTES: AGE is age in years. BWT is bodyweight in pounds. R and L designate right and left arms. All lifts recorded in pounds.



Categories: [2014 Meet Results](#), [USAWA Daily News](#) | Tags: [Club Championships](#), [Dave Glasgow](#)

Neck Lifting all the Way to a Guinness Record





July 29, 2014 | Authored by | [Edit](#)

by Lance Foster



Eric Todd enroute to a 1000 pound Neck Lift on October 19th, 2013 for a new Guinness World Record.

USAWA history was made for the second time in May 2014, when Eric Todd's 1000 pound neck lift from October 19, 2013 was approved as a Guinness World Record, breaking the previous record of 800 pounds that had been set by Frank Ciavattone almost 8 years ago. Eric had set other USAWA records in the neck lift. On May 12, 2012 at the Heavy Lift Championships with an extra attempt of 905 pounds. A few months later he vastly exceeded that amount during the "Neck Lift Challenge" between him and Chad Ullom on October 7, 2012, held following the IAWA World Championships, edging out Chad for the win with 1030 pounds. While Eric's world record is 30 pounds lighter, it is definitely worth mentioning that Guinness requires that a weight lifting attempt must be held for 2 seconds in the locked out position to be considered a good lift, in contrast to the USAWA standard that a big bar lift is considered good immediately upon the weight coming off the ground.

 Categories: [USAWA Daily News](#) |  Tags: [Eric Todd](#), [Guinness World Record](#), [Neck Lifting](#)

Presidential Cup

 March 13, 2014 | Authored by | [Edit](#)

by Al Myers



Denny took me to one of his favorite places last year at the Presidential Cup, and as you can tell from this picture, we had a good time at the Downtown Lounge!!!

Our Prez Denny Habecker has sanctioned this year's Presidential Cup again! The President's Cup is the KING of USAWA Record Days. I like to think of it as the CHAMPIONSHIP OF RECORD DAYS in the USAWA. It is under direction to be promoted by the USAWA President, with the lift that impresses the President the most being recognized as the winner of the Presidential Cup.

The meet will be held at Denny's private gym – Habecker's Gym. The number of different lifts one can perform is up to the number of lifters that enter and time allotment. Come prepared to do at least 4 or 5 for record purposes as that is usually the number each lifter gets with the turnout of lifters in the past. Maybe you will get to join this exclusive list of past winners!!!

PAST PRESIDENTIAL CUP WINNERS:

2012 – Dale Friesz

2013 – Art Montini

There is no entry form or entry fees for this meet, but please contact Denny ahead of time if you plan to attend.

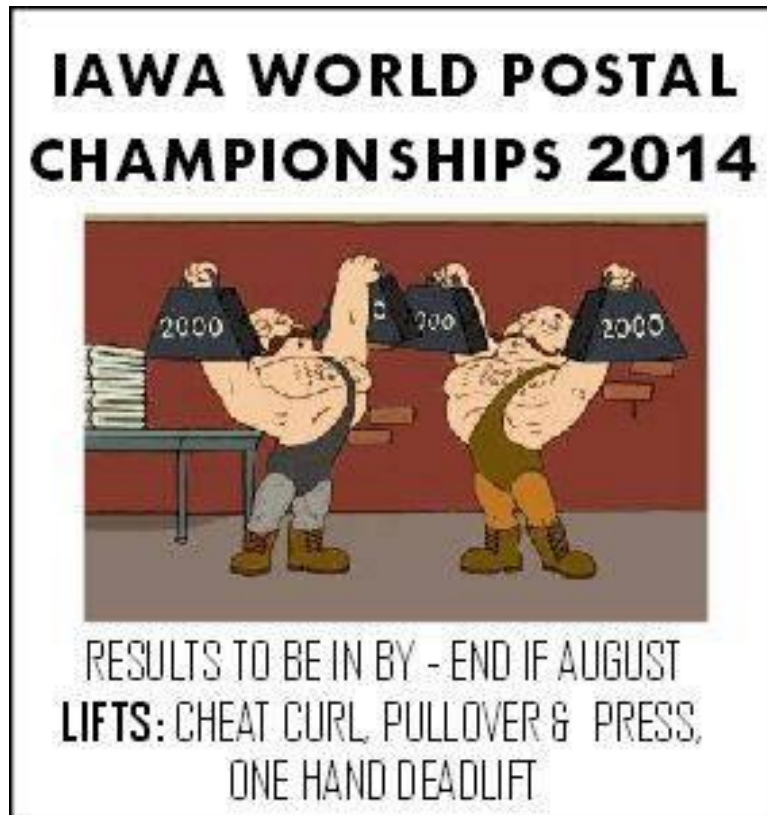


Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#), [Presidential Cup](#)

World Postal Meet

 June 20, 2014 | Authored by | [Edit](#)

by Al Myers



Steve Gardner, the meet director for the IAWA World Postal Meet, has announced the plans for this competition coming later in summer. This gives everyone the great opportunity to see how you “stack up” against international competition without ever even leaving your own gym!

Steve has picked an outstanding set of lifts that everyone should be able to perform easily. There’s really no reason there should not be record entries for the World Postal this year!

The rules for this event are as follows (as outlined on the entry form):

This competition is open to all IAWA lifters, for teams of three, and individuals as well. Teams may be a mix of open/masters/juniors/ladies, as well as all age and bodyweight allowances will figure in for the results. No limit to the number of lifters, if a team or group enter more than three: the top three will form the team score. A sheet caters to 5 lifters. If you have two teams, then just copy, and use two sheets, etc. All lifts must be officiated by at least one IAWA Referee (they should sign the score sheet). To be eligible for IAWA World Records there must be 3 officials used. **YOU DO NOT HAVE TO BE IN A TEAM.** Individuals may also take part in the competition as all rankings will be listed for age/weight classes. Have fun lifting in the Annual “Andy Goddard” Memorial Competition. Good luck.

Now for some added important information:

1. The date for entry is the END OF AUGUST. Make sure your lifts are completed and sent to Steve by that time.
2. The lifts chosen for this event are the Cheat Curl, Pullover and Press, and the One Arm Deadlift. The rules for these lifts are outlined in the USAWA Rulebook, which is available on the website. Make sure to list the arm used in the One Arm Deadlift.
3. If you live in the United States, you MUST be an USAWA member to participate. Make sure to join before you lift in this postal championships or you will find that your lifts will not be recorded in the official scoresheet.
4. All lifts must be performed in the same day. This is not specified in the event rules, but is a assumed rule of all postal meets.
5. Please enter your results in kilograms in the scoresheet. Steve would make the conversions for you – but the meet is scored in kilograms so enter them that way.
6. Make sure you PRINT the names of the one or three officials used as well as having the officials sign the scoresheet. For USAWA lifters, these officials must be active current certified USAWA officials. Make sure to check their “status” on the website before assuming they are current.
7. As per any meet and as OUTLINED in the rulebook, you get three attempts. These must be declared and adhered to. You don’t just keep adding weight till you miss and take unlimited attempts. That’s not the way a meet runs. The fourth block in the entry form is for an extra fourth attempt for record.
8. Make sure to list all attempts on the entry form. Circle the ones you make and cross thru the ones that are missed.
9. Please write CLEARLY on the scoresheet, and fill out the scoresheet completely!
10. Remember this postal championship is ran on the HONOR SYSTEM. Be truthful in your efforts, and feel good about giving your best performance in an honorable manner. If everyone does that – the future of this meet is strong!

ENTRY FORM – [2014 IAWA Postal Worlds Entry Form](#)



Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#), [World Postal Meet](#)

Team Championships



June 24, 2014 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT

2014 USAWA TEAM CHAMPIONSHIPS

The date for the USAWA Team Championships has been set! The day will be Sunday, August 24th, and it will be held in the Dino Gym. The month of August is a busy month for USAWA meets and other local activities, and I didn't want to cause any conflicts.

I chose this weekend because on Saturday, August 23rd, is the day for the Lucas Highland Games hosted by USAWA members Doug and Jera Kressly. By having our Team Championships on Sunday a thrower/lifter can make a "double header" of fun over Saturday and Sunday.

MEET DETAILS:

Date: Sunday, August 24th

Location: Dino Gym, 1126 Eden Road, Abilene, Kansas, 67410

Meet Director: Al Myers – amyers@usawa.com

Meet Weigh in Time: 9:00 AM

Meet Start Time: 10:00 AM

Lifts:

Clean and Jerk – One Arm

Clean and Jerk – Fulton Bar

Curl – Cheat

Jefferson Lift

ENTRY FORM – [TeamChampionships2014](#)



Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#), [Team Championships](#)

The Gada Part 1



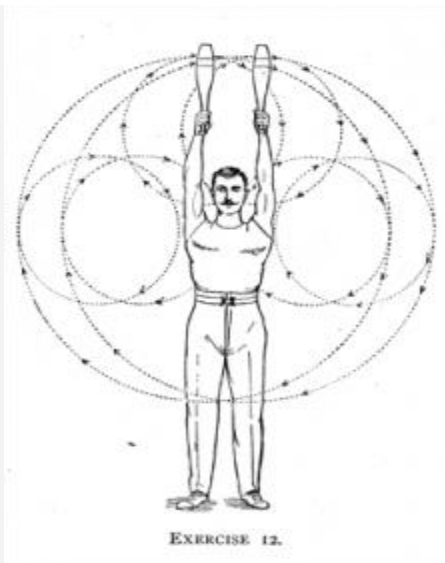
August 8, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



The Great Gama with his Gada (Mace).

When I was a kid my first influence in physical fitness was my grandfather Dalton Jackson. He started training in 1928 at the age of 13. At that time training information was sparse and what was available was often poor and sometimes dangerous! One area my grandfather was interested in was wrestling and this led him to one of the greatest of all time....the Great Gama. Gama wrestled in India (although I have learned he was ethnically Pakistani) for 50 years and was undefeated in that span! He lived from 1880 to 1963 and his exploits were legendary. He beat everyone in India and then sailed to England and challenged the world. He had a "Gar Nal" that weighed over 200lbs that was a stone ring that he would put around his neck to do squats. There is a story that he lifted a 1200kg (2645lbs) stone. It is claimed he lifted this stone to his chest and then carried it. I think that's impossible but I do think it's possible he may have lifted the stone in some fashion (such as lifting the edge off the ground or flipping the stone or some other partial lift). Both of these stones are in a museum in Pakistan now. It is also interesting that Bruce Lee studied Gama's training habits very closely and adapted them to his own philosophies.



Classic use of the Indian Clubs in both hands from an old English book on training.

One of Gama's favorite training tools was his Gada (or Mace). It was a very heavy version of an Indian club. The legend behind it is that it was the main weapon of the Hindu god Hanuman. Hanuman was the god of strength and was the god that Indian wrestlers worshiped. So basically it is a war club what the Europeans called a "Mace". I often think of it as being the first weapon ever and picture a cave man carrying his club! It became one of the traditional training pieces in Hindu physical culture and was eventually transferred to England in the form of the "Indian Club" that was a popular part of the early physical culture movement in Victorian England over 100 years ago. One Gada could be used or two. You will often see the Indian club trained with two at a time.



Dalton Jackson doing his modified "Gada" exercises.

When I was a kid I would watch my Uncle's train with barbells and dumbbells. They were Olympic style lifters and trained as such. Meanwhile my grandfather always seemed to be doing something different. I hate to

say it but there was a point where I was a teen that I was “all in” to weightlifting and when my grandfather tried to teach me on some of his training I didn’t listen well (politely...but not closely as I always respected him). I have few photos of him training but one I do shows him with makeshift “Gada” style dumbbells. I realize now that much of his training was based on “Indian” style training and since the Great Gama favored the Gada, so did my grandfather.

Part II: Building the Ultimate Gada



Categories: [USAWA Daily News](#) | Tags: [Dalton Jackson](#), [Great Gama](#), [Indian Clubs](#), [Thom Van Vleck](#)

Presidential Cup



August 15, 2014 | Authored by | [Edit](#)

by Al Myers



Group picture from the 2014 USAWA Presidential Cup (left to right): Art Montini, Al Myers, Denny Habecker

Denny Habecker, our USAWA President, hosted the USAWA Presidential Cup this past weekend at his gym in Lebanon, PA. This is the third year for this now annual event. The Presidential Cup is the USAWA version of the IAWA Gold Cup – which features lifters picking their best and favorite lifts to be contested in a record day format. The Presidential Cup is the “Championship” of record days in the USAWA. Each year the USAWA

President picks a lift/lifter that he feels “worthy” of winning the Presidential Cup. Denny watches each lift with scrutiny as he is making his decision!



The Presidential Cup

This year only Denny, Art, and myself participated. Art and I have been to this meet each year. Art, the defending Champion of the Presidential Cup, is tough competition. Practically everything he lifts is worthy of being the winning lift. He started off with a 163# 2-bar deadlift. I knew that would be tough for me to beat. So I started off with breaking Chad’s record in the Dumbbell Walk. I was hoping that would “seal the deal” for me, but I could tell that Denny wasn’t fully impressed. Art then went onto to some impressive finger lifts. He lifted 113 pounds on the ring and middle finger. That’s IMPRESSIVE! Art’s fingers are hardened like steel cables, and I doubt if he has any pain sensor’s in them anymore. I also planned to do some finger lifts beforehand as well – and felt good breaking a couple of records held by USAWA legends Joe Garcia and Bill Clark, but my finger lifts were not comparable to the ageless Art Montini’s finger lifts. Now I knew things were “on the line” for me as it looked to me that Art was going to repeat as the Presidential Cup Winner. So I had to stoop to a low and go after my dad’s best lift in the one handed pinch. I managed a 83 pound performance using each hand, topping his best of 77 pounds. My dad has become known for his gripping strength, always placing high in the USAWA Grip Championships. This must have done it for me – as I was honored to win the Presidential Cup. Denny even commented “that is was won by my pinch lifts!!!” Sorry Dad. You should have came along.

Denny did several very impressive lifts himself. His pressing of 143 pounds in the Press from Racks and Maxey Press stood out. Also his 90 pound Two Hands Anyhow which almost took out a light bulb was memorable. This was a great meet and I encourage others to attend next year. Anytime one gets to spend time with Denny and Art is something to remember. After all – these two guys are NUMBER ONE and NUMBER TWO on the All Time USAWA Record List!

MEET RESULTS:

USAWA Presidential Cup

August 9th, 2014

Habecker's Gym

Lebanon, PA

Meet Director: Denny Habecker

Scorekeeper: Al Myers

Officials (2 used on all lifts with both deeming the lifts good): Denny Habecker, Art Montini, Al Myers

Lifters/Lifts:

Al Myers – 47 years old, 236 pounds BWT

Dumbbell Walk 107 lbs.

Finger Lift – Left Little 69 lbs.

Finger Lift – Right Little 69 lbs.

Finger Lift – Left Ring 113 lbs.

Finger Lift – Right Ring 113 lbs.

Finger Lift – Right Index 130 lbs.

Pinch Grip – Left Hand 83 lbs.

Pinch Grip – Right Hand 83 lbs.

Denny Habecker – 71 years old, 193 pounds BWT

Two Hands Anyhow 90 lbs.

French Press 53 lbs.

Maxey Press 143 lbs.

Pullover and Press 187 lbs.

Press – From Rack 143 lbs.

Jackson Press 121 lbs.

Art Montini – 86 years old, 176 pounds BWT

Deadlift – 2 Bars 163 lbs.

Finger Lift – Left Middle 113 lbs.

Finger Lift – Right Middle 113 lbs.

Finger Lift – Left Ring 113 lbs.

Finger Lift – Right Ring 113 lbs.

WINNER OF 2014 PRESIDENTIAL CUP

AL MYERS w/ 83 POUND PINCH GRIP ONE HAND

 Categories: [2014 Meet Results](#), [USAWA Daily News](#) |  Tags: [Al Myers](#), [Art Montini](#), [Denny Habecker](#), [Presidential Cup](#)

The Gada: Part II

 August 16, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Overall view of my loadable Gada

In Part I you learned what the Gada was and a little history behind it. Next up will be my own design of the ultimate "Gada" training tool. You may have seen this before as I have used it for weaver stick style training and sledge hammer training a la' Slim "the Hammerman" Farman. The typical Gada is a set weight and size. I wanted it to be loadable so I could use it with progressive resistance without having a whole collection of them. The first one I made was very heavy and ranged from 12 to 28lbs depending on the load. This one ranges from 6lbs to 18lbs.



A close up of the 1lb insert weights. These are 3 inches and fit perfectly into the hammer case.

I had seen similar “maces”, “gada’s, and hammers where you simply loaded barbell plates on the end of a rod. I wanted mine to have the weights internal. It looks slicker and also you don’t have to change your movement to compensate for the larger size. It’s the same size no matter how much it weighs. You will also note I have the handle marked with inches so that you can know where you are holding the handle. Sometimes the tendency might be to choke up as you get tired and this helps keep you honest whether doing traditional Gada exercises, leverage exercises for the forearms, or whatever creative way you may come up to use this tool.



The Gada open and ready to be loaded.

My first effort has 1.5lb standard plates that can be loaded on a mini bar and inserted in a 4 inch “hammer” case which is really an iron pipe with threaded caps. My second prototype has 1lb weights that are solid cores. Even if they are loose they don’t bang around as much as you might think but it’s simple matter to put something in the hammer to buffer the plates from moving around.

Next: Gada Part III How to train with the Gada Dalton Jackson Style.

 Categories: [USAWA Daily News](#) |  Tags: [Gada](#), [Leverage Lifting](#), [Loadable Gada](#)

Club of the Year

 August 20, 2014 | Authored by | [Edit](#)

by Al Myers



Members of the Dino Gym that were present at the 2014 Nationals to receive the Club of the Year Award, (left to right): Al Myers, Dean Ross, Chad Ullom. The award was presented by Mike Murdock (right).

At the USAWA National Championships this summer, the USAWA awarded a Club of the Year for the past year. I am extremely proud of the members of my Dino Gym for winning the award! It takes an entire club's involvement and participation to win this award in our organization. Runner up went to Habecker's Gym, ran by the USAWA President Denny Habecker. These awards were presented by members of last year's Club of the Year, the Ledaig HA. Mike Murdock and Logan Kressly had the honors of presenting the awards on behalf of the Ledaig Club.

CLUB OF THE YEAR – DINO GYM

RUNNER CLUB – HABECKER'S GYM



Logan Kressly (left) presenting the Runner Up Club of the Year Award to Denny Habecker (right).

 Categories: [USAWA Daily News](#) |  Tags: [Awards Program](#), [Club of the Year](#), [Dino Gym](#), [Habecker's Award](#)

[Holland Strength and Fitness](#)

 August 21, 2014 | Authored by | [Edit](#)

by Al Myers



www.hollandstrength.com



785.479.2396

Holland Strength and Fitness

Last week I launched a new business, specializing in gym equipment and other items that will aid in the strength developing process. The name of the business is Holland Strength and Fitness, and can be found online at www.hollandstrength.com. I've always been involved in making gym equipment for the past 25 years, and have sold many pieces privately through the years. The reason I'm doing this is because I think it is about time that I share some of my ideas in strength equipment with others. For those of you that have been to the Dino Gym and seen some of the stuff I've designed and built will understand this – as most of my equipment is very unique and designed for the lifter in mind.

My philosophy is to make gym equipment very functional for it's intended purpose. Too many times in commercial gyms I've used equipment that makes me ask, "why did they build it like THAT!" Something is positioned wrong – in the wrong place – or something is missing that would make the piece of equipment more beneficial. I'm hoping the equipment made by Holland S&F will not be that way. I have the best "testing lab" there is - an actual gym where the equipment is pushed to it's limits on a daily basis. I know pretty quick if something needs improved in any way. I WILL NOT sell an inventory piece unless it has been put through the rigors of heavy testing.

My main focus to start with will be with custom orders for power racks, platforms, and benches. I have the ability in my fab shop to customize the equipment any way you may want. This may include a personalize banner, or even a cutting a personalize name into the equipment itself. I have several stock items in inventory, but if anyone wants a stock item customized, please let me know and I'll give you a quote. Also, keep an eye on the website as my product line will be expanding rapidly over the next few months. A "lack of ideas" is not something I have!



Team Championships

 August 24, 2014 | Authored by | [Edit](#)

by Al Myers

2014 USAWA TEAM CHAMPIONSHIPS



Group picture from the 2014 USAWA Team Championships (left to right): LaVerne Myers, Al Myers, Chad Ullom, and Dean Ross.

I started promoting the USAWA Team Championships in 2007, so this year makes it the 8th year! I remember thinking this would become a popular meet amongst the lifters because it gave a different element to lifting than other meets -that being you lifted "on the bar" with a team mate! Well, in these 8 years it has not seemed to grow as I imagined back then, but none the less, always gives an entertaining day of lifting. This year Chad and I again competed to "defend our title" from last year, and were challenged by the Dino Gym elders LaVerne Myers and Dean Ross. These two team up well in size and lifting ability, plus have "been around the block a time or two" so they know how to play dirty. I knew they would give us a good fight. That was true. Dean employed various means of chemical warfare against us, while LaVerne used mental persuasion to get us to swap out a lift for another to give them a competitive advantage. When Chad and I was still dizzy from the nerve gas that Dean imposed upon us, we agreed to this request of LaVerne's without contention. Their teamwork was in full force before the meet even started!

So the Clean and Jerk with the Fulton Bar AND the Jefferson Lift was replaced by the Deadlift with the Fulton Bar, Ciavattone Grip. And as it turned out – the meet came down to this last lift. LaVerne and Dean pulled together an outstanding lift of 551 pounds! I knew with their added age allowance this was going to make us

really push ourselves. But thankfully, my partner didn't let me down and Chad and I pulled a PR of 672# for the win and a new Dino Gym Record (breaking our previous record of 640#).

This may have been a small meet, but we had a lot of fun in the gym today. The meet even got over quick so the meet report/results is being posted on the same day as the meet. That might be a first!

MEET RESULTS:

2014 USAWA Team Championships

Dino Gym, Abilene, Kansas

August 24th, 2014

Meet Director: Al Myers

Officials (1 official system used): Al Myers, Chad Ullom, LaVerne Myers

Lifts: Clean and Jerk – One Arm, Curl – Cheat, Deadlift – Fulton Bar, Ciavattone Grip

Lifters:

Dino Gym 1

Dean Ross – 71 years old, 267 pounds

LaVerne Myers – 71 years old, 247 pounds

Dino Gym 2

Al Myers – 48 years old, 236 pounds

Chad Ullom – 42 years old, 253 pounds

| TEAM | C&J-1 | Curl | DL-FB,CG | TOTAL | POINTS |
|------------|-------|------|----------|-------|--------|
| Dino Gym 2 | 105 | 165 | 305 | 575 | 467.1 |
| Dino Gym 1 | 40 | 105 | 250 | 395 | 400.2 |

NOTES: All lifts recorded in kilograms. TOTAL is total kilograms lifted. Points are adjusted points for age and bodyweight corrections.



Categories: [2014 Meet Results](#), [USAWA Daily News](#) | Tags: [Al Myers](#), [Chad Ullom](#), [Dean Ross](#), [LaVerne Myers](#), [Team Championships](#)

IAWA Meeting Time SET

 August 26, 2014 | Authored by | [Edit](#)

by Al Myers

The IAWA World Championships is fast approaching! I have been in contact with meet promoter Frank Ciavattone, and everything is "in place" for a great weekend of competition and fun. An important part of this annual event is the annual general meeting of the IAWA. All IAWA members are invited to attend. The meeting will occur Friday evening, September 26th, at 7 PM. The location of the meeting is the Old Colonial Café, 171 Nahatan St, Norwood, MA, 02062. Frank has reserved us an outside garden type pavilion for the meeting. If anyone wants to meet for dinner beforehand be there at 6 PM. Frank told me that this is a favorite place for the locals!

The banquet will occur Sunday night, September 28th at the same place. The IAWA World Championships Banquet will start at 6 PM. The phone number of the restaurant is 1-781-762-2058. Frank said he is very pleased with the entries so far for Worlds, and it is looking to be a 20+ lifter meet. The deadline is approaching fast so get your entries in soon if you haven't already!

 Categories: [USAWA Daily News](#) |  Tags: [USAWA](#)

The Gada: Part III

 August 27, 2014 | Authored by | [Edit](#)

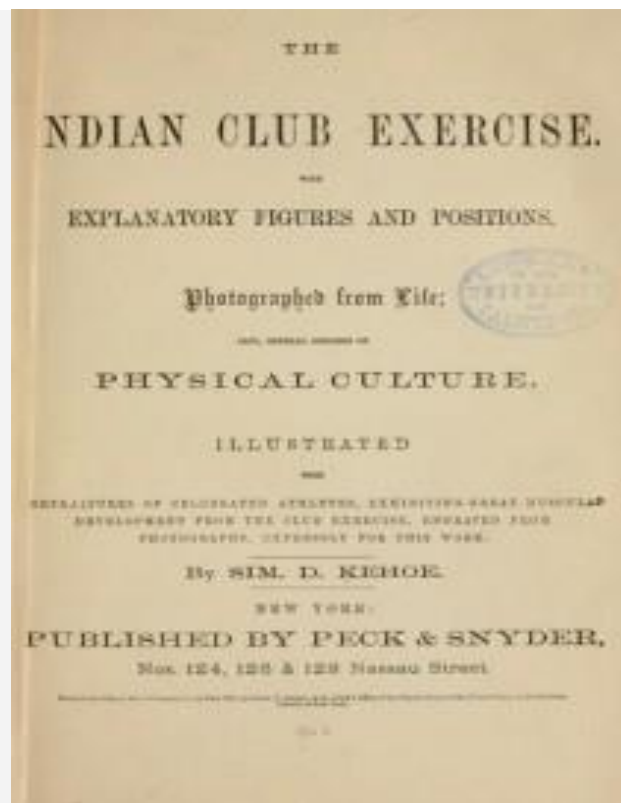
by Thom Van Vleck



Dalton would do any kind of movement he did with a dumbbell with his modified "Gada" or "Indian Club" dumbbells.

In part three I said I'd get to how you would train Dalton Jackson style with the Gada. I first want to explain to you that his is not intended to be a comprehensive training program. It is very simply what I remember seeing my grandfather do. Upon reviewing his notes and memories of our talks I know that he studied Arthur Saxon, Eugene Sandow, Sig Klien, Earle Liederman, The Great Gama, and Charles Atlas. These 5 weren't the only ones, but I would say most of his training came from these men. I know he ordered courses from Klien (I still have it and it's autographed!), Liederman, and Atlas. What you are getting are my recollections of what he did that I know know to be related to the Gada.

The first was basic dumbbell work. Very simple, Dalton would do any kind of dumbbell work using these "off set" dumbbells you see in the photo above. The photo has him doing some basic dumbbell presses with the weight "top heavy". He also would switch it to make it bottom heavy. I recall when he retired at 65 he worked hard for the next 7 years and got in tremendous shape. His goal was to duplicate some feats of strength at age 75 he had done at 50 and he came very close! His body weight was at least 220lbs around age 70 but my Uncle Phil says he got as heavy as 240lbs! All I know is I recall his forearms being so large that they made his upper arm look small. I believe using the "gada" style dumbbells helped in that development. So I would do presses, various curls, cleans, snatches, top heavy, bottom heavy....he was a big believer in mixing his workout up so he rarely did the same thing twice.



The book that the illustration of Kehoe is from.

The next thing I recall is your basic Indian Club swings. I didn't see him do this often but he would do one or two and get them rotating around. This involved swing the clubs around and I believe he mostly did this to loosen his shoulders up. I wish I had paid more attention to the specifics but I do know this, I found an illustration in his notes that he had cut out of some magazine long ago that had an illustration of Sim Kehoe doing "Figure no. 5" from his book "Indian Club Exercises" which can be found online.

Specialized work. My grandfather believe that his training should closely follow what he was trying to get better at. For him this was never a contest so it was life events. For example if winter was coming he would load a long barbell and do "snow shovel" movements, 5 reps left, then 5 reps right. He always wanted to be balanced! A few years ago I know Al Myers made an implement that mimicked the sheaf toss movement and it was bar like a pitch fork that could have plates loaded on the "business" end. I remember Dalton told me that he had a "corn shucking" working for when he shucked corn by hand! He would use his offset dumbbells whenever they suited this purpose.

Another "quirk" to my grandfather's training was that he would always load his left hand a little heavier. Regardless if it were the "Gada" dumbbells or a barbell or dumbbells. He told me that his left side was always weaker and needed more work since his right side got more work on the job and doing chores. To this day I keep his old barbell set loaded in my gym in such a fashion. I've never heard of anyone training that way.

I wish I'd paid more attention. To this day I'll see something and think, "I saw Pop do that!". As I remember stuff I try and write it down. He wrote volumes of journals and I go through them occasionally and find things I missed or didn't connect the dots at the time. He often wrote in a sort of short hand that makes him a tough read sometimes. In a way it's like finding a little treasure every time I revisit! I hope you have enjoyed my three part series and find some time to try a "Gada" out in your training program!



Categories: [USAWA Daily News](#) |  Tags: [Dalton Jackson](#), [Gada](#), [JWC](#)

World Championships



January 29, 2014 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT

2014 IAWA WORLD CHAMPIONSHIPS



There are many attractions in Boston and the surrounding area to fill several days of enjoyable sight seeing.

It's exciting to be able to announce the 2014 IAWA World Championships – to be held September 27-28th in Norwood, MA. Longtime meet promoter Frank Ciavattone Jr. will be the meet director. Frank is a well-organized and seasoned promoter and has many things planned for the event. Frank is the type of meet director that thinks of the lifters first and foremost. You will NOT be disappointed. It will be an epic weekend!

The events for the weekend are:

SATURDAY – DAY ONE

Cheat Curl

Pullover and Press

One Hand Deadlift

SUNDAY – DAY TWO

One Hand Clean and Jerk

Continental Clean and Jerk

Two Hand Ciavattone Lift

Frank has included meet information that includes local area attractions, a cover page that outlines all details of the meet, and an entry form. The deadline for entering is September 1st (so don't be late!!!!).

COVER PAGE (PDF) - [2014 World Championships Cover Page](#)

ENTRY FORM (PDF) - [2014 World Championships Entry Form](#)

AREA ATTRACTIONS (PDF) - [2014 World Championships Area Attractions](#)

 Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#), [World Championships](#)

3rd Quarter Postal

 July 11, 2014 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT

3RD QUARTER USAWA POSTAL MEET

The lifts for this postal meet are:

Holdout – Raised

Deadlift – One Arm, Ciavattone Grip

Continental to Belt

ENTRY FORM – [2014 3rd Quarter Postal Entry Form](#)

 Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#)

TRAIN HARDER AND SMARTER

 September 4, 2014 | Authored by | [Edit](#)

BY DAVE GLASGOW



Kenny Glasgow, of the Ledaig Heavy Athletics Club, lifting 345 pounds in the People's Deadlift at the 2013 USAWA Club Championships. Kenny, at 76 years of age, is proof that you can train "hard AND smart"!

MIKE ROWE IS MY HERO. YEAH, MIKE ROWE. YOU KNOW HIM, HE'S THE HOST OF THE TV SHOW, 'DIRTY JOBS'. HE IS THE CHEERLEADER FOR WHAT MOST FOLKS WOULD CONSIDER 'BLUE COLLAR' WORKERS. HIS MAIN CONCERN IS THAT THE 'INFRA-STRUCTURE' OF OUR NATION IS DECAYING DUE TO A HUGE DECREASE IN FOLKS WHO, ONE, WANT TO WORK AND GET DIRTY AND, TWO, KNOW HOW TO DO THE TRADESMAN'S OCCUPATIONS. ###(SIDE BAR... THE ELECTRICAL COMPANY NEXT DOOR TO WHERE I WORK IS SHUTTING IT'S DOORS, AFTER DECADES IN BUSINESS. THE REASON?? THE OWNER CAN NOT FIND DEPENDABLE, SKILLED ELECTRICIANS TO DO THE WORK, ALTHOUGH HE IS PAYING STARTING WORKERS \$28-31/HOUR!! (THIS IS A NON-UNION SHOP.)###

MR. ROWE FURTHER LAMENTS A POSTER HE SAW AT HIS HIGH SCHOOL WHEN HE WAS A STUDENT THERE. IT STATED; 'WORK SMART, NOT HARD!' HE SUGGESTS A DIFFERENT SCENARIO: 'WORK HARD AND SMART'.

WHAT BROUGHT ABOUT THE THOUGHTS FOR THIS ARTICLE WERE TWO THINGS THAT OCCURRED TO ME JUST ABOUT AN HOUR APART, THIS MORNING.

THERE WERE SEVERAL OF US COMMUNICATING VIA EMAIL, WHICH WENT BACK AND FORTH FOR SOME TIME. THE CONVERSATION TURNED TO SEEKING HELP AND ADVICE IN WHATEVER YOUR ENDEAVOR MAY BE; LIFTING, RUNNING, WHAT HAVE YOU. WE AGREED THAT ONE SHOULD SEEK THIS INTERACTION WHENEVER THE OCCASION PRESENTS ITSELF. NEVER BE TOO PROUD TO GET INSTRUCTION FROM PEOPLE WHO KNOW WHAT THEY ARE ABOUT.

THE SECOND EVENT IN THE MIX WAS A CHANCE OBSERVATION WHILE I WAS RUNNING SOME ERRANDS OVER MY LUNCH BREAK.

WHILE DRIVING DOWN THE STREET, I NOTICED A WOMAN ON A BIKE WITH A TWO-WHEELED CART BEHIND HER THAT SHE WAS PULLING. NOW, I WOULD ASSUME THIS WOMAN WAS DOING THIS FOR THE EXERCISE RATHER THAN OUT OF NECESSITY, DUE TO THE FACT THAT THE TEMPERATURE WAS NINETY AND THE HUMIDITY WAS IN THE HIGH 50s. WHAT STRUCK ME WAS HOW HARD SHE WAS WORKING! SHE WAS ON A GEARED BIKE BUT SHE WAS POWER STROKING WITH THE PEDALS BARELY MOVING, EXERTION CLEARLY EVIDENT ON HER GRIMACING FACE. TO MAKE MATTERS WORSE, THE TERRAIN WAS FLAT. THIS SHOULD HAVE BEEN FAIRLY EASY GOING. MY FIRST THOUGHT WAS, 'LADY, GRAB A GEAR!' I KNOW FROM EXPERIENCE THAT USING THE RIGHT GEARS MAKE ALL THE DIFFERENCE IN THE WORLD, POINTED OUT ON MY FIRST TRAINING RIDE WITH AN EXPERIENCED BIKER WHEN I WAS DOING TRATHLONS 'BACK IN THE DAY'.

HOW MANY TIMES HAVE ANY OF US DONE OUR TRAINING IN A 'HARD' MANNER, THINKING WE WERE REALLY KILLING IT WHEN, IN ALL ACTUALITY, WE WERE REALLY KILLING OURSELVES NEEDLESSLY.

THE ODD LIFTS ARE A PERFECT EXAMPLE AND I WILL USE MYSELF AS AN EXAMPLE; TRYING TO FIGURE OUT THE 'ONE ARM C/J'. TO CUT TO THE CHASE, I WAS DOING IT AS A CONVENTIONAL C/J, WITH THE HAND OVER THE BAR RATHER THAN UNDER. I CHASED THAT DAMN BAR ALL OVER THE PLATFORM; WORN OUT BEFORE I EVER GOT TO THE JERK PORTION. MUCH TO MY SURPRISE AND RELIEF, WHEN I WAS PROPERLY INSTRUCTED, I FOUND IT MUCH EASIER TO PERFORM THE CLEAN, THEREFORE, I COULD WORK ON THE JERK WITH MORE ENERGY. SIMPLY PUT, I WAS NOW WORKING HARD AND SMART!

SO, THE POINT BEING, IF YOU TAKE THE TIME TO 'LEARN THE TRADE', YOU CAN WORK IN A MORE EFFICIENT MANNER AND YOU CAN WORK HARDER AND, THEREFORE, HAVE A MORE PROFITABLE WORKOUT!

SO, THE NEXT TIME YOU HIT A WORK OUT, THINK ABOUT IT. WORK HARD AND SMART AND SOMETHING TELLS ME YOUR EFFORTS WILL BE REWARDED FOR IT. THEN, WRITE MIKE A LETTER AND THANK HIM!

(THANKS TO CHAD ULLOM AND THOM VAN VLECK FOR THEIR CONTRIBUTIONS TO THIS ESSAY.)



Categories: [USAWA Daily News](#) | Tags: [Kenny Glasgow](#), [Training Advice](#), [Training Hard and Smart](#)

World Postal



September 17, 2014 | Authored by | [Edit](#)

by Steve Gardner

This year was the first official IAWA World Postal championships, and what a terrific success it has been. When you look through the results you will be amazed to see that 78 lifters representing 8 different Nations took part in the competition. 32 teams in total. Well done to all the lifters who took part and the officials, supporters and helpers that made it happen. I am sure that Andy would be really impressed with everyone's efforts and I think we did his memory proud! Look through the results to see 1 the team rankings, 2 the individual lifter rankings, and 3 the class titles awarded in bodyweight and age divisions!

World Postal Championships Results – [WORLD POSTAL 2014. Results](#)



Categories: [2014 Meet Results](#), [USAWA Daily News](#) | Tags: [World Postal Championships](#)

Tomatin Toss



September 23, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



All lined up for the "Tomatin Toss" which was an attempt to break the Guinness World Record for a mass caber toss! photo by Chad Ullom

USAWA members Chad Ullom and myself recently took a trip to Inverness, Scotland to take part in the Masters World Championship of Highland Games. I will report on that later, but first I wanted to tell you about an exciting event Chad and I got to take part in.

There is a Guinness World Record for simultaneous Caber tossing and it stood at 53 Cabers. Cabers are "logs" or "telephone poles" that are stood on end and the athlete has to pick it up, run with it, and flip it end over end for an "official turn". The previous record was held by a Highland Games in Fergus, Canada. After the Games in Inverness we were invited with some 126 other throwers to try and break this record. I have to be honest at this point and admit that Chad and I had some reservations regarding this as it could be quite dangerous with 126 logs flying through the air at once. Previous attempts were very dicey! But, in the end, we couldn't pass up the chance to take part.

Tomatin Scotch Distillery was sponsoring the event so it was called the "Tomatin Toss".

As we set up the sun was setting. An official from Guinness had been flown in and he appeared to be a very proper Englishman! He walked around with his head up and seemed to be scrutinizing everyone and everything! We lined up on two sides and were throwing at one another....we had to question that! There was a truck with a big screen TV at the end televising the event. We had to wait for what seemed to be forever to get the "go".

The instructions we received were a bit vague and this led to some confusion. It's tough enough to turn a caber but to do it on cue....well...that's a real trick. Chad is a master at the caber and I feel pretty confident with it myself. I was only one of 6 that turned the caber in by age group of 20 athletes who were all proficient with the caber. Still, it was a tall order! The cabers were also not well made, as they were made for a "one time" turn. This is NOT to say their preparation was poor...just that the cabers had been cut over the past 6

months and some had dried too much! Chad and I knew we could have a caber snap on us and when that happens you never know what will happen.

Finally, we got a countdown. As I began to "pick" (lift the caber into the tossing position) I had to simply focus on my caber and no one else's. This put me at the total trust of the athletes around me that they wouldn't lose control and dump it on my head. As I heard the announcer hit "one" I ran up the caber and at zero gave it a pull....and much to my own pleasure it went flying over. I glanced to my right and saw that Chad had successfully turned his and as it hit the ground it snapped in half!

While 126 had attempted and we only needed 54 for the record it was apparent as I looked around we might have a problem. Many of the athletes were not as adept at the caber and had failed to get a turn. Others had misjudged the timing and while they turned the caber it was not "simultaneous" with the rest. The video was reviewed over and over and we were asked to stay in position as the judges reviewed the video and scored each turn individually. The Guinness judge made his way up and down the field repeatedly.....about a half an hour went by and we were beginning to wonder if we had done it!

Finally, the Guinness judge took the microphone....and he did milk it a bit....but in the end he declared we had broken the record with 66 successful turns. We all immediately headed to the beer tent to celebrate....not just the Guinness record...but the weekend as a whole. I was really actually pretty glad to just survive the whole thing. I remember as a kid reading the Guinness record book and wondering if I would ever be a part of it....and now I am!



Categories: [USAWA Daily News](#) | Tags: [Caber Toss](#), [Chad Ullom](#), [Guinness World Record](#), [Thom Van Vleck](#)

Highland Games Masters 2014



September 24, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Chad Ullom tossing the caber in Scotland!

Recently USAWA members Dave Glasgow, Chad Ullom, and Thom Van Vleck went to Inverness, Scotland to attend the Masters World Champs of Highland Games. Unfortunately, Dean Ross was unable to attend. Dean was the last person to have attended EVERY SINGLE MWC since it's inception a dozen years ago. Larry Traub was in attendance to watch and cheer us on. Dave and Larry had brought their wives along....I was stuck rooming with Chad.....

The event was great fun and I've already talked about the Guinness caber toss record. This was a three day event and it worked out where I could help Chad in the morning sessions when he threw and he could help me in the afternoon sessions. I know for a fact Chad helped me out and I hope he found me helpful as well. We would video each other throwing and assess mistakes and changes.



Chad Ullom between Wilbur Stam and Tommy DeBruijn....and Chad beat them both in the caber!

Chad was 4th in what I would call one of the toughest 40-44 age groups I've ever seen. He had former champ Mike Dickens to deal with as well as 6'10" Tommy DeBruijn. Chad did extremely well against a field of some 20 throwers. His best event was the caber toss where he was one of only three in his group to turn the caber. He was in a dead tie going into the third and final attempt and ended up 2nd by a fraction. I have to say in my opinion I thought he won it....but they didn't let me judge! It was that close.

I was in the 50-54 age group and I was dealing with two of the all time Scottish greats....Mark McDonald and Allister Gunn. Both former pros and it was no contest with 18 throwers in my group about who would be in the top two. Allister pulled out a close victory and the rest of use were really contending for 3rd. I was very pleased to have my 2nd best finish ever with a 5th. However, what really made my trip was winning the Weight Over Bar event for the 4th time at the World's. I really thought I had no chance at beating the two

legendary Scots but it ended up being my day! Chad was a big help spotting for me and keeping me focused. I get deservedly kidded for focusing on this event but I love it and I won't apologize for enjoying my win even if it's just one event!



Thom Van Vleck winning the WOB event.

I know Dave was in a very tough group. It was great to see him in Scotland with Larry. Dave's best events were the hammers where he placed 4th in both the light and heavy. He was also 5th in the Heavy weight for distance. Dave was in the 60-64 age group.....Which had THREE former or current World Champs in his group....by far the toughest in my opinion relative to the competition and age. I think Dave would be at the top had he not blown both quads a few years back. I think he's an amazing story recovering from that injury and coming back to throw well enough to contend for the podium.

Next year the World's are slated for St. Louis, Missouri...back in the USA! Looking forward to it all ready!



Categories: [USAWA Daily News](#) | Tags: [Chad Ullom](#), [Dave Glasgow](#), [Highland Games](#), [Master's World Championships](#), [Thom Van Vleck](#)

World Championship News Flash



September 30, 2014 | Authored by | [Edit](#)

by Steve Gardner

I am very proud to have been at this year's World Championships at big Frank Ciavattones in Boston it was a great competition and the British lifters were just brilliant. In the ladies event I am so chuffed that Karen and Paula from my own club both took World titles in their weight classes and both won outstanding lifter awards

in their age divisions. Paula at 40 plus and Karen at 50 plus and finished first and second in the overall rankings...well done ladies! George Dick was super at 125 plus taking 65 plus title and outstanding lifter at 65 plus also. Steve Sherwood was out of this World winning has weight class and outstanding lifter in his age division and winning the overall champion of champions title case best lifter at the championship by a huge margin over very strong challenges from Chad Ullam and Al Myers and James Fuller. All of the lifters did great and Frank C put on a superb competition. Chris Bass was great helping me at the score table and the evening finished off with two award of merit presentations, the IAWA highest award. I was proud to present the award to Frank Allen and Al Myers presented to Frank Ciavattone two great awards, a perfect end to a perfect championships. Looking forward to getting things sorted now for the Gold Cup....long live Iawa!

 Categories: [USAWA Daily News](#) |  Tags: [IAWA](#)

Frank Allen – IAWA Award of Merit

 September 30, 2014 | Authored by | [Edit](#)

by Al Myers



Frank Allen (right) receiving the IAWA Presidential Award of Merit from Steve Gardner (center) and IAWA President Al Myers (left).

It was a very exciting last weekend in Boston. One of the most important aspects of the weekend was the presentation of the IAWA Presidential Award of Merit. This the IAWA version of the "Hall of Fame", and only goes to individuals that are extremely worthy. Only a handful have been presented this prestigious award, and this weekend included the presentation of the Merit Award to two outstanding men.

To earn this award, a person must not only have shown outstanding accomplishments in performance in All Round Weightlifting in IAWA events, but have been a major contributor in other aspects as well – such as event promotions, leadership responsibilities within the organization, and be of outstanding character.

It was an honor to be part of the induction ceremony honoring the great Frank Allen. Steve Gardner gave a very eloquent speech highlighting Frank's illustrious career in IAWA. Frank was an original member of IAWA, and was the promoter of the VERY FIRST IAWA World Championships in 1988. He has attended practically every Worlds and Gold Cup through the years. Congrats Frank!



Categories: [USAWA Daily News](#) |



Tags: [Al Myers](#), [Frank Allen](#), [IAWA Award of Merit](#), [Steve Gardner](#)

Art's Birthday Bash



January 7, 2014 | Authored by | [Edit](#)

by Al Myers

2014 is barely underway and in the mail today I received a sanction request from Art Montini announcing his 2014 Annual Birthday Bash! Art's Birthday Bash is the longest running sanctioned event in the USAWA (besides our Nationals). Last year Art celebrated his 86th birthday and he's already in training for year number 87. He likes to celebrate his birthday every year by hosting a record day in conjunction with it! So come prepared to break a few records and share a little birthday cake with Art (or donuts, as we all know Art likes his donuts!).

I should mention that this meet is still over 10 months away!! That's giving some advance notice. There are those in the organization who should "take note" of Art's punctuality in getting his sanction request in this early, and realize that if someone "pushing 90" doesn't have a problem meeting the "6 week notice" they sure don't have an excuse.

MEET DETAILS:

Art's Birthday Bash

Ambridge VFW BBC

1098 Duss Avenue

Ambridge, PA 15003

DATE: Sunday, October 12th, 2014

LIFTS: Record Day (max 5 lifts)

ENTRY FORM: [2014 Arts Birthday Bash Entry Form](#)



Categories: [USAWA Daily News](#), [USAWA Events](#) |



Tags: [2014 Meet Announcement](#), [Art's Birthday Bash](#)

Gold Cup

 July 24, 2014 | Authored by | [Edit](#)

by Al Myers



This is a great picture from the Gold Cup in England in 2011. It was a trip I'll always remember!

It's hard for me to believe that 3 years have went this fast! That's the last time Steve Gardner promoted the IAWA Gold Cup in Burton, England. I remember it like yesterday - as my daughter Emily attended it with me and we did some 2-person lifting, including a 800 pound Male/Female deadlift. Steve is one of the best IAWA meet promoters in the organization. I've been to several of his comps and things are always well planned and well organized.

Plus this year it will be held at his new gym - The Burton Powerhouse All Round Weightlifting Academy. I'm very excited to see this new facility. I've seen pictures of it - but nothing compares to seeing it firsthand! Afterwards, there will be a banquet and awards presentation at the Branston Golf and Country Club. It will be a top notch affair. You have my word on that.

To qualify for the Gold Cup, you must be a current IAWA World Record Holder and be a current member of IAWA (being a current member of USAWA entitles you IAWA membership). You must also attempt an IAWA World Record on your opening attempt in your selected lift. You will be allowed one chosen lift for sure, and a second lift if time permits.

The other important detail is the entry deadline is October 11th. USAWA lifters must send their entry form to Steve by then, but he will allow overseas lifters to pay him when we get there.

The Gold Cup is one of the TWO prestigious IAWA events every year. It is a must-attend event for all serious IAWA lifters. Lets really represent the USAWA in England this October! If anyone has any questions on the

Gold Cup and might be interested in attending, please contact me and I will help in answering any questions you may have.

ENTRY INFORMATION:

[2014 GOLD CUP INFO](#) (pdf)

[2014 GOLD CUP INFO](#) (word document)

ENTRY FORM:

[2014 IAWA GOLD CUP ENTRY](#) (pdf)

[2014 IAWA GOLD CUP ENTRY](#) (word document)



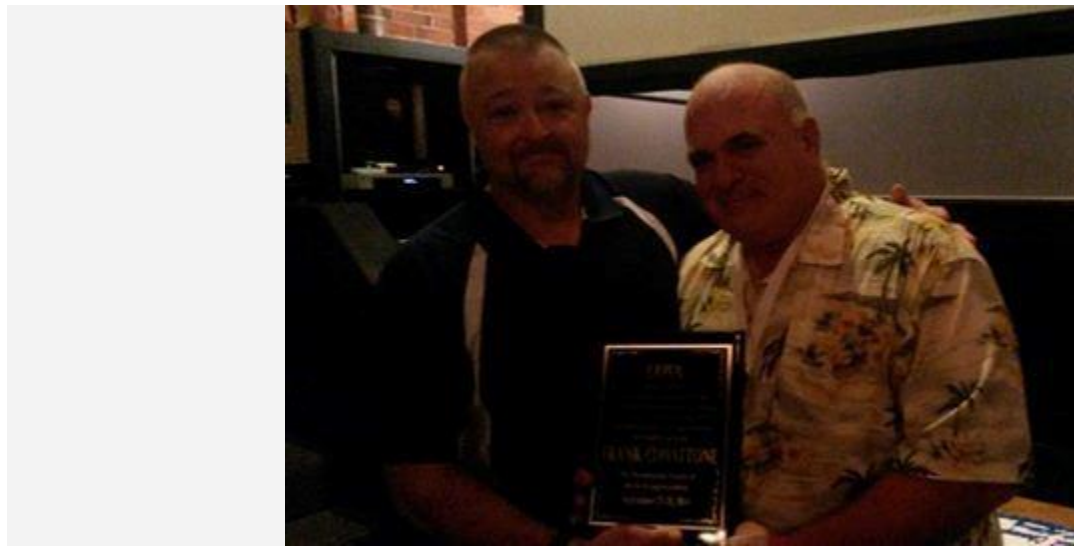
Categories: [USAWA Daily News](#), [USAWA Events](#) | Tags: [2014 Meet Announcement](#), [Gold Cup](#)

Frank Ciavattone – IAWA Award of Merit



October 1, 2014 | Authored by | [Edit](#)

by Al Myers



Frank Ciavattone (right) receiving the IAWA Presidential Award of Merit from IAWA President Al Myers.

The “second Frank” that was awarded the IAWA Presidential Award of Merit at the 2014 IAWA World Championships went to Frank Ciavattone. It was a great honor to me to be the one that got to make this presentation – as I’ve always looked up to Frank and have considered him a role model. Below is my presentation speech, for those that were not there to here it firsthand.

I’m honored to be the one that gets to award the IAWA Award of Merit to Frank Ciavattone. This Presidential Award has only been given out a few times, as it represents recognition of the highest form in the IAWA. I

could go on forever about Franks lifting accomplishments in the IAWA. As I was doing preparation for this presentation, I realized that Frank has won so many titles and has set so many records and has so many lifting accomplishments that this speech could get very long on me if I wasn't careful. I'm not going to make Frank stand up here that long – so I'll just hit a few highlights of his IAWA lifting career. I'll try to keep this speech as short as I can here.

- *Started training in 1971 under coach Joe Mills of the Central Fall Weightlifting Club*
- *Began involvement in the IAWA in 1988*
- *IAWA World Championship Meet Promoter 1993, 2000, 2014*
- *IAWA Gold Cup Meet Promoter 2010*
- *Holds MANY IAWA World Records*
- *First US lifter to lift the Dinnie Stones barehanded in 1995*
- *Won 20 IAWA World Championship titles*
- *Founder of Franks Barbell Club, and has mentored and coached many new lifters*
- *Best lifts: One Arm Hack 402.5#, One Arm Deadlift 562.2#, One Arm Ciavattone DL 331#, Neck Lift 808#, Hand and Thigh 1610#, Hip Lift 2515#*
- *Lifted overseas 7 times – in 6 IAWA World Championships and the Millennium Gold Cup*

I'm sure I've left off many of Frank's accomplishments within the IAWA in this short list – but you get the idea here – he has been a major contributor to the IAWA during the entire span of the history of the IAWA. I would like to say a few words about why Frank REALLY deserves this honor. I made this comment in Frank's USAWA Hall of Fame writeup, and I would like to repeat it here as I think it sums up Frank Ciavattone – "Frank is the ultimate sportsman by demonstrating that a big man can be very strong without the use of drugs, showing that strength comes from within, and displays the unselfish attitude of always helping out his fellow competitors."

When I first became involved in this great sport of all round weightlifting , I immediately took notice of Frank. We both shared being in the heavier weight classes together. But instead of becoming heated opponents, Frank encouraged me in ways I wasn't expecting. My involvement in IAWA might not have matured like it has if not for Frank Ciavattone. He has been an inspiration to me, as well as many others, to become more involved in IAWA. Frank has always strived to "give back" to our sport more than he has taken. We would not be here this weekend if not for Frank.

Frank – I consider you a great friend. You are more than deserving of this Presidential Award of Merit and it is my privilege to be the one to get the opportunity to present this award to you. Thank you for all you've done for our sport.



Categories: [USAWA Daily News](#) | Tags: [Al Myers](#), [Frank Ciavattone](#), [IAWA Award of Merit](#)

All Round Mountaineering

 October 2, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Chad atop the mountain!

After the recent Highland Games Masters World Championships Chad Ullom joined me on a “Mountaineering” expedition. Last time I made a pretty epic climb but this time we took it a little easier after such a tough, three day competition. It is my opinion that a true “all rounder” should be in shape to do pretty much whatever he wants. I enjoy hiking and hill climbing.

We had rented a house that overlooked Loch Ness. Honestly, it was the best place I’ve ever stayed. About as stereotypical Scotland as you could get and the views were spectacular. While we were up above the Loch we were far from the top and that became Chad and I’s goal. We heard you could see for 50 miles in every direction. We set out up a road that met a trail. The trail was through woods and fairly steep. We reached a logging road and after some discussion picked a route. As we got above the tree line we were in fields covered with heather and rocks.

We were hoping for good weather as the view promised to be spectacular....but a heavy fog (or maybe it was clouds!) rolled in. I’m glad we took layers as the wind picked up and it was very damp. While the long distance view was ruined, it was still pretty interesting to pick your way down a trail in that heavy fog. If you didn’t pay attention you could get easily turned around.



Thom Van Vleck at the top.

We ended up hiking down the other side and picking our way through several trails in the Abraichian Forest. We ran across deep woods, unusual mushrooms as big as dinner plates and some bright red and some orange. We saw an illicit Whiskey still reproduction (the Scottish version of a moonshine still). There were glacial tills filled with rocks and we even saw some Scottish Red Deer.

As always, I had a bit of a side mission as well. In 1971 my mother gave me my first bible. Then for Christmas in 1978 by grandfather Dalton (Jackson Weightlifting Club founder) gave me a bible. They were both small versions but have meant a lot to me because they are symbolic of the Christian principles I was taught and have come to embrace. I know Christ is my savior and I'm a better man for it. So, I brought those bibles along and laid them out at the top of the peak.



Two Bibles given to me by my mother and grandfather setting at the top of the mountain.

I can't believe I've been to Scotland three times....and I can't say I won't again. I'm sure there are many beautiful places in the world but there is so much I haven't seen there and it's a "sure thing" I'll like it versus

and unknown place. Plus, the family history connection and the highland games are hard to beat. I've already got a "next mountain" planned when I make it back.

 Categories: [USAWA Daily News](#) |  Tags: [Chad Ullom](#), [JWC](#), [Thom Van Vleck](#)

World Championships

 October 6, 2014 | Authored by | [Edit](#)

by Steve Gardner

2014 IAWA World All Round Weightlifting Championships

Norwood, Massachusetts USA September 27th and 28th

Promoter: Frank Ciavattone Snr



Group picture from the 2014 IAWA World Championships.

The 28th Annual IAWA World Championships was an outstanding success, due in no small part to the work undertaken by the promoter 'Big Frank' and his willing team of supporters and helpers...known as 'Franks Barbell Club'. After a wonderful get together on the Friday evening the IAWA World Council Meeting took place at the Old Colonial Hotel in Norwood, where all the business of IAWA was addressed in good fashion with IAWA International President: Al Myers Chairing the meeting. At 8am on Saturday morning the weigh in was open with Steve Gardner, Denny Habecker and George Dick taking care of business in that Department. When all at the score table were ready (where Steve Gardner and Al Myers performed the announcing duties, assisted with scoring by Judy Habecker and Chris Bass) the lifters for Group One were introduced to the audience and the lifting began at 10am sharp. Group one sailed through and at 1.30pm Group two were introduced, and the lifting was completed by 4.30pm. That the lifting went through so smooth was also aided by the great job undertaken by the loaders! Day two's lifting followed the same format and lifting was complete by 4pm.

The lifting over the weekend was absolutely fantastic. A mix of new lifters to the IAWA platform alongside seasoned World Championships proved to be a winning formula with many outstanding performances. The

Junior ranks were represented by two young men that I cannot say enough about, Matt Triatti and Matt Hancock lifted 'out of their boots' and were a credit to coach Frank C. Two young men with a big future in all round lifting for sure. The ladies division was exciting too, Paula Thompson lifted very well and showed great form as she went on to score the best amended total followed by Karen Gardner. I can say (and I know this for sure) it is the best performance Karen has put on since her Breast Cancer Surgery and as she continues her recovery treatment it is great to see her getting back closer to her previous lifting ability. Jessica Hopps was great, very keen and a strong girl too, in her first major tournament she lifted like a seasoned professional, with Susan Sees lifting stronger than ever, it was great to see Bob Geibs gleaming face as he said 'shes a strong girl aint she!'. Colleen Lane looked so happy as she performed, smiling through out and putting on a good display, as well as being there to help partner Frank in running the whole show!

The Senior Masters showed everyone the way to go, with superb performances from our 80 plus lifters Dennis Mitchell and Dick Durante, and of course the ever impressive Art Montini still forging ahead at 86 years young. Denny Habecker and Bob Geib represented the 70 plus division with style and several new records between them. In the 60 plus division there was also great lifting from George Dick and Steve Sherwood, and Steve just rolls on like a machine putting out great numbers and to good effect too! In the 50 plus groups we had Dave Ellis, it was great to see him back lifting after 18 years, and Big Frank the promoter pulled some big lifts to please the crowd, and Steve Gardner took to the platform in a rare appearance these days to support his friend Big Frank (and despite lifting in a lesser capacity these days, got to say I really enjoyed it). The 40 plus Masters were a real hot bed of power, we had Joe Ciavattone Snr putting it out there along with the very strong trio of James Fuller, Al Myers and Chad Ullom who put together the biggest total of the meet. The Open Division was a strong contest between John Mahon, Sam Trew, Frankie Ciavattone Jnr, Jim Delaney, Jeff Ciavattone and Joe Ciavattone Jnr, with Joe Jnr coming out on top ahead of Jeff Ciavattone, with great lifting from all. The 2014 World Championships was 'one of the best' Well done big Frank!

The presentation of the Awards took place at the Old Colonial Hotel on the Sunday evening following a sumptuous Banquet, it was a terrific occasion with such a lot to applaud, Frank had one of the Town Selectmen there to assist him and Colleen, and also Kathy Triatti who had been a big support to Frank. After the Championships Awards there was a very special presentation, as two IAWA members received the coveted 'IAWA Award of Merit' this had only been presented twice before, and it is IAWA's highest award. The Awards were made for personal endeavour, continued hard work and support of the organisation over many years. The first award was presented by Steve Gardner to Frank Allen from Liecester, England, and the second award was presented by Al Myers to Frank Ciavattone Snr. Of East Walpole Massachusetts, USA. After the speeches and presentations were made, there was not a dry eye in the house as the occasion touched everyone emotionally. A truly inspiring occasion. I for one will not forget our weekend in Norwood, and the IAWA family now looks ahead to Scotland in 2015 – Long Live IAWA!

MEET RESULTS (PDF) – [IAWA 2014 WORLD RESULTS](#)

BEST LIFTERS (PDF) – [HONOURS BOARD](#)



IAWA Annual Meeting



October 6, 2014 | Authored by | [Edit](#)

by Steve Gardner

A brief run down on business at the 2014 IAWA Council Meeting.....

2014 IAWA Council Meeting – 8pm Friday 26th September – Norwood, Massachusetts USA

Members Present: Frank Ciavattone, Colleen Lane, Dave Ellis, Frank Ciavattone Jr., John Mahon, Sam Trew, George Dick, Denny Habecker, Paula Thompson, Art Montini, Steve Gardner, Chris Bass, Frank Allen, Dick Durante, Judy Habecker, Janet Dick, Chad Ullom, Dennis Mitchell, Flossy Mitchell, Al Myers, Steve Sherwood, Paul Dallalis, Karen Gardner

Minutes of the 2013 Meeting: IAWA General Secretary Frank Allen took the meeting through the minutes from last year's AGM. All agreed they were a true and accurate record.

Confirmation of International Vice Presidents: All current International Vice Presidents for England, USA and Scotland remained in position. Confirmation for Australia was received as: Robin Lukosious and Peter Phillips, New Zealand as Cliff Harvey and Spain as Jose Jara.

Rule Change / Addition: On safety grounds, IAWA Technical Committee proposed that the rules for the Shoulder Drop be amended to allow the lifter to bend the legs during the lift, giving the lifter a safer position to catch the weight. After discussion amendment accepted!

New Lift for Approval: The Domal Squat had been proposed by Aqeel Afzal and supported by IAWA UK and the Technical Committee. After further discussion the lift was accepted. (the lift is: one arm locked out overhead with barbell, kettlebell or dumbbell, the lifter then performs a full squat!) Rules of performance and full description of the lift will be circulated!

IAWA International Development: Steve Gardner reported to the meeting that two Nations are currently getting organised as full IAWA Member Nations: New Zealand and Spain. Both Countries have already organised their initial board of officers and are working on establishing officials etc as we speak. This is great news for the development of all round weightlifting in IAWA. More details will be circulated at a later date!

A report on the 2014 World Postal Competition: The Meet Director for the World Postal Steve Gardner informed the meeting that the event had been an overwhelming success, with 32 teams representing 8 Nations taking part, 78 Individual lifters in all, and including Juniors Open and Master lifters from the Men's

and Women's Divisions. All present agreed the event should take place again in 2015, lifts will be 3 from the 2015 IAWA Worlds!

An Update on the World Championships for 2015: The event to be promoted by David McFadzean will take place on weekend of 10th /11th October at the Castlemilk Community Centre in Glasgow, Scotland. The lifts Proposed were – Day One: Clean & Push Press, Cont. Snatch, Pullover & Press, One Hand Deadlift – Day Two: One Hand Zercher, Dumbbell and Barbell Anyhow, Straddle Deadlift. All details of venue date and the lifts were agreed!

An update on the IAWA Gold Cup for 2015: John Mahon and Sam Trew will be promoting the Gold Cup in Perth, Australia on Friday November 27th at the Belmont Recreational Centre. There will also be a Highland Games event next day – all agreed venue and date!

Finalisation of Agreement of IAWA Gold Cup 2016: Al Myers will promote this event in Kansas USA!

Finalisations of Agreement of World Championships 2016: Clive Madge will be the promoter of this event which will take place on the North Island near to the Capital City of Wellington!

Applications for Promotion of IAWA International Events

IAWA World Championships 2017: Application from Mark Haydock for Manchester, England was accepted!

IAWA Gold Cup 2017: Application from George Dick for Glasgow, Scotland was accepted!

A proposal for Wheelchair Disability All Round Weightlifting within IAWA: A presentation was put to the meeting by Paul Dallalis. After discussion the meeting agreed that Paul will look further into the matter over the next 12 months to see what can be achieved, Al Myers proposed that Paul liaise with another lifter in the US and report back at the next IAWA Council meeting. All agreed.



Categories: [USAWA Daily News](#) | Tags: [Minutes](#), [World Meeting Minutes](#)

[John Wilmot Appreciation Award](#)



October 15, 2014 | Authored by | [Edit](#)

by Al Myers



John Wilmot's Award

The strength of the USAWA is made up by the contributions of our membership. One individual who has made powerful contributions to the USAWA was recently recognized by the USAWA Executive Board and the USAWA membership. This man is John Wilmot – who spear headed the beginning of the USAWA Postal Meet Series. John began promoting postal meets within the USAWA in 2007, which eventually became adopted officially as the USAWA Postal Series. This consists of 4 quarterly postal meets, culminating with the USAWA Postal Championships in December. John's efforts with this has allowed many lifters to enjoy the participation in these postal meets. After several years of having the responsibility of directing these meets John has stepped down, passing the job off to Denny Habecker as the USAWA Postal Director.

On behalf of our organization, John was sent this nice plaque in recognition of his efforts. We had hoped to present this award in person, but was unable to make the arrangements. I recently received this letter from John which I would like to share, *"Thanks for the very nice USAWA plaque. In 2007, I started directing postal meets to continue the tradition of the International Postal Championships. You helped me by lifting in the postal meets and encouraging other USAWA members to compete. The postal meets were successful because of the participation of a great group of athletes! Thanks again, John Wilmot."*

Congrats again John – your contributions have been very much appreciated by the USAWA!!

Joe Garcia Appreciation Award

 October 15, 2014 | Authored by | [Edit](#)

by Al Myers



Joe Garcia's Appreciation Award

Another USAWA appreciation award was given to another great contributor to the USAWA. Joe Garcia has been the USAWA Records Director/Record Keeper for the USAWA since the very beginning, and just recently stepped down from this position. Joe's efforts single handedly are the reason we have a very comprehensive record list in the USAWA. We owe him eternal thanks for this, as the Record List is a very important entity within our organization. It has been kept up to date with diligence for over 25 years, consisting now of over 10,000 records. That's a lot of records!!! Joe has undoubtedly spent thousands of hours of work on this. It also requires that things are done with perfection to prevent wrong information incorporated into our official Record List. Not very many people would have the energy and persistence to keep a list like this up to date!!!!

Again, I had hoped to present this Appreciation Award firsthand to Joe, but could not get something worked out in a timely manner so it was mailed to him. Joe contacted me immediately by phone upon receiving this award to give his thanks to the USAWA for it. He seemed very surprised and moved by this. I'm hoping at a later date to interview Joe to highlight his accomplishments and efforts as the USAWA Record Director/Keeper.

Congrats Joe!!!

 Categories: [USAWA Daily News](#) |  Tags: [Joe Garcia](#)

Gold Cup Getting Close!

 October 15, 2014 | Authored by | [Edit](#)

by Al Myers



IAWA Gold Cup 2014

Well the entry deadline has "came and went" for the 2014 IAWA Gold Cup in Burton, England – hosted by Steve Gardner. This is one of the premier competitions with the IAWA, and attending it is a prestigious occasion for all those involved. All USAWA members should at least once attend an IAWA Gold Cup. The USAWA will be represented this year in England by these lifters: Al Myers, LaVerne Myers, Denny Habecker, Frank Ciavattone, and Colleen Lane. I apologize if I have forgotten someone – and if I have please let me know so I can give you the proper kudos!

Steve is the master lifting promoter, and I'm sure this Gold Cup will be excellent like all of the other events he has promoted in the past.

 Categories: [USAWA Daily News](#) |  Tags: [Gold Cup](#)

3rd Quarter Postal

 October 17, 2014 | Authored by | [Edit](#)

by Al Myers

MEET RESULTS

THIRD QUARTER POSTAL MEET

| 3 RD QUARTER POSTAL | | | | | | | |
|--------------------------------|-----|------|-------------------|--------------------|------------------------|------------|--------|
| NAME | AGE | BDWT | HOLDOUT RAISED | 1 HAND DEADLIFT | CONTINENTAL TO BELT | TOTAL | POINTS |
| ERIC TODD Keith | 39 | 254 | 95 Lbs. | 196 Lbs. | 406 Lbs. | 697 Lbs. | 548.67 |
| Thompson Lance | 27 | 236 | 75 Lbs. | 236 Lbs. | 336 Lbs. | 647 Lbs. | 530.21 |
| Foster | 48 | 350 | 50 Lbs. | 175 Lbs. | 298 Lbs. | 523 Lbs. | 430.63 |
| Denny Habecker | 72 | 198 | 49.5 Lbs. | 178.5 Lbs. | 264.5 Lbs. | 492.5 Lbs. | 588.80 |
| Barry Bryan | 56 | 192 | 71.5 Lbs. | 201 Lbs. | 160.5 Lbs. | 471 Lbs. | 604.22 |
| Ruth Jackson | 52 | 109 | 25 Lbs. | 110 Lbs. | 160 Lbs. | 300 Lbs. | 471.17 |
| Crystal Diggs | 27 | 143 | 28 Lbs. | 73 Lbs. | 140 Lbs. | 247 Lbs. | 271.85 |

3rd Quarter Postal Results

MEET RESULTS:

3rd Quarter Postal Meet

September 1st – September 30th, 2014

Meet Director: Denny Habecker

Lifts: Holdout -Raised, Deadlift – Ciavattone Grip, One Arm, Continental to Belt

Officials:

Ruth Jackson – Certified Official Jarod Fobes

Crystal Diggs – Certified Official Ruth Jackson

Barry Bryan – Certified Official Denny Habecker

Denny Habecker – Barry Bryan

Eric Todd – Lance Foster

Keith Thompson – Eric Todd and Lance Foster



Categories: [2014 Meet Results](#), [USAWA Daily News](#) |



Tags: [Postal Series](#)

Are you feeling Slunk?



October 17, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

Slunk [sluhngk]

Adjective

1. Being in a temporary state where one's mental and physical abilities are impaired by a lack of sleep achieving a similar state to being drunk.

Every year there are new words added to the dictionary. This past year words like "Crap Shoot" and "Demonizing" were added among several HUNDRED others. While the unabridged dictionary just keeps adding new words the concise versions have to trim words to keep balanced. Recent words removed included "Video Jockey" and "Cassette Player". Some words once commonly used are rarely used and there are words that have been commonly used that are still not in the dictionary at all. They all have something in common and that is someone, somewhere, had to make up a word to describe a feeling or situation. That word either caught on or disappeared from our lexicon.

For years my Mom has made up words when her vocabulary has been lacking. This has been amusing to me and my brother. One of her words is "Befaffeldated" that means she was very confused and surprised. I assume she meant befuddled and exasperated then kind of slammed these words together. She has also used a word I've learned is being considered for the Oxford dictionary but didn't quite make the cut.....yet. That word is "Slickery" and means that there are slippery conditions outside. Again, I think she slammed "Slick" and "Slippery" together and I thought for a long time it was just another one her made up words. Maybe she invented that word and now it has spread across the English speaking world and my achieve "real" word status by being included in the dictionary like other great made up words such as "Humongous" or "Ginormous". (Yes....ginormous is a word....it passed spell check so it must be a real word).

So, what does this have to do with "Slunk". Recently I traveled to Scotland to participate in the Masters World Championships of Highland Games. Chad Ullom and Jackson Weightlifting Club members Bill Leffler and Jim Spalding were along. If you've ever traveled internationally you may have experienced jet lag. You also end up with these epically long travel times. Chad told me that when he and Al Myers traveled to the IAWA World's a couple years back they spent 40 hours on the road! They got back Sunday night and Chad had to

go to work Monday morning. He said he was so exhausted that he couldn't function....or was he "Slunk"? So sleepy he felt drunk!

On my recent trip to Scotland I had trouble sleeping on the overnight flight and ended up having marginal sleep for many hours and I jokingly said to Chad that I was "Slunk". We were all so tired we wondered if we should even be driving and kept taking turns as we caught naps. I got to thinking and there have been many times I have been "Slunk". When I was in the Marines I was on a schedule where I would work two day shifts the first two days, then two 11-7 shifts the next two days, followed by two afternoon shifts the following two days. I would then get 80 hours off and repeat. I often stayed up between the two day intervals and became very sleep deprived. I once fell into such a deep sleep afterwards that they almost called an ambulance when I wouldn't wake up!

So, I'm going to try and go viral with this new term to describe that state of being so sleepy that you feel drunk....or Slunk! It's real, and we need a word to describe it so why not this word. Sure, I'm in it for some personal glory, too. I won't lie. If this word makes it I'll probably cut the page out of a dictionary and hang it on my office wall and then gloat to all my friends saying, "I made that up".

Do you still need to be sold on it? Well, think of all the great ways it can be modified to describe things that we currently just can't describe with one word. So, if you are so sleepy you feel drunk you are simply "Slunk". If someone does this often, then you could call them a "Slunkard". If you plan on doing it then you can say you are going to be "Slunking" or maybe you are going to get "slunked". If you did it the day before you can say you were "slunked" yesterday. I haven't figure out "Slinking".....maybe it's the time leading up to getting "Slunked". I haven't worked out all these details yet....I'm an idea man not a detail guy.

Okay, so you have a new word! The revolution begins. Make me a superstar in the world of Etymology! Start using "Slunk" every chance you get and, please remember....don't slink and drive! Now, if you excuse me....it's my nap time. I don't want to end up a "Slunkard".



Categories: [USAWA Daily News](#) | Tags: [Chad Ullom](#), [Slunk](#), [Thom Van Vleck](#)

Update on the OTSM Championships



October 17, 2014 | Authored by | [Edit](#)

by Al Myers

NEWS FLASH

It has recently been decided that this year's USAWA Old Time Strongman Championships will be held in conjunction with Eric Todd's "Battle in the Barn." Eric has promoted several OTSM competitions over the past few years, and his facility will make the perfect venue for our OTSM Championships.

If you haven't decided to attend ET's meet yet – NOW IS THE TIME! Let's make a great turnout this year for the USAWA Old Time Strongman Championships!

 Categories: [USAWA Daily News](#) |  Tags: [OTSM](#)

Lifter of the Month: Frank Ciavattone

 October 21, 2014 | Authored by | [Edit](#)

by Al Myers



Frank Ciavattone in action at the 2014 IAWA World Championships.

Congrats goes to Frank Ciavattone for being selected as the Lifter of the Month for the month of September. Frank is definitely deserving of this award after the unbelievable contributions he made to the USAWA during the past month. Frank not only promoted the IAWA World Championships, but competed and won his 20th IAWA World Championships. He also was recognized by the IAWA with the IAWA Presidential Award of Merit, the highest honor given out by the IAWA.

Frank Ciavattone – the USAWA LIFTER OF THE MONTH FOR SEPTEMBER!

 Categories: [USAWA Daily News](#) |  Tags: [Frank Ciavattone](#), [Lifter of the Month](#)

Art's Birthday Bash

 October 31, 2014 | Authored by | [Edit](#)

by John McKean



Group picture from Art's Birthday Bash 2014.

Since it's impossible to drive to Ambridge from any direction without going through beautiful wooded hills and dense forest lands, our visitors this year were treated to this Fall's most spectacular leaf colors, on a perfect bluebird sky day! It was almost a shame to have to go indoors to lift weights! HOWEVER, that was immediately corrected as we all left the gym to go OUTDOORS to watch newcomer Steve Freides perform an Inman Mile(!!!) at the high school parking lot across the street!! Of course ,Steve didn't go a mile (nobody ever has!) but did waddle back & forth with 243# on his back for 114 meters! I teased Steve by saying his efforts cost me 50 bucks-that I'd bet Art he would die if he tried the whole mile!

Back in the gym, Art & I were treated to watch another newcomer to our meets, Stephen Santangelo, perform a terrific Reeves deadlift with 235 pounds! Art & I agreed that neither of us can even reach the plates to perform this dynamic lift!

Denny Habecker, and long time veteran lifter, 82 year old Dick Durante, had a gorgeous drive through the mountains across state to show us their typical strong lifting and always smiling faces!

Of course, in this year's group of all MASTER competitors, good ole Denmis Mitchell and wife Flossy drove in from Cleveland to charm us with their usual cheerful personalities, and Denny's well perfected lifting.

Star of the show, birthday boy Art Montini (87) performed 5 world records in fantastic style, and was the usual gracious host to his guests. In an amazing coincidence, the figure on Art's meet shirt was the comic character Popeye (with Art' face imposed!) -seems both Art & the famous Popeye were created in the same year!!(and

both were sailors!). Art's only challenge this year was in the donut eating challenge where my grandson Draes (just turned 9) may have bested him (we're never sure as Art gobbles the donuts in hiding!).

It was so great to have always smiling, joke telling Bob Geib and his gal, Susan, attending! Both lifted great and are healthy and happy, soon with a new house to move to. Funny thing, Bob was trying to explain to me where this small town is that he's been residing at for several years (a mile from his new place), and I had to laugh out loud - it is the vacation town on Lake Erie that our family travels to many times each year and I've been going to all my life! I woulda 'bout croaked to run into Bob up there during a morning fishing expedition! Bob brought with him a beautiful plaque that the late, great Howard Prechtel was awarded as a new inductee to the Cleveland Hall of Fame. Howard had passed on his skillful chiropractic maneuvers, which he utilized to tremendous effect on my 35 year old son Rob, who's had a persistent neck/shoulder pinch (Rob felt so good afterward, that we couldn't coerce him into doing any lifts! Thanks, Bob!!).

Even yours truly got into the act- I'd promised Al earlier that if he got the Kennedy lift approved I'd unretire just to do that old "health Lift" ! And figured, since I was there, to finally get off my butt and set enough to records to take me over the 300 mark.

As usual, a day well spent with good friends! Onward to training for Art's 88th!

MEET RESULTS

Art's Birthday Bash 2014

Oct 12, 2014

Ambridge VFW Barbell Club Ambridge, PA

USAWA officials: Denny Habecker, Art Montini, Dennis Mitchell, (3 officials used on all record lifts)

SUSAN SEES female age 57 weight 219# div: 55+ F 100K

Deadlift Fulton Ciavattone 160 pounds

Deadlift Fulton bar 170#

Deadlift thumbless 180#

Dumbbell Deadlift right 95#

Dumbbell Deadlift left 95#

DENNIS MITCHELL age 81 weight 151# div: 80+ 70K

Thumbless deadlift 170#

One Hand Dumbbell deadlift left 130#

One Hand Dumbbell deadlift right 130#

Seated press behind neck 40#

STEVE FREIDES age 59 weight 152.8# div: 55+ 70K

Steinborn 80 K

Inman Mile 113.79 meters

Hip Lift 1020#

Jefferson 315#

Jefferson Fulton bar 280#

Kennedy lift 405#

ART MONTINI age 87 weight 172# div: 85+ 80K

2" Vertical Bar lift left 59#

Middle finger deadlift 110#

Ring Finger deadlift 99#

Index finger deadlift 85#

Dumbbell deadlift left 75#

JOHN McKEAN age 68 weight 173.5# div:65+ 80K

Kennedy lift 405#

People's Deadlift 315#

One arm Dumbbell Ciavattone deadlift right 173#

Fulton bar Ciavattone Deadlift 200#

Strict Curl 55#

Dumbbell Walk 26#

1" Vertical bar lift right 85#

1" Vertical bar lift left 85#

1" Vertical bar lift 2 bars 170#

2 Dumbbell Cheat Curl 70#

right Dumbbell Cheat Curl 35#

Left Dumbbell Cheat Curl 35#

Right arm Fulton Dumbbell deadlift 58#

Left Arm Fulton Bar Deadlift 58#

2 Arm Fulton Dumbbell Deadlift 116#

STEPHEN SANTANGELO age 62 weight 174# div: 60+ 80K

Reeves Deadlift 235#

One arm Dumbbell deadlift left 170#

One arm Dumbbell Deadlift right 210#

Dumbbell Walk 56#

Kennedy Lift 325#

RICHARD DURANTE age 82 weight 175# div: 80+ 80K

One arm Deadlift left 95#

One arm Deadlift right 95#

Fulton Bar Deadlift 170#

Strict Curl 55#

Kennedy Lift 225#

DENNY HABECKER age 72 weight 194# div: 70+ 90K

Kennedy Lift 225#

Stiff Leg Deadlift 270 #

Reverse Grip Cheat Curl 119#

Thumbless Grip Deadlift 270#

Dumbbell Press left 50#

Strict Curl 75#

BOB GEIB age 71 weight 219# div: 70+ 100K

Fulton Deadlift Ciavattone 170#

Fulton Deadlift 180#

Thumbless Deadlift 200#

Dumbbell Deadlift right 130#

Dumbbell Deadlift left 130#



Categories: [2014 Meet Results](#), [USAWA Daily News](#) |



Tags: [Art's Birthday Bash](#)

Gold Cup



October 31, 2014 | Authored by | [Edit](#)

by Steve Gardner



James Gardner won the overall Gold Cup Award, the Prechtel Memorial Award, with this amazing lift in the Shoulder Drop of 92.5 kilograms!

The Gold Cup took place at the Burton Powerhouse All Round Weightlifting Academy in Burton on Trent on Saturday 25th October. In short...it was a fantastic day! We had 56 lifters entered for the day, the biggest turnout in IAWA's 28 year history for an International event, with 6 Nations represented (Unfortunately Kim and Graham Alway had to leave before the event started due to a death in the family and our deepest sympathy goes out to them) but it was still a massive event.

I was so proud to be there on the day with so many great people and to witness them performing so many outstanding lifts. Thanks to all the overseas lifters who brought the International Flare. Every lifter brought new energy to the platform and we saw about 50 different lifts performed to exceptional standard, I wish I could mention them all in this report but there are just too many. There were several records on the day that were the 'heaviest ever performed' in IAWA. I know big Mark Haydock had two....one in the 2 Inch Bar Deadlift and one in the Alternate Grip Clean and Press. James Gardner also with a massive 92.5 kilos in the Shoulder Drop, and Neil Keddy too with the French Press I think. James's lift earned him the 'Howard Prechtel Memorial Award' which was presented to him by last years winner Al Myers' and Neil Keddy's exceptional 60k French Press saw him in the Runners Up spot. The lifting was just 'Outstanding' and Frank Ciavattone hit big numbers in the Ciavattone Deadlift. It was great for me to see my 8 year old Grandson Dominic perform a lift to earn a Gold Cup, and my heart melted when I heard he asked his Mum if the cups were real Gold. So proud to have lifted on the same platform as my Wife, and my two Sons: John and James and also my Grandson..three generations! I am so very pleased with the tremendous help from my team members at our Burton Club as they helped load all the lifts for the other loaders. Everyone helped everyone else, and that is what enabled us to get through at least 275 record attempts. The final showdown between Al Myers and his Dad Laverne brought the house down as they went head to head in the struggle for supremacy in the One Hand 2 inch Dumbbell Deadlift, Laverne winning out over Al in the finish. It was most refreshing to have 12 female competitors really leading the way for the Ladies..well done girls, and 8 Junior lifters as well, from young Dominic at 8 yrs, Elena De La Mata at 9yrs through to Matt Jones at 18yrs and Maddie Ell at 19 yrs, well done young ones you are the future of our sport. Our Masters division was really well represented too with 78 yrs old Gerry Davidson our most Senior lifter on the day.



Steve Gardner (right) was presented this new gym sign by IAWA President Al Myers (left) for all his hard work in promoting the IAWA Gold Cup on behalf of the IAWA membership.

It was just so great to have so many people from the IAWA family with me, and the evening Dinner and Presentation was also tremendous. As well as the Gold Cup presentation, I was knocked out by the super present given to me by Al Myers..the stunning Gym sign to hang in the Burton Powerhouse, thanks again big Al. And then later in the evening, well how could anyone forget Nick Swain and his mate Ben performing as 'The King Elvis's..Lo! Just Priceless.Thanks again to everyone, and I mean everyone who helped me to make the day a great success.....Long Live IAWA!

MEET RESULTS:

2014 IAWA Gold Cup

Burton Powerhouse Gym

Burton, England

October 25th, 2014

Meet Promoter: Steve Gardner

Announcer: Steve Gardner

Recorder: Judy Habecker

Record Keeper: Chris Bass

Loaders: All members from Powerhouse Gym

Officials: Several IAWA Officials in attendance

Results (PDF) – [Gold Cup 2014 Results](#)



Categories: [2014 Meet Results](#), [USAWA Daily News](#) |  Tags: [Al Myers](#), [Gold Cup](#), [James Gardner](#), [Steve Gardner](#)

Battle in the Barn



September 5, 2014 | Authored by | [Edit](#)

by Eric Todd

November 1, 2014, ET's House of Iron and Stone will play host to the third annual "Battle in the Barn, an Old Time Strongman event. This year, three Old Time Strongman events will be contested, along with one traditional all-round lift. The lifts are as follows:

Saxon Snatch
Apollon's lift
Hand and Thigh
Dinnie Lift

As we did last year, we will score this meet in 2 different ways. The first is by formula; the second is by straight weight lifted. I am not sure what they will look like yet, but there will be awards at this event.

Anyone who has been to my gym before know it is a "no-frills" facility. Climate control looks like an open window and a fan in the summer and a wood fire in the winter. The "restroom" is located outside, back behind the giant tin can that we lift in. But there is lots of iron. It is a great place to lift big weights and get strong.

After the meet, I am hoping to have a short record breaking session. I plan on having a couple records to shoot for and hope you do as well. Please contact me at SalGuimino@yahoo.com or on the forum with any questions or if you have a particular record you would like to attempt after the meet. Hope some of you can make it out for a great day of lifting. Entry is attached.

ENTRY FORM (PDF): [Battle in the Barn Entry](#)



Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#), [Battle in the Barn](#)

[Backbreaker Pentathlon](#)



September 8, 2014 | Authored by | [Edit](#)

By Al Myers

MEET ANNOUNCEMENT

Backbreaker Pentathlon

Meet Director: Bill Clark & Joe Garcia

Date: Saturday, November 8th, 2014

Venue: Clark's Gym, Columbia, Missouri

Weigh-ins: 8- 9 AM

Entry Fee: None

Entry Form: None

Awards: None

Membership: Must be a current USAWA Member

Lifts: Neck Lift, Hand and Thigh Lift, Back Lift, Hip Lift, Harness Lift

Record Day will follow the meet.

To enter, a confirmation must be sent to Bill Clark by the Tuesday preceding the meet. Bill can be reached by phone: 573-474-4510, Fax: 573-474-1449, or mail: Bill Clark, 3906 Grace Ellen Drive, Columbia, Missouri, 65202



Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#)

New England Gold Cup



October 15, 2014 | Authored by | [Edit](#)

by Frank Ciavattone

MEET ANNOUNCEMENT

This meet will be the same as Art's, a limit of 5 lifts for records. This meet will have no entry form to fill out or need an entry. Just an email or a call to me. The date of the meet is 11/29/2014 at the Norwood Recreational Center, 165 Nahatan St., Norwood.

E-mail: fdc2955@aol.com

Home Phone: 508-668-5200

Cell Phone: 508-801-6279

Entry fee of \$20 will help cover cost of awards, insurance, etc. This can be given at weigh in.

Entry deadline by phone or email November 22nd, 2014.

Also, there will be a pioneer meet for a trial of wheelchair lifts by Paul Dallalis! The town of Norwood is again helping us out with a venue. Pizza to follow the meet!



Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#)

My Gyms



November 1, 2014 | Authored by | [Edit](#)

by Eric Todd

I expect everyone has an aptitude for something. Everyone else in my immediate family has an aptitude for art or music. About as far as my aptitude for anything artistic goes, however, is listening to songs on the radio in my truck. I always leaned more to the physical side of things. It is not that I was a dummy. When in elementary, I was selected for our school's gifted program...twice. Yep, that's right, I may have been the only two time quitter of Parkview Elementary's "independent Study". It was supposed to be challenging, yes? No, it was boring and caused me to miss recess and PE. So I quit. However, they saw the intellectual giant that I was, and made the exception to try and get me back in a couple years later. My parents thought maybe being a bit older would help, so I was back in. Still boring, and I was still missing PE and recess. On top of that, it was in an old turn of the century school with dim lighting and lockers and desks that smelled of old bologna sandwiches. After I quit again, they said I could not return. OK by me!

Through the years I have trained in a number of environments. Some, just on a visit, and some played the role as "my" gym for a while. I started off at home. At three, I started to run with my dad. I saw him take off, and did not want to be left behind. I put on my mud boots and took chase. I think that day, he ran about a mile. I ran about a third of that. Mom and Dad were impressed, and I kept on chasing him, day after day. My distances would increase, and my speed would improve. Why was I doing it though? I guess because my dad was, and maybe I was just born with something that made it appeal to me.

For whatever reason, I always had a love for strength. I was always asking my dad to flex for me. I would assume it got tiresome to him. I remember going to see The Shepherd of the Hills play in Branson, MO. In the story, "Young Matt" lifted a steam engine so his dad could work on it. We would visit the site during the daytime, and I would try and lift the steam engine. I think I gave it my first try at 5 years old. I never was able to get that thing off the ground. But, I was lifting everything else: the edges of furniture, rocks, logs, etc. One time Grandpa cut a couple old locust trees that were out past the old outhouse near our home. I spent hours pretending the cut branches were weights and I was a weightlifter.

I grew up wrestling with dad. I was a rough and tumble boy, and I liked it when dad would get on the floor to tussle with me. I started probably about as young as when I could walk, and we would grapple often. When I was nine, we were talking to this guy at church. He was a custodian at a nearby school. He told us of a small fry wrestling club that practiced there. I had no idea that it was something you could do competitively against people your own age, and I was immediately in love with the idea. It was about the time I started wrestling, that dad got me lifting. At first, he just made me a 10# dumbbell out of some old sand weights and showed me a one arm curl and a one arm standing press. I added these to my regiment of pushups, sit-ups and running. I did this routine almost every night. After I had started getting a bit of a foundation, I started working out in the milkbarn with dad. This was my first "gym" We had a concrete weight set that we would do curls, military presses, and floor presses on the concrete milking floor. That is, until I was at a junk sale at the salebarn. There was a weightlifting bench at it, and I had the winning bid of \$1.75. From then on, we benched in style. After seeing Rocky IV, I filled a gunny sack with rocks and sand and hung it from one of the pulleys on the ceiling. I had my first lat pull machine.

When I was in high school, I would lift both at home and at the school. The school gym came in two forms. There was an old universal ,a "good girl" machine, a "bad girl" machine, and an old apparatus called a leaper that was like a squat machine for improving your vertical leap. These items were in the boys locker room at the school. Then down the road at the field house, there was a better weight room with power racks, benches, bumper plates, etc.

When I went to college at Missouri Valley, their weightroom was unimpressive. I was able to get OK workouts there, but they would only let you do "safety squats". I mean actual safety squats where you hold onto the rack and use your arms and upper back to help pull yourself back up into an upright position. Their selling point when they first showed me the weightroom was 4 "back tracks". They said there were five of them in the nation, and MO Valley had four of them, with Bo Jackson owning the other. Just so you know, that if there are only five of such a groundbreaking piece of equipment out there, and no other colleges have jumped on the bandwagon, there is probably a reason why. They were an absolute piece of crap , and doing them was an absolute waste of time.

After my fourth year of wrestling I was out of eligibility, but I had to go a fifth year to complete my degree. Well, for individuals who were not on sports teams, you could normally get a workout in in the school weightroom at around midnight. As I usually enjoy sleeping at that hour, I went to get a membership at the local YMCA. Since I had no money, it was only like \$10 a month. And since my wrestling career at Valley was over, I had lots of free time. So, I spent most of it lifting at the Y.


During the summers, me and my brother would get a membership at "Camelot Fun and Fitness" in Cameron to work out together. The only place in town, it was as lame as it sounds. The weights were right there with the cardio equipment. There was a Metallica cassette tape in a tape deck, but as soon as you turned it on, the old ladies on the treadmill turned up Oprah a little louder. You would turn up Metallica just so you could hear it, but they would soon poke at the remote until Oprah drowned it out. Not exactly a place to get hardcore. So we started using membership fees to buy bits and pieces of equipment at a time.

Upon graduation, I got a teaching and coaching gig at Excelsior Springs. They had a decent weightroom there, and I spent lots of time after school and/or practice in there. While I still enjoyed lifting, something was missing. I was going through the motions. Why was I lifting? Was it just cause I always had? I had always lifted to get strong so I could excel at wrestling, I felt. Well, I was done wrestling. I needed something new. I found strongman. This was something that came rather naturally to me. Meanwhile I took a position at Kearney School District. While they had a nice weightroom, I soon decided I would be better served just taking my workouts at home. I had been accumulating equipment for a number of years, and had a decent setup in my basement. So, for a time I split where I was training. One day, however, I was in the school weightroom after track practice. I was going for a top end overhead press. Unfortunately, there was a group of high school kids from another sports team in there jacking about. Their coach was in there with them and in on the fun, so I did not feel it was my place to reprimand them. After 4 or 5 misses, I was fed up. I couldn't perform in that atmosphere. So I left, and never looked back.

I went back to my home gym full time. Eventually, I built my tin can barn and moved all my strongman stuff (as well as some weightlifting stuff) out there. So, now I have two gyms! I take most of my weekday gym workouts in my basement gym, and my weekend workouts take place in the barn. So, I guess I kinda came full circle. I started off my weightlifting career about a mile from where I train now. I have been lots of different places, and weight is weight. I have loved lifting it everywhere, in whatever form, from sand filled to iron, to stone. It has become a part of me. I still cannot paint a picture. I still cannot play an instrument (well, I do play a mean "Old Suzanna" on the mouth harp). And though I enjoy eating a bologna sandwich as much as the next guy, the smell of those lockers still haunt me. But I can lift me some weights!

 Categories: [USAWA Daily News](#) |  Tags: [Eric Todd](#), [Gyms](#)

Burton Record Session

 November 2, 2014 | Authored by | [Edit](#)

by Al Myers



Group picture from the Burton Powerhouse Record Session.

I had an absolutely great time last weekend in England at the 2014 IAWA Gold Cup, promoted by Steve Gardner of the Burton Powerhouse Gym. I met so many great enthusiastic all rounders, and witnessed some outstanding lifting. Plus I got to share stories with many ole friends from overseas, and be part of the largest attended Gold Cup in IAWA history.

However, the fun didn't end on the day of the Gold Cup for me. The Monday afterwards Steve hosted a Record Day Session in his gym for his gym members which my Dad, Denny, and I got to be part of. Since there were SO MANY lifters at the Gold Cup, it was virtually impossible for everyone to get their second Gold Cup lift in on the meet day. All of the Burton gym members, along with myself, my dad, and Denny postponed our second lifts for this record session to help accommodate getting the Gold Cup finished on time.

I truly enjoy getting the opportunity to lift in new gyms – especially gyms whose training focus is All Round Weightlifting. Steve has just recently moved his gym to a new facility which is much larger. This was my first time seeing his new gym, and I was very impressed! Steve has the gym set up with great lifting atmosphere, with the walls lined with many pictures, awards, and other items of motivation. I tried to take it all in – but know I missed some of it. It has to be one of the best All Round gyms in the World!

Eight Burton Powerhouse gym members took part in this Record Session (James Gardner, Chris Findon, Graham Saxton, Steve Gardner, Karen Gardner, John Gardner, Pete Tryner, and Paula Thompson), plus myself, my dad LaVerne, and Denny Habecker. This made for a full night of lifting! Steve ran the evening of lifting like he runs meets – very efficiently and quick. The two platforms were constantly in action with more record lifts being done. I was most impressed with Chris Findon doing a dumbbell Snatch of 48Kg after recent elbow surgery, Big Graham and John's 2 man hack lift of 350 Kg, and Karen's 90 kg Trap Bar Deadlift. And I got to add that getting to see Denny set another record in the Pullover and Push was a pleasure (remember to get the big belly bounce Denny!!!). Denny was eating so well on this trip that he went UP a weight class in 2 days after the Gold Cup and decided to pick his same Gold Cup lift for his record session lift!



Denny Habecker with a record 95 KG Pullover and Push.

I picked the Index Finger Hack Lift for my second lift – and succeeded with a 90 kg lift which I was pleased with. I still have the proof of that lift on my torn left index finger as I type. After watching John Gardner lift a huge thumbless grip DL at the Gold Cup, and since this is also one of my favorite lifts, I talked John into joining me for a 2 man thumbless deadlift. This is not an official lift in IAWA, so we were doing it just for fun. We lifted 345 Kgs, and just missed 365. We have our sights set on 400 KG now!

The evening ended with myself introducing the Burton Gym to teeth lifting. I made a teeth bit for them, and challenged Graham to a lift off. This was not really a fair fight, since Graham has never done any teeth lifting before and I have, but he was a gamer and took me on. We had lots of fun with it – and I bet the next time I go back to the Burton Powerhouse the gym will have mastered the teeth lifting and will be putting up big numbers in it.

All this was finished in an hour and a half. I want to thank Steve and all the members of the Burton Powerhouse Gym for all they do for the IAWA, and especially for their work in making the 2014 IAWA Gold Cup a great success!

MEET RESULTS (PDF) – [Record_Session_at_Burton_27.10.14](#)



Categories: [2014 Meet Results](#), [USAWA Daily News](#) |  Tags: [Burton Powerhouse](#), [Denny Habecker](#), [Gold Cup](#)

OTSM Championships



November 6, 2014 | Authored by | [Edit](#)

by Eric Todd

This Saturday past, ET's House of Iron and Stone played host to the third annual "Battle in the Barn". This year's affair also served as the Old Time Strongman Championship for the USAWA. It turned out to be a great competition with some new lifters as well as some of the old players as well. The weather was cold, but the competition was not. Some fantastic lifting was done.

We started out with the Saxon Snatch. To my knowledge, this is only the second time this lift has been contested in the USAWA. Keith Thompson and I tied for the top mark of 105 pounds, just shy of Mark Mitchell's all time record of 107. Next we hit the Apollon's Lift. In this Discipline, Keith Thompson once again tied for top honors, this time with Mike Lucht, making his return to all-round. They both hit 305 pounds. However, this was possibly overshadowed by Jenna Lucht's 150 pound lift, which tied her for the all-time female record with the powerful Felicia Simms. As the day progressed, the weights got heavier. We moved into the Dinnie Lift. This time, I had the top lift of 700 pounds, missing a 780 record attempt. Greg Cook hit a very impressive 650 his very first time trying the lift, and Keith Thompson hitting a 600 without the aid of a hook grip. We headed to the last lift of the day, the Hand and Thigh. Keith Thompson hit an easy PR of half a ton. I finally hit the elusive 1500, first time going this high in a meet. I missed a record attempt of 1565. Jenna hit an easy 600 for her top lift in the meet, but then shamed us all with a huge 810 record attempt. Mind you, on my top end lifting, an ant could have squeaked through. Jenna cleared by four inches!

Also in attendance were Lance Foster and Dean Ross. Both cease to amaze me with their dedication to our organization and their attendance at meet in the area. Both came ready to battle, and actually flip flopped in places. Lance got fourth in total weight lifted, and Dean when formula and age adjustment was made.

MEET RESULTS

USAWA OTSM Championships

November 1st, 2014

ET's House of Iron and Stone

Turney, Missouri

Meet Director: Eric Todd

Judges: Lance Foster, Mike Murdock, Eric Todd

Record keeper and expeditor: Mike Murdock

Loaders: Scott Tully and all competitors

Celebrity Guest appearance: Conan Wass

Lifts: Saxon Snatch, Appollon's Lift, Dinnie Lift, Hand and Thigh

Women's Results

| LIFTER | AGE | BWT | SAX | APP | DIN | H@T | TOT | PTS |
|-------------|-----|-----|-----|-----|-----|-----|------|--------|
| Jenna Lucht | 23 | 144 | 40 | 150 | 420 | 600 | 1210 | 1321.9 |

Men's Results

| LIFTER | AGE | BWT | SAX | APP | DIN | H&T | TOT | PTS |
|----------------|-----|-------|-----|-------|-----|------|------|--------|
| Eric Todd | 39 | 255.5 | 105 | 300 | 700 | 1500 | 2605 | 2042.8 |
| Greg Cook | 57 | 250 | 80 | 190 | 650 | 950 | 1870 | 1749.4 |
| Keith Thompson | 28 | 239.5 | 105 | 305 | 600 | 1000 | 2010 | 1628.3 |
| Dean Ross | 71 | 267.5 | 60 | 115 | 420 | 720 | 1315 | 1330.3 |
| Lance Foster | 48 | 335 | 65 | 170.5 | 490 | 720 | 1445 | 1066.1 |
| Mike Lucht | 32 | 227.5 | 90 | 305 | 525 | xxx | 920 | 765.6 |

Notes: BWT is bodyweight in pounds. All lifts recorded in pounds. TOT is total pounds lifted. PTS are total adjusted points for age and bodyweight corrections.

4th attempt for records:

Apollon's Lift: Greg Cook 205#

Hand and Thigh: 810#

Record breaking after meet:

Snatch From Hang: Mike Lucht 170# judged by Mike Murdock and Lance Foster

Right hand 2" Vertical Bar: Keith Thompson 215# judged by Lance Foster and Mike Murdock

Cyr Press: Jenna Lucht 70# judged by Lance Foster and Mike Murdock

Harness Lift: Eric Todd 2560 Judged by Lance Foster



Categories: [2014 Meet Results](#), [USAWA Daily News](#) |



Tags: [OTSM Championships](#)

Taking 2015 Memberships



November 10, 2014 | Authored by | [Edit](#)

by Al Myers

It's time to start renewing your USAWA memberships for the next year! Memberships in the USAWA run for the calendar year – first of January to the end of December. A few have already renewed their memberships, and are listed at bottom of the membership roster under 2015 memberships. Once January 1st rolls around, the 2014 membership list is be "archived" and the 2015 list will come to the top as the active membership list.

Membership applications are located on the upper left column of the website under "forms and applications". Just print out the form, write a check for \$25 to the USAWA, and mail it to me. Once I get it I will add your name to the membership roster. This roster is the official listing of our current members. It is always kept up to date to allow for anyone to check their membership status or for meet directors to verify memberships.



Categories: [USAWA Daily News](#)

Four Corners



November 14, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

The Jackson Weightlifting Club has been a big part of my life. As those who know me will already be aware it was started by my grandfather Dalton Jackson in 1928. It was just him and some friends who were interested in weightlifting. They never competed. They were interested in training to get better, be stronger, healthier, and maybe impress some girls! The club wasn't official then, just friends.

Then in 1957 he got my Uncles, Wayne and Phil Jackson into lifting. Wayne eventually won the Teenage Nationals in Olympic lifting and was a 4 time Missouri State Olympic lifting champion and won the powerlifting title once. Phil won some meets as well but got more into bodybuilding and was in Muscular Development one time and in Strength and Health another time. Phil got an "official" club going with a logo they wore on their lifting suits when in competition and they actually achieved something quite remarkable. They won two state

team titles in Olympic lifting against clubs in St. Louis and Kansas City. Not bad for a little club from a little town. They charged dues and opened a key gym as well. At one time it had almost 30 members and had Phil not joined the Air Force (he was due to be drafted anyways) and left for four years I wonder where the club would have went.

As it was, the club kind of played out and by 1971 it was all but gone. I joined my Uncle Wayne starting in 1977 with my own training and the "key gym" was again started in 1980. We soon had about 20 members and had a couple of guys competing at the state level in powerlifting. In 1982 I joined the Marines and soon the club died again.

Then, in 1988, I got back into hard training. Slowly, I revived the concept of the JWC and in 1992 started competing again. I had a few guys that traveled with me and we were mostly "unofficial" but we were a group of guys that lifted, traveled to meets, and shared a love of the iron.

In 1997 I had a chance to do a strongman show with Omega Force. I invited my buddy Brian Kerby and we did 6 shows in 4 days in St. Louis including one final event that was the warm up for the US Nationals Strongman Contest at the Family Arena in St. Charles. There were several thousand people there. Brian and I were invited to travel to Austrailia and New Zealand with Omega Force but we had full time jobs, families....but we became open to the idea of doing strongman shows as part of an evangelism effort and decided to start a local group of our own.

We were trying to come up with a "catch" name for our group when Brian came to me and said that he thought we should go by the name "Jackson Weightlifting Club". At that time it really got me to thinking of what the club was really about. I will say that since then we have done over 250 shows that have reached out to over 25,000 people plus we have directed about 20 lifting meets (including the USAWA Nationals) and at a couple dozen Highland Games and Strongman Contests. But the club was something much deeper than that for me.

As I explored in my mind and heart what the club was all about I came up with what I call the "Four Corners" of the JWC foundation. These four cornerstones are what everything the JWC does is built upon.

Faith: First comes Faith. The JWC exists because of the Christian Principles laid down by my grandfather and passed on to each subsequent generation. The most importan principle being faith. Faith is the belief in something with strong conviction. My own interpretation is that it gives us the ability to believe in something even when the evidence seems to be against it. Faith is important in lifting because it takes a long time and lot of work to make progress in lifting. You have to have faith in yourself, your lifting program, and believe it will pay off. Many fail in lifting because they didn't have faith. To me it is most important.

Honor: Honor has several meanings and the one I intend means having integrity. There is a Viking poem I have hanging in my gym that talks about how everything can be taken away from you. You can lose you

fortune, your family, even your life. But the one thing that NO ONE can take from you, only you can give away, is your Honor. It is your reputation. It is a core value in my family and thus the JWC.

Strength: This word implies being strong. But strong in what? My use of this word in the JWC is that it strength goes beyond the physical state. I know that lifting weights gives me strength. Sure, I become stronger, but I also gain strength to endure. I gain emotional and mental strength. Most of all I gain spiritual strength from having goals and achieving them leading to a belief in myself and what I can accomplish in all things through hard work and sweat equity.

Wisdom: Wisdom is last on the list but it's still important. Wisdom to me is the ability to use intelligence for a greater end. It is the ability to use knowledge with good judgement, common sense, and prudence. I want to gain knowledge but if I can't find the best way to use it then I have failed. Lifting smart brings me success. The best lifting routine will give you the greatest results with the least effort and the least chance of injury. Weightlifting quantifies that result and makes it easier for me to be wise in all things in life. Even when the results aren't as easy to quantify I know wisdom is at work.

Over the years, at our strongman evangelism shows, these core values were at the base of our messages. While our shows often focused on Christ and were at Churches and Bible Camps we often did shows at schools and community gatherings that focused on citizenship, staying off drugs, and other more secular topics. We never denied who we were, Christians, but the "four corners" were always there.

I hope that some day another generation in my family picks up the JWC flag. That is my next goal in life, passing this tradition on. The JWC has produced many champions and contest winners, but it is most proud of who those people were rather than their athletic accomplishments. It always has been and hopefully always will be!



Categories: [USAWA Daily News](#) | Tags: [JWC](#), [Thom Van Vleck](#)

The Smartest Man in the World!



November 18, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

Recently I was talking to someone about lifting and why it's a great idea to lift weights. They seemed to struggle with the idea of lifting unless they were going to be the best at it. Otherwise, why not find something else to do! I enjoy weightlifting but in case you didn't notice....I've yet to be the strongest man in the world. I've also noticed that many people won't enter an athletic meet unless they have a chance to win. I think there's a problem with that attitude.

Here's my thought. Nobody would say, "Well, if I can't be the smartest in the world (or even that given day) then why bother ever learning anything....I'll just stay stupid". The first thing you need to do when you start a

lifting program is to do it for yourself. Make yourself stronger. Irregardless of who else is stronger. Sometimes surprising things can happen.

I worked for 2 years and finally one day I was ready to attempt a 225lb squat. TWO YEARS of HARD WORK led up to this moment. I was 16 years old and weighed about 175lbs. Some of you will know that I had to overcome two broken legs and a broken hip so I started not even being able to squat my bodyweight. I had a couple buddies over to spot me. To be honest, I had them come over to witness this and so I could show off a little. Well, when I got done and racked the weight triumphantly one of my buddies...who had never done a squat with weights...said, "Hey, can I give that a try". Long story short, he squatted it with ease and threw on a couple of tens and did three reps before telling me that my lift was good, too. Needless to say, I questioned my effort. But I shouldn't have. I had went from a kid they thought might never walk again to squatting 225lbs. I also want to point out I eventually did 600.....and that other guy never touched a weight again as far as I know!

While it's good to have a little perspective, the guy you should always be concerned most about is the guy in the mirror. Making that person you see in the mirror better is more important than what anyone else can do. There's always going to be someone stronger than you and smarter than you. I just work on myself and let the chips fall where they may. That's been a tough lesson for me, but one that has led to my greatest gains.



Categories: [USAWA Daily News](#) | Tags: [Thom Van Vleck](#)

Clarks RD



November 20, 2014 | Authored by | [Edit](#)

by Al Myers

MEET RESULTS

CLARK'S RECORD DAY

Bill just sent me the results from his meet last weekend. It looks like it was a busy affair! I'll start with the bad news before the good. Bill had sanctioned the Backbreaker along with a record day on this day, but he had no entries in the Backbreaker. The Backbreaker is a traditional meet in Clark's Gym that consists of the Hip Lift, Hand and Thigh Lift, Harness Lift, Neck Lift, and the Back Lift. Truly a grueling ordeal. I've done it before and can attest to the extreme soreness afterwards. Can't really blame the guys for passing on it!

But the GOOD NEWS is that all round lifting is still alive and flourishing in Clark's Gym. Six lifters took part in the record day event. The day was highlighted by the appearance of Steve Schmidt as he attacked another Guinness World Record. Steve was successful in adding his name to the Guinness Record Book once again. Steve, at age 59 and 215 pounds BWT, pulled five nails from wood with his teeth in 7.44 seconds! He

then set a second record for most nails pulled from wood in one minute – with an astonishing count of 27! I will try hard to get a follow-up story on this.

Veteran gym member Joe Garcia set the pace for adding more records to the USAWA record list. It practically fills up a full page. I guess now since Joe has passed on keeping the record list up to date to me – he doesn't mind making a lot of work for me! I don't remember him EVER doing that many record attempts in a day when he was keeping up the list! Great job Joe – and I really don't mind adding your name many more times! David Emslie continues to be a presence at Clark's meets, and added many records himself. He set records in ALL combinations with the vertical bars which is quite the accomplishment. Bill Clark, at age 82, still has record setting performances in him. I was really impressed to see the list of new records he set. He set a new USAWA record in the Hip Lift with a fine lift of 907 pounds, but in his letter he told me that he hopes to get another 1000# Hip Lift before long. I should remind everyone that this is done with a plethora of artificial joints, too many to count on your fingers using both hands.

MEET RESULTS:

Clark's Record Day
November 8th, 2014
Clark's Gym
Columbia, Missouri

Meet Director: Bill Clark

Officials (1 Official System Used): Bill Clark, Joe Garcia

Results (PDF): [ClarksRD-page1](#) [ClarksRD-page2](#)

 Categories: [2014 Meet Results](#), [USAWA Daily News](#) |  Tags: [Clark's Gym](#)

The Race

 November 22, 2014 | Authored by | [Edit](#)

By Eric Todd

I remember the race very clearly. I was in the 8th grade and had been lifting weights for a spell, when a couple of my school chums became interested in the iron as well. Both were rather athletic. One was the biggest guy in our grade, the star tackle on our junior high football team. The other was smaller than I, but very little body fat, and very strong for his size. Anyhow, the bigger of the two went with his grandparents to Sam's Club where they had a membership and purchased a weight bench and a 300 pound iron weight set. As they both lived in town, they were able to spend time working out together on this new toy.

At this time, it was known that I was the strongest kid in class. I could do more pull-ups, sit-ups, and pull-ups than anyone else in gym class. I was our starting fullback and linebacker, and was winning most of my wrestling matches this year. And it was this particular year that we got a new head football coach, also our PE teacher, who was invested in weight training. So I was able to demonstrate my physical superiority in gym class every couple weeks when he had us train on the universal in the boy's locker room. It was about half way through the school year when "the race" began. Our coach decided it was time to bring in a real bench and show us proper technique during PE. After a couple times of practice, he had everyone get a one rep max. It was a fine day for me. Out of all the 8th graders in Cameron, I had the top mark of 200 pounds. However, our star tackle was close behind at 185. And when we figured the best pound for pound, the other guy was right behind me as well.

Well, the race was on. They kept training on their super slick Wal-Mart Iron, and I kept lifting on my second hand plastic clad sand weights on the milking floor. Every time one of us hit a new benchmark, the other's phone would ring. I maintained my lead for a while. But one day the phone rang. I couldn't believe my ears. The bigger guy hit a 215, and the smaller fellow surpassed me on pound per pound percentage. I tried to be a good sport, congratulating them on a job well done, but when I hung up the phone, I felt a rage in my heart. I had to get back to the top. I did the only thing I could think of. I went out to the milk barn. I upped my training intensity. My focus was rock solid. After I won the small fry state championship in wrestling that year, I was able to spend more time in the milk barn. Later that spring, after track practice, we were at the field house and I decided to see what I had (I could always do more on an iron set than I could with sand for whatever reason). I hit a solid 225#, putting me back ahead either way you looked at it. And there I stayed.

One day after school, I went over to the house where they trained with both fellows. They wanted to show me a neat trick. It was one they had used to take me down earlier that year. They were putting a full roll of paper towels on their chest to bounce the weight off of when they were bench pressing. While this method was a fine training tool (known as towel bench) in the old "Bigger, Faster, Stronger" program, it was a partial movement that they had beaten me with!

However, any way you look at it, it was by being brought down that motivated me to dig in, and fight to be the best. If I had not received that call, I might have been content just resting at the top of the hill. Funny thing about that weight set, too. They gave up training weights after a couple years, and sold the set to another friend of mine. He gave it up after another year or two. I think it was about my freshman year in college, that I inherited that old Sam's Club iron weight set. It was the first real iron I owned, and it is still part of my collection.



Categories: [USAWA Daily News](#) |



Tags: [Eric Todd](#)

Postal Championships



October 17, 2014 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT

2014 USAWA POSTAL CHAMPIONSHIPS

The big finale of our USAWA Postal Meet Series is upon us!

The Postal Championships will be held during the full month of December, with the entry deadline the last day of the month. USAWA Postal Meet Director Denny Habecker has picked a good selection of lifts to test everyone's strength in our Championship event. Also – I want to remind everyone that this meet “counts double” in generating points toward the yearly postal series point totals. Let's have another good turnout of participation!

The lifts:

Snatch – From Hang

Deadlift – One Arm, Dumbbell

Pullover and Push

Denny has let me know that SIX lifters have taken part in all three of the previous quarterly postal meets this year. Denny commented, *"I thought some people might be interested to see the cumulative point totals of the people who have done all the postals so far this year. So here they are."*

Barry Bryan – 1622.62 points

Eric Todd – 1621.58 points

Denny Habecker – 1603.83 points

Ruth Jackson – 1426.12 points

Lance Foster – 1164.63 points

Crystal Diggs – 669.51 points

POSTAL CHAMPIONSHIPS ENTRY FORM (PDF) – [2014 USAWA Postal Championships Entry Form](#)



Categories: [USAWA Daily News](#), [USAWA Events](#) | Tags: [2014 Meet Announcement](#), [Postal Championships](#), [Postal Series](#)

Colorado Record Breaker



November 20, 2014 | Authored by | [Edit](#)

by Al Myers

MEET ANNOUNCEMENT

Jarrold Fobes has sanctioned a record breaker day at his gym on December 27th. The location of the meet is:

Denver, CO

The meet will start at 10:30 AM. If you plan to attend please contact Jarrod for further information on this meet. He can be reached by cell phone or text at 720-202-7857.

 Categories: [USAWA Daily News](#), [USAWA Events](#) |  Tags: [2014 Meet Announcement](#)

Lifter of the Month – Denny Habecker

 December 2, 2014 | Authored by | [Edit](#)

by Al Myers



Denny Habecker performed one of his favorite lifts, the Pullover and Push, for a new IAWA World Record at the most recent Gold Cup in England.

A big CONGRATS goes to our USAWA President, Denny Habecker, for being selected as the USAWA Lifter of the Month for October. The “big meet” in October was the IAWA Gold Cup in England, and Denny was there to represent the USA. Denny has been a loyal lifter at Gold Cups, and can always be counted on to be there on behalf of our organization. Denny has been a superb leader of the USAWA since taking office as President. Denny makes a huge commitment to the USAWA and travels the country to various meets as well as being at the Worlds and Gold Cups every year.

 Categories: [USAWA Daily News](#) |  Tags: [Denny Habecker](#), [Lifter of the Month](#)

New England Gold Cup

 December 10, 2014 | Authored by | [Edit](#)

by Frank Ciavattone



Frank's Barbell Club member Jeff Ciavattone performed a 193 KG 2" Bar Hack Lift on the same day at a Record Day in England hosted by Steve Gardner and the Burton Powerhouse Gym.

The New England Gold Cup was a big success! On that particular week Jeff my son was in England! Steve Gardner would also have his team compete as well that day Nov. 29! They competed as a record breaker day as well. They had three referee's on all lifts and lifted under the New England Gold Cup theme to make Jeff was able to compete and Steve's team made him feel at home! Our team in New England were honored of there thoughtfulness of Steve and his team! There results all speak for them selves! Great job to Steve and his team!

The New England Gold Cup could not have been the success it was without the help of USAWA President Denny Habecker Barry Bryan! They both came in from Pennsylvania with over a 400 mile drive the day before. They helped me with all the aspects of running the meet. Especially with both of them being referees it helped to have all lifts be USA and World records! The next to come a long distance was Jim Fuller who came down from Maine! Between Denny, Barry and Jim the three out of state lifters turned in some super lifting! There were a lot of experienced Olympic lifters training at the venue and there eyes would all turn to watch these 3 when they lifted. As there is a lot of experience amongst the three! The rest of my team did so well that I feel you will be hearing a lot from them in the future! There turning into great lifters along with them already

being ladies and gentleman. This team has the utmost respect for each other! All of there goals were met as the results indicates!

I would also like to mention Paul Dalallis's entry as a wheelchair athlete! He gave an excellent demonstration of the importance that what this sport would do for these special athletes! Then proceeded to perform a left handed upright row, while seated. The weight was loaded on a makeshift type kettlebell and weighed 61 lbs. It was inspiring to watch this 57 year old athlete who is an amputee battling Cancer! Paul is now a USAWA member and a true example of the word COURAGE!

As far as my record of 404lb. In the One Hand Dead, it put me in the record books to have a 400lb. plus One Hand Deadlift in 5 different age groups! Do to illness's at age 55 to 58 this lift was impossible, till the New England Gold Cup!

The finally was a home cooked turkey dinner by Colleen at our home! All the lifters received there Gold Cups and comradeship by all! Looking forward to 2015!!!

MEET RESULTS (PDF) – [New_England_Records_Day2014](#)



Categories: [2014 Meet Results](#), [USAWA Daily News](#) | Tags: [Franks Barbell Club](#), [Jeff Ciavattone](#)

Osteoblasters Update



December 15, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



A digital bulletin board on the campus of A.T. Still University advertises the upcoming Still Magazine. Our campus lifting club is featured and we made the cover no less!

I've share information before about the lifting club I started on campus. We continue to grow and make progress. We hold one or two workouts every day except Sunday. We are one the youngest, yet largest, club

on campus. We provide supervision to over 200 workouts every week! While I am the staff adviser the growth and leadership have come from within the club. To be honest, I feel like I'm showing my age!



Thom Van Vleck presenting a check to the Osteoblasters for volunteering at the Kirksville Scottish Games

When I first started this club I envisioned old school workouts. We would be doing lots of benches, squats, deadlifts....maybe some snatches and clean & jerks....the stuff I cut my teeth on 35 years ago. What has evolved is a group dynamic focused more on bodyweight exercises, lots of reps, fast paced, and less weight. Similar to the "Crossfit" stuff you see growing ever popular. I'm perfectly fine with that because it is leading to a new generation learning how to do snatches and clean and jerks and getting fit in the process.



The latest addition the club, a wall mounted lifting rack with chin up bars and roman rings.

Recently we were able to add a new addition, a wall mounted rack in the gym. This will allow us to do more squats, presses and jerks out of the rack, along with the rings and chin up capabilities. There are probably a hundred more uses that will come out of this addition and my hope is that if we get a lot of use out of it the

Campus Center will be open to buying more equipment! They have been very generous so far and that has helped tremendously.

I am looking forward to 2015 and seeing where things go with the club. I hope perhaps we can host a lifting meet of some sort (maybe a USAWA meet). I know we will help more people achieve a greater level of fitness and I'm sure the club will do more community projects that will promote fitness. I have been a real pleasure working with these young people and the fact they are all on their way to becoming doctors or dentists makes it all the better!



Categories: [USAWA Daily News](#) |



Tags: [Thom Van Vleck](#)

GUNNER TO THE RESCUE



December 21, 2014 | Authored by | [Edit](#)

BY DAVE GLASGOW

I MARRIED ONE HELL OF AN ATHLETE. MY WIFE, GUNNER, WAS BORN AT A TIME WHEN WOMEN'S SPORTS WERE NOT AS PROMINENT AS THEY ARE NOW. WHAT A SHAME! I ALWAYS FELT AS THOUGH SHE COULD HAVE 'BEEN SOMEBODY' IN THE ATHLETIC WORLD. SHE IS FAST, COORDINATED AND HAS THAT MAGIC ELEMENT THAT YOU CAN'T TEACH OR COACH.....HEART!

OH, SHE PLAYED INTRAMURAL SPORTS IN COLLEGE BUT THAT WAS NOT NEAR WHAT HER TALENT BASE COULD HAVE HANDLED. WHEN WE WERE FIRST MARRIED, SHE RAN DISTANCE IN LOCAL 5/10K RACES AND DID VERY WELL. SHE RAN SIX DAYS A WEEK FOR ABOUT 5 YEARS UNTIL HER KNEES DECIDED THEY HAD HAD ENOUGH. WHEN THAT HAPPENED, SHE TURNED TO A MOUNTAIN BIKE, AND HAS DONE THAT EVER SINCE. IF MY COUNT IS CORRECT, SHE IS ON HER SIXTH BIKE. ALL OF THOSE, EXCEPT THE LATEST ONE, WERE OVERHAULED AT LEAST ONCE.

HER TRAVELS ON THE BIKE TAKE HER AS FAR AS TEN MILES OUT IN THE COUNTY, IN ALL DIRECTIONS. SHE COULD PROBABLY SHOW THE DEPUTYS A PLACE OR TWO THEY DON'T KNOW ABOUT!! IT IRRITATES ME WHEN I ASK HER WHAT DIRECTION SHE IS GOING IN, SO IF SHE DOES'NT COME BACK, I KNOW WHAT WAY SHE WENT AND THE SEARCH PATTERN CAN BE NARROWED (THIS MAY SEEM FATALISTIC BUT ONE DAY, IT ALMOST HAPPENED. THAT IS ANOTHER STORY). HER STOCK ANSWER IS, 'OH, I'LL FIGURE THAT OUT WHEN I GET ON THE ROAD.' FOLKS, I MIGHT ALSO ADD, SHE IS NOT OUT FOR A LEASURELY RIDE. SHE HITS THE RODE AND HAMMERS!!

WHICH BRINGS US TO THE MEAT OF THE STORY. ON ONE PARTICULAR DAY, GUNNER WAS IN THE RIGHT PLACE, AT THE RIGHT TIME AND MAYBE (I THINK SHE DID), SHE SAVED A LIFE.

AS I SAID BEFORE, SHE GOES ALL OVER THE COUNTY, ON ROADS THAT ARE GRAVEL AND SOME THAT ARE NOTHING MORE THAN POORLY MAINTAINED DIRT. IT WAS ON ONE OF THESE 'DIRT' ROADS, AFTER A HEAVY RAIN, THAT SHE PUT HER ATHLETIC ABILITY AND CONDITIONING TO GOOD USE.

SHE HAD GONE ABOUT A HALF MILE ON THIS ROAD WHEN SHE CAME UPON A CAR THAT WAS SQUARE IN THE MIDDLE OF THE ROAD, STUCK UP TO THE FRAME. AS SHE APPROACHED, SHE DID'NT SEE ANYONE IN THE CAR. HOWEVER, WHEN SHE GOT UP TO IT, SHE SAW AN ELDERLY WOMEN SLUMPED DOWN IN THE FRONT SEAT ON THE PASSENGER SIDE, SHE APPEARED TO BE UNCONCIOUS. UNDER THE CIRCUMSTANCES, IT WAS'NT HARD TO SEE THERE WAS A PROBLEM.

SHE SPOKE AND NUDGED THE WOMAN, WHO ONLY MUMBLED A REPLY. IT WAS OBVIOUS TO GUNNER THAT THE OLE DAME WAS IN DIRE DISTRESS. SHE WAS IN DIRECT SUNLIGHT, ON A 95 DEGREE DAY, NOT TO MENTION THE HUMIDITY IN KANSAS ON A SUMMER DAY. THERE WAS NO WAY OF KNOWING HOW LONG SHE HAD BEEN THERE.

GUNN QUICKLY GRABBED HER WATER BOTTLE AND POURED A GOOD AMOUNT OVER THE WOMAN'S HEAD. THIS SEEEMED TO HELP, AS SHE WAS MORE RESPONSIVE. AT THIS POINT, GUNN GOT SOME WATER IN HER AND CONTINUED DOING THAT WHILE SHE DECIDED WHAT TO DO.

NOW, YOU HAVE TO REMEMBER, THIS IS PROBABLY SEVEN OR EIGHT YEARS BEFORE EVERYONE WAS USING A CELL PHONE. SO, WITH NO OTHER RECOURSE, SHE LEFT THE WATER BOTTLE WITH THE NOW MUCH MORE ALERT WOMAN, TURNED AROUND AND HAULED ASS TO THE NEAREST FARM HOUSE, WHICH WAS ABOUT A MILE AND A HALF AWAY. I HAVE A PICTURE IN MY MIND OF HER POUNDING THOSE PEDALS AS HARD AS SHE COULD, MUSCLES STRAINING AND SWEAT POURING, TO GET TO THAT HOUSE. I BET IT WAS SOMETHING TO SEE!

ARRIVING AT THE FARM HOUSE, SHE FOUND NO ONE AT HOME. LUCKILY, THERE WERE FARMERS IN THE FIELD, AND, AS LUCK WOULD HAVE IT, SHE KNEW THEM. SHE JUST CYCLED RIGHT ACROSS THE WHEAT STUBBLE, GOT THEIR ATTENTION AND AWAY THEY WENT! ONE WENT TO CALL FOR HELP AND ONE WENT WITH HIS WATER BUCKET TO ASSIST THE WOMAN. ONCE HELP ARRIVED FROM TOWN, SHE, SIMPLY, RODE OFF.

IT WAS ONLY LATER THAT GUNN FOUND OUT 'THE REST OF THE STORY'.

SEEMS AS THOUGH THE WOMAN HAD BEEN WITH HER HUSBAND, WHO WAS ELDERLY AS WELL, BECAME CONFUSED AND WENT DOWN THE DIRT ROAD BY MISTAKE. BY THE TIME HE FIGURED OUT HE WAS LOST, IT WAS TOO LATE. HE DID EVERYTHING HE COULD TO GET THEM OUT BUT WHAT HE DID ONLY MADE THE SITUATION WORSE. WHEN HE COULD NO LONGER MOVE THE VEHICLE, HE LEFT HIS WIFE IN THE CAR AND SET OUT ON FOOT TO GET HELP. I NEVER DID HEAR WHAT HAPPENED TO HIM BUT I DO KNOW THE STORY HAD A HAPPY ENDING AS EVERYONE WAS REUNITED.

WHEN SHE TOLD ME THE STORY THAT DAY, I SAID, 'GUNN!! YOU SAVED THAT WOMAN'S LIFE!' SHE POO-POOED THAT NOTION RIGHT AWAY. 'OH, I DON'T KNOW ABOUT THAT.' WHICH IS THE VERY HUMBLE, UNASSUMING, ATHLETIC GIRL I HAVE BEEN HOOKED UP WITH FOR FORTY YEARS.



Categories: [USAWA Daily News](#) |



Tags: [Gunner Glasgow](#)

Quality over Quantity



December 22, 2014 | Authored by | [Edit](#)

by Thom Van Vleck

I love being in the gym. When I first caught the "iron bug" I'd spend hours in the Jackson Weightlifting Club gym. While I would always be training....not all that time was working out. I recall reading a story about Paul Anderson. He would rest for up to 15 minutes between sets while visiting with others or other distractions. I know I often found myself doing the same thing. I would visit, read lifting magazines, or be writing down stuff related to my workout. I was putting value in the quantity of time in the gym over the quality of my time.

I know I've been guilty of doing a certain number of sets for a certain number of sets for the simple reason my work out plan called for it. Most of us go into the gym with a plan. I have often found myself looking to hit certain benchmarks and success was measured on getting those sets and reps. I was happy if I made my "goals". I was putting value in the quantity of sets, reps, and poundages over the quality of sets, reps, and poundages.

A couple years ago I decided to start focusing on the quality of my workouts. As I started to use that as a measure over quantity I found myself very lacking. I found that I could take a weight and lift it....or I could LIFT IT LIKE I MEANT IT! I also began to notice that I was wasting a lot of time just being in the gym and not doing things that had a direct impact on my lifting. Oh...you know....like actually lifting weights! So my re-dedication involved assessing every part of my work out by constantly asking myself one question, "Is what I'm doing adding quality to my workout or is it just quantity?".

I began to notice several things. I started to make gains again. I lost weight. I got in better cardio shape (my workouts much faster), I got more done in less time which meant I was working out more and most of all my attitude towards my workouts improved as it re-energized me and gave me confidence in the idea that what I was doing was going to help make me stronger.

So, the next time you work out you might want to ask yourself, "Quality..or Quantity"?



Categories: [USAWA Daily News](#) |



Tags: [JWC](#), [Thom Van Vleck](#)

OLE JOHN AND SALLY

 December 23, 2014 | Authored by | [Edit](#)

BY DAVE GLASGOW

(A SEASONAL, NON-LIFTING, BUT UP-LIFTING STORY)

I ENJOY HISTORY, ESPECIALLY MY OWN FAMILY HISTORY. ONE STORY I HEARD MANY TIMES WAS TOLD BY MY DAD, JOHN. IT WAS ABOUT MY GREAT GRAND DAD, WHO I HAVE ALWAYS CALLED 'OLE JOHN', TO DIFFERENTIATE HIM FROM MY DAD. I THINK THIS IS THE APPROPRIATE TIME OF YEAR TO PASS THE STORY ON.

OLE JOHN WAS A SOLDIER IN THE 'CIVIL WAR'. HE WAS IN THE CAVALRY, WHICH SEEMED ODD TO ME, AS HE WAS A SAILOR FROM THE TIME HE WAS TWELVE YEARS OLD. AT ANY RATE, HE WAS CAPTURED BY THE CONFEDERATES AND SENT TO THE NOTORIOUS PRISON CAMP, ANDERSONVILLE, IN GEORGIA. THE CONDITIONS IN THIS CAMP WERE HORRID. MANY DIED OF DISEASE, STARVATION AND JUST PLAIN LOSS OF HOPE. SOMEHOW, OLE JOHN SURVIVED, BUT HE DID NOT GO UNSCATHED. HE LOST ALL HIS UPPER TEETH AND HAD PERMANENT SKELETAL PROBLEMS FROM SCURVY AND MALNUTRITION.

AS THE STORY GOES, OLE JOHN TOLD HOW THE MEMBERS OF THE SALVATION ARMY (WHOM I HAVE ALWAYS CALLED 'SALLY') WOULD SNEAK UP TO THE WALLS AT NIGHT AND THROW SWEET POTATOES OVER THE FENCE TO THE PRISONERS. HE SAID THAT THIS KIND, HUMANITARIAN GESTURE WAS ONE OF THE REASONS HE MADE IT OUT ALIVE.

SO, EVERY CHRISTMAS, WHEN MY KIDS WERE GROWING UP, I WOULD ENCOURAGE AMBER AND DEREK TO 'THROW SOMETHING IN SALLY'S POT', IN HONOR OF OLE JOHN AND TO HELP OUT SALLY, WITHOUT WHOM WE WOULD , PROBABLY, NOT BE AROUND.

THEN, A FEW YEARS BACK, I WAS LISTENING TO THE RADIO AND THEY WERE SPEAKING TO SOME MEMBERS OF THE SALVATION ARMY, AS IT WAS CHRISTMAS TIME AND THEY WERE IN NEED OF MONIES AND CLOTHING DONATIONS TO GIVE TO THOSE IN NEED. NATURALLY, I THOUGHT OF OLE JOHN. SO, WHEN I HAD TIME I DID A LITTLE RESEARCH ABOUT 'SALLY'. WHAT I DISCOVERED DISAPPOINTED ME, GREATLY.

SEEMS THAT SALLY WAS STARTED IN ENGLAND IN 1865, AND WAS NOT FOUNDED IN THE STATES UNTIL 1880! CLEARLY WELL PAST THE TIME OF OLE JOHN'S CONFINEMENT!! IMMEDIATELY, QUESTIONS FORMED IN MY MIND AS TO THE VALIDITY OF THIS CONTRADICTION IN THE STORY. UNFORTUNATELY, ANYONE WHO WOULD KNOW THE ANSWER TO THIS MYSTERY HAS LONG SINCE PASSED.

AFTER A LOT OF DILIBERATIONS, I CAME TO SOME OF MY OWN CONCLUSIONS. COULD IT BE IT WAS THE BAPTISTS, METHODISTS OR MEMBERS OF SOME OTHER RELIGIOUS ORGANIZATION WHO FOUND THE COMPASSION TO HELP THESE UNFORTUNATE INDIVIDUALS?

TO HAVE SURVIVED ALMOST A YEAR IN THAT FILTH AND DEGRADATION, CERTAINLY, BRINGS TO MY MIND THAT SOMEONE WAS HELPING THOSE PRISONERS! JUST BECAUSE THE DISCREPANCY OF THE ORGANIZATION IS IN QUESTION DOES NOT TAKE AWAY FROM THE MEAT OF THE STORY. ORAL HISTORY HANDED DOWN FROM ONE TO ANOTHER LEAVES THE DOOR OPEN TO ERRORS AND A MISTAKE COULD HAVE VERY WELL BEEN MADE BY ONE WHO HAD ONLY HEARD THE STORY, NOT THE ONE THAT WAS THERE, LIVING IT.

REGARDLESS, DO I THINK THAT SWEET POTATOES MADE THEIR WAY INTO UNION PRISONERS HANDS? ABSOLUTELY! A STORY, SUCH AS THIS, IS TOO GOOD TO HAVE BEEN 'MADE UP'. FURTHER, WHY WOULD HE FABRICATE SUCH A TALE IF IT WERE NOT TRUE?? IN MY MIND, OLE JOHN WAS THE RECIPIENT OF A KINDNESS THAT CAN NEVER BE REPAYED.

SO, IN THIS SEASON OF GIVING, MIGHT I ENCOURAGE EACH OF YOU TO 'THROW SOMETHING IN SALLY'S POT'? THEY ARE A VERY WORTHY ORGANIZATION AND HELP UNTOLD NUMBERS OF THOSE LESS FORTUNATE. EVEN IF SALLY WAS NOT THE ONES THAT HELPED OLE JOHN, MAYBE, JUST MAYBE, YOU WILL HELP THEM HELP SOMEONE ELSE THAT NEEDS A HAND UP!

JUST TELL THEM 'OLE JOHN' SENT YA.....



Categories: [USAWA Daily News](#) |



Tags: [Dave Glasgow](#)

A Little Christmas Story



December 24, 2014 | Authored by | [Edit](#)

by Denny Habecker

When four of Santa's elves got sick, the trainee elves did not produce toys as fast as the regular ones, and Santa began to feel the Pre-Christmas pressure.

Then Mrs. Claus told Santa her Mother was coming to visit, which stressed Santa even more.

When he went to harness the reindeer, he found that three of them were about to give birth and two others had jumped the fence and were out, Heaven knows where.

Then when he began to load the sleigh, one of the floorboards cracked, the toy bag fell to the ground and all the toys were scattered.

Frustrated, Santa went in the house for a cup of apple cider and a shot of rum. When he went to the cupboard, he discovered the elves had drunk all the cider and hidden the liquor.

In his frustration, he accidentally dropped the cider jug, and it broke into hundreds of little glass pieces all over the kitchen floor. He went to get the broom and found the mice had eaten all the straw off the end of the broom.

Just then the doorbell rang, and an irritated Santa marched to the door, yanked it open, and there stood a little angel with a great big Christmas tree.

The angel said very cheerfully, 'Merry Christmas, Santa. Isn't this a lovely day? I have a beautiful tree for you. Where would you like me to stick it?'

And so began the tradition of the little angel on top of the Christmas tree.



Categories: [USAWA Daily News](#)

Merry Christmas from the JWC!



December 24, 2014 | Authored by | [Edit](#)

by Thom Van Vleck



Me driving my Ol' Truck in the Christmas parade pulling our float.

Recently the Jackson Weightlifting Club had a float in the Kirksville Kiwanis Christmas Parade. The take collections for warm hats, gloves, and scarves for the needy and we added to their collection. We decorated up the truck and trailer and my kids got about a dozen friends to walk in the parade, hand out candy, and ride on the trailer that was covered in lights and loaded with boxes wrapped to look like presents. Sure, the "presents" were really my boxes used for weight training but it looked good!



My lovely wife rode on the trailer. She has been my personal Christmas present that I've gotten to wake up to every year for nearly 3 decades!

What you can't see is my two oldest were carrying a JWC banner to lead our group and all the kids handing out candy along the side. A bonus was it was Ethan Van Vleck's birthday so we all went out for a birthday dinner afterwards.



We are a small town but I'd guess about 500 folks were out for the parade! And Santa was even there.....though he looks suspiciously familiar...like someone I know.

The Jackson Weightlifting Club has been a part of my family's life for over 75 years and 4 generations. What you see is the 5th generation. The JWC is much more than just lifting weights. So, from the JWC family to your family....Merry CHRISTmas and a happy 2015! As my Grandpa Dalton Jackson, the founder of the club would ALWAYS say, "The best is yet to come"! Amen!

About the IAWA

[edit page](#)

The International All Round Weightlifting Association (IAWA) is the organization that the USAWA is affiliated with internationally. The IAWA was formed in 1987, the same year as the USAWA. Two other countries have organized all round weightlifting associations that are represented in IAWA – the IAWA-UK and the ARWLWA. However, lifters from any country may participate in IAWA events internationally regardless of whether the country has an affiliated All Round Weightlifting organization. The IAWA is open to ANYONE Worldwide to compete in. Throughout the years IAWA has had over 25 countries represented at IAWA events! IAWA promotes three main competitions per year. These competitions are the World Championships, the Gold Cup, and the World Postal Championships. The IAWA is governed by an elected board of officers that represent members worldwide. Elections are for 4 year terms. The IAWA has a Technical Committee that oversees technical issues within the organization, such as new lift evaluations. Every year in conjunction with the IAWA World Championships an Annual General Meeting is held. At this meeting the major decisions are made for the upcoming year in IAWA, such as deciding on future meet sites and promoters for the IAWA major competitions.

CURRENT OFFICERS OF THE IAWA

IAWA PRESIDENT

Al Myers, United States

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

Denny Habecker, United States

Chad Ullom, United States

Steve Gardner, England

George Dick, Scotland

Peter Phillips, Australia

Robin Lukosius, Australia

Cliff Harvey, New Zealand

Jose Jara, Spain

IAWA RECORD REGISTRAR

Chris Bass, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

Denny Habecker, United States

Al Myers, United States

Steve Gardner, England

Steve Sherwood, England

Peter Phillips, Australia

UPCOMING IAWA MEET SCHEDULE

2014 Gold Cup – Burton, England – Promoter Steve Gardner

2015 Worlds – Glasgow, Scotland – Promoter David McFadzean

2015 Gold Cup – Perth, Australia – Promoter John Mahon and Sam Trew

2016 Worlds – Wellington, New Zealand – Promoter Clive Madge

2016 Gold Cup – Abilene, Kansas, USA - Promoter Al Myers

2017 Worlds – Manchester, England – Promoter Mark Haydock

2017 Gold Cup – Glasgow, Scotland – Promoter George Dick

Comments are closed.

Welcome Al Myers

- [View/Edit Profile](#)
- [Administration](#)
- [Logout](#)

USAWA Future Events

- **February 14, 2015:**
[Grip Championships](#)
- **February 15, 2015:**
[Dino Gym RD](#)
- **March 31, 2015:**
[1st Quarter Postal](#)
- **May 2, 2015:**
[Heavy Lift Championships](#)
- **June 30, 2015:**
[2nd Quarter Postal](#)
- **September 30, 2015:**
[3rd Quarter Postal](#)
- **October 18, 2015:**
[Art's Birthday Bash](#)
- **December 31, 2015:**
[Postal Championships](#)

Event Calendar

« Dec



Feb »

January 2015

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| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Article Tags

USAWA Tag Cloud

Chad Ullom Denny Habecker USAWA Record Day Award Program USAWA Meets 2014 Meet Announcement Mike Murdock Phil Jackson Dino Gym Clark's Gym USAWA History Warren Lincoln Travis USAWA Lifts Bill Clark Dino Gym Challenge Oldtime Strongman Ledaig Heavy Athletics Al Myers Hall of Fame Interview USAWA Records Scott Tully USAWA Rules Scott Schmidt Club Challenge National Championships John Vernacchio Dave Glasgow Dan Wagman Arthur Saxon USAWA Online Store LaVerne Myers Dinnie Stones Joe Garcia Ed Zercher Frank Ciavattone USAWA Meet Results Quiz of the Week John McKean IAWA Postal Meet Dean

Forms and Applications

[edit page](#)

INDIVIDUAL MEMBERSHIP APPLICATION

Membership for the USAWA is for the calendar year (January to December) and the cost is \$25. This also covers joint membership to the IAWA, which is the international governing organization of all-round weightlifting. The membership application also includes a drug waiver which must be agreed to by the applicant. In case an applicant is under the age of 21, a parent or legal guardian must also sign and date both applications. A coach's signature is not sufficient.

PDF Document: [Individual Membership Application \(PDF\)](#)

EDIT PDF Document: [Individual Membership Application \(EDIT PDF\)](#)

MEET SANCTION APPLICATION

This is the application form that must be filled out to apply for a meet sanction. Please read over this website blog before applying for a sanction so you are informed of the proper sanction protocol: <http://www.usawa.com/tag/sanctions/> The cost of a meet sanction is \$30.

PDF Document: [Meet Sanction Application \(PDF\)](#)

EDIT PDF Document: [Meet Sanction Application \(EDIT PDF\)](#)

CLUB MEMBERSHIP APPLICATION

This is the application form that must be filled out and sent in every year for club membership. The cost of Club Membership is \$30.

PDF Document: [Club Membership Application \(PDF\)](#)

EDIT PDF Document: [Club Membership Application \(EDIT PDF\)](#)

HALL OF FAME NOMINATION FORM

This is the form that must be filled out and submitted for a Hall of Fame nominee.

PDF Document: [HOF Nomination Form \(PDF\)](#)

EDIT PDF Document: [HOF Nomination Form \(EDIT PDF\)](#)

ONLINE STORE ORDER FORM

This is the order form for the USAWA online store. It must be filled out completely and sent in with an order.

PDF Document: [Online Store Order Form \(PDF\)](#)

EDIT PDF Document: [Online Store Order Form \(EDIT PDF\)](#)

Please submit forms and applications to the USAWA Secretary:

Al Myers
1126 Eden Road
Abilene, Kansas, 67410

Email: amyers@usawa.com

Comments are closed

Hall Of Fame

[edit page](#)

The highest honor in the USAWA is to be inducted into the Hall of Fame. The following are the current Hall of Fame Members. To be eligible for induction, a person must make significant contributions in the leadership, support or promotion of the USAWA or achieve outstanding success as a competitor at the National or World level. Biographies for some Hall of Fame Members are located in the USAWA Hall of Fame category.

Class of 2012

Bob Geib

Class of 2010

Scott Schmidt

Class of 2003

Bill DiCioccio

Class of 2002

Dale Friesz

Class of 2001

Rex Monahan

Class of 2000

Bob Hirsh

Class of 1999

Bill Clark

John McKean

Class of 1997

Denny Habecker

Joe Garcia

Dennis Mitchell

Chris Waterman
Deanna Springs

Class of 1996

Frank Ciavattone
Joe Ciavattone
Jim Malloy
John Vernacchio

Class of 1993

John Grimek
Art Montini
Howard Prechtel
Noi Phumchaona
Steve Schmidt
Ed Zercher

Comments are closed.

Past IAWA Gold Cups

[edit page](#)

PAST LOCATIONS, DATES, AND MEET DIRECTORS OF THE IAWA GOLD CUP

2012 IAWA Gold Cup
November 3rd, 2012
Glasgow, Scotland
Meet Directors: Andy Tomlin & Matt Finkle
Prechtel Award: James Gardner

2011 IAWA Gold Cup
October 1st, 2011
Burton on Trent, England
Meet Director: Steve Gardner

2010 IAWA Gold Cup
November 6th, 2010
Walpole, Massachusetts, USA
Meet Director: Frank Ciavattone

2009 IAWA Gold Cup
November 7th, 2009
Glasgow, Scotland
Meet Director: David McFadzean

2008 IAWA Gold Cup
November 8th, 2008
Lebanon, Pennsylvania, USA
Meet Director: Denny Habecker

2007 IAWA Gold Cup
November 10th, 2007
Leicester, England
Meet Director: Frank Allen

2006 IAWA Gold Cup
November 4th, 2006
Lebanon, Pennsylvania, USA
Meet Director: Denny Habecker

2005 IAWA Gold Cup
October 29th, 2005
Maui, Hawaii
Meet Director: Bob Geib

2004 IAWA Gold Cup

October 23rd, 2004

Glasgow, Scotland

Meet Director: William Wright

2003 IAWA Gold Cup

November 2nd, 2003

Lansdale, Pennsylvania, USA

Meet Director: John Vernacchio

2002 IAWA Gold Cup

November 2nd, 2002

Leicester, England

Meet Director: Frank Allen

2001 IAWA Gold Cup

November 3rd, 2001

Cleveland, Ohio, USA

Meet Director: Howard Prechtel

2000 IAWA Gold Cup

October 14th, 2000

Burton upon Trent, England

Meet Director: Steve Gardner

1999 IAWA Gold Cup

November 20th, 1999

Glasgow, Scotland

Meet Directors: Jim Ridler and Steve Gardner

1998 IAWA Gold Cup
November 7th, 1998
Cleveland, Ohio, USA
Meet Director: Howard Prechtel

1997 IAWA Gold Cup
November 15th, 1997
Burton upon Trent, England
Meet Director: Steve Gardner

1996 IAWA Gold Cup
November 16th, 1996
Valley Forge, Pennsylvania, USA
Meet Director: John Vernacchio

1995 IAWA Gold Cup
November 11th, 1995
Leicester, England
Meet Director: Frank Allen

1994 IAWA Gold Cup
November 12th, 1994
East Lake, Ohio, USA
Meet Director: Howard Prechtel

1993 IAWA Gold Cup
November 6th, 1993
Burton upon Trent, England
Meet Director: Steve Gardner

1992 IAWA Gold Cup
November 28th, 1992
Collegeville, Pennsylvania, USA
Meet Director: John Vernacchio

1991 IAWA Gold Cup
November 23rd, 1991
Lakewood, Ohio, USA
Meet Director: Howard Prechtel

[RECORD LIST](#)

Comments are closed.

Past IAWA Officers

[edit page](#)

Elected October 5th, 2012 – Salina, Kansas, USA

IAWA PRESIDENT

Al Myers, United States

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

Denny Habecker, United States

Chad Ullom, United States

Steve Gardner, England

George Dick, Scotland

Peter Phillips, Australia

Robin Lukosius, Australia

IAWA RECORD REGISTRAR

Chris Bass, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

Denny Habecker, United States

Al Myers, United States

Steve Gardner, England

Steve Sherwood, England

Peter Phillips, Australia

Elected October 3rd, 2008 – Barton under Needwood, England

IAWA PRESIDENT

Steve Gardner, England

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

John Vernacchio, United States

Denny Habecker, United States

Mike Archer, England

William Wright, Scotland

Frank Lamp, Australia

IAWA RECORD REGISTRAR

Chris Bass, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

John Vernacchio, United States

Denny Habecker, United States

Steve Gardner, England

Bill Chapman, Australia
Steve Sherwood, England

IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

Elected October 1st, 2004 – Burton on Trent, England

IAWA PRESIDENT

Steve Gardner, England

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

John Vernacchio, United States
Denny Habecker, United States
Mike Archer, England
William Wright, Scotland
Frank Lamp, Australia

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States
John Vernacchio, United States
Denny Habecker, United States
Steve Gardner, England
Bill Chapman, Australia
Steve Sherwood, England

IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

Elected September 1st, 2000 – Walpole, Massachusetts, United States

IAWA PRESIDENT

Howard Prechtel, United States

(Steve Gardner, England, was appointed the duties of President in 2001 after Howard Prechtel's resignation)

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

John Vernacchio, United States

Frank Lamp, Australia

William Wright, Scotland

Mike Archer, England

Steve Gardner, England

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

John Vernacchio, United States

Denny Habecker, United States

Steve Gardner, England

William Wright, Scotland

Steve Sherwood, England

IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

September 20th, 1996 – Glasgow, Scotland

IAWA PRESIDENT

Howard Prechtel, United States

IAWA GENERAL SECRETARY

Frank Allen, England

IAWA VICE PRESIDENTS

Frank Lamp, Australia
Mike Archer, England
William Wright, Scotland
Steve Gardner, England
John Vernacchio, United States

IAWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States
Denny Habecker, United States
John Vernacchio, United States
Steve Gardner, England
Steve Sherwood, England
William Wright, Scotland

IAWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States
Steve Sherwood, England

Elected September 11th, 1992 – Twickenham, London, England

IAWA PRESIDENT

Frank Allen, England

IAWA GENERAL SECRETARY

John McKean, United States

IAWA TREASURERS

Bill Clark, United States
Frank Allen, England

IAWA VICE PRESIDENTS

Frank Lamp, Australia
Mike Archer, England
William Wright, Scotland

Steve Gardner, England
Frank Ciavattone, United States
John Vernacchio, United States
Howard Prechtel, United States

IAWA TECHNICAL COMMITTEE

Mike Archer – Chairman, England
Adrian Blindt, England
Bob Smith, England
Ken Edge, England
Art Montini, United States
Bob Moore, United States

IAWA RESEARCH COMMITTEE

Bill Clark – Chairman, United States
Joe McCoy, United States
Tom Ryan, United States
Terry Todd, United States
Frank Lamp, Australia
Frank Allen, England

IAWA MEDICAL COMMITTEE

John McKean – Chairman, United States
Roger Lynch, United States
Joe Caron, United States
Adrian Blindt, England
Steve Sherwood, England

Self Appointed July 1st, 1987

IAWA PRESIDENT

Bill Clark, United States

IAWA GENERAL SECRETARY/TREASURER

Frank Allen, England

IAWA VICE PRESIDENT

Jon Carr, United States

IAWA REGISTRAR

Joe McCoy, United States

IAWA BOARD OF DIRECTORS

Bill Clark, United States

Jon Carr, United States

Frank Allen, England

Joe McCoy, United States

Tony Cook, England

Clive Nevis, England

Frank Lamp, Australia

Teddy Kaplan, Israel

Past USAWA Nationals

[edit page](#)

This is a summary by year of Best Lifters at Past USAWA National Championships.

| 2013 Best Lifters | Men | Women |
|--------------------------|--------------------|-------------|
| Overall | Al Myers | Molly Myers |
| Senior | Joe Ciavattone Jr. | None |
| Master | Al Myers | Susan Sees |
| Junior | None | Molly Myers |
| 2012 Best Lifters | Men | Women |
| Overall | Al Myers | Susan Sees |
| Senior | None | None |
| Master | Al Myers | Susan Sees |
| Junior | None | None |
| 2011 Best Lifters | Men | Women |

| | | | |
|--------------------------|--|----------------|---------------------|
| Overall | | Larry Traub | Amber Glasgow |
| Open | | Eric Todd | Amber Glasgow |
| Master | | Larry Traub | Susan Sees |
| Junior | | Sammy Ibrahim | None |
| 2010 Best Lifters | | Men | Women |
| Overall | | Al Myers | None |
| Open | | Chad Ullom | None |
| Master | | Al Myers | None |
| Junior | | Kohl Hess | None |
| 2009 Best Lifters | | Men | Women |
| Overall | | Al Myers | None |
| Open | | Al Myers | None |
| Master | | Al Myers | None |
| Junior | | None | None |
| 2008 Best Lifters | | Men | Women |
| Overall | | Al Myers | None |
| Open | | Al Myers | None |
| Master | | Al Myers | None |
| Junior | | None | None |
| 2007 Best Lifters | | Men | Women |
| Overall | | Ed Schock | Elizabeth Monk |
| Open | | Al Myers | None |
| Master | | Ed Schock | None |
| Junior | | James Gilligan | Elizabeth Monk |
| 2006 Best Lifters | | Men | Women |
| Overall | | Al Myers | Amorkor Ollennuking |
| Open | | Al Myers | Amorkor Ollennuking |

| | | |
|--------------------------|---------------------|---------------------|
| Master | Joe Garcia | Amorkor Ollennuking |
| Junior | Ian Reel | Stephanie Beemer |
| 2005 Best Lifters | Men | Women |
| Overall | Mike McBride | None |
| Open | Mike McBride | None |
| Master | Randy Smith | None |
| Junior | Ian Reel | None |
| 2004 Best Lifters | Men | Women |
| Overall | Ed Schock | Pam Maciolek |
| Open | Ed Schock | Pam Maciolek |
| Master | Ed Schock | Pam Maciolek |
| Junior | Cale DeMille | None |
| 2003 Best Lifters | Men | Women |
| Overall | Bob Hirsh | Rita Hall |
| Open | Bill Spayd | Rita Hall |
| Master | Bob Hirsh | Rita Hall |
| Junior | Joshua Monk | None |
| 2002 Best Lifters | Men | Women |
| Overall | Bill DiCioccio, Sr. | Noi Phumchaona |
| Open | John Monk | Noi Phumchaona |
| Master | Bill DiCioccio, Sr. | Noi Phumchaona |
| Junior | Joe Hunter | None |
| 2001 Best Lifters | Men | Women |
| Overall | John Monk | Amorkor Ollennuking |
| Open | John Monk | Amorkor Ollennuking |
| Master | Joe Garcia | Noi Phumchaona |
| Junior | Abe Smith | None |

| | | |
|--------------------------|-------------------|----------------------|
| 2000 Best Lifters | Men | Women |
| Overall | Ed Schock | Su. J. Mason |
| Open | Ed Schock | Su. J. Mason |
| Master | Ed Schock | Noi Phumchaona |
| Junior | Jim Loewer | None |
| 1999 Best Lifters | Men | Women |
| Overall | Denny Habecker | Noi Phumchaona |
| Open | Denny Habecker | Noi Phumchaona |
| Master | Denny Habecker | Noi Phumchaona |
| Junior | Jeff Ciavattone | None |
| 1998 Best Lifters | Men | Women |
| Overall | Joe Ciavattone | Noi Phumchaona |
| Open | Joe Ciavattone | Noi Phumchaona |
| Master | Frank Ciavattone | Noi Phumchaona |
| Junior | Jeff Ciavattone | Domenique Ciavattone |
| 1997 Best Lifters | Men | Women |
| Overall | Jim Malloy | Noi Phumchaona |
| Open | Bob Hirsh | Noi Phumchaona |
| Master | Jim Malloy | Noi Phumchaona |
| Junior | Jonathan Anderson | Emily Gordon |
| 1996 Best Lifters | Men | Women |
| Overall | Bob Hirsh | Cara Ciavattone |
| Open | Bob Hirsh | Cara Ciavattone |
| Master | Bob Hirsh | Noi Phumchaona |
| Junior | Jeff Ciavattone | Holly Ciavattone |
| 1995 Best Lifters | Men | Women |
| Overall | Art Montini | Kerry Clark |

| | | |
|--------------------------|---------------------|---------------------|
| Open | Art Montini | Kerry Clark |
| Master | Art Montini | Noi Phumchaona |
| Junior | Adam Geib | None |
| 1994 Best Lifters | Men | Women |
| Overall | Bob Hirsh | Jacqueline Simonsen |
| Open | Bob Hirsh | Jacqueline Simonsen |
| Master | Jim Malloy | Noi Phumchaona |
| Junior | Robbie McKean | None |
| 1993 Best Lifters | Men | Women |
| Overall | Art Montini | Jacqueline Caron |
| Open | Bill DiCioccio, Jr. | Jacqueline Caron |
| Master | Art Montini | Noi Phumchaona |
| Junior | Rocky Montini | None |
| 1992 Best Lifters | Men | Women |
| Overall | Art Montini | Jacqueline Caron |
| Open | Roger Lynch | Jacqueline Caron |
| Master | Art Montini | Noi Phumchaona |
| Junior | Rocky Montini | None |
| 1991 Best Lifters | Men | Women |
| Overall | Art Montini | Jeanne Burchett |
| Open | Steve Schmidt | Jeanne Burchett |
| Master | Art Montini | Jeanne Burchett |
| Junior | Robbie McKean | None |
| 1990 Best Lifters | Men | Women |
| Overall | Barry Bryan | Jeanne Burchett |
| Open | Barry Bryan | Jeanne Burchett |
| Master | Art Montini | Jeanne Burchett |

| | | |
|--------------------------|------------------|----------------|
| Junior | Robbie McKean | None |
| 1989 Best Lifters | Men | Women |
| Overall | Steve Schmidt | Cindy Garcia |
| Open | Steve Schmidt | Cindy Garcia |
| Master | Art Montini | Noi Phumchaona |
| Junior | Frank Shuba, Jr. | None |
| 1988 Best Lifters | Men | Women |
| Overall | Steve Schmidt | None |
| Open | Steve Schmidt | None |
| Master | Art Montini | None |
| Junior | Casey Clark | None |

This is a summary by year of the locations of past USAWA National Championships.

2013 June 29th&30th, Lebanon, Pennsylvania

2012 June 30th, Las Vegas, Nevada

2011 June 25th, Kirksville, Missouri

2010 June 26-27th, Lebanon, Pennsylvania

2009 June 20th, Abilene, Kansas

2008 August 3rd, Columbus Ohio

2007 July 7th, Lebanon, Pennsylvania

2006 June 17th, Salina, Kansas

2005 June 25-26th, Youngstown, Ohio

2004 June 5-6th, Lansdale, Pennsylvania

2003 June 7-8th, Youngstown, Ohio

2002 June 29-30th, Ambridge, Pennsylvania

2001 June 23-24th, Columbia, Missouri

2000 July 1-2nd, Lebanon, Pennsylvania

1999 June 26-27th, Ambridge, Pennsylvania

1998 July 25-26th, Mansfield, Massachusetts

1997 June 14-15th, Columbia, Missouri

1996 June 22-23rd, Mansfield, Massachusetts

1995 June 3-4th, Columbia, Missouri
1994 June 4-5th, East Lake, Ohio
1993 May 22-23rd, Middletown, Pennsylvania
1992 May 30-31st, Walpole, Massachusetts
1991 July 13-14th, Ambridge, Pennsylvania
1990 July 15-16th, Akron, Ohio
1989 June 24-25th, Plymouth Meeting, Pennsylvania
1988 July 9-10th, Plymouth Meeting, Pennsylvania

This is a summary by year of meet promoters of Past USAWA National Championships.

2013 Denny Habecker
2012 Al Myers & USAWA Executive Board
2011 Thom Van Vleck
2010 Denny and Judy Habecker
2009 Al Myers
2008 Dennis Mitchell and Megan DeFourny
2007 Denny Habecker
2006 Al Myers
2005 Dick Hartzell and Carl LaRosa
2004 John Vernacchio
2003 Dick Hartzell and Carl LaRosa
2002 Art Montini and John McKean
2001 Bill Clark and Joe Garcia
2000 Denny Habecker
1999 Art Montini and John McKean
1998 Frank Ciavattone
1997 Bill Clark and Joe Garcia
1996 Frank Ciavattone
1995 Bill Clark and Joe Garcia
1994 Howard Prechtel
1993 Paul Montini and Paul Healey
1992 Bob Moore and Roger Lynch
1991 Art Montini and John McKean
1990 Attilo Alachio
1989 John Vernacchio
1988 John Vernacchio

This is a summary by year of the lifts contested at past USAWA National Championships.

Number of Lifts Performed at Past National Championships

2013 – 7
2012 – 5
2011 – 6
2010 – 8
2009 – 6
2008 – 5
2007 – 6
2006 – 6
2005 – 9
2004 – 7
2003 – 8
2002 – 7
2001 – 7
2000 – 8
1999 – 7
1998 – 8
1997 – 8
1996 – 8
1995 – 9
1994 – 7
1993 – 6
1992 – 9
1991 – 10
1990 – 10
1989 – 10
1988 – 8

Lifts Contested at Past National Championships

1. Deadlift – One Arm (14 times) – 2013, 2010, 2008, 2007, 1999, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989, 1988
2. Zercher Lift (14 times)- 2011, 2010, 2008, 2003, 2000, 1996, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988
3. Pullover and Push (11 times) – 2013, 2011, 2010, 2008, 2007, 1997, 1995, 1992, 1991, 1990, 1989

4. Clean and Press – Heels Together (11 times) – 2007, 2006, 2003, 2001, 2000, 1997, 1996, 1995, 1990, 1989, 1988
5. Hip Lift (10 times) – 2008, 2002, 1999, 1995, 1994, 1993, 1992, 1991, 1989, 1988
6. Neck Lift (10 times) – 2005, 2000, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989
7. Snatch – One Arm (9 times) – 2013, 2009, 2006, 2003, 2001, 2000, 1994, 1990, 1989
8. Steinborn Lift (9 times) – 2006, 2002, 2001, 1999, 1997, 1994, 1993, 1992, 1991
9. Bench Press – Feet In Air (8 times) – 2006, 2005, 2004, 1998, 1995, 1990, 1989, 1988
10. Hand and Thigh Lift (8 times) – 2001, 1997, 1994, 1993, 1992, 1991, 1990, 1988
11. Clean and Jerk – One Arm (7 times) – 2012, 2010, 2008, 2005, 2004, 2002, 1994
12. Curl – Cheat (7 times) – 2011, 2009, 2005, 2004, 2003, 1998, 1994
13. Hack Lift – One Arm (6 times) – 2012, 2005, 2004, 2002, 2001, 1994
14. Deadlift – Ciavattone Grip (4 times) – 2013, 1999, 1997, 1996
15. Pullover and Press (4 times) – 2012, 2009, 1998, 1996
16. Jefferson Lift (4 times) – 2012, 1994, 1993, 1992
17. Vertical Bar Deadlift – 1 bar, 2", 1 hand (3 times) – 2010, 2005, 2004
18. Deadlift – Trap Bar (3 times)- 2010, 2004, 2002
19. Deadlift – Stiff Legged (3 times) – 2007, 2003, 2002
20. Hack Lift (3 times) – 2003, 2000, 1991
21. Clean and Push Press (3 times) – 1999, 1994, 1993
22. Continental Snatch (3 times) – 1998, 1992, 1991
23. Continental to Chest (3 times) – 1996, 1990, 1989
24. Squat – Front (3 times) – 1990, 1989, 1988
25. Pullover – Straight Arm (2 times) – 2013, 2004
26. Continental to Belt (2 times) – 2013, 2004
27. Deadlift – 12" base (2 times) – 2011, 2006
28. Deadlift – 2 Bars (2 times) – 2009, 2001
29. Arthur Lift (2 times) – 2007, 1991
30. Two Hands Anyhow (2 times) – 2005, 2001
31. Clean and Press – On Knees (2 times) – 1998, 1997
32. Clean and Press – 12" Base (1 time) – 2013
33. Curl – Cheat, Reverse Grip (1 time) – 2012
34. Snatch – Dumbbell, One Arm (1 time) – 2011
35. Continental to Chest – Fulton Bar (1 time) – 2011
36. Snatch – From Hang (1 time)- 2010
37. Clean and Press (1 time) – 2010
38. Back Lift (1 time) – 2009
39. Clean and Jerk – Fulton Bar (1 time) – 2009
40. Harness Lift (1 time) – 2006
41. Deadlift – Fulton Bar (1 time) – 2005

42. French Press (1 time) – 2005
43. Clean and Seated Press (1 time) – 2005
44. Bench Press – Alternate Grip (1 time) – 2003
45. Vertical Bar Deadlift – 2 bars, 2" (1 time) – 2003
46. Clean and Seated Press – Behind Neck (1 time) – 2002
47. Deadlift – One Arm, Ciavattone Grip (1 time) – 2000
48. Clean and Jerk – Behind Neck (1 time) – 2000
49. Swing – One Arm (1 time) – 1999
50. Continental to Chest and Jerk (1 time) – 1995
51. Deadlift – Heels Together (1 time) – 1995

Comments

Past USAWA Officers

[edit page](#)

The following are the past officers and elected positions of the USAWA.

Effective June 25th, 2011 (elected 6/25/2011)

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Scott Schmidt, Ohio

Effective June 26th, 2010 (elected 6/26/2010)

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Scott Schmidt, Ohio

Effective January 1st, 2010 (elected 6/20/2009)

PRESIDENT: Denny Habacker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

Effective July 7th, 2007 (elected 7/7/2007)

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Al Myers, Kansas

SECRETARY/TREASURER: Bill Clark, Missouri

Effective January 1st, 1993 (elected 11/27/1992)

PRESIDENT: Howard Prechtel, Ohio

VICE PRESIDENTS: Steve Schmidt, Missouri, Frank Ciavattone, Massachusetts & Art Montini, Pennsylvania

SECRETARY/TREASURER: Bill Clark, Missouri

Effective January 1st, 1989 (elected 1/22/1989)

PRESIDENT: John Vernacchio, Pennsylvania

VICE PRESIDENT: Art Montini, Pennsylvania

SECRETARY/TREASURER: Bill Clark, Missouri

Effective January 1st, 1987 (appointed 11/29/1986)

PRESIDENT: John Carr, Missouri

REGISTAR: Joe McCoy, Texas

Comments

Results of Past Nationals

[edit page](#)

2013 USAWA National Championships

June 29th & 30th, 2013

Habeckers Gym

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Announcer & Scorekeeper: Al Myers

Caterer & Host: Judy Habecker

Photographers: Leslie Myers & Kate Myers

Loaders: Terry Barlet & John Horn

Officials: Scott Schmidt, Barry Bryan, Frank Ciavattone, Chad Ullom, Joe Ciavattone Sr., Dennis Mitchell & Denny Habecker

Lifts Day 1: Deadlift – One Arm, Clean and Press – 12" Base, Pullover – straight arm, Continental to Belt

Lifts Day 2: Snatch – One Arm, Pullover and Push, Deadlift – Ciavattone Grip

Men: Top Ten Placings

1. Al Myers, Kansas
2. Chad Ullom, Kansas
3. Denny Habecker, Pennsylvania
4. Randy Smith, Michigan
5. James Fuller, Maine
6. Joe Ciavattone Jr., Massachusetts
7. Joe Ciavattone Sr., Massachusetts
8. Scott Schmidt, Ohio
9. Art Montini, Pennsylvania
10. Dick Durante, Pennsylvania

Women: Top Three Placings

1. Molly Myers, Kansas
2. Brianna Ullom, Kansas
3. Susan Sees, Ohio

Best Lifter Awards:

Best Womens Junior – Molly Myers

Best Womens Master – Susan Sees

Best Womens Overall – Molly Myers

Best Mens Senior 20-39 – Joe Ciavattone Jr.

Best Mens Master 40-44- Chad Ullom

Best Mens Master 45-49 – Al Myers

Best Mens Master 55-59 – Randy Smith

Best Mens Master 60-64 – Scott Schmidt

Best Mens Master 70-74 – Denny Habecker

Best Mens Master 80-84 – Dick Durante

Best Mens Master 85-89 – Art Montini

Best Mens Master Overall – Al Myers

Best Mens Overall – Al Myers

Best Club – Dino Gym (Al Myers, Chad Ullom, Molly Myers, Brianna Ullom)

Best Club Runner Up – Joe’s Gym (Joe Ciavattone Jr., Joe Ciavattone Sr.)

2012 USAWA National Championships

June 30th, 2012

Average Broz Gym

Las Vegas, Nevada

Meet Director: Al Myers & Executive Board

Scorekeeper: Judy Habecker

Announcer: Judy Habecker

Meet Venue: John Broz and Broz’s Gym

Officials: Scott Tully, Darren Barnhart, Al Myers, Chad Ullom, Denny Habecker, Art Montini, Dennis Mitchell

Loaders: Scott Tully, Darren Barnhart, & lifters

Lifts: Clean and Jerk – One Arm, Curl – Cheat, Reverse Grip, Pullover and Press, Hack Lift – One Arm, Jefferson Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Larry Traub, Indiana
3. Chad Ullom, Kansas
4. Dave Glasgow, Kansas
5. Denny Habecker, Pennsylvania
6. Tim Piper, Illinois
7. Dean Ross, Oklahoma
8. LaVerne Myers, Kansas

9. Bob Geib, Ohio

10. Dennis Mitchell, Ohio

Women: Top Placing

1. Susan Sees, Ohio

Best Lifter Awards:

Womens Overall – Susan Sees

Mens Overall – Al Myers

Womens Master Overall – Susan Sees

Mens Master 40-44 Age Group – Chad Ullom

Mens Master 45-49 Age Group – Al Myers

Mens Master 55-59 Age Group – Larry Traub

Mens Master 65-69 Age Group – Denny Habecker

Mens Master 70-74 Age Group – Dale Friesz

Mens Master 80-84 Age Group – Dennis Mitchell

Team Champion – Dino Gym (Al Myers, Chad Ullom, LaVerne Myers, Dean Ross)

2011 USAWA National Championships

June 25th, 2011

Willard Elementary School

Kirksville, Missouri

Meet Director: Thom Van Vleck

Scorekeeper: Judy Habecker

Announcer: Al Myers

Loaders: Mitch Ridout, Tedd Van Vleck

Photographer: Flossy Mitchell

Sound System: Brett Kerby

Officials: Steve Schmidt, Joe Garcia, Randy Smith, Denny Habecker, Dennis Mitchell

Lifts: Snatch – Dumbbell, One Arm, Curl – Cheat, Pullover and Push, Continental to Chest – Fulton Bar,

Deadlift – 12" base, Zercher Lift

Men: Top Ten Placings

1. Larry Traub, Indiana

2. Eric Todd, Missouri

3. Chad Ullom, Kansas

4. Sam Cox, Kansas
5. Sammy Ibrahim, Missouri
6. Randy Smith, Michigan
7. John O'Brien, Missouri
8. Dave Glasgow, Kansas
9. Denny Habecker, Pennsylvania
10. Joe Garcia, Missouri

Women: Top Three Placings

1. Amber Glasgow, Kansas
2. Susan Sees, Ohio
3. Helen Kahn, Michigan

Best Lifter Awards:

Overall Womens – Amber Glasgow

Overall Mens – Larry Traub

Men Junior – Sammy Ibrahim

Men Senior – Eric Todd

Women Senior – Amber Glasgow

Women Overall Master – Susan Sees

Men Overall Master – Larry Traub

Men Master 40-44 – John O'Brien

Men Master 55-59 – Larry Traub

Men Master 65-69 – Denny Habecker

Men Master 70-74 – Mike Murdock

Men Master 75-79 – Rudy Bletscher

Team Award – Ledaig Heavy Athletics Club

2010 USAWA National Championships

June 26th & 27th, 2010

Habecker's Gym

Lebanon, Pennsylvania

Meet Director: Denny and Judy Habecker

Scorekeeper: Judy Habecker

Loaders: Terry Barlet, Don Brandt, John Horn

Announcers: Denny Habecker, Judy Habecker, Aidan Habecker

Officials: Chad Ullom, Scott Schmidt, Barry Bryan, Randy Smith, Dennis Mitchell, Art Montini, Frank Ciavattone

Lifts: Vertical Bar Deadlift – 1 bar, 2", one hand, Pullover and Push, Clean and Jerk – One Arm, Trap Bar Deadlift, Snatch – From Hang, Deadlift – One Arm, Clean and Press, Zercher Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Chad Ullom, Kansas
3. Denny Habecker, Pennsylvania
4. Randy Smith, Michigan
5. Scott Schmidt, Ohio
6. Art Montini, Pennsylvania
7. Kohl Hess, Pennsylvania
8. Dennis Mitchell, Ohio
9. Dale Friesz, Virginia
10. Barry Bryan, Pennsylvania

Best Lifter Awards:

Men Overall – Al Myers

Men Master – Al Myers

Men Open – Chad Ullom

Men Junior – Kohl Hess

Men 40-44 Age Group – Al Myers

Men 50-54 Age Group – Barry Bryan

Men 55-59 Age Group - Randy Smith

Men 65-69 Age Group – Denny Habecker

Men 75-79 Age Group – Dennis Mitchell

Men 80-84 Age Group – Art Montini

2009 USAWA National Championships

June 20th, 2009

Dino Gym

Abilene, Kansas

Meet Director: Al Myers

Scorekeeper: Scott Tully

Loaders: Darren Barnhart, Ryan Batchman

Officials: Bill Clark, Thom Van Vleck, Mark Mitchell

Lifts: Snatch – one arm, Cheat Curl, Clean & Jerk – Fulton Bar, Deadlift – 2 Bars, Pullover and Press, Back Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Mike McBride, Missouri
3. Chad Ullom, Kansas
4. Joe Garcia, Missouri
5. Randy Smith, Michigan
6. Rudy Bletscher, Kansas
7. Denny Habecker, Pennsylvania
8. Ben Edwards, Kansas
9. Art Montini, Pennsylvania
10. Tim Piper, Illinois

Best Lifter Awards:

Men Overall - Al Myers

Men Open – Al Myers

Men Master – Al Myers

Men Top Total – Al Myers

Men 20-39 Age Group – Mike McBride

Men 40-44 Age Group – Al Myers

Men 50-54 Age Group – Randy Smith

Men 55-59 Age Group – Joe Garcia

Men 65-69 Age Group – Denny Habecker

Men 70-74 Age Group – Rudy Bletscher

Men 75-79 Age Group – Dennis Mitchell

Men 80-84 Age Group – Art Montini

2008 USAWA National Championships

August 3rd, 2008

Ohio State Fair

Columbus, Ohio

Meet Director: Dennis Mitchell and Megan Tornstrom DeFourny of the
Columbus Weightlifting Club

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Loaders: Zach Beadle, Brandon Rhines, Bob Davis, Paul Stey

Officials: Bill Clark, Denny Habecker, Art Montini, Jim Malloy, Dale Friesz, Al Myers, Chad Ullom, Dennis Mitchell, Scott Schmidt

Lifts: One-Arm Clean & Jerk, Pullover & Push, Zercher, One-Arm Deadlift, Hip Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Scott Schmidt, Ohio
3. Andy Durniat, Ohio
4. Chad Ullom, Kansas
5. Jim Malloy, Ohio
6. Denny Habecker, Pennsylvania
7. Don Bisesi, Ohio
8. Dale Friesz, Virginia
9. Art Montini, Pennsylvania
10. Dennis Mitchell, Ohio

Best Lifter Awards:

Men Open – Al Myers

Men Master – Al Myers

2007 USAWA National Championships

July 7th, 2007

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Loaders: Terry Barlet, John Horn, Don Brandt

Officials: Denny Habecker, Jim Malloy, John Vernacchio, Barry Bryan, Art Montini, Dennis Mitchell, John McKean

Lifts: One-Arm Clean & Jerk, Clean and Press Heels Together, Stiff Legged Deadlift, Pullover & Push, Arthur Lift, One-Arm Deadlift

Men: Top Ten Placings

1. Ed Schock, Pennsylvania
2. Al Myers, Kansas
3. John Monk, Pennsylvania
4. Randy Smith, Michigan
5. Chad Ullom, Kansas
6. Denny Habecker, Pennsylvania
7. John McKean, Pennsylvania
8. Jim Malloy, Ohio
9. Art Montini, Pennsylvania
10. Bob D'Angelo, Pennsylvania

Women: Top Placing

1. Elizabeth Monk, Pennsylvania

Best Lifter Awards:

Women Overall – Elizabeth Monk

Women Junior – Elizabeth Monk

Men Junior – James Gilligan

Men 20-39 Age Group – Chad Ullom

Men 40-44 Age Group - Al Myers

Men 45-49 Age Group - Paul Montgomery

Men 50-54 Age Group – Ed Schock

Men 60-64 Age Group – Denny Habecker

Men 65-69 Age Group – Jim Malloy

Men 75-79 Age Group – Art Montini

Men Master – Ed Schock

Men Open – Al Myers

2006 USAWA National Championships

June 17th, 2006

Salina, Kansas

Meet Director: Al Myers

Emcee: Bill Clark

Scorekeepers: Scott Tully, Karla Barnhart

Loaders: Ryan Batchman, Tom Maxey

Officials: Thom Van Vleck, Bob Burtzloff, Chuck Cookson, Eric Todd, Doug Longbine, Mark Mitchell

Lifts: One-Arm Snatch, Clean and Press Heels Together, Bench Press Feet in Air, Steinborn, Deadlift 12" Base,
Harness Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Ian Reel, Kansas
3. Bret Carter, Nebraska
4. Joe Garcia, Missouri
5. Dan Wagman, Colorado
6. Layne Burnett, Kansas
7. Dan Mather, Kansas
8. Tim Pinkerton, Nebraska
9. Randy Smith, Michigan
10. Darren Barnhart, Kansas

Women: Top Two Placings

1. Amorkor Ollennuking, Missouri
2. Stephanie Beemer, Kansas

Best Lifter Awards:

Women Junior – Stephanie Beemer

Women Master – Amorkor Ollennuking

Women Open – Amorkor Ollennuking

Men Junior – Ian Reel

Men 20-39 Age Under 175lb – Dan Mather

Men 20-39 Age 176lb-200lb – Dan Wagman

Men 20-39 Age 201lb-231lb – Bret Carter

Men 20-39 Age 232lb-265lb – Al Myers

Men 20-39 Age 266lb-300lb – Darren Barnhart

Men 40-49 Age Group – Layne Burnett

Men 50-59 Age Group – Joe Garcia

Men 60-69 Age Group – Denny Habecker

Men 70-79 Age Group – Dennis Mitchell

Men 90 Plus Age Group – Clyde Myers

Men Open – Al Myers

Men Master – Joe Garcia

2005 USAWA National Championships

June 25-26, 2005

Jump Stretch Fitness Center

Youngstown, Ohio

Meet Directors: Dick Hartzell and Carl LaRosa

Emcee: Bill Clark

Scorekeeper: Bill Clark

Lifts: Deadlift with Fulton Bar, Bench Press feet in air, Cheat Curl, French Press, 2-Hand Anyhow with Barbell & Dumbbell, Vertical Bar 1 Bar 2" 1 Hand, 1-Arm Hack Lift, Clean & Seated Press, Neck Lift

Men: Top Ten Placings

1. Mike McBride, Missouri
2. Al Myers, Kansas
3. Randy Smith, Michigan
4. Jim Malloy, Ohio
5. Frank Ciavattone, Massachusetts
6. John McKean, Pennsylvania
7. Denny Habecker, Pennsylvania
8. Scott Schmidt, Ohio
9. Ian Reel, Kansas
10. Andy Loudon, Ohio

Best Lifter Awards:

Men Junior - Ian Reel

Men Open - Mike McBride

Men Master - Randy Smith

2004 USAWA National Championships

June 5-6, 2004

North Penn YMCA

Lansdale, Pennsylvania

Meet Director: John Vernacchio

Emcee: Larry Butts

Lifts: Cheat Curl, Vertical Bar 1 Bar 2" 1 Hand, Trap Bar Deadlift, Straight Arm Pullover, Bench feet in air, Continental to Belt, One-Arm Hack Lift

Men: Top Ten Placings

1. Ed Schock, Pennsylvania
2. John Monk, Pennsylvania
3. Tony Succarotti, Delaware
4. Bill Spayd, Pennsylvania
5. Frank Ciavattone, Massachusetts
6. Larry Silvestri, Massachusetts
7. Denny Habecker, Pennsylvania
8. Randy Smith, Michigan
9. Bob D'Angelo, Pennsylvania
10. Richard Durante, Pennsylvania

Women: Top Three Placings

1. Pam Maciolek, Pennsylvania
2. Tammie Rudisell, Pennsylvania
3. Maria Guaret, Pennsylvania

Best Lifter Awards:

Women 20-39 Age Group -Tammie Rudisill

Women Master Overall – Pam Maciolek

Women Open – Pam Maciolek

Men Junior 16-17 Age Group – Cale Demille

Men 20-39 Age Group – John Monk

Men 40-44 Age Group – Larry Silvestri

Men 45-49 Age Group – Frank Ciavattone

Men 50-54 Age Group – Ed Schock

Men 55-59 Age Group – Larry Blockston

Men 60-64 Age Group – Denny Habecker

Men 65-69 Age Group – John Vernacchio

Men 70-74 Age Group – Richard Durante

Men 75-79 Age Group – Joe Amendalaro

Men 80-84 Age Group – John Dorylis

Men Open - Ed Schock

Men Masters – Ed Schock

Men Junior – Cale DeMille

2003 USAWA National Championships

June 7-8, 2003

Jump Stretch Fitness Center

Youngstown, Ohio

Meet Directors: Dick Hartzell and Carl LaRosa

Emcee: Bill Clark

Scorekeeper: Bill Clark

Loaders: Chris Rice, Gary Smith, Jason Groves, Bob Carcelli, Chris Waterman

Lifts: One-Arm Snatch, Clean & Press Heels Together, Stiff Legged Deadlift, Hack Lift, Bench Alternate Grip, Cheat Curl, Vertical Bar 2 Bar 2", Zercher Lift

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Bill Spayd, Pennsylvania
3. John Monk, Pennsylvania
4. Brandan Aldan, Ohio
5. Chris Waterman, Ohio
6. Al Myers, Kansas
7. Jason Groves, Ohio
8. Antonio DelSignore, Ohio
9. Randy Smith, Michigan
10. Denny Habecker, Pennsylvania

Women: Top Two Placings

1. Rita Hall, Pennsylvania
2. Marian LaRosa, Ohio

Best Lifter Awards:

Women 40-44 Age Group – Rita Hall

Women 60-64 Age Group – Marian LaRosa

Women Master – Rita Hall

Women Open – Rita Hall

Men Junior 14-15 Age Group – Joshua Monk

Men Junior 16-17 Age Group – Kiff Kincaid

Men Junior 18-19 Age Group – Joe Hunter

Men Junior Overall – Joshua Monk

Men 20-39 Age Group - Bill Spayd

Men 40-44 Age Group – David Olsavsky

Men 45-49 Age Group – Bob Hirsh

Men 55-59 Age Group – John McKean

Men 60-64 Age Group – Denny Habecker

Men 65-69 Age Group – Andy Komorny

Men 70-74 Age Group – Dennis Mitchell

Men 75-79 Age Group – Art Montini

Men 80-84 Age Group – Jack Lano

Men Master Overall – Bob Hirsh

Men Open – Bob Hirsh

2002 USAWA National Championships

June 29-30, 2002

Ambridge, Pennsylvania

Meet Directors: Art Montini and John McKean

Scorekeeper: Marilyn McKean

Lifts: Steinborn, One-Arm Hack Lift, Trap Bar Deadlift, Clean and Seated Press Behind Neck, One-Arm Clean and Jerk, Stiff Legged Deadlift, Hip

Men: Top Ten Placings

1. Bill DiCioccio Sr., Pennsylvania
2. John Monk, Pennsylvania
3. Brandon Aldan, Ohio
4. Frank Ciavattone, Massachusetts
5. Denny Habecker, Pennsylvania
6. Art Montini, Pennsylvania
7. Larry Silvestri, Massachusetts
8. Dennis Mitchell, Ohio
9. Joe Hunter, Ohio
10. Bob Geib, Hawaii

Women: Top Two Placings

1. Noi Phumchaona, Ohio
2. Carolyn Goolsby, South Carolina

Best Lifter Awards:

Women Open – Noi Phumchaona

Women Master – Noi Phumchaona

Men Open – John Monk

Men Master – Bill DiCioccio, Sr.

Men Junior – Joe Hunter

13 and Under Junior – Joshua Monk

15 and Under Junior – Cale Demille

17 and Under Junior – Joe Hunter

20-39 Age Group – John Monk

40-44 Age Group – Nils Larson

45-49 Age Group – Frank Ciavattone

55-59 Age Group – Denny Habecker

60-64 Age Group – Bill DiCioccio Sr.

65-69 Age Group – Andy Komarny

70-74 Age Group – Art Montini

75-79 Age Group - Rex Monahan

2001 USAWA National Championships

June 23-24, 2001

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Emcee: Bill Clark

Scorekeeper: Bill Clark

Loaders: Joel Anderson, Jonathan Anderson, James Foster, Tom Powell

Officials: Art Montini, Kerry Clark, Casey Clark, Joe Garcia, Dale Friesz, Howard Prechtel, John Monk

Lifts: 1-Arm Snatch, 2-Barbell Deadlift, Hand and Thigh, 1-Arm Hack, Clean and Press heels together, Steinborn, 2-hand Anyhow with Barbell and Dumbbell

Men: Top Ten Placings

1. John Monk, Pennsylvania
2. Abe Smith, Missouri
3. Joe Garcia, Missouri
4. Denny Habecker, Pennsylvania
5. Bob Geib, Hawaii
6. Al Springs, Missouri
7. Dennis Mitchell, Ohio
8. Dave DeForest, Missouri
9. Rex Monahan, Colorado
10. Art Montini, Pennsylvania

Women: Top Two Placings

1. Amorkor Ollenuking, Missouri
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women Open – Amorkor Ollennuking

Women Master – Noi Phumchaona

Men Open – John Monk

Men Master – Joe Garcia

Men Junior – Abe Smith

2000 USAWA National Championships

July 1-2, 2000

Lebanon, Pennsylvania

Meet Director: Denny Habecker

Emcee: Bill Clark

Scorekeeper: Judy Habecker

Assistant: John Long

Loaders: Terry Barlet, Tom Minnich, Neely Frye, Jason Hlavaty, John Hlavaty, Chris Loewer, Doug Campbell, Reggie Hayes, Brandon Pensyl, Mark O'Brien

Lifts: One Hand Snatch, Clean and Press Heels Together, One Hand Ciavattone Deadlift, Pullover and Push, Hack Lift, Clean and Jerk Behind Neck, Zercher Lift, Neck Lift

Men: Top Ten Placings

1. Ed Schock, Pennsylvania
2. Frank Ciavattone, Massachusetts
3. John Monk, Pennsylvania
4. John McKean, Pennsylvania
5. Art Montini, Pennsylvania
6. Bill Spayd, Pennsylvania
7. Joe Ciavattone, Massachusetts
8. Denny Habecker, Pennsylvania
9. Jeff Ciavattone, Massachusetts
10. Brian Crowe, Pennsylvania

Women: Top Three Placings

1. Su.J. Mason, Pennsylvania
2. Noi Phumchaona, Ohio
3. Cara Collins, Massachusetts

Best Lifter Awards:

Women Open – Su.J. Mason

Women Master – Noi Phumchaona

Men Junior Overall – Jim Loewer

Men Open – Ed Schock

Men Master - Ed Schock

Men 20-39 Age Group – John Monk

Men 45-49 Age Group – Ed Schock

Men 50-54 Age Group – John McKean

Men 55-59 Age Group – Denny Habecker

Men 65-69 Age Group – Dennis Mitchell

Men 70-74 Age Group – Art Montini

Men 75-79 Age Group – Howard Prechtel

Men 80-84 Age Group – Paul Eberhardinger

1999 USAWA National Championships

June 26-27, 1999

Ambridge, Pennsylvania

Meet Directors: Art Montini and John McKean

Emcee: Bill Clark

Scorekeeper: Marilyn McKean

Loaders: Jason Zajec, Bill Spayd, Bob Geib, Chris Pennington, Joshua Monk, Mike Pinkoski, Izzy Mabrey, John Monk, Mike O'Brien

Officials: Art Montini, Dennis Mitchell, Denny Habecker, Rob McKean, Frank Ciavattone, Jim Goviannini, Bob Geib, Jeff Ciavattone, Joe Garcia, John Kurtz, John McKean, John Monk, Jim Malloy, Bob Karhan, Bob Hirsch, Pete Zaremba

Lifts: Clean and Push Press, One Arm Swing, Deadlift with Ciavattone Grip, Steinborn, Arthur Lift, One Arm Deadlift, Hip Lift

Men: Top Ten Placings

1. Denny Habecker, Pennsylvania

2. Jim Malloy, Ohio
3. Pete Zaremba, Ohio
4. Joe Garcia, Missouri
5. Frank Ciavattone, Massachusetts
6. Dale Friesz, Virginia
7. Scott Schmidt, Ohio
8. Chris Waterman, Ohio
9. John McKean, Pennsylvania
10. Jeff Ciavattone, Massachusetts

Women: Top Placing

1. Noi Phumchaona, Ohio

Best Lifters Awards:

Women Open – Noi Phumchaona

Women Master – Noi Phumchaona

Men Open – Denny Habecker

Men Master - Denny Habecker

Men Junior – Jeff Ciavattone

Men Junior 11-12 Age Group – John Blockston

Men Junior 14-15 Age Group – James Loewer

Men Junior 16-17 Age Group – Sean McKean

Men Junior 18-19 Age Group – Jeff Ciavattone

Men 20-39 Age Group – Pete Zaremba

Men 40-44 Age Group – Frank Ciavattone

Men 45-49 Age Group – Joe Garcia

Men 50-54 Age Group – John McKean

Men 55-59 Age Group – Denny Habecker

Men 65-69 Age Group – Dennis Mitchell

Men 70-74 Age Group – Art Montini

1998 USAWA National Championships

July 25-26, 1998

Mansfield, Massachusetts

Meet Director: Frank Ciavattone

Loaders: Mike Enright, Chris Sullivan, Nick Lacivita, Jim Paluso

Lifts: One-Hand Clean and Jerk, Pullover and Press, Deadlift with Ciavattone Grip, Cheat Curl, Clean and Press on Knees, Continental Snatch, Bench Press Feet in Air, Neck Lift

Men: Top Ten Placings

1. Joe Ciavattone, Massachusetts
2. John Monk, Pennsylvania
3. Frank Ciavattone, Massachusetts
4. Bill Spayd, Pennsylvania
5. Joe Garcia, Missouri
6. Jeff Ciavattone, Massachusetts
7. John McKean, Pennsylvania
8. Denny Habecker, Pennsylvania
9. Tim Kennedy, Massachusetts
10. Ralph Cirafesi, Pennsylvania

Women: Top Three Placings

1. Noi Phumchaona, Ohio
2. Cara Collins, Massachusetts
3. Dominique Ciavattone, Massachusetts

Best Lifters Awards:

Men Open – Joe Ciavattone

Men Master – Frank Ciavattone

Women Junior – Dominique Ciavattone

Women Open – Noi Phumchaona

Women Master – Noi Phumchaona

Men Junior – Jeff Ciavattone

Frank Ciavattone Sr. Award – Denny Habecker

1997 USAWA National Championships

June 14-15, 1997

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Emcee: Bill Clark

Equipment Hauler: John Carter

Sales: Dolores Clark

Loaders: John Carter, Andy Bate, Charles Wade, Dan Thompson, Tyler Lasley, Judy Habecker

Head Officials: Kerry Clark, Casey Clark

Lifts: Clean and Press Heels Together, Deadlift with Ciavattone Grip, Steinborn, Hand and Thigh, One-Hand Deadlift, Pullover and Push, Clean and Press on Knees, Neck Lift

Men: Top Ten Placings

1. Jim Malloy, Ohio
2. Bob Hirsh, Ohio
3. Joe Garcia, Missouri
4. Chris Waterman, Ohio
5. Joe Caron, Kansas
6. Denny Habecker, Pennsylvania
7. Dale Friesz, Virginia
8. John Vernacchio, Pennsylvania
9. John Carter, Missouri
10. Howard Prechtel, Ohio

Women: Top Three Placings

1. Noi Phumchaona, Ohio
2. Karen Devine, Pennsylvania
3. Emily Gordon, Missouri

Best Lifters Awards:

Men Overall – Jim Malloy

Women Master – Noi Phumchaona

Men Open – Bob Hirsh

Men Master – Jim Malloy

Men 20-39 Age Group – John Carter

Men 40-44 Age Group – Bob Hirsh

Men 50-54 Age Group – Joe Caron

Men 55-59 Age Group – Jim Malloy

Men 60-64 Age Group – John Vernacchio

Men 65-69 Age Group – Dennis Mitchell

Men 70-74 Age Group - Howard Prechtel

Men 75-79 Age Group – Jack Lano

Women Junior – Emily Gordon

Men Junior – Jonathon Anderson

1996 USAWA National Championships

June 22-23, 1996

Mansfield, Massachusetts

Meet Director: Frank Ciavattone

Loaders: Mark Bridges, Ramon Lopez, Jim Collins

Lifts: Clean and Press Heels Together, Continental to Chest, Pullover and Press, Zercher Lift, Deadlift with Ciavattone Grip, One-Arm Clean and Jerk, One-Arm Deadlift, Neck Lift

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Chris Waterman, Ohio
3. Barry Pensyl, Pennsylvania
4. Art Montini, Pennsylvania
5. Jim Malloy, Ohio
6. Joe Ciavattone, Massachusetts
7. Denny Habecker, Pennsylvania
8. Pete Zaremba, Ohio
9. Howard Prechtel, Ohio
10. Dale Friesz, Virginia

Women: Top Three Placings

1. Cara Ciavattone, Massachusetts
2. Noi Phumchaona, Ohio
3. Holly Ciavattone, Massachusetts

Best Lifter Awards:

Women Junior – Holly Ciavattone

Women Open - Cara Ciavattone

Women Master – Noi Phumchaona

Men Junior – Jeff Ciavattone

Men Open – Bob Hirsh

Men Master – Bob Hirsh

Men 40-44 Age Group – Bob Hirsh

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – Jim Malloy

Men 55-59 Age Group – Dale Friesz

Men 60-64 Age Group – Dennis Mitchell

Men 65-69 Age Group – Art Montini

Men 70-74 Age Group – Howard Prechtel

Frank Ciavattone Sr. Award - Bill Clark

1995 USAWA National Championships

June 3-4, 1995

Columbia, Missouri

Meet Director: Bill Clark and Joe Garcia

Lifts: Continental to Chest and Jerk, Deadlift Heels Together, Pullover and Push, Zercher Lift, Neck Lift, Clean and Press Heels Together, Bench Press Feet in Air, One-Hand Deadlift, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bob Hirsh, Ohio
3. John Carter, Missouri
4. Dale Friesz, Virginia
5. Jim Malloy, Ohio
6. Denny Habecker, Pennsylvania
7. Howard Prechtel, Ohio
8. Joe Garcia, Missouri
9. Chris Waterman, Ohio
10. Randy Joe Holden, Kansas

Women: Top Two Placings

1. Kerry Clark, Missouri
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women Open – Kerry Clark

Women Master – Noi Phumchaona

Men Open - Bob Hirsh

Men Master – Art Montini

Men Junior – Adam Geib

1994 USAWA National Championships

June 4-5, 1994

East Lake, Ohio

Meet Director: Howard Prechtel

Emcee: Bill Clark

Scorekeeper: Marilyn McKean

Lifts: Clean and Push Press, Jefferson Lift, One-Hand Hack Lift, Cheat Curl, One-Hand Snatch, Zercher Lift, Hand and Thigh

Men: Top Ten Placings

1. Bob Hirsh, Ohio
2. Bill DiCioccio Jr, Pennsylvania
3. Jim Malloy, Ohio
4. Bill DiCioccio Sr, Pennsylvania
5. Goeff Gazda, Ohio
6. Art Montini, Pennsylvania
7. Chris Waterman, Ohio
8. Howard Prechtel, Ohio
9. Mike Locondro, Pennsylvania
10. John McKean, Pennsylvania

Women: Top Three Placings

1. Jacqueline Simonsen, Vermont
2. Noi Phumchaona, Ohio
3. Deanna Springs, Missouri

Best Lifter Awards:

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

Men Open – Bob Hirsh

Men Master – Jim Malloy

Men Junior – Robbie McKean

1993 USAWA National Championships

May 22-23, 1993

Middletown, Pennsylvania

Meet Directors: Paul Montini and Paul Healey

Lifts: Clean and Push Press, Jefferson Lift, Steinborn, Zercher Lift, Hand and Thigh, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Jim Malloy, Ohio
4. Bill DiCioccio Jr, Pennsylvania
5. Bob Hirsh, Ohio
6. Barry Pensyl, Pennsylvania
7. Chris Waterman, Ohio
8. John Kurtz, Ohio
9. John McKean, Pennsylvania
10. John Monk, Pennsylvania

Women: Top Three Placings

1. Jacqueline Caron, Vermont
2. Noi Phumchaona, Ohio
3. Kerry Clark, Missouri

Best Lifter Awards:

Women Open – Jacqueline Caron

Men Open – Bill DiCioccio Jr.

Women Master – Noi Phumchaona

Men Master – Art Montini

Men Junior – Rocco Montini

Men 40-44 Age Group – Paul Montini

Men 45-49 Age Group - Barry Pensyl

Men 50-54 Age Group – Bill DiCioccio Sr.

Men 55-59 Age Group – John Vernacchio

Men 60-64 Age Group – Dennis Mitchell

Men 65-69 Age Group – Art Montini

Men 70-74 Age Group – Paul Eberhardinger

1992 USAWA National Championships

May 30-31, 1992

Walpole, Massachusetts

Meet Directors: Bob Moore and Roger Lynch

Emcees: Joe Caron and Bob Moore

Head Officials: Bill Clark, Armand Turgeon, Joe Garcia, John Vernacchio

Lifts: Continental Snatch, Pullover and Push, Steinborn, Hand and Thigh, Neck Lift, Jefferson Lift, One-Hand Deadlift, Zercher Lift, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Jim Malloy, Ohio
4. Roger Lynch, Massachusetts
5. John McKean, Pennsylvania
6. Frank Ciavattone, Massachusetts
7. Bill DiCioccio Jr., Pennsylvania
8. Dale Friesz, Virginia
9. Bob Moore, Massachusetts
10. Joe Garcia, Missouri

Women: Top Two Placings

1. Jacqueline Caron, Vermont
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women 20-39 Age Group – Jacqueline Caron

Women Master – Noi Phumchaona

Men Junior 13 and Under - Rocky Montini

Men Junior 14-15 Age Group – Bradley Ward

Men Junior 16-17 Age Group – Daniel Drake

Men Junior Overall – Rocky Montini

Men 20-39 Age Group – Roger Lynch

Men 40-44 Age Group – Paul Montini

Men 45-49 Age Group – John McKean

Men 50-54 Age Group – Bill DiCioccio Sr.

Men 55-59 Age Group – John Vernacchio

Men 60-64 Age Group – Art Montini

Men 65-69 Age Group – Rex Monahan

Men Master Overall – Art Montini

Men Open Overall – Roger Lynch

1991 USAWA National Championships

July 13-14, 1991

Ambridge, Pennsylvania

Meet Director: Art Montini and John McKean

Lifts: One-Hand Clean and Jerk, Hack Lift, Pullover and Push, Steinborn, Hand and Thigh, Continental Snatch, One-Hand Deadlift, Zercher Lift, Neck Lift, Hip Lift

Men: Top Ten Placings

1. Art Montini, Pennsylvania
2. Bill DiCioccio Sr., Pennsylvania
3. Steve Schmidt, Missouri
4. Barry Bryan, Pennsylvania
5. Roger Lynch, Massachusetts
6. John McKean, Pennsylvania
7. Jim Malloy, Ohio
8. Joe Garcia, Missouri
9. John Monk, Pennsylvania
10. Frank Ciavattone, Massachusetts

Women: Top Three Placings

1. Jeanne Burchett, Pennsylvania
2. Noi Phumchaona, Ohio
3. Suree Hughes, Ohio

Best Lifter Awards:

Women Masters – Jeanne Burchett

Women Open – Jeanne Burchett

Men Junior – Robbie McKean

Men 20-39 Age Group – Steve Schmidt

Men 40-44 Age Group – Paul Montini

Men 45-49 Age Group – John McKean

Men 50-54 Age Group – Bill DiCioccio Sr.

Men 55-59 Age Group – Dennis Mitchell

Men 60-64 Age Group – Art Montini

Men 65-69 Age Group – Howard Prechtel

Men Master – Art Montini

Men Open – Steve Schmidt

1990 USAWA National Championships

July 15-16, 1990

Akron, Ohio

Meet Director: Attilio Alacchi

Lifts: Clean and Press, Front Squat, Continental to Chest, Pullover and Push, Neck Lift, One-Hand Snatch, Bench Press Feet in Air, One-Arm Deadlift, Hand and Thigh, Zercher Lift

Men: Top Ten Placings

1. Barry Bryan, Pennsylvania
2. Art Montini, Pennsylvania
3. Frank Ciavattone, Massachusetts
4. Jim Bufalini, Pennsylvania
5. Don Verterosa, Massachusetts
6. John Vernacchio, Pennsylvania
7. John McKean, Pennsylvania
8. Chris Waterman, Ohio
9. Jim Malloy, Ohio
10. Bill DiCioccio Sr., Pennsylvania

Women: Top Three Placings

1. Jeanne Burchett, Pennsylvania
2. Noi Phumchaona, Ohio
3. Suree Hughes, Ohio

Best Lifter Awards:

Women Master Overall – Jeanne Burchett

Women Open Overall – Jeanne Burchett

Men Junior – Robbie McKean

Men 20-39 Age Group – Barry Bryan

Men 40-44 Age Group – John McKean

Men 45-49 Age Group – Jim Malloy

Men 50-54 Age Group – John Vernacchio

Men 55-59 Age Group – Gonzalo Gonzales

Men 60-64 Age Group – Art Montini

Men 65-69 Age Group – Howard Prechtel

Men Master Overall – Art Montini

Men Open Overall – Barry Bryan

1989 USAWA National Championships

June 24-25, 1989

Plymouth Meeting, Pennsylvania

Meet Director: John Vernacchio

Lifts: One Hand Deadlift, Neck Lift, Clean and Press heels together, Zercher, Hip Lift, Bench Press feet in air, Pullover and Push, One Hand Snatch, Continental to Chest, Front Squat

Men: Top Ten Placings

1. Steve Schmidt, Missouri
2. Art Montini, Pennsylvania
3. Tim Bruner, Texas
4. John McKean, Pennsylvania
5. Phil Anderson, Texas
6. Brian Meek, Texas
7. Bill DiCiccio Sr., Pennsylvania
8. John Carter, Missouri
9. Jim Bufalini, Pennsylvania
10. John Vernacchio, Pennsylvania

Women: Top Two Placings

1. Cindy Garcia, Missouri
2. Noi Phumchaona, Ohio

Best Lifter Awards:

Women Open – Cindy Garcia

Women Master – Noi Phumchaona

Men Open – Steve Schmidt

Men Master – Art Montini

Men Junior – Frank Shuba, Jr.

1988 USAWA National Championships

July 9-10, 1988

Plymouth Meeting, Pennsylvania

Meet Director: John Vernacchio

Lifts: Leg Press, Clean & Press – heels together, Front Squat, Hand & Thigh, Bench Press – feet in air,
Deadlift – one hand, Zercher, Hip Lift

Men: Top Ten Placings

1. Steve Schmidt, Missouri
2. Phil Anderson, Texas
3. Joe Garcia, Missouri
4. John Vernacchio, Pennsylvania
5. John McKean, Pennsylvania
6. Dan Ciccarelli, Pennsylvania
7. Italo Bonacci, Pennsylvania
8. Gonzalo Gonzalez, New York
9. Art Montini, Pennsylvania
10. Bill Clark, Missouri

Best Lifter Awards:

Men Open – Steve Schmidt

Men Master – Art Montini

Men Junior – Casey Clark

Men 40-44 Age Group – John McKean

Men 45-49 Age Group - Bill DiCiccio, Sr.

Men 50-54 Age Group – John Vernacchio

Men 55-59 Age Group – Gonzalo Gonzalez

Men 60-64 Age Group – Art Montini

Men 65-69 Age Group – Harrison Skeete

Team Champion – Valley Forge Club

Comments

Results of Past Worlds

[edit page](#)

2013 IAWA World Championships

October 5th & 6th, 2013

Accrington, England

Meet Promoter: Mark Haydock

Meet Announcers: Steve Gardner and Al Myers

Meet Scorekeeper: Chris Bass

Technical Officer and Drug Control: Frank Allen and Karen Gardner

Meet Loaders: Dan Butterworth, Andy Milner and many lifters

Meet Officials: David McFadzean, Rick Meldon, Peter Phillips, Graham Saxton, Andy Tomlin, Matt Finkle, Steve Andrews, Steve Sherwood, George Dick, Al Myers, Karen Gardner, Mark Haydock, Phil Crisp, Paul Barette, Denny Habecker, Gerry Davidson

Meet Lifts: DAY 1 – Clean and Press, Continental Snatch, Pullover – Straight Arm, Vertical Bar Deadlift – 1 Bar, 2", One Hand DAY 2 – Squat, Clean and Jerk – Dumbbell, One Arm, Deadlift – Trap Bar

Men Top Ten Placings

1. Mark Haydock, England
2. Alex Rigbye, England
3. Gerry Davidson, England
4. Barry Gordge, England
5. Steve Andrews, England
6. Steve Sherwood, England
7. Felix Saman, Spain
8. James Gardner, England
9. Phillipe Crisp, England
10. Peter Phillips, Australia

Women Top Three Placings

1. Paula De La Mata, England
2. Jenn Tibbenham, United States
3. Anne Whitehead, Australia

BEST LIFTERS

Mens Junior: Jevan Cockbain

Mens Open: Mark Haydock

Mens Master 40-44: Phil Crisp

Mens Master 45-49: Andy Tomlin
Mens Master 50-54: Barry Gordge
Mens Master 55-59: Peter Phillips
Mens Master 60-64: Steve Sherwood
Mens Master 70-74: Denny Habecker
Mens Master 75-79: Gerry Davidson
Mens Master 85-89: Art Montini
Mens Master Overall: Gerry Davidson
Womens Overall: Paula De La Mata
Mens Overall: Mark Haydock

2012 IAWA World Championships

October 6th & 7th, 2012

Dino Strength Training Center

Salina, Kansas, United States

Meet Promoters: Al Myers and Chad Ullom

Meet Announcer: Steve Gardner

Meet Scorekeeper: Chris Bass

Meet Photographer: Darren Barnhart

Meet Loaders: Eric Todd, Scott Tully, Chuck Cookson, Tyler Cookson, Matt Cookson, Mark Mitchell

Meet Officials: Frank Ciavattone, Chad Ullom, Dennis Mitchell, Frank Allen, George Dick, Thom Van Vleck,
Karen Gardner, Denny Habecker, Graham Saxton

Meet Lifts: DAY 1 Curl – Reverse Grip, Clean and Jerk – One Arm, Pullover and Press, Steinborn Lift DAY 2
Snatch – Fulton Bar, Hack Lift – One Arm, Jefferson Lift

Men Top Ten Placings

1. Dan Wagman, United States
2. Chad Ullom, United States
3. Dave Glasgow, United States
4. Denny Habecker, United States
5. John Mahon, Australia
6. Graham Saxton, England
7. Tim Piper, United States
8. Sam Trew, Australia
9. Doug Kressly, United States
10. Frank Allen, England

Women Top Three Placings

1. Ruth Jackson, United States
2. Paula Delamata, England
3. Jera Kressly, United States

BEST LIFTERS

Womens Open: Paula De La Mata

Womens Master: Ruth Jackson

Womens Overall: Ruth Jackson

Mens Open: John Mahon

Mens Master 40-44: Chad Ullom

Mens Master 45-49: Lance Foster

Mens Master 50-54: Dan Wagman

Mens Master 55-59: Dave Glasgow

Mens Master 60-64: George Dick

Mens Master 65-69: LaVerne Myers

Mens Master 70-74: Denny Habecker

Mens Master 75-79: Rudy Bletscher

Mens Master 80-84: Art Montini

Mens Master Overall: Dan Wagman

Mens Overall: Dan Wagman

Club Champion: Ledaig AC (Dave Glasgow, Doug Kressly, Jera Kressly) – 1727.6 pts

Club Champion Runnerup: Dino Gym (Chad Ullom, Rudy Bletscher, LaVerne Myers) – 1638.4 pts

2011 IAWA World Championships

November 19th & 20th, 2011

Belmont Sports Club

Perth, Australia

Meet Promoter: Peter Phillips

Recorder and Announcer: Steve Gardner

Officials: John Patterson, Mark Haydock, Paul McManus, Chad Ullom, Steve Sherwood, Denny Habecker, Dennis Mitchell, Frank Allen, Julia Phillips, Al Myers

Lifts: 2 Vert 2" Bars (Vertical Bar Deadlift – 2 Bars, 2"), 1 H Swing (Swing – Dumbbell, One Arm), Continental Clean and Jerk (Continental to Chest and Jerk), Fulton DL (Deadlift – Fulton Bar, Ciavattone Grip), Cheat Curl (Curl – Cheat), Push Press Racks (Push Press – From Racks), Zercher (Zercher Lift)

Men Top Ten Placings

1. Steve Sherwood, England
2. Al Myers, United States
3. Mark Haydock, England
4. Peter Phillips, Australia
5. Kris McIntyre, Australia
6. Chad Ullom, United States
7. Tom Edwards, Australia
8. Denny Habecker, United States
9. John Mahon, Australia
10. Frank Allen, England

Women Top Three Placings

1. Jackie Giglia, Australia
2. Lainie Connell, Australia
3. Anne Whitehead, Australia

Best Lifter Awards:

Best Mens Master – Steve Sherwood

Best Mens Open – Mark Haydock

Best Mens Overall – Steve Sherwood

Best Womens Master – Jackie Giglia

Best Womens Overall – Jackie Giglia

Best Lift on Coefficient – Steve Sherwood

2010 IAWA World Championships

October 2nd & 3rd, 2010

Glasgow, Scotland

Meet Director: George Dick

M/C Recorder: Steve Gardner

Assistants: Judy Habecker and Chris Bass

Drug Testing Officer: Frank Allen

Referees: Andy Tomlin, Chad Ullom, James Gardner, Mathew Finkle, Steve Andrews, Dennis Mitchell, Denny Habecker, Bill Wright, Chris Ross, Gerry Davidson, Frank Allen, Karen Gardner, David McFadzean

Lifts: Day 1: Clean and Push Press, Barbell Snatch – One Arm, Continental to Belt, Steinborn Lift, Day 2: Cheat Curl, Dumbbell Press – One Arm, Trap Bar Deadlift

Men: Top Ten Placings

1. Chad Ullom, United States
2. Al Myers, United States
3. Steve Sherwood, England
4. Gerry Davidson, England
5. Steve Andrews, England
6. Roger Davis, England
7. Mark Price, England
8. James Gardner, England
9. Denny Habecker, United States
10. Robbie Hughes, Scotland

Women: Top Three Placings

1. Agnes McInally, Scotland
2. Nicola Hughes, Scotland
3. Kim Rawling, England

Best Lifter Awards:

Best Junior Robbie Hughes (Sco)

Best Female Agnes McInally (Sco)

Best Open Lifter Chad Ullom (USA)

Best Master 40+ Al Myers (USA)

Best Master 45+ Mark Price (Eng)

Best Master 50+ Steve Andrews (Eng)

Best Master 55+ Steve Sherwood (Eng)

Best Master 60+ George Dick (Sco)

Best Master 65+ Denny Habecker (USA)

Best Master 70+ Gerry Davidson (Eng)

Best Master 75+ Denny Mitchell (USA)

Best Master 80+ Art Montini (USA)

Special Award: The IAWA Award of Merit, presented to Art Montini (for services to all round weightlifting) by IAWA President

2009 IAWA World Championships

October 3rd & 4th, 2009

Lebanon, Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Hack Lift – One Arm, Clean and Press Behind Neck, Straight Arm Pullover, Deadlift – Ciavattone Grip,
Snatch – One Arm, Pullover and Press, Zercher Lift

Scorekeeper: Steve Gardner and Judy Habecker

Emcee: Steve Gardner

Loader: John Horn

Men: Top Ten Placings

1. Mark Haydock, England
2. Al Myers, United States
3. Chad Ullom, United States
4. Roger Davis, England
5. Denny Habecker, United States
6. John Monk, United States
7. Bill Spayd, United States
8. Scott Schmidt, United States
9. Art Montini, United States
10. Josh Haydock, England

Best Lifter Awards:

Josh Haydock – Junior 18/19 70 kg Champion and Best Junior 18/19

Kohl Hess – Junior 14/15 120 kg Champion and Best Junior 14/15

Dennis Mitchell – Masters 75+ 75 kg Champion and Best Master 75+

Art Montini – Masters 80+ 80 kg Champion and Best Master 80+

John Monk – Masters 40+ 80 kg Champion

Roger Davis – Open 85 kg Champion

Denny Habecker – Masters 65+ 90 kg Champion and Best Master 65+

Dennis Vandermark – Masters 55+ 95 kg Champion

John Kavanagh – Open 95 kg Champion

Chad Ullom – Open 105 kg Champion

Bill Spayd – Open 110 kg Champion

Al Myers – Masters 40+ 115 kg Champion and Best Master 40+

Scott Schmidt – Masters 55+ and Open 120 kg Champion and Best Master 55+

Mark Haydock – Open 125 kg Champion

Frank Ciavattone – Masters 50+ ,Open 125+ kg Champion and Best Master 50+

George Dick – Masters 60+ 125 kg Champion and Best Master 60+

2008 IAWA World Championships

October 4th & 5th, 2008

Burton, England

Meet Director: Steve Gardner

Lifts: Clean and Jerk one arm, Pullover and Push, Continental to Belt, Half Gardner, Reflex Clean and Jerk,
Hack Lift

Men: Top Ten Placings

1. Rick Meldon, England
2. Steve Andrews, England
3. Mark Haydock, England
4. Al Myers, United States
5. Thilo Thauer, Germany
6. Gerry Davidson, England
7. James Gardner, England
8. Andy Goddard, England
9. Chad Ullom, United States
10. Roger Davis, England

Women: Top Three Placings

1. Mandy Hughes, England
2. Tuakau Wiakato, New Zealand
3. Heather Mansell, England

Best Lifter Awards:

Men Junior – Mathew Mansell

Women Junior -Mandy Hughes

Open Women – Mandy Hughes

Open Men - Rick Meldon

Master Women – Karen Gardner

Master Men – Rick Meldon

Champion of Champions – Rick Meldon

International Challenge Cup

1st England

2nd USA

3rd Scotland

2007 IAWA World Championships

August 17th & 18th, 2007

Christchurch, New Zealand

Meet Director: Bruce Savage

Lifts: Swing one dumbbell, Continental Snatch, Deadlift one arm, Clean and Press, Bench Press hands together, Straddle Deadlift

Men: Top 10 Placings

1. Peter Phillips, Australia
2. Al Myers, United States
3. Frank Allen, England
4. James Gardner, England
5. Chad Ullom, United States
6. Cliff Harvey, New Zealand
7. Colin Wright, New Zealand
8. Denny Habecker, United States
9. Bill Chapman, Australia
10. Brian Armstrong, New Zealand

Women: Top Two Placings

1. Tuakau Waikato, New Zealand
2. Justine Martin, Australia

Best Lifter Awards:

Women Junior – Alexandra Martin

Women Overall – Tuakau Waikato

Men Junior – Zak Martin

Men Master – Peter Phillips

Men Open – James Gardner

2006 IAWA World Championships

October 14th & 15th, 2006

Glasgow, Scotland

Meet Director: George Dick

Lifts: Clean and Push Press, Pullover straight arms, Steinborn, Clean and Jerk Fulton Bar, Pullover and Push, Trap Bar Deadlift

Men: Top 10 Placings

1. Al Myers, United States
2. Steve Andrews, England
3. Nick Swain, England
4. Roger Davis, England
5. Thilo Thauer, Germany
6. Gerry Davidson, England
7. Frank Allen, England
8. Andy Goddard, England
9. Bill Sterling, Scotland
10. John Monk, United States

Women: Top Three Placings

1. Mandy Hughes, England
2. Sandie Gurney, England
3. Karen Gardner, England

Best Lifter Awards:

Women Junior – Mandy Hughes

Women Open – Sandie Gurney

Women Master – Karen Gardner

Men Junior – Peter Robson

Men Open – Al Myers

Men Master – Al Myers

2005 IAWA World Championships

October 15th & 16th, 2005

Lebanon Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Clean and Jerk one arm, Pullover and Press, Deadlift-Ciavattone grip, Snatch from hang, Clean and Press behind neck, Deadlift trap bar

Men: Top Ten Placings

1. Ed Schock, United States
2. Bill Spayd, United States
3. Roger Davis, England
4. Frank Allen, England
5. Justin Achenbach, United States
6. John Monk, United States
7. Chris Waterman, United States
8. Mathew Doster, United States
9. Joshua Monk, United States
10. Randy Smith, United States

Women: Top Three Placings

1. Elizabeth Monk, United States
2. Mandy Hughes, England
3. Karen Gardner, England

Best Lifter Awards:

Junior Female – Elizabeth Monk

Junior Male – Justin Achenbach

Open Male – Bill Spayd

Female Master 40+ – Tonia Scowden-Schumski

Male Master 40+ – Larry Silvestri

Female Master 45+ – Karen Gardner

Male Master 45+ – Andy Goddard

Male Master 50+ – Ed Schock

Male Master 55+ – John McKean

Male Master 60+ – Frank Allen

Male Master 65+ – Dale Friesz

Male Master 70+ – Dick Durante

Male Master 75+ – Art Montini

Male Master 85+ – Paul Eberhardinger

2004 IAWA World Championships

October 2nd & 3rd, 2004

Burton, England

Meet Director: Steve Gardner

Lifts: Clean and Push Press, Continental Snatch, Clean and Jerk behind neck, Front Squat, Pullover and Push, Straddle Deadlift

Men: Top Ten Placings

1. Rick Meldon, England
2. Ed Schock, United States
3. Roger Davis, England
4. Steve Andrews, England
5. Bill Spayd, United States
6. John Monk, United States
7. Clive Nevis, England
8. David Abbiell, England
9. Gerry Davidson, England
10. Andy Goddard, England

Women: Top Three Placings

1. Agnes McInally, England
2. Mandy Hughes, England
3. Julia Phillips, Australia

2003 IAWA World Championships

October 4th & 5th, 2003

Perth, Australia

Meet Director: Frank Lamp

Lifts: Cheat Curl, Snatch-Dumbbell one arm, Deadlift one arm, Press Dumbbell one arm, Continental to Chest and Jerk, Straddle Deadlift

Men: Top Ten Placings

1. Bill Kappel, Australia
2. Bill Spayd, United States
3. Frank Allen, England

4. Denny Habecker, United States
5. John Patterson, Australia
6. James Power, Ireland
7. Frank Tatum Jr., Australia
8. John McBay, Australia
9. Frank Tatum Sr., Australia
10. Cliff Harvey, New Zealand

Women: Top Three Placings

1. Monica Cook, Australia
2. Julia Phillips, Australia
3. Anne Rollo, Australia

2002 IAWA World Championships

September 21st & 22nd, 2002

Lebanon Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Clean and Jerk one arm, Clean and Push Press, Continental to Belt, Deadlift one arm, Deadlift 2 bars, Pullover and Push, Steinborn

Men: Top Ten Placings

1. Ed Schock, United States
2. John Monk, United States
3. Bill Spayd, United States
4. John McKean, United States
5. Frank Allen, England
6. Denny Habecker, United States
7. Brandon Aldan, United States
8. Kevin Fulton, United States
9. Howard Lasky, United States
10. Andy Goddard, England

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Karen Gardner, England
3. Rita Hall, United States

Best Lifter Awards:

Women Master – Noi Phumchaona

Men Master – Ed Schock

Men Junior – Aaron Barnes

Men Junior 13&Under – Joshua Monk

Men Junior 14-15 Age Group – Cale DeMille

Men Junior 18-19 Age Group – Aaron Barnes

Men 20-39 Age Group – John Monk

Men 40-44 Age Group – Kevin Fulton

Men 45-49 Age Group – Ed Schock

Men 50-54 Age Group – George Dick

Men 55-59 Age Group – John McKean

Men 60-64 Age Group – Frank Allen

Men 65-69 Age Group – Andy Komorny

Men 70-74 Age Group – Dick Durante

Men 75-79 Age Group – Rex Monahan

Men 80-84 Age Group – Paul Eberhardinger

2001 IAWA World Championships

October 6th & 7th, 2001

Glasgow, Scotland

Meet Director: William Wright

Lifts: Clean and Press, Continental Snatch, Zercher one arm, Straddle Deadlift, Half Gardner, Deadlift –
Ciavattone one arm, Pullover and Push, Steinborn

Men: Top Ten Placings

1. Steve Angell, England
2. John Monk, United States
3. Steve Andrews, England
4. Frank Allen, England
5. Keith Murdie, England
6. Denny Habecker, United States
7. Des Fenton, Scotland
8. Andy Tomlin, Scotland
9. James Gardner, England
10. Kevin Fulton, United States

Women: Top Three Placings

1. Agnes McInally, Scotland
2. Karen Gardner, England
3. Leanne Gosling, England

Best Lifter Awards:

Women – Agnes McInally

Men Junior – James Gardner

Men Open 1st – Steve Angell

Men Open 2nd – John Monk

Men Open 3rd – Steve Andrews

Men Master 1st – Steve Andrews

Men Master 2nd – Frank Allen

Men Master 3rd – Keith Murdie

2000 IAWA World Championships

September 2nd & 3rd, 2000

Mansfield Massachusetts, United States

Meet Director: Frank Ciavattone

Lifts: Snatch one arm, Pullover and Push, Straddle Deadlift, Continental Snatch, Deadlift one arm Ciavattone grip, Half Gardner

Men: Top Ten Placings

1. Steve Angell, England
2. Ed Schock, United States
3. Frank Allen, England
4. Mike Archer, England
5. Neil Abrey, England
6. Keith Murdie, England
7. John Monk, United States
8. Frank Ciavattone, United States
9. John McKean, United States
10. Denny Habecker, United States

Women: Top Three Placings

1. Monica Cook, Australia

2. Noi Phumchaona, United States
3. Karen Gardner, England

Best Lifter Awards:

Women Overall – Monica Cook

Women Junior – Dominique Ciavattone

Women Master – Noi Phumchaona

Men Junior – John Gardner

Men Overall – Steve Angell

Men Master – Ed Schock

Men 20-39 Age Group – Steve Angell

Men 40-44 Age Group – Kevin Fulton

Men 45-49 Age Group – Ed Schock

Men 50-54 Age Group – John McKean

Men 55-59 Age Group – Frank Allen

Men 60-64 Age Group – Keith Murdie

Men 65-69 Age Group – Mike Archer

Men 70-74 Age Group – Art Montini

Men 75-79 Age Group – Rex Monahan

1999 IAWA World Championships

October 8th & 9th, 1999

Perth, Australia

Meet Director: Frank Lamp

Lifts: Snatch one arm, Clean and Press dumbbells, Continental to Chest and Jerk, Swing one arm, Clean and Press, Deadlift one arm

Men: Top Ten Placings

1. Mike Archer, England
2. Frank Allen, England
3. Denny Habecker, United States
4. John Patterson, Australia
5. Sam Hills, England
6. Frank Ciavattone, United States
7. Kevin Combes, Australia
8. Tom Davies, Australia

9. Rex Monahan, United States
10. Brian Te Tei, New Zealand

Women: Top Two Placings

1. Noi Phumchaona, United States
2. Monica Cook, Australia

Best Lifter Awards:

Women Open – Monica Cook

Women Master – Noi Phumchaona

Men Junior – Shannon Best

Men Open – Sam Hills

Men Master – Mike Archer

Men 40-44 Age Group – Frank Ciavattone

Men 50-54 Age Group – Bill Kappel

Men 55-59 Age Group – Denny Habecker

Men 60-64 Age Group – Peter Lathrope

Men 65-69 Age Group – Mike Archer

Men 70-74 Age Group – Howard Prechtel

Men 75-79 Age Group – Rex Monahan

1998 IAWA World Championships

October 3rd & 4th, 1998

Leicester, England

Meet Director: Frank Allen

Lifts: Snatch one arm, Clean and Push Press, Pullover and Press, Hack Lift, Continental to Chest and Jerk, Zercher Lift

Men: Top Ten Placings

1. Keith Murdie, England
2. Neil Abernethy, England
3. Mike Archer, England
4. Sam Hills, England
5. Gerry Davidson, England
6. Frank Allen, England
7. Steve Andrews, England

8. Jim Edwards, England
9. Frank Ciavattone, United States
10. William Wright, Scotland

Women: Top Three Placings

1. Agnes McInally, Scotland
2. Tracy Emmerson, England
3. Noi Phumchaona, United States

Best Lifter Awards:

Women Open – Agnes McInally

Women Master – Agnes McInally

Men Junior – Wayne Vasey

Men Open – Neil Aberly

Men Master – Keith Murdie

Men 40-49 Age Group – Frank Ciavattone

Men 50-59 Age Group – Frank Allen

Men 60-69 Age Group – Keith Murdie

Men 70 Plus Age Group – Howard Prechtel

1997 IAWA World Championships

October 18th & 19th, 1997

Collegeville Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Clean and Press 12" base, Snatch one arm, Continental to Belt, Jerk from rack, Squat, Bench Press, Deadlift

Men: Top Ten Placings

1. Bob Hirsh, United States
2. James Dundon, United States
3. Steve Angell, England
4. Jim Malloy, United States
5. Chris Waterman, United States
6. Drue Moore, United States
7. Keith Murdie, England
8. Barry Pensyl, United States

9. Mike Archer, England
10. Denny Habecker, United States

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Mary Ann Kraiger, United States
3. Kathy Schmidt, United States

Best Lifter Awards:

Women Overall – Noi Phumchaona

Men Overall – Bob Hirsh

Female 20-39 Age Group – Mary Ann Kraiger

Female 40-44 Age Group – Kathy Schmidt

Female 50-54 Age Group – Noi Phumchaona

Men Junior 14-15 Age Group – Tom McGuire

Men Junior 18-19 Age Group – S.J. Vernacchio

Men 20-39 Age Group – Jim Dundon

Men 40-44 Age Group – Bob Hirsh

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – John Kurtz

Men 55-59 Age Group – Jim Malloy

Men 60-64 Age Group – Mike Archer

Men 65-69 Age Group – Dick Durante

Men 70-74 Age Group – Art Montini

Men 75-79 Age Group – Paul Eberhardinger

1996 IAWA World Championships

September 21st & 22nd, 1996

Glasgow, Scotland

Meet Director: Willie Wright

Lifts: Clean and Press, Swing one arm, Zercher one arm, Pullover straight arms, Straddle Deadlift, Continental Snatch, Pullover and Push, Deadlift one arm, Two Hands Anyhow

Men: Top Ten Placings

1. Steve Angell, England
2. Mike Archer, England
3. Frank Allen, England

4. Steve Andrews, England
5. Andy Tomlin, Scotland
6. Keith Murdie, England
7. Gerry McGuire, England
8. Willie Wright, Scotland
9. David Ridler, Scotland
10. Denny Habecker, United States

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Agnes McInally, Scotland
3. Marey-Ann Smith, England

1995 IAWA World Championships

August 12th & 13th, 1995

East Lake Ohio, United States

Meet Director: Howard Prechtel

Lifts: Clean and Jerk one arm, Clean and Push Press, Hacklift one arm, Pullover and Press, Continental Snatch, Jefferson Lift, Hand and Thigh

Men: Top Ten Placings

1. Bob Hirsh, United States
2. Frank Allen, England
3. Jim Malloy, United States
4. Jeff Gazda, United States
5. Bill DiCioccio Sr., United States
6. Barry Pensyl, United States
7. Chris Waterman, United States
8. Keith Murdie, England
9. Steve Angell, England
10. Mike Locondro, United States

Women: Top Two Placings

1. Noi Phumchaona, United States
2. Maryann Kraiger, United States

Best Lifter Awards:

Men Junior – Robbie McKean

Women Open – Maryann Kraiger

Women Master – Noi Phumchaona

Men Open – Jeff Gazda

Men 40-44 Age Group – Bob Hirsh

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – Frank Allen

Men 55-59 Age Group – Bill DiCioccio Sr.

Men 60-64 Age Group – Dennis Mitchell

Men 65-69 Age Group – Art Montini

Men 70-74 Age Group – Howard Prechtel

1994 IAWA World Championships

October 8th & 9th, 1994

Burton, England

Meet Director: Steve Gardner

Lifts: Snatch one arm, Cheat Curl, Continental Snatch, Pullover and Push, Hack Lift, Dumbbell Clean and Jerk, Clean and Push Press, Continental to Chest, Zercher Lift

Men: Top Ten Placings

1. Frank Allen, England
2. Steve Angell, England
3. Steve Sherwood, England
4. Mike Archer, England
5. Bob Howe, England
6. Keith Murdie, England
7. Steve Andrews, England
8. Peter Ford, England
9. Andy Tomlin, Scotland
10. Willie Wright, Scotland

Women: Top Two Placings

1. Jacqueline Simonsen, United States
2. Noi Phumchaona, United States

Best Lifter Awards:

Men Junior – John Gardner

Men Open – Steve Angell

Men Master – Frank Allen

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

1993 IAWA World Championships

July 17th & 18th, 1993

Walpole Massachusetts, United States

Meet Director: Frank Ciavattone

Lifts: Continental Snatch, Staddle Deadlift, Pullover and Push, Hand and Thigh, Jerk from rack, Deadlift one arm, Zercher Lift, Steinborn

Men: Top Ten Placings

1. Frank Allen, England
2. Steve Sherwood, England
3. Chris Waterman, United States
4. Jim Malloy, United States
5. Bob Hirsh, United States
6. Don Venterosa, United States
7. Steve Angell, England
8. Mike Archer, England
9. John McKean, United States
10. Mike Locondro, United States

Women: Top Three Placings

1. Jacqueline Simonsen, United States
2. Noi Phumchaona, United States
3. Mary Jo McVay, United States

Best Lifter Awards:

Men Junior – Robbie McKean

Women Junior – Holly Ciavattone

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

Men Open – Chris Waterman

Men Master – Frank Allen

1992 IAWA World Championships

September 12th & 13th, 1992

Twickenham, England

Meet Director: Ken Edge

Lifts: Snatch one arm, Continental Snatch, Continental to Chest, Pullover and Press, Straddle Deadlift, Continental Clean and Jerk, Clean and Press, Zercher Lift, Cheat Curl, Hack Lift

Men: Top Ten Placings

1. Rick Meldon, England
2. Nick Carpenter, England
3. Tom Meldon, England
4. David Horne, England
5. Steve Sherwood, England
6. Bob Moore, United States
7. David Young, England
8. Steve Andrews, England
9. John Guerin, England
10. Derek Smith, England

Women: Top Three Placings

1. Jacqueline Caron, United States
2. Wendy Samways, England
3. Noi Phumchaona, United States

Best Lifter Awards:

Women Open – Jacqueline Caron

Women Master – Noi Phumchaona

Men Junior – Paul Crooks

Men Open – Rick Meldon

Men Master – John Guerin

1991 IAWA World Championships

August, 1991

Collegeville Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Military Press, One Hand Snatch, Clean and Jerk, Deadlift, Zercher, Front Squat, Pullover and Push, One Hand Deadlift, Cheat Curl, Hand and Thigh

Men: Top Ten Placings

1. Adrian Blindt, England
2. Frank Allen, England
3. Art Montini, United States
4. Billy Bourne, Ireland
5. Barry Bryan, United States
6. Jim Malloy, United States
7. Chris Waterman, United States
8. Barry Pensyl, United States
9. Roger Lynch, United States
10. Don Venterosa, United States

Women: Top Three Placings

1. Suzanne Brooker, United States
2. Annette Blindt, England
3. Wendy Samways, England

Best Lifter Awards:

Women Junior – Paula Thompson

Men Junior – Billy Bourne

Women Overall – Suzanne Brooker

Men Overall – Adrian Blindt

Women Master – Noi Phumchaona

Men Master – Frank Allen

1990 IAWA World Championships

August 25th & 26th, 1990

Glasgow, Scotland

Meet Director: Willie Wright

Lifts: Press, Continental Snatch, One Hand Clean and Jerk, Pullover and Push, Zercher, One Hand Snatch, Clean and Jerk Behind Neck, Steinborn, Hack Lift, Two Hands Anyhow

Men: Top Ten Placings

1. Rick Meldon, England
2. Adrian Blindt, England
3. Frank Allen, England
4. Barry Bryan, United States
5. Steve Andrews, England
6. Tom Meldon, England
7. Art Montini, United States
8. John Norton, England
9. Billy Bourne, Ireland
10. Gerry Davidson, England

Women: Top Two Placings

1. Annette Blindt, England
2. Noi Phumchaona, United States

Best Lifter Awards:

Men Junior – Billy Bourne

Men Open – Rick Meldon

Men Master – Frank Allen

Women – Annette Blindt

1989 IAWA World Championships

June 24-25, 1989

Plymouth Meeting, Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Clean and Press, Front Squat, Continental to Chest, Neck Lift, Pullover and Push, Snatch – one arm, Bench Press – feet in air, Deadlift – one arm, Zercher Lift, Hip Lift

Men: Top Ten Placings

1. Steve Schmidt, United States
2. Adrian Blindt, England
3. Rick Meldon, England
4. Art Montini, United States

5. Tim Bruner, United States
6. John McKean, United States
7. Steve Andrews, England
8. Phil Anderson, United States
9. Billy Bourne, Ireland
10. Bill DiCioccio Sr., United States

Women: Top Three Placings

1. Cindy Garcia, United States
2. Wendy Samways, England
3. Annette Blindt, England

1988 IAWA World Championships

August 27-28, 1988

Leicester, England

Meet Director: Frank Allen

Lifts: Snatch – one arm, Clean & Jerk – one arm, Clean & Press with dumbbells, Continental to Chest, Zercher Lift, Clean & Press, Jerk from rack, Front Squat, Hack Lift, Steinborn

Men: Top Ten Placings

1. Adrian Blindt, England
2. Rick Meldon, England
3. Phil Anderson, United States
4. Mike Archer, England
5. Frank Allen, England
6. Tom Meldon, England
7. Robert Jones, England
8. Chris Gladding, England
9. Gerry Davidson, England
10. Clive Nevis, England

Women: Top Three Placings

1. Annette Blindt, England
2. Wendy Samways, England
3. Doris DeLaRosa, United States

Best Lifter Awards:

Men Open – Adrian Blindt

Women Open – Annette Blindt

Men Master – Mike Archer

Women Master – Noi Phumchaona

Men Junior – David Fish

Men 40-44 Age Group – Pat Meehan

Men 45-49 Age Group – Frank Allen

Men 50-54 Age Group – Gerry Davidson

Men 55-59 Age Group – Mike Archer

Men 60-64 Age Group – Howard Prechtel

Men 70-74 Age Group – Henry Smith

Links

[edit page](#)

Organizations

[I.A.W.A \(UK\)](#) - This is the organization for drug-free all-round weightlifting in the United Kingdom.

[All-Round Weightlifting Western Australia Incorporated](#) – This is the organization that oversees All-Round Weightlifting in Australia.

[The Association of Oldtime Barbell & Strongmen](#) - This organization celebrates the history of old-time weightlifters and strongmen by hosting an annual banquet. You will receive a quarterly newsletter with membership.

Individuals

[Strongman Steve Schmidt](#) - This website features Steve Schmidt, and his accomplishments in bar bending, teeth lifting, and heavy lifts.

[Durniat Strength](#) – This website features Andrew Durniat and his accomplishments in kettlebell competitions, grip competitions, and about anything else strength related!

Commercial

[Old Time Strongman Training and Physical Culture](#) – This website by John Wood focuses on the training methods of old time strongmen. It also provides classic strongman books and equipment for sale.

[Dale Harder's Strength and Speed Newsletter](#) - This is a monthly newsletter covering weightlifting and strength related sports. Often, it contains information regarding All-Round Weightlifting.

Discussion Forums

[Natural Strength Inner Circle](#) (NaturalStrength.net) – Bob Whelan's drug free weight training and iron game forum.

[Comments](#)

Member Clubs

[edit page](#)

There are several clubs registered as club members of the USAWA. The following is a list of current active clubs registered for 2015. Club Membership Applications are found in the "Forms and Applications" section on the upper left side of the website, under USAWA Information. Each USAWA Club is eligible to win the annual Club of the Year Award, presented at the Annual National Meeting. The clubs that were registered in 2014 but have NOT YET renewed their club membership for 2015 are marked with an asterisk.

Current USAWA Member Clubs For 2015

Al's Dino Gym – (2003-2015)

Location: Abilene, Kansas

Contact: Al Myers

Club Certificate -

Ambridge VFW Barbell Club – (1993-2015)

Location: Ambridge, Pennsylvania

Contact: Art Montini

Club Certificate -

Cast Iron Training – (2015)

Location: Fellsmere, Florida

Contact: Derek Prior

Club Certificate -

Clark's Championship Gym – (1989-2015)

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate -

*** Frank's Barbell Club - (2010-2014)**

Location: Walpole, Massachusetts

Contact: Frank Ciavattone

Club Certificate -

Habecker's Gym – (2010-2015)

Location: Lebanon, Pennsylvania

Contact: Denny Habecker

Club Certificate -

Jackson Weightlifting Club – (2009-2015)

Location: Kirksville, Missouri

Website: <http://jacksonweightliftingclub.com/>

Contact: Thom Van Vleck

Club Certificate -

KC Strongman - (2011-2015)

Location: Turney, Missouri

Contact: Eric Todd

Club Certificate -

Ledaig Heavy Athletics – (2010-2015)

Location: Winfield, Kansas

Contact: Dave Glasgow

Club Certificate -

*** Salvation Army Gym – (2012-2014)**

Location: Macomb, Illinois

Contact: Tim Piper

Club Certificate -

Schmidt Barbell Club – (2010-2015)

Location: Westlake, Ohio

Contact: Scott Schmidt

Club Certificate -

Past Club of the Year Award Winners

2012 Club of the Year – Ledaig Heavy Athletics, Runner Up – Salvation Army Gym

2011 Club of the Year – Dino Gym, Runner Up – Ledaig Heavy Athletics

2010 Club of the Year – Habecker’s Gym, Runner Up – Ambridge VFW BBC

2009 Club of the Year - Dino Gym, Runner Up – Ambridge VFW BBC

Former Clubs of the USAWA

Atomic Athletic – (2011-2012)

Bob’s Lifting News – (1997-2003)

Braveheart WLC – (2000-2003)

Jobe’s Steel Jungle – (2012-2013)

Joe’s Gym – (2002, 2010-2013)

Jump Stretch – (2002-2003)

Heartland Armwrestling – (2009-2010)

M&D Triceratops – (2011-2013)

Movement Minneapolis – (2011-2012)

New England All-Rounders -(1993-1999, 2004-2007)

Olympic Health Club Cleveland – (2001)

Powerzone – (2000-2007)

Prechtel’s AC – (1991-2004)

SE Pennsylvania – (2005)

Team Cramer (2011-2012)

Valley Forge WLC – (1989-1995)

Comments

Membership Roster

[edit page](#)

The following individuals have paid their yearly membership fees to the USAWA and have properly filled out and signed the USAWA membership application, which includes the Drug Testing Waiver. The Individual Membership Application includes the Official Club Affiliation of the individual. If a person wishes to change Club Affiliation during the year, this form must be filled out again with the updated club information and resubmitted.

The individuals on this Membership Roster are current members of the USAWA for 2015. Membership in the USAWA is for the calendar year, which starts on the first day of January and ends on the last day of December. Current membership is required in the USAWA to compete in any USAWA sanctioned event or

competition. Meet Directors are responsible for making sure that the competitors in their event or competition are current USAWA members. If meet results are turned in for individuals that are not current USAWA members, these lifters will not be listed in the meet results and will not be eligible for placings or USAWA records. Failure to insure that lifters are current USAWA members by a meet director in a USAWA sanctioned event may result in the meet sanction being revoked.

This Membership Roster will be kept up to date so Meet Directors can use it to verify current memberships, and for individuals to confirm their membership status in the USAWA. THE USAWA NO LONGER ISSUES MEMBERSHIP CARDS AND HASN'T FOR OVER THREE YEARS SO DON'T ASK ME THIS ANYMORE.

2015 USAWA MEMBERSHIP ROSTER

(Includes Club Affiliation and Join Date)

Bryan, Barry (Habecker's Gym) – January 1st

Clark, Bill (Clark's Gym) – January 1st

Foster, Lance (KC Strongman) – January 17th

Freides, Steve – January 1st

Garcia, Joe (Clark's Gym) – January 15th

Glasgow, Dave (Ledaig Athletic Club) – January 17th

Habecker, Denny (Habecker's Gym) – January 1st

Habecker, Judy (Habecker's Gym) – January 1st

Jackson, Ruth (Body Intellect) – January 1st

Jones, Kyle (Dino Gym) – January 17th

Malloy, Jim – January 1st

Mitchell, Dennis – January 1st

Montini, Art (Ambridge BBC) – January 1st

Myers, Al (Dino Gym) – January 1st

Myers, LaVerne (Dino Gym) – January 17th

Myers, Molly (Dino Gym) – January 1st

Prior, Derek (Cast Iron Training) – January 1st

Prior, Theo (Cast Iron Training) – January 1st

Ross, Dean (Dino Gym) – January 1st

Santangelo, Stephen – January 24th

Schmidt, Scott (Schmidt Barbell Club) – January 1st

Todd, Eric (KC Strongman) – January 1st

Ullom, Chad (Dino Gym) – January 1st

Van Vleck, Thom (JWC) – January 17th

Wildes, Robert – January 1st

Wilkens, Kurt – January 1st

PAST MEMBERSHIP ROSTERS

| | | | | | |
|--|-------|------------|--------|---|---------------------------------|
| 2014 | USAWA | Membership | Roster | – | 2014USAWARoster |
| 2013 | USAWA | Membership | Roster | – | 2013USAWARoster |
| 2012 | USAWA | Membership | Roster | – | 2012USAWARoster |
| 2011 | USAWA | Membership | Roster | – | 2011USAWARoster |
| 2010 USAWA Membership Roster – 2010USAWARoster | | | | | |

Comments are closed

2014 USAWA MEMBERSHIP ROSTER (Includes Club Affiliation and Join Date)

Abry, Jared- April 15th
Beversdorf, David (Clarks Gym) – March 29th
Bryan, Barry (Habecker's Gym) – January 6th
Ciavattone Jr., Frank (Franks BBC) – January 17th
Ciavattone III, Frankie (Franks BBC) – January 17th
Ciavattone, Jeff (Franks BBC) – January 17th
Ciavattone, Joe Jr. (Franks BBC) – March 15th
Ciavattone, Joe (Franks BBC) – March 15th
Clark, Bill (Clark's Gym) – January 1st
Cook, Greg (KC Strongman) – November 1st

Crozier, Bill – June 17th
Dallalis, Paul (Frank's Barbell Club) – September 27th
Delaney, James (Frank's Barbell Club) – January 1st
Diggs, Crystal – February 26th
Dunlap, Cale (Dino Gym) – Dec 5th
Durante, Richard – September 27th
Ellis, David (Frank's Barbell Club) – August 26th
Emslie, David (Clarks Gym) – March 29th
Fobes, Jarrod – February 28th
Foster, Lance (KC Strongman) – January 1st
Freides, Steve – October 20th
Fuller, James (JR's Strength Emporium) – September 19th
Garcia, Joe (Clarks Gym) – January 1st
Geib, Bob (Prechtel Athletic Club) – September 27th
Glasgow, Amber (Ledaig HA) – January 1st
Glasgow, Dave (Ledaig HA) – January 1st
Glasgow, Kenny (Ledaig HA) – January 1st
Habecker, Denny (Habecker's Gym) – January 1st
Habecker, Judy (Habecker's Gym) – January 1st
Hahn, Dave – May 3rd
Hancock, Matthew (Frank's Barbell Club) – August 17th
Hopps, Jessica (Frank's Barbell Club) – January 1st
Jackson, Ruth (Body Intellect) – January 1st
Kahn, Helen (Randy's Gym) – January 2nd
Kressly, Doug (Ledaig HA) – January 18th
Kressly, Draven (Ledaig HA) – July 19th
Kressly, Jera (Ledaig HA) – July 19th
Kressly, Logan (Ledaig HA) – January 18th
Lane, Colleen (Franks BBC) – January 17th
Lucht, Jenna (KC Strongman) – November 1st
Lucero, Markus – December 27th
Lucht, Mike (KC Strongman) – November 1st
Malloy, Jim – January 1st
McAuliffe, Brendan (Franks BBC) – January 17th
McCarthy, Matthew (Franks BBC) – January 17th
McKean, John (Ambridge BBC) – October 10th
Mitchell, Dennis – January 1st
Montini, Art (Ambridge VFW BBC) – January 1st
Murdock, Mike (Ledaig HA) – January 1st
Myers, Al (Dino Gym) – January 1st
Myers, LaVerne (Dino Gym) – January 1st
Myers, Molly (Dino Gym) – January 1st
Poore, Clint – March 7th
Richards, Taylor (Franks BBC) – January 17th
Ross, Dean (Dino Gym) – January 1st
Rowland, January – April 1st
Santangelo, Stephen – August 31st
Schmidt, Scott (Schmidt Barbell Club) – December 17th
Sees, Susan (Prechtel Athletic Club) – September 27th
Smith, Randy (Randy's Gym) – January 2nd
Spayd, William (Joe's Gym) – January 29th
Springs, Al (Clarks Gym) – February 20th
Thompson, Keith (KC Strongman) – February 8th
Todd, Eric (KC Strongman) – January 18th

Traietti, Matthew (Franks BBC) – August 9th
Traub, Larry (Ledaig HA) – January 1st
Tully, Scott (Dino Gym) – February 8th
Ullom, Brianna (Dino Gym) – January 1st
Ullom, Chad (Dino Gym) – January 1st
Van Vleck, Thom (JWC) – February 18th
Wagman, Dan (Body Intellect) – February 8th
Whitstone, Alex (Ledaig HA) – July 19th
Wildes, Robert – February 24th
Wilkins, Kurt – January 1st

Officials List & Rules Test

[edit page](#)

The following is a list of all current USAWA Certified Officials. All competitions or events require a certified official in order for records to be set or broken. The USAWA rules require officials to be current USAWA members to be active officials. Lapse of current membership does not result in the loss of certification. The officials marked with an asterisk (*) indicate that they are not current USAWA members, and until their membership is current they can not participate in an USAWA event/meet as an active official.

Level 2 USAWA Certified Officials

These officials have passed the USAWA Rules Test AND have the experience of officiating in 25 or more competitions.

Denny Habecker – Lifetime Certification

Bill Clark – Lifetime Certification

* Joe Garcia – Lifetime Certification

* Kerry Clark – Lifetime Certification

Dennis Mitchell – Lifetime Certification

* Frank Ciavattone Jr. – Lifetime Certification

Al Myers – Lifetime Certification

Jim Malloy – Lifetime Certification

Barry Bryan – Lifetime Certification

* Joe Ciavattone Sr. – Lifetime Certification

Chad Ullom – Lifetime Certification

Thom Van Vleck – Lifetime Certification

Schmidt, Scott – Lifetime Certification

Level 1 USAWA Certified Officials

These officials have passed the USAWA Rules Test & Practical Training OR have the experience of officiating in 25 or more competitions.

Level 1 – Test Qualified

- * Bryan Benzel - Certification expires February 27th, 2015
- * Bunch, Dan – Certification expires March 12th, 2015
- * Tim Piper - Certification expires April 30th, 2015
- * Caleb Robertson – Certification expires April 30th, 2015
- * Joe Manfredini – Certification expires April 30th, 2015
- * Alison Jobe - Certification expires May 8th, 2015
- * Mike Murdock – Certification expires June 8th, 2016
- Dave Glasgow – Certification expires June 15th, 2016
- Eric Todd – Certification expires August 6th, 2016
- Ruth Jackson- Certification expires February 18th, 2017
- * Jarod Fobes – Certification expires March 10th, 2017
- LaVerne Myers – Certification expires July 9th, 2017
- Lance Foster – Certification expires January 17th, 2018

Level 1 – Experience Qualified

- * Steve Schmidt – Certification expires June 26, 2016
- Art Montini – Certification expires June 26, 2016
- * John McKean – Certification expires June 26, 2016
- * Mike O'Brien – Certification expires June 26, 2016

USAWA Officials in Training

None at this time

STEP ONE IN BECOMING A CERTIFIED USAWA OFFICIAL

If you are interested in becoming an USAWA Official, the first step is to pass the Rules Test. This is an open book exam over the rules in the Rule Book. There is no time limit in taking the test or limit on the number of times you may take the test. You must have a score over 90% to pass. The following is the Rules Test in different formats. Please answer the questions fully. If a answer is a yes/no answer with exceptions, explain the exception.

PDF: [RULES TEST](#)

Word Document (New): [RULES TEST](#)

Word Document (97-03): [RULES TEST](#)

Text: [RULES TEST](#)

Joe Garcia is the USAWA Officials Director. All completed Rules Tests are to be sent to him for grading. The completed rules test may be mailed or emailed to Joe. He will notify you with a pass or fail response. You will NOT be given the questions you missed or answers to any failed responses.

| | | | | |
|---|-----|----------|----|--------|
| Joe | | | | Garcia |
| 20051 | Old | Hwy | 63 | North |
| Sturgeon, | | Missouri | | 65284 |
| email: jgarcia@usawa.com | | | | |

STEP TWO IN BECOMING A CERTIFIED USAWA OFFICIAL

After passing the Open Book Rules Test, the next step is to complete three practical training sessions. This process requires an applicant to officiate unofficially alongside a Level 2 official in the One Official System, or judge officially in the Three Official System in three competitions within a year. A combination of using either of these two systems is allowed in order to fulfill the three practical training sessions. If judging as part of the Three Official System is used, the other two officials must be certified officials, of which one must be a Level 2 official. A practical training session form will be available for the applicant to document this process. A Level 2 official must provide authorization that the applicant was competent as an official by signing the form after each event. The same Level 2 official may provide authorization on all practical training sessions for an applicant. It is the applicant's responsibility to submit this form to the Officials Director Joe Garcia once completed in order to apply for official certification.

Practical Training Session Form (pdf) – [USAWA Practical Training Session Form](#)

Once this form has been approved, the applicant will be approved as a USAWA Certified Official and placed on the officials list as a Level 1 Test Qualified Official.

Comments

Past Lifters of the Month

[edit page](#)

The USAWA recognizes a Lifter of the Month, which represents a lifter who has excelled in a USAWA competition and/or competitions during the previous month.

LIFTER OF THE MONTH FOR 2014

| MONTH | LIFTER | STORY |
|--------------|------------------|---|
| January | Dave Glasgow | http://www.usawa.com/lifter-of-the-month-dave-glasgow/ |
| February | LaVerne Myers | http://www.usawa.com/lifter-of-the-month-laverne-myers/ |
| March | Joe Garcia | http://www.usawa.com/lifter-of-the-month-joe-garcia/ |
| April | Ruth Jackson | |
| May | Eric Todd | |
| June | Chad Ullom | |
| July | Randy Smith | |
| August | Al Myers | |
| September | Frank Ciavattone | http://www.usawa.com/lifter-of-the-month-frank-ciavattone/ |
| October | | |
| November | | |
| December | | |

LIFTERS OF THE MONTH FOR 2013

| MONTH | LIFTER | STORY |
|--------------|-----------------|---|
| January | Art Montini | http://www.usawa.com/lifter-of-the-month-art-montini/ |
| February | Troy Goetsch | http://www.usawa.com/lifter-of-the-month-troy-goetsch/ |
| March | James Fuller | http://www.usawa.com/lifter-of-the-month-james-fuller/ |
| April | Dan Wagman | http://www.usawa.com/lifter-of-the-month-dan-wagman-2/ |
| May | Dennis Mitchell | http://www.usawa.com/lifter-of-the-month-dennis-mitchell-2/ |
| June | Molly Myers | http://www.usawa.com/lifter-of-the-month-molly-myers/ |

| | | |
|-----------|----------------|---|
| July | Chad Ullom | http://www.usawa.com/lifter-of-the-month-chad-ullom-2/ |
| August | Denny Habecker | http://www.usawa.com/lifter-of-the-month-denny-habecker-2/ |
| September | John Wilmot | http://www.usawa.com/lifter-of-the-month-john-wilmot/ |
| October | Barry Bryan | http://www.usawa.com/lifter-of-the-month-barry-bryan-2/ |
| November | Al Myers | http://www.usawa.com/lifter-of-the-month-al-myers/ |
| December | Eric Todd | http://www.usawa.com/lifter-of-the-month-eric-todd-2/ |

LIFTERS OF THE MONTH FOR 2012

| MONTH | LIFTER | STORY |
|-----------|----------------|---|
| January | none | |
| February | none | |
| March | none | |
| April | Chad Ullom | http://www.usawa.com/lifter-of-the-month-chad-ullom/ |
| May | Eric Todd | http://www.usawa.com/lifter-of-the-month-eric-todd/ |
| June | Al Myers | |
| July | Bryan Benzel | http://www.usawa.com/lifter-of-the-month-bryan-benzel/ |
| August | Dale Friesz | http://www.usawa.com/lifter-of-the-month-dale-friesz/ |
| September | Barry Bryan | http://www.usawa.com/lifter-of-the-month-barry-bryan/ |
| October | Dan Wagman | http://www.usawa.com/lifter-of-the-month-dan-wagman/ |
| November | Denny Habecker | http://www.usawa.com/lifter-of-the-month-denny-habecker/ |
| December | Ruth Jackson | |

Comments

Scoring Information

[edit page](#)

The USAWA has several bodyweight classes and age group classes for lifters to compete in. Any lifter may find a class to compete in where the competition is against other lifters of the same bodyweight and age. The USAWA has four main age groups which are the Junior, Senior, Open, and Masters age groups. A lifter's age is determined by the lifter's actual age the day of the competition. The Junior age group includes lifters who have not reached their 20th birthday. The Junior age groups may be further split into four smaller age groups. These include 13 and under, 14-15, 16-17, and 18-19. The Senior age group includes lifters who are between the ages of 20-39. The Open age group includes lifters 20 years of age and older. The Master age group includes lifters who are over the age of 40. Master age groups are often split into smaller age group classes. These include 40-44, 45-49, 50-54, etc. There are 19 bodyweight classes, beginning at 40 kilograms. There is a new bodyweight class for every 5 kilograms above 40 kilograms until 125 kilograms is reached. Lifters above 125 kilograms compete in the unlimited class, or the 125+ KG class. At the National Championships, lifters compete in one of these 19 weight classes within the smallest split of age groups for class placings. Best lifter awards are given for each age group and is determined by formula adjusting the lifter's total for bodyweight and age. For local competitions, the Meet Director is in charge of how the scoring is done for each competition and the type of awards given. The Meet Director may combine different weight classes or age groups to make different divisions. The Meet Director may have all the lifters compete against each other, in which the lifter's total is formula adjusted for bodyweight and age, which is the recommended scoring system of the USAWA. The method for adjusting for bodyweight and age is this:

- 1st – Make the bodyweight adjustment. This is done by using the Lynch Formula. The Lynch Formula is:

$$\text{Lynch Points} = \text{Total Weight Lifted} \times \text{Lynch Factor}$$

The Lynch Factor is a coefficient that corresponds to a lifter's bodyweight. The intent of the Lynch Formula is to create a fair way of comparing all lifters, regardless of bodyweight. The [Lynch Factor Chart](#) contains the Lynch Factors. If a lifter's bodyweight is weighed in pounds, it must be converted to kilograms to find the appropriate Lynch Factor. This conversion is: **1 Kilogram = 2.20462262 Pounds**. It is advisable to use at least 3 decimal places to make this conversion.

- 2nd – Make the age adjustment. For the Junior and Masters classes, an adjustment is made for age. The formula for the age adjustment is this:

$$\text{Age Adjusted Lynch Points} = \text{Lynch Points} + (\text{Age Percent} \times \text{Lynch Points})$$

This provides an age handicap for the Junior and Master lifters. If a lifter does not receive any Age Percent Adjustment, their Age Adjusted Lynch Points would be the same as their Lynch Points.

Another formula which can be used to calculate the Age Adjusted Lynch Points is this:

Age Adjusted Lynch Points = Lynch Points x Age Percent Factor

In using the above formula, the Age Percent Factor must be mathematically expressed over 100%, ie 25% would be inserted into the formula as 1.25, 10% as 1.10, etc.

The Age Percent adjustments for a Junior lifter are:

| | | | | |
|----|------|-------|---|-----|
| 12 | and | under | – | 33% |
| 13 | | – | | 25% |
| 14 | | – | | 20% |
| 15 | | – | | 15% |
| 16 | | – | | 10% |
| 17 | | – | | 5% |
| 18 | | – | | 3% |
| 19 | – 2% | | | |

The Age Percent adjustments for a Master lifter are 1% for each year of age starting at 40. So, a lifter of 40 years of age receives 1%, 41 years of age receives 2%, 42 years of age receives 3%, etc.

The Age Adjusted Lynch Points are then used for determining the ranking of a meet. This is often reported in the meet results as PTS, which stands for the Age Adjusted Lynch Points.

In scoring meets, it is important to have the proper scoresheets for the officials or scorekeepers. Below are two template scoresheets that contain the pertinent information needed to score a meet. These may be downloaded as pdf's.

Scoresheet (PDF) – [MeetScoresheet](#)

Weigh-in Form (PDF) – [MeetWeighinForm](#)

Comments

2014 IAWA WORLD POSTAL ALL ROUND WEIGHTLIFTING CHAMPIONSHIPS 'THE ANDY GODDARD MEMORIAL' After many years of Postal Challenges, this was the FIRST OFFICIAL World Championships to be run under the auspices of IAWA, and giving full recognition and title rights to those members competing from around the World. The response has been amazing: 32 Teams took part (20 consisting of 3 members, 6 of 2 and 6 of 1) 78 Individuals competed altogether, representing 8 Nations. A minimum of 1 Referee was allowed in order for members to take part in the challenge, but only the results that were governed by 2 or 3 referees have been submitted for records checking and ratification where successful! Well done to all who took part, all the officials, lifters and team organisers. You should all be proud, and I think we honoured Andy Goddard's Memory in terrific style, he would have loved it, and as a top class lifter he would have been the first to congratulate you all and come up with a funny quip (for which he was well known, and fondly remembered) **Steve Gardner** – Championships Coordinator

RESULTS GUIDE: Part 1 = Team Results Part 2 = Individual Rankings Part 3 = Age and Weight Class Titles

Part 1 -WORLD POSTAL TEAM RANKINGS: Full teams of 3 unless indicated in brackets! **ENG**=England **USA**=America **SCO**= Scotland **AUS**=Australia **SPA**=Spain **NZ**=New Zealand **WAL**=Wales **FRA**=France
 Burton Powerhouse 1 ENG 1012.9 (M Haydock Ja Gardner P Tryner) 3 Refs Dino Gym USA USA 928.6 (A Myers C Ullom L Myers) 2 Refs Metamorfit 1 ENG 870.4 (P Barette A Pryor P Crisp) 1 Ref Burton Powerhouse 2 ENG 869.9 (L Davis P Thompson G Saxton) 3 Refs Castlemilk Gym 1 SCO 861.7 (A Tomlin J McKenna M Finkle) 3 Refs Australia ARWL 1 AUS 840.8 (P Phillips P McManus J Mahon) 3 Refs Franks Barbell Club 1 USA USA 809.2 (F Ciavattone M Traitti M Hancock) 1 Ref Granby Grippers 1 ENG 803.2 (S Andrews M Godleman D Andrews) 2 Refs Tiverton W Lifting Club 1 ENG 752.6 (T Cleverley M Rattenberry G Ell) 3 Refs Metamorfit 2 ENG 702.7 (N Silva E Shorttle B Gordge) 3 Refs Deshafio Haltera (Spain 1) SPA 695.5 (J Requena J Escribano R Robaina) 1 Ref Burton Powerhouse 3 ENG 685.7 (C Findon Jo Gardner K Gardner) 3 Refs Paragon Barbell Club 1 ENG 681.5 (A Roberts J Dorn S Hartshorne) 3 Refs Kapiti Powerlifting 1 NZ 654.9 (C Madge I King G Boyce) 1 Ref Tiverton W Lifting Club 2 ENG 641.5 (P Burt J Cockbain D Maynard) 3 Refs Franks Barbell Club 2 USA USA 626.5 (J Delaney J Hopps T Lane) 1 Ref Pesas Magerit (Spain 2) SPA 618.9 (S Mielgo M Alonso F Samand) 1 Ref Burton Powerhouse 4 ENG 614.3 (S Gardner M Jones C Crispino) 3 Refs Habeckers Gym USA USA 601.5 (2) (D Habecker B Bryan) 1 Ref Paragon Barbell Club 2 ENG 574.5 (S Dorn N Parry J Parry) 3 Refs Kapiti Powerlifting 2 NZ 503.3 (A Fitzmaurice T Akavi J Walker) 1 Ref KC Strongman USA USA 491.4 (2) (L Foster E Todd) 1 Ref Arevalo Power Kan (Spain 3) SPA 459.8 (2) (J Jimenez J Gomez Monedero) 1 Ref Australia ARWL 2 AUS 426.4 (2) (A Whitehead R Lukosius) 3 Refs Ell's Belles ENG 414.5 (2) (Mi Ell Ma Ell) 1 Ref The Keddys Clan WAL 368.5 (2) (N Keddy L Keddy) 2 Refs Granby Grippers 2 ENG 208.5 (1) (M Shaw) 2 Refs Viva La France FRA 193.8 (1) (C Dunlop) 3 Refs Tiverton W Lifting Club 3 ENG 191.2 (1) (P Hoar) 3 Refs Castlemilk Gym 2 SCO 167.4 (1) (G Dick) 3 Refs Paragon Barbell Club ENG 163.6 (1) (K Murden) 3 Refs USA Individual USA 106.1 (1) (C Diggs) 1 Ref

Part 2 - Individual Rankings for the Overall Champion of Champions Title All Successful Results have been posted with 2 or 3 referees adjudicating **UNLESS** marked as 1REF

Lifts: CCurl = Cheat Curl PPress = Pullover and Press OHDL = One Hand Deadlift (All Right Hand unless marked L)

Name Bwt Class Age Div CCurl PPress OHDL Total Amend

Mark Haydock 116.0 120 39 Open 102.5 140 210 452.5 358.9
 Al Myers 107.5 110 47 M45+ 85 140 180 405 356.6
 James Gardner 92.2 95 30 Open 85 105 200 390 345.3
 Chad Ullom 114.7 115 42 M40+ 95 140 190 425 345.3
 Steve Andrews 68.2 70 55 M55+ 72.5 85 120 L 277.5 342.2
 Matt Hancock 69.8 70 16 J16/17 67.0 77.1 134.7 L 278.9 326.7 1 REF
 Philippe Crisp 106.3 110 44 M40+ 93 130.5 150 373.5 321.7 1 REF
 Andy Tomlin 94.4 95 46 M45+ 70 95 175 340 317.9

Barry Bryan 88.0 90 56 M55+ 75 105 115 295 313.7 1 REF
Adrian Pryor 84.8 85 43 M40+ 90 102.5 130 322.5 311.4 1 REF
Eric Todd 117.0 120 38 Open 95.5 165.5 136.4 397.4 310.4 1 REF
Peter Phillips 105.0 105 60 M60+ 70 100 140 310 309.6
Pete Tryner 90.5 95 42 M40+ 85 105 145 335 308.7
Luke Davis 78.9 80 30 Open 80 102.5 125 307.5 298.0
Paula Thompson 48.1 50 40 LM40+ 42.5 45 70 157.5 292.8
Denny Habecker 86.5 90 71 M70+ 47.5 80 110 237.5 287.8 1 REF
James McKenna 77.7 80 46 M45+ 70 85 120 275 287.8
Graham Saxton 121.0 125 52 M50+ 60 105 157.5 322.5 279.1
Paul MacManus 109.3 110 40 M40+ 60 110 140 310 274.6
Barry Gordge 105.7 110 53 M50+ 70 100 120 290 271.9
Mark Rattenberry 64.4 65 52 M50+ 62.9 72.5 77.9 L 213.3 266.4
Julio Jimenez 116.3 120 43 M40+ 95 90 130 315 256.6
John Mahon 107.8 110 31 Open 75 125 115 315 256.5
Mathew Finkle 65.5 70 48 M45+ 50 65 100 215 256.0
Gary Ell 89.9 90 43 M40+ 72.5 102.5 97.5 272.5 254.4
Jim Delaney 82.5 85 29 Open 67.1 72.1 130 269.2 254.2 1 REF
Mark Godleman 104.5 105 52 M50+ 80 70 120 270 252.5
Chris Findon 69.9 70 31 Open 55 70 115 L 240 251.0
Matt Traietti 36.7 40 13 J13+U 25 27.2 57.1 109.3 249.0 1 REF
Nadia de Silva 49.6 50 21 Open 35 45 55 135 242.5
Paul Barette 72.6 75 38 Open 67.5 75 90 232.5 237.1 1 REF
Adam Roberts 72.0 75 22 Open 60 70 100 230 236.0
Robin Lukosius 99.8 100 60 M60+ 70 60 100 230 236.0
Ronny Robaina 76.6 80 24 Open 67.5 100 70 237.5 234.4
Frank Ciavattone 132.0 125+ 59 M55+ 54.8 39.9 169.6 264.3 233.5 1 REF
Javier Escribano 85.6 90 42 M40+ 70 80 95 245 233.0
Thomas Cleverley 79.8 80 23 Open 67.9 97.5 75.4 240.8 231.8
Javier Requena 102.6 105 42 M40+ 85 80 100 265 228.1
Laverne Myers 113.3 115 70 M70+ 52.5 55 102.5 L 210 226.7
Jason Dorn 90.5 95 45 M45+ 65 82.5 90 237.5 225.2
Isaac King 105.0 105 34 Open 90 90 90 270 222.9 1 REF
Graeme Boyce 97 100 51 M50+ 70 80 80 230 221.8 1 REF
Patrick Burt 78.2 80 26 Open 60.4 85.4 80.4 226.2 220.4
Sam Hartshorne 95.0 95 16 J16/17 55 75 100 230 220.3
John Gardner 135.0 125+ 32 Open 85 95 120 300 218.5
Sergio Mielgo 121.9 125 30 Open 90 85 110 285 218.1
Neil Keddy 89.0 90 36 Open 70 95 75 L 240 216.7
Karen Gardner 74.9 75 55 LM55+ 35 35 75 145 216.2
Dion Maynard 69.3 70 15 J14/15 45.4 60.4 70.4 176.2 213.1
Matt Jones 104.2 105 18 J18/19 67.5 80 100 247.5 211.3
Clive Madge 104 105 42 M40+ 96 50 100 246 210.2 1 REF
Madeleine Ell 50.4 55 19 LJ18/19 30.4 35.8 50.4 116.6 209.7
Ciro Crispino 124.6 125 18 J18/19 77.5 90 100 267.5 208.6
Daniel Andrews 69.3 70 18 J18/19 40 57.5 95 192.5 208.5
Mark Shaw 74.7 75 53 M50+ 60 50 72.5 L 182.5 208.5
Jevan Cockbain 74.9 75 15 J14/15 55.4 65.4 60 L 180.8 208.0
Mina Ell 48.1 50 17 LJ16/17 32.9 33.3 40.8 L 107 204.8
Jorge GomezMonedero 92.5 95 35 Open 80 --- 150 230 203.2
Taylor Lane 84.8 85 24 Open 43.0 29.9 90.7 163.6 202.0 1 REF

Felix Saman 123.6 125 35 Open 85 70 110 265 201.4
 Manuel Alonso 79.9 80 44 M40+ 60 52.5 85 L 197.5 199.4
 Selina Dorn 64.5 65 37 Open 35 37.5 62.5 135 198.2
 Jess Walker 102.0 105 24 Open 55 60 60 175 195.1 1 REF
 Steve Gardner 139.9 125+ 57 M55+ 50 80 100 230 194.4
 Cliff Dunlop 132.0 125+ 51 M50+ 70 100 65 L 235 193.8
 Natasha Parry 76.0 80 29 Open 40 40 65 145 191.2
 Peter Hoar 104.7 105 22 Open 75.4 70.4 85.0 230.8 191.2
 Anne Whitehead 71.1 75 52 LM50+ 30 47.5 45 122.5 190.4
 Ed Shorttle 75.3 80 57 M55+ 50 60 50 160 188.3
 John Parry 89.0 90 34 Open 57.5 67.5 80 205 185.1
 Lance Foster 149.0 125+ 49 M45+ 61.4 75 102.3 238.7 181.0 1 REF
 Jessica Hopps 90.7 95 30 Open 36.2 39.9 74.8 150.9 179.3 1 REF
 Tiare Akavi 130 125+ 42 M40+ 65 100 60 225 171.9 1 REF
 George Dick 123.9 125 65 M65+ 55 45 75 175 167.4
 Kirsty Murden 74.5 75 23 Open 40 37.5 45 122.5 163.6
 Liam Keddy 43.5 45 12 J13+U 22.5 17.5 35 75 151.8
 Alison Fitzmaurice 126.0 125+ 48 LM45+ 47.5 45 40 L 127.5 136.3 1 REF
 Crystal Diggs 64.8 65 27 Open 18.1 20.4 34.0 72.5 106.1 1 REF

IAWA 2014 WORLD POSTAL - CHAMPION OF CHAMPIONS – TOP 5 LIFTERS

1st Mark Haydock Powerhouse England 358.9

2nd Al Myers Dino Gym USA 356.6

3rd = James Gardner Powerhouse England 345.3

3rd= Chad Ullom Dino Gym USA 345.3

5th Steve Andrews Granby Grippers England 342.2

Part 3 - AGE DIVISION AND WEIGHT CLASS RANKINGS AND TITLES (Note Well: Junior and Master Lifters are also taken into account for the Open Division rankings, which is based on actual totals lifted, before amended by formula!)

Ladies Juniors 16/17 50 Mina Ell 204.8 Ladies Junior 50k Class Champion and Open Third Place

Ladies Juniors 18/19 55 Madeleine Ell 209.7 Ladies Junior and Open 55k Class Champion

Ladies Open Division 50 Nadia De Silva 242.5 Ladies 50k Class Runner Up

65 Selina Dorn 198.2 Ladies 65k Class Champion

65 Crystal Diggs USA 106.1 (1 Ref) Ladies 65k Class Runner Up

75 Kirsty Murden 163.6 Ladies 75k Class Third Place

80 Natasha Parry 191.2 Ladies 80k Class Champion

85 Taylor Lane 202.0 (1 Ref) Ladies 85k Class Champion

95 Jessica Hopps 179.3 (1 Ref) Ladies 95k Class Champion

105 Jess Walker 195.1 (1 Ref) Ladies 105k Class Champion

Ladies Masters 40+ 50 Paula Thompson 292.8 Ladies Masters 40+ and Open 50k Class Champion

Ladies Masters 45+ 125+ Alison Fitzmaurice 136.3 (1 Ref) Ladies Masters 45+ 125+ Class Champion

Ladies Masters 50+ 75 Anne Whitehead 190.4 Ladies Masters 50+ 75k Class Champion and Open R/Up

Ladies Masters 55+ 75 Karen Gardner 216.2 Ladies Masters 55+ and Open 75k Class Champion -----

Mens Juniors 13 + Under 40 Matt Traietti 249.0 (1 Ref) Juniors 13+U 40k Class Champion 45 Liam Keddy 151.8 Juniors 13+U 45k Class Champion

Mens Juniors 14/15 70 Dion Maynard 213.1 Juniors 14/15 70k Class Champion 75 Jevan Cockbain 208.0 Juniors 14/15 75k Class Champion

Mens Juniors 16/17 70 Matt Hancock 326.7 (1 Ref) Juniors 16/17 and Open 70k Class Champion 70 Daniel Andrews 208.5 Juniors 16/17 70k Class Runner Up 95 Sam Hartshorne 220.3 Juniors 16/17 95k Class Champion

Mens Juniors 18/19 105 Matt Jones 211.3 Juniors 18/19 105k Class Champion 125 Ciro Crispino 208.6 Juniors 18/19 125k Class Champion and Open Third Place

Mens Open Division 70 Chris Findon 251.0 Open 70k Class Third Place

75 Paul Barette 237.3 (1 Ref) Open 75k Class Champion

75 Adam Roberts 236.0 Open 75k Class Runner Up

80 Luke Davis 298.0 Open 80k Class Champion

80 Ronny Robaina 234.4 Open 80k Class Runner Up

80 Thomas Cleverley 231.8 Open 80k Class Third Place

80 Patrick Burt 220.4 Open 80k Class Fourth Place

85 Jim Delaney 254.2 (1 Ref) Open 85k Class Runner Up

90 Neil Keddy 216.7 Open 90k Class Third Place

90 John Parry 185.1 Open 90k Class Firth Place

95 James Gardner 345.3 Open 95k Class Champion

95 Jorge Gomez Monedero 203.2 Open 95k Class Fourth Place

105 Isaac King 222.9 (1 Ref) Open 105k Class Fourth Place

105 Peter Hoar 191.2 Open 105k Class Fifth Place

110 John Mahon 256.5 Open 110k Class Third Place

120 Mark Haydock 358.9 Open 120k Class Champion

120 Eric Todd 310.4 Open 120k Class R/Up

125 Sergio Mielgo 218.1 Open 125k Class Runner Up

125 Felix Saman 201.4 Open 125k Class Fourth Place

125+ John Gardner 218.5 Open 125+ Class Champion

Mens Masters 40+ 80 Manuel Alonso 199.4 Masters 40+ 80k Class Champion

85 Adrian Pryor 311.4 (1 Ref) Masters 40+ and Open 85k Class Champion

90 Gary Ell 254.4 Masters 40+ 90k Class Champion and Open R/Up

90 Javier Escribano 233.0 Masters 40+ 90k Class Runner Up

95 Pete Tryner 308.7 Masters 40+ 95k Class Champion and Open Third Place

95 Jason Dorn 225.2 Masters 40+ 95k Class Runner Up

105 Javier Requena 228.1 Masters 40+ 105k Class Champion and Open Third Place

105 Clive Madge 210.2 (1 Ref) Masters 40+ 105k Class Runner Up

110 Philippe Crisp 321.7 (1 Ref) Masters 40+ 110k Class Champion and Open R/Up

110 Paul MacManus 274.6 Masters 40+ 110k Class Champion

115 Chad Ullom 345.3 Masters 40+ and Open 115k Class Champion

120 Julio Jimenez 256.6 Masters 40+ 120k Class Champion and Open Third Place

125+ Tiare Akavi 171.9 (1 Ref) Masters 40+ 125+ Class Champion

Mens Masters 45+ 70 Mathew Finkle 256.0 Masters 45+ 70k Class Champion

80 James McKenna 287.8 Masters 45+ 80k Class Champion

95 Andy Tomlin 317.9 Masters 45+ 95k Class Champion and Open R/Up

110 Al Myers 356.6 Masters 45+ and Open 110k Class Champion

125+ Lance Foster 181.0 Masters 45+ 125+ Class Champion and Open Third Place

Mens Masters 50+ 65 Mark Rattenberry 266.4 Masters 50+ and Open 65k Class Champion

75 Mark Shaw 208.5 Masters 50+ 75k Class Champion and Open Third Place

100 Graeme Boyce 221.8 (1 Ref) Masters 50+ 100k Class Champion and Open R/Up

105 Mark Godleman 252.5 Masters 50+ 105k Class Champion and Open R/Up

110 Barry Gordge 271.9 Masters 50+ 110k Class Champion

125 Graham Saxton 279.1 Masters 50+ and Open 125k Class Champion

125+ Cliff Dunlop 193.8 Masters 50+ 125+ Class Champion

Mens Masters 55+ 70 Steve Andrews 342.2 Masters 55+ 70k Class Champion and Open R/Up

80 Ed Shorttle 188.3 Masters 55+ 80k Class Champion

90 Barry Bryan 313.7 (1 Ref) Masters 55+ and Open 90k Champion

125+ Frank Ciavattone 233.5 (1Ref) Masters 55+ 125+ Class Champion and Open R/Up

125+ Steve Gardner 194.4 Masters 55+ 125+ Class Runner Up

Mens Masters 60+ 100 Robin Lukosius 236.0 Masters 60+ and Open 100k Class Champion

105 Peter Phillips 309.6 Masters 60+ and Open 105k Class Champion

Mens Masters 65+ 125 George Dick 167.4 Masters 65+ 125k Class Champion

Mens Masters 70+

90 Denny Habecker 287.8 (1 Ref) Masters 70+ 90k Class Champion and Open Fourth Place

115 Laverne Myers 226.7 Masters 70+115k Class Champion and Open R/Up

IAWA 2014 WORLD CHAMPIONSHIPS – Norwood, Massachusetts USA Saturday and Sunday 27th and 28th

September – Promoter: Frank Ciavattone Name Bwt Class Age Div Cheat Curl P & Press OHDLift OH C&J Cont

C&J Ciav DI Total Amend Juniors Mathew Triatti 36.0 40 13 J13U 27.5 27.5 50 R 15 R 27.5 67.5 215 533.1

Mathew Hancock 68.2 70 16 J16/17 67.5 82.5 130 L 40 L 70 140.5 530 619.8 **Ladies** Paula Thompson 49.2 50 40

M40+ 40 47.5 60 R 27.5 R 42.5 90.5 307.5 560.5 Karen Gardner 74.9 75 55 M55+ 37.5 35 77.5 R 22.5 R 35 90

297.5 444.4 Jessica Hopps 90.2 95 30 Open 32.5 37.5 70 R 22.5 R 40 95 297.5 354.7 Colleen Lane 94.3 95 58

M55+ 25 20 45 R 12.5 R 30 80 212.5 282.5 Susan Sees 99.8 100 51 M50+ 40 45 50 L 22.5 R 37.5 92.5 287.5 353.7

Men Dennis Mitchell 68.4 70 82 M80+ 30 30 61 L 14.5 R 20 90 239.5 406.6 Steve Sherwood 77.5 80 63 M60+ 85

82.5 155 L 45 L 82.5 182.5 632.5 768.5 David Ellis 78.4 80 53 M50+ 55 57.5 125 L 25 R 50 --- 312.5 346.6 Art

Montini 78.4 80 86 M85+ 30 45 80 L 15 L 30 92.5 292.5 478.1 Dick Durante 78.9 80 82 M80+ 42.5 30 70 R 20 L 40

100 302.5 469.1 Jim Delaney 79.8 80 29 Open 70 80 140 R 37.5 R 70 147.5 545 524.7 Dennis Habecker 87.9 90

72 M70+ 50 85 115 R 32.5 R 70 145 497.5 624.5 Joe Ciavattone Jnr 91.1 95 21 Open 100 125 150 R 50 R 100

182.5 707.5 630.7 Joe Ciavattone Snr 100.0 100 46 M45+ 85 105 120 R 45 R 92.5 170 617.5 559.7 James Fuller

106.1 110 43 M40+ 100 110 160 R 65 L 110 195 740 631.9 Al Myers 106.1 110 48 M45+ 90 140 165 R 60 R 90

195 740 662.3 Jeff Ciavattone 109.0 110 35 Open 92.5 102.5 160 R 57.5 R 95 200 707.5 572.9 John Mahon (Day

2 = 110) 110.5 115 31 Open 80 147.5 115 R 57.5 R 120 170 690 554.8 Chad Ullom 114.7 115 42 M40+ 105.5 140

195 R 60 R 135 211 845 693.3 Frank Ciavattone Jnr 115.2 120 20 Open 55 62.5 70 R 30 R 60 145 422.5 332.6 Bob

Geib 115.6 120 71 M70+ 45 37.5 67.5 L 25 R 37.5 130 342.5 371.4 Sam Trew 120.1 125 31 Open 65 90 118.5 L 50

L 80 150 552.5 426.0 Frank Ciavattone Snr 125.0 125 59 M55+ 60 80 160 R 15 R 15 200 530 481.1 George Dick

126.5 125+ 65 M65+ 55 60 87.5 R 30 R 47.5 150 430 413.9 Steve Gardner 145.0 125+ 57 M55+ 52.5 82.5 102.5 R

25 R 50 140 452.5 376.4 **Successful 4th Attempts:** Mathew Hancock OH DL 140 L – Ciav DL 145 Paula Thompson

OHDLift 70.5 R Susan Sees Cont C+Jerk 40 – Ciav DLift 97.5 – P & Press 47.5 Colleen Lane Ciav DL 90 Dennis

Mitchell OH DL 61 R – Ciav DL 95.5 Steve Sherwood OHDL 165 L Dennis Habecker P&Press 90 – OH DL 121 R

James Fuller Ciav DL 200.5 Chad Ullom Ciav DL 220 Bob Geib OH DL 73 L – Cont C&Jerk 40 Sam Trew OH DL 120 L

– OH C&Jerk 55 L **Officials: MC Recorder:** Steve Gardner and Al Myers **Assistants:** Judy Habecker and Chris Bass

Drug Testing: Chad Ullom and Frank Allen **Referees:** Sam Trew Chad Ullom Steve Sherwood Frank Allen John

Mahon Al Myers Joe Ciavattone Snr Dennis Mitchell Dennis Habecker Karen Gardner George Dick

HONOURS BOARD - 2014 IAWA WORLD CHAMPIONSHIPS Mathew Triatti Junior 13 & Under 40k Class

Champion Mathew Hancock Junior 16/17 50k Class Champion Paula Thompson Ladies Masters 50k Class

Champion Karen Gardner Ladies Masters 75k Class Champion Jessica Hopps Ladies Open 95k Class Champion

Colleen Lane Ladies Masters 95k Class Champion Susan Sees Ladies Masters 100k Class Champion Dennis

Mitchell Masters 80+ 70k Class Champion Steve Sherwood Masters 60+ 80k Class Champion David Ellis Masters

50+ 80k Class Champion Art Montini Masters 85+ 80k Class Champion Dick Durante Masters 80+ 80k Class

Champion Jim Delaney Mens Open 80k Class Champion Dennis Habecker Masters 70+ 90k Class Champion Joe

Ciavattone Jnr Mens Open 95k Class Champion Joe Ciavattone Snr Masters 45+ 100k Class Champion James

Fuller Masters 40+ 110k Class Champion Al Myers Masters 45+ 110k Class Champion Jeff Ciavattone Mens Open

110k Class Champion John Mahon Mens Open 115k Class Champion Chad Ullom Masters 40+ 115k Class

Champion Frank Ciavattone Jnr Mens Open 120k Class Champion Bob Geib Masters 70+ 120k Class Champion

Sam Trew Mens Open 125k Class Champion Frank Ciavattone Snr Masters 55+ 125k Class Champion George Dick

Masters 65+ 125+ Class Champion Steve Gardner Masters 55+ 125+ Class Champion **Age Division 'Best Lifter'**

Awards Juniors 13 + Under Mathew Triatti USA Juniors 16/17 Mathew Hancock USA Ladies Open Jessica Hopps

USA Ladies 40 – 44 Paula Thompson England Ladies 50 – 54 Susan Sees USA Ladies 55 – 59 Karen Gardner

England Mens Open Joe Ciavattone Jnr USA Mens 40 – 44 Chad Ullom USA Mens 45 – 49 Al Myers USA Mens 50

– 54 David Ellis USA Mens 55 – 59 Frank Ciavattone Snr USA Mens 60 – 64 Steve Sherwood England Mens 65 –

69 George Dick Scotland Mens 70 – 74 Dennis Habecker USA Mens 80 – 84 Dick Durante USA Mens 85 – 89 Art Montini USA **The 2014 – IAWA World Championships – Overall Best Lifter** 1st Steve Sherwood (England) 2nd Chad Ullom (USA) 3rd Al Myers (USA) 4th James Fuller (USA)

2014 Gold Cup held in Burton-upn-Trent on 25th October

Lifter M/F Bwt Age Lift1 Amount Amended Lifter M/F Bwt Age Lift2 Amount Amended

Steve

Gardner M 144.6 57 Mid

Fings

DL 100.0▲ 60.1 Dominic

Gardner M 23.0 8 Bench

PressFIA 12.0▲ 32.2

Karen

Gardner F 75.7 55 Fulton

DL 80.0▲ 71.1 Paula

Thompson F 48.1 40 2"

C

&

Jerk 37.5▲● 76.1

James

Gardner M 92.4 30 Should

Drop 92.5● 211.8 Steve

Andrews M 66.5 55 2"

Bar

C+Jerk 72.5▲ 99.2

Dominic

Gardner M 23.0 8 C

&

Jerk 11.0▲ 38.1 Pete

Tryner M 90.7 42 Revgrip

Bpress 140.0▲ 102.2

John

Gardner M 130.0 32 Thumbless

DL 175.0● 87.8 Matt

Jones M 109.8 18 2"

Deadlift 180.0▲ 71.4

Graham

Saxton M 120.3 52 DBells

DLift 202.5▲● 87.0 Jason

Dorn M 92.1 45 Reflex

C+J 67.5▲ 71.1

Elena

De

La

Mata

F 28.3 9 RH

DB

Press 6.8▲ 33.6 Selina

Dorn F 64.5 38 2"

B

C+Jerk 45.0● 72.1

Chris
Findon M 67.3 32 Rim
Lift 80.0● 73.1 Sam
Hartshorn M 92.8 16 C+P
Press 70.0▲ 67.9
Luke
Davis M 72.5 30 R_Index
Fing
Lift 85.0● 100.3 Natasha
Parry F 78.9 29 Power
Row 40.0● 88.2
Pete
Tryner M 90.7 42 Trap
Bar
DL 262.5▲ 101.5 Nicola
Thornhill F 59.9 45 2"
Bar
C+Jerk 37.5▲ 66.2
Matt
Jones M 109.8 18 2"
C
&
Jerk 80.0▲ 72.5 George
Dick
M 125.1 66 RH
DBell
Press 25.0▲ 49.7
Jason
Dorn M 92.1 45 2"
B
C+P
Press 75.0▲ 89.8 James
McKenna M 76.8 46 Stiff
Leg
DL
140.0▲ 77.5
Selina
Dorn F 64.5 38 Reflex
C&J 45.0● 74.1 Andy
Tomlin
M 93.1 47 }
Sam
Hartshorn M 92.8 16 Clean
and
Jerk
80.0▲ 69.3 Gary
Ell M 90.3 43 }
Kirsty
Murden F 74.7 23 2"B
C+Press 35.0● 59.5 Ed
Shorttle

M 74.3 58 2" Straddle 150.0 ▲ 94.3
Natasha
Parry F 78.9 29 Snatch
f
Hang 32.5 ● 55.5 Nadia
Silva F 49.8 28 Bench
Press 50.0 ● 61.3
Nicola
Thornhill F 59.9 45 2"
Bar
Hacklift 60.0 ▲ 62.4 Mark
Haydock M 114.5 39 Alt
Grip
C&Press 105.0 ● 112.3
George
Dick
M 125.1 66 LH
DBell
Press 25.0 ▲ 49.7 Dan
Clarke M 103.5 35 2"
Bar
C+
Press 90.0 ● 95.4
Andy
Tomlin
M 93.1 47 R_Mid
Fing
Lift 115.0 ▲ 104.9 Neil
Keddy M 90.4 36 French
Press 60.0 ● 118.6
Matt
Finkle
M 68.0 48 Full
Gardner 32.5 ▲ 85.3 Liam
Keddy M 41.8 13 Hacklift 60.0 ▲ 52.7
James
McKenna M 76.8 46 2"
Deadlift 170.0 ▲ 85.6 Nick
Swain M 82.8 49 Thumbless
DL 140.0 ▲ 98.1
Ed
Shorttle
M 74.3 58 Stiff
Leg
DL
140.0 ▲ 88.0 Jenn
Tibbenham F 104.9 30 Snatch
on
Knees 35.0 ● 79.0
Nadia
Silva F 49.8 28 Lunge

Squat 70.0● 131.3 Cliff
Dunlop M 142.0 51 French
Press 52.5▲ 92.4
Mark
Haydock M 114.5 39 2"
Deadlift 300.0● 113.1 Dean
Kent M 102.4 27 Snatch
f
Hang 80.0● 88.7
Neil
Keddy M 90.4 36 Bent
Arm
Pullover 45.0● 209.2 Barry
Gordge M 99.9 53 Rev
Grip
Bench 122.5▲ 96.5
Liam
Keddy M 41.8 13 2"
Bar
Hacklift 45.0▲ 61.7 Steve
Sherwood M 80.1 63 Cheat
Curl 85.5▲ 110.2
Nick
Swain M 82.8 49 Rim
Lift 110.0▲ 97.1 Frank
Ciavattone M 134.0 59 LH
Hacklift 115.0▲● 75.5
Jenn
Tibbenham F 104.9 30 2"
Bar
Snatch 50.0● 82.6 Colleen
Lane
F 95.3 58 Hacklift 60.0▲ 32.6
Cliff
Dunlop M 142.0 51 Power
Row 140.0▲● 191.0 Timo
Lauttamus M 98.7 35 LH
Ciav
DL 130.0● 103.0
Robyn
Jones M 107.7 30 Squat 260.0● 102.7 Mina
Ell F 44.9 17 RH
2"
Vert
B 40.0▲ 95.6
Barry
Gordge M 99.9 53 Pull
Arm
Length 55.0▲ 97.2 Maddie
Ell F 52.9 19 Fulton
DL 57.5▲● 59.6

Gerry
Davidson M 68.5 78 RH
DBell
DL 80.0 ▲ 103.4 Adrian
Pryor M 83.9 43 Thumbless
DL 157.5 ▲ 103.5
Frank
Allen M 87.0 72 Lat
Raise
Stand
30.5 ▲ 102.3 Paul
Barette M 68.5 38 L
Leg
Judd
C&Jerk 45.0 ● 82.7
Steve
Andrews M 66.5 55 Mid
Fing
C&J 42.5 ▲ 102.9 Clive
Madge M 98.9 65 Dumbbells
C&Press 59.0 ▲ 74.8
Steve
Sherwood M 80.1 63 Ciav
DL 185.0 ▲ 115.3
Al
Myers M 109.1 48 RH
2"
DBell
DL 80.0 ▲ ● 99.2
Laverne
Myers M 111.2 70 RH2"
DBell
DL 85.0 ▲ ● 130.2
Denny
Habecker M 89.7 72 Pull
&
Push 95.0 ▲ 72.8
Judy
Habecker F 75.7 72 Trap
Bar
50.0 ▲ 36.1
Frank
Ciavattone M 134.0 59 Ciav
DL 206.5 ▲ 94.8 **From
the
Gold
Cup
dinner**
Colleen
Lane
F 95.3 58 Ciav

DL 90.5 ▲ 62.6 Matt
Jones M 109.8 18 RH
DBell
Cheat
Curl 45.0 ▲
Timo
Lauttemaus M 98.7 35 Mid
Fings
DL 183.0 ● 112.7
Gary
Ell M 90.3 43 2"
Vert
Bars 140.0 ▲ ● 91.2
Mina
Ell F 44.9 17 LH
2"
Vert
B 40.0 ▲ ● 95.6
Maddie
Ell F 52.9 19 RH
2"
Vert
B 50.0 ▲ ● 101.3
Adrian
Pryor M 83.9 43 2"
Bar
Straddle 200.0 ▲ ● 102.1
Paul
Barette M 68.5 38 2"
Bar
Straddle 180.0 ● 100.2
Clive
Madge M 98.9 65 Thumbless
DL
150.0 ▲ 108.9
2
Man
Strad 360.0 ▲ ●

Record Session at Burton Powerhouse – Monday 27th October 6pm

Lifter Bwt Age Lifts:

James Gardner 92.3 30 2 Man Cheat Curl (Graham Saxton (125k Class) 115k²)
Dumbells Snatch 68k²
Chris Findon 67.2 32 Dumbells Snatch 48k²
L/H Pinch Lift 28.75k²
Laverne Myers 112.4 70 LH Vert Bar Lift 75k²
Graham Saxton 120.3 52 2 Man Cheat Curl (James) 115k²
2 Man Hacklift (John Gardner) 125+ Class 350k²
Teeth Lift 45k²²

Al Myers 109.0 48 Teeth Lift 92.5k

Index Fingers Hacklift 90k

Steve Gardner 144.9 58 Rim Lift 100k

LH Middle Finger Lift 90k

Karen Gardner 76.9 55 Trap Bar DLift 90k

2" Bar Hacklift 75k

John Gardner 133.8 32 Judd Clean and Jerk (L.leg) 50k

2 Man Hacklift (Graham) 350k

Denny Habecker 90.5 72 Pullover and Push 95k

Pete Tryner 91.0 42 Full Gardner 50k

Paula Thompson 48.4 40 2" Bar Deadlift 95k

Bench Press FIA 40k

Unofficial Fun Lift: 2 Man Thumbless Deadlift 345k (Al Myers & John Gardner) 125+ Class

Referees: Al Myers Denny Habecker Graham Saxton Karen Gardner John Gardner James Gardner Steve Gardner

World Open = World Masters =

RESULTS - RECORD DAY

November 8, 2014

Clark's Gym

Columbia, Mo.

Steve Schmidt, 59, 215. Two Guinness Book records.

Pull five nails from wood with teeth - :07.44 seconds.

Pull nails from wood with teeth in one minute - 27.

Joe Garcia, 61 215½

Two-hand dumbbell clean and press - 2x65

Right hand dumbbell clean and jerk - 80

Right hand hack lift - 135

Continental snatch - 115

Continental to chest - 185

Right hand thumbless deadlift - 185

Left hand thumbless deadlift - 135

~~Two-hand bar deadlift - 270~~

Left hand Fulton deadlift - 178

Two-barbell deadlift - 270

Full Gardner - 75

Thor's hammer - 52

Fulton Ciavattone - 230

Fulton bar Jefferson lift - 230

Reverse curl - 75

Right hand 2-inch vertical bar deadlift - 171

Left hand " " " " - 161

2-hand " " " " - 232

Right hand 1-inch vertical bar deadlift - 205

Left hand " " " " - 180

Right hand Inch bar deadlift - 87

Left hand " " " " - 82

David Emslie 74 173½

Hands together bench press - 130

Thumbless right hand deadlift - 155

Thumbless left hand deadlift - 145

Right hand deadlift - 235

Left hand deadlift - 225

Two-barbell deadlift - 270

Fulton bar - Ciavattone - 230

" " - Jefferson - 230

" " - Hack - 220

Cheat curl - 60

Rectangular Fix - 60

Right hand 2 inch bar vertical deadlift - 121

Left hand " " " " - 121

Both hands " " " " - 232

Right hand 1-inch " " " " 180

Left hand " " " " - 165

Both hands " " " " 280

Inch bar deadlift - Right hand - 82

" " " " - left hand - 82

Individual middle finger deadlift - left hand - 100.

Emslie (Cont.)

Right hand ring and index and middle finger (individual) and left hand individual ring and index fingers - all 90 pounds.

Both little fingers were 45 pounds each.

BILL CLARK 82 235

Harness lift - 1,120

Hip lift - 907

Right hand 1-inch vertical bar deadlift - 105

Left hand " " " " - 105

right hand 2-inch vertical bar deadlift - 91

Left hand " " " " - 91

Two hand " " " " - 132

All six individual ringer lifts - 70

Both individual little finger deadlift - 45

Right hand Inch Bar deadlift - 57

Right hand deadlift - 160

Left hand deadlift - 160

Thumbless grip deadlift - right hand - 135

The two following lifters are supposed to join the USAWA. If so, their records have been judged and approved.

Matt Guise 23 188

Right hand bench press - 120

Left hand bench press - 120

Overhead squat - 205

James Lift - 100

Justin Guy 23 169

Right hand bench press - 120

Left hand bench press - 120

There were no entries in the heavylift meet - or the Goerner Deadlift Do Dozen Plus One

Officials were Bill Clark and Joe Garcia. Officials for the Guinness Book records were Clark, Garcia, Dave Beversdorf and James Foster.

Hoodie Sweatshirt



October 1, 2011 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

ONLINE STORE - HOODIE SWEATSHIRT

HOODIE SWEATSHIRT



These hoodies have the official USAWA Logo on the front in a 4 color print. The sizes available are medium to 3XL. Two colors are available - Black and Sports Grey. This hoodie is lightweight and very comfortable. It is the perfect sweatshirt to wear to your next winter meet.

\$30 plus shipping

Hoodie Sweatshirt

Order forms are available under FORMS AND APPLICATIONS.

ALL SIZES IN STOCK.

 Categories: [USAWA Daily News](#), [USAWA Store](#) |  Tags: [Hoodie](#)

Long Sleeve T-Shirt

 October 2, 2011 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

ONLINE STORE – LONG SLEEVE T-SHIRT

LONG SLEEVE T-SHIRT



These Long Sleeve T-Shirts contain the official logo of the USAWA in a 4 color print on the front. The shirts are available in sizes small to 3XL. Two colors are available – Sports Grey and Black. These T-Shirts are light weight with a 90% Cotton – 10% Polyester blend.

\$20 plus shipping

Long Sleeve T-Shirt

Order forms are available under FORMS AND APPLICATIONS.

ALL SIZES ARE IN STOCK.

Official Judging Shirt

 October 1, 2011 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

ONLINE STORE – OFFICIAL JUDGING SHIRT

OFFICIAL JUDGING SHIRT



This is the official judging shirt of the USAWA. This shirt is available in sizes from large to 3XL. It is a 50% cotton – 50% polyester blend. One shoulder contains the official logo patch of the USAWA while the other shoulder has a USA Flag patch. On the front is the wording “USAWA

Certified Official” over the left chest. This shirt runs one size big, so if you typically wear a 2XL, order a 1XL.

USAWA Official Scott Schmidt proudly wears his official judging shirt at a recent meet.

\$30 plus shipping



Official Judging Shirt

Order forms are available under FORMS AND APPLICATIONS.

XLarge OUT OF STOCK



Categories: [USAWA Daily News](#), [USAWA Store](#)

Patch

 October 1, 2011 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

ONLINE STORE – USAWA PATCH

USAWA PATCH



This is the Official Patch of the USAWA. It contains the Official USAWA logo of a lifter performing the Crucifix Lift wrapped in the United States Flag. The patch has a diameter of 3.5 inches and has a hard backing. This patch is made to be sewn on gym bags or shirts.

\$5 with no shipping

USAWA Patch

Order forms are available under FORMS AND APPLICATIONS.

Item is in stock.

 Categories: [USAWA Daily News](#), [USAWA Store](#) |  Tags: [USAWA Online Store](#), [USAWA Patch](#)

Comments

Short Sleeve T-Shirt

 October 1, 2011 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

ONLINE STORE – SHORT SLEEVE T-SHIRT

SHORT SLEEVE T-SHIRT



These T-Shirts contain the official logo of the USAWA in a 4 color print on the front. The shirts are available in sizes small to 3XL. Two colors are available – Sports Grey and Black. The T-Shirts are light weight with a 90% Cotton – 10% Polyester blend.

\$15 plus shipping

Short Sleeve T-Shirt

Order forms are available under FORMS AND APPLICATIONS.

ALL SIZES ARE IN STOCK.

 Categories: [USAWA Daily News](#), [USAWA Store](#) |  Tags: [Short Sleeve T-shirts](#), [USAWA Online Store](#)

Sports Bottle



October 1, 2011 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

ONLINE STORE – SPORTS BOTTLE

SPORTS BOTTLE

This Royal Blue Megafast Sports Bottle contains the official logo of the USAWA. It has a spill-proof lid that will work perfectly for your next training session or meet to keep you hydrated and refreshed. It is dishwasher safe and is of quality that can be reused over and over. This water bottle is a great way to show off your USAWA spirit!



\$5 plus shipping



Sports Bottle

Order forms are available under FORMS AND APPLICATIONS.

Item is in stock.



Categories: [USAWA Daily News](#), [USAWA Store](#) |

USAWA Rulebook

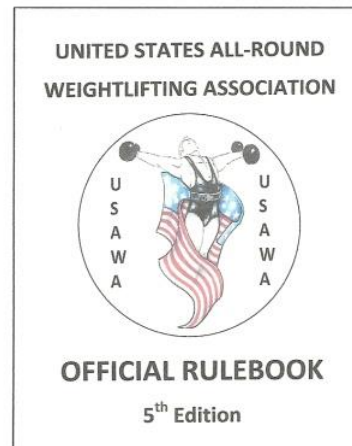
 October 1, 2011 | Authored by [Al Myers](#) | [Edit](#)

by Al Myers

ONLINE STORE – USAWA RULEBOOK

USAWA RULEBOOK

This is the official Rulebook of the USAWA. The USAWA Rulebook is updated yearly with the new lifts and the rule changes. The Rulebook covers the rules of close to 200 All-Round lifts and contains around 100 pictures of lifters performing various lifts. It is in black & white print and bound with a spiral binding. This rulebook is available online at no charge, but once you figure in the cost of printer ink and binding it comes out to about the same as ordering one. Order a Rulebook today and be up to date on the Rules of the USAWA.



\$30 plus shipping

USAWA Rulebook

Order forms are available under FORMS AND APPLICATIONS.

Item is in stock.

 Categories: [USAWA Daily News](#), [USAWA Store](#) |

About Us

[edit page](#)

MISSION STATEMENT

The USAWA was formed to continue the long standing tradition of old-time weightlifters like Eugen Sandow, Louis Cyr, Arthur Saxon, Hermann Goerner, Warren Lincoln Travis, and many others. We strive to preserve the history of the original forms of weightlifting, which in the past has been referred to as "odd lifting". Many of the lifts we perform are based on stage acts or challenge lifts of old-time strongmen.

HISTORY

The USAWA was organized in 1987 and was a charter member of the International All-Round Weightlifting Association. The USAWA has over 200 recognized lifts and 10,000 plus records, so any strength athlete can find their niche. We have a drug testing program to insure drug free lifting. Numerous local meets and a National Championships are held each year to find true "all-round" weightlifters.

USAWA OFFICERS AND EXECUTIVE BOARD

President

Denny Habecker
637 North 11th Avenue
Lebanon, PA 17046
Phone: 717-272-5077

Vice President

Chad Ullom
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Phone: 785-233-2466

Secretary/Treasurer

Al Myers
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Phone: 785-479-2264

At Large Executive Board Member

Dennis Mitchell

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Phone: 216-381-1287

At Large Executive Board Member

Scott Schmidt

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Phone: 440-892-1869

SPECIAL ASSIGNMENT DIRECTORS

Website Director: Al Myers

Records Director: Al Myers

Officials Director: Joe Garcia

Drug Enforcement Director: Chad Ullom

Awards Director: Al Myers

Postal Meet Director: Denny Habecker

Comments

**THE
END**