

2017 USAWA YEAR IN REVIEW

Dear USAWA members and friends,

Every year I have compiled a USAWA Year in Review, which takes all the information (blogs, meet results, news, history archives, etc.) from the USAWA website and places this information into one book. I do this for one reason – to preserve the history of the USAWA in printed form. This book is also available for free download from the USAWA website if someone would prefer it in a digital format or just wants a copy to print off themselves.

Every year it surprises me by the quantity of information that is put on the USAWA website. This is possible because of the support of the membership – those that have written blogs, submitted meet results, and sent in other news. This Year in Review book contains the information as it appeared on the website. I did not do any special editing for this book, thus the reason for the uneven format and layout.

I want to especially thank those that have supported the USAWA and the USAWA website throughout the past year.

SINCERELY,

A handwritten signature in black ink, appearing to be 'Al Myers', with a long horizontal line extending to the right.

Al Myers, USAWA Secretary and Publisher of the USAWA Year in Review

STEVIE SHANKS AND THE DINNIE STONES

January 1, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers



Stevie Shanks making a successful lift of the Dinnie Stones unassisted on October 3rd, 2015.

It's about time I revisit a passion of mine – the Dinnie Stones!

Recently Stevie Shanks of Belfast, Northern Ireland, has launched a new website honoring the great Donald Dinnie and the Dinnie Stones. Stevie is a fellow IAWA and all round lifter as well. He lifted the Dinnie Stones unassisted in October 2015, to join his father Jack as the only father/son duo to lift the Dinnie Stones unassisted since Donald Dinnie and his dad did so 150 years prior! Stevie's work on this new website is to follow in the footsteps of the work the late Gordon Dinnie had done with the prior Dinnie Website. All of the information from the previous Dinnie website is contained in the new website.

The address for the NEW Dinnie Stone website is –

<http://www.thedinniestones.com/>

This new website has a full listing of all the lifters that have lifted the Dinnie Stones unassisted and assisted, as well as those that have successfully carried the Stones unassisted and assisted. It also contains history related to Donald Dinnie and the Dinnie Stones. There's a "news section" that gives any updates on any recent news regarding

the Dinnie Stones. The website has been developed brilliantly, and contains all the information anyone would want in regards to the Dinnie Stones. I applaud Stevie Shanks for all the hard work he put into this project and keeping the legacy of the Dinnie Stones alive!

POSTAL CHAMPIONSHIPS

[January 6, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The results of the final USAWA postal competition, the Postal Championships, is wrapped up. Our postal meet director Denny Habecker has done a great job this year promoting our postal series. The Championships had very good participation – with 14 men lifters and 3 women lifters. The Overall Champion in the Men’s Division was Dan Wagman, and the Overall Champion in the Women’s Division was RJ Jackson.

Meet Results:

2016 USAWA Postal Championships

December 31st, 2016

Meet Director: Denny Habecker

Lifts: Abdominal Raise, Pinch Grip, Continental to Belt

Lifters that used a certified official:

Dan Wagman – Official Jarrod Fobes

Al Myers – Official LaVerne Myers

Chad Ullom – Officials Al Myers, LaVerne Myers

LaVerne Myers – Official Al Myers

Barry Bryan – Official Denny Habecker, Art Montini

Barry Pensyl – Officials Denny Habecker, Barry Bryan, Art Montini

Mark Raymond – Officials Frank Ciavattone, Rocky Morrison

Calvin Heit – Official Chad Ullom

Rocky Morrison – Officials Frank Ciavattone, Jeff Ciavattone

Dean Ross – Officials Al Myers, LaVerne Myers, Chad Ullom

Crystal Diggs – Official RJ Jackson

Eric Todd – Official Lance Foster

Lance Foster – Official Eric Todd

Lifters using a non-certified Judge:

Denny Habecker – Judge Aidan Habecker

David Fisher – Judge Lynda Burns

RJ Jackson – Judge Dan Wagman

Lynda Burns – Judge David Fisher

WOMENS DIVISION

LIFTER	AGE	BWT	Ab	R	Pin	Belt	TOT	PTS
RJ Jackson	55	105	33	131	155	319	518.2	
Crystal Diggs	30	164	15	60	95	170	171.0	
Lynda Burns	42	205	25	45	115	185	167.9	

MENS DIVISION

LIFTER	AGE	BWT	Ab	R	Pin	Belt	TOT	PTS
Dan Wagman	39	185	55	226	375	656	612.6	
Al Myers	50	225	50	215	375	640	595.5	
Chad Ullom	45	246	55	160	440	655	555.7	
LaVerne Myers	72	239	15	190	220	425	460.1	
Barry Bryan	58	196	33	165	220	418	449.6	
Denny Habecker	74	195	17	105	242	364	445.9	
Barry Pensyl	68	149	37	83	176	296	408.8	
Mark Raymond	53	238	17	156	231	404	374.9	
Eric Todd	41	260	15	125	349	469	372.3	
Calvin Heit	14	125	25	67	155	247	359.9	
Rocky Morrison	54	270	5	156	242	403	354.0	
Dean Ross	74	250	15	110	198	323	346.2	
Lance Foster	51	340	0	115	243	358	274.1	
David Fisher	42	229	25	45	165	235	201.1	

Notes: Age is recorded in years. BWT is bodyweight in pounds. All lifts recorded in pounds. TOT is total pounds lifted. PTS are overall points adjusted for age and bodyweight corrections.

WHERE DID THEY GO?

January 10, 2017 [Al Myers](#) [Edit Post](#)

By Eric Todd

I began training at a rather young age. Running at around 3, bodyweight exercises a little later, and weight training/competitive wrestling at nine. While not always the most gifted athlete, I always felt I could overcome anything through effort. It is something that became a passion of mine. So when I began strongman/weight lifting competitions at about twenty six, I was instantly hooked. It was the same kind of feeling. Work harder than the other guy and you will prevail. Well, sometimes it worked and sometimes it did not. But it became a way of life, and one that would be difficult to completely walk away from.

That is why it often confused me when others would walk away. Many had talent much greater than mine, and a huge upside had they reached their potential, or somewhere in that neighborhood. After some studying and discussing it with peers, here is a few categories that I feel some of these fellas fit into.

The first guy is intimidated. He is the one that emails you about coming out to train. Since the door is always open, you welcome him with open arms. Often, this guy does not show up. Sometimes with an emailed excuse, sometimes not. Sometimes he shows up and lays it all out there. You have been around the block a time or two and recognize the potential. You remember what it was like your first day training with the group. You hope he comes back, because you recognize that someday, he may be able to push you to greater heights. But all he sees is how he struggled so with weights that we experienced folk used easily. So, he does not return. (Sometimes this occurs after he belly aches about getting his motorbike dusty on country roads, and borrows your Super Squats book. Ah, but I digress). Believe me, when I first got started, there were times I would eye the competition early and wonder to myself if anyone would notice if I just disappeared like a fart in the wind. But my pride would not allow it.

The next guy is emotionally weak (for lack of a better term). They cannot stand to compete if they do not win every time. I have met a few in my time, often much stronger than me. Once, I was competing at a strongman meet. I was in the lightweight pro division, but there was also a heavyweight amateur class. There was a character in the heavyweights who trained with 2 very high profile, world class strength athletes. And this guy was STOUT! He easily won his division, and put all the lightweight professionals to shame. At that time, I had competed against the best of the best in the Heavyweight class as well, and recognized what this guy had. I told him he should compete in a pro/am to win his professional card. I had no doubt he could do it. He told me he would not compete if he was 100% sure he could win. Glory! If I had thought that way, I would not have competed very often. Never saw or heard of that guy again.

The last guy is the fella that it just plain comes too easy for. I have seen guys come out and win right out of the blocks. Some even go so far as to win a nationals or win a pro card. You have scarcely heard their name before, and there they are beating seasoned veterans. Sometimes, I am not sure they even know who they are beating. Then they disappear into the night, not unlike

Melvin at my first strongman meet. I could never understand that. However, in talking to some of my confederates, it just came too easy for them. Winning for me was a blast, and it drove me on. It was that rewarding due to what it cost. The hours training. The injuries. The broken skin and blood. The aching muscles, and the crawling up the stairs. The bitter, painful losses after all these dues were paid. The cost was high, but it made the reward even more sweet when it came. So, I guess if it came that easy for me, maybe I would, too, have said “so what” and walked away.

Anyway, since in all-round since the median age is 426, I know the vast majority of you have had your ups and downs in sport. And you still keep coming back. I cannot see myself walking away from competitive lifting either. And though I have to be more selective with what I go all out on there are still plenty of exercised that I am setting all time bests in these days. I always thought that if I had the skill level or genetics of some of these guys, I would have won everything and never walked away. But I guess I was given something else that took me a ways too. So, in conclusion, I guess not everyone is wired the same, and that is OK. I reckon it is those few blessed souls who are given the genetics along with tenacity and a work ethic who rise to the top. For the rest of us, I am glad I have been along for the ride.

1ST QUARTER POSTAL MEET

January 10, 2017 Al Myers Edit Post

By Al Myers

The USAWA Postal Series consists of 4 quarterly postal meets, with the grand finale being the USAWA Postal Series. These Postal Meets may be contested anywhere with the results being sent to the USAWA Postal Meet Director Denny Habecker. This allows any member of the USAWA to compete in an USAWA competition without the expense of traveling.

The basic rules for entering a USAWA Postal Meet are as follows:

- Must be a CURRENT member of the USAWA
- All lifts must be done on the same day
- USAWA rules apply as outlined in Rule Book
- 3 attempts allowed with best attempt recorded
- Bodyweight and Age apply as to the day of lifting
- Must turn in official scoresheet by deadline
- Record results on scoresheet in pounds

- At least 1 certified official required for records
- May enter with a non-certified judge but will not be eligible for records
- Scoresheet must be fully filled out
- No entry fee

2ND QUARTER POSTAL MEET

[January 11, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

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- Record results on scoresheet in pounds
- At least 1 certified official required for records
- May enter with a non-certified judge but will not be eligible for records
- Scoresheet must be fully filled out
- No entry fee

ENTRY FORM – [2017 2nd Quarter Postal Entry Form](#)

3RD QUARTER POSTAL MEET

[January 12, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

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- Bodyweight and Age apply as to the day of lifting
- Must turn in official scoresheet by deadline
- Record results on scoresheet in pounds
- At least 1 certified official required for records
- May enter with a non-certified judge but will not be eligible for records
- Scoresheet must be fully filled out
- No entry fee

ENTRY FORM – 2017 3rd Quarter Postal Entry Form

POSTAL CHAMPIONSHIPS

[January 13, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

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- Bodyweight and Age apply as to the day of lifting

- Must turn in official scoresheet by deadline
- Record results on scoresheet in pounds
- At least 1 certified official required for records
- May enter with a non-certified judge but will not be eligible for records
- Scoresheet must be fully filled out
- No entry fee

ENTRY FORM – [2017 Postal Championships Entry Form](#)

- [2017 Meet Results](#)
- [USAWA Daily News](#)

JAMES GARDNER LIFTS DINNIE STONES

January 14, 2017 Al Myers [Edit Post](#)

By Al Myers



James Gardner lifting the Dinnie Stones unassisted in front of the watcher of the Stones, David Webster.

I can't believe I haven't done this blog yet. In fact – it's BIG NEWS to me when someone lifts the Dinnie Stones unassisted (meaning bare hands only – no straps). It even means more to me when it's someone I know, and someone who I consider a good friend as well! James Gardner,

of Barton under Needwood in England, accomplished this great feat on August 6th, 2016 at the Aboyne Highland Games in Scotland.

At the Aboyne Games they held a competition with the Dinnie Stones. Many stone lifting dignitaries were in attendance, including David Webster, Dr. Terry Todd, Bill Crawford, and others. James performed two unassisted lifts with the Dinnie Stones, and then later won the competition for hold for time with the stones, with a lengthy 13 second hold. This secured James a spot in the Dinnie Stone legacy.



The history of the Dinnie Stones was on display at the games.

I have lifted with James many times, and he has one of the best hook grips I know of. He's been performing big single arm deadlifts for years and through his years of competing in tug of wars has developed an unbelievable grip so I'm not surprised one bit that he was able to lift the Dinnie Stones.

Congrats to James!!!!

DINO CHALLENGE

January 16, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

I always knew this would eventually happen – bad weather affecting my Dino Challenge! And this year it did just that, with a predicted bad ice storm blowing in on meet day. I had several

lifters planning on attending but didn't because they didn't want to risk the travel. I sure don't blame them. I'm actually surprised this hasn't happened before in the over 10 year continuous run of the Dino Challenge in January. But the meet went on to keep the tradition alive. My dad had only a quarter mile drive to make it, and I was able to walk to the gym! So it was just the two of us.

Meet Results:

2017 Dino Gym Challenge

Dino Gym

Holland, KS

January 14th, 2017

Meet Director: Al Myers

Officials (1-official system used): Al Myers & LaVerne Myers

Lifts: Deadlift – 2 Inch Dumbbells, Vertical Bar Deadlift 2 bars 2", Clean and Press 2 Dumbbells, Cheat Curl 2 Dumbbells, Reg Park Bench Press, Deadlift 2 Bars

LIFTER	AGE	BWT	Inch	VB	C&P	CC	BP	DL	TOT	PTS
Al Myers	50	225	260	380	100	162	200	452	1554	1445.2
LaVerne Myers	72	239	242	270	50	100	66	220	948	1023.8

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

RECORD DAY LIFTS

Al Myers – Finger Lift Left Little 75#

Al Myers – Finger Lift Right Little 75#

Al Myers – Finger Lift Right Thumb 75#

Al Myers – Finger Lift Left Thumb 75#

Al Myers – Rectangular Fix Fulton Bar 70#

LaVerne Myers – Finger Lift Right Thumb 75#

LaVerne Myers – Finger Lift Left Thumb 75#

LaVerne Myers – Finger Lift Left Middle 110#

LaVerne Myers – Rectangular Fix Fulton Bar 70#

ALL AROUNDERS AND THE DINNIE STONES

January 18, 2017 Al Myers Edit Post

By Al Myers



The Dinnie Stones

After the other days stories on Stevie Shanks and James Gardner and the Dinnie Stones, it got me thinking about how the famous Dinnie Stones have intrigued a number of all around weightlifters. As I look over the list of accomplished Dinnie Stone lifters I noticed a number of USAWA and IAWA(UK) lifters who have lifted them. Today I want to summarize these all around Dinnie Stone lifters and give them a bit of recognition for this amazing accomplishment. I'm only listing lifters who have them unassisted (without straps) which is the ultimate goal (next to carrying them!). Also, I'm only including those that have also competed in USAWA or IAWA competitions.

Frank Ciavattone (USAWA) – September 24th, 1996

Nick McKinless (IAWA-UK) – April 4th, 1998

David Horne (IAWA-UK) – April 5th, 1998

Steve Angell (IAWA-UK) – October 8th, 2001

Kevin Fulton (USAWA) – October 8th, 2001

Roger Davis (IAWA-UK) – June 28th, 2009

Chad Ullom (USAWA) – November 4th, 2012

Mark Haydock (IAWA-UK) – November 4th, 2012

Al Myers (USAWA) – November 4th, 2012

Stevie Shanks (IAWA-IRELAND) – October 3rd, 2015

James Gardner (IAWA-UK)- August 6th, 2016

Complete bios and details of these Dinnie Stones lifting accomplishments may be found on the website thedinniestones.com I consider this now the official website covering the Dinnie Stones.

If I have accidentally left someone off this list who has competed in an USAWA/IAWA competition and has lifted the stones, please let me know so I can get them added!

ICEBERG OPEN RD

January 26, 2017 Al Myers Edit Post

By Mark Raymond

MEET ANNOUNCEMENT ICEBERG OPEN “RECORD DAY”

MEET DETAILS:

Presented by Mark Raymond and Franks Barbell Club

781-801-0947 – owdmr@aol.com

Saturday, March 4, 2017 10:00am

LOCATION:

Frank's Barbell Club

204 East Street

East Walpole, MA 02032

SANCTION:

USAWA Membership Required to participate

WEIGH-INS:

9:00am-10:00am the day of the meet

DIVISIONS:

Juniors, Women, Masters & Open

ENTRY FORM/FEE:

None but please notify Mark in advance if attending.

- [USAWA Daily News](#)

POSTAL SERIES COMPETITONS

[January 27, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The entire 2017 Postal Series Meets have been announced. The USAWA has had a long history of promoting postal meets, and for the last several years have hosted a Postal Series, consisting of 4 quarterly Postal Meets with the last one being the Postal Championships.

The promotion of these meets are done by the USAWA, under the direction of the Postal Meet Director Denny Habecker. All scoresheets are to be sent to Denny as he does the formula calculations for the final meet standings. There is no entry fee to enter the USAWA Postal Meets. The Postal series is sponsored by the USAWA. However, you must be a current member of the USAWA to participate.

Postal Meets are a great way to get introduced to All Round Weightlifting. Denny picks a variety of different lifts for each meet. Rules for the lifts are found in the USAWA Rule Book, which is available for free download from the website.

Now for the lifts of this years Postal Series!

1st Quarter Postal Meet – January 1st to March 31st

Clean and Push Press – 2 Dumbbells

Cheat Curl – 2 Dumbbells

Swing – 2 Dumbbells

2nd Quarter Postal Meet – April 1st to June 30th

Snatch – From Hang

Hack Lift – One Arm

Pullover and Press

3rd Quarter Postal Meet – July 1st to September 30th

Half Gardner

Press – From Racks

Deadlift – Ciavattone Grip, One Arm

Postal Championships – October 1st to December 31st

Vertical Bar Deadlift – 1 Bar, 2", One Hand

Swing – Dumbbell, One Arm

Deadlift – Trap Bar

All entry forms for the USAWA Postal Meets are found in upcoming events in the right column of the website homepage.

- [USAWA Daily News](#)

FINAL 2016 POSTAL SERIES RANKINGS

January 28, 2017 [Al Myers](#) [Edit Post](#)

by Al Myers

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 21 lifters competed in the various postal meets, which is more lifters than competed last year. The first Postal Meet had 11 lifters, the second had 9 lifters, the third had 15 lifters, and the Postal Championship drew 17 lifters. Several lifters competed in ALL of the postal meets last year and they deserve to be recognized. These lifters are the GRAND SLAM WINNERS: RJ Jackson, Dan Wagman, Al Myers, LaVerne Myers, Denny Habecker, and Dean Ross.

Now for the overall rankings for the 2016 USAWA Postal Series!

WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	14
2	Tressa Brooner	2	5
3	Cyrstal Diggs	3	4
4 Tie	Mary McConnaughey	2	3
4 Tie	Lynda Burns	2	3
4 Tie	Kim Lydon	1	3

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Dan Wagman	4	52
2	Al Myers	4	43
3	LaVerne Myers	4	35
4	Denny Habecker	4	32
5 Tie	Chad Ullom	1	24
5 Tie	Eric Todd	3	24
7	Barry Bryan	1	20
8	Mark Raymond	2	19
9	Dean Ross	4	19
10 Tie	Barry Pensyl	1	16
10 Tie	Rocky Morrison	2	16

Congrats to RJ Jackson and Dan Wagman for being the OVERALL WINNERS of the 2016 USAWA Postal Series. RJ and Dan won EVERY one of the quarterly postal meets! This is an amazing accomplishment considering each postal meet offers different lift challenges. Being able to consistently win overalls in postal meets shows that these two lifters are truly all round weightlifters.

I want to thank everyone who participated in our Postal Meet Series. This participation is what keeps our Postals going every year.

IMPORTANCE OF SANCTIONS

January 29, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA has always required USAWA events/competitions to file a sanction request. This sanction request is then approved by the USAWA in order for an event/competition to be officially recognized by the USAWA. These forms are easily found in “About Us” under “Forms and Applications” on this website. It’s a simple process – fill out the form completely and then send it in with the sanction fee of \$30 before the 30 day rule of advance notice. Sanction requests are almost always (I can think of only a couple that weren’t) approved. If the applying party is trying to violate a rule of sanction, which is all laid out clearly in the USAWA RuleBook (Section VIII), then the sanction can not be approved. Another reason is if someone is wanting to sanction an event on the same day as one of our signature competitions (like the National Championships) then it can not be sanctioned for that date, and another day needs to be chosen. Several times I have helped people with this sanction process which is not a problem, as I don’t want it to be a difficult thing to do.

What do you get with your sanction?

I heard recently that someone said that our sanction request is “paying \$30 for a sheet of paper and nothing else.” I found that very humorous as that comment is so absurd. Obviously this individual is totally out of touch as to what the USAWA offers with our sanctions. Maybe in the old days, when the USAWA operated in a flim-flam manner with no written rules of business and no democratic governing body that comment was the case – but not now.

Let me “tell ya” what you get with your sanction.

1. A guarantee that your meet will join the high standards set forth by the USAWA

By agreeing to a sanction a meet director agrees to follow the rules of the USAWA as set forth in the USAWA Rule Book and USAWA Bylaws. Lifters know things will be “done right” and know that the event/competition will be conducted to the high standards of the USAWA.

2. Website recognition in meet results

Only properly sanctioned USAWA events/competitions are published to the USAWA website. The USAWA website is viewed by 100’s of people daily and if you compete in an official USAWA competition you will receive the publicity of your efforts of competition. It costs money to have a website of which part of the sanction fee goes to supporting.

3. Drug Testing

The USAWA has a tremendous drug testing program now. Part of the sanction fee goes to paying for this testing program. This insures the lifters are participating in truly drug-free competition. Without fees – no drug testing!

4. Ability to set USAWA records

The USAWA has an extensive Record List which goes back to the beginning of the organization. It is now 30 years old and contains records for practically all the lifts within many different age/bodyweight classes.

5. Yearly Awards

By participating in an official USAWA event/competition you become eligible for several yearly USAWA Awards offered through our USAWA Awards Program. The USAWA budgets \$1000 a year to pay for these awards which is entirely funded through fees, of which sanction fees are a part of.

I could name more reasons but these are the big ones. The USAWA is a non-profit organization. All fees paid (which includes sanction fees) goes back to the lifters in one way or another. No one gets paid in the USAWA. All administrators, directors, officers, officials, promoters, Executive Board Members, etc are volunteer positions and DO NOT receive any funding from the USAWA bank account. The USAWA is for the lifters first and foremost.

I would say you get a lot for a \$30 sanction fee!

LIFTER OF THE MONTH – ART MONTINI

[January 31, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Art Montini pulling a new IAWA World Record in the Deadlift at the 2016 IAWA Gold Cup.

The lifter of the month for October is Art Montini!

Art had a brilliant month of lifting in the USAWA last October. First he competed in the IAWA World Championships in Lebanon, PA, placing 10th Overall as the oldest competitor in the meet. The next weekend he hosted his annual Art's Birthday Bash Record Day in Pittsburgh on his 89th birthday. This meet promotion had to be one of the biggest he's ever had for his birthday bash. Several of the overseas lifters competed in it for the first time. It was an International affair! Then the following weekend he made the trip to Abilene, Kansas to compete in the IAWA Gold Cup. In the Gold Cup he deadlifted an unbelievable 80 KG. That's 3 USAWA/IAWA competitions over the course of three weekends, which makes him a very deserving winner for the USAWA Lifter of the Month.

Congrats Arts!

PASSING OF TOM RYAN

February 1, 2017 Al Myers Edit Post

By Al Myers

2016 USAWA YEAR IN REVIEW



In memory of Tom Ryan
April 23rd, 1945 to December 1st, 2016

The 2016 USAWA Year in Review is a tribute to the life of Tom Ryan.

These blogs are always the saddest for me to write. Especially when I'm writing one about a friend that has died. But I'm doing it – as I feel that Tom deserves a tribute from us because of his influences and contributions he has made to the USAWA.

Tom Ryan was born on April 23rd, 1945 and died on December 1st, 2016. He had been involved with weightlifting his entire life. He started out with focusing on Olympic Lifting, and then these past 25 years his main interest was All Round Weightlifting. He competed in the pre-USAWA days in all round lifting, and primarily in the first few years of the USAWA. He did lift in a few record days later on. I have had the opportunity to lift with Tom on a few occasions.

Tom and I had a great email relationship. We would exchange emails almost weekly, often discussing matters of all round weightlifting, training, or news within the organization. I could always count on Tom calling something to my attention if he noticed something on the USAWA website that he thought wasn't correct. I really appreciated that as I knew the best interests of the USAWA were always in his heart. Tom was an extreme intellectual and a person who wanted details being correct. He had a PhD as a statistician and spent a good part of his professional life writing statistics books, teaching, and editing statistics books. He was a great writer as well. He had written several articles for magazines and newsletters through his life in both his professional life and for weightlifting. When we did the big USAWA Rulebook rewrite in 2009 I had Tom proofread it. He found over 100 corrections! He used his knowledge of statistics to evaluate weightlifting formulas. I remember him telling me that he once served on an

Olympic Weightlifting committee to decide whether Masters Weightlifting should use the Sinclair Formula or the Malone Formula.

Tom was a great weightlifting historian. He served as a moderator for Joe Roark's Iron History Forum for a number of years. Tom had a great interest in Paul Anderson. He wrote several articles about Paul Anderson. Tom lived near Atlanta in his later years and the Paul Anderson Youth Home is nearby in Vidalia. I always told him I was going to come to Atlanta and see him and then we could go to the Youth Home together. That was a trip I was never able to make which I now regret.

Tom has several records in the USAWA which he was very proud of. He still holds over 20 USAWA Records (over 50 at one time). Among these include his Weaver Stick record of 7 pounds (which I was there to witness), his one arm thumbless deadlift of 254 pounds (still one of the top All Times lifts), a 345# one arm deadlift (done at the 93 Zercher Classic), and a 95# Rectangular Fix. Tom's last USAWA meet was the 2006 Goerner Deadlift.

Even as his health declined in the past few years, he still stay committed to his training program. He had trained at home most all of his life. He once told me that he had plenty of self-motivation to train alone, and that he liked to train in total silence by himself. We would often email visit about his training program. Just a few months before he died he was still training the seated one arm deadlift with a dumbbell. He was up to a 281 pound dumbbell which he said he could lift and hold for 30 seconds. His last training goal was to lift a 300 pound dumbbell while seated!

I will sure miss Tom. He was a major contributor to the USAWA Discussion Forum. I'm sure all of us will miss his page long topic posts, which often read more like an article on the subject instead of a comment. Many times I would try to get him to write a website blog following one of his forum posts, but the feeling I got from him was that he had said all he wanted on the subject in the forum!

If anyone has stories or memories of Tom and would like to share them on the website, please send them to me. I am dedicating the 2016 USAWA Year in Review to Tom. We will keep his memory alive in the USAWA.

LIFTER OF THE MONTH – KIM LYDON

February 2, 2017 Al Myers Edit Post

By Al Myers



Kim Lydon is the USAWA Lifter of the Month.

The USAWA LIFTER OF THE MONTH for last November goes to Kim Lydon!

Kim lifts for Frank's Barbell Club and has been involved in several USAWA events over the past several months. She competed in the 2016 IAWA World Championships in Lebanon, PA and won OVERALL BEST WOMENS LIFTER, edging out the great English lifter, Karen Gardner. Kim has competed in numerous record days over the past few months as well. In her last record day at Frank's Barbell Club she performed a 232# Ciavattone Grip Deadlift. Kim is only 20 years of age with a bright future in the USAWA ahead of her!

Congrats Kim!

2016 YEAR IN REVIEW

February 3, 2017 Al Myers Edit Post

By Al Myers

I have just finished the 2016 USAWA Year in Review. Every year since I have been secretary of the USAWA I have done this review. I take all the information that has been put on the website (blogs, meet results, past history archives, etc) and copy it into a book, which is printed off. I also include this book digital file on the website if someone wants to look at it that way or print it off themselves.

I do this for one reason primarily – and that is to preserve the history of the USAWA in paper form. It always surprises me by the amount of information that this website accumulates every year. This year the Year in Review is 288 pages long and contains 65,000 words! It would take a few evenings to get all that read.

If anyone wants a printed copy of the Year in Review please let me know. I plan to take it to the printer's next week. The cost is \$50, made out to the USAWA.

- [USAWA Daily News](#)

HISTORY ARCHIVES

[February 4, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

One of the very interesting parts of this website is our History Archives. It can be found in the top header line of the website. I have spent considerable time developing this History Archives over the past several years. Of course with history, there is ALWAYS new history to be added. I try my best to keep it updated, and have just recently added the following to the section “Results of Past Worlds”.

2016 IAWA World Championships

October 8th & 9th, 2016

Lebanon, PA, USA

Meet Promoter: Denny Habecker

Meet Announcers: Steve Gardner & Al Myers

Meet Scorekeepers: Judy Habecker & Rocky Morrison

Drug Testing Officials: Al Myers & Rocky Morrison

Meet Loaders: John Horn, Terry Barlet, Barry Bryan, Barry Pensyl, and Dean Ross

Meet Officials: George Dick, Graham Saxton, Frank Ciavattone, Scott Schmidt, LaVerne Myers, Denny Habecker, Dennis Mitchell

Lifts: DAY 1: Continental Clean, Pullover and Push, 2 Hands 2" Vertical Bar Lift DAY 2:
Alternate Grip Clean and Press, One Hand Clean and Jerk, Ciavattone Deadlift

Men Top Ten Placings

1. Pete Tryner, England

2. Timo Lauttamus, Finland
3. Al Myers, United States
4. Denny Habecker, United States
5. Peter Phillips, Australia
6. Graham Saxton, England
7. LaVerne Myers, United States
8. Dean Ross, United States
9. Scott Schmidt, United States
10. Art Montini, United States

Women Top Two Placings

1. Kim Lydon, United States
2. Karen Gardner, England

BEST LIFTER AWARDS

Junior Mens: Aidan Habecker

Female Senior: Kim Lydon

Female Master: Karen Gardner

Mens Masters 40-44: Peter Tryner

Mens Masters 50-54: Al Myers

Mens Masters 55-59: Steve Gardner

Mens Master 60-64: Peter Phillips

Mens Masters 65-69: George Dick

Mens Masters 70-74: Denny Habecker

Mens Masters 80-84: Dennis Mitchell

Mens Masters 85-89: Art Montini

PINCH GRIP

[February 5, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Troy Goetsch lifting 255 pounds in the Pinch Grip at the 2013 USAWA Grip Championships.

This is the top record in the USAWA Record List for the Pinch Grip. Troy went on to win Overall Best Lifter in the Grip Championships.

The USAWA Grip Championships will be here soon! The first lift of the day will be the Pinch Grip. I'm going to go over the basic rules for the Pinch Grip.

I15. Pinch Grip

The setup for this lift requires two metal plates joined together with smooth surfaces facing outward. A bar may be placed between the plates to hold them together, and should be long enough to add plates to it. Front hang or back hang is allowed to the loading of the center bar. Collars should be used on this bar. The lifter's fingers must not touch any added plates. The width of the two plates joined together must be between 2 ¼ inches and 2 ½ inches. The lifter will straddle the weight, with the weight being placed in front of the lifter. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Feet must not move during the lift, but the heels and toes may rise. The lifter will then grip the plates with both hands on the top of both plates. The palms of the hands must be facing the lifter. The lift begins at the lifter's discretion. The weight must be lifted to a point where the lifter's legs are straight and the body upright. Once the weight is motionless, an official will give the signal.

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One special treat for the lifters is that I have a pair of old style milled York Plates to use for the Pinch Grip. These plates are unique in that the "backsides" have some milling marks which slightly enhances the grip on them. The plates will be connected with a loading pin (actually a 2" Vertical Bar). I will also have some 25's and 35's if lifters are going to start under two 45 pound plates. The USAWA rules for the Pinch Grip differ from the IAWA(UK) rules. The USAWA requires two steel plates to be used while the IAWA(UK) allows a single smooth bumper plate to be used as the gripping plate. The USAWA rules allow front hang and/or backhang while the IAWA(UK) rules require equal loading on each side. These are major differences in the Pinch Grip rule. However from what I've seen the IAWA(UK) advantage of the use of the bumper plate nearly balances the USAWA advantage of allowing fronthang in total weight lifted.

No substances other than chalk is allowed on the hands. I will be officiating and this is one thing I will watch for! I expect some big lifts in the Pinch Grip and expect a few USAWA records to fall.

OVERALL USAWA RECORDS IN PINCH GRIP

WT CLASS	LIFTER	POUNDS
70 KG	Colby Howard	100
75 KG	Stephen Santangelo	141
80 KG	Chris Jaeschke	150
85 KG	Dan Wagman	226
90 KG	Mike Pringle	175
95 KG	Troy Goetsch	255
100 KG	Ben Edwards	162
105 KG	Al Myers	215
110 KG	LaVerne Myers	190
115 KG	LaVerne Myers	200
120 KG	Matt Graham	200
125 KG	Matt Graham	200
125+ KG	Mark Mitchell	252

MY START WITH WEIGHTLIFTING

February 6, 2017 [Al Myers](#) [Edit Post](#)

By Tom Ryan

(Webmasters note: The following is a post the late Tom Ryan made to the USAWA Discussion Forum a couple of years ago detailing an interesting story about his early days of lifting. I found this story very intriguing and humorous, as we all have stories of training mishaps when we started our pursuit of weight training. Enjoy!)

Undoubtedly many weightlifters have some strange tales about their early training, including me.

Although I started training when I was 13, it wasn't possible to train regularly when I was participating in other sports, especially when I was running my legs off on a basketball court. After the basketball season ended during my junior year in high school, Bill Shaw, Bob Dial, Don Hallman, and I started training in the basement of Bill's house, with me supplying most of the weights. Bill, a senior, had been my basketball teammate and the other two were a year younger than me.

Even though I was very skinny at the end of the season (maybe a shade over 6-2 and 165 pounds), I had enough strength to shoulder 470 from squat stands, back out with it and do a set of quarter squats. One day Mike Boling, a 10th grader who supposedly had benched 250 weighing 150 (not too shabby in 1962!) came by to watch us train. My training partners had said my depth on the quarter squats had been less than before, and since we had somewhat of a celebrity bencher in attendance, I went down further than I had previously on my first quarter squat rep.

Well, I went down too far and kept going down. Real fast, like falling down an elevator shaft since the weight far exceeded what I could have handled in a full squat. It took only a few seconds so there wasn't time for my life to flash before my eyes, but when Bob saw me going down, he said he thought that was going to be the end of me! The bar went flying over my head and crashed to the floor, with the force catapulting me a few feet backward and I landed on my butt.

Then Bill's life almost flashed before his eyes when he saw the chip that had been knocked out of the floor and he thought about his father's reaction when he came home from work. So a quick repair job was necessary!

That was performed and then we started thinking about building a power rack so as to prevent any more accidents. I would bet that power racks were few and far between in 1962. I'm not sure when York started selling theirs, but I would guess around 1959.

We made ours out of wood and it was easily transportable. I ended up with it when our training gang broke up. Over time I had to replace parts of the rack, but I believe I still had the original base in 1993. Then I moved to Australia in January, 1994, where I spent the next 2.5 years.

Untreated wood cannot be taken into Australia, so I had to say goodbye to my rack, which was a bit shaky by then anyway. Upon arriving in Australia, I had a carpenter build me a rack, and that is the one that I still use today.

I haven't seen Shaw, Dial, or Hallman in 47 years, but if I ran into one of them today, I wouldn't be surprised if he said "Hello TR 470" because that was the nickname they gave me after my "near death" experience.

LIFTER OF THE MONTH – DAN WAGMAN

February 7, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers



Dan Wagman pulling 227 pounds on the middle finger lift in training.

The USAWA Lifter of the Month for December is Dan Wagman. Dan has totally dominated the USAWA Postal Meets this year, winning BEST LIFTER in all of them! He finished off the quarterly postal meets by winning the USAWA Postal Championships in December. His Postal Meet success this year earned him the overall winner in the yearly Postal Series.

Congrats Dan on being the Lifter of the Month!

NEW IAWA(UK) WEBSITE

February 8, 2017 Al Myers Edit Post

By Al Myers

Paul Barette has developed a new IAWA(UK) website. Paul will be the new webmaster for the IAWA(UK), replacing Steve Gardner who has been the webmaster for many years. The new IAWA(UK) website is blog-based, very similiar to this website. I applaud Paul in this new endeavor and knowing Paul, know he will do an excellent job with it. He is in the process of updating the new website right now with old posts, pictures, and archives of the IAWA(UK).

The new IAWA(UK) website is www.iawa.uk

I will keep a link available to the IAWA(UK) website on this site, under ABOUT US “About the IAWA”.

DEADLIFT – FULTON DUMBBELL, ONE ARM

February 8, 2017 Al Myers Edit Post

By Al Myers



Scott Tully performing the top Fulton Dumbbell Deadlift in the USAWA Record Books at the 2012 Grip Championships.

The second lift contested this coming weekend at the USAWA Grip Championships will be the Deadlift – Fulton Dumbbell, One Arm. This is a great lift in the USAWA and has been contested before at the Grip Championships. It is one of my favorite grip lifts in the USAWA. Several years ago I wrote a blog over the origin of this lift. The following is an excerpt from that blog that I would like to share with you again.

*Back in the early 80's at a odd lifting meet in Liberal, Kansas, meet director **Bob Burtzloff** included a thick-handled dumbbell deadlift in the contest. This dumbbell had a smooth 2 inch diameter handle. **Wilbur Miller**, the "Cimarron Kid" and Kansas lifting legend, was the hands on favorite to win this event. Wilbur has huge hands with long fingers and was very rarely beaten in any lifting event that involved grip strength. But this day was one of those rare days – when a young farm boy from Nebraska by the name of **Kevin Fulton** pulled off the upset! Upon Fulton's winning – **Bill Clark** announced that this lift would be forever named the Fulton Lift. This eventually lead to the naming of the 2" bar as the Fulton Bar along with the Fulton Dumbbell. As for Wilbur – upon the finish of the event he went back to the warm-up area and proceeded to pull more on this lift than he did in competition. He went home knowing that he may not have won the event on this day, but with the satisfaction of knowing he would next time!*

This is the USAWA Rule for the Deadlift – Fulton Dumbbell, One Arm:

17. Deadlift – Fulton Dumbbell, One Arm

The rules of the Deadlift – One Arm apply except the dumbbell used must have a handle of 2" in diameter. No knurling is allowed on the handle. The maximum diameter of the plates used is 18 inches.

I have some really nice Fulton Dumbbells that we will use in the Grip Championships. I expect to see some really great lifts this weekend. Since this is a One Arm event you must choose which hand you want to lift with on all your attempts. Below is the USAWA ALL TIME OVERALL RECORDS in the Deadlift – Fulton Dumbbell, One Arm for the Mens Division.

	LEFT ARM		RIGHT ARM	
CLASS	LIFTER	LBS	LIFTER	LBS
75 KG	Stephen Santangelo	130	Stephen Santangelo	130
80 KG	Art Montini	60	Art Montini	60
85 KG	None		Denny Habecker	125
90 KG	Denny Habecker	100	Denny Habecker	100
95 KG	None		None	
100 KG	Ben Edwards	175	Ben Edwards	185

105 KG	None	None	
110 KG	Jeff Ciavattone	190	Jeff Ciavattone 190
115 KG	LaVerne Myers	165	LaVerne Myers 187
120 KG	Al Myers	170	Al Myers 170
125 KG	None	Dean Ross	125
125+ KG	Darren Barnhart	185	Scott Tully 192

The Best overall All Time USAWA Record is held by Scott Tully with 192 pounds, set at the 2012 USAWA Grip Championships. But I'm sure you are wondering how much did Kevin Fulton lift on that memorial odd lift day in Liberal, Kansas? It took me "some digging" but I found that Kevin lifted 195 pounds on that day in 1983! So let's see if anyone this coming weekend can beat this record mark set by Kevin in the pre-USAWA days!

DEADLIFT – MIDDLE FINGERS

February 9, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers



Our USAWA President Denny Habecker getting getting a good stretch on his middle fingers doing the Middle Fingers Deadlift at the 2011 Grip Championships.

The THIRD lift contested at the USAWA Grip Championships is the Deadlift – Middle Fingers. This is a “love or hate” lift for most lifters. It’s one that has been contested before at the Grip Championships. A USAWA Grip Championship wouldn’t be complete without at least one finger lift in it. A lot of other grip competitions ignore the finger lifts as grip lifts, but not the USAWA! Out of our over 200 officials lifts, 17 are done with an individual finger/fingers (I’ll give a prize to anyone that knows them all).

The USAWA Rule for the Deadlift – Middle Fingers is:

B7. Deadlift – Fingers, Middle

The rules of the Deadlift apply except only the middle fingers of both hands may be used. The middle fingers of both hands may grip the bar in an alternate manner. The thumb must not be in contact with the lifting fingers.

Pretty simple – just hook your middle fingers around the bar and pull! The key is to block out the pain and the rest is easy. I've written several past blogs on the Middle Finger Deadlift (you can search and read them on this website if you want to), and in a few of them I've mentioned what I like to call the USAWA Goerner Club. The great German Strongman Hermann Goerner claimed to have lifted 308.5 pounds in the MF Deadlift around 1925. I consider this mark the ultimate goal for the Middle Finger Deadlift. Only a few USAWA Lifters have accomplished this. This is the short list for the **USAWA Goerner's Club**.

1. Kevin Fulton 400 pounds – 1999 SuperGrip Challenge
2. Ben Edwards 315 pounds – 2016 USAWA Grip Championships
3. Bill DiCiccio 309 pounds – 1994 IAWA Gold Cup

That's IT – only three lifters. Several others have been very close to making it in official USAWA competition (Joe Garcia 305#, Myself 305#, James Fuller 303#, and Chad Ullom 300#). But being close doesn't get you in the club! It doesn't even get you a pat on the back. As much as I hate the Middle Fingers Deadlift, it really intrigues me as I admire any lifter who wants to punish themselves for the fun of it. I've looked through most all past USAWA meet results (but still may have missed something), so I'm pretty confident that the USAWA Goerner Club stands at three.

But yesterday I got to thinking about how much the pre-USAWA All Rounders loved the MF deadlift. They also did the MF DL in official competitions so their results are not just some "gym story" of someone doing a big MF deadlift in training somewhere. The precursor and inspiration for the All Rounds came from the early Missouri Valley Weightlifting Association, whereas Bill Clark promoted Odd Lift competitions for many years. Lets see how the modern age USAWA lifters match up against these old timers! The following is a list I developed from old record lists and meet results from the early days. I only listed marks that have exceeded Goerners famous 308.5# lift.

1. Ken McClain, Missouri 350 pounds – 1984
2. Bill Broadnax, MSP 350 pounds – 1981
3. Joe Nanney, USP 345 pounds – 1961
4. Daryl Johnson, Arkansas 335 pounds – 1980
5. Wilbur Miller, Kansas 320 pounds – 1983

That's FIVE LIFTERS that I found! There were probably more. It looks like the USAWA has some catching up to do. Let's make that happen at this weekend's Grip Championships.

HACK LIFT – FULTON BAR

February 10, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers



The best overall IAWA lift in the Fulton Bar Hack Lift belongs to English lifter Josh Davidson. He lifted 235.5 KGS on September 3rd, 2016.

The last lift of the Grip Championships will be the Fulton Bar Hack Lift. The USAWA classifies the 2" bar as the Fulton Bar. The Hack Lift is hard enough, but when you change bars to the Fulton Bar it gets even harder. The bigger bar really wants to hang up on the back of the legs. This lift has NEVER been contested in a USAWA competition – only in record days in the past. It's definitely not a favorite lift. The rules for the Hack Lift – Fulton Bar is as follows from the USAWA Rulebook:

F9. Hack Lift – Fulton Bar

The rules of the Hack Lift apply except a Fulton Bar is used.

The best overall USAWA Records for this lift are:

WT	LIFTER	POUNDS
70 KG	Matt Hancock	279
75 KG	Roger LaPointe	220
80 KG	John McKean	275

85 KG	Art Montini	200
90 KG	Mike Driscoll	313
100 KG	Joe Ciavattone Jr.	357
105 KG	Jesse Jobe	310

IAWA(UK) GOERNER CLUB

February 11, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers



Past IAWA President Steve Gardner hoisting up a big Middle Finger Deadlift at the 2000 IAWA Gold Cup!

It's only appropriate that I do a followup on the Goerner Club and the IAWA(UK) as there have been many great Middle Finger Deadlifters in the IAWA(UK) as well as the USAWA. Finger lifting has always been very popular in England and Scotland. At every IAWA Gold Cup someone from the IAWA(UK) does some sort of finger lift. I've mentioned that the USAWA has 17 different finger lifts but the IAWA(UK) Rulebook has 22 different lifts done with the fingers! Overall the IAWA(UK) has many less official lifts than the USAWA but not when it comes to the fingers!

So how many IAWA(UK) lifters are there in the Goerner Club? Does the number exceed the USAWA? Well, I did some checking into this. I recieved help from the finger specialist himself, Steve Gardner, to make this list. I hope it's complete, but if anyone is left off the list please let me know and I'll give you the recognition you deserve.

IAWA(UK) Goerner Club

1. David Horne, England 402.2 Pounds, June 29, 1994
2. Steve Gardner, England 352.5 Pounds, Feb 8, 1992
3. Andy Tomlin, Scotland 352.5 Pounds, Nov 3, 2012
4. John Gardner, England 330.5 Pounds, May 12, 2007
5. M. Street, England 330.5 Pounds, Jan 13, 1994
6. Steve Sherwood, England 330.5 Pounds, Feb. 8th, 1992

That's SIX LIFTERS. It looks like the USAWA has some catching up to do!!! But amongst the Goerner Club members who are from the USAWA and the IAWA(UK) the BEST ALL TIME Middle Fingers Deadlifter is not included. If anyone knows the answer to this please let it be known in the Discussion Forum. Anyone who has been involved at all in the last few years should know who it is as it's pretty obvious. I plan to do a feature on this lifter in the near future because he is WITHOUT A DOUBT the best finger lifter in IAWA history.

INTERVIEW WITH TOM RYAN

February 14, 2017 Al Myers Edit Post

By Al Myers

(webmasters note: The following interview with Tom Ryan was done on June 3rd, 2009. I normally don't rerun USAWA blog stories but with Tom's recent passing I would like to "air" this one again as a lot of newcomers to the website might not have seen it. Tom was a very unique and eccentric person and his personality comes through in this interview. He was a good friend, and I will miss our weekly email exchanges.)



Tom Ryan watching as Barry Bryan does a 1500 pound Hip Lift at a meet in John Vernacchio's Gym in 1989.

Al: where do you currently live and what do you do for a living?

Tom: I live in Acworth, Georgia (outside Atlanta) and have lived in Georgia most of my life, being a native Atlantan. I was a college professor for decades and now teach online courses for statistics.com. I have also done some course development work for them and do occasional consulting through them. I have written four statistics books (600-page books) for my New York area publisher and expect to finish my fifth book by the end of the year. I have also done a considerable amount of additional writing, including some sports writing, such as six articles on basketball statistics within the past few years for betterbasketball.com. I enjoy doing various types of writing and a few weeks ago wrote a guest column on teaching quantitative courses that was in the Atlanta paper on May 20th. The American Statistical Association, which elected me a Fellow in 2000 (I've been a member since 1972), somehow found out about that article and have linked the article at their website.

Al: When did you first start weightlifting and how did you get started?

Tom: I started lifting weights in December, 1958, at the age of 13. I would have made an ideal "before" picture for a bodybuilding course ad as I was 5-7 and weighed only 107 pounds. I was all skin and bones and my father even called me "Bones". I believe I pressed 40 pounds for 8 reps in my first workout. I was in the 8th grade at the time and there were two kids in my physical education class who couldn't climb the rope in the gym and touch the ceiling. I was one of the two. Then I started lifting weights and did succeed (to the cheers of my fellow students), even after almost dying from whooping cough and missing a few weeks of school.

I went from "bones" to almost the other extreme, eventually reaching 305 pounds, with my highest competitive bodyweight being 296 at two contests. I did not compete when I was in my prime, as I wanted to wait until I was a national caliber lifter before I entered competition. By my mid-30s, however, I realized that was never going to happen, and that was a depressing realization because I trained very hard. Then my life changed when I wrote to Murray Levin, who ran U.S. Olympic lifting at the time, in 1981 and offered to help in any way that I could. Murray sent my letter to Bill Clark, who immediately wrote to me. Bill had a paragraph about me in his Master's newsletter in 1982, even though I was only 36 at the time and Master's lifting then started at age 40. Bill also sent me his Missouri Valley newsletter. This was well before the days of the USAWA but Bill had introduced me to a new world and I now had something to train for.

Al: Was there any one person who introduced you to lifting?

Tom: No one got me started. It was pure self-motivation, being motivated by my lack of strength and muscles. As I aged and started becoming stronger, with a 289 clean and jerk in training at the age of 19, I idolized Tony Garcy, five-time national Olympic lifting champion, and followed his career very closely. I eventually met Tony at the 1966 Senior Nationals and spoke with him

briefly then. Several months ago I sent him a sympathy card after the death of one of his sons and received a nice card and note from he and his wife in reply. I was also motivated by Paul Anderson, whom I met in 1972 and corresponded with during the early 1970s, as well as the late 1980s.

Al: When did you first get involved with the all-rounds? Didn't you compete in one of the very first World Meets?

Tom: I am one of the charter members of the USAWA, as indicated by the list on page 23 of the 5/17/09 edition of the Strength Journal. I competed in my first Zercher Meet in 1987, about the time that plans to start the USAWA were being formalized, so I just naturally became a member of the USAWA. Yes, I competed in the World Meet in Plymouth Meeting, PA in 1989. I suffered a tricep injury during the Pullover and Push event that took a very long time to fully heal.

Al: What have been your favorite lifts?

Tom: Over the years my favorite lifts have been the ones that I can do, quite frankly, and that list shrinks as I age! LOL When I was much younger, I enjoyed pressing and tried different types of pressing. My best pressing performance in USAWA competition occurred at the 1989 Zercher Meet when I did a heels together military press with 200 and then pressed 210 on my last attempt but lost my balance and had to take two steps backward. Later that year I thought I had pressed 209 at the World Meet, but I expected the weight to be heavier than it was and put a bit too much body into the lift, resulting in two red lights for backbend.

Probably my lifetime best pressing, considering form, was done in training one day in 1977 when I did a wide-grip military press with 229 for 4 reps. My heels weren't together but those were strict presses with no lower body movement at all. That was one of those magic moments when I was really "on" and knew that would never happen again. And it didn't!

During the late 1980s and early 1990s I made some reasonable one-hand deadlifts in USAWA contests, ranging from 330 to my PR of 345. My back started "complaining" about any type of deadlift with very much weight as I moved through my 50s, so I became somewhat of a one-arm thumbless deadlift specialist, doing over 200 officially. This is the type of lift that allows grip specialists like Ben Edwards to excel. In my case, I think it is a matter of technique because my hand strength is rather ordinary. I also found that I was reasonably good at the rectangular fix, at least for my age, as I made 95 pounds at the age of 61.

Al: I know one of your interests has been the history of weightlifting. Who are some of your favorite old time strongmen?

Tom: There are people who know more about the history of weightlifting and oldetime strongmen than I do, but yes, I have been interested in these subjects for decades and began work on a book on historical strength figures in the late 1980s. I mentioned Tony Garcy previously but I would rather not think of him as “oldetime” since he is only 6 years older than me. LOL. Rather, if we think of strongmen who performed in the general vicinity of 1900, there were certain performances that I wish I could have seen. In particular, one evening in 1889 Apollon (Louis Uni) did not know that the iron bars on a gate that was part of his stage performance had been tempered by a blacksmith, who was bribed by a prankster. Unaware of this, Apollon and his massive forearms struggled to bend the bars, while his wife prodded him, assuming that he was just being lazy. Finally Apollon was able to bend the bars enough for him to slide through them, but he was totally exhausted and explained to the audience that he was unable to continue his performance. David Willoughby believed that this may have been Apollon’s greatest strength feat.

I wish I could have also seen the bent presses of Arthur Saxon. It is hard for me to believe that a man weighing only about 204 pounds could bent press close to 400. (He is credited with 370 but reportedly did 386 unofficially and supposedly attempted 409 but the weights started falling off the bar.) Bent pressing was popular in the 1940s, especially in the New York area, and although Al Beinert bent pressed 360 in the mid-1900s weighing almost 60 pounds more than Saxon, nobody has approached Saxon’s record.

It would also have been fun to meet some of the leading strongmen of centuries ago, like Thomas Topham and Giovanni Belzoni, not to mention the enigmatic giant, Angus McAskill.

Al: Do you have any special memories of any all-round weightlifting meets?

Tom: Well, I would like to forget the injuries that I sustained! LOL Yes, I certainly have fond memories of people with varied backgrounds and professions and from different parts of the country and world getting together for fun and competition. There were personal duels I had with Bill Clark at Zercher Meets, with him insisting that we compete straight up, despite our differences in age and bodyweight. It was fun seeing Steve Schmidt do harness lifts with well over 3,000 pounds, far in excess of what the rest of us did, and more recently to see his feats, either in person or on film, with bar bending and teeth lifting and pulling very heavy vehicles, as well as record-breaking repetition back lifting. Although I didn’t witness it, Joe Garcia’s hand and thigh lift with 1,910 is a tremendous accomplishment, the highest lift on record. Since I go back a long way, there were some competitions in which I saw Ed Zercher do some exhibition leg pressing when he was 80 or so. Yes, I have many fond memories.

Al: What do you think the future of the USAWA will be?

Tom: Over the years, Bill Clark had hoped that the USAWA could attract some of the strength stars of the past, but that hasn't happened. Jim Bradford, who is now 80 and was a silver medalist in the 1952 and 1960 Olympics, has been an ardent follower, but I don't recall him competing in any USAWA contest. There are so many official lifts that virtually everyone, regardless of physical condition, will be able to find some lifts that they can do. I would like to see more people compete, both young and old, but our numbers are dwindling, not increasing. Hopefully your considerable and praiseworthy efforts with this website, Al, will increase interest in the USAWA. We can only hope.

Al: Thank you, Tom, for participating in this interview.

- [USAWA Daily News](#)
- [USAWA Events](#)

GRIP CHAMPIONSHIPS

February 15, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

2017 USAWA GRIP CHAMPIONSHIPS



Chad "Grizzly" Ullom won Overall Best Men's Lifter at the 2017 USAWA Grip Championships.

The USAWA Grip Championships last weekend at the Dino Gym was a huge success! A total of 17 lifters (5 women and 12 men) turned up to make this one of the biggest attended USAWA

competitions in the past year. There was lots of great lifting – so much I will not be able to cover it all here.

The Womens Division was packed with 5 great lifters. RJ made the trip from Colorado, Mary Mac, Tressa and newcomer Saria came from Omaha, along with last years defending best lifter champion Emily Burchett. The Mens Division had a house full of seasoned grippers – defending champ LaVerne Myers, 2012 World Champ Dan Wagman, grip sensation Ben Edwards, and Chad Ullom. I knew that this years titles were up for grabs.

The Pinch Grip was the first lift of the day. Most of the lifters had no idea what their max was in this lift, so as you can tell from the results listed below, alot of the lifters did a 4th attempt for record. The best lifts were by Dan Wagman, Chad Ullom, and Jason Payne, who all finished with a superb lift of 226 pounds.

The second lift was the Fulton DB one arm deadlift. The Fulton DB has a handle with diameter of 2" so this makes the gripping a real challenge. Mary Mac had the top womens mark with 95 pounds, while Chad had the top men's mark with 195 pounds! This new record by Chad is the best overall record lift ever in this lift by either hand, and matches the historic record set many years ago by Kevin Fulton. I was very impressed. LaVerne Myers had the second best lift with 185 pounds.

The third lift was the Middle Fingers Deadlift. Again, Mary had the top womens lift here with 195 pounds. Very, very impressive. Mary has always been great at this lift (she holds the top womens lift in the record list at 230 pounds), and on this day showed she still has it! The top mens lift went to Chad with a lift of 285 pounds. Both Dan and Ben had been training hard for this lift in training and had suffered finger injuries that prevented them from taking all out maxes in the meet. However, after Ben's conservative 225# opener he made a big jump to 320# to try for a new PR. He had the weight locked out but just a millisecond before he was to get the down command the bar popped out of his fingers, taking a chunk of flesh with it! O so close!

The meet finished with the Fulton Bar Hack Lift. Two women made a 200 pound lift (Emily and Saria) and four men were over 300 pounds (Chad 450, Zach and Ben 325, and Dan 305). Chad really stole the show here with his huge 450. Plus I should mention that up through 3 events LaVerne was in the lead in total points, but after Chad's and Dan's big hacks he got passed by them and dropped to third overall. Ben provided a little humor in this event as he lifted his opener facing backwards! The funniest part of it all was that he didn't do it on purpose and was a little embarrassed afterwards.

In the end RJ won overall best lifter in the Women's Division over the best class of women's lifters EVER in the Grip Championships. RJ was very prepared for this meet and picked her

attempts perfectly. She is now a 3X winner of the Overall Best Womens Lifter at the Grip Championships. Saria shows alot of potential in the All Rounds. In the mens division we had a newcomer to the USAWA – John Douglas. I always like to see new lifters involved in our organization, especially great guys like John. John ended up getting BEST LIFTER in the 50-54 age group in a hotly tested and competitive age group with Lance and Jason being part of. I was tremendously impressed with the two Junior Men lifters – Christian and Calvin. Both these guys showed grit all day and it came down to a very close finish for best Mens Junior lifter with Christian edging Calvin 799 points to 793 points. I also want to mention Jason Payne. Jason has lifted in meets at the Dino Gym before, but its been a few years. Jason has a huge grip (he still holds the Dino Gym record with the hub lift) and if it wasn't for the Hack Lift which gave him problems he would have placed much higher overall. Got to mention our USAWA Prez Denny Habecker. Denny just had surgery on a finger a couple of months ago but STILL lifted in the meet and did quite well. That takes courage (or stupidity! haha). The “effort award” has to go to Dan with his Fulton Bar Hack Lift. Dan has plenty of strength in the Hack but had problems getting the bar past his hammys, and had to go to his third attempt to get it! He never gives up.

I want to thank everyone for attending this meet, and lets make it another epic Grip Championships next year!

Meet Results:

2017 Grip Championships

February 11th, 2017

Dino Gym

Holland, Kansas

Meet Director: Al Myers

Scorekeeper & Announcer: Al Myers

Official (1 official system used): Al Myers

Lifts: Pinch Grip, Deadlift – Fulton Dumbbell, One Arm, Deadlift – Middle Fingers, Hack Lift – Fulton Bar

WOMENS DIVISION

LIFTER	AG	BWT	Pin	DLDB	MFDL	HLFB	TOTPTS
RJ Jackson	55	106	156 (161)	80R	155	190	581 936.7
Emily Burchett	25	149	166 (201)	90R	160 (175)	180 (200)	596 638.0

Tressa Brooner	55	128	97 (107)	75R (80R)	115 (120)	130 (140)	417	576.5
Saria De La Vega	17	163	107 (112)	75R	150	185 (200)	517	547.5
Mary McConnaughey	57	304	161 (171)	95R	195	—	451	383.9

MENS DIVISION

LIFTER	AGE	BWT	Pin	DLDB	MFDL	HLFB	TOT	PTS
Chad Ullom	45	246	226	180R (195R)	285	450	1141	967.6
Dan Wagman	OP	185	226	150L	255	305	936	874.0
LaVerne Myers	72	238	205	185R	185	190	765	827.8
Christian Schimpf	18	154	171 (201)	120R	200	250	741	799.1
Calvin Heit	15	141	151 (166)	100R	135	235(245)	621	793.6
Ben Edwards	41	228	205	150R	225	325	905	767.8
Zach Lucas	31	262	161	175R	225	325	886	686.6
Denny Habecker	74	196	161 (176)	105R	150	110	526	641.4
John Douglas	53	318	166	155R	215	185	721	580.5
Dean Ross	74	246	107 (112)	115L	160	150	532	574.6
Jason Payne	51	333	205 (226)	150R	225	110	690	534.4
Lance Foster	51	340	191	115R	215	130	651	499.4

NOTES: Age is listed in years. BWT is bodyweight in pounds. All lifts recorded in pounds. R and L designate right and left hands. TOT is total pounds lifts. PTS are overall points adjusted for age and bodyweight. Extra lifts for records are recorded with parenthesis.

BEST LIFTER AWARDS

RJ Jackson – Best Women’s Master and Overall Best Lifter

Emily Burchett – Best Women’s Senior

Saria De La Vega – Best Women’s Junior

Chad Ullom – Best Men’s Master 45-49 and Overall Best Lifter

Dan Wagman – Best Mens Open

LaVerne Myers – Best Mens Master 70-74

Christian Schimpf – Best Mens Junior

Ben Edwards – Best Men’s 40-44

John Douglas – Best Men’s 50-54

RECORD DAY LIFTS

RJ Jackson – 55 years old, 106 lbs.

Deadlift – Inch DB, Right: 61 lbs.

Deadlift – Inch DB, Left: 58.5 lbs.

Finger Lift – Little, Right: 36.5 lbs.

Saxon Snatch: 35 lbs.

Teeth Lift: 54 lbs.

Dan Wagman – Open age group, 184 lbs.

Curl – Cheat, 2 Dumbbells: 190 lbs.

Saxon Snatch: 110 lbs.

Deadlift – No Thumb, Left Arm: 187 lbs.

Deadlift – No Thumb, Right Arm: 187 lbs.

Vertical Bar Lift – 1", 1 Bar, Right Hand: 261 lbs.

Denny Habecker – 74 years old, 197 lbs.

Lateral Raise – Standing: 50 lbs.

Vertical Bar Lift – 1", 1 Bar, Left Hand: 91 lbs.

Vertical Bar Lift – 1", 1 Bar, Right Hand: 106 lbs.

Vertical Bar Lift – 1", 2 Bars: 182 lbs.

Press – Behind Neck, From Racks: 110 lbs.

Calvin Heit – 15 years old, 142 lbs.

Deadlift – Heels Together: 220 lbs.

Curl – Cheat, Dumbbell, Right Arm: 60 lbs.

Curl – Cheat, Dumbbell, Left Arm: 65 lbs.

Chad Ullom – 45 years old, 246 lbs.

Squat – Front: 396 lbs.

Deadlift – Ciavattone Grip: 440 lbs.

Curl – Cheat, Dumbbell, Right Arm: 115 lbs.

Dean Ross – 74 years old, 244 lbs.

Vertical Bar Deadlift – 1", 1 Bar, Left Hand: 106 lbs.

Vertical Bar Deadlift – 1", 1 Bar, Right Hand: 106 lbs.

Vertical Bar Deadlift – 1", 2 Bars: 212 lbs.

LaVerne Myers – 72 years old, 241 lbs.

Deadlift – Fulton DB, Left Arm: 180 lbs.

Deadlift – Fulton Bar, Left Arm: 170 lbs.

Deadlift – 3" Bar: 235 lbs.

Vertical Bar Lift – 2", 1 Bar, Left Hand: 165 lbs.

Bench Press – Fulton Bar: 125 lbs.

Al Myers – 50 years old, 227 lbs.

Bench Press – Roman Chair: 180 lbs.

Deadlift – Fulton Bar, Right Arm: 180 lbs.

Deadlift – Fulton DB, Right Arm: 180 lbs.

Back Extension: 180 lbs.

Curl – Cheat, Reverse Grip: 180 lbs.

HEAVY LIFT CHAMPIONSHIPS

February 16, 2017 Al Myers Edit Post

By Al Myers

MEET ANNOUNCEMENT



This picture of Frank doing a heavy Harness Lift hangs on the wall of Frank's Barbell Club. I took a picture of it the last time I was at his gym because it answers a basic question. What do you do when you lift so much the bar isn't big enough? Well – you tape on more!!!

The Heavy Lift Championships are heading back to Boston! And what better place than the home of the Super Bowl Champs New England Patriots! (had to throw that in for you Rocky! haha) The meet has just been sanctioned for May 13th, 2017. The co-meet promoters for this Championships are Mark Raymond and Rocky Morrison. The Walpole area of Boston has always been a "hotbed" of heavy lifting with the chain lifts. The meet will be held at Frank's Barbell Club. Frank is legendary as a heavy lifter and has all the equipment needed. Frank has promoted several Heavy Lift Championships through the years (2013, 2005, 2002, 1999, 1998). Frank has also won the OVERALL BEST LIFTER at 5 of these Championships (2005,

2004, 2002, 1999, & 1998). That's a heavy resume! I was at Frank's last promotion of the Heavy Lift Championships in 2013. It was an unbelievable event. I know Mark and Rocky will put on an event that will be just as good. I noticed from the entry form and announcement that there will be a backyard cookout afterwards. That alone is worth going for!

The deadline for entry is April 22nd. Please get your entry in on time so they know how many lifters to plan for.

MEET ANNOUNCEMENT & ENTRY FORM:

[Entry Form 2017 Heavy Lift Championships](#)

MEMBER CLUB CERTIFICATES

[February 17, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

We have several very active registered clubs in the USAWA. A goal of mine that I had when I became secretary of the USAWA and director of this website was to strengthen our club program. The reason for that is that I believe clubs are vital for the growth and survival of the organization. Active clubs do more USAWA promotions and recruit more lifters to All Round Weightlifting. Lifting in a club environment encourages lifters to be more involved, as well as enjoying the camaraderie of training together. Lifters that are members of clubs with senior members have huge advantages by having proper coaches.

I keep a current list of Member Clubs on this website. It's located under "About Us" in the top header. Right now for 2017 we have 8 clubs registered. This is the list, which I'm going to list in order of number of years as a registered club of the USAWA.

1. Clark's Championship Gym (1989-2017) 29 YEARS
2. Ambridge VFW Barbell Club (1993-2017) 25 YEARS
3. Dino Gym (2003-2017) 15 YEARS
4. Frank's Barbell Club (2010-2017) 8 YEARS
5. Habecker's Gym (2010-2017) 8 YEARS
6. Schmidt Barbell Club (2010-2017) 8 YEARS
7. Ledaig Heavy Athletics (2010-2017) 8 YEARS
8. Heartland Strength Sports (2009-2010, 2016-2017) 4 YEARS

I'm still waiting on a couple clubs to register for 2017 (JWC and KC Strongman) as they have been registered the past few years. I know their memberships will be coming in any day now....hint....hint...

I just spent some time making and putting Club Certificates on the website for these member clubs. Simply print them off and hang them on the wall of the gym to show your support for the USAWA!

TIMO – THE MAN WITH STRONG MIDDLE FINGERS

[February 19, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Timo Lauttamus, Finland, pulling the TOP ALL TIME Middle Fingers Deadlift at the 2014 IAWA Gold Cup.

I can't complete my epitome on the Middle Fingers Deadlift without mentioning the BEST Middle Finger Deadlifter in IAWA history. This man is the Finland Strongman, Timo Lauttamus. Timo has been a regular in IAWA international competitions these past few years. Anyone who has been to recent Worlds and Gold Cups know him. He has been putting on amazing shows at Gold Cups with the strength he has in his fingers.

Timo hold the TOP IAWA World Record in the Middle Fingers Deadlift with an astounding lift of 183 kilograms (403 pounds). This was done in front of several witnesses and top level IAWA

officials at the 2014 Gold Cup in Burton Upon Trent, England. I was glad that I was there to see it as well! Timo at the time was 35 years old and weighed in at 98.7 kilograms.

Often when saying someone is the best at something all time it is a debatable issue. This is not the case with Timo and his Middle Finger Deadlifting in IAWA. I can't see anyone arguing with me on this!

MEMBERSHIP REQUIRED

February 20, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

The biggest financial support of the USAWA comes from individual memberships in the USAWA. Membership fees are critical for our organization to survive. All membership fees go into the USAWA bank account – there's no money siphoned off for administrative fees. In turn, all of the money the USAWA spends goes back to the membership in one form or another. We operate on a "bare bones" budget. It's so bare there's no areas anywhere where cuts could be made without taking away services the USAWA offers to the membership.

Today I want to emphasize how important it is for meet directors to ensure that the lifters in their USAWA meets join the USAWA. The following rule is part of the USAWA Rulebook.

VIII. The Competition

11. The Meet Director is responsible for verifying that all competitors are current USAWA members, and must submit new member applications along with the membership dues to the USAWA secretary immediately after an event. Failure to do so may result in loss of meet sanction following a competition or event.

It should be an obvious assumption that you must be a current member of the USAWA in order to receive the benefits of an USAWA sanctioned event. And a member THE DAY OF the competition – not the next day or the next month or the next year. Current means RIGHT NOW. I will leave lifters off meet results if they entered a competition and are not a member of the USAWA the day of the meet. I've heard a meet director complain that his lifters didn't get listed because of a technicality. Well, not being a current member the day of the meet is NOT A TECHNICALITY. That's a rule violation. A technicality would be forgetting to sign your membership application, or forgetting to list your zip code on your membership application. I have never disqualified someone for those things. In those instances I notify the lifter in question to redo their application so it's right (assuming the payment is good!!!).

As stated in the rules it's the meet directors responsibility to make sure everyone is a member. Most lifters register before they enter a competition, but if not a meet director should collect membership applications and dues the day of the meet. Now it's super easy to confirm membership status (membership roster is always up to date on this website). Then come Monday morning after a weekend event mail the applications and dues to me. I know the mail can be slow at times, but by the end of the week I should have everything "in hand". I give a 1 week "in the mail" buffer, but after that time it's obvious to me that it was not taken care of when it should have been. Then it's too late. And not my problem.

Now if a meet director wants to let someone enter a USAWA meet they're promoting who is not a member that's their business, but DON'T include this lifter in the meet results you send to me because then it becomes mine and the USAWA's business. Just leave the lifter out of the results.

Enough said.

FINANCIAL MATTERS

[February 21, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

After re-reading yesterday's blog today, it made me wonder if people are thinking the USAWA is "down and out" and needing money! That is not the case. The USAWA is very financially sound and has been for many years. I have been the treasurer since 2009 and we have the same amount of money in our USAWA bank account now as we had then. So if anyone is worrying that the USAWA is going broke – DON'T WORRY. We are fine and even have a little extra for an "emergency fund" if needed.

Every year I put together a financial report of the income/expenses for the previous year. As required by our USAWA bylaws, I present this report to the Executive Board for audit every year. I think this process is essential as the financial matters of a non-profit organization should not be a secret and the treasurer should be held accountable for doing things right. I also present a summary of this financial report at our Annual National Meeting. The membership should know how the money is being spent!

- [USAWA Daily News](#)
- **THE REVERSE GRIP CURL CONTROVERSY**

• [February 23, 2017](#) [Al Myers](#) [Edit Post](#)

- By Al Myers

- I was recently visiting with Hall of Famer Scott Schmidt. We had a nice phone visit the other day talking about this years National Championships amongst other things. One thing we talked about was the Reverse Grip Curl. This has always been one of Scott's favorite USAWA lifts, and one he has done many times with many records. He mentioned to me that he had once done in strict style, 143 pounds, in the Reverse Curl but it's not listed in the USAWA Record List.
- Well, he was correct (this record is now listed though as I cross checked old meet results and verified it), and I have some explaining to do!
- The Reverse Curl has always had controversy surrounding it in the USAWA. Most of this resulted from old written rules that weren't clear and lifters doing the lift in different fashions, under different assumed rules. Some were doing the Reverse Curl very strict while others were doing it with some backbend. Others were doing it like the Cheat Curl with big dips and bar swings. Results of all these variations were entered into the Record List under one lift name. Obviously the "cheaters" had higher record numbers which wasn't fair to the lifters doing it strict style. However, lots of lifters really liked the "Cheat Style" and this resulted in a new lift in the USAWA, the Curl – Cheat, Reverse Grip. It has been a popular lift and has been in several competitions (including the 2012 and 2015 National Championships). This lift was passed as a new lift in 2010. So now there are two official Reverse Grip Curls – the Curl Cheat Reverse Grip and the Curl Reverse Grip.
- The difference in rules for the Reverse Grip Curl is that the Cheat version utilizes the rules of the Cheat Curl while the strict version uses the rules of the Rectangular Fix. This creates a big difference in the amount of weight that can be lifted! I won't go over the other details of these rules as you can look them up in the USAWA Rulebook.
- Now back to the Record List. When I took over as Records Chairman I noticed that this was a problem as many of the record lifts in the Curl Reverse Grip were obviously (and many I witnessed first hand) done with the Cheat technique. Since there was no way I could break this down and determine "which was which" I grouped all of them into the Curl-Cheat, Reverse Grip and started a new listing for Curl – Reverse Grip. I figured even if it had been done "strict style" it would conform to the rules for the Cheat Style. However, I knew several of the older records were done with the Strict Style but just not specifically which ones.
- So if anyone has done a STRICT Reverse Grip Curl in the past and it is not recorded in the Record List properly please let me know so I can get it fixed and give you the credit you deserve. I will need meet result verification and one witness to support the record to make this change.
- I have changed the name of the Curl – Reverse Grip in the Record List to Curl – Strict, Reverse Grip and this will be done in the next Rule Book edition as well. I hope this will help better clarify the differences between these two lifts in the future.

- But I have to mention Scott again! Scott's big STRICT Reverse Grip Curl at Art's Birthday Bash in 1998 is the TOPS in the USAWA Record List. That day he lifted 65 Kilograms (143 pounds) in the 115KG class.
- [2017 Meet Results](#)
- [USAWA Daily News](#)

CLUB OF THE YEAR 2016

[March 5, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

Every year the USAWA gives out several special awards to recognize outstanding performances. One of these awards is the CLUB OF THE YEAR, which is for the overall best club in the USAWA.

Unlike the other USAWA awards where the winners are selected by nomination and vote of the membership, the Club of the Year is earned. It is based on a point system where each club earns points for various involvements in the USAWA throughout the year. I think this system is very fair – and it makes it easy for me to calculate all clubs point totals. This is the guidelines for which a club earns points:

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.***

Another standing rule is the that defending Club Champion is ineligible the following year, but has the honor of presenting the new USAWA Yearly Club Champion the award. This was put in place so one club would not dominate winning the award year after year. The Dino Gym won this award last year, so it's my honor to announce this year's winner!!! Now for the drum roll please.....

The winner of the 2016 USAWA CLUB OF THE YEAR goes to

FRANK'S BARBELL CLUB

Frank's Barbell Club dominated the race this year for Club of the Year. They generated an unbelievable point total of 59 points. I will have to do some checking but I don't think any club has generated that many yearly points before. They accomplished this by having 15 registered club members: Lindsey Beavy, Frankie Ciavattone, Frank Ciavattone, Jeff Ciavattone, Micheal Driscoll, James Fuller, David Gago, Jessica Hopps, Kim Lydon, Cassie Morrison, James Morrison, Rocky Morrison, James Patterson, Tony Patterson, and Mark Raymond. The club also promoted the 2016 USAWA National Championships under the direction of club leader Frank Ciavattone.

The final standings for the top 5 Clubs are as follows:

1. Frank's Barbell Club – 59 points
2. Habecker's Gym – 33 points
3. Ambridge Barbell Club – 12 points
4. Clark's Championship Gym – 11 points
5. KC Strongman – 10 points

This award will be officially presented at the 2017 National Championships in conjunction with the Awards Presentation. Congratulations to Frank's Barbell Club!

ICEBERG OPEN RECORD DAY

[March 11, 2017](#) [Rocky Morrison](#) [Edit Post](#)

By Rocky Morrison

Frank's Barbell Club in Walpole, MA held the Iceberg Open Record Day on March 4th, 2017. The weather outside was a little chilly, which was very fitting for the Iceberg Open. But inside there was some heat generated by the strong lifts. The event contained some new lifters in addition to some of our veteran lifters.



MEET RESULTS:

ICEBERG OPEN RECORD DAY

March 4th, 2017

Frank's Barbell Club

East Walpole, MA

Meet Director: Frank Ciavattone

Host: Mark Raymond

Meet Officials: (3-official system used) Frank Ciavattone and Rocky Morrison

Lifters:

Name	Gender	Age	Weight (In Pounds)
Dave Brien	Male	49	197
Robert Santos	Male	49	208
Mark Raymond	Male	54	240
Tony Patterson	Male	55	176
Dave Gago	Male	59	176

Lifts:

Lifter	Dave Brien	
Age Category	45+	
Weight Category	90 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
(RH) Ciavattone Deadlift	202.8	92
(LH) Ciavattone Deadlift	202.8	92
(2H) Thumbless Deadlift	310.8	141
Barbell Curl – Strict	125	56.7
Barbell Curl – Reverse	156.5	71

Lifter	Robert Santos	
Age Category	45+	
Weight Category	95 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
Bench Press – feet in air	315	142.9
Bench Press, Fulton Bar	340	154.3
Barbell Curl – Strict	127.5	57.8
Barbell Curl – Reverse	125	56.7

Lifter	Mark Raymond	
Age Category	54+	
Weight Category	110 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
Trap Bar Deadlift	357	162
Deadlift, No Thumbs, Overhand Grip	304	138

Bench Press, Fulton Bar	180	81.7
(LH) Fulton Dumbell Deadlift	132	60
(RH) Fulton Dumbell Deadlift	182	82.6

Lifter	Tony Patterson	
Age Category	55+	
Weight Category	80 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
(2H) Thumbless Deadlift	334	151.5
(2H) Ciavattone Deadlift	352	160
Barbell Curl – Reverse	140	63.5
(RH) Fulton Dumbell Deadlift	200	90.7
(RH) Vertical Bar Lift (2" bar)	210	95.3

Lifter	Dave Gago	
Age Category	55+	
Weight Category	80 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
(2H) Thumbless Deadlift	288	130.7
(RH) Fulton Dumbell Deadlift	162	73.5
(RH) Vertical Bar Lift (2" bar)	104	47.2

It was an outstanding job by all participants. We also had great support from the fans in attendance.

NATIONAL CHAMPIONSHIPS

By Al Myers

MEET ANNOUNCEMENT

2017 USAWA NATIONAL CHAMPIONSHIP

The plans have been made! The Nationals has been sanctioned and scheduled for June 24th and 25th at Vermillion, Ohio. Bob Geib will be the meet director for this event, which is the highlight competition each year for the USAWA. The lifts have been chosen:

DAY 1 – June 24th

Vertical Bar Deadlift – 1 Bar, 2", One Hand

Clean and Push Press

Bent Over Row

Deadlift – 2 Dumbbells

DAY 2 – June 25th

Clean and Jerk – One Arm

Pullover and Push

Jefferson Lift (Straddle Deadlift)

This is a great selection of lifts for our National Championships. As per the rules of the USAWA, all lifts chosen for the Nationals must be approved by the USAWA Executive Board. The EB looks for these things in approving the lifts – a good variety of different movements, lifts that can be performed by the vast majority of lifters, lifts that are easily loadable and officiated, and lifts that represent the USAWA in a good manner. I like to see a combination of Olympic Lift, Power style lifts, a grip lift, and something that utilizes a specialized lifting skill. This selection definitely represents those things!

An important date to remember is the closing date for entries. This date is May 26th, 2017. This means that your entry form and ENTRY FEE must be sent in by that time.

Nationals information sheet (PDF) – [InfoSheetNationals2017](#)

Nationals Entry Form (PDF) – [EntryformNationals2017](#)

LEBANON SPRING RD

by Al Myers

MEET ANNOUNCEMENT – LEBANON VALLEY SPRING RECORD DAY

Meet Promoter: Denny Habecker

Meet Date: May 6th, 2017

Location: Habecker's Gym, Lebanon, PA

Contact Denny if you plan to attend.

1ST QUARTER POSTAL

[April 11, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET RESULTS –

2017 USAWA 1ST QUARTER POSTAL MEET

The tradition of our yearly postal series continues, with the kickoff of the 1st quarter postal meet of 2017. It was well attended with 14 competitors (12 men and 2 women). A big congrats goes to first time postal meet Men's Division overall winner Daryl Jackson and the Women's Overall Champ RJ Jackson. I was very impressed with the lifting done in this postal meet which offered a very challenging set of dumbbell lifts.

Meet Results:

1st Quarter Postal Meet

January 1st – March 31st, 2017

Meet Director: Denny Habecker

Lifts: Clean and Push Press – 2 Dumbbells, Cheat Curl – 2 Dumbbells, Swing – 2 Dumbbells

Lifters that used a Certified Official:

Daryl Jackson – Certified Official RJ Jackson

Eric Todd – Certified Official Lance Foster

Barry Bryan – Certified Official Denny Habecker

Calvin Heit – Certified Official Chad Ullom

Denny Habecker – Certified Official Barry Bryan
Kohl Hess – Certified Official Denny Habecker
Rocky Morrison – Certified Official Frank Ciavattone
Mark Raymond – Certified Official Frank Ciavattone
Aidan Habecker – Certified Official Denny Habecker
Lance Foster – Certified Official Eric Todd
RJ Jackson – Certified Official Denny Habecker
Crystal Diggs – Certified Official RJ Jackson

Lifters that used a non certified judge:

John Douglas
Chad Ullom

WOMENS DIVISION

LIFTER	AGE	BWT	C&P	CC	SW	TOT	PTS
RJ Jackson	55	106	70	80	60	210	333.7
Crystal Diggs	30	165	55	60	45	160	160.3

MENS DIVISION

LIFTER	AGE	BWT	C&P	CC	SW	TOT	PTS
Daryl Jackson	27	154	150	150	130	430	450.2
Eric Todd	42	255	200	190	160	550	445.2
Barry Bryan	59	193	140	160	104	404	441.8
John Douglas	53	305	140	130	150	420	344.9
Calvin Heit	15	142	100	100	70	270	343.2
Denny Habecker	74	193	94	94	80	268	329.3
Kohl Hess	22	270	120	182	120	422	322.2
Rocky Morrison	55	262	100	132	100	332	298.5
Mark Raymond	54	240	80	112	80	272	253.4
Aidan Habecker	13	128	60	60	50	170	244.9
Lance Foster	51	340	110	110	90	310	237.9
Chad Ullom	45	246	40	200	40	280	237.6

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

EAST WALPOLE OPEN

[April 17, 2017](#) [Al Myers](#) [Edit Post](#)

By Mark Raymond

MEET ANNOUNCEMENT
EAST WALPOLE OPEN “RECORD DAY”

MEET DETAILS:

Presented by Mark Raymond and Franks Barbell Club
781-801-0947 – owdmr@aol.com

Saturday, May 27th, 2017 10:00am

LOCATION:

Frank’s Barbell Club
204 East Street
East Walpole, MA 02032

SANCTION:

USAWA Membership Required to participate

WEIGH-INS:

9:00am-10:00am the day of the meet

DIVISIONS:

Juniors, Women, Masters & Open

ENTRY FORM/FEE:

None but please notify Mark in advance if attending.

KCSTRONGMAN RD

[April 29, 2017](#) [Al Myers](#) [Edit Post](#)

By Eric Todd

MEET ANNOUNCEMENT

KCSTRONGMAN Record Day

Date: June 3, 2017

Weigh Ins: 9:00 AM

Lifting starts: 10:00 AM

Entry Fee and Form: None, just let me know you are coming by emailing

SalGuimino@yahoo.com.

Awards: None

Where: ET's House of Iron and Stone, 10978 SW Pueblo Dr, Turney, MO 64493. I will post directions on the forum prior to the meet. I would not count on using GPS if I were you. It will take you to the middle of Turney, which is NOT where we are at. Several souls have tried, and all have failed using GPS. So use the directions instead. I do live in God's country, but GPS aint found us here yet..

Disclaimer-If you have not been here before, it is a Quonset hut (looks like a giant tin can). Cold in the winter and hot in the summer. No running water, so the commode comes in the form of an outhouse or tall weeds, you take your pick. Nothing fancy, just lots of iron for heavy lifting

Events: You can pick up to five events to set a record in. No more than 4 judged attempts per event. WE can accommodate most USAWA events, but not all (like I do not have a backlift). IF you are unsure, email me and ask. You can also get your lifts for the 2nd quarter postal judged by certified judges at this meet.

Sanction: You must be a USAWA member to participate. Memberships will be available for purchase at the meet.

Divisions and weight classes: All divisions and weight classes that USAWA offers are available to try and set records in.

WORLD CHAMPIONSHIPS

April 30, 2017 [Al Myers](#) [Edit Post](#)

By John Mahon

MEET ANNOUNCEMENT

2017 IAWA WORLD CHAMPIONSHIPS

The time is fast approaching again for the IAWA World Championships. This year IAWA's premier event is being held in Perth, Western Australia. This will be the 4th time that the World Championships will be held in Australia.

2017 is a big year for IAWA as it celebrates its 30th anniversary. The first World Championships were held in 1988 and IAWA has held a World Championships every year since then.

The World Championships is run over 2 days, traditionally on the 1st weekend of October, and consists of 6-7 all-round lifts. The lifts are different every championships and it tests the lifters over-all strength and power.

This year the championships has 7 lifts over the 2 days. 4 lifts on day one and 3 lifts on day two.

DAY 1

Cheat Curl

One Hand Dumbbell Snatch

One Hand Vertical Lift with 2" Bar

Bench Press Feet in Air

DAY 2

Clean and Press 2" Bar

One Hand Hack Lift

Straddle Deadlift 2" Bar

The World Championships is a special event to be apart of. It is not a championship for professional athletes. It is a championships for amateur athletes from novice to experienced, junior to senior. No prize money, just a great time competing against and creating life long friendships with other lifting enthusiasts from around the globe. The 2017 IAWA World Championships will be held on September 30th to October 1st. There is no qualifying for the World Championships. To be eligible to compete you just need to be a member of an affiliated IAWA association.

Click here for the [ELECTRONIC ENTRY FORM](#)

Entry Form (PDF) – [2017 World Championships Entry Form](#)

For more information on the 2017 World Championships contact the meet promotor John Mahon at jflmahon@gmail.com or allroundweightliftingwa@gmail.com.

- [USAWA Daily News](#)

LIFTER OF THE MONTH – CHAD ULLOM

[May 3, 2017](#) [Al Myers](#) [Edit Post](#)

Al Myers



Chad Ullom pulling 195 pounds on the Fulton Dumbbell for a new USAWA record at the 2017 USAWA Grip Championships.

The USAWA LIFTER OF THE MONTH for February is **Chad Ullom**. Chad won the overall Mens Best Lifter in the USAWA Grip Championships in February against a very tough field of grip lifters. He finished the meet off strong by setting a big lift in the Fulton Bar Hack Lift.

Congrats Chad!!!

- [2017 Meet Results](#)
- [USAWA Daily News](#)

TIME TO NOMINATE!

[May 9, 2017](#) [Al Myers](#) [Edit Post](#)

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 displays 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 2016 (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 2016
- An individual may be nominated for more than one award

These are the different awards for which you should chose 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 next Tuesday. 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!!!!

LEBANON VALLEY RD

May 11, 2017 [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

MEET RESULTS

Lebanon Valley Spring Record Day

The Lebanon Valley Spring Record Day was a big success! Five lifters set 23 new USAWA Records. 89 Year old Art Montini started things off with some great Finger Lifts, and things just kept getting better from then on. We had 69 year old Barry Pensyl from Easton, 36 year old Michael Rabich from Queens, New York, 22 year old Kohl Hess back in action, and last but not least, 13 year old Aidan Habecker doing some great Vertical Bar Lifts. Newcomer Michael Rabich did some great deadlifts and a difficult lift I personally had never seen done before, a Pullover and Press with Wrestler's Bridge. He did 60 Kg. [132 Lbs] on that lift. After the lifting Judy treated us to some good food, as she always does.

Meet Results:

Lebanon Valley Spring Record Day
May 6th, 2017

Habecker's Gym
Lebanon, PA

Meet Director: Denny Habecker

Official (1-official system used): Denny Habecker

Lifts: Record Day

Lifters:

Art Montini – 89 Yrs [85-89] 170 Lbs. 80 Kg. Class

Finger – Right Index- 69 Lbs.

Finger – Middle Left – 102 Lbs

Finger – Middle Right – 102 Lbs

Finger – Ring – Left – 102 Lbs.

Finger – Ring – Right – 102 Lbs.

Barry Pensyl – 69 Yrs. [65-69] 150 Lbs. 70 Kg. Class

Curl – Reverse Grip – 53 Lbs.

Hackenschmidt Floor Press – 187 Lbs.

Pinch Grip – 116 Lbs.

Snatch – D.B. – Left – 51 Lbs.

Snatch – D.B. – Right – 54 Lbs.

Michael Rabich – 36 Yrs. 203 Lbs. – 95 Kg. Class

Deadlift – 2 Dumbbells – 424 Lbs.

Deadlift – Fulton Bar – 463 Lbs.

Deadlift- No Thumbs – Overhand Grip – 335 Lbs.

Deadlift – Trap Bar – 507 Lbs.

Pullover and Press – Wrestler's Bridge – 132 Lbs.

Kohl Hess – 22 Yrs. – 271 Lbs. – 125 Kg. Class

Dumbbell Walk – 106 Lbs.

Curl – Reverse Grip – 99 Lbs.

Curl – Strict – 116 Lbs.

Pullover and Press – 198 Lbs.

Vertical Bar- 2" Bar – Right Hand – 204 Lbs.

Aidan Habecker – 13 Yrs. – 135 Lbs. – 65 Kg. Class.

Dumbbell Walk – 40 Lbs.

Vertical Bar- Right Hand – 2" Bar – 116 Lbs.

Vertical Bar – 2 Bars, 2" – 220 Lbs.

LIFTER OF THE MONTH – TONY PATTERSON

May 13, 2017 Al Myers Edit Post

By Al Myers

LIFTER OF THE MONTH FOR MARCH –

TONY PATTERSON



Tony Patterson performing a Ciavattone Grip Deadlift at the 2016 IAWA World Championships.

A big congrats goes to Tony Patterson for being selected as the USAWA Lifter of the Month for March. Tony lifts out of Frank's Barbell Club in Walpole, MA and is a regular participant at club events. Tony loves the USAWA grip lifts, and at a club record day in March put up a couple very impressive records. He lifted 200 pounds with the Right Hand Fulton Dumbbell, and 210 pounds in the Right Hand 2" Vertical Bar Lift.

I first met Tony at the 2016 IAWA World Championships in Lebanon last fall, which was his first IAWA event. I was very impressed with his lifting at Worlds and enjoyed getting to know him.

Congrats Tony!

2017 USAWA HEAVYLIFT CHAMPIONSHIPS

May 18, 2017 [Rocky Morrison](#) [Edit Post](#)

By Rocky Morrison

2017 USAWA HEAVY LIFT CHAMPIONSHIPS



Group picture from the 2017 Heavy Lift Championships.

Frank's Barbell Club hosted the 2017 Heavylift Championships on May 13, 2017. It may not have been the largest turnout for a Heavylift Championships, but it was great time. We had a lot of laughs (like Joe Jr popping a rivet on the neck lift head gear) and saw some great lifting. It was very impressive to see all lifters exceed the 1 Ton mark.

MEET RESULTS:

2017 USAWA Heavy Lift Championships

Frank's Barbell Club

Walpole, MA

May 13th, 2017

Meet Director: Mark Raymond

Official: Frank Ciavattone

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

Lifters:

Lifter	Age	Group	Weight	Class
Mark Raymond	54	50+	241	110kg
Rocky Morrison	55	55+	261	120kg
Joe Ciavattone, Jr.	23	Open	211	100kg
Joe Ciavattone, Sr.	48	45+	234	110kg

Lifts (All weights in pounds):

Lifter	Neck Lift	Hand & Thigh Lift	Hip Lift	Total Weight	Overall Place
Mark Raymond	125	702	1202	2029	4th
Rocky Morrison	402*	802	1202	2406	3rd
Joe Ciavattone, Jr.	552**	1402	1522	3476	1st
Joe Ciavattone, Sr.	552	802	1202	2556	2nd

* - USAWA Record

** - While attempting 752 lbs Joe Jr popped a rivot on the head gear, thus ending the Neck Lift competition. From what we hear, this is the second time he has done that.

After the lifts were complete Frank and Colleen hosted the lifters for a BBQ (and the weather cooperated). I was master chef at the grill for the day (Gordon Ramsey would have been proud).

A huge thanks to Mark Raymond and Frank's Barbell club for putting on this great event.

THE MEETING AGENDA

June 3, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

Before long the USAWA National Championships will be here, and with that the annual meeting of the USAWA. We have one meeting per year to make our major yearly decisions and we always coordinate that with our Nationals.

The Annual Meeting will be held at the meet venue on Saturday following the day's lifting. So the date for the meeting is SATURDAY JUNE 24th. Start time for the meeting will be right after the lifting, so around 4 to 5 PM. Everything is pretty straight forward on the meeting agenda this year. There doesn't seem to be any controversial decisions to be made, so I'm hoping for a short meeting.

Business Agenda for the 2017 USAWA National Meeting

1. Meeting called to order by USAWA President Denny Habecker

2. Roll Call by USAWA President Denny Habecker
3. Reading of previous meeting minutes by USAWA Secretary Al Myers
4. Report of financial status by USAWA Treasurer Al Myers
5. Report from Website Director Al Myers
6. Report from Awards Director Al Myers
7. Report from Records Director Al Myers
8. Report from Drug Enforcement Director Chad Ullom
9. Report from Officials Director Joe Garcia
10. Report from Postal Meet Director Denny Habecker
11. Report from IAWA Technical Committee Chairman Dennis Mitchell on upcoming IAWA events and other technical issues that are being discussed by the IAWA Technical Committee
12. Discussion and Vote on the new lifts:
 - Clark Lift proposed by Bill Clark
 - Pinch Grip Deadlift proposed by Al Myers
 - Pinch Grip – Strict proposed by Al Myers
13. Discussion and Vote on Rule Changes
14. Discussion of New Business brought forth by the membership
15. Election of Officers
16. Accept Bids for the 2018 National Championships
 - One prior proposal by Al Myers, to be held in Abilene, KS the last weekend of June
17. Meeting Adjourned

**** *If a Director or an Officer is unable to attend this meeting to give their report PLEASE send it to me so I can give it on your behalf!*****

KCSTRONGMAN RD

June 6, 2017 Al Myers Edit Post

By Eric Todd

KCSTRONGMAN RECORD DAY

The turnout was small, but it was an outstanding day of lifting and telling stories with some old friends. Results are as follows:

Date: June 3, 2017

Meet Director: Eric Todd

Location: ET's house of Iron and Stone

Certified officials: Eric Todd and Lance Foster (The one official system was used on all lifts)

Loaders: Lance Foster, Dean Ross, Chris Todd, Eric Todd

All lifts are recorded in pounds

Lifter: Dean Ross, Male

Bodyweight: 231

Weight Class: 105

Age: 74

Age Division: 70

Lateral Raise-Lying 52

Lateral Raise-Standing 42

Finger Lift Thumb-left 40

Finger Lift Thumb-Right 40

Deadlift, Fulton Dumbbell Left Hand 82

Lifter: Lance Foster-male

Bodyweight: 335

Weight Class: 125+

Age: 51

Age Division: 50

Deadlift Dumbbell Right 201

Deadlift, Reeves 230

Snatch, Dumbbell right 60

Lifter: Eric Todd-Male

Bodyweight: 251

Weight class: 115

Age: 42

Age Division: 40

Bench Press Fulton Bar 340

Crucifix 148

Holdout Raised 85

Holdout Lowered 95

Lateral Raise Standing 100

EAST WALPOLE RD

June 6, 2017 Rocky Morrison Edit Post

By Rocky Morrison

On 5/27/2017, Frank's Barbell Club hosted the East Walpole Open Record Day. It was a little warm in the gym, but some pretty impressive lifts were done.

MEET RESULTS:

EAST WALPOLE OPEN RECORD DAY

May 27th, 2017

Frank's Barbell Club

East Walpole, MA

Meet Director: Frank Ciavattone, Jr

Host: Mark Raymond

Meet Officials: (3-official system used) Frank Ciavattone, Jr, Joe Ciavattone, and Rocky Morrison

Lifters:

Name	Gender	Age	Weight (In Pounds)
Frank Ciavattone, Jr	Male	62	291
Peter Vuono	Male	64	195.75
Mark Raymond	Male	54	241
Tony Patterson	Male	55	175

Dave Gago	Male	59	172
Paul Dallalis	Male	62	350

Lifts:

Lifter	Frank Ciavattone, Jr	
Age Category	60+	
Weight Category	125+ KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
Weaver Stick Left	5.75	2.6

Lifter	Peter Vuono	
Age Category	60+	
Weight Category	90 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
Deadlift	425	192.8

Lifter	Paul Dallalis	
Age Category	60+	
Weight Category	125+ KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
Bench Press, Right Hand	50	

Lifter	Mark Raymond	
Age Category	50+	
Weight Category	110 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
Rectangular Fix	85	
Rectangular Fix, Fulton Bar	80	
Hack Lift Fulton	180	
Deadlift Dumbell, Left	205	

Deadlift Dumbbell, Right	205	
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Lifter	Tony Patterson	
Age Category	55+	
Weight Category	80 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
Deadlift, Ciavattone Grip	402	
Deadlift, Ciavattone, Right Hand	243	

Lifter	Dave Gago	
Age Category	55+	
Weight Category	80 KG	
Lift	Weight (In Pounds)	Weight (In Kilograms)
Deadlift, Ciavattone Grip	274	
Vertical, 2" Bar, Left Hand	100	
Vertical, 2" Bar, Right Hand	100	

LAVERNE MYERS NEW LEVEL 2 OFFICIAL

[June 6, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

I want to officially welcome my father, LaVerne, into the ranks of the LEVEL 2 USAWA OFFICIALS. I just received confirmation from the USAWA Officials Director Joe Garcia that his application to become a Level 2 official was granted. Level 2 is the highest level you can achieve as an official in the USAWA. Once you achieve Level 2 status you are certified for life. Never again do you have to take the rules test or reapply!

LaVerne has been very involved over the past 10 years plus as an official. He has officiated at many high level competitions – including National Championships, Gold Cups, and World

Championships. He also has the distinction of officiating at IAWA events overseas, which is quite an honor.

Congrats LaVerne!!

UPDATE FOR NATIONALS

June 10, 2017 Al Myers Edit Post

By Bob Geib

I just talked with the USAWA National Championships meet director Bob Geib, and Bob has assured me that everything is “on track” for an outstanding Nationals. Bob (along with Scott Schmidt) have been working hard on this meet to make sure it is going to be a great competition for everyone.

Bob wanted to share with everyone a couple websites that highlight Vermilion.

mainstreetvermilion.org

www.vermilionohio.com

CLUB CHAMPIONSHIPS

June 10, 2017 Al Myers Edit Post

by Dave Glasgow

MEET ANNOUNCEMENT

2017 USAWA CLUB CHAMPIONSHIPS

Hosted by:

LEDAIG HEAVY ATHLETICS

Saturday, July 15th, 2017

Weigh In 9:00-10:00 AM

Lifting starts at 10:00 AM sharp

LIFTS TO BE CONTESTED

Deadlift – No Thumb, One Arm

Curl – Strict

Snatch – Dumbbell, One Arm

Bentover Row

Questions or directions to the venue

dglasgow@cox.net

- [USAWA Daily News](#)
- [USAWA Events](#)

PRESIDENTIAL CUP

June 13, 2017 Al Myers Edit Post

by Al Myers

MEET ANNOUNCEMENT

THE 2017 USAWA PRESIDENTIAL CUP

For the sixth year in a row, the now “Annual” USAWA Presidential Cup is being hosted again by our USAWA President Denny Habecker. This is one of the CHAMPIONSHIP events hosted in the USAWA, and is the Championships of Record Days. It follows along “the lines” of the IAWA Gold Cup – a lifter picks their best lift and contests it for a USAWA record in this prestigious record day. After all lifters have performed their record lifts, Denny will pick the effort that impresses him the most and award that lifter the PRESIDENTIAL CUP. Only one lifter will receive this very important award. If time allows, lifters will have the opportunity to perform other record day lifts. So it is a good idea to come with the BIG LIFT in mind, but also be prepared to do other lifts for record if the time allows.

Now a little “rehash” on the Presidential Cup. These are the guidelines:

The Presidential Cup will follow along some of the same guidelines as the Gold Cup, which is the IAWA meet which recognizes outstanding performances by lifters in the lift/lifts of their choosing. The Gold Cup started in 1991 under the direction of then-IAWA President Howard Prechtel. However there will be some differences in the guidelines of the USAWA Presidential Cup:

- *The Presidential Cup is hosted annually by the USAWA President only.*
- *Must be a USAWA member to participate.*
- *A lifter may choose any official USAWA lift/lifts (up to a maximum of 5 lifts) to set a USAWA record/records in.*
- *The lifter must open at a USAWA Record Poundage on first attempt.*
- *The top performance record lift of the entire record day, which will be chosen by the President, will be awarded the PRESIDENTIAL CUP.*

MEET DETAILS:

USAWA Presidential Cup

Saturday, August 5th, 2017

Meet Director: Denny Habecker

Location: Habecker's Gym, Lebanon, PA

Lifts: Bring your best lift for record!

Start time: 10 AM, with weigh-ins before this

Entry Form: None, but advance notice is required.

- [USAWA Daily News](#)
- [USAWA Events](#)
- **TEAM CHAMPIONSHIPS**

• [June 13, 2017](#) [Al Myers](#) [Edit Post](#)

• by Al Myers

• **MEET ANNOUNCEMENT**

2017 USAWA TEAM CHAMPIONSHIPS

- The date for the USAWA Team Championships has been set – August 26th. I started promoting the Team Championships in 2007, which features “team lifting”, a combination of 2 lifters on a bar lifting the weight together. This makes for a very exciting event as the 2 lifters must be in coordination with each other to make a successful lift!
- **MEET DETAILS:**
- Meet Director: Al Myers
- Meet Date: Saturday, August 26th, 2017
- Meet Time: 1:00 PM – 5:00 PM

- Location: Dino Gym, 1126 Eden Road, Abilene, KS 67410
- Sanction: USAWA Membership required
- Weigh-Ins: Noon the day of the meet
- Divisions: 2-Man, 2-Person (man & woman), and 2-Women
- Entry Fee: None
- Lifts:
- **Pullover – Bent Arm**
- **Deadlift – Fulton Bar, Ciavattone Grip**
- **Deadlift – No Thumbs, Overhand Grip**
- Registration: There is no entry form or entry deadline, but please let me know ahead of time if you plan to attend so I can make the proper preparations. I can be reached at amyers@usawa.com

• **WORLD POSTAL**

• [June 14, 2017 Al Myers](#) [Edit Post](#)

- By Al Myers
- **MEET ANNOUNCEMENT**
- **2017 IAWA WORLD POSTAL CHAMPIONSHIPS**
- The World Postal has been announced! Steve Gardner has passed along the promotion of this meet to me. It will be promoted in a very similar manner to the way Steve has done it the past few years, which has been very successful. It will still be the “Andy Goddard Memorial”. Andy was a great friend and supporter of the IAWA and as long as I’m involved promoting the World Postal it will be done in Andy’s memory. As it has been the past few years, the lifts for this World Postal will be the first day lifts of the upcoming Worlds. Please send your results to me this year (instead of Steve!) at amyers@usawa.com.
- INFO SHEET – [2017 World Postal Information Sheet](#)
- ENTRY FORM – [2017 World Postal Entry Form](#)

NEW ENGLAND CUP RD

[June 14, 2017 Al Myers](#) [Edit Post](#)

by Al Myers

MEET ANNOUNCEMENT NEW ENGLAND CUP RECORD DAY

Frank Ciavattone, owner and Club President of Frank’s Barbell Club, has sanctioned a record day at his gym on July 22nd, 2017. Most lifts can be contested for USAWA/IAWA records, but

to be sure I recommend you contact Frank beforehand. Below is the contact information for Frank:

Frank's Barbell Club
204 East Street
East Walpole, MA 02032
Phone: (508)-801-6279

There is no entry form for this record day. The number of lifts for records are limited to three. There will be a BBQ and awards following the lifting. Contact Frank directly for further details.

- [USAWA Daily News](#)
- [USAWA Events](#)

VENUE CHANGE

[June 15, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

There has been a change in the venue location for Nationals. The meet has been moved from Vermilion to Cleveland. The address for the new location is:

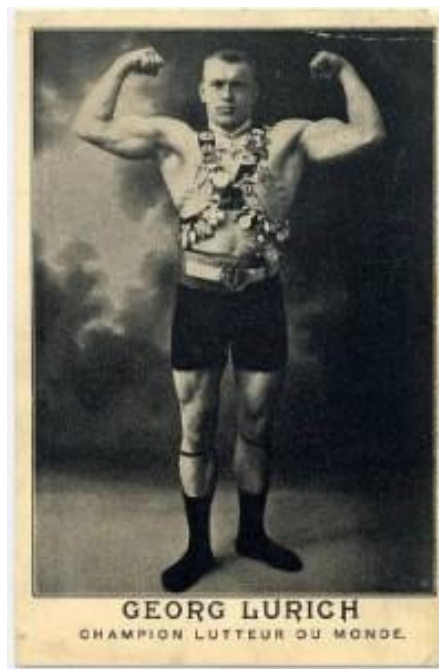
West Park Family YMCA
15501 Lorain Road
Cleveland, Ohio 44111

- [USAWA Daily News](#)

- **GEORG LURICH AND THE LURICH LIFT**

• [June 16, 2017](#) [Al Myers](#) [Edit Post](#)

- By Eric Todd



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- Georg Lurich
- One of the things I find the most fascinating about the strong men of old is that they were much more true all-rounders than those of modern physical culture. It is what has inspired me to pursue many different types of strength sports. I grew up reading about many of them in Wrestling Physical Conditioning Encyclopedia by John Jesse, which I purchased for \$10 (a huge sum of money to me at the time) when I was around 10 or 11. This book was primarily about lifting and conditioning, but in each chapter, it highlighted a wrestler or two from the days of old. These guys were not only great wrestlers, but they were the strongmen of their times (many excelled at many of the lifts that we do in the USAWA today), and they had the physiques of bodybuilders.
- One of the wrestlers mentioned in Jesse's book was World Champion wrestler, the Russian Lion, George Hackenschmidt. Many of you have probably heard the name. We do some lifts that are named for the man, such as the Hack Lift and the Hackenschmidt Floor Press, as well as others that he perfected, such as the pullover and press and the pullover and push. Hackenschmidt said "Wrestlers need a particular kind of strength. They require all-round development, such is sadly neglected in many departments, the neck for instance." (Jesse, 1974). This is clearly demonstrated in his wrestler's bridge pullover and press, which is present on the USAWA list of lifts. He was able to pullover 311 pounds while in the bridge position, and press it for 2 repetitions (Gentle, 2017). Hackenschmidt is probably most famous for his catch as catch can wrestling bouts with Frank Gotch, who was from a farm near Humbolt, Iowa.
- However, this article is not about the Russian Lion. It is about his lesser known mentor, Georg Lurich from Estonia, who was a fantastic wrestler and all round lifter just like Hackenschmidt. Lurich was born George Luri on 22 April 1876 in a village in Estonia named Vike-Maarja. George's family joined a church that was primarily Baltic

German. Since they believed this church provided the family's children with more opportunity in education, they changed their name to the German "Lurich"(George Lurich 2017). Though physically weak as a lad, upon attending Tallin, a prestigious secondary school, Lurich dedicated himself to increasing his strength to improve his health (Katzner).

- In 1895, Lurich moved to Russia. There he met who would become his coach, Dr. Wladyslaw Krajewski (Christopher 2013). It was at this time he became proficient in both weightlifting and wrestling. Though he was not Estonia's first weightlifting and wrestling champion, he was their most famous, both due to his success on the mat and in the gym and his showmanship and promotion. When he returned to Estonia, he did so a star. Not only was Lurich known as a sensation in athletics, but he is credited with a instilling a national pride in the Estonians which led them to move toward independence from tsarist Russia (George Lurich 2017).
- Lurich is credited with a number of weightlifting records in his time. It is said that he completed a one arm jerk of 267 pounds and a clean and jerk of 344 pounds (Wood 2012). He is credited with a pullover and push of 201.5 kilos, which is in the neighborhood of 444 pounds (Myers, 2010). Tragically, Georg died prematurely from Typhoid fever on January 20, 1920. He was 43 years old, a mere year older than your young, young author. Lurich's legacy lived on however. One way is through the legends and folktales about him that Estonians continued to tell. Another way is through the young champion, George Hackenschmidt, that Lurich began teaching and mentoring when Hackenschmidt was but 18 years old. Hackenschmidt went on to be one of the winningest wrestlers and weightlifters in printed history.
- In the 2017 USAWA Old Time strongman championship that I will be hosting, we are contesting as an exhibition lift called the "Lurich Lift", which was proposed by my confederate Lance Foster. This is a partial Hack lift written with Old Time strongman style rules. Since Lurich was Hackenschmidt's teacher, Lance felt it was an appropriate tribute to a great champion and true all-rounder. I do concur. Below are the rules we will be using for the lift in September. IF the lift works according to these rules and we feel it is a good lift that goes along with the USAWA Old time strongman philosophy, we will propose it to the executive board.
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- **Lurich Lift:** *This is a partial Hack Lift, where the bar height must not be over 18" from the platform (measured to the bottom of the bar). The plates or bar may be supported on stands, rack supports, or blocks to obtain this height. The lifter must have the bar behind the legs, as defined by the rules of the Hack Lift. The hands must be on the outside of the legs (NO SUMO STANCE) during the entire lift. Lifting straps or any other gripping aid is not allowed, but any grip may be used. It is NOT an infraction to drag the bar up the legs. The bar may touch the calves and the rear of the upper legs as it rises. Should it*

bind against the upper legs, the bar may be stopped momentarily or lowered while a hip adjustment is made. A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is totally upright and the bar motionless, an official will give the command to end the lift.

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OTSM CHAMPIONSHIPS

[June 17, 2017](#) [Al Myers](#) [Edit Post](#)

By Eric Todd

MEET ANNOUNCEMENT

2017 Old Time Strongman Championships

Where:

ET's House of Iron and Stone
10978 SW Pueblo Dr
Turney, MO 64493

When: September 9, 2017

Weigh ins: 9:30

Rules: 10:00

Meet Starts: 10:30

Events:

Hackenschmidt Floor Press
Thor's Hammer
Dumbbell to Shoulder
Kennedy Lift

Exhibition of new lift following the meet. We will test out the new lift, the Lurich Lift as proposed by KCSTRONGMAN member Lance Foster.

Entry Fee: \$25. Checks payable to Eric Todd. Entry and check can be sent to me at the above address.

Entry Deadline: August 26, 2017. Please be prompt in entering, as it helps me plan accordingly for the best possible meet

Awards: There will be awards for this meet

I hope a good number of you make plans to come out for this meet. It should be a great day of lifting.

THIS WILL BE A DRUG TESTED EVENT

ENTRY FORM (PDF) – [OTSM Entry](#)

GOLD CUP

[June 29, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT

2017 IAWA GOLD CUP

The 2017 IAWA Gold Cup will be held in Glasgow, Scotland on November 4th, 2017. Joint promoters of this important IAWA competition are Mathew Finkle and Andrew Tomlin. Both these guys are veterans of promoting meets and have promoted excellent Gold Cups in the past. I assure anyone going this will be an outstanding event.

It will be a little different this year in Glasgow as the event venue will be different than before. This year the Gold Cup will be at the Croftfoot Scout Hall. Matt and Andy have already made plans for a banquet after the meet, held at the Ivory Hotel.

DEADLINE FOR ENTRY IS OCTOBER 21ST

ENTRY FORM (WORD) – [IAWA Gold Cup 2017 entry form](#)

ENTRY FORM (PDF) – [IAWA Gold Cup 2017 entry form](#)

NATIONAL CHAMPIONSHIPS

June 30, 2017 Al Myers Edit Post

By Scott Schmidt

2017 USAWA NATIONAL CHAMPIONSHIPS



Greetings!

This information is from Scott A. Schmidt. Al Myers asked me to provide a description of how our 2017 USAWA National Championship Competition occurred.

One Word? FANTASTIC! I was able to help Bob Geib who asked for this event last year. As always, we had to get a lot of things accomplished to make sure we could have a GREAT EVENT! When Bob had his first location in Vermilion cancel the event, I helped Bob re-locate our Meet to The West Park YMCA in Cleveland, Ohio. Thank God, every thing got in Beautiful Motion! We had all the equipment we needed at the YMCA to provide a very organized, smooth Meet. Also, we had a Great Location for our Awards Ceremony which was the West Park Station Resturant. They gave us a lot of room and great food. Very fun also to use their michrophone system to give everyone their awards. We got some Cool T-Shirts to detail our National Meet. And our Award Plaque is very Pro looking also.

We had a lot of details to do to accomplish this Wonderful Event. And all the folks who gave us their opinion gave us a Wonderful Congratulation! I am very pleased everything went well.

Al Myers will add the details of the results of all of our lifters to show names, weight class, lifting event, records, totals and place in class. I am sure you will be happy to see all the Great Accomplishments!

MEET RESULTS:

2017 USAWA National Championships

West Park YMCA

Cleveland, Ohio

June 24th & 25th, 2017

Meet Director: Bob Geib

Assistant Meet Director: Scott Schmidt

Announcers: Al Myers & John McKean

Scorekeepers: Al Myers & Judy Habecker

Officials (3-official system used): Scott Schmidt, Randy Smith, Denny Habecker, Frank Ciavattone, LaVerne Myers, Dennis Mitchell

Loaders: Aidan Habecker, Franklin, and Ryan

Lifts: DAY 1 Vertical Bar Deadlift – 1Bar 2" One Hand, Clean and Push Press, Bentover Row, Deadlift – 2 Dumbbells DAY 2 Clean and Jerk – One Arm, Pullover and Push, Jefferson Lift

WOMENS DIVISION

LIFTER	AGE	BWT	VB1	C&P	Row	DB	DL	CJ1	P&P	Jeff	TOT	PTS
Susan Sees	54	242	30L	30	45	70	0	0	50	225	208.7	
Kathy Schmidt	59	187	0	20	35	45	7.5R	17.5	45	170	189.3	

EXTRA ATTEMPTS FOR RECORDS

Kathy Schmidt Clean and Push Press 27.5K

Kathy Schmidt Bentover Row 40K

Kathy Schmidt Dumbbell DL 55K

Kathy Schmidt Jefferson Lift 50K

MENS DIVISION

LIFTER	AGE	BWT	VB1	C&P	Row	DB	DL	CJ1	P&P	Jeff	TOT	PTS
Al Myers	50	230	70R	70	150	200	50R	140	200	880	808.9	
Randy Smith	62	194	80R	75	95	150	41R	95	152.5	689	769.9	
Chris Waterman	63	145	60L	50	67.5	120	25R	80	130	533	719.9	
Cody Lokken	22	169	72.5R	90	95	160	45R	100	155	718	707.6	
Denny Habecker	74	194	47.5R	55	90	125	27.5R	92.5	120	558	684.2	
John McKean	71	154	55R	10	70	120	10R	40	120	425	587.4	
Roger LaPointe	46	161	52.5R	65	80	120	37.5R	45	135	535	582.3	
Scott Schmidt	64	232	65R	65	100	125	27.5R	75	105	563	579.6	
LaVerne Myers	73	240	80R	35	75	120	20L	55	120	505	548.2	
Brandon Rein	22	153	50R	57.5	60	120	37.5R	55	130	510	536.5	
Jackson LaPointe	10	66	20R	12.5	22.5	50	10R	12.5	55	183	536.4	
Cale Dunlap	22	161	57.5R	55	60	120	35R	60	125	513	521.3	
Aidan Habecker	13	140	58R	30	35	90	22.5R	0	101	337	469.5	
Art Montini	89	165	30R	20	35	70	10R	42.5	75	283	424.1	
Dennis Mitchell	85	144	30L	10	35	70	7.5L	25	70	248	395.6	
Tim Moore	37	291	72.5R	105	155	170	0	0	0	503	370.1	
Peeter Pirn	53	200	72.5R	52.5	95	105	0	0	0	325	330.9	
Bob Geib	74	256	45L	25	45	70	0	0	60	245	258.2	
Frank Ciavattone	62	310	50L	0	0	0	0	0	0	50	43.9	

EXTRA ATTEMPTS FOR RECORDS

Jackson Lapointe VB DL 2"R 25K

Aidan Habecker VB DL 2" R 60K

John McKean VB DL 2" R 60K

Jackson LaPointe Clean and Push Press 14K

John McKean Bentover Row 75K

Cody Lokken Bentover Row 101K

Roger LaPointe Bentover Row 101K

Notes: BWT is bodyweight in pounds. All lifts recorded in kilograms. R and L designate right and left arms. TOT is total pounds lifted. PTS are overall adjusted points corrected for age and bodyweight corrections. All lifters weighed in on DAY 2 in the same class as DAY 1.

BEST LIFTER AWARDS

Womens Master – Susan Sees

Womens Overall – Susan Sees

Mens Senior – Cody Lokken

Mens Master 45-49 – Roger LaPointe

Mens Master 50-54 – Al Myers

Mens Master 60-64 – Randy Smith

Mens Master 70-74 – Denny Habecker

Mens Master 85- 89 – Art Montini

Mens Master Overall – Al Myers

Mens Overall – Al Myers

Club Runner Up – Schmidt Barbell Club (2287.6 pts)

(Scott Schmidt, Kathy Schmidt, Bob Geib, Susan Sees, Chris Waterman, Peeter Pirn)

Club Overall – Dino Gym (3122.5 pts)

(Al Myers, LaVerne Myers, Cody Lokken, Brandon Rein, Cale Dunlap)

2017 YEARLY AWARDS

[July 1, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

One of the exciting functions that happens every year at the National Championships is the presentation of the USAWA Annual Awards. I have been the USAWA Awards Director since the program began in 2009 and started the selection and presentation of the Annual Awards. These awards are chosen by the membership – with the nomination and voting for each award done by the USAWA members only. So truly when you win one of these Yearly Awards it is because your fellow competitors deemed you worthy of it. All I do is tally the votes.

This is one of my favorite “responsibilities” in the organization. It is gratifying to see my fellow lifters and friends recognized for their accomplishments in the USAWA. The Yearly Awards presentation coincided with the meet awards following the banquet at the West Park Station, a great restaurant/bar selected by the meet promoters Bob and Scott. It was a very festive environment, and we were allowed to use the microphone that broadcasted over the entire restaurant. I noticed even others at the restaurant, not involved with the USAWA, clapping for

the winners! I was joined by meet promoter Scott Schmidt in giving out the Yearly Awards. Now for this YEARS BIG WINNERS!!!!

2017 USAWA Annual Awards

***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.*

Runner Up – Mark Raymond

Winner – Kim Lydon

***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.*

Runner Up – Art Montini

Winner – Rocky Morrison

***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 a specific example of exceptional sportsmanship.*

Runner Up – LaVerne Myers

Winner – Dean Ross

***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.*

Runner Up – Denny Habecker

Winner – Frank Ciavattone

***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.

Runner Up – Eric Todd

Winner – Al Myers

The Club of the Year Award was presented by last year's Club of the Year, The Dino Gym.

***Club of the Year** – This is the outstanding club in the USAWA based on meet participation, membership, and promotion of USAWA competitions and events. It is based on points earned throughout the year.*

Runner Up – Habecker's Gym

MEMBERS: Barry Bryan, Aidan Habecker, Denny Habecker, Judy Habecker, William Clark, and Steven Hunt.

Winner – Frank's Barbell Club

MEMBERS: James Patterson, Tony Patterson, Mark Raymond, Lindsey Beavy, Frankie III Ciavattone, Frank Ciavattone, Jeff Ciavattone, Micheal Driscoll, James Fuller, Jessica Hopps, Kim Lydon, Cassie Morrison, James Morrison, and Rocky Morrison.

MY NATIONALS WEEKEND

July 1, 2017 Al Myers Edit Post

By Al Myers



This is my monster Northern Pike I caught in Canada the week before the meet!

This is not intended to be a meet report, but rather “my take” on the Nationals Weekend. First of all, it was a busy week for me as I was on a fly-in fishing trip for trophy Northern Pike way up North in Canada before I even got to Cleveland. I was worried that I was gonna wear myself out before the meet with all the big fish I caught up there. Plus, the all you can eat delicious home-style meals served at night (along with the big breakfasts and shore lunches) that I was never going to make weight at the meet. Well, reeling in those big Pike must have loosened up my shoulders a bit instead, and working hard all day on the lake must have burned more calories than I predicted as I did make my weight class at the meet and was able to do a token clean and push press with my bum shoulders to get a mark in it.

Upon arriving Friday evening from a flight from Saskatoon to Cleveland (luckily it was on schedule) I was greeted at the airport by 3 young Dino Gym lifters who were making their first National Meet appearance. These guys made the 15 hour drive to lift with only 2 stops (oh to be young with a large bladder). I was greeted with a sign at the airport that said, “Welcome back from rehab, Big Al”. Thus the fun begins.

We all stayed at a lodge in Vermilion that my buddy John McKean had arranged. John and his family were staying there, and it was right on Lake Erie. Truly a beautiful place. I had made plans to fish with John after the meet, and believe it or not, John had promised me that he would show me his secret fishing spot. More on that later.



The boys relaxing at the lodge before the meet.

I can't say enough about the work meet promoters Bob Geib and Scott Schmidt did for this meet. They ran into problems two weeks before the meet with the venue location in Vermilion being cancelled on them. Luckily they were able to secure a meet venue at the West Park YMCA in Cleveland at the last minute. And I'm glad they found this spot. This YMCA was the location of many All Round meets in the past, including past Nationals, put on by Howard Prechtel. To say it contained USAWA history puts it mildly. I was honored to be able to lift there.

The weekend of lifting went super smooth. Everything was on schedule and everyone seemed to have a super time. A lot of the USAWA veterans were on hand with a fine mix of newcomers to Nationals. Several registered clubs were represented – Dino Gym, Habeckers Gym, Schmidt Barbell Club, Ambridge Barbell Club, and Frank's Barbell Club. One thing that impresses me with our organization is how everyone "jumps in" and helps. We had a great group of seasoned officials (Frank Ciavattone, Dennis Mitchell, Denny Habecker, Scott Schmidt, LaVerne Myers, and Randy Smith) who officiated both days. These guys are the "best of the best" amongst USAWA officials which is what we want for our Nationals. John McKean and myself did the announcing duties, and Judy did the scorekeeping. Plus what a great group of loaders we had. Young Aidan Habecker loaded all weekend as well as lifting and what a great job he did!!! He took charge of the loads and seemed to know exactly what plates needed put on. Also, got to mention Franklin and Ryan for all the hard work they did, as well as others. Not a single misload all weekend!

The only injury we had (unfortunately there seems to always be one at Nationals) was newcomer Tim Moore from Cleveland. Tim is a power house and a great guy and I sure hope to see him again in a USAWA meet. He tore his bicep on the second day doing the One Arm Clean and

Jerk. I've since heard from Scott that he has had surgery to repair it and is now on the mend. If it wasn't for this injury he would have been in contention for a top spot overall.

I was SO GLAD to see Chris Waterman in the meet. I lifted with Chris over 10 years ago in the USAWA at Nationals. Chris lifted exceptionally (placing 3rd Overall) and looks in fantastic shape. Obviously he hasn't laid off the weights in his sabbatical from USAWA competition. The women's division had two very veteran lifters – Susan Sees and Kathy Schmidt. In the end Susan pulled out the Overall Best Womens Lifter (her third, other two were 2015 and 2012). It was great to see the perennial Nationals competitor Randy Smith there. I always enjoy lifting with Randy (as well as having a few drinks afterwards with him!). We had a great time catching up on things. Randy never seems to change – he looks and lifts the same today as he did 15 years ago when we first met.

Art continues to amaze us with his lifting. Art, along with Dennis Mitchell, both compete in the 85-89 age group. These two guys really impress me how they have been so consistent with their lifting year after year and never missing the National Championships. Dennis has competed in more USAWA Nationals than anyone in history, a mark I don't see being broke. That will be a topic for another story in the future.

My dad LaVerne rounded out the Dino Gym Team at Nationals. After the first lift, the 1 hand VB lift, in which he had the top mark of the meet, he earned the nickname from “the boys” as Pa Vice Grips.



Hanging out with Scott at his home gym!

After the lifting on Saturday Scott Schmidt invited me over to his house and to see his home gym. When me and “the boys” got there Kathy had a table full of delicious snacks to welcome

us. Thank you Kathy!!!! Scott then showed us his home gym, which is an unbelievable home training facility. I spent 30 minutes just looking at his gym decor. I really like to see home gyms as they are very unique and often reflect the personality of the owner. All Round home gyms are much different than any commercial gym, and Scott's is one of the best I've seen.



The Dino Gym Team – Brandon Rein, Cody Lokken, Cale Dunlap, Al Myers, and LaVerne Myers

I was very excited to see the new Dino Gym guys lift (Cale, Cody, and Brandon). A funny remark John made at the meet announcing, after he was having a hard time keeping them recognized, was that they seem to “be from the same litter.” That drew laughter from the crowd. These young lifters have just started to lift at the Dino Gym and all show great promise. I felt the pressure of being their coach, and just wanted them to lift well and enjoy the experience. Friday night before the meet back at the lodge I was visiting with John and told him I better go visit with these young lifters and give them a talk to “settle their pre-meet nerves”. Put it this way – when I got to the beach where they were hanging out they seemed pretty relaxed drinking bourbon and smoking cigars so the talk wasn't needed. Then I started to worry that they were following my example too much!

Bob and Scott planned an exceptional banquet following the meet. It was at a place called the West Park Station. We got there really early, which was nice, as we were able to enjoy the live band and a few Yuenglings on tap outside on a back patio. I spent a hour telling “the boys” Chad stories. He's now a legend in their minds. The banquet food was outstanding and it was a buffet (the only way to go after a meet!). The Awards Ceremony was the highlight of the evening. The meet awards were outstanding. Plus we gave out the USAWA Yearly Awards at that time. They let us use the microphone that broadcasted over the entire restaurant – so everyone there heard what was going on! I noticed people not even associated with our group clapping and cheering. I was joined in the presentation with Scott and Bob, Frank, and an impromptu surprise speech by Brandon. A very special moment for me that evening was Frank

presenting me the Howard Prechtel Plaque. Every year, in Howard's memory we present an annual traveling plaque to someone who the previous years recipient feels is worthy of it for their contributions to the USAWA for the prior year. Frank was last years selection. I'll be honored next year when I can pass this tribute plaque along to someone else.



Fishing with John McKean!

The next day, as promised, John took me, my dad LaVerne, and "the boys" to his secret fishing spot. I wish he would have told me to wear raingear. John is a master fisherman and ties his own jigs. These things look like the real thing and the fish can't resist them! It wasn't long before we had caught several fish, including a really nice catfish caught by Brandon. I was picking John's brain on the art of jigging, and luckily John is one who likes to talk so I was getting some of his secrets out of him. It was a great time but the wind kept picking up till all of us were soaking wet, from head to toe. As John put it, "it was battle conditions!"



The boys eyes were open wide when the feast was served!

The next day we made the long drive home, all in one day but with more stops than two. We made a sightseeing stop in Indianapolis at the Indy Speedway (“the boys” are big Nascar fans) and at my favorite BBQ place in Columbia, Missouri for supper. I ordered up a large feast fit for Kings, and then as the last bit of coaching I did for the weekend, made the boys eat it all. Great times!!!!

MINUTES 2017 AGM

July 2, 2017 Al Myers Edit Post

By Al Myers, USAWA Secretary

2017 Annual General Meeting Minutes

The 2017 Annual Meeting of the USAWA was called to order by USAWA President Denny Habecker at 4:30 PM on June 24th, 2017 at the West Park YMCA in Cleveland following the days lifting. Roll call was taken with these members in attendance: Denny Habecker, Al Myers, Dennis Mitchell, Cale Dunlap, Cody Lokken, Brandon Rein, Frank Ciavattone, Kathy Schmidt, Scott Schmidt, Roger LaPointe, Jackson LaPointe, Bob Geib, Susan Sees, LaVerne Myers, Tim Moore, Judy Habecker, and Randy Smith. Previous years minutes were read by Al Myers, Secretary. Frank moved to accept the minutes with a second by Judy. It passed unanimously. The treasurers report was given by Al Myers, Treasurer. A break even year was reported for the USAWA in 2017. Frank moved to accept the report, with a second by Bob, and it passed unanimously. Next a report from website director Al Myers was given. A long listing of things the website provides was given. Judy moved to accept, a second was made by Frank, and it passed with unanimous vote. The report from the Awards Director Al Myers was given next, which included the function of the awards program and the presentation of the annual awards. Frank moved to accept the report, a second was given by Randy, and it passed unanimously. The report from Records Director Al Myers was given next which included how the record list is now online, that a sort function by Rocky Morrison was added to help sort and identify records, and a call to the membership if errors are noticed please notify the director so errors can be fixed. Frank moved to accept, a second was given by Bob, and it passed unanimously. The Drug Enforcement Director report was given next. Chad Ullom was not in attendance but prepared a report for Al Myers to give on his behalf. Close to 20 drug tests in over 10 competitions were done during the past year, with all negative results. Intentions are to do the same number of tests during the next year. Frank moved to accept, with a second by Judy, and it passed with unanimous vote. The next agenda item was the Officials Report. The USAWA Officials Director is Joe Garcia, who was not in attendance and had not forwarded his report to anyone to give on his behalf, so no Officials Report was given. Al Myers commented that giving a Directors Report is expected of a USAWA Director, and not giving one is not fulfilling the

expectations of the position. Denny Habecker, the Postal Meet Director, gave his report next. Denny explained how the postal meets function, with one every quarter. He made a call to the membership for more participation. Frank moved to accept the report, a second was made by Scott, and it passed with unanimous vote. The report from the IAWA Technical Committee Chairman Dennis Mitchell was given next. Dennis commented that no complaints have been made to the committee and nothing new has been presented. Frank moved to accept the report, a second was made by Bob, and it passed unanimously. The presentation of three new proposed lifts were the next agenda item. The rule of the first lift, the Clark Lift proposed by Bill Clark, was read to the membership by Al Myers. All new proposed lifts must first be reviewed and voted on by the Executive Board in order to be presented to the membership for vote. Discussion included Randy Smith asking about the height of the bar at the lifters 1/3rd height being used, and wondered if a set height like the Peoples Deadlift should be used instead. Al Myers commented that a fraction of a person's height has been used in other lifts like the Anderson Squat and Anderson Press. Randy then asked if the Clark Lift has every been done in competition as an exhibition lift to see how it went. No one in attendance had a comment on this question. The general consensus of the members in attendance felt that it should be tried out first as an exhibition lift before being passed as a new official lift of the USAWA. Bob moved to table the vote, a second was made by Randy, and it passed unanimously. The next proposed lifts were the Pinch Grip Deadlift and the Pinch Grip Strict, proposed and presented by Al Myers. I read the new proposed rules of each. I explained how the current rules for the Pinch Grip have been lacking in description, and that the lift has turned into a Pinch Grip Deadlift with the excessive front hang being used. The proposal was to rename the current Pinch Grip as the Pinch Grip Deadlift with some minor rule changes so current records would not be lost, and the introduction of a new Strict Pinch Grip which would not allow fronthang/backhang which was the original intent of the Pinch Grip Lift. There was no discussion amongst the membership. Frank moved to accept these two new lifts with a second by Bob, and it passed with unanimous vote. Discussion and vote on some rule changes was next. The first rule change was the addition of the Thumb Lift to the rule book as it had been previously passed years ago as a official lift but never added to the Rulebook. Frank moved to accept, with a second by Bob, and it passed unanimously. The second rule change was to add the word "strict" to the name of the Reverse Curl for clarification of the lift. Bob moved to accept, a second was made by Scott, and it passed with unanimous vote. New Business was the next agenda item. There was no new business. Election of officers were next. A call by the President to current officers if they wanted to remain in office was made. Frank Ciavattone requested that he not run for re-election. All other officers agreed to run again for their current position. Frank nominated Rocky Morrison to the Executive Board to replace his position. No other nominations were made by any member in attendance. A vote was taken to retain the current officers and Rocky to the Executive Board as all officers/executive board members were running unopposed. It passed with unanimous vote. The officers of the USAWA for the next two years are: President Denny

Habecker, Vice President Chad Ullom, Secretary/Treasurer Al Myers, At Large Executive Board Members Dennis Mitchell and Rocky Morrison. Nationals meet director Bob Geib then gave a short report on the weekends events and the upcoming banquet. Bob thanked Scott for his help in planning the Nationals. Bob then moved to adjourn the meeting with a second by Frank, and it passed unanimously. The meeting ended at 4:55 PM making it the shortest Annual Meeting of the USAWA in history, which was a good thing as we had to be out of the facility by 5:00PM.

NATIONAL MEET TRIVIA

July 3, 2017 Al Myers Edit Post

By Al Myers

I have just finished updating the history archives with the new “history” from our recent National Championships. I don’t know if anyone really ever looks at this history archive except me, but it’s something I think is important to our organization – to preserve the history of the USAWA. The late Dale Friesz was always a big help to me with this as he was a history buff, as I often referred to him as the unofficial historian of the USAWA. I promised myself that I would keep our history archive going (even though at times it is time consuming) just because I know Dale would have wanted it that way.

So today I’m going to do a little history test, based on information from our history archives. Please take the test yourself and see how you do (without looking up the answers of course!!!) If you score over 75% that means you are a Dale qualified historian or just long in the tooth. Scoring over 50% should be everyone’s goal, as that means you know a thing or two about the USAWA. If you are under 25% you should spend some time studying our history archive!!! Now let the trivia test begin!!!! (Answers will be the topic of tomorrow’s story)

1. What is the year of the first National Championships?
2. Name one lift that has been contested in 10 or more National Championships?
3. Only a handful of USAWA meet promoters have promoted 3 or more Championships, Name one.
4. Name 5 states that have hosted Nationals.
5. The 25th anniversary of the Nationals was held where?
6. Name 3 men lifters who have won Overall Best Lifter at Nationals.
7. Name 3 women lifters who have won Overall Best Lifter at Nationals.

8. What month is the most common month Nationals has been held?
9. Out of our close to 200 official lifts in the USAWA, how many have been contested at prior Nationals. Multiple choice here. A. Under 25, B. 26-75, C. 76-125, D. Over 126
10. TRUE/FALSE The USAWA National Championships has always been a two day meet.

WELCOME TO THE CLUB

July 4, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

I just got done updating the USAWA Record List with the recent results from the USAWA National Championships. I usually let 2 or 3 meets go by before I update the online record list, but I wanted to get on this quick for one reason. That's because I knew Randy Smith was standing at 99 USAWA records for one year (since last years Nationals) and I knew he had to set at least one record at Nationals to make the CENTURY CLUB.

And that he did, so welcome to the CENTURY CLUB Randy Smith. And then to my surprise Eric Todd has now made it as well. Congrats ET as I know you have working at this for a long, long time. Eric's first USAWA competition was over 15 years ago in which he first set a USAWA record. With the addition of Randy and Eric to the CENTURY CLUB, the Men's Club now stands at 23 members. Not much changed in the Men's overall ranking. Denny still holds a commanding lead, over Art and myself. John McKean stills solid at number 4, and Joe Garcia and Dean Ross are tied at the number 5 spot. These 5 lifters are the only ones over the 300 record mark. Other changes include Scott Schmidt climbing a spot (past fellow Cleveland native the legendary Howard Prechtel) to number 12, and LaVerne Myers moving from number 16 to 14. Chris Waterman's return at Nationals allowed him to add several records to his count, thus moving him up to a tie for 17th.

In the Women's Century Club, there was a BIG CHANGE. RJ has finally overtaken Noi for the number one spot, with 271 records. Many consider Noi as the most decorated women's lifter in the history of the USAWA, so this is a major accomplishment for RJ. Congrats RJ as I know you have worked very hard to achieve this. Mary Mac and Susan Sees round out the Women's Century Club.

(The Trivia Answers blog will be ran tomorrow as I'm still getting responses from those who have taken the quiz)

TRIVIA ANSWERS

July 5, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

Hopefully everyone took the trivia contest the other day over the history of the National Championships. Today I'm going to go over the answers, and since this is a self-graded trivia contest – check your own answers. If you are brave enough please share your results on the USAWA Discussion Forum. The answers to all these questions can be found in the History Archive here on the website.

1. What is the year of the first National Championships?

1988. The first USAWA National Championships was held July 9-10th, 1988 at Plymouth Meeting, Pennsylvania. It was promoted by John Vernacchio.

2. Name one lift that has been contested in 10 or more National Championships?

7 lifts have been contested at Nationals 10 or more times. They are the Zercher Lift (16 times), The Deadlift – One Arm (15 times), the Pullover and Push (13 times), The Clean and Press – Heels Together (12 times), The Snatch – One Arm (11 times), The Hip Lift (10 times), and the Neck Lift (10 times).

3. Only a handful of USAWA meet promoters have promoted 3 or more Championships, Name one.

Actually this list is quite long. Here are possible answers.

John Vernacchio – 1988, 1989, and 2004

Art Montini & John McKean – 1991, 1999, and 2002

Frank Ciavattone – 1996, 1998, and 2016

Denny Habecker – 2000, 2007, 2010, 2013, and 2015

Al Myers – 2006, 2009, and 2012

Bill Clark & Joe Garcia – 1995, 1997, and 2001

4. Name 5 states that have hosted Nationals.

The 7 states that have hosted Nationals are: Pennsylvania (12 times), Ohio (6 times), Massachusetts (4 times), Missouri (4 times), Kansas (2 times), Nevada (1 time), and Illinois (1 time).

5. The 25th anniversary of the Nationals was held where?

The 25th USAWA Nationals was held in Las Vegas, Nevada on June 30th, 2012. This year (2017) marked our 30th anniversary of the USAWA National Championships.

6. Name 3 men lifters who have won Overall Best Lifter at Nationals.

These 16 men have won overall best lifter titles at Nationals: Al Myers (7), Art Montini (4), Bob Hirsh (3), Ed Schock (3), Steve Schmidt (2), Barry Bryan, Joe Ciavattone Sr., Joe Ciavattone Jr., Mike McBride, Bill DiCioccio Sr., John Monk, Denny Habecker, Jim Malloy, Larry Traub, Randy Smith, and Chad Ullom

7. Name 3 women lifters who have won Overall Best Lifter at Nationals.

These 15 women have won overall best lifter titles at Nationals: Noi Phumchaona (4), Susan Sees (3), Jacqueline Caron/Simonsen (3), Jeanne Burchett (2), Amorkor Ollennuking (2), Amber Glasgow, Cindy Garcia, Cassie Morrison, Kerry Clark, Cara Ciavattone, Su.J. Mason, Rita Hall, Pam Maciolek, Elizabeth Month, and Molly Myers

8. What month is the most common month Nationals has been held?

June – 21 of the 30 Nationals have been in this month.

9. Out of our close to 200 official lifts in the USAWA, how many have been contested at prior Nationals. Multiple choice here. A. Under 25, B. 26-75, C. 76-125, D. Over 126

ANSWER IS B. 55 of our official lifts have been contested at a past National Championships.

10. TRUE/FALSE The USAWA National Championships has always been a two day meet.

ANSWER IS FALSE. 9 Nationals have been one day events. However, the first one day Nationals wasn't till 2006.

LIFTER OF THE MONTH – LAVERNE MYERS

July 6, 2017 Al Myers Edit Post

By Al Myers



LaVerne Myers in action at the 2016 IAWA World Championships.

Congrats to LaVerne Myers for being selected as the USAWA Lifter of the Month for January!!!

I know I'm going back a few months for this recognition, but I intend this year to select a USAWA Lifter of the Month for each month of this year and not miss a month!

LaVerne earned this award because he made it to the Dino Gym Challenge during a blizzard. The Dino Gym Challenge was the only USAWA competition held in January, and the only other competitor in the Challenge was myself. I didn't feel like I earned it because I can walk to the gym. Pa had to drive a quarter of a mile!

Congrats LaVerne!!!

LIFTER OF THE MONTH – DARYL JACKSON

July 6, 2017 Al Myers Edit Post

By Al Myers

The USAWA Lifter of the Month for April goes to Daryl Jackson. Daryl competed in the 1st Quarter USAWA Postal Meet and won Overall Best Mens lifter against a very tough field of lifters. A total of 12 men competed in this postal. This is a big accomplishment!

Congrats Daryl!

LIFTER OF THE MONTH – JOE CIAVATTONE JR.

July 6, 2017 Al Myers Edit Post

By Al Myers



Joe Ciavattone Jr. in action with the Hand and Thigh at a past USWA Heavy Lift Championships.

Joe Ciavattone Jr. won LIFTER OF THE MONTH for May with his outstanding performance in the 2017 USAWA Heavy Lift Championships held in Walpole, MA. Joe Jr. won Overall Best Lifter. This was the first time Joe Jr. has won best lifter at the Heavy Lift Champs and he now has joined a long list of great Heavy Lift Champions.

Congrats Joe Jr.!!!

LIFTER OF THE MONTH – SUSAN SEES

July 6, 2017 Al Myers Edit Post

By Al Myers



Susan Sees performs a Trap Bar Deadlift at the 2016 IAWA Gold Cup in Abilene, KS.

The USAWA Lifter of the Month for June goes to Susan Sees, for her outstanding performance at the 2017 USAWA National Championships. Susan won Overall Best Womens Lifter at the meet to mark the THIRD overall she has won at Nationals.

Congrats Susan!!!!

THE NEW PINCH GRIP

July 7, 2017 Al Myers Edit Post

By Al Myers



This is one of Steve Santangelo's favorite training exercises. But would you call it a Pinch Grip?

At the Annual General Meeting of the USAWA one of the big lift changes that was made has been with the rules for the Pinch Grip. Let me give a little back story here on this lift. The Pinch Grip has been an official lift of the USAWA/IAWA for a long time. The intent of the lift is to test the grip by pinching two plates together and lifting the plates with added weight. The original rule was pretty vague in the technical aspects of the rules – probably because it seemed like a lift that should be pretty self-explanatory. However, a few years ago many lifters starting performing the Pinch Grip with added fronthang as the rules didn't prevent it. Because of this the Pinch Grip rule was amended to allow fronthang and/or backhang as that was the way it was being done. Fronthang is an obvious advantage as it allows the gripping plates to tip placing more of the gripping pressure on the fingers instead of the thumb which allows more weight to be lifted.

The Pinch Grip was a lift in this years USAWA Grip Championships. The deficiency of the Pinch Grip rules were very much exposed in this meet. Now instead of fronthang plates being placed tight together, the added weight started to be spaced out towards the end of the bar creating even more fronthang. It got to the point that the lifting plates were being lifted horizontal to the platform! I was the head official of this meet and there wasn't anything I could say because the execution of these lifts were being done according to the written rule for the Pinch Grip. I am in NO WAY saying what was being done was wrong in any way as it was being done by the rules, despite not really being in the original intent of the Pinch Grip, and definitely not how the Pinch Grip had been performed in the past.

So at the AGM (after being presented, evaluated and passed by the Executive Board) I presented the new Strict Pinch Grip as well as a Pinch Grip Deadlift, which is pretty much the previous rule for the Pinch Grip. Both lifts passed the membership vote by unanimous vote. The current records in the Pinch Grip will be moved to the Pinch Grip Deadlift and a new record list will be established for the Strict Pinch Grip. This way no records will be lost. Any past competition that was done using the strict Pinch Grip Rules will be “grandfathered” into the new record list for the Strict Pinch Grip (I know of several in the past that are eligible). And finally, I do apologize on behalf of myself and the USAWA to all lifters that were adversely affected by this at the Grip Championships. And to make up to everyone – both the Pinch Grip Deadlift AND the Strict Pinch Grip will be done at next year's Grip Championship.

These are the new rules for the Pinch Grip Deadlift and the Pinch Grip – Strict.

Pinch Grip Deadlift

The setup for this lift requires two metal plates joined together with smooth surfaces facing outward which will be referred to as the lifting plates. Any diameter of lifting plates may be used. A vertical bar is placed between the plates to hold them together, and should be long enough to add plates to it. It is recommended that the lifting plates are secured together. Maximum length of the apparatus is 18 inches. The lifter's fingers must not touch any added plates or the vertical bar. The width of the two lifting plates joined together must be between 2 ¼ inches and 2 ½ inches. The lifter will straddle the weight, with the weight being placed in front of the lifter standing upright with the lifting plates horizontal to the platform. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Feet must not move during the lift, but the heels and toes may rise. The lifter will then grip the lifting plates with both hands. The fingers must be placed under the lifting plates with the thumb touching the lifting plates on the top. The lift begins at the lifter's discretion. The weight must be lifted to a point where the lifter's legs are straight and the body upright. The lifting plates may touch the lifters body during the lift but must not be braced against the body during the lift to aid in the lift. Once the weight is motionless, an official will give a command to lower the weight.

Pinch Grip Deadlift – One Hand

The rules of the Pinch Grip Deadlift apply except only one hand is used. The non-lifting hand may be braced against the legs or body during the lift, but must be free from the body upon completion of the lift.

Pinch Grip – Strict

The setup for this lift requires two metal plates joined together with smooth surfaces facing outward. A bar may be placed between the plates to hold them together, and should be long enough to add plates to it. Front hang or back hang is NOT allowed. The added weight plates must be evenly loaded with no gaps between any plates, including the lifting plates. Collars should be used on this bar to keep added weight plates from moving. The lifter's fingers must not touch any added plates or the lifting bar. The width of the two plates joined together must be between 2 ¼ inches and 2 ½ inches. Any diameter plates may be used as the lifting plates. The lifter will straddle the weight, with the weight being placed in front of the lifter. Width of feet placement is optional, but the feet must be parallel and in line with the torso. Feet must not move during the lift, but the heels and toes may rise. The lifter will then grip the plates with both hands on the top of both plates. The palms of the hands must be facing the lifter. The lift begins at the lifter's discretion. The weight must be lifted to a point where the lifter's legs are straight and the body upright. During the lift the plates must be maintained perpendicular to the platform. Once the weight is motionless, an official will give a command to lower the weight.

Pinch Grip – Strict, One Hand

The rules of the Pinch Grip – Strict apply except only one hand is used. The non-lifting hand may be braced against the legs or body during the lift, but must be free from the body upon completion of the lift.

- [USAWA Daily News](#)
- **CHAMPIONSHIPS IN THE USAWA**

- [July 9, 2017](#) [Al Myers](#) [Edit Post](#)

- By Al Myers
- The USAWA hosts several different Championships throughout the year, with each representing different areas of strength emphasis. Next weekend will be the USAWA Club Championships, hosted by Dave Glasgow at the Ledaig HA facility. It is one of many Championships in the USAWA held throughout the year.
- I have referred to the Championships as our “Signature Events” in the past. Several of these Championship Events have began since I became involved on the Executive Board of the USAWA. That’s something I’m proud of. The USAWA is truly an All

Round Weightlifting organization and has many different and unique lifts – so much virtually any lifter can find an area they can excel at. That’s the primary purpose of these different Championships – to allow lifters who like to specialize in different lifting arenas within the USAWA to be able to showcase their lifting skills.

- Another thing I am proud of with the Championship Events is that they have ALL been done EVERY year since they began. No missed years!! Now some years it’s been a challenge making them happen, but we always do.
- These are the 8 Championship Events in the USAWA.

- **USAWA SIGNATURE CHAMPIONSHIP EVENTS**

CHAMPIONSHIP	YEARLY DATE	LOCATION	DIRECTOR
Grip Championships	2nd weekend of Feb.	Dino Gym	Al Myers
Club Championships	2nd or 3rd weekend of July	Ledaig HA	Dave Glasgow
Heavy Lift Championships	1st or 2nd weekend of May	rotates	rotates
National Championships	3rd or 4th weekend of June	rotates	rotates
Presidential Cup	1st or 2nd weekend of Aug	Habeckers Gym	Denny Habecker
Team Championships	3rd or 4th weekend of Aug	Dino Gym	Al Myers
Old Time Strongman Championships	September	KC Strongman	Eric Todd
Postal Championships	December	Postal	Denny Habecker

- The MOST IMPORTANT Championship in the USAWA is the National Championships. The reason is that it recognizes the best ALL-ROUND lifters in the organization. It contains a selection of ANY lift within the organization (out of around 200), and often contains a good balance of all types of lifting. Several years ago I had a good discussion with the late Dale Friesze, and he felt the name NATIONALS should just be used for the National Championships to identify its significance as the only true Nationals in the USAWA. Well, I couldn’t argue with him on that so from that point on I have been referring to our yearly BIG MEET as the National Championships and the rest of these important meets as Championship Events or just Championships. This hasn’t always been the case, and in years past meets like the Heavy Lift Championships was called the Heavy Lift Nationals. But from now on it will be called the Heavy Lift Championships.
- Each of these other Championships represent unique areas within the USAWA. The Grip Championships only includes official USAWA lifts that test the grip, the Heavy Lift Championships contain only Heavy Lifts, and the Old Time Strongman Championships only include OTSM lifts. The Club Championships is unique in that it recognizes the top performing USAWA club, as it is scored using a team score of 3 club members added together. The Presidential Cup is hosted by the USAWA President to recognize a top

Record Day performer. Think of it as the Championships of Record Days. The Team Championships is the championship that recognizes Team Lifting (2-man, 2-women, 2-person). The Postal Championships recognizes the top performers in the postal meets. The beauty of having these different Championships is that if you have special skills in lifting you can find an avenue in which you can compete in a specialized Championship. It's just one of the ways that the USAWA gives opportunities to lifters who like to specialize in the different areas of all-round strength.

- As secretary, it is my job to sanction events/competitions. Since these are our organizations most important events (ie Signature Events) I try not to allow other meets to be sanctioned on the same day as one of our Championships. I know this hasn't always been the case, but from now on I will try to make sure there are no other USAWA meet conflicts on the same day as one of these Championships. Now since I have announced the "yearly dates" of these Championships, the Championships have "first dibs" on those dates for sanction. This way no one will have any USAWA reason NOT to attend any of the USAWA Championships!

• **2ND QUARTER POSTAL MEET**

- [July 12, 2017](#) [Denny Habecker](#) [Edit Post](#)

- By Denny Habecker

• MEET RESULTS –

2017 USAWA 2ND QUARTER POSTAL MEET

- 9 lifters completed the 2nd Quarter Postal lifts, with Eric Todd claiming the top spot in this meet. Frank Ciavattone did a token Left Hand Hack Lift to participate in this meet. Thank you to all the lifters who participated in this postal.

- Meet Results:

- 2nd Quarter Postal Meet

April 1st – June 30,2017

- Meet Director: Denny Habecker

- Lifts: Snatch – From Hang, Hack Lift – One Arm, Pullover and Press

- Lifters that used a Certified Official:

Eric Todd – Certified Official – Lance Foster

Lance Foster – Certified Official – Eric Todd

Rocky Morrison- Certified Official -Frank Ciavattone

Mark Raymond – Certified Official – Frank Ciavattone & Rocky Morrison

Frank Ciavattone – Certified Official – Rocky Morrison

Aidan Habecker – Certified Official – Denny Habecker

Ruth Jackson – Certified Official – Jarod Fobes

- Lifters that used a non-certified judge:

Denny Habecker

Al Myers

- **WOMAN'S DIVISION**

- LIFTER AGE BWT SNATCH HACK P & PRESS TOT PTS

- RJ

- Jackson 55 105 70 134 R 107 311 505.17

-

- **MEN'S DIVISION**

- LIFTER AGE BWT SNATCH HACK P & PRESS TOT PTS

- Eric Todd 42 251 180 199 R 365 744 607

- Al Myers 50 230 120 250 R 250 620 570.17

- Denny

- Habecker 74 193 77 132 R 165 374 460.46

- Mark

- Raymond 54 242 99 176 L 154 429 398.18

- Rocky

- Morrison 55 264 110 154 R 176 440 394.18

- Aidan

- Habecker 13 140 61 121 R 77 259 361.36

- Lance

- Foster 51 335 95 161 R 134 390 301.30

- Frank

- Ciavattone 62 305 0 67 R 0 67 59.36

- *NOTES: Age is age in years. BWT is bodyweight in pounds. All lifts recorded in pounds. R and L designate right and left arms. TOT is total pounds lifted. PTS are overall adjusted points corrected for age and bodyweight.*

- **HOF HISTORY**

- [July 13, 2017 Al Myers Edit Post](#)

- By Al Myers

- Being nominated and inducted into the USAWA Hall of Fame is the highest honor one can receive in the USAWA. The HOF program has been in place almost since the beginning of the USAWA, and has several inductees. The list of these HOF members is always available on the website, under the top page header "History".
- This week in the USAWA Discussion Forum (and if you're not following the discussion forum, you should, as this is where active daily discussion is occurring involving the organization) there was a post started by Eric Todd asking why the HOF application did not include some of the Championship Events in the USAWA receiving points. First of

all, I was really impressed that ET had noticed this. He's obviously been studying the website. I'm glad he pointed this out as it's something that needed attended to, and something that I have been overlooking.

- The Hall of Fame Program was started by Chris Waterman. Chris is a fellow Hall of Famer in the USAWA (and just made his COMEBACK to the USAWA at Nationals), and deserves the credit for setting up the original parameters (of earning points) to be inducted into the HOF. This started in 1997. He was the chairman of the committee that included Frank Ciavattone, Denny Habecker, and John Vernacchio. At that time Chris oversaw the program and kept track of everyone's points, and once you broke the 1000 point mark you would be inducted into the Hall of Fame. Before that the HOF members were nominated and voted on at the National Meeting. In 2010 the HOF program was placed under the direction of the newly formed position of the USAWA Awards Director, in which I have been the director since then. At that time the USAWA made a few minor changes in how points could be earned, but pretty much followed the exact outline that Chris and the committee developed originally. As time goes on things change in the organization and those changes need to be reflected in the application.
- However, after developing the new HOF application in 2010 and getting it approved by the membership it has not been amended SINCE that time. And things have continued to change! One of those changes has been the development of the many great Championship Events in the USAWA that we have now. Many of these Championship Events were not included in the HOF application, and obviously I agree with Eric that they should be. I made this change and with unanimous vote by the Executive Board the HOF application now includes these new events. During the EB's discussion on this it was also pointed out that being a certified USAWA official should be included. So that was added as well!
- The new updated Hall of Fame Application is now available under the main header "About Us" and the page "Forms and Applications".
- [USAWA Daily News](#)

HISTORY OF THE OTSM

July 14, 2017 Al Myers Edit Post

By Al Myers

As promised in the USAWA Discussion Forum, I have completed a historical review of the USAWA Old Time Strongman Championships. Now the past history of EVERY Championship

Event is recorded. The below summary is now included in the History Archives on the website and will be updated every year with the new information from the annual Championships.

HISTORY OF THE OLDTIME STRONGMAN CHAMPIONSHIPS

(Promoted by Eric Todd, KCSTRONGMAN Club)

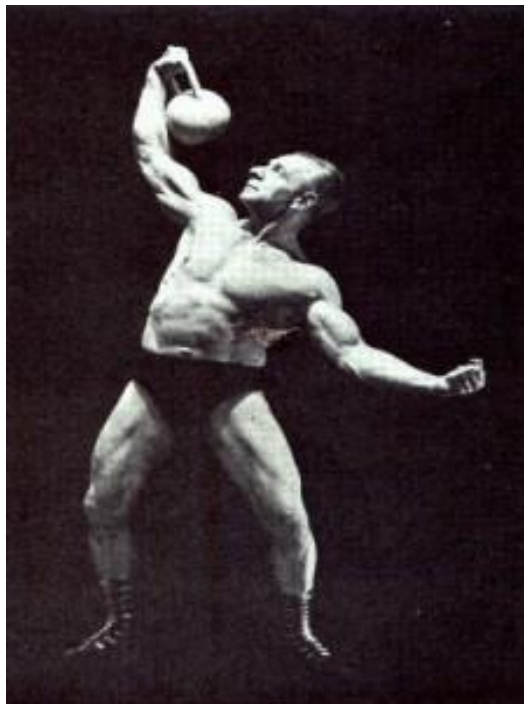
DATE	PROMOTER	LOCATION	MENS OVERALL	WOMENS OVERALL	#
9/10/2016	Eric Todd	Turney, MO	Abe Smith	Heather Gardner	10
9/26/2015	Eric Todd	Turney, MO	Denny Habecker	none	4
11/1/2014	Eric Todd	Turney, MO	Eric Todd	Jenna Lucht	7
12/7/2013	Thom Van Vleck	Kirksville, MO	Eric Todd	none	7
10/14/2012	Thom Van Vleck	Kirksville, MO	Chad Ullom	Whitney Piper	7
10/16/2011	Thom Van Vleck	Kirksville, MO	Al Myers	none	10

The USAWA OTSM Championships is always one of the best attended Championships in the USAWA every year. One thing that I like about it is that it draws new competitors to the USAWA. Several of these lifters much prefer the format of the OTSM compared to traditional All Round meets. I want to take this time to make a pitch for this years OTSM Championships coming up on September 9th, at ET's House of Iron and Stone in Turney, MO. Eric is the Chairman of the OTSM in the USAWA and has hosted the past three OTSM Championships. ET always puts on a quality event so I HIGHLY recommend you enter. He has picked 4 great OTSM lifts – the Hackenschmidt Floor Press, Thor's Hammer, the Dumbbell to Shoulder, and the Kennedy Lift. After the meet an exhibition OTSM lift will be tried out for the first time – the Lurich Lift. If the response is good on the Lurich Lift it will be presented to the EB for new lift status. So another good reason to attend – as you could be part of the beginning of a new USAWA lift!!

OTTO ARCO

[July 17, 2017](#) [Al Myers](#) [Edit Post](#)

By Eric Todd



Otto Arco (photo credit: Strongmanbooks.com)

In the last article I wrote about Georg Lurich, I mentioned that one of the things I liked most about the old timers was their versatility. There was not a great deal of specialization in just one discipline. Many of these strongmen displayed their strength in a variety of ways. I am not sure any is a better example of this than Polish strongman/wrestler Otto Arco.

Otto Arco was born Otto Nowosielsky in 1881. Standing only 5'8" and weighing a mere 138 pounds (Jesse), Arco was definitely an outlier in the world of physical culture at the time, compared to peers like Louis Cyr and Herman Goerner. However, Arco did not let his diminutive stature dissuade him from being a very successful strongman and wrestler. In 1903, Arco won the Austrian wrestling title. He was considered one of the best Greco Roman wrestlers in the world, pound for pound (Jesse).

Arco was an accomplished lifter as well. He had a clean and jerk of 279 pounds. He was only the second man to have accomplished this, and it was a double body weight lift (Jesse). He was also credited with a 175 pound Turkish getup (Christopher, 2017). As you are probably aware, the Turkish Getup is an official USAWA lift.

Another discipline that Arco was well versed in was hand to hand balancing. HE would train hand balancing and perform with his brother Pete (Christopher, 2013). Though you may occasionally see a hand balancing act on "America's Got Talent" (my wife loves that show), how many strongman competitors or weightlifters do you see performing such feats today? There are some, but I would venture that their numbers are few.



Otto Arco (photo credit: Breakingmuscle.com)

What Otto Arco was most proficient at, however, was the art of muscle control. Muscle control is the skill of relaxing one or more set of muscles while flexing another in order to really make it stick out. In 1913, Arco won the title of worlds most developed man (Christopher, 2017). Here is a picture of Otto performing “the rope” in which he isolates certain abdominals and flexes them while relaxing the rest of his midsection, giving them a rope-like appearance.

Otto Arco was the epitome of an all-round strength athlete. Though small, he had herculean strength. As many of the strongmen of his time, he was also a very accomplished wrestler. All things considered, though, what he was best at, and perhaps one of the best all time, was the art of muscle control. See here for some vintage footage of Otto performing some muscle control and hand balancing (pardon the hideous music): <https://www.youtube.com/watch?v=5grdAYFrFvY>

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CLUB CHAMPIONSHIPS

July 20, 2017 Al Myers Edit Post

By Dave Glasgow

MEET RESULTS AND REPORT –

2017 USAWA CLUB CHAMPIONSHIPS



Group picture from the 2017 USAWA Club Championships.

GRATITUDE. THAT'S WHAT I WAS FEELING AS I SAW THE COMPETITORS FILING INTO THE SHOP FOR THIS YEARS VERSION OF THE USAWA'S CLUB CHAMPIONSHIPS.

WHAT DID THIS GRATITUDE STEM FROM? WELL, SIMPLY PUT, I HAVE NEVER HAD THIS MANY FOLKS SHOW UP FOR THE 'CLUBS' BEFORE. NINE LIFTERS FROM THREE DIFFERENT CLUBS AND THREE DIFFERENT STATES! SIMPLY OUTSTANDING!

LEADING THE CHARGE WAS DENNY HAYBECKER AND HIS GRANDSON, AIDEN. COMING ALL THE WAY FROM PENNSYLVANIA, THEY SHOWED LOYALTY TO THE USAWA AND THE CLUB CHAMPIONSHIPS. WE ESPECIALLY GOT A KICK OUT OF AIDEN'S LOOK OF AMAZEMENT WHEN HE COMPLETED A LIFT HE HAD SERIOUS DOUBTS ABOUT. HIS PROUD GRAND DAD DID'NT DO SO BAD, HIMSELF. DENNY ALWAYS PUTS UP SOLID, WELL THOUGHT OUT LIFTS. FOR HIS REWARD, HE WAS GIVEN A BEER THAT HE IS FAMILIAR WITH BACK HOME. HOPE YOU ENJOYED IT, DENNY!

MAKING THE TREK FROM THE BUSTLING METROPOLIS OF HOLLAND, KS., AL BROUGHT SOME DIFFERENT FOLKS TO REPRESENT HIS TEAM. IT WAS GOOD TO SEE NEW BLOOD GET INVOLVED. CALE DUNLOP AND BRANDON REIN PUT IN SOLID LIFTS AND I BELIEVE THEY BOTH LIFTED THE EXACT WEIGHTS! HMMMMMMMMMM I WON'T COMMENT ON THAT. REGARDLESS, I REALLY ENJOYED BANTERING WITH THEM. THEY GAVE AS WELL AS THEY GOT!

ROUNDING OUT AL'S DINO CLUB WAS A LIGHTER VERSION OF DEAN ROSS. I MADE THE COMMENT TO OUR TEAM THAT DEAN RARELY MISSED A LIFT HE CALLED FOR AND ALWAYS SEEMED TO LIFT WITHIN HIMSELF.

FINALLY, TEAM LEDAIG. I ATTEMPTED TO STACK THE DECK IN THE FORM OF JERA KRESSLY(FORMER KANSAS' STRONGEST WOMAN 2012/13) AND NEW COMER TO USAWA, JAMIE CHANNEL, ONE OF MY HIGHLAND GAMES ATHLETES.

JERA, NO STRANGER TO USAWA, PUT UP FINE NUMBERS IN ALL LIFTS. JAMIE, HOWEVER, CAME TO LIFT AND THE TWO THEM, ALREADY LONG SINCE FRIENDS, PUSHED EACH OTHER TO THE END.

THE PLEASANT SURPRISE, TO ME AT ANY RATE, WAS JOHN DOUGLAS, ANOTHER OF THE HIGHLAND GAME CREW. JOHN ASKED ME TO BE ON TEAM LEDAIG. I AM ALWAYS GAME FOR NEW MEMBERS SO I SAID, 'SURE!' AM I GLAD I DID! JOHN POSTED TOP WEIGHTS IN ALL THE DISCIPLINES AND HELPED THE LEDAIG TEAM CARRY THE DAY.

THE MEET DIRECTOR AND SO CALLED LEADER OF TEAM LEDAIG DID HIS USUAL MEDIOCRE LIFTING AND POSTED SOME NON-AWE INSPIRING NUMBERS.

AT THE END OF THE DAY, IT WAS GREAT TO MEET NEW FRIENDS AND CATCH UP WITH OLD ONES. I LOOK FORWARD TO NEXT YEAR. THE CLUB CHAMPIONSHIPS WILL BE HELD ON 14 JULY-2018. BE THERE!!! WHY!??

'CAUSE I SAID SO!!

FINAL STANDINGS:

1ST.....LEDAIG HEAVY ATHLETICS

2ND.....DINO GYM

3RD.....HAYBECKER'S GYM

****SPECIAL THANKS TO AL FOR JUDGING , AS WELL AS THE BIRTHDAY SURPRISE!****

Meet Results:

USAWA Club Championships

Ledaig Heavy Athletics

Rainbow Bend, KS

July 15th, 2017

Meet Director: Dave Glasgow

Official (1 official system used): Al Myers

Scorekeeper: Al Myers

Lifts: Deadlift – No Thumb, One Arm; Curl – Strict; Snatch – Dumbbell, One Arm; Bentover Row

1. Ledaig HA – 1499.3 Total Adjusted Points

Lifter	Age	BWT	DL	NT1	Curl	SN	DB1	Row
Dave Glasgow	64	258	195R	100	85R			225
John Douglas	53	310	185R	110	100R			300
Jera Kressly	32	216	135R	65	65R			135
Jamie Channel	34	241	135R	60	70R			145

Dave Glasgow: Deadlift – NT, Left 185 pounds

2. Dino Gym – 1125.0 Total Adjusted Points

Lifter	Age	BWT	DL	NT1	Curl	SN	DB1	Row
Dean Ross	74	222	105L	35	45L			135
Cale Dunlap	22	164	110R	75	60R			130
Brandon Rein	22	159	110R	75	60R			130

3. Habeckers Gym – 906.9 Total Adjusted Points

Lifter	Age	BWT	DL	NT1	Curl	SN	DB1	Row
Denny Habecker	74	193	130R	70	50R			200
Aidan Habecker	14	149	100R	45	40R			90

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

HOF BIO – JOE CIAVATTONE SR.

July 21, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

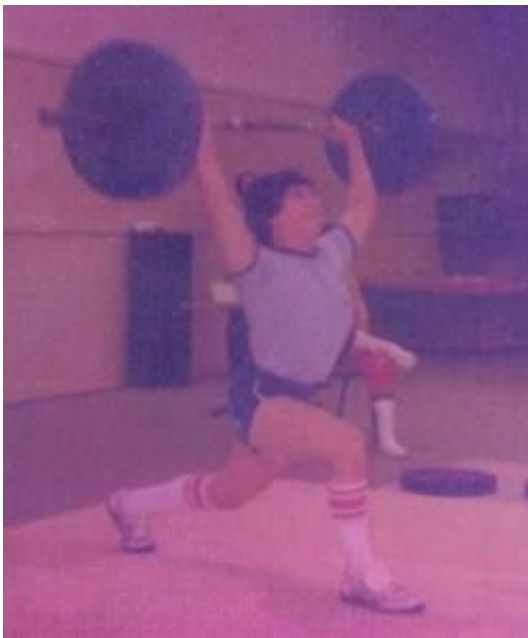
JOE CIAVATTONE SR., CLASS OF 1996



Joe Ciavattone Sr. at the 2000 USAWA

National Championships performing a 661# Neck Lift, before he set the All-Time USAWA and IAWA Neck Lift Record at the time of 804.5 pounds in 2005.

Joe Ciavattone Sr. was born July 9th, 1968 in Norwood, Massachusetts. He has lived in Norwood his entire life. Joe has worked in construction throughout his working life, and is currently a construction foreman and heavy equipment operator. He has several construction licenses, including a hydraulic, tractor trailer, and supervisor's license. Joe has been married to his wife Debbie for over 20 years. They have four sons – Mike, Marc, Joe Jr., and Jonathon. They have lived in their house since 1994, which is also the home of Joe's Gym. Joe's Gym has a very nice set up of weights and equipment needed for all the USAWA lifts and general weight training. A big part of Joe's training now is involved with coaching and training with his sons.



Joe Ciavattone at age 15 competing in an Olympic Weightlifting Meet.

Joe started weight lifting at the age of 4 in his parents shed with his brother Frank, another USAWA Hall of Famer. They are the only two brothers in the USAWA who are both in the USAWA Hall of Fame. They trained together whenever possible. As Joe got older, he started competing in local Olympic Weightlifting meets throughout the New England area. He became involved with the USAWA in 1990 at the Strongest Man in New England Contest which was sanctioned by the USAWA. Joe continued to compete in Olympic Weightlifting until 1995. Some of the competitions he competed in were the Bay State Games, Salam Open, Atlantic State Open, Holyoke Open, and various AAU Junior Olympic Meets. He also competed in the Junior Olympics in 1987 in Syracuse, New York. He trained in Rhode Island under the great coach Joe Mills. Joe still comments that was one of the best lifting experiences of his life. During this time in his training, he perfected the Split Clean and Split Snatch under Coach Mills which has helped his weight training through today. At that Junior Olympic Weightlifting Meet, Joe placed third as a teenager, which he feels was a testament of his quality training. Joe played football for 5 years, including 8th grade and throughout High School. He was Captain of his High School football team. He started Varsity as a Junior and Senior at the Center position and was Honorable Mention for State as a Senior. Since then, he has still been involved in football and has been a youth coach for 16 years, from 1987 to 1995, and from 2004 to 2010. He is very proud to have coached two teams to the Youth Superbowl with a record since 2004 of 41-15. Joe also coaches weightlifting at his local High School for athletes involved in the football and baseball program at his gym, Joe's Gym. Joe remarked, "I've always enjoyed coaching football and weightlifting over the years as all the knowledge I have gotten in lifting in the USAWA from good friends here in the US and England. The knowledge of competing and training that I have gotten has made me the coach and champion that I am today."



Joe Ciavattone pressing the famous Ciavattone Train Wheels in 2000.

Joe made sure to mention his brother Frank and credits him for getting him involved in lifting at a young age. Frank encouraged him to pursue Olympic Lifting, and eventually persuaded him to get involved with the USAWA. The mixture and variety of the various All-Round Lifts fit Joe perfectly as it allows him to get all forms of lifting within one organization. Today, Joe trains mostly at his home gym, Joe's Gym. Since he is busy with work and family, it is the best fit for his schedule. It also allows him to spend time with his sons, as they train for weightlifting and football.

Joe has been involved as a meet director within the USAWA. Some of the competitions he has promoted include the 1997 New England Strongman Championship, the Ciavattone Classic, the Norwood Record Breakers Day, Joe's Gym Record Breaking Day, the Norwood Championships, the New England Championships, Gardner's versus Ciavattone's Postal Meet, and the Ciavattone versus Fulton Postal Meet. His gym has recently been very active in the USAWA Postal Meet Series.



*Joe Ciavattone Hack Lifting 454 pounds
at the 1998 World Championships in England.*

The Neck Lift is the lift that Joe is most proud of. He has held the World Record in it in four different weight classes and breaking such barriers as 700 pounds and 800 pounds. At one time he held the All-Time Neck Lift Record for the USAWA and IAWA with a lift of 804.5 pounds. The other lifts he likes are all the varieties of Bench Presses within the USAWA. The Ciavattone Deadlift is also a favorite, and he feels it is a true test of hand and leg strength. When asked what initially interested him in the USAWA, Joe replied, "I like the many different type of lifts and training different lifts for competition, which makes this sport very interesting to me." When asked if there were any meets that meant the most to him, Joe replied, "In 1998 I went to the World Championships in Leicester, England. I had trouble in training for the Hack Lift, and only was getting 300 pounds in training, but got 454 pounds at the meet. Training for a year as well as saving money to go over seas was hard, but was well worth it to bring home a Gold Medal. The second meet was the 2005 USAWA Heavy Lift Championships where I Neck Lifted 804.5 pounds for the All-Time Record. The third meet would be the 2005 Gold Cup in Maui, Hawaii where I saved up money to take a weeks vacation with my wife and break the World Record in the Reverse Grip Bench Press of 300 pounds."

Joe's resume of Championships is quite long. He has been World Champion 6 times, National Champion 8 times, and has won 5 National Heavy Lift Championships. He has also competed in 6 Gold Cups. In 1998 at the USAWA National Championships in Mansfield, Massachusetts, Joe was the Best Lifter of the entire meet!

Joe is a perfect example of someone who can lead a balanced life and still be a Champion Weightlifter. He spends a lot of hours at work, yet still finds time to be involved with his son's activities, and not just in attendance, but actively involved as their coach and supporter. On top of this, Joe always helps out as an official at meets and attends as many meets that he can. You can count on him supporting the USAWA through participation in Postal Meets at Joe's Gym. In closing, Joe remarked, "Being part of the USAWA is a very important part of my life because of the friends I have made, and the competitions are always of the highest quality."

IRON WARRIOR RD

July 23, 2017 Al Myers Edit Post

By RJ Jackson

MEET ANNOUNCEMENT

2017 USAWA Iron Warrior Gym Record Day (RD)

The Iron Warrior Gym RD provides opportunity for local lifters to contest USAWA lifts to include the upcoming 3rd Quarter and World Postals meet lifts. In addition to the Postal lifts, you are welcome to try any 5 lifts for record if there is equipment to support it. No awards.

Meet Directors: Jarrod Fobes, welcomematcolorado@gmail.com, Denver area. RJ Jackson, strength_athlete@yahoo.com, Colorado Springs area.

Meet Date: Sunday, August 27, 2017

Entry fee: \$10 for use of the lifting facility

Entry deadline: If you plan on showing up, you must notify RJ if you plan on attending along with the names of the lifts you are attempting.

Divisions: Open and Master for men and women

Location: Iron Warrior Gym, 1630 West Evans Ave, Unit H., Denver CO 80110

Start Time: Weigh-ins 10:00 a.m., lifting immediately thereafter.

Sanction: USAWA (\$25) membership is required. Membership applications, rule book, score sheets, and Postal entry forms will be available.

Contact Iron Warrior Gym for available equipment. If the gym does not have the equipment you need, contact RJ who may have it.

HOF BIO – SCOTT SCHMIDT

July 23, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

SCOTT SCHMIDT, CLASS OF 2010



Scott Schmidt performing a Snatch in an Olympic Lifting Competition.

Scott Schmidt was born on November 15th, 1952 in Cleveland, Ohio. He has lived in the Greater Cleveland area his entire life. He has been married to his wife Kathy for over 30 years, and they have two children, Alan and Heather, and one grandson Joel. He has spent his entire working career in business and sales, and is currently retired. Scott also does a lot of volunteer work for his church, Unity Lutheran of Cleveland. He has been President of the Church Council for 12 years. His other athletic pursuit is golf, which he does at least once per week. Believe it or not, Scott is a pretty good golfer as well as weightlifter, and often scores in the low 80's. A few years ago he received a plaque for his first Hole in One!



One of Scott's favorite All-Round Lifts is the Hip Lift.

Scott started lifting when he was 14 years old. His first competition was in 1967. Scott started his competitive lifting career as an Olympic Lifter and has compiled a very impressive resume of achievements. He has won the Ohio Open State Championships 10 times, the Ohio Master's State Championships 18 times, American Open four times, 2 National Master's Championships, and 4 American Open Masters Championships, along with 4 Pan American Masters Championships. He has placed in the top 5 in all four of the World Championships he has been in. In 1993, he missed winning first place in the World Championships due to one missed snatch! Scott has set over 50 Open and Masters Ohio State Records through his Olympic lifting career. On top of ALL THIS, his club, the Schmidt's Barbell Club, has won 25 team titles!

Scott was first introduced to the USAWA by Bob Karhan, a past USAWA Champion. Scott's first USAWA competition was in 1992 at the USAWA Winter Fest, a winter all-round meet which was held at the Ambridge Barbell Club. Since then, Scott has been a regular at USAWA meets and always a top competitor at our National Championships. His specialties are overhead pressing and jerks, gripping events, and the heavy lifts – notably the Hand and Thigh and the Hip Lift. Back in 1996, he was the first man in the USAWA to Clean and Push Press over 300 pounds. He is member of the "century club" – a designation given to USAWA lifters who hold over 100 USAWA records. There are ONLY a few over 20 lifters in this club, which is another accomplishment that warrants Scott's outstanding involvement with the USAWA. In All-Round Lifting, Scott has won over 10 USAWA National Championships and over 10 IAWA World Championships. He has participated in the Gold Cup 6 times. He has placed in the top TEN among all competitors 6 times at the USAWA National Championships, with his best finish being 2nd overall at the 2008 Championships.

Scott Schmidt is the perfect example of the type of person and lifter all others should strive to be like. He has been a leader in the USAWA. He supports his fellow competitors. He demonstrates outstanding sportsmanship. He has supported local competitions as well as being involved in the major competitions. Scott has more than earned this USAWA Hall of Fame Award.

BRUNCH AND LINNER

July 27, 2017 Al Myers Edit Post

By John McKean



The late, great Jack LaLanne, truly an all-round lifter& athlete if there ever was one, discovered a very similar nutrition approach that he once wrote greatly improved his training energy and recuperation!

Ole pal, Chris Waterman, always the consummate USAWA competitor, was carefully concentrating through set after set in his usual perfect form. I finally had to remind him, tongue-in-cheek, that this was a National Championship, not a mere WORKOUT; of course, from our long time friendship throughout many of these big All-Round events, there just HAD to be some spirited razzing involved! Such as, he was working harder before first attempts on the official lifting platform than I train all week long at home! Or that suggesting, since this was his “comeback” meet after his being absent from competition for years, that maybe he shouldn’t make up for missed training all in one morning! Yes, I was greeted by good natured Chris’ chuckle & friendly smile as he recalled meets from the 90s, to inspire his very accurate account, “Yeah, yeah, I remember – you guys from Ambridge never warm up at all!!”

Truth was, at this 2017 Nationals, I had to hide the fact that, by golly, I just didn’t have any ENERGY to warmup!! Months of low calorie dieting to get down to 154 pounds bwt, left only a little hope that official attempts, even relatively light, would have the muster to go up at all! Naturally, I did feel better at the reduced weight, but sure “ran out of gas” when approaching some of the record poundage lifts I’d planned.

Now, I wanted to maintain trimness following the contest, but wished to search for a better eating plan that would go well with all-round's intensive style of training. Surprisingly, I discovered a very detailed, scientific (yet interesting) approach to nutrition about 2 weeks later. I've been using the easily implemented plan ever since, and never have those low cal diet cravings that often haunted me as wife Marilyn baked her famous brownies, banana bread, and cookies!! In fact, at times on my new program I've felt overstuffed from a few meals, while my training energy is reaching new heights! Yet I'm still LOSING even a few more pounds!

The book I refer to is Dr. Michael VanDerschelden's "The Scientific Approach To Intermittent Fasting." But, wait, don't panic, this concept is NOT one of food deprivation at all, but rather one of eating two very good, solid meals per day, using about 16 hours (mostly overnight) between these hearty feedings! That "intermittent" time period is the "fasting" part, with main meals of your own choosing, selecting between a majority of proteins and fats. Steaks, eggs, nuts, fish, and chicken are all fair game; this author's "diet" does not consist of suffering through endless carrot sticks nor tasteless salads. Basically, just skip breakfast! Or as I like to employ for my two meals – make it BRUNCH (9-11AM) and LINNER (3-5 PM). Just go with water, coffee, or tea for the 16 hours in between.

The mind blowing factor of Dr. Mike's eating plan is the book's extensive display of scientific studies to show its benefits. Such as a significant PROVEN reduction in fat tissue mass, blood pressure, and heart rate. Sound sleep, mental clarity, and training energy is greatly enhanced! To me, and probably all USAWA lifters with our beloved drug free approach, the doc shows conclusive evidence that his eating plan, according to the American College of Cardiology, will provide a NATURAL increase of human growth hormone in men by an astounding 2000%!! To me, if little else is provided (though 12 chapters and 280 pages shows MUCH more benefit!) this new HGH "supplementation" will encourage me to eat nothing other than "Brunch and Linner"!

Be sure to check out Dr. VanDerschelden's book on Amazon or your local bookseller – you'll enjoy his easygoing, interesting style of writing and the many documented facts. And actually LEARN what effect various nutrition patterns have toward intensive weight training (the author actually states the case for short, high intensity workouts instead of long aerobic procedures). Heck, I'm finding this easy-to-implement way of eating is working superbly for an "early middle ager" like me (well, maybe not the increased mental clarity part!); just maybe I'll actually join a "kid" like Chris Waterman on the warmup platform next year!!

THE HUSAFELL STONE



Thom Van Vleck by Pastor Snorri's goat pens in Iceland

By Thom Van Vleck

I recently took a trip to Iceland for a Highland Games competition. While there I went to take a try at the Husafell Stone. The Husafell Stone is a lifting stone of 409lbs located near Husafell, Iceland. I think it's history is well recorded in other better articles and most strength fans know of it so I wanted to focus on my day with the Husafell Stone.

I had been in Iceland for nearly two weeks. I had competed in the Masters World Championships of Highland Games in Hafnarfjörður, Iceland for two days and then circled the entire island. I had saved the Husafell for the last day so if I did try and lift it and I got hurt then it wouldn't ruin the entire vacation! Most of all I just wanted to visit a stone that I had heard and read about for the past 25 years that has been lifted by some of the greatest strength athletes of all time.

So that last day Michelle and I drove up a valley called Reykholtssdalur. It is a valley sparsely populated now but historically a very significant area. As we went along we stopped at various places and visited ancient settlements and new ones that span a 1000 years of Iceland history. As we drove East houses became more and more sparse and the country more rugged. I had an image in my mind of mountains and a distant glacier with a mountain stream nearby with waterfalls. I pictured very few trees and lots and lots of rocks. The final location of the stone did not disappoint. It didn't hurt that we had great weather. It was about 60 degrees and sunny.



One of the three Challenges is to set the stone on a corner of the pen.

As we pulled up I immediately saw the goat pens where the stone was located. I parked nearby and stepped outside. Michelle walked with me to the pens and even though there were no shortage of huge rocks lying around I immediately knew which one was the pen slab!

As I stopped and looked at it lying on the ground I could see traces of lifting chalk and maybe a little tacky. On the ground it was not that imposing. It is basalt and basalt is a very dense stone which means it's heavier than it looks! It is a triangular, flat stone and very dark, almost black. As I turned it on it's side I found out how heavy it really was!

Michelle took some photos while I warmed up. I lifted some smaller stones for practice. I put on one of my oldest Jackson Weightlifting Club shirts. I also slipped on my trusty old belt that I've had for almost 30 years. I was not as apprehensive as I thought I would be. I think I'm at an age where I feel comfortable with what I've done. Don't get me wrong, I don't like to lose a battle. I just felt a comfortable confidence. I was honestly just happy to be there!



Michelle and I by Dettifoss. It's the largest waterfall in Iceland and in all of Europe!

I went about the various challenges. There were a few hikers that went by as there is a trail that heads up the nearby stream. One came over to see what I was doing and watched a bit. I felt a little embarrassed to be honest. It was like a private moment. Kind of like trying a personal best in the gym verses a lift in competitions with witnesses. There's a part of me that wanted this to be just me and the stone.

I spent a solid 2 hours there. I met a lot of failure in the process. Trying to figure out hand holds, dealing with some fatigue after 12 days on the road and going on hikes, and getting my 53 year old body to do what I wanted it to do. In the end I felt successful. Though I'm sure some might feel I didn't do it "legit". I would compare any lifting I did to a "continental" versus a "clean". I was just happy to be there!



Iceland!

There was a moment I was just leaning against the pens and looking down the valley. I had an unobstructed view. Over my right shoulder were mountains, over my left was a distant glacier,

to my left was the ravine filled with waterfalls that fed the nearby stream. To my right was Husafell and the forest of evergreens that obscured it. Directly in front of me was Pastor Snorri's farm and a small Church. It was very quiet. The sun felt warm and the air crisp. The only drawback was a few midges that felt it important to let you know they were there. It was a good day to be alive.

Michelle and I walked over to the nearby Lutheran Church. It was a small, stone Church with a small cemetery filled with birch trees stunted by the harshness of Iceland. The Church was surprisingly open and we were able to go inside. You could tell it was still an active Church. The baptismal font, the communion cup, and the alter were roughly carved out of native stone. It was a beautiful, simple place that made me feel as close to God as the most amazing Churches I've visited and believe me, I've been to some amazing pieces of architecture.

Finally it came time to go. I was not sad. I felt like my trip was a success and part of me would carry the moment with me forever. So it's not like I'll ever really leave. Lifting has given me and excuse to travel to some amazing places but I think the best thing of all is it has fed my earthly spirit. The next day my forearms were bruised and my back was stiff. It felt great!

HOF BIO – JOHN GRIMEK

July 29, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

JOHN GRIMEK – CLASS OF 1993



John Grimek – This photo is from the cover of the February, 1969 issue of Muscular Development.

John Grimek was born June 17, 1910 in Perth Amboy, New Jersey. He got his interest in weightlifting and body building from his older brother George. John stated that his brother was bigger and stronger than he was, but just didn't have the interest in the Iron Game that he had. John's first competition in weightlifting was in 1934 where he took a first place as a heavy weight in New Jersey with a total of 710 pounds. Later that same year he entered his first National meet in Brooklyn. His press of 242.5 pounds was the highest of the meet. However he failed to total due to his lack of training in the snatch and clean and jerk. The following year he placed second to Bill Good in a five lift meet with a total of 1,072 pounds. The five lifts were the one hand snatch, the clean and jerk which had to be done with the opposite hand used in the snatch, the two hands press, snatch and the clean and jerk.

John then moved to York PA. to improve his training. In the 1936 National meet in Philadelphia he pressed 285.5 pounds, snatched 220 pounds, and clean and jerked 308 pounds. He placed first in the heavy weight class while weighing just two pounds over the light heavy limit. His press was a National record. Later the same year he competed in the Olympics in Germany. Though he did not place he lifted more than any other American lifter. In 1937 he reduced to the light heavy weight class for the Sr. National meet in Detroit. In this meet he was too light and was not at his best. But in 1938 he won the Jr. National meet with an 810 pound total in the light heavy weight class. At this time, before physique contest were added to the lifting meets, John continued to compete in lifting. In 1938 still lifting as a light heavy weight he made a total of 830 pounds. (261 press, 245 snatch, and a 325 clean and jerk). John's best meet was in the 1940 Sr. National meet held in Madison Square Garden, where he did a 285 pound press, snatched 250 pounds and a clean and jerk of 325 pounds. He placed third behind Steve Stanko and Louis Abele. However

he did win the Mr. America physique contest, and at this point decided to put his efforts into body building.

In 1941 he once again won the Mr. America contest. The AAU then made a rule that once you won the Mr. America contest you could not enter it again. The first Mr. Universe contest was held in 1947. John could not enter because the AAU said that he was a professional because of his work with the York Barbell Co. However the 1948 contest was open to both amateurs and professionals and he became Mr. Universe. In 1949 he won the Mr. USA contest in a highly publicized meet as it had become a battle between the IFBB organization and the York Barbell organization.

John died November 24 1998, having never been defeated in a body building contest.

KETTLEBANDING

July 31, 2017 Al Myers Edit Post

By John Mckean

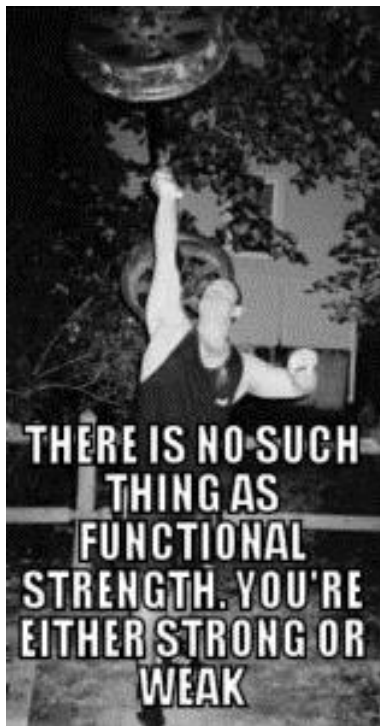


Steve Angell, one of IAWA's strongest ever, displays his own idea of leg training with handled weights on the Dinnie Stones!

Sooo, a Crossfitter and an All-Rounder walk into a bar (a healthful juice bar, of course!). The Crossfit fan can't help but notice that the IAWA guy is a well seasoned muscular behemoth, yet strolling gracefully, being propelled by amazingly thick thighs. Mr. CF queries, "Really been hitting those "GOBLET squats," mate??? You know, those modern leg lifts where you hold a

fairly heavy kettlebell at chest height and do front squats.” Chuckling, England’s legendary Steve Angell replied, “Heck, that mild conditioning exercise won’t do anything toward building real body power, unless someone happens to construct me a 200K goblet!”

Seriously, though, big Steve did once try a few goblet squats. He’d been doing wrist curls with a 78K globe dumbbell, then flipped the chunk of iron onto his chest to see what this recent fitness fuss was all about. But as one who has officially straddle lifted 680 pounds and Zerchered 555, this tiny gobble seemed less than nothing. Mr. Angell concluded that such iron ball squats, often weighing less than 40K, would be ok for perhaps a few thin, developing teenagers or most “personal trainers,” but would never supply ample resistance for any serious weightlifter.



For a 70/70 (wt. class/age group!) guy like myself, with each thigh smaller than one of Steve Angell’s huge arms, I’m not about to search for a 440 pound kettlebell just to START progression as Steve would enjoy doing! But his comments did get me thinking of new off-day, or “active rest,” heavy exercise apart from normal all-round workouts.

Somewhere around the house, I reasoned, were a few various kettlebells, which I always considered to be just glorified “HANDLES with weight,” probably being used as doorstops. However, with sufficient numbers and strengths of rubber flex bands inserted through that ample handle space it would be simple to build almost any variable resistance that anyone could care for in an exercise! So, derived from a past practice of placing bands over barbells to create a heavier pressure, continuous tension lift, I developed my new experimental combo – “KETTLEBANDS”!

Well, it turns out that all I needed was the rather sturdy, oblong curved handle of the weighty old globes for the new format of flex band lifting to quickly prove its efficiency! Not only did the extra resistant apparatus cut reps way down to yield planned high intensity training, but at times,

with proper banding, had the lift stalling before completion – a true isometric hold. Essentially, I had created a non structured “power rack” that I could use in my living room!! It also became an exciting challenge to develop new & unusual exercises that would benefit from kettlebanding.

One of my favorite new movements is the close grip bent over row – grasp the handle with overhand, underhand, or even cross grip (my favorite!), tramp on the inserted horizontal draped flex bands at your feet (adjust your foot spacing so just enough rubber will allow the lift to begin), and merely do some high tension pulls for 4 reps. Add another band for a follow-up set and just row to mid level (the stubborn additional stretch will stop you!) and hold 3 reps for a few seconds each, for max+ work! Another nifty maneuver that seems to be positively influencing my more standard all-round lifts is the Straddle (or Jefferson) lift with a kettleband directly between the legs; again, determine the proper length of band to stand on, left and right, secure a cross grip on the hefty handle then simply rise steadily under this newfound form of tension. You can use heavier ‘bells and more or thicker flex bands here. If you get stuck, hang on for a while and enjoy the isometric! Of course, various forms of curls are a natural while using the combo equipment, and a unique application to the floor press – one or two handed – can be done by placing a band under your lower back, through the handle, with the other band end placed behind your neck; this one is great to quickly reach an iso-hold level which soon proves to be a “burning” method to overload the triceps! I’ll let imagination and ingenuity develop others for your own particular needs and interests!

No kettlebells around the house or gym? Simply obtain one of Al Myers’ sturdy iron rings (or stack two together for better gripping), place it on the center handle of a standard plate loading dumbbell, and build sufficient weight on both sides around it. Remember, it need not be all that heavy – most resistance should come from flex bands! Oh, a dumbbell will tilt and dangle a bit, but one’s fist will hold secure against the inside plate to steady the proceedings, while ring circumference will allow more space and freedom than a short db handle for a firm cross grip. One hand lifts and hook grips can come into play. But any style ring hold offers its own unique feel, challenge, and enjoyable performance. After all, ole supreme physical culturist Steve Angell didn’t complain as he 20 repped with those rings secured on the famous Dinnie stones (combined weight of 785 pounds)! But, hey, just imagine – had Steve carried a few flex bands to Scotland with him, he could’ve saved himself a ton of time by achieving the same workload with only 4 reps!!

HOF BIO – BILL CLARK

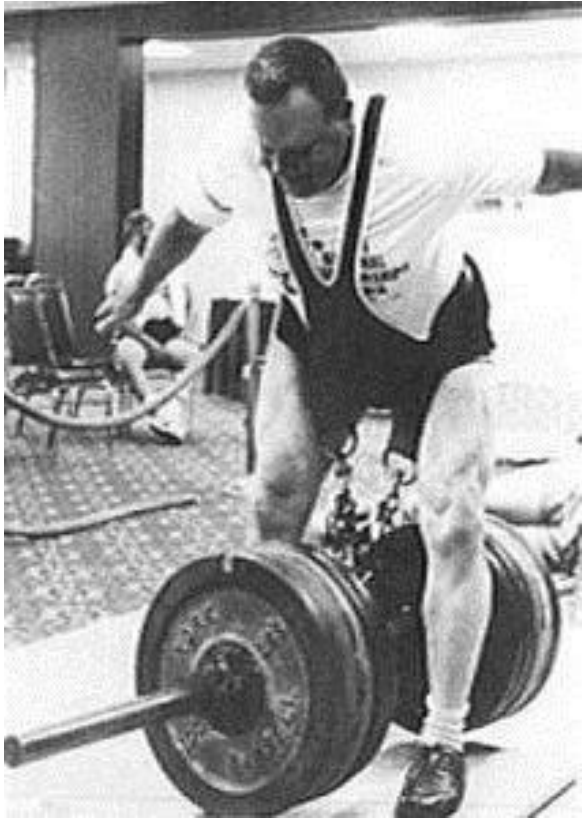
August 2, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

Bill Clark – CLASS OF 1999



Bill Clark

William Merle Clark was born in Clinton, Missouri on August 18th, 1932. He graduated from Clinton High School in 1949, and then spent three years in the U.S. Army (1951-1954), including a year in Korea. Bill graduated from the University of Missouri School of Journalism in 1958, and worked briefly on the sports desk of the Lexington Kentucky Leader. He returned to Columbia Missouri in 1958, where he has lived since. Bill married Dolores Denny on August 11th, 1955 and they have five children and five grandchildren. He was a full-time major league baseball scout for 36 years (1968-2003). He retired from baseball at the end of the 2003 season and has been a columnist for the Columbia Daily Tribune since March of 2004. Bill has written for numerous baseball publications through the years and even worked as a sports reporter in the baseball off-season. He has officiated over 20 sports from the junior high school level to the international level from 1949 until today. He wrote the original Powerlifting and All-Round Weightlifting rule books and is currently writing a book about the fun of officiating more than

10,000 athletic contests. As a member of the Amateur Athletic Union (AAU) weightlifting committee (1959-1990), he was responsible for the origin of the following:

- Powerlifting as a separate sport (1964)
- Masters lifting, both Olympic Lifting and Powerlifting (1973)
- Held the first womens only Powerlifting and Olympic meets which gave the start to women's competitive lifting (1976)
- Introduced prison weightlifting and the acceptance of inmates as full AAU members (1966).
Held the first prison weightlifting postal competition (1962)
- Created the odd lifting record book (1961)
- Formation of the USAWA and the IAWA (began in 1983, finalized in 1986)
- Wrote the first USAWA and IAWA Rule Book (1986)

Bill started weightlifting in 1959 when his boxing team was looking for an off-season sport. There was not a state meet at the time, so he held the very first one in Columbia in 1959. He held the Junior Nationals and the National Teenage Championships in Columbia from 1962-1964, including the "Mr." contests for each, along with numerous state and regional meets both in Columbia and in many prisons throughout the Midwest. He has directed over 100 meets under USAWA sanction at his gym, Clark's Championship Gym, including the USAWA National Championships in 1995, 1997, and 2001. Bill has been the sole sponsor of the Showme State Games Powerlifting Meet since 1988. Both Bill and Dolores are in the Missouri State Games Volunteer Hall of Fame. He has had a commercial gym in Columbia since 1987, which is one of very few commercial gyms in the country that specializes in All-Round Weightlifting. Bill was the first President of the IAWA and was the Secretary of the USAWA since the beginning till 2009. He is responsible for starting the drug testing program and the certification of officials in the USAWA. Bill has published a weightlifting newsletter since 1960, which now is over its 50th year! For the first 20 years of the USAWA Bill was the editor and publisher of the publication "The Strength Journal". At that time it was the sole source of information regarding All-Round Weightlifting in the US. Bill's main contribution to weightlifting was the origin of the masters program. The idea came to the table in 1973 at the AAU convention, and was approved by a laugh with the mention of old people wanting to lift and compete. In 1974, only four lifters entered the National Masters Meet – Jim Witt, Jack Lano, Wilbur Miller, and Bill Clark. The Meet was cancelled that year. In 1975, the meet was held in Columbia with 15 entries. Today, the masters program is found in 70 nations and accepted without question. Master lifters outnumber open lifters in the US today. Bill was one of a half-dozen people who brought Powerlifting to the committee floor of the AAU in 1962, and saw it approved two years later as a sport by the AAU. Today, Powerlifting has expanded far beyond Olympic Lifting as a sport. In 1976, Bill violated the IWF rules which limited lifting to males only, and worded a sanction which made a combined Power/Olympic lifting competition

into an all-female meet. It broke the gender barrier and women's weightlifting was off and running. Bill commented, "In retrospect, I take pride in being the driving force to establish Powerlifting, women's lifting, prison lifting, master's lifting, odd lifting – and seeing them all grow and prosper." Bill holds over 200 records in the USAWA, with most of them occurring after multiple joint replacements. Bill said, "I do take pride in my hip and harness lifts that were done after four joints – both knees and both hips – were totally replaced and being able to remain competitive with the youngsters in the finger lifts. Age and replacements have slowed the competitive urge today, particularly with the loss of cartilage in both the upper and lower spine." In his earlier years, Bill was best known and seldom beaten in the Zercher and Steinborn lifts, once doing 460# in the Zercher and 455# in the Steinborn on the same day. There has not been an USAWA member since capable of doing this. When asked if he had any special memories of a competition, Bill replied, "The one I most remember was in 1994 in Middletown Pennsylvania when I made a hip lift with 1400 pounds, less than five months after I had a double joint replacement – the right knee and the right hip on the the same day – a double only a few have tried!" Bill Clark will always be known as the "Founder of All-Round Weightlifting", and his influences and contributions to the iron game will forever be felt. His last comment was this, "It has been a good 50 year run in the weight game. I'm now looking for time to go through voluminous files and to do a book I've promised myself for years, titled, An Irreverent History of Weightlifting."

LET'S REVIEW: THE KENNEDY LIFT

[August 3, 2017](#) [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck



Al Myers doing a Kennedy Lift.

With the Old Time Strongman Championships coming up September 9th at ET's House of Iron and Stone I thought it might be a good time to review the lifts. Eric Todd picked 4 lifts from the OTSM list. Today let's revisit one of those, the Kennedy Lift. First of all Al Myers did a great article on it's history. Here's a link to it: [Kennedy Lift](#)

So the rules are as follows:

H9. Kennedy Lift

This is a partial lift using a straddle stance on the bar, where the bar height must not be over 18" from the platform (measured to the bottom of the bar). The plates or bar may be supported on stands, rack supports, or blocks to obtain this height. The lifter must have the bar between the legs, as defined by the rules of the Jefferson Lift. Lifting straps or any other gripping aid is not allowed. It is NOT an infraction to drag the bar up the legs, bounce the bar up the legs, or support the bar on the legs during the lift (hitching). A one minute time limit is allowed for the lifter to make a legal lift, during which time a lifter may make multiple tries. Once the lifter is totally upright and the bar motionless, an official will give the command to end the lift.

Al sums this lift up nicely when he said, "I envision the technique to be very similar to how most lift the Dinnie Stones, using a straddle style." The lift is very much a "Continental" version of a partial Jefferson (or Straddle) deadlift. In that it can be bounced, drug, up or "hitched"

If you want to see the current records here is a list:

AGE	M/F	CLASS	RECORD	LIFTER
14	M	80	500	Kressly, Logan
45	M	110	750	Myers, Al
45	M	125+	500	Foster, Lance
50	M	125+	365	Foster, Lance
55	M	70	405	Freides, Steve
60	M	80	325	Santangelo, Stephen
60	M	95	675	Traub, Larry
60	M	100	315	Garcia, Joe
60	M	129	525	Glasgow, Dave
65	M	80	405	McKean, John
70	M	90	225	Habecker, Denny
70	M	125	400	Ross, Dean
80	M	80	225	Durante, Richard
80	M	105	315	Clark, Bill
ALL	M	70	405	Freides, Steve
ALL	M	80	500	Kressly, Logan
ALL	M	90	225	Habecker, Denny

ALL	M	95	675	Traub, Larry
ALL	M	100	315	Garcia, Joe
ALL	M	105	315	Clark, Bill
ALL	M	110	750	Myers, Al
ALL	M	120	525	Glasgow, Dave
ALL	M	125	400	Ross, Dean
ALL	M	125+	550	Kressly, Doug

As you can see this is a great opportunity to be added to the record list. I hope to see you there!

NEW ENGLAND CUP RECORD DAY

August 9, 2017 Rocky Morrison [Edit Post](#)

By Rocky Morrison

On 7/22/2017, Frank's Barbell Club hosted the New England Cup Record Day. It was a great turnout (11 lifters) and they did some outstanding lifts. I just want to say that at Frank's Barbell Club a record day is more than just setting records. It is a fun event with a great group of people that encourage, motivate, and inspire each other.



MEET RESULTS:

NEW ENGLAND CUP RECORD DAY

July 22nd, 2017

Frank's Barbell Club

East Walpole, MA

Meet Director: Frank Ciavattone, Jr

Host: Mark Raymond

Meet Officials: (3-official system used) Frank Ciavattone, Jr, Jeff Ciavattone, and Rocky Morrison

Lifters:

Lifter	Age	Class	Weight	Class	Gender
Kim Lydon	26	Open	151	70 kg	F
Melanie Judd	37	Open	185	85 kg	F
Julie Hartnett	50	50+	115	50 kg	F
Mike Vuno	28	Open	200	95 kg	M
Jeff Ciavattone	37	Open	260	120 kg	M
Mark Raymond	54	50+	244	115 kg	M
Tony Paterson	55	55+	176	80 kg	M
Rocky Morrison	55	55+	264	120 kg	M
Dave Gago	59	55+	171	80 kg	M
Frank Ciavattone	62	60+	299	125 kg	M
Peter Vuno	64	60+	196.5	90 kg	M

Lifts:

Kim Lydon, (or should we say Officer Lydon) last year's Newcomer Award winner took some time off while she attended the police academy. But that did not seem to affect her strength. She made all of her lifts seem easy as usual.

Lifter	Age Class	Weight Class	Gender
Kim Lydon	Open	70 kg	F
Lift		Pounds	KGs
Bench Press – Alt grip		127	57.6
(LH) Ciavattone Deadlift		132	59.9
(RH) Ciavattone Deadlift		110	49.9

Melanie Judd, (the future Mrs. Jeff Ciavattone) is a newcomer to the team, but showed that she is going to fit perfectly in the club and the Ciavattone family.

Lifter	Age Class	Weight Class	Gender
Melanie Judd	Open	85 kg	F

Lift	Pounds	KGs
Bench Press – feet in air	88	39.9

Julie Hartnett, is another newcomer to the team, but she showed she belongs on this team with some impressive deadlifts.

Lifter	Age Class	Weight Class	Gender
Julie Hartnett	50+	50 kg	F
Lift	Pounds	KGs	
(2H) Deadlift	165	74.8	

Mike Vuno, our last newcomer to this team, but you could tell he has been working out with his father (Peter) for a while.

Lifter	Age Class	Weight Class	Gender
Mike Vuno	Open	95 kg	M
Lift	Pounds	KGs	
(LH) Bench Press	95	43.1	
(RH) Bench Press	95	43.1	

Jeff Ciavattone, seems like he has been lifting since he was born. It was great to see him back again and he showed he is a Ciavattone.

Lifter	Age Class	Weight Class	Gender
Jeff Ciavattone	Open	120 kg	M
Lift	Pounds	KGs	
(2H) Deadlift – Dumbbells	466	211	

Mark Raymond, runner-up in last year's Newcomer Award showed that he is getting stronger all the time.

Lifter	Age Class	Weight Class	Gender
Mark Raymond	50+	115 kg	M
Lift	Pounds	KGs	
Deadlift, Fulton, Ciavattone Grip	301	137	

Trap Bar Deadlift	380	172
Curl, Strict, Reverse Grip	88	39.9

Tony Patterson, continued to show that he is not just a Champion Arm Wrestler and continued to put up some big numbers.

Lifter	Age Class	Weight Class	Gender
Tony Paterson	55+	80 kg	M
Lift		Pounds	KGs
(2H) Ciavattone Deadlift		418	190
(RH) Ciavattone Deadlift		248	113

Rocky Morrison it was difficult (and rewarding at the same time) to break a couple of records that were held by my coach Frank Ciavattone.

Lifter	Age Class	Weight Class	Gender
Rocky Morrison	55+	120 kg	M
Lift		Pounds	KGs
Barbell Cheat Curl		133	60.3
(RH) Ciavattone Deadlift		187	84.8
(LH) Ciavattone Deadlift		165	74.8

Dave Gago, is becoming a seasoned veteran and continued to impress with his lifts.

Lifter	Age Class	Weight Class	Gender
Dave Gago	55+	80 kg	M
Lift		Pounds	KGs
(2H) Ciavattone Deadlift		270	123
(RH) Ciavattone Deadlift		154	69.9
(LH) Ciavattone Deadlift		132	59.9

Frank Ciavattone, there is not much that can be said that has not already been said about Frank. After recently having his shoulder replaced, he continues to inspire and motivate all of us.

Lifter	Age Class	Weight Class	Gender
Frank Ciavattone	60+	125 kg	M
Lift		Pounds	KGs
(LH) Dumbell Cheat Curl		33	15
(RH) Dumbell Cheat Curl		33	15

Peter Vuno, always shows up with a smile on his face and says something to make everyone feel better. A great guy who does some impressive lifts.

Lifter	Age Class	Weight Class	Gender
Peter Vuno	60+	90 kg	M
Lift		Pounds	KGs
(RH) Bench Press		76	34.5

After the event Frank awarded some very nice New England Cup trophies to everyone. Then Frank and Colleen hosted a BBQ in their backyard. I had the honor of manning the grill. It was a great event and we look forward to our next one.

DINNIE STONE GATHERING

August 10, 2017 Chad Ullom Edit Post

By Chad Ullom



Group photo of the Dinnie Stone lifters.

When I first heard from Stevie Shanks that he was hoping for a gathering of anyone that had lifted the Dinnie Stones to come together at Potarch I couldn't have been more excited! I got my Dinnie trainers back out and started working up to the full weight. At some point in May, I saw that there were plans to walk the stones over the bridge! I let my ego get the best of me and sent Stevie a message that I'd like to give the walk a shot! Just as I was thinking this was a bad idea, Stevie sent me the schedule with the rules. A carry and drop would be allowed and you can continue as long as your hands don't let go.

My wife and I really made a great trip out of this! We did a great tour of Scotland, spent a couple of days on the Orkney islands and really had a great trip. Even managed to lift the Dalwhinnie Stone a few days prior. The night we arrived in Aberdeen we met a really nice American staying at our hotel who didn't have a car or anything to do so we invited him to the

Aboyne games with us the next day. The Aboyne games were amazing! As we were walking into the gate, we hear “and now her Majesty the Queen will douse the new caber with Scotch to officially dedicate the newly made Aboyne games caber...” What???!! The Queen was here?? The crowd was huge, so we never got a chance to see her, but on the news that night saw that, sure enough, it was Queen Elizabeth.

I knew the Dinnie stones were usually at the Aboyne games, but couldn't see them anywhere. We met up with Travis Willingham and decided to walk around after watching some the Highland Games comp and finally went to the overseas tent. There they were! We had walked right past them when we arrived but the crowd was too big to see. The butterflies started right away! Jim Splaine, Jack and Stevie Shanks along with James Grahame from Australia were posing for a pic right when we got there!

The morning of the gathering I could hardly sleep. Our new American friend, Roberto, was really interested so we invited him along. This really helped Tasha, because I wasn't in much shape for conversation for the whole day! As soon as we were ready to make the drive, the butterflies started. We got registered and just started talking to old friends and making new ones. It was great to see the people that showed up for this, Stevie did an outstanding job. Terry and Jan Todd from Texas were there, David Webster, Bruce Aitken (maybe the greatest scottish hammer thrower of all time!) and many others.



Chad setting up for the Dinnie Stone walk.

The lifting started at noon and I was scheduled to walk at 2:50! The waiting was really tough! It was even harder because a lot of people that had lifted the stones in the past were really having a hard time. I was starting to second guess my walk attempt and thought seriously about just jumping in for a lift. As I was on my way to the car, Mark Haydock talked me out of it.

After the lifting attempts were finished, they moved the stones to the bridge. They had us all line up and we paraded up to the bridge being led by a pipe band! That was a great moment. Luckily, I was second up so I didn't have to wait too long. There were mats laid out across the bridge and the first person to attempt, Brian Irwin from Northern Ireland, made it all the way!

Finally, it's my turn. To make sure I had enough energy to go as far as possible after talking to some people about, I was trying to pull just enough to clear the ground and move them. For some reason, the light stone was giving me more trouble. At one point, I dragged it to catch up and got a warning for this from Stevie. If it happens a 3rd time, you have to stop. I think I made it about 10 feet and my legs just gave out on me, I wasn't getting any more clearance at all.



Travis Willingham, Stevie Shanks, Jim Splaine, Chad Ullom, Jack Shanks, and James Grahame at the Aboyne Games.

After two more attempts, Mark Haydock was up last and he really put on a show! I had been watching his training leading up to this, and the only question in my mind was if he was going to try and carry them side by side the whole way! In the end, Mark did the straddle like everyone else. He completed the 17 feet in 1:40! About 2/3 of the way, he smashed the small stone into his right ankle and there was concern that he had really damaged it or possibly torn his Achilles. In the end, it turned out to be nothing serious (thankfully).

This was such a special event to be a part of, I really wish Al and James Gardner could have been there, but each had other commitments. I was extremely honored and humbled to be a part of it. I can't thank Stevie Shanks enough for putting this together. It was conceived while they were making Stoneland. If you haven't seen that, put that on your list immediately! It has been viewed over 16 million times on youtube.

PRESIDENTIAL CUP

August 11, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

MEET REPORT AND RESULTS –

2017 USAWA PRESIDENTIAL CUP



Group picture from the 2017 Presidential Cup (front Left to right): Barry Pensyl, Art Montini, Denny Habecker, Aidan Habecker, (Back Left to right): Cale Dunlap, Jenn Tibbenham, Al Myers, Collin Cortez

We just had another GREAT Presidential Cup last weekend! This is now the 6th year in a row this Championship Event has been held. It was hosted by the President of the USAWA, Denny Habecker and held at Habecker's Gym.

We had a number of newcomers to this meet as well as several past PREZ CUP winners were present. The new lifters were Collin Cortez, Cale Dunlap, Jenn Tibbenham, and Barry Pensyl. The past winners who were present included Aidan Habecker, Art Montini, and myself.



It was great to have Jenn from England compete in the Presidential Cup! One of her lifts was the Reeves Deadlift.

The BIGGEST surprise of the meet was having an International lifter in attendance – Jenn Tibbenham. Jenn lives in England and lifts for the IAWA(UK), but was here on vacation with her husband Graham. She wanted to take part in a USAWA competition, and we were delighted to have her compete. I've seen Jenn lift before and she always really impresses me. She gives 110 PERCENT on the platform and puts up huge lifts. She came to break some World Records and that she did. Her 72.5 KG (and close miss at 82.5KG) with the 1 handed VB impressed me the most.

Also – it's always nice to see new lifters in the organization. We had that at the Prez Cup when Collin Cortez, a lifter and Navy man from Norfolk, Virginia entered. This was the very first USAWA competition for Collin. It didn't take him long and he fit right in with the USAWA crowd. He put up a great Cup lift in the Hackenschmidt Floor Press which won him the Presidential Cup! I sure hope we see more of Collin in the USAWA.



Newcomer Collin Cortez (right) won the 2017 Presidential Cup Award, presented by the USAWA President Denny Habecker (Left).

It's always a pleasure seeing and lifting with Barry Pensyl. Barry has a long track record with the USAWA (close to 20 years), but due to injuries he is making his comeback in the organization over the past couple of years. He's "knocking on the door" of the Century Club and I predict he will be one of the next members. His PC lift with the Abdominal Raise impressed me the most of his lifts, and unofficially I would say it was the Runner Up lift for the Presidential Cup Award. Maybe next year Barry the Cup will be yours?

Young Aidan Habecker came into this meet as last years Cup Winner. I think he had his sights on winning it again! However, he opened a little too heavy on his Cup Lift with the 2" VBar, and had to fall back on his second lift, the 1" V bar Lift for his Cup Lift. He then went on to set a couple more very impressive records.

The MAN OF STEEL Art Montini made yet again, another fantastic appearance on the platform. Art worked in the Steel Mill all his working life, and is as tough as nails. It won't be long and he'll be in the 90-94 Age Group and I'm betting he will still be setting records. I don't see any signs that he is slowing up with the weights.

Denny, on top of hosting this fine event, still performed a couple of record lifts himself. He first filled his tank and got all "gassed up" with a big jug of chocolate milk, and then put up some fine lifting. I was BY FAR the most impressed with his Steinborn Lift of 75KG. It took all he had, and then afterwards realized it was loaded to 75KG instead of 55KG which he thought it was!

I want to really thank Denny and Judy for hosting the event. Judy prepared all of us a great breakfast after weigh-ins. You don't find that kind of hospitality everywhere, but you DO in the USAWA.

Meet Results:

2017 USAWA Presidential Cup

Habecker's Gym

Lebanon, PA

August 5th, 2017

Meet Director: Denny Habecker

Scorekeeper: Al Myers

Officials (3-Official System Used): Denny Habecker, Al Myers, Art Montini

Lifts – Record Day Lifts

Aidan Habecker – 14 years old & 146 pounds BWT

Vertical Bar Lift – 1 Bar, 1", Right Hand: 57.5 KG

Continental to Chest: 52.5 KG

Vertical Bar Deadlift – 2 Bars, 2": 105 KG

Cale Dunlap – 22 years old & 164 pounds BWT

French Press: 55 pounds

Collin Cortez – 29 years old & 217 pounds BWT

Hackenschmidt Floor Press: 157.5 KG

Snatch – Dumbbell, Left Arm: 117 pounds

Bench Press – Hands Together: 271 pounds

Jenn Tibbenham – 33 years old & 219 pounds BWT

Hack Lift – 2" Bar: 105 KG

Reeves Deadlift: 223 pounds

Vertical Bar Deadlift – 1 Bar, 2", Left Hand: 72.5 KG

Al Myers – 50 years old & 231 pounds BWT

Bench Press – Hands Together: 105 KG

Barry Pensyl – 69 years old & 151 pounds BWT

Abdominal Raise: 21 KG

Bench Press – Alternate Grip: 127 pounds

Curl – Strict: 27.5 KG

Denny Habecker – 74 years old & 192 pounds BWT

Curl – Cheat, Dumbell, Right Arm: 55 pounds

Steinborn Lift: 75 KG

Art Montini – 89 years old & 163 pounds BWT

Deadlift – Ciavattone Grip, Fulton Bar: 60 KG

Hack Lift – 50 KG

Deadlift – Fulton Bar: 70 KG

HOF BIO – CHAD ULLOM

August 16, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

CHAD ULLOM



Chad lives in Topeka, Kansas with his wife Tasha. He has a daughter and 2 stepsons. He has a

BS in Pharmacy and is currently a Pharmacy Manager with Walgreens. Before he became involved with the USAWA he was a multi-sport athlete in High School, where he played football, wrestled, threw the shotput and discus, and was a yell leader. After High School he played football at Coffeyville Community College and was part of a national championship team in 1990. After college he played semi pro football for 2 years before getting involved in the Scottish Highland Games where he competed for over 20 years.

Chad started weight lifting when he was 13 years old when he was training for other sports. His first competition in the USAWA was in 2005. Chad was introduced to the USAWA by Al Myers and is part of the Dino Gym Club. Chad commented, “Al has been a great training partner over the years and I wouldn’t be nearly involved in the USAWA if it wasn’t for Al. We have travelled to many meets together across the United States and all over the World.”

Chad has long lengthy resume of USAWA National Championships he has competed in. To date he has competed in 8 National Championships (2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014). In each one of these Championships he won the National Championships in his age/weight class. In 2014 he won the Overall Best Lifter at the Nationals. In all of his National Championships he has placed very high overall with two second places, three third places, one fourth, and one fifth. He also has competed in 8 IAWA World Championships (2007, 2008, 2009, 2010, 2011, 2012, 2014, and 2015). In the 2010 IAWA World Championships in Glasgow, Scotland he won the Overall Best Lifter Award at the World Championships. Chad is one of the very few USAWA lifters to have competed at the World Championships in all the countries that have hosted a Worlds – United States, England, Scotland, New Zealand, and Australia.



Chad has also been very involved in the organization besides just as a lifter. He has been the USAWA Vice President since 2010 and has been the Drug Enforcement Director since that time as well. He has served as a IAWA Vice President since 2012. He is also a certified USAWA Official and has officiated at many Championship events including at the IAWA World

Championships and the IAWA Gold Cups. In 2012 he was Co-Meet promoter of the 2012 IAWA World Championships in Salina, Kansas.

Chad has won many USAWA Awards. He was awarded the USAWA Athlete of the Year in 2010, 2012, and 2014. He received Runner Up Awards for the Courage Award in 2015, and the Athlete of the Year in 2009. He has been an active participant in USAWA Championship Events. He was the overall best lifter in the 2015 USAWA Grip Championships and the 2012 Old Time Strongman Championships. He has been the Overall Best Lifter (with teammate Al Myers) in 10 USAWA Team Championships. He has been the USAWA Lifter of the Month 4 times – April 2012, July 2013, June 2014, and February 2017. Chad has been very active in the USAWA Postal Series. He has won the Overall Best Lifter in the USAWA Postal Championships 2 times – 2008, and 2012. In 2012 and 2014 he was the Overall Best Men's Lifter in the USAWA Postal Series, and has placed in the top ten many times. In 2012 Chad won the World's Strongest Two Man Team Postal with teammate Al Myers. Chad owns several USAWA records and is in the top ten of all record holders with over 250 USAWA records.

Chad's favorite All Round Lifts are the Arthur Lift, Steinborn Lift, and the Neck Lift. In the Arthur Lift he has the top ALL TIME record in the USAWA with a lift of 297 pounds, set at the 2007 USAWA National Championships. He has done a 446 pound Steinborn Lift, which is also an All TIME mark in both the USAWA and the IAWA. This was done at the 2012 IAWA World Championships. Chad was the first lifter to break the 900 pound barrier in the Neck Lift, done at the 2011 Heavy Lift Championships. He is currently one of only two lifters who have exceeded 1000 pounds in the Neck Lift. Chad always has saved his best lifts for the big meets in front of the best officials and many witnesses. No one can question the authenticity of his great lifting ability and records because of this.



Chad is a very modest Champion. He often downplays his success and is always a great supporter of the other lifters. He will help anyone out, and often at meets will be lifting, officiating, and loading all at the same time. After the meet he will be the one doing the most

work cleaning up. At the banquets and social functions associated with the USAWA Chad is always the life of the party. Anyone who knows him knows he just truly enjoys being part of the overall meet experience. When asking him about his favorite part of competitions, he responded, “I love to compete and test myself but I really enjoy the comradery with the other lifters more. I have some great friends that I only get to see at competitions and it’s always a great excuse to travel!”

That sums up Chad Ullom, a truly humble well-liked Champion in the USAWA.

10TH EDITION RULEBOOK

August 17, 2017 Al Myers Edit Post

By Al Myers

I just got all the updates and editing done for the new USAWA Rulebook 10th Edition. It is now on the website, and I plan to take it to the printers this week to get a few bound hard copies made for sale. However, I’ve found that only a few want hard copies anymore as it’s easier to just view it on the website, and thus you don’t end up with an “out of date” rulebook in a year.

It’s hard to believe that we are up to the 10th Edition. Since I have been secretary I have updated it each year with the new rules and new lifts that are made each year at the Annual National Meeting of the USAWA. In the first 22 years of the USAWA there was only 1 update to the original Rulebook, and now we have had 8 updates in 8 years. So either the membership was sitting on their hands and NO CHANGES were made in those early years, or the membership voting decisions were not being put into force. I would lean towards the later.

Now for a little “trivia” on our USAWA Rulebook:

- Has 126 pages and over 35,000 words
- Contains rules for 184 Individual All Lifts
- Includes the Official Bylaws of the USAWA
- Includes Scoring Sheets and the Lynch Factor Chart
- Includes pictures of 108 Lifts
- Includes pictures of 67 different lifters

I always try to add a few new pictures each year to give illustrations of the lifts being performed. Still over half of the official lifts don’t have a picture with them in the Rulebook. Early on I put a “cap” on the number of times one individual could be in the Rulebook to spread things around a little. This limit is three times. This makes it harder for me because there are a few lifters I

have many pictures of, and several lifts I have many pictures of. I welcome people to send me new pictures for future Rulebooks. So if you want a little “USAWA fame” this is your chance!

These are the lucky few who got in the Rulebook three times: Joe Garcia, Scott Campbell, Al Myers, Denny Habecker, Frank Ciavattone, Chad Ullom, John McKean, Mark Mitchell, Kevin Fulton, Scott Schmidt, Dan Wagman, and LaVerne Myers.

The USAWA Rulebook is something that we should be very proud of. It is the backbone of our organization as it guides us in every competition. With every update it gets a little better, but there are still issues that need addressed with it. As these issues come up during the year they are addressed at the National Meeting and improvements to the Rulebook can be made.

NEW CENTURY CLUB MEMBER!

August 18, 2017 Al Myers Edit Post

By Al Myers



Dave Glasgow, the newest member of the USAWA Century Club.

We have a new CENTURY CLUB member!

I just got done updating the Record List and the Century Club listing and with great excitement, I announce the newest member to the USAWA CENTURY CLUB!!!

drumroll please It's DAVE GLASGOW!!!!

This is a great accomplishment for Dave. Dave has been involved with the USAWA for many years and has been “chipping away” at setting new USAWA records for a long time. It's only fitting that he accomplished this great milestone at his latest meet, one in which he hosted at his fine Ledaig Training Facility, the USAWA Club Championships.

Now Dave, let me give you some advice. Don't stop now with your record setting endeavors, as you can fall out of it if someone breaks one of your records and you fall below the magic number of 100. You better keep adding USAWA records to build yourself a little cushion!

Congrats Dave and welcome to the Century Club!!!!

BIG INCH LIFTS

August 21, 2017 Al Myers Edit Post

By John McKean



American health pioneer, Bernaar Macfadden trained extensively with cables in a manner similar to the “big inch ” concept below. Even way back in 1901 Macfadden could’ve set USAWA records (if we had been around over 100 years ago) that lasted a century with tremendous poundages in dumbbell overhead and hold-out lifts for the 65K class!

“Andraes,” I asked my 11-year-old grandson, “did I ever tell you about my gold mine in Alaska?” Dra just rolled his eyes skyward, certain that he was about to become a captive audience and suffer through another one of my cornball stories!

“Ah c’mon, Paw” replied the wise-beyond-his-years sixth grader. “You’re sure old enough, but nobody ever mentioned you dog-sledding up North to the Klondike gold rush!”

I went on to explain that when I was his age, a breakfast cereal giant offered within each box a “genuine deed” for Alaskan real estate! The company on each deed proclaimed themselves as the “Big Inch Land Company,” and that’s exactly what the document allotted to you – one square

inch of “prime” property with a numbered lot and everything! I couldn’t stand the soggy cereal, so only acquired a grand total of 3 square inches! (My gold must still be awaiting me!!)

Explaining to Draes that this “Big Inch” name was vividly recalled by a summer-long lifting innovation, I went on to describe what soon will be his training procedure through the coming fall and winter! Of course, this will be an advancement in my usual “flex band over barbell” concept.

First, a quick history lesson. Back when Dr. John Ziegler was instructing famous lifters Bill March and Lou Riecke on the virtues of isometrics and power rack work, he emphasized that complete concentration on the iso hold and absolute maximum effort was required. Few lifters could handle that type of commitment to a non moving sticking point, so wily ole Doc Ziegler HYPNOTIZED these two future world record holders before each training session!

Well, Doc Ziegler is gone, and most of us have little access to pro hypnotists in our gyms or garages (and some, like my wife Marilyn, says ya gotta have some mind power in order to BE hypnotized, and I don’t qualify!). So I discovered a way to push myself beyond what I think is a maximum effort iso! From other stories I’ve done on flex band isos, using various strength rubber strands over barbells, dumbbells, kettlebells, or just a very heavy duty band itself, you know that for practically any lift that initial experimenting will provide enough resistance that the movement won’t be permitted full extension. You will grind to a halt somewhere before completion and be forced into a severe muscle contracting iso! I USED to believe this was that 100% limit that we all strive to achieve. However I discovered that if I’d hold for a few seconds, then gutted it up slightly further, I could use still yieldable stretch of the bands to push just 1/2” MORE! And, if I got my head really into it (SELF Hypnosis?), after a few seconds I could usually strain just moving one more half inch. Here, then, became my “Big Inch” for achieving new maximums in lifting stress !

Take, for instance, a Straddle Lift – after finding the right weight and band combo to insure this Jefferson will not go all the way up, place a band over the barbell, then stomp on the band ends at the floor. Stand up until the band will allow absolutely no more positive movement. Hold for maybe 3 seconds. Then convince yourself that you can “probably” yet manage a mere 1/2” more. Do it! After 3 seconds of this, WILL yourself to another 1/2 inch! Hang on for a final 3 seconds. Ziegler, March, and Riecke would be proud: You’ve managed the ultra max “Big Inch” which will go MILES toward progress and gains!

As I was detailing this procedure to young Dra, he chirped out, “Hey, Paw, I’ve got a Big Inch of my own!”

“Uh oh,” I thought. “He’s getting to be about THAT age!”

But I was a bit relieved to hear the not so little lad respond, Gramma measured my height and at 5'3 I'm now a BIG INCH taller than you!!”

LIFT AT LOU’S

August 22, 2017 Al Myers Edit Post

By Al Myers

MEET ANNOUNCEMENT LIFT AT LOU’S

We are about to have our first USAWA event in New Jersey. Lou Tortorelli, of Lou’s Physical Culture Studio, is hosting a record day at his training facility. Lou has always been interested in Odd Lifting and the history of Old Time Strongman Lifting. This first event will be by “invitation only” as he doesn’t want a large group for his first event. But hopefully, it will be a big success and he will host more competitions in the USAWA.

Meet Director: Lou Tortorelli

Meet Date: September 23rd, 2017

Location:

Lou’s Physical Culture Studio
41 Sweet Gum Road
Howell, NJ 07731

DUMBBELL TO SHOULDER

August 23, 2017 Thom Van Vleck Edit Post

by Thom Van Vleck



A great photo of Al doing the DB to the Shoulder

As we get ready for the OTSM Championships to be held by Eric Todd (see the upcoming events section) I thought it might be good to go over the events as a review. Today I'm looking at the Dumbbell to Shoulder lift. A bit of history on this event was the Dumbbell to the shoulder was a lift from the 1904 Olympics in St. Louis. This was really a one handed dumbbell clean and really didn't fit the criteria for an OTSM lift. So it was switched up to be a two hands "anyhow" type of lift. I think it's a really unique lift and one my favorites in the OTSM line up (and not just because I came up with it!).

Dumbbell to 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, 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. Time limit of 1 minute is given to complete the lift. An official will give a command to end the lift.*

Come out the the OTSM meet and check it out. Check the record book as I think this lift is pretty wide open in many categories for a record! See you then.

HOF BIO – DALE FRIESZ

August 24, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

Hall of Fame Biography

Dale Friesz – Class of 2002



Dale E. Friesz was born on July 30th, 1940 in St. Louis, Missouri. As the son of a career Army Colonel he traveled a lot as a youth. His family spent two tours in Virginia, across the Potomac River from Washington D.C.. Dale did his undergraduate and graduate work at George Washington University in Washington D.C.. He spent 11 years as Director of Human Resources for Fairfax County before taking over the family owned shooting sports business. He ran it for 21 years until his retirement.

Dale was married to Penny for over 40 years. They have three beautiful children – Pamela, Mark and Karen. They also have a great son-in-law Mark, one lovely daughter-in-law Christine, and two beautiful grand children Ansley and Cody. Dale believes his family is his greatest treasure.

Dale learned about Olympic lifting from his older brother Leonard. Dale taught himself to be an Olympic lifter. It was at the 1960 National Collegiate Weightlifting Championships at the University of Maryland that he first met fellow USAWA Hall of Famer, John Vernacchio. In 1963, at the Junior Nationals in Columbia, Missouri he was introduced by his older brother to Bill Clark. In preparation for entering Bill Clark's Masters Olympic Weightlifting at age 39, he again started Olympic lifting. Dale stayed with that style of competition until back and shoulder problems put him on the shelf at age 45.



Dale was inspired by Bill Clark's writings to join the USAWA and is a charter member. The bug to lift again took hold and against medical advice (birth defect in back and a bad shoulder) he entered his first all-round meet in 1989. He has won 18 Masters National Championships, and has placed in several open all-round competitions – which includes the Zercher Meet, the Heavy Lift Championships, and the Deadlift Dozen. Dale has created more than 150 USAWA records.

Dale is most proud of his Right Hand Deadlift of 353.6 pounds at age 52 in the 85 kilogram class and his Neck Lift of 605 pounds at age 55 in the 85 kilogram class. When these lifts were made they were not only masters records but also open records. Dale also like all the Finger Deadlifts and holds a wide range of records in each weight class from 75 kg to 90 kg. He received the Francis D. Ciavattone Sr. AWARD FOR COURAGE in 2003. Dale was awarded the USAWA Courage Award in 2009, 2010, 2011, and 2012, the only USAWA member to ever win it four times.



Dale spent much time in the hospital with a variety of life threatening issues during his later years, yet he continued to train and compete in the USAWA. In May 2009 he did a 405 pound Neck Lift record at age 68 in the 85 kilogram class at the Heavy Lift National Championships.

Dale once said, “weightlifting is responsible for him being alive.” Dale passed away on March 18th, 2013. Dale, before his death, thanked Bill Clark for having the sagacity to create masters weightlifting competition!!!

TRAINING FOR THE OLDER LIFTER

August 26, 2017 Thom Van Vleck Edit Post

By Thom Van Vleck



Thom Van Vleck and his brother Tedd who is over 11 years younger. Over the years we have talked a lot about training but our age difference has meant we follow different programs. Age makes a difference in how you train!

Shot Put Gold medalist Adam Nelson told me, “Most training programs are designed for a younger athlete and older athletes need to train differently”.

I would say training programs need to be adjusted over the life span. When I turned 40 I told my Uncle it seemed like when I was a teen I could work out hard every day. Then at 30 I needed a day to recuperate from soreness. Then at 40 it seemed to take a week to get past a heavy duty squat workout soreness. My Uncle, who was pushing 60 and still training very hard said, Thom, I’ve been sore for the last 15 years!”. I laughed but he was serious! He said, “If I waited until I felt 100% I’d never workout again”.

So the body doesn’t recuperate as well.

Then there is injury which is different than recuperation. I remember being young and pulling a muscle or straining a tendon and it recovering very quickly. Now things stay hurt longer and some things just continue to hurt even after they have healed. I tore my hamstring many years ago and I will still “feel it” from time to time.

So injuries add up and then don’t heal a quickly (or ever!). The reality is injury is what ends most lifters competitive careers. Not age.

Finally, there’s the responsibility that comes with age. I remember spending a lot of time as a teen lifting, reading about lifting, thinking about lifting, watching other lifters lifting....you get the idea. I just don’t have that kind of time anymore.

So you don't have the time as an older lifter.

So the older lifter has to think differently. They have to be smarter with the lifts they train, manage their time, and stay injury free. If they get injured they need to address the injury and be less likely to "train through the injury".

So for me it's the "Three Keys" for the older lifter.

1. Facilitating Recuperation

2. Avoiding Injury

3. Managing time

So how do you facilitate recuperation, avoid injury, and manage time to achieve the goal of being strong?

Let's think about adaptation. Lifting is really adapting to heavier loads. Younger lifters can adapt faster than older lifters. Thus it is often beneficial to change up lifts for a younger lifter. Simply put, they adapt faster. So that means the older the lifter, the slower they adapt.

The thought is as a younger lifter you need to change up lifts and avoid getting "stale" which is the body resisting adaptation. So the older lifter needs to work the same lift for a longer period of time. By doing the same lifts longer they would avoid injury. Sure there's a trade off but an older lifter will lose more time injured than the younger lifter so he needs to avoid injury more than just gain strength.

Another thing the older lifter can do is find a happy medium for the poundage being lifted in training. It is ingrained in every strength athlete to lift more and more weight. They don't refer to weightlifting as progressive resistance for nothing. But for the older lifter there needs to be a limit. I believe that should be around 75% of one's max and keep the reps explosive and low at 3 sets of 3. This will allow you to walk that line between getting stronger (or just keeping strength) and injury. You will also stay in a good groove avoiding squeezing out reps that lead to poor form and injury.

The next concept sounds counter to what I've just said but think about it first. The older lifter needs to lift 3 to 5 days a week. Essentially, more often than a younger lifter. But it's the way the lifter trains (doing 75% instead of higher percentages, the same lifts more often, and walking away rather than crawling away) that makes this lifting scheme work. To be clear, I'm talking about doing the SAME lifts every workout, not a split routine. So you end up lifting less volume but doing it more often. This scheme also helps you manage time by keeping you in the training

hall more often but for less time. I also believe by training lifts more often you need less time to stretch, warm up, and all that. Because you are essentially staying in a lifting groove. Your body is ready every day to train.

I think a final benefit of following this program is I am enjoying my training more than I have in years. I don't crawl out of the gym and don't avoid stairs for three days. The hard part is that I often hit a very good set and in the past that's when it was "go time" to load up the bar and do something REALLY heavy. Now I simply walk away or move to the next lift. But that means I'm ready to go again in the next day or two.

So here's some basic points:

- Lift for 3 days a week 45 minutes max duration
- 3 sets of 3 reps on average with a 6 rep max
- 5-10 minutes foam rolling and dynamic stretching
- Same workout everyday as the philosophy is master's throwers don't adapt as quickly
- 75% of max and if a consistent tempo can't be maintained then drop the weight. Lose the ego!

The type of lifts that give you the biggest bang for your buck (lift smarter, remember!)

1. Hip Hinge Pattern Movements (i.e. Power Snatches, Cleans, Deadlifts).
2. Unilateral/Bilateral Squat Movement (i.e. Squats, lunges) followed by Post Activation Potentiation (PAP) such as broad jumps, vertical jumps, sprints.
3. Pushes (i.e. explosive type pressing movements) followed by shoulder prehab work.
4. Core work (2 or 3 weighted core exercised for 6-10 reps which may include decline crunches, standing bar twists, hanging leg raises).
5. Competition lifts: Work them in but focus on the technique and stay at 75% until competition day. Going heavy too much in training just means more injury.

TEAM CHAMPIONSHIPS

August 29, 2017 Al Myers Edit Post

By Al Myers

2017 USAWA TEAM CHAMPIONSHIPS



Group picture from the 2017 USAWA Team Championships.

The USAWA has new TEAM CHAMPIONS! The Overall Best Team Lifters in the USAWA for the past 8 years have been myself and my buddy Chad (and Overall winners in 9/10 Team Championships). But that streak is over.... and the dynamic duo of the USAWA is now LaVerne Myers and Dean Ross! These two have been at Team Lifting for many years now and with all that practice, are in tune to each other's dance steps. They were in perfect synch and picked their attempts with precision. They were the only team to not miss an attempt all day, and finished close to their max on each of their final attempts.



LaVerne Myers (left) and Dean Ross (right) – the OVERALL Best Team at the 2017 USAWA Team Championships.

I was very excited to have 4 teams participate. The young team of Cale Dunlap and Brandon Rein showed great promise. These two will continually improve. They have no idea of what they are capable of yet in the USAWA.

It was great to see John Douglas of the Ledaig Club here for his first Team Championships. He paired with Dino Gym lifter Zach Lucas (since Dave let him down by not making it) and these two put up big lifts, and ended up with the highest TOTAL of the day. They lifted 600 in the Fulton Bar Ciavattone Grip Deadlift, and took a shot at the gym record of 672# held by Chad and myself. It was ah, so close!

I have to thank fellow Dino Gym member Dan Mather for joining me at the last minute (since Chad let me down). This was our first time lifting together in the Team format. We had a great time, and again, I greatly appreciate Dan stepping in so I could lift and not end MY streak of competing in all of the Team Championships.

Meet Results:

2017 USAWA Team Championships

Dino Gym

Abilene, KS

August 26th, 2017

Meet Director: Al Myers

Meet Officials (1-official system): Al Myers and LaVerne Myers

Lifts: Team Bent Arm Pullover, Team Deadlift – Fulton Bar, Ciavattone Grip, Team Deadlift – No Thumbs, Overhand Grip

Teams:

Al Myers (51 years, 229#) and Dan Mather (35 years, 183#) – 105K Class & Open Age Group

Cale Dunlap (22 years, 168#) and Brandon Rein (22 years, 154 pounds) – 80K Class and Open Age Group

John Douglas (53 years, 311#) and Zach Lucas (31 years, 260#) – 125+K Class and Open Age Group

LaVerne Myers (73 years, 240#) and Dean Ross (74 years, 219#) – 110K Class and 70+ Age Group

2-MAN DIVISION

LIFTERS	PULL	DLC	BFB	DLNT	TOT	PTS
Myers/Ross	190	500		500	1190	1291.9
Douglas/Lucas	275	600		650	1525	1088.4

Myers/Mather	230	500	550	1280	1062.6
Dunlap/Rein	170	360	400	930	921.6

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

RECORD DAY LIFTS

LaVerne Myers

Bent Arm Pullover 90#
Clean and Press – Middle Fingers 50#
Deadlift – Stiff Leg 210#
Pinch Grip Deadlift 325#
Deadlift – Dumbbell, Right Arm 195#

Al Myers

Bent Arm Pullover 120#
Clean and Press – Middle Fingers 95#
Deadlift – Stiff Leg 400#
Pinch Grip Deadlift 450#
Lateral Raise – Lying 90#

HOF BIO – JOHN VERNACCHIO

August 30, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

JOHN VERNACCHIO – CLASS OF 1996



John Vernacchio was born in 1936 and grew up in Norristown, Pennsylvania. He attended Holy Savior Catholic Elementary School and graduated from Bishop High School in 1956. He attended Shippensburg State University where he played football while attaining his degree. After graduation in 1961, he finished his education at Temple University where he earned his Masters degree in Exercise Physiology. John taught High School for several years and coached football. He has also coached football at the College and minor pro league level. John has also worked as a rehabilitation therapist for a Chiropractor. John has two grown sons – John born in 1962 and Jeffrey born in 1965. John lives in Texas and has two daughters. Jeff lives in Pennsylvania with one son. Both received B.S. degrees from Westchester State University. John started training when he was 13 years old at the local YMCA and began competing in weightlifting in 1957 with friends Richard Durante and Domenic DeSanto. John Vernacchio won his first National title in 1961 at the National Collegiate Weightlifting Championships. He continued to train under the direction of James Messer at the Holy Savior Weightlifting Club. John got his start in Olympic lifting, but eventually competed in powerlifting for many years for the Valley Forge Weightlifting/Powerlifting Club. John was one of the charter members of the USAWA, being involved since the beginning in 1987. He was introduced to the USAWA by Bill Clark. John has served two terms as President of the USAWA, and one term as Vice President of IAWA. He has promoted several National and International competitions throughout the years. He has promoted three National Meets – in 1988, 1989, and 2004. John has the distinction of being the Meet Director of the very first USAWA National Championships (1988). He has promoted three IAWA World Championships – in 1989, 1991, and 1997. He also promoted the 2003 IAWA Gold Cup. His favorite lifts were the military press and the squat. Even though John has won numerous weightlifting, powerlifting, and all-round meets through the years, when asked what his greatest accomplishment was, he replied, “My biggest accomplishment was to see both my sons graduate from College.” John Vernacchio displays every quality a Hall of Famer should possess – excellence with the iron and excellence in life. John died on December 27th, 2012.



LIFTER OF THE MONTH – ERIC TODD

August 31, 2017 Al Myers Edit Post

By Al Myers

LIFTER OF THE MONTH – ERIC TODD, JULY 2017



Eric Todd performed a World Record Lying Lateral Raise at the 2016 IAWA Gold Cup.

A big congrats goes to ERIC TODD, the USAWA Lifter of the Month for July. Eric earned this from his outstanding performance in the 2nd Quarter USAWA Postal Meet. Eric “bested” the field and was the Overall Best Lifter in this Postal Meet. Along with scoring the most adjusted

points, he posted the overall best total. He continued to showcase one of his favorite lifts, the Pullover and Press, with a fantastic 365 pound effort.

This marks the **FOURTH TIME** that Eric has been selected as the lifter of the Month (others were May 2012, December 2013, and May 2014).

IRON WARRIOR RECORD DAY

September 2, 2017 Al Myers Edit Post

By Dan Wagman, PhD, CSCS

THE 2017 IRON WARRIOR RECORD DAY



Dan Wagman pulling 726 pounds in the Kennedy Lift!

On August 27, Denver's Iron Warrior Gym hosted another USAWA Record Day. This gym's perfect for all-round as it's spacious, has several platforms, and tons of weights. Still, it's obvious that the people training and coaching there aren't familiar with the diversity of strength tests all-round offers. This time three lifters attempted to rewrite the record book while RJ Jackson and Jarrod Fobes judged.

Daryl Jackson, a University of Colorado student, has a varied martial arts background and is relatively new to all-round, though he was named Lifter of the Month in April, 2017.

Considering how demanding his studies are, he thought it best to only contest two of his favorite lifts, the pull-up and chin-up. He started with the pull-up where he was successful with a new record of 95 pounds and missed 105. He wasn't happy with that because he was hoping for 110 but I suspect that the super strict nature of pulling required by USAWA impacted how much he could lift; he missed his first two tries at 95 pounds on technicalities. But he kept his spirits high,

supinated his grip, and gave the chin-up all he had. He missed his first attempt with 90 pounds, got it on his second, and had just enough energy left to declare, “I’m smoked. I’m done.”

RJ tasked her co-meet director Jarrod with judging her lifts. Of the five lifts she chose, the one she was most psyched about was the deadlift—index-finger. An aspect of concern to her were the types of injuries seen in this lift, “I was worried about the potential of snapping a tendon or ligament in my finger,” she explained. A few years back she set the USAWA record in that lift to establish a high standard. Then she dug deep in to training science, finger anatomy and physiology, and developed a training approach that allowed her to increase her record by 25 pounds; “I’m just amazed at how much strength I was able to gain with just those two fingers,” she told Jarrod.

Another lift RJ was excited about was the dumbbell-to-shoulder. Al Myers wrote a recent blog entry about it, unfortunately only one female—and a 13-year old at that—has met this challenge. So RJ thought it time to test herself and she smoked 75 pounds on her first attempt. To my dismay she decided to leave it at that. I really would’ve enjoyed seeing her throw around 100+ pounds. Next time, right?!

As to me, I was fortunate in being able to rotate between RJ and Jarrod for judging. Since I rely exclusively on the latest scientific developments in training and competition, I enjoy a decided advantage over those who prefer myth and conjecture. And so I seek out challenges beyond other competitors or the record book. For this Record Day I decided to see if I could devise a science-based training regimen that would allow me to break the Open deadlift—index-finger and middle-finger records in the same meet and in so doing also exceed the Open IAWA records, all while remaining injury free. I was successful on both counts with my index-finger but failed within inches of lockout to unofficially break the world record with my middle-fingers.

But that Al Myers and his darn blogs....Well into my training for the finger-deadlift-challenge I read Al’s blog entry on the Kennedy Lift. This lift I had never done and so I reasoned that it would constitute a great personal challenge to crank out some big weight with only three weeks of training left. To meet the challenge of putting resistance training research to the test I had to figure out how to most effectively manipulate all training variables so that in a short period of time I could lift a maximal amount of weight while, again, remaining injury free—this latter point has become most important to me over the 30+ years I’ve been competing in various strength sports. Principles of physiology dictate that I needed to focus primarily on having my nervous system learn the new movement; strength development had to be secondary. To do so with maximum effect I trained the Kennedy eight times in three weeks and manipulated all remaining training variables in very specific ways. Very quickly, however, I realized that I just might have challenged myself beyond what’s reasonable...



Dan almost made 331 pounds with his middle fingers! He had it close to lockout when his fingers gave way!

Due to the high frequency of training the Kennedy it invariably fell a few times on the same day as my finger deadlift work. Since I trained the finger deadlifts first, the result was drastically reduced grip strength for the Kennedy. But based on the many biomechanics studies focused on grip strength and training studies about maximizing gains in the type of muscle contraction unique to the vast majority of grip-strength tests, I wasn't deterred; I knew the approach would generate supercompensation. In addition, to aid in grip strength recovery between finger deadlifts and the Kennedy I decided to throw in the press-dumbbell as an "intermission" for my main challenges.

Upon warming up for the Kennedy it became apparent that I had made tremendous gains in strength; my opener and second attempt were smoke. So I decided to give 766 a ride to break Al's (yes, THAT Al) all-time record. But what good are strong legs, a strong back, and perfect technique if you can't hold on to the bar? Despite the awesome gains made, grip strength remained the weak link in the Kennedy chain. Nevertheless—Hail Science!

Meet Results:

Iron Warrior Record Day
Iron Warrior Gym
Denver, Colorado
Sunday, August 27th, 2017

Meet Directors: RJ Jackson & Jarrod Fobes

Lifts: Record Day

Officials:

RJ Jackson – 1 Official Jarrod Fobes

Daryl Jackson – 1 Official RJ Jackson

Dan Wagman – 2 Officials Jarrod Fobes & RJ Jackson

RJ Jackson – F, 55 years old, 105.8 lbs. BWT

Dumbbell to Shoulder: 75 lbs.

Seated Press, from Rack: 70 lbs.

Side Press – Dumbbell, Right: 40 lbs.

Deadlift – Index Fingers: 105 lbs.

Side Press – Dumbbell, Left: 35 lbs.

Daryl Jackson – M, 27 years old, 152 lbs. BWT

Pull Up: 95 lbs.

Chin Up: 90 lbs.

Dan Wagman – M, Open Class, 182.6 lbs. BWT

Deadlift – Index Fingers: 216 lbs.

Deadlift – Middle Fingers: 316 lbs.

Press – Dumbbell, Left: 101 lbs.

Press – Dumbbell, Right: 101 lbs.

Kennedy Lift: 726 lbs.

- [2017 Meet Results](#)
- [USAWA Daily News](#)

OTSM CHAMPIONSHIPS

[September 11, 2017](#) [Al Myers](#) [Edit Post](#)

By Eric Todd

2017 USAWA OLD TIME STRONGMAN CHAMPIONSHIPS



Group picture from the 2017 USAWA Old Time Strongman Championships.

Another installment of USAWA's Old strongman Championships has now passed, and what an event it was. This is the 7th annual championship event in one of the most recent additions in the USAWA. The first three contested were at the JWC training hall in Kirksville, with the last 4 being at my facility. In terms of competitors, this was the best turnout the organization has seen at this event with 12 competitors. We also has a certified judge who was not also a lifter in Thom VanVleck. We had many seasoned competitors (I believe Denny was with the organization since around it's inception) along with some relative newbies (John Douglas and Chris Todd are in the first year of competing in the USAWA-It is GREAT to get new blood into the organization).

The Contest started off with the Thor's Hammer. I said it before, and I will say it again, this one is a fickle mistress. You saw a number of times where it appeared the lifter had stuck the lift only to have it start moving before they could get the down command. When this lift was first contested a number of years back it seemed like 40-45 was about the top number to hit. At this meet half the field was at that mark or better. Some lifters preferred the snatch and some the swing. In the end, just like last year it was Ben Edwards and I battling it out for the top spot, with both of us landing on about the same number we did last year. Like I said, a fickle mistress.

The second discipline contested was the Hackenschmidt Floor Press. Abe Smith impressed me the most in this lift by hitting 345 at a bodyweight of 180. As the lightest competer in the meet, this was the third highest mark hit on the press. Scott Tully also hit a big mark of 360.

Once the pressing was completed, we moved the bar to the 18" boxes for the Kennedy Lift. This is the lift where one should be able to lift the most weight. And there were a few lifters who did not disappoint! Heather Tully kept pace with many of the fellas by hitting a big 400. Chad Ullum hit a 725 in the meet, but then Greg Cook called for 755, which would break the all-time record, regardless of age or weight. After a herculean effort, and the weight was locked out and still, VanVleck gave the down call for a good lift and a new record! Chad came back to match it with a 4th attempt for record. Dean Ross and Chris Todd also hit records on their fourth.

The last event in the contest was the Dumbbell to shoulder. Because you can basically get it to your shoulder by whatever means you can, we got to witness some interesting techniques, from just cleaning it, to swinging it, to excruciating series of movements in the form of a continental. John Douglas did kind of a combination swing/continental to result in a big 200# lift. I was pleased to surpass my old record with a 313# lift, though I am suffering for it now.

After the meet was over and we were tallying scores, lifters had the option of trying out an exhibition lift, the Lurich Lift. It is basically a Hack Lift from 18". This lift was the brain child of Lance Foster, so I kind of let him take the reigns on this one. Several lifters took part. I took one attempt that failed at an embarrassing weight due to form issues, anatomical difficulties, or a combination thereof. Denny hit 185, Dean Ross hit 205, and John Douglas hit 225. Lance hit 315 on his pet lift. Ben Edwards managed a 405 lift on it, but Chad Ullum amazed and insulted everyone with a massive lift of 605. So I guess this lift is possible. At the end, here are my thoughts on the lift is this going forward. I did not enjoy this lift for obvious reasons. With that being said, I see no reason why this lift would not be considered a valid OTSM lift and be presented for inclusion in our rule book. Feel free to chime in on this in our forum.

Wow! I felt like this was the tightest, fiercest competition this Championship has seen. Watching the scores unfold, I could not have told you if I won or got 7th or last. There was some big hitters at this meet, hitting big weights. I was hard to tell how it would all fall. In the end, it felt like this:

MEET RESULTS

Meet Promoter: Eric Todd

Head Official (1-Official System): Thom VanVleck

Loaders: All competitors

OTSM Lifts: Thor's Hammer, Hackenschmidt Floor Press, Kennedy Lift, Dumbbell to Shoulder

Meet shirts provided by Metabolic Technologies

Hostess and Sandwich deliverer: Jenny Todd

WOMENS DIVISION

LIFTER	AGE	BWT	Thor	HFP	Ken	DB	TOT	PTS
Heather Tully	38	213	25	175	400	100	700	603.5

MENS DIVISION

LIFTER	AGE	BWT	Tho	HFP	Ken	DB	TOT	PTS
Greg Cook	60	253	40	275	755	175	1245	1187.1
Eric Todd	42	252	60	385	650	313	1408	1145.3
Chad Ullom	45	245	40	315	725	250	1330	1128.8
Abe Smith	36	180	30	345	600	200	1175	1114.5
Scott Tully	40	354	45	360	660	200	1265	858.7
Ben Edwards	42	234	55	250	525	150	980	827.6
John Douglas	54	315	40	275	500	200	1015	827.4
Denny Habecker	74	195	25	200	325	75	625	764.1
Dean Ross	74	231	25	200	335	90	650	724.5
Chris Todd	38	272	30	275	365	175	845	642.4
Lance Foster	51	326	32.5	155	400	150	737.5	576.2

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

Lurich Lift – Exhibition Lift

Ben Edwards 405

Dean Ross 205

Denny Habecker 185

Lance Foster 315

Chad Ullum 605

John Douglas 225

Extra Attempts for Record

Hackenschmidt Floor Press

Dean Ross 210

Kennedy Lift

Dean Ross 365

Chris Todd 405

Chad Ullum 755

Heather Tully became the third women's champion last year, and this year becomes the first two time champion. Greg Cook becomes the 6th Champion in seven years. What made this the most impressive was that he did it against all but one former champs. He bested Chad, myself, Denny and Abe, all former OTSM champs to achieve this goal. Thank you to all who came out and helped or competed. It was a great day to be an all-rounder!

WORLD POSTAL CHAMPIONSHIPS

[September 13, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

I've finally got all the results compiled for the IAWA World Postal Championships. I want to thank everyone who competed and a big congrats to all the winners!

MEET RESULTS – [2017 World Postal Results](#)

MY OTSM EXPERIENCE

[September 14, 2017](#) [Al Myers](#) [Edit Post](#)

By Ben Edwards

It was great once again to drive up to Eric Todd's gym and get some Old Time Strongman work in. I met a few "new" people this time. Eric mentioned in his write-up that the turnout was great, and it was. There was not a single person there who wasn't excited to see a fellow competitor set a record or succeed on a lift that they fought several times during a minute to get.

This is my 2nd OTSM comp. I did the 2016 OTSM – also at Eric's gym – and had a great time then too.

The first thing that always strikes me when I walk into the gym is the sheer size of the place. What makes that even more impressive is how much equipment is packed into the cavernous space. I never get tired of just wandering around the area and checking out the plethora of training tools that populate the area.

When the competitors started filing in, someone greeted "Leroy" and I almost said "Nice to meet you, Leroy." But then I caught on that the inside joke is that Eric's brother Chris answers to "Leroy." Chris was very congenial and I enjoyed talking to him between events.

It was great getting to see Thom Van Vleck again. We were all glad to have him judging, but I think he should've been competing. On a side note, I was floored when he told me he had done

300 pounds on the Dumbbell to Shoulder. I BARELY got 150 pounds. And it took me two attempts. I am bruised and sore and really can't imagine how Eric must feel after his 313 pound success.

Like Eric mentioned in his write-up, it was interesting to see during Thor's Hammer attempts the styles of performance used. There was the swing style, which I prefer. And the snatch style, which Eric uses exclusively. The snatch style is quite a bit harder for me on the wrist. I came into the comp at 40 pounds and that was easy. Then 50 pounds. Got it on the first try, but it felt pretty hard. Then 55 pounds was very hard and I kind of pulled it out of nowhere, because it did not feel good. It was pretty cool watching Eric smash 60 pounds up for the win. I usually feel pretty efficient on the Thor's Hammer, but I felt just a bit "off" at the contest. Heather had possibly the smoothest form of anyone there in her Thor's Hammer lifts.



Scott Tully performing a Hackenschmidt Floor Press while head official Thom Van Vleck looks on.

Second event was the Hackenschmidt Floor Press. I enjoyed watching the big lifters go well north of 300 pounds on this. I was content that my shoulder held up under 225 pounds and my 2nd attempt with 250 pounds, so I skipped my 3rd attempt. Abe was very impressive on this event when you consider bodyweight vs. weight lifted! I got a kick out of watching Scott do this event because his torso is so thick that the bar is pretty much just resting on his chest when he starts the lift.

I was not looking forward to the Kennedy Lift, because the three times I tried to train it my back did not agree with it. But it turns out my fears were not warranted. I still had to baby my back, but went 120 pounds over what I was able to do in my garage during training. There was a funny incident during my 405 pound opener. I lifted the bar, without making sure Thom was

ready to judge, and after holding it at lockout for a few seconds I realized that I hadn't told Thom I was ready to take my attempt, so I asked if I should redo the lift and scolded myself for a beginner blunder. 2nd attempt was 500 pounds and that went right up. Took 525 pounds for a 3rd attempt and definitely had more in me. Didn't ask for a 4th attempt because Al Myers has the record in the 110kg weight class with 750 pounds! I was very impressed with Heather Tully because her final lift looked fast and like she had a lot more in her. Chad and Greg pulling 755 pounds was a sight to see. Super impressive!



Greg Cook performing a 755 pound Kennedy Lift.

I had not even attempted to try the Dumbbell to Shoulder event. No plans to do that in this lifetime after barely succeeding with 150 pounds. I warmed up with a super easy 120 pounds and almost bombed out when I called for 150 pounds as my opener. I missed it on the first attempt and then barely made it on my 2nd attempt. Watching Eric do 313 pounds on this was one of the most impressive things I've ever seen. Partly because the lift just saps the breath and life out of you the longer it goes on. John Douglas had a nice fight with 200 pounds. I liked Dean's method of grabbing the dumbbell by both ends and kind of power curling it to his shoulder instead of dry humping it up his body like I ended up doing. Denny seemed to be pretty efficient too on the Dumbbell to Shoulder. The following photo sequence is not Eric's heaviest lift, but it is the only sequence I got on camera.



Meet promoter Eric Todd showing his technique in performing a 313# Dumbbell to Shoulder.

I didn't realize it until after we finished the Dumbbell to Shoulder that we were actually going to be pulling attempts on the Lurich Lift – the exhibition lift. I did much better than I thought I would and ended up pulling 405 pounds and bailing on 455 pounds because my back felt like it was going to give me issues. Chad schooled everyone by pulling 605 pounds! Lance pulled 315 pounds, which is impressive considering the lift doesn't suit him anatomically.

One other note is that I asked Eric if I could buy one of his highland games stones for my Braemar practice. He told me to pick out the one I wanted and let me have it. So thanks again, Eric! I put the stone in my daughter's car seat and strapped it in like a baby for the ride home. I threw it a few times when I got home and my one good remaining shoulder unfriended me later that night.

FALL CLASSIC RECORD DAY

September 15, 2017 Al Myers Edit Post

By Mark Raymond

*******CANCELLED*******

MEET ANNOUNCEMENT

FALL CLASSIC “Record Day”

MEET DETAILS:

Presented by Mark Raymond and Franks Barbell Club

781-801-0947 – owdmr@aol.com

Saturday, October 21st, 2017 10:00am

LOCATION:

Frank's Barbell Club

204 East Street

East Walpole, MA 02032

SANCTION:

USAWA Membership Required to participate

WEIGH-INS:

9:00am-10:00am the day of the meet

DIVISIONS:

Juniors, Women, Masters & Open

ENTRY FORM/FEE:

None but please notify Mark in advance if attending.

HOF BIO – STEVE SCHMIDT

September 18, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

STEVE SCHMIDT – CLASS OF 1993



Steve Schmidt holds the All-Time record in the USAWA in the Back Lift, with a lift of 3050 pounds.

Steve Schmidt was born on August 22nd, 1955 in Franklin County Missouri. He still lives there and is self-employed in the fertilizer business and as a farmer. Steve is married with two grown sons and 3 grandchildren. He started lifting in 1977 as a powerlifter. He got involved with the USAWA from the very beginning. In fact, he held the very first membership card issued. Steve has spent most of his time training at home in an old building with no heat, electricity or doors, but at times trains at Clark's Gym in Columbia Missouri and represents Clark's Gym when he competes. Steve was the Overall Best Lifter at the first two National Meets in 1988 and 1989. He was the Open Best Lifter in 1991. He was the Overall IAWA Best Lifter at the 1989 World Championships in Plymouth Meeting Pennsylvania. He has promoted the Backbreaker Meet 7 times, which consists of the Neck Lift, Hand and Thigh Lift, Hip Lift, Harness Lift and the Back Lift, in the late 80's and early 90's. It was held at his farm. Today, Bill Clark hosts this meet at his gym every year and it is now named the Schmidt's Backbreaker Pentathlon, after Steve. He has won the Backbreaker 14 times and the Zercher Meet 8 times. Steve's favorite lifts are the Harness Lift, Back Lift and Teeth Lift. He holds the overall USAWA record in the Harness Lift at 3515 pounds and the overall USAWA record in the Back Lift at 3050 pounds. Steve holds nearly every repetition record in the Hip Lift, Harness Lift and the Back Lift. He holds the Total Poundage record using the Back Lift, doing 8,087,095 pounds in 2 hours and 50 minutes!! He also holds the Teeth Lift record with a lift of 390 pounds, with his hands held behind his back! Steve has also done numerous strength shows in which he pulls heavy loads with just his teeth!! He is also a World Class Bender and has performed at the AOBS Banquet where he did 10 repetitions in the Hip Lift with 1800 pounds! Steve has very calm demeanor when he lifts and often makes impossible lifts look remarkably easy. When asked why he likes all-round lifting, Steve replied, "It's the best!!" Steve has always been a man of few words and just lets his outstanding lifting accomplishments speak for themselves.

LIFTER OF THE MONTH – COLLIN CORTEZ

[September 19, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers



Collin Cortez performing a Hackenschmidt Floor Press at the 2017 Presidential Cup.

The LIFTER OF THE MONTH for August, 2017 goes to COLLIN CORTEZ!

Collin earned this by winning the Presidential Cup (Best Lifter) at the 2017 USAWA Presidential Cup, hosted by our USAWA President Denny Habecker. At the Presidential Cup Collin performed a Hackenschmidt Floor Press of 157.5 KG as his Presidential Cup Lift. Collin also becomes the very first USAWA Lifter of the Month to win this award for his efforts in his first USAWA competition.

Congrats Collin on being selected as the Lifter of the Month for August!

HOF BIO – ART MONTINI

September 20, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

ART MONTINI – CLASS OF 1993



Art Montini was in the inaugural class of Hall of Fame inductees – and rightfully so. Art is the most decorated all-rounder in USAWA history, having won overall best lifter at four National Championships (1991, 1992, 1993, and 1995). He was born October 11th, 1927 in Beaver County, Pennsylvania. After graduating from High School, Art joined the Navy in 1945 and served our country in WWII aboard a naval ship. After his military service, he went to work in a steel mill in which he continued until retirement. Art's early sport activities included playing "sandlot" baseball, and even some semi-pro football. Art started lifting weights when he was 20 years old. At first, he competed in Olympic Weightlifting. But once he got started competing in all-round weightlifting that was his focus from then on. Art's favorite lifts are the Steinborn and all of the chain lifts. However, he trains all of the all-round lifts at different times in his workouts. Art is one of only three lifters that has over 400 USAWA records!! Art is a member of the Ambridge V.F.W. Barbell Club and does all of his training there. He has competed in over 100 all-round weightlifting meets!!!! You can always count on Art being at the National Championships. He has even been involved in the promotion of the National Championships, being the Co-Meet Director of the Nationals in 1991 and 1999 in Ambridge. Art is an outstanding official as well, both at the National level and at the World level. Art was the first elected Vice President of the USAWA, elected in 1989 and serving in that position till 2007. Art has been the recipient of many USAWA Yearly Awards – Courage Award 2016, 2014, 2013, 2012 and Sportsmanship Award 2015, 2011, and 2009. In 2010 Art was awarded the IAWA Award of Merit. This prestigious Award has only been presented to four IAWA members ever. In 2012, Art received the "25 Year Participation Award" at the

National Championships, an award given to him based on his outstanding participation in the USAWA National Championships throughout the 25 year history of the USAWA.



When asked what he enjoys about the USAWA, he replied, “I really enjoy competing with other lifters. I’ve made many great friends at all of the meets.” In 1988, Art was selected to the Beaver County Sports Hall of Fame. Today, Art lives in Aliquippa, Pennsylvania and still competes in all-round weightlifting meets even though he is over 80 years of age!! He even celebrates his birthday every year by hosting Art’s Birthday Bash, an all-round weightlifting meet, on his birthday.

HOF BIO – JIM MALLOY

September 21, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

JIM MALLOY – CLASS OF 1996



Jim Malloy was born July 7th, 1941 and currently lives in Cleveland, Ohio. Following High School graduation, Jim went to work in a steel mill where he has worked for over 47 years. He has been married to his wife, Sandy, for over 45 years. They have one daughter, Tracey, who now lives in Texas. Jim started out with Olympic Weightlifting in 1968, and then got involved with the USAWA in April of 1990 after being introduced to all-round weightlifting by Bob Karhan. Jim spends most of his training time lifting in his garage. When asked if there were any lifters that inspired him in all-round weightlifting, Jim named two great lifters – Howard Prechtel and Art Montini. Jim worked out with Howard quite often, and often helped Howard in the promotion of several competitions, which included a National Championship, a World Championship and several Gold Cups. Jim is a true all-rounder with his lifting and has set USAWA records in many lifts that are very different from each other. Jim has done a 400# Front squat, a 400# one handed Deadlift, a Continental to Chest and Jerk of 300#, and a 420# Zercher Lift. I should also mention that these were all done after the age of 50!!!! Jim has set over 100 USAWA records and has lifted in close to 100 competitions. Among his greatest accomplishments in the USAWA was winning overall Best Lifter at the National Championships in 1997. He was the Master's Best Lifter in 1994 and 1997 at the National Championships. He has also won many Championships in his age and weight class. Another thing that is very impressive is Jim has placed in the Top Ten Overall in 12 National Championships!!!! He has also placed in the top six in 4 IAWA World Championships, with his best placing being 3rd Overall in 1995. When asked what he likes about the USAWA, Jim replied, " I have lifted in several other weightlifting organizations, but nothing compares to the people I have met in the USAWA." Jim is a great Champion and role model in the sport of All-Round Weightlifting.

HOF BIO – FRANK CIAVATTONE

September 22, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

FRANK CIAVATTONE – CLASS OF 1996



Frank Ciavattone lives in Walpole, Massachusetts. He is a self-employed Excavator Contractor two-thirds of the season and a Heavy Snow Remover the remaining time. He started to lift weights after he received a 75lb. weight set for Christmas in 1966. Frank's uncle Ralph was a bodybuilder in the early 1950's who placed 5th in the 1951 Mr. Boston Contest. Frank's dad was a Marine during the Korean War and was a Power Shovel operator (steam shovel). These two men were Frank's early inspiration to take up weight training.

Frank trained for many years (1971 to 1988) with his coach Joe Mills of The Central Falls Weightlifting Club in Central Falls, Rhode Island. Frank started out doing some Olympic lifting but soon found out that he had tremendous potential with All-Round Weightlifting. It was at this time that he got help from Bill Clark, John Vernacchio, and Howard Prechtel – all of which were

very accomplished and experienced All-Round Weightlifters. Frank was a charter member of the USAWA, and competed in the organization from the start. Frank is a very sincere and honest person who always gives thanks to those who help him. He commented, " John & Howard gave me endless phone time on educating me how to do a lot of the lifts before upcoming contests. I can not leave without mentioning Frank Gancarz and Ed Jubinville (both deceased) who played a big part in making me feel Allround lifting was just as important as life itself! To these MEN I truly admire and respect and I thank them from the bottom of my HEART! "

Frank was also involved in meet promotions. He was the Meet Director for several National Championships (1996, 1998 and 2016) and World Championships (1993, 2000, and 2014) in both All-Round Weightlifting and The Heavy Lifts. His most memorable All-Round meet was definitely the 1st one in 1993, in his home town of Norwood/Walpole, Massachusetts. Frank had his family, friends, the towns people, and lifters from other countries all together in one meet. Frank said, "With that combination it was a week of comradeship, competitiveness, and support. The rest was a true celebration of what this sport is by bringing a half dozen countries together as human beings. This is a time I will always cherish in my heart." One of his most cherish meet wins was winning the Outstanding Lifter Title at the 2005 World Heavy Lift Championships in front of his home town Norwood/Walpole. Regarding this, Frank said, "I was in the 275lb. class. I gave the award to my daughter Domenique. That was a Hallmark moment for me."

Frank has lifted overseas in 6 World Championships and 1 Millennium Gold Cup for a total of 7 trips. When in Scotland at the 1995 IAWA World Championships Frank achieved something no other American had ever done previously. This story is best told in his own words, "The Dinnie Stones story got started by Willie Wright and his team wanting me to go north and give them a try! They offered to take time off from work and take me. For this I said yes and would give it my best shot. Well after lifting in 2 day competition with 10 lifts at the 1996 World Championships, and the 9th lift being a 507lb. right hand- 1 arm deadlift, I was beat. After the meet we all got ready for the banquet, which anyone who's ever lifted in Scotland know their banquets are right up there with the best of them. Well around midnight Willie informed me that the mini-bus was leaving at 5 a.m. sharp, tomorrow morning with about a 4 or 5 hour drive. The next day everything goes on schedule and we arrive there with a full mini-bus. I never saw the stones in person before but have to say I was overwhelmed at them. They were both chained to the wall, and it was drizzling out. Everything had a film of water over it, and the marble size piece of chalk I brought was disintegrated. So I found an area not so wet and dug my hands through the dirt to dry them up and it helped. At this point I picked up the little stone right and left, then I did the same to the big stone. Well now I thought I did it. They all yelled NO – do the 2 stones together. Since they were chained to the wall I decided to keep my 2 feet together since the stones were close to the wall. It was hard for me to straddle them and definitely too tight to have one on each side. So finally on my 1st. attempt I reached down and slowly stood up, and

stood there while Willie Wright gave his down signal. I was in another world as I felt like I could not put them down. I got an IAWA World record certificate and the honors of being the 1st. US citizen to lift up the stones without straps or other assistance. Also to be one of few to lift them feet together. I am not sure who the others are. The truth to all this is I lifted them fatigued, never seen them before, and never trained to lift them. No excuses – just got of the bus and within 5 minutes lifted both of the ground. I did it my way!!!!!!”



Franks favorite lifts are the three Ciavattone lifts, the One Arm Deadlift and the Neck Lift. He also excelled at these lift and set many USAWA records in them. His records are One Arm Hack Lift -right hand 402 1/5 pounds, One Arm Deadlift – right hand 562 1/5 pounds, One Arm Ciavattone Lift – right hand 331 pounds, Neck Lift 808 pounds, Hand and Thigh 1610 pounds, and a Hip Lift of 2515 pounds. Frank has won 15 IAWA World Championships, 14 USAWA National Championships, 3 Heavy Lift World Championships, and 5 USAWA Heavy Lift National Championships. Frank was the Overall Best Master lifter at the 1998 National Championships. He has placed in the top 10 Overall at 9 National Championships.

There is more to Frank than just being one of the best All-Round Weightlifters of All-Time. He is a man of integrity and outstanding character. He always is willing to help those who need it, and is the perfect role model for the young generation of lifters. When asked what advice he would have for a new lifer, this is what Frank said, “Stay away from any artificial way of getting ahead. Hard, hard, hard work is what got me to do the best I could without jeopardizing my number one thing in my life, FAMILY. Keep your priorities in the right order. This formula keeps everyone happy and supportive.” I would say this sums up Frank Ciavattone.

Frank is a true Pioneer in the Sport of All-Round Weightlifting. He 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.

LIFT AT LOU'S

October 9, 2017 [Al Myers](#) [Edit Post](#)

By Lou Tortorelli



The Lift at Lou's meet held at my

Lou's Physical Culture Studio Garage Gym was a most enjoyable and memorable experience! Our two lifters, Aiden Habecker and Brooke Tortorelli, both did an outstanding job with their chosen lifts and setting records in their weight classes and age divisions. In the group shot, you'll find left to right myself, my daughter and competitor Brooke, My dad John (who is a NJ state record holder in the 80-84 division in WNPF powerlifting), our other competitor Aiden, and his granddad and our USAWA President Denny Habecker. The top lifts of the day – Aiden's 175 lb. Deadlift using an Overhand Thumbless Grip; Brooke's 170 lb. Deadlift; Aiden's Dumbbell Snatch with the Right Hand with 47 1/2 lbs.; and Brooke's 50 lb. Push Press from the Rack. Both lifters received a fun t-shirt and some lifting related reading material as their prize for their great achievements. I would like to thank most of all USAWA President Denny Habecker for making the trip to Howell New Jersey to be our official judge for this event and having his grandson Aiden participate. It was a great pleasure for my family and I to meet these great folks and share our common interest in the iron game.

MEET RESULTS:

Lift at Lou's

Lou's Physical Culture Studio Garage Gym

Howell, New Jersey
September 23rd, 2017

Meet Promoter: Lou Tortorelli

Meet Official (1-official system used): Denny Habecker

Lifts: Record Day

Aidan Habecker – Male 14 years old, 70 KG class

Deadlift – No Thumbs, Overhand Grip 175 lbs

Snatch – Dumbbell, Right Hand 47.5 lbs

Brooke Tortorelli – Female 15 Years old, 55 KG Class

Deadlift – 12" Base 170 lbs.

Push Press – From Rack 50 lbs.

WORLD CHAMPIONSHIPS

[October 10, 2017](#) [Al Myers](#) [Edit Post](#)

By John Mahon, World Championships Meet Promoter

MEET REPORT – 2017 IAWA WORLD CHAMPIONSHIPS

WORLDS WRAP UP

Well the dust has settled, lifters have returned home from another fantastic IAWA World Championships. Like every other Worlds so much work goes into organising the meet and the meet itself is done and dusted in the blink of an eye. This year ARWLWA was fortunate to obtain a grant from the local council and was donated a new platform from Bunnings warehouse in belmont. So would like to start this off with saying thank you to the City of Belmont and Bunnings warehouse for your generous support.

We started this World Championships with a moments silence to pay tribute to a wonderful IAWA lifter and friend George Dick. He will be truly missed by the All-Round weightlifting family. We had a great range of lifters this year who were all very competitive. Al Myers and Denny Habecker made the long journey from the USA and they both put on a great display of lifting.



Big Al Myers of the USA

Big Al Myers shoulders may have hindered him a bit through the bench and overhead press but he came back displayed pure deadlift power in the one hand hack and straddle deadlift.

Two new lifters from Australia's newest club in Victoria made the trip across the country and put in some solid lifting performances. Catherine Dorrestyn and Douglas De Prada are two lifters to keep an eye on in the future. Catherine made up apart of a very competitive female division that had the leaders chopping and changing throughout the meet. Miriam Phillips claimed the Womens Open class title with an impressive display of power while Monica Cook took out the Womens Masters class and was the best overall female lifter.

Sharni Clifford and Mel Parkes-Urls did a wonderful job in at the scoring table. Their work made Al's and my work much easier over the championships.



The Scoring table hard at work

The Mens divisions were also a tightly fought battle with Peter Phillips putting in another one of his trademark tough performances. Javen Waller returned to the All-round platform and blew everyone away with his, rather unique, straddle deadlift technique and strength. Steven Charles hard training work had paid off as he was rewarded with the Mens Open title. Bill Kappel once again proved to be the unstoppable force that his is with a champion performance to claim the Mens Masters and Overall title. Bill is one the strongest pound for pound lifters I've ever seen and at the age of 72 he is still blitzing his much younger competitors.



Overall Champion Bill Kappel



Peter Phillips with his One Hand Hack Lift



Best female lifter Monica Cook



Picture from the Banquet

I like to thank all of those who were involved in this World Championships. A lot of work was done behind the scenes to make this happen and all lifters, supported, loaders and officials made this a wonderful event the promote.

MEET RESULTS

2017 IAWA World Championships
Belmont Sports Club
September 30th-October 1st, 2017
Perth, Australia

Meet Promoter: John Mahon

Meet Announcers: Al Myers and John Mahon

Meet Scorekeepers: Sharni Clifford and Mel Parkes-Urls

Meet Photographers: Robin Lukosius & Russ Cook

Meet Caterers: Sharni Clifford & Anne Whitehead

Meet Officials (3-official system used): Peter Phillips, John Patterson, Justine Martin, Julia Phillips, Robin Lukosius, Sam Trew, Denny Habecker, Miriam Phillips, Tom Davies

Loaders: Alex Biasin, Sam Trew, Robin Lukosius, Miriam Phillips, Craig Biggs and others

Lifts DAY 1: Cheat Curl, One Hand Dumbbell Snatch, One Hand Vertical Bar with 2" Bar, Bench Press Feet in Air

Lifts DAY 2: Clean and Press 2" Bar, One Hand Hack Lift, Straddle Deadlift 2" Bar

WOMENS DIVISION

Lifter	Age	BWT	Curl	Sn1	VB1	BP	C&P	Hack	Strad	TOT	PTS
Monica Cook	53	67.7	35	23R	40R	82.5	40	60R	110	390.5	475.8
Miriam Phillips	35	121.0	60	40R	65R	75	52.5	80R	135	507.5	390.1
Catherine Dorrestyn	46	83.5	47.5	25R	52.5R	60	42.5	55R	100	382.5	383.7
Mel Parkes Urlus	39	91.2	35	22.5R	40R	65	45	45R	135	387.5	345.3
Sharni Clifford	29	91.6	40	22.5R	50R	47.5	40	55L	100	355	315.5

EXTRA LIFTS FOR RECORDS

Catherine Dorrestyn: Cheat Curl 50

Monica Cook: 1H Dumbbell Snatch 25R

Monica Cook: 1H 2" Vertical Bar 45R

Sharni Clifford: 1H 2" Vertical Bar 55R

Miriam Phillips: 1H 2" Vertical Bar 70R

Monica Cook: 2H Clean and Press 2" Bar 45

Catherine Dorrestyn: 2H Clean and Press 2" Bar 46

Catherine Dorrestyn: 1H Hack Lift 57.5R

Sharni Clifford: 1H Hack Lift 57.5L

Miriam Phillips: 1H Hack Lift 85R

Monica Cook: Straddle Deadlift 2" Bar 120

Catherine Dorrestyn: Straddle Deadlift 2" Bar 105

Miriam Phillips: Straddle Deadlift 2" Bar 145

MENS DIVISION

Lifter	Age	BWT	Curl	Sn1	VB1	BP	C&PHack	Strad	TOT	PTS	
Bill Kappel	72	71.4	55	35R	65L	85	65	90R	145	540	740.9
Al Myers	51	101.2	80	50R	85R	120	55	130R	210	730	688.1
Peter Phillips	63	98.2	62.5	40R	77.5R	112.5	60	87.5R	170	610	647.2
Javan Waller	46	114.7	85	55L	70L	95	70	120L	220	715	603.7
Alex Biasin	49	123.8	80	44R	72.5R	140	85	90R	170	681.5	569.5
Denny Habecker	75	87.1	50	22.5R	45R	82.5	55	80R	110	445	553.4
Steven Charles	36	86.5	60	40R	72.5L	75	60	95L	170	572.5	525.6
Tom Davies	74	76.3	45	20R	60R	60	46	60R	100	391	522.2
John Mahon	34	121.1	80	42.5R	70R	135	93	90R	167.5	678	520.8
Sam Trew	34	126.7	75	51L	85R	105	70	100L	185	671	504.1
Robin Lukosius	63	99.5	65	30R	65R	70	45	80R	120	475	500.5
Douglas dePrada	24	113.1	90	50R	67.5L	112.5	70	70R	140	600	476.8
Russ Cook	55	76.2	40	27.5L	55L	62.5	40	67.5L	100	392.5	451.0

EXTRA LIFTS FOR RECORDS

Denny Habecker: 1H Dumbbell Snatch 26R

Tom Davies: 1H 2" Vertical Bar Lift 63R

Denny Habecker: 1H 2" Vertical Bar Lift 50R

Russ Cook: 1H Hack Lift 80L

Russ Cook: Straddle Deadlift with 2" Bar 102.5

John Mahon: 2H Clean and Press 2" Bar 97.5

Alex Biasin: Straddle Deadlift 2" Bar 185

Sam Trew: Straddle Deadlift 2" Bar 195

Notes: All lifts recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left arms. TOT is total kilograms lifted. PTS are overall points adjusted for age and BWT corrections. Robin Lukosius and Douglas de Prada did not weigh in on day 2. Steven Charles was in the 85 KG class on day 2, and all other lifters weighed in in the same class on day 2.

BEST LIFTER AWARDS

Bill Kappel Overall Best Mens Lifter and Best Master Lifter

Monica Cook Overall Best Womens Lifter and Best Master Lifter

Steven Charles Best Overall Mens Senior Lifter

Miriam Phillips Best Overall Womens Senior Lifter

MINUTES FROM 2017 IAWA AGM

October 11, 2017 Al Myers Edit Post

Minutes from the 2017 IAWA General Meeting

By Al Myers, IAWA President

The 2017 Annual IAWA General Meeting was called to order at 6:30 PM, on September 29th at the Belmont Sports Club in Perth, Australia by IAWA President Al Myers. Roll call was taken and these members were in attendance: Al Myers, Peter Phillips, John Mahon, Denny Habecker, Anne Whitehead, Sam Trew, Justine Martin, and Sharni Clifford. After the roll was taken, a few moments of silence were observed for the late George Dick. Minutes were read by Al Myers from the 2016 meeting, since General Secretary Frank Allen was not in attendance. John moved to accept the minutes, a second was made by Sharni, and it passed unanimously. Reports from the IAWA Vice Presidents were next. USAWA VP Denny Habecker said there was nothing new to report from the USAWA. A report from the IAWA-UK VP Steve Gardner was given on his behalf by Al Myers. In his report Steve stated he wanted to stay on as a IAWA-UK VP and that events in the UK are going strong. The ARWLWA Vice Presidents Robin Lukosius and Peter Phillips gave their reports next. They talked about the expansion of All Round Weightlifting in Australia, which included a new club from Melbourne and hosting of the Australian Championships in Bunbury. They also mentioned successfully getting sponsorship from the City of Belmont for the World Championships. Peter moved to accept the Vice Presidents reports, with a second by John, and it passed unanimously. A report on the 2017 IAWA World Postal Championships by promoter Al Myers was presented next. It was reported that 45 lifters participated in the World Postal, with lifters from the USAWA, IAWA-UK, and the ARWLWA participating. As been the tradition, the first day lifts of the World Championships were contested. Recognition was given to the overall club champion – the Western Australia Club. Peter moved to accept the report, with a second by Robin, and it passed unanimously. A report on the upcoming 2017 Gold Cup was given by Al Myers since the promoters Matt Finkle and Andy Tomlin were not in attendance. Andy had forwarded a report which stated that the plans for the 2017 Gold Cup were on track for November 4th in Glasgow Scotland, and entries were coming in. John moved to accept the report, with a second by Sam, and it passed unanimously. The IAWA Technical Committee report was next on the agenda, but Chairman Dennis Mitchell was not in attendance so no report was given. A discussion ensued with the technical committee members in attendance (Al Myers, Denny Habecker, and Peter Phillips) commenting that they had not heard of any new news from Dennis regarding any new technical issues to discuss. Al stated the current members of the technical committee – Dennis Mitchell, Denny Habecker, Al Myers, Steve Gardner, Steve Sherwood, and Peter Phillips. Peter suggested that we formulate a

current email address list for all committee members so better communication may be done in the future. This was agreed upon by consensus. A report on the 2018 IAWA World Championships and 2018 Gold Cup was given next by Al Myers. This report was sent by IAWA-UK Vice President Paul Barette. The 2018 Worlds will be promoted by Mark Haydock on October 6-7th, 2018 in England, with a venue to be named at a later date. The proposed lifts for day one include: Front Squat, Clean and Press behind Neck, One Hand Barbell Snatch, and the One Hand 2” Dumbbell Deadlift. The proposed lifts for day 2 include: Power Row, Continental Clean and Jerk, and the Deadlift. The 2018 Gold Cup will be promoted by Frank Allen in Leicester England on October 13th. It was planned to be the following weekend after the World Championships to encourage overseas competitors to make both events. Discussion following the report centered on the lifts selected for Worlds. Al Myers stated that these proposed lifts should be evaluated by the Technical Committee before they became official, as this should be a responsibility of the Tech Committee. Denny moved to accept the report, with a second by John, and it passed unanimously. There was no Old Business. New Business was the next agenda item. John Mahon brought up the interest in the Old Time Strongman in Australia, and how he would like to see a IAWA World Championships for it. Discussion ensued how this would be possible with the current IAWA competitions (Worlds and the Gold Cup), and how it could be done without taking anything away from those competitions. John moved that IAWA host a World Championships for the Old Time Strongman for 2018 in a postal format that would include all lifters from their organization performing the lifts on the same day at a set venue place for all countries involved. Denny gave a second, and it passed with unanimous vote. The ad hoc committee of John Mahon and Al Myers will make the plans for the 2018 IAWA Old Time Strongman World Championships. More new business discussion included more discussion about the technical committee. Al Myers commented that he would like to see equal group representation on the Technical Committee and would like to see another person from Australia added to the Technical Committee. Al explained that having a technical committee of 7 would be better than 6 for voting purposes, as matters are decided by majority vote. John Mahon agreed he would take the position, and a vote was taken and it passed unanimously. There was no further New Business. Next up on the agenda was accepting bids for the 2019 IAWA World Championships and the 2019 IAWA Gold Cup. Al Myers submitted a bid for the World Championships to be held in Abilene, USA for the first weekend of October. John Mahon submitted a bid for the 2019 Gold Cup to be held in Perth, Australia the first weekend of November. There were no other bids. Peter moved to accept the bids, with a second by Denny, and it passed with unanimous vote. At this point a few words from the World Championships meet promoter John Mahon was given which included details of the weekend’s competition. John then moved we adjourn the meeting. A second was given by Sam, and a unanimous vote was taken. The meeting ended at 8:30 PM.

MY WORLD CHAMPS EXPERIENCE

October 13, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers



Group picture from the 2017 IAWA World Championships in Perth, Australia.

John did such a great job with his World Championships meet report this is not gonna be a report, but rather “my take” on my experience at the World Championships in Perth. This meet was my third meet at the Belmont Sports Club in Perth, Australia, so I’ve been there before. The WA Club is “centered” out of the Belmont Sports Club and they have a really nice set up there, with everything you need for All Round Weightlifting. I let my wife Leslie make our travel plans for this one. I never thought she would make that long trek across the ocean again with me to Australia, so I bribed her that we could do a “tack on” trip to Bali after the meet. Well, that plan didn’t work out with the Volcano on Mt Agung about ready to blow so we changed last minute to taking a vaca to Melbourne. But much to my surprise (I should have looked at our flights before we headed to the airport!) but it had us getting into Perth Friday afternoon! Normally I like a day or two to adjust to the travel lag, but not this time!

No sooner than we got checked into our hotel in downtown Perth it was time to head to the AGM of the IAWA. No rest for me! Upon reaching the club, it was great to see ole friends and familiar faces of the WA lifters. John Mahon, the meet promoter and host, greeted me right away. A small group of lifters and club members joined us for the meeting. As Prez I had all the details of the meeting agenda lined out beforehand, but I was hoping the travel hadn’t affected my cognitive thinking. I didn’t want to be like Peter the year before in Lebanon where he was drifting “in and out” of consciousness during the meeting. Plus this was my first AGM without

the ole pro Steve Gardner at my side which added to my stress levels. But luckily, there were no debateable issues on the agenda so the meeting went super smooth.

One thing about the Aussie group – they know how to run a good meet. John and the WA crew had all of the details of the meet taken care in advance and were ready to roll! On Saturday the meet started right on time. At the club they have a big room adjacent to the gym which is perfect for meets. One thing was different from previous years – the platform was laid out on the other side of the room, which actually worked better as the stage was behind the lifting area giving a nice appearance with the WC banner hanging on the stage curtain and the trophies lined up on the stage. I knew most of the lifters from before, but it was nice to meet some new lifters. Another thing about this club, they are the most friendly group. I announced the first session of lifters. It was great to see the large group of women lifters entered. Much more than most World Championships with 5 lifters, and every one of them very quality lifters. I was super impressed with Monica Cook. Monica was Best Overall Women's Lifter at the WC in Perth in 2003, and she repeated that title again. Australia has now hosted three IAWA World Championships (2003 and 2011 being the other two) during the history of the IAWA, with this one being the 30th year of the organization. Miriam Phillips put up the highest total of all of the women lifters, and it was sure fun watching her lift. She gave all out on her lifting attempts! Sharni Clifford did all of the scorekeeping (with Mel assisting her) and those two did an excellent job. Having a good scorekeeper at your side when announcing makes everything go much smoother. I greatly appreciated her efforts – plus when it was her time to lift she just “jumped out” of her chair and did her lifts between inputting the scores.



World Championship Banner.

Some of the men also lifted in the first session. It didn't take long and I realized that Bill Kappel was gonna be hard for anyone to beat! Bill was the outstanding Men's lifter in the 2003 World

Championships (which was his last WC before this one). Bill went on to win the Overall Best Mens Lifter again, which is quite an accomplishment to make his return to IAWA Worlds this way. Of course, it was great to meet up with our USAWA President Denny Habecker again. Denny always represents the USAWA in fine fashion, and has not missed a WC in many, many years. “Uncle” Denny lifted exceptionally, finishing 6th in the overall standings. The old veteran Tom Davies was solid in all events, and I swear he had a smile on his face the entire time! He has been involved with WA All Round lifting longer than most (probably since the beginning). John Patterson didn’t lift but was officiating. I had to chuckle when John told me that he didn’t think he would see me again after last seeing him at the 2015 Gold Cup in Perth. I always enjoy my conversations with John as he has a wealth of lifting knowledge. And John – before you know it – you will be seeing me again as the Gold Cup will be in Perth again in 2019 and I plan to make it!

The afternoon session was packed with great lifters. John “tag teamed” with me with the announcing duties which I was grateful for as it’s hard to be on the mic and the platform at the same time. However, often we were lifting “back to back” so it created some issues with the MCing, but we fought through it, sometimes out of breath as we were announcing. But back to the lifters. Super impressed with Javan “Jay” Waller – super lifter and great guy. Jay finished fourth in the overall standings which is tremendous for anyone’s first World Championships. A couple of the lifts he had the top lift of the day – the dumbbell snatch and the 2” Straddle Lift. Alex Biasin finished in fifth place overall, and won the title of being the “best dressed”. Everytime I turned around he had on a new themed singlet of which I have never seen the likes of before. This just reflected the personality of Alex, as he was as dynamic on the platform as he was in dress. He put up the top feet in the air bench press of the meet. Great to see Sam Trew again, as we have lifted together in several World Championships. Sam is a workhorse – loaded all day for two days plus lifted in the meet! Add on to this set up and tear down work. He had to be exhausted from the weekend. I can’t forget to mention Peter Phillips in my report. It is always a pleasure to share a platform with Peter during a meet. Peter has been a perennial powerhouse all rounder from Perth and President of the ARWLWA. Overall, Peter finished in third place overall.



Al and Peter

It was fun catching up with Robin Lukosius. Robin is the “money man” of the ARWLWA, and responsible for making sure all fees are collected and bills paid. He’s super efficient with these jobs which is a critical part of the meet success. We had good times on the platform together in the meet as well, especially when we had to dual it out in the Clean and Press. Both of us have worn out shoulders and lifted early in the flight, thus had to battle it out for the worse presser. We both gave our best efforts, and in the end Robin barely won the title this time around between the two of us. I do have to reveal the reason why – it was that “secret” Aussie liniment of Peter’s that he let me use on my achy shoulders before the lift that gave me the edge I needed. Two newcomers to the sport, Steven Charles and Doug de Prada showed great ability, and I know without a doubt will be future superstars in IAWA if they keep after it.

Awards were given out right after the meet because a few of the lifters couldn’t make it to the evening banquet where often the awards are presented. My WC Award was the most unique trophy I have ever received. They were hand crafted awards made from railway spikes representing a lifter in action. The base was made out of a native Australian wood. Really loved the award – except for the 5 pounds it added to my luggage on the way home! The banquet was in a fabulous location and a private room was reserved for our group. It gave everyone time to relax, enjoy a few drinks together, eat a great meal, and reflect on the outstanding World Championships! These are the memories that I always remember from these IAWA trips.

In closing, I want to say that I am really proud to be part of such a great organization, And a BIG THANK YOU to John Mahon and the rest of the WA crew for hosting such a great World Championships!

HOF BIO – DEANNA SPRINGS

October 19, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

DEANNA SPRINGS – CLASS OF 1997



Deanna Springs and Al Springs performing a Team Cheat Curl.

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

how the Deanna Lift, which was named in her honor, came to be – by combining the movements of the Hand and Thigh and the Zercher Lift. Deanna died in 1995. Every year Bill Clark hosts the Deanna Springs Memorial, a meet which features the Deanna Lift.

ART'S BIRTHDAY BASH

[October 20, 2017](#) [Al Myers](#) [Edit Post](#)

by John McKean

MEET REPORT –

ART'S 90TH BIRTHDAY BASH

What does an original USAWA lifter do when he turns 90? Merely hefts the highest poundage lift of anyone attending his own birthday meet! Yep, ole Art snuck in an easy 450# hip lift to outdo the crowd of one of the most well attended big contests of the year, even besting 4 of the top USAWA record holders present (only one other out of the top 5 was claiming jet lag or some lame excuse, and stayed home!!).

It was a fitting birthday for the glowing Mr. Montini, super cheerful and looking fit and healthy thanks to his large family traveling up and throwing him a huge party the night before! Naturally many of those youngsters enjoyed lifting at the meet on Sunday morning; between the kids & parents milling around, there were more Montinis than cockroaches in the old VFW gym!

Not that generations of Art's family were the only long distance travelers – Dean Ross was his usual busy self, driving in from Oklahoma, finishing his record setting marathon early, then driving the huge mileage back so he could work on Monday morning! Our hard working president, Denny Habecker, hit the turnpike from across state, bringing with him the ever witty and tremendous long time lifter, Barry Pensyl. And from nearby Cleveland, Ohio, came Scott Schmidt (savior of this year's National USAWA championships!) and the always dependable Dennis and Flossy Mitchell. Heck, I even coerced my grandson, Andraes, just turned 12, to travel down for the weekend and begin his “official” entrance into the record books (tho' he actually thought it was merely going to be a donut eating contest between him & Art!).

Despite chalk dust flying, boundless youthful enthusiasm, and many records shattered, the meet wrapped up just around 1 PM. We've sponsored great birthday meets in the past, but this one may go down as the most FUN contest of all. As one visiting lifter was so amazed and excited over Art's lifting & longevity, she requested to take a photo of him while he was so vital and alive; naturally some wag called out “better take it QUICK!”

MEET RESULTS:

ART'S 2017 BIRTHDAY (90) RECORD DAY MEET

Duss Ave Ambridge,PA

Ambridge VFW Barbell Club

Oct. 15, 2017

Meet Director: Art Montini

A 3 Official (IAWA/USAWA registered officials used) judged contest. Officials in attendance :
Denny Habecker, Dennis Mitchell, Art Montini, Scott Schmidt, John McKean

Lifters' results:

Jason Montini II bwt 52 K age 11 (55k, under 13)

teeth lift 25 pounds

crucifix 30 pounds

jerk behind neck from rack 25#

One arm clean & jerk dumbbell right arm 30#

one arm dumbbell clean & press left arm 20 pounds

Dennis Mitchell bwt 147# age 85 (70K, 85+)

Left hand deadlift 60K

Right Hand Deadlift 60K

Thumbless deadlift 70K

Straight arm pullover 42.5 Pounds

Barry Pensyl bwt 150# age 69 (70K, 65+)

hands together bench press 120 pounds

2" vertical bar lift right arm 99#

dumbbell swing right arm 55#

straight arm pullover 60#

Thor's Hammer 24#

John McKean bwt 150 1/2 pounds age 71 (70K, 70+)

right arm dumbbell deadlift 182 pounds

left arm dumbbell deadlift 152#

2" bar (Fulton) hack lift 178#

2" bar (Fulton) Jefferson lift 258#

Kennedy lift 410 #

Art Montini bwt 178# age 90 (85K, 90+)

abdominal raise 30 pounds

Zercher 120#

teeth lift 130#

hand & thigh 300#

Hip lift 450#

Annabelle Montini bwt 178 1/2 # age 10 (85K, under 13,female)

trap bar deadlift 165#

Arthur lift 20#

hand&thigh 160#

Right hand clean & jerk (dumbbell) 15#

2 hand deadlift 88#

Andraes McKean bwt 179# age 12 (85K,under 13)

left hand dumbbell deadlift 86#

right hand dumbbell deadlift 102#

bentover row (power row) 118 #

2"bar (Fulton) hack lift 108#

2"bar (Fulton) Jefferson lift 128#

Robyn Montini bwt 179# age 17 (85K,16-17,female)

Hand & thigh 180#

Trap bar deadlift 175#

Arthur lift 20#

Dumbbell clean& jerk right arm 35#

2 hand deadlift 154#

Denny Habecker bwt 191# age 75 (90K,75+)

bench press alternate grip 155#

crucifix 50#

Ciavattone deadlift 258#

One Dumbbell press left arm 45#

press behind neck from rack 110#

Benson Montini bwt 93K age 13 (95K,13-)

trap bar deadlift 275#

hand & thigh 250#

crucifix 30#

dumbbell press right arm 25#
jerk behind neck from rack 50#

Dean Ross bwt 233# age 74 (110K,70+)

bent arm pullover 75#
straight arm pullover 55#
one arm hack lift,left hand 80#
half Gardner 18#
good morning 115#

Scott Schmidt bwt 235# age 64 (110K,60+)

2 hands clean and seated press behind neck 55K
clean&jerk 2 dumbbells 40K
continental clean 72K

Beth Bulebosh bwt 280# age 49 (130K,45+,female)

Jackson press 75#
Left hand dumbbell press 35#
right hand dumbbell press 35#
2" vertical bar lift, left hand 114#
2" vertical bar lift , right hand 114#

Jason Montini bwt 141.5K age 38 (145K,open)

2 hand seated dumbbell press 90#
middle fingers hack lift 108#
ring finger hack lift 88#

Christopher Montini bwt 148.5 K age 39 (150K ,open)

Teeth lift 135#
trap bar deadlift 425#
jerk behind neck from rack 135#

GOING POSTAL

[October 21, 2017](#) [Al Myers](#) [Edit Post](#)

By Eric Todd

One of the many benefits of lifting in all-round is the postal competitions. These have been going on for as long as I have been involved. When I first started in the USAWA, Bill Clark ran a three part postal series with a multitude of lifts contested. Later John Wilmott took over being

in charge of the postals in the USAWA, followed by our President Denny Habecker. On the international front, I believe it was Frank Lamp from Australia who ran a very nice postal meet in the early 2000s where he would send out medals and a booklet of results (to his financial distress, I would imagine). Later Steve Gardner, and of late it has been taken over by Al Myers.

I would encourage everybody who is physically able to participate in these postals. First of all, it allows one to maximize what they are getting out of their USAWA membership at no cost to the lifter. They do not cost us a dime to lift in. I happen to live in an all-round hotbed with plenty of USAWA meets to participate in. But for those not so fortunate, the postal series allows for several opportunities for athletes to compete. If you live close to a certified official, you can enter the Andy Goddard IAWA World Postal Championships (you must have at least one official for that one). For the postals hosted by Denny and the USAWA you do not even have to have a certified official to enter (though you must use one for it to count for a record). You can have your Uncle Ernie officiate, and it would count for the sake of the meet (certainly everybody's Uncle Ernie would be happy to help them in this capacity).

Another fabulous benefit of competing in the postals is you get to challenge yourself against the best in the US (for USAWA postals) and the World (for the IAWA one) without extensive travel and cost. I have competed against lifters from England, Scotland, China, Spain, Australia, and New Zealand (among other countries, I am sure), all from the comfort of my home. And you are not restricted to a particular day. If this Saturday you are occupied, you can compete on the following Thursday (or another day if Thursday is booked). Just as long as you do the lifts all on one day within the competition window and get your results in on time, you are good to go. I love looking up the results and comparing myself with lifters from far away both in formula and total.

Now, I have been as guilty as anyone else of missing a postal here and there. Sometimes due to injury. Other times it was lack of planning. The end of the window came and me and Lance could not make a time work (I probably should have called Uncle Ernie). Sometimes life just gets in the way. Otherwise, it was just laziness on my part. But, I have made an effort to increase my postal participation percentages. It just feels like a real easy way that we can support the USAWA to help keep the organization alive out of respect for those who have lifted before us, and for those who I hope will follow.

2017 3RD QUARTER POSTAL

October 26, 2017 Denny Habecker Edit Post

By Denny Habecker

MEET RESULTS:

USAWA 3RD QUARTER POSTAL MEET

11 lifters competed in the 3rd Quarter Postal , with Eric Todd again claiming the top spot Thank you to all the lifters who participated in this meet.

Meet Results:

3rd Quarter Postal Meet

July 1st- September 30, 2017

Meet Director: Denny Habecker

Lifts: Half Gardner, Press from Racks, One- Hand Ciavattone Deadlift

Lifters that used a certified Official:

Aidan Habecker – Certified official – Denny Habecker

Eric Todd – Certified official – Lance Foster

Lance Foster – Certified official – Eric Todd

Chris Todd – Certified officials- Eric Todd & Lance Foster

John Douglas – Certified official – Laverne Myers

Al Myers – Certified official – Laverne Myers

Laverne Myers – Certified official – Al Myers

Mark Raymond – Certified official – Frank Ciavattone

R.J. Jackson – Certified official – Jarrod Fobes

Crystal Diggs – Certified official – R.J. Jackson

Lifter that used a non-certified official: Denny Habecker

WOMAN'S DIVISION

LIFTER	AGE	BDWT	GARDNER	PRESS	DEADLIFT	TOTAL	POINTS
R.J. Jackson	55	105.8	38	80	101 R	219	353.09
Crystal Diggs	30	165	13.5	50	65 L	128.5	128.71

MEN'S DIVISION

LIFTER	AGE	BDWT	GARDNER	PRESS	DEADLIFT	TOTAL	POINT S
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Eric Todd	42	252	105	245	188	R	538	437.99
John Douglas	53	311	100	175	200	R	475	386.57
Al Myers	51	230	45	120	226	R	391	362.81
Laverne Myers	73	240	20	85	220	L	325	352.97
Aidan Habecker	14	144	45	61	154	R	260	342.70
Denny Habecker	75	190	0	132	143	R	275	342.21
Mark Raymond	54	244	50	105	210	R	365	337.35
Chris Todd	38	268	65	145	158	R	368	322.51
Lance Foster	51	332	0	130	163	R	293	227.31

Notes: Age is age in years. BDWT is bodyweight in pounds. R and L designate right and left arms. Points are overall adjusted points corrected for age and bodyweight.

TAKE THE TEST!!

October 27, 2017 Al Myers Edit Post

By Eric Todd

There was a time, many moons ago when it was permissible for unqualified, uncertified, inexperienced individuals to officiate USAWA meets. At the time of my first USAWA meet, I had done one bench press meet and 2-3 strongman meets. I was unqualified, uncertified and inexperienced. Technically, I could have walked into Clark's Gym and served in the capacity of an official for the 2003 Deanna Springs Memorial. I was not called upon to do so, as we had two competent officials in Hall of Fame members Bill Clark and Joe Garcia. However, as there was no official's certification process at the time, it was fully permissible for any derelict off the street munching on a handful of licorice whips to step in and sit in the official's chair

Fast forward a few years, and an initial rules test was drafted by Bill Clark. With the exception of those who were grandfathered in as a USAWA official for their vast experience in officiating these meets, anyone wishing to become a certified official would have to take and pass this examination. This was certainly a step forward in cementing the credibility of the USAWA organization. I believe I was one of the first to take, and pass this original test.

Since that time the rules test has been revamped by Al Myers and his confederates. It is a good test that requires you to have a decent foundation of knowledge of the rules, or at least the capacity to look them up in the rule book, as it is an open book exam. Once you have taken the test, you send your answers into Joe Garcia, who is our USAWA Officials Director. Then wait to find out if you have passed. If you do not pass the first time, you can take it until you pass.

The next step I am taking directly from the website. You can find all of this information here: <http://usawa.com/officials-2/> :

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.

At this point, you are considered a level 1 official. As a level one official, you must retake the rules test every three years to maintain your status as an official in good standing in the USAWA. Once you have documented officiating in at least 25 all-round events, you are considered a level 2 official, and you are an official for life in the USAWA.

So, that is the process by which you would proceed in becoming and staying a USAWA official. Maybe it sounds like a lengthy, complicated process? I can assure you, it is not. I, for one, always reference the rule book when preparing for a meet that I am competing in or officiating in to be sure I have full understanding of the lifts we are contesting. You see, as we have so many lifts in our organization, it is difficult for any one person to memorize the minute details of all the lifts within it. So, I reference the rule book to know what I am lifting or what I am judging. That being said, it is valuable for any member to peruse the rule book from time to time. And that is pretty much all you do while taking the test.

As far as the practical training sessions, it is a minimal expectation. Our organization is such that lifters are often called to the officials chair during a meet. It is part of pulling your weight at these meets. So, just ask to be a part of that at meets you are competing to get those training sessions in. All the promoters I know would be glad to have the help, and all the officials I know would love to help you out.

We, the USAWA, are a small organization with an important purpose – to keep the non oly and non powerlifting lifts alive. With our small numbers, we each must do our best to be a contributing member. So, while not all of us have what it takes to be president, secretary or on the executive board, we can all lift, load, and sit in the officials' chair. So, take that first step. Print off the test. Open up the rules book and answer some questions. You certainly do not have to do it at one setting. I, for one, did not. Answer some more in a few days. When you come to one you cannot find or do not understand, holler at one of us. I find discussion of the rules is just as valuable learning tool as reading through the rule book. At the end of it all, you will be proud to know you are helping out to make the USAWA the best organization it can be.

HOF BIO – DENNIS MITCHELL

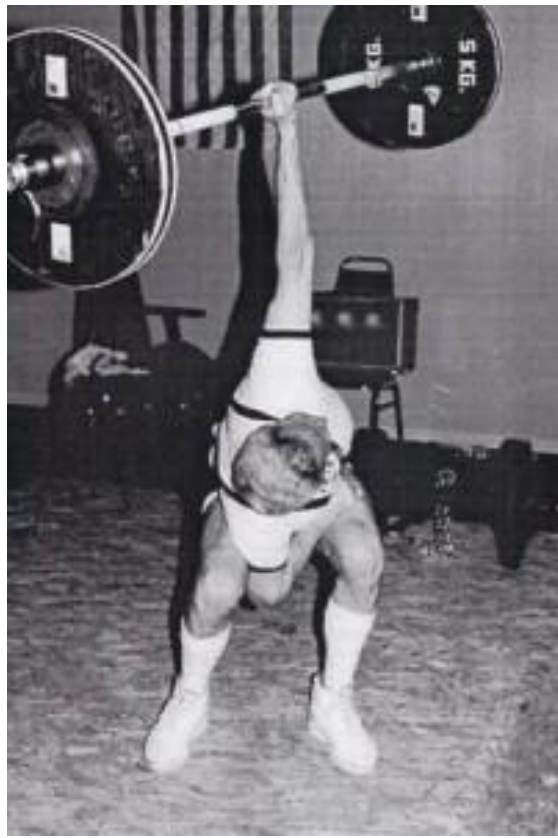
[October 30, 2017](#) [Al Myers](#) [Edit Post](#)

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

DENNIS MITCHELL – CLASS OF 1997



Dennis Mitchell was born February 15th, 1932 in Cleveland, Ohio. He still lives in Cleveland. He was “raised” in the family business of photography, and worked in the family business part time during High School and College. After returning home from two years in the Army, Dennis worked full time with his father until his father retired in 1961. Dennis continued the family’s photography business until he retired in 1995. Dennis has been married to his wife Flossy for over 50 years. They have two daughters and four grand children. Dennis started lifting in May of 1943. He started out with bodybuilding and some Olympic lifting training. He got involved with



the USAWA in 1989. Dennis is very involved in other sports. He also has competed in running, swimming, and Judo. He still competes in Olympic Weightlifting and Masters Swimming. Howard Prechtel, who Dennis has known since 1949, introduced him to All-

Round Weightlifting. Dennis remarked, “I’ve always been interested in training the odd lifts, and being part of the USAWA allowed me to enter competitions where these lifts are contested.” During the 1940’s and the 1950’s, Dennis trained at Joe Raymond’s A.C. He now trains at home and has a very complete home gym which is set up for All-Round Weightlifting training. Dennis is a member of the Ohio Olympic Weightlifting committee. He is chairman of the IAWA World All-Round Technical Committee. He has held that position for several years. Dennis is also a very active official, having judged at many local, National, and World meets. Dennis was the Co-Meet Director of the 2008 National Championships in Columbus Ohio. He also has helped organize the local portion for six All-Round World Postal Meets. The chain lifts and the Bent Press are his favorite lifts. Dennis has competed in 20 National Meets, 19 World Meets, and 6 World Postal Meets. He has lifted in many states, and overseas in England, Scotland, Australia, and New Zealand. Dennis has won his weight and age class in 20 National Meets, 17 World Meets, and 6 World Postal Meets. When asked what he likes about All-Round Weightlifting, he replied, “One of the best parts of being involved in the All-Rounds is the people. They are just a super group.”

JOHN VERNACCHIO RD

[October 31, 2017](#) [Al Myers](#) [Edit Post](#)

by Al Myers

MEET ANNOUNCEMENT – JOHN VERNACCHIO MEMORIAL RECORD DAY

It made me feel good to see this sanction request in the mail today. Our USAWA President Denny Habecker is hosting a memorial meet to a great man and legend in the USAWA – the late John Vernacchio. During the early years of the USAWA John was very involved as a lifter, coach, club founder, officer, and meet promoter in the USAWA. He influenced many to become involved in the USAWA and was a mentor to many all rounders. John V is one person we want to remember in our organization. Thank you Denny for hosting a record day in his memory!

MEET DETAILS:

Meet Promoter: Denny Habecker

Meet Date: December 16th, 2017

Location: Habecker’s Gym, Lebanon, PA

Contact Denny if you plan to attend.

GOLD CUP

November 11, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

2017 IAWA GOLD CUP GLASGOW, SCOTLAND NOVEMBER 4TH, 2017



Group picture from the 2017 IAWA Gold Cup, in Glasgow Scotland.

I just returned from the 2017 IAWA Gold Cup, in Glasgow Scotland, and what a fine event it was! This was an emotional weekend for all as this meet was done in memory of George Dick who was a great friend to all of us and longtime IAWA lifter and promoter. George was supposed to be the promoter of this Gold Cup, but fellow Castlemilk Gym members Andy Tomlin and Matthew Finkle took over the promotions and did an outstanding job. They put on a meet that George would have been proud of. The meet was held in the new facility of the Castlemilk Gym, which is a very fine facility and I know a place where many future IAWA meets will be held.

The turnout for the Gold Cup was unbelievable – over 40 lifters from Scotland, England, Ireland, Finland, Wales, and the US. There were so many excellent lifts that I don't even know where to start. Every year at the Gold Cup a special award is given to the outstanding lifter based on the Blindt Points. This year Steve Andrews won the Prechtel Memorial Trophy with an outstanding Shoulder Drop. Mark Haydock was second and Timo Lauttamus was third. I

would like to close this meet report with some postings from Facebook from lifters that were part of this historic Gold Cup.

A brilliant day! A very big thank you to Steve Gardner for MCing and Platform Management. To Chris Bass for Record Keeping. Andrew Tomlin and Matthew Finkle for organising such a brilliant event. And thanks goes all round to the officials and loaders who without which we wouldn't have had such a spectacular event! – Paul Barette

Fantastic days lifting by all. Made very special with seeing Janet Dick, Evelyn and Derick Dick at the lifting and as honoured guests at the presentation evening dinner – Nicholas Swain

Gold cup 2017 in Glasgow .what a great turnout of lifters giving their all on a multitude of lifts.followed by a great meal in the evening. Big thanks To Andy Tomlin and Matt Finkle and his team for putting together this great event.also to Steve Gardner for keeping the platforms running smoothly,and Chris Bass for keeping up with all the records and calculations.this was all in fantastic tribute to the great George Dick.was great to have Janet and family there on the day.God bless you George. – Steve Andrews

A fantastic days lifting at the IAWA Gold Cup..... 41 lifters .. amazing.. the lifts performed were all amazing... everyone did great.... it was a joy to have been part of one of the best ever IAWA events..... what would George have thought? he would have loved it... cheers big George! – Steve Gardner

What a great weekend well done to all, Some outstanding lifts I think the big man would be proud – Steve Moss

For more reflections and lots of pictures, check out the IAWA(UK) Facebook page.

MEET RESULTS – [Gold Cup 2017 Records1](#) [Gold Cup 2017 Records2](#)

FALL CLASSIC RD

[November 28, 2017](#) [Al Myers](#) [Edit Post](#)

MEET ANNOUNCEMENT

FALL CLASSIC “Record Day”

MEET DETAILS:

Presented by Mark Raymond and Franks Barbell Club

781-801-0947 – owdmr@aol.com

Saturday, January 20th, 2018 10:00am

LOCATION:

Frank's Barbell Club
204 East Street
East Walpole, MA 02032

SANCTION:

USAWA Membership Required to participate

WEIGH-INS:

9:00am-10:00am the day of the meet

DIVISIONS:

Juniors, Women, Masters & Open

ENTRY FORM/FEE:

None but please notify Mark in advance if you are coming

HOF BIO – JOE GARCIA

November 29, 2017 Al Myers Edit Post

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

JOE GARCIA – CLASS OF 1997



Joseph Anthony Garcia was born in Dewitt, Iowa, August 12, 1953. Joe and his wife Cindy started dating the last week of high school, got married August 11, 1973 and currently live in the country near Sturgeon, Missouri on 27 acres with their animals. Joe received a Business Degree with a major in accounting from the University of Iowa and got his first job as an accountant, but has spent the majority of his employed life in software, both as a developer and as a consultant. Joe's immediate family consists of his wife and himself, a cat and 5 horses. He comes from a large family that had 9 kids. Joe actually started lifting back in the late 70's when he was a policeman. As part of getting into shape, he got involved with the USAWA in 1987 when he was at a customer's location and looked out the window and saw a small sign that read 'Clark's Championship Gym'. Joe said, "I went over and met Bill, joined the gym and have been a member of both the gym and the USAWA since that time." Joe has been involved with some sport ever since he was a little kid, from baseball to track, basketball and football in high school, rugby in college, boxing as a cop, and finally Taekwondo in the early eighties, where he received a second degree black belt. Now days, he coaches boxing, lifts and competes in Cowboy Mounted Shooting. When asked who was responsible for getting him involved in all-round weightlifting, Joe replied, "Bill Clark introduced me to the USAWA and I would have to say he is responsible for my having accomplished what I have in the sport."

Joe lifts both at Clark's gym and at home. Joe has been the USAWA Record Keeper since the start of the USAWA and still holds that position. Joe was also responsible for designing and starting the USAWA website in the mid 90's. He has been an official at many meets over the years. Bill and Joe have promoted three USAWA National Championships in Columbia, Missouri (1995, 1997, 2001). He has also helped Bill put on numerous meets at the gym. Joe's

favorite lifts are the big bar lifts, and when asked if there was any record he was the most proud of, he replied, “I would have to say my record of 1910 pounds in the Hand and Thigh Lift is the one I am most proud of.” Joe’s record in the Hand and Thigh of 1910 pounds, which was set in 1997, remains the top Hand and Thigh Lift in history. Joe competed in the first World meet which was held in England, and has competed in several World Championships and National Championships since. Joe has placed in the Top Ten Overall in 10 National Championships, with three third place finishes overall in 2001, 1997, and 1988. He was the top overall Master at the National Championships in 2006 and 2001. He has also won numerous age group Best Lifter Awards at the Nationals. Joe is one of very few lifters who have been with the USAWA from the very beginning who is still competing at the top level – as showed by his most recent placing of 4th overall at the 2009 National Championships. Joe is always helping out new lifters at meets and has done numerous things through the years to promote the USAWA. Joe Garcia sets the standard that all future Hall of Famers should aspire for.

DINO GYM CHALLENGE

[November 29, 2017](#) [Al Myers](#) [Edit Post](#)

by Al Myers

MEET ANNOUNCEMENT

DINO GYM CHALLENGE PRESENTS THE –

“Tom Ryan Memorial Meet”

A year ago we lost a very good friend and longtime supporter in the USAWA with the passing of Tom Ryan. I had known Tom for over 15 years and often communicated with him via emails weekly. He would help me with any historical question involving weightlifting as he seemed to remember everything from his time in the iron game. I often invited him to the Dino Gym for one of my competitions but his health prevented it in his later years. He told me many times that “if he could” he would make the trip to my place from his home near Atlanta.

So I’ve decided this year we will honor Tom in dedicating the Dino Gym Challenge to him. I was initially going to have this years meet as a tribute to John Grimek. I had even decided on lifts – picking some of Grimek’s pet lifts for the meet. But the other day working out I got to thinking about Tom and his passion for the All Rounds, and this lead to me making the change for this year. John Grimek was one of Tom Ryan’s heros in the sport. I knew Tom well enough that I know this would have amused him greatly in my chosing him over the great John Grimek!

I picked five of Tom's favorite lifts for the meet, and ones he still holds USAWA records in. I've been fortunate to have witnessed many of them myself as years ago he would travel to Clark's Gym for meets and record days that I was at. Tom still holds close to 25 USAWA records. He has outstanding records in the Weaver Stick (7 pounds), the One handed thumbless deadlift (254 pounds), and the Rectangular Fix (95 pounds done over the age of 60). It will take some great lifting at the Dino Challenge to see any of these marks of Tom's exceeded.

MEET DETAILS:

Meet Director: Al Myers and the Dino Gym 785-479-2264

Meet Date: Saturday, January 27th, 2018 1:00 PM – 5:00 PM

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

Sanction: U.S.A.W.A Memberships cards can be purchased on meet day

Weigh-ins: 12:00 -1:00 PM the day of the meet

Divisions: Juniors, Women, Masters, and Open

Awards: None

Entry: None – but please notify me in advance if you plan to attend

Lifts:

Weaver Stick

Rectangular Fix

Deadlift – No Thumb, One Hand

Reeves Deadlift

Hip Lift

The lifts will be done in this order. After the meet there will be time for record day lifts.

HOF BIO – DENNY HABECKER

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

DENNY HABECKER – CLASS OF 1997



Denny was born and raised in Lebanon, Pennsylvania and has lived there all but 3 years of his life. His father was always involved in sports when Denny was growing up, and Denny has continued that tradition. He graduated from Lebanon High School in 1960 and got a job at Bayer Corporation in 1964 and worked there until his retirement in August, 2008. He got married in 1964 to Judy Gensemer. Judy is now a retired R.N. and they have one son who is an elementary school principal. His son and daughter-in-law have given them 3 grandsons that they are very proud of.

Denny started lifting in the spring of 1957 to build himself up for high school football. He entered a couple of bodybuilding contests in 1961 and 1962 before deciding weightlifting competitions were more fun. He competed in Olympic lifting competitions, with a few

powerlifting competitions thrown in, from 1962 until 1975. Then with family commitments and other sports (volleyball, basketball) taking up his time, he didn't compete again in weightlifting until 1984. He saw the results of the 1983 National Masters Olympic Lifting Championships and decided to start competing again. Denny entered John Vernacchio's Eastern Masters and Tri-States Masters competitions every year and became a member of John's Valley Forge Lifting Team. In 1989 John told him about an all-round weightlifting competition he was having. John talked him into entering it and Denny soon became hooked on all-round weightlifting.



Denny has been in every National All-rounds since 1990, 22 World All-rounds since 1991, and 20 Gold Cups since 1994, competing in Scotland, England, Australia, and New Zealand. In Olympic lifting, he has competed in 24 straight Keystone Games, 21 National Masters, 5 Pan-American Masters, 2 American Masters and 2 World Masters Championships since 1984. He also lifted in the 1992 WPA World Masters Powerlifting Championships. Denny still played volleyball, basketball, and softball in an over 40 league most of those years. He had to give up the other sports two years ago because of an arthritic hip.

Denny now trains at the New York Fitness Club in Lebanon and in his basement gym, Habecker's Gym. He has been on the IAWA technical committee since 2000 and President of the USAWA since 2007. He has promoted the 2000 & 2007 USAWA Nationals, 2002, 2005 & 2009 IAWA World's, 2006 & 2008 Gold Cup, and the 2004 & 2009 National Heavylift Championships. Denny was inducted into the Lebanon Valley Sports Hall of Fame in 1996, the Central Chapter of the Pennsylvania Sports Hall of Fame in 1998, and in 2009 was given the Kelly Cup Award for his Keystone Games accomplishments. He was the overall best lifter of the 1999 USAWA National Championships and 10 times best lifter in his age group. He has placed in the top 10 in 14 USAWA National Championships and 8 IAWA World Championships. His favorite lifts are the Arthur lift and the Pullover and Push. His 87.5 kilogram Clean and Press with Heels Together, which was done in his first All-round Meet in 1989, is still a record.

LIFTER OF THE MONTH – GREG COOK

December 7, 2017 Al Myers Edit Post

By Al Myers



Greg Cook in action at the 2017 OTSM Championships.

The USAWA LIFTER OF THE MONTH for September is Greg Cook. Greg won the overall BEST LIFTER in the Men's Division at the 2017 Old Time Strongman Championships. This championship event was hosted by Eric Todd, and had an outstanding field of 11 lifters in the Men's Division. Greg is a club member of the KCStrongman Club.

Congrats Greg!

LIFTER OF THE MONTH – AL MYERS

December 11, 2017 Al Myers Edit Post

By Chad Ullom



Al at Worlds

The lifter of the month for October is our Secretary and Webmaster, Al Myers! Al competed in the World Championships in Australia and was runner up for best lifter. Al represented the USAWA when there. While in Australia, he also set a new record in the 1 hand hack lift. Way to go Al!

Congratulations!

MEMBERSHIP RENEWAL TIME!

December 12, 2017 Al Myers Edit Post

By Al Myers



Jim Malloy performing a clean and press with heels together.

It's that time of the year – time to renew your USAWA membership! I want to remind everyone that membership in the USAWA is for the calendar year (meaning Jan 1st to Dec 31st). So there's no reason to wait to join as you might as well enjoy a full years worth of membership versus less if you join at a later time in the year. This is how it has always been in the USAWA, and for good reason. I have heard complaints from lifters joining late in the fall that feel like they've been shorted. Well, this is my opinion on this. Why if you are doing your one and only meet in December every year while the other guy is doing his one and only meet in Jan should you not have to buy a full year membership like the other guy?

I always like it when lifters register BEFORE the first of January. I just recieved the FIRST membership of 2018. It came from JIM MALLOY, the great lifter from Cleveland who has been a long time supporter of the USAWA. Jim is always one of the first to get me his check. Plus Jim does every year what very few do – he sends a little extra to the organization in addition to his membership dues. Now please don't think I'm begging for extra funds as the USAWA is very financially sound – but it is sure appreciated!!!

Membership applications are located in "Forms and Applications".

HOF BIO – JOHN MCKEAN

December 13, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

(Webmasters Note: Over the next month I will be running a series of biography blogs covering all past USAWA Hall of Fame members. These bios will be added to the history section, under Hall of Fame.)

HALL OF FAME BIOGRAPHY

JOHN MCKEAN – CLASS OF 1999



John was born on December 15th, 1945 and has been competing in weightlifting for over 45 years, starting in 1962. He started as a lifter primarily as a powerlifter, but also has competed in master's olympic lifting, having won two US National titles. However, all-round weightlifting soon captivated his attention and he has devoted all of his efforts toward all-round training and competition since its inception. John is a retired teacher (32 years in Jr. High math), a retired martial arts instructor (American Combatives for individuals and airline crews), and a retired weightlifter. John has won so many National and World Meets that he has lost count!!! One accomplishment that he has done that is hard to top is that he went for over 20 years never losing a meet in his age and weight division! He presently has over 200 USAWA and IAWA records on the books. His earliest all-round weightlifting inspirations came from the great National and World Meets that John Vernacchio promoted, followed by the tremendous atmosphere that Frank

Ciavattone created in his National and World Meets. John said, “These guys worked so hard to insure that everyone enjoyed themselves and they provided the absolute best conditions to do top notch lifting!! Their meets were more like great workouts with good friends than the usual cut and dry weightlifting competitions. Just big parties, really!!!”. John has served as an official at many meets, and served a term as the IAWA international secretary. He has wrote extensively about all-round weightlifting training methods in Hardgainer magazine and MILO.



He has been involved in the promotion of several National Meets which includes being the meet director at two National Championships in Ambridge with Art Montini, and being the co-director at the two National Meets at Jumpstretch Fitness in Youngstown, Ohio. John has received much personal satisfaction from the great time he has had getting his two sons, Sean and Rob, involved in the USAWA along with many of his school students. One of his biggest thrills in lifting was being probably the only teacher to establish an official class for all-round weightlifting in the public school system. For four years he was given the state's mandate (IEP) to take over the complete physical education of a legally blind student by the name of Matt Van Fossan. Matt, under John's coaching, really took to lifting and established several teen National and World Records and even won a National Championship!!! These days John trains at home, still writes a bit, and lives near Pittsburgh with his wife of 40 years, Marilyn. He is still very involved in the lives of his two grown sons, Rob and Sean.

LIFTER OF THE MONTH – JAMES FULLER

December 14, 2017 Al Myers Edit Post

By Al Myers



James Fuller performing a Self-Loaded Leg Press at the 2017 IAWA Gold Cup.

The USAWA LIFTER OF THE MONTH for November 2017 goes to James Fuller! There were very limited events in November, but it did hold the IAWA GOLD CUP, one of the two big yearly IAWA competitions. It was held in Glasgow, Scotland on November 4th at the new Castlemilk Gym facility. James participated in his first IAWA event on international soil, and – WOW – as he represented the USAWA in excellent fashion! His lifting really had a “leg up” on the competition. (had to throw that in as I know James enjoys puns!)

He chose a very difficult lift for his Gold Cup lift – the Self-Loaded Leg Press. I’ve only seen this lift in action a couple of times. Most lifters do not have the flexibility to perform it. James put on a clinic with this lift for several successful lifts, finishing with a new IAWA World Record of 135 kilograms.

Congrats James on being selected as this months LIFTER OF THE MONTH! You deserved it!

JOHN VERNACCHIO RECORD DAY

[December 19, 2017](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

John Vernacchio Memorial Record Day

We had three enthusiastic lifters here for the John Vernacchio Memorial Record Day. Aidan Habecker, Steve Freides, and Barry Pensyl set 14 American records. I served as the official for the day and was very impressed with the quality of lifting that was done.

Meet Results:

John Vernacchio Memorial Record Day

Habecker's Gym

Lebanon, PA

December 16th, 2017

Meet Director: Denny Habecker

Officials (1-official system used): Denny Habecker

LIFTERS:

Aidan Habecker, 14 Years Old 158 Lbs. 75 Kg. Class

Right Hand 2" Vertical Bar Lift – 149 Lbs.

Right Hand Dumbbell Snatch – 44 Lbs.

Lano Lift – 22 Lbs.

Shoulder Drop – 77 Lbs.

Steve Freides, 62 Years Old 151 Lbs. 70 Kg. Class

Trap Bar Deadlift – 331 Lbs.

Alternate Grip Bench Press – 134 Lbs.

Hack Lift – 298 Lbs.

Jefferson Lift – 331 Lbs.

Front Squat – 176 Lbs.

Barry Pensyl 69 Years Old 150 Lbs. 70 Kg. Class

Alternate Grip Bench Press – 129 Lbs.

Straight Arm Pullover – 72 Lbs.

Bent Arm Pullover – 84 Lbs.

Right Hand Thumbless Deadlift – 116 Lbs.

Left Hand Thumbless Deadlift – 110 Lbs.

LURICH LIFT PASSES EB

December 20, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers

It's always exciting to see new lifts make their way into our USAWA Rulebook! Today a new proposed USAWA lift, the Lurich Lift, passed by majority vote of the USAWA Executive Board so it will be on the agenda at our National Meeting for membership vote. However, this is just one step in becoming a new official USAWA Lift. Today I'm going to go over exactly how new USAWA lifts are approved. The days of before, where a lifter could just shout out a new lift at the National Meeting with no idea of what rules are needed to be in place and no in depth review of the technical aspects of the lift, are a thing of the past. Many of our USAWA lifts in the past were put into the rulebook with that flim-flam method. I'm glad we have advanced past that and actually now put a thought process into approving new lifts .

Things are very laid out in the USAWA Rulebook how a new proposed lift becomes an official USAWA lift in the very first section:

1. **Rules of Lift Approval**

1. *The USAWA recognizes the various lifts not currently governed by other international weightlifting or powerlifting organizations. This includes the Snatch, Clean and Jerk, Squat, Bench Press, and the Deadlift.*
2. *New USAWA lifts may be added to the current list of approved lifts by submitting a description of the lift and rules of the lift to the executive board for review 30 days prior to the Annual National Meeting. The executive board may ask for more description or added content to the submitted written rule before a vote is taken. Upon the board's approval by majority vote, the submitted lift will be presented to the membership at the annual meeting and voted on by the membership. The lift must receive majority vote by the membership present to be approved. No amendments or changes to the submitted lift may be made at the Annual National Meeting. If the lift fails membership vote, it may be resubmitted at future meetings following this same protocol.*
3. *New approved USAWA lifts or any other approved lift of the USAWA may be presented to the IAWA for IAWA approval if membership deems so by majority vote. At the Annual National Meeting a call to the membership by the President will be made to initiate this process. Only lifts following this protocol will be presented to the IAWA for IAWA*

approval. A USAWA representative of the IAWA Technical Committee will be the person responsible for presenting lifts to the IAWA.

The USAWA rules of lift approval ensures that all new proposed lifts have been properly reviewed before becoming official lifts. The Executive Board encourages new proposed lifts to be “tried out” as exhibition lifts before proposal. The Lurich Lift was tested at the USAWA Old Time Strongman Championships as an exhibition lift after the meet to get lifter feedback. All that tried it thought it would make a great new USAWA Lift!

SPEC EQUIPMENT – 2" VB

December 21, 2017 Al Myers Edit Post

By Al Myers



Official USAWA 2" Vertical Bar

I've made an addition to the USAWA Online Store today. In addition to the USAWA Merchandise section I've added a USAWA Spec Equipment section. This section will contain equipment specially needed for the various odd USAWA lifts that require special equipment. I've found often the limitation of people being able to perform several of the USAWA lifts is that they don't have the special equipment to do them! All of the equipment that will be listed conforms to the rules and standards set forth in the USAWA Rulebook.

Also, all of the equipment listed has been donated to the USAWA so the proceeds from this will be 100 percent PROFIT to the USAWA!

The first USAWA Spec Equipment item has been listed, and it is the 2" Vertical Bar. For those of you that have used the 2" VB in the Dino Gym, these are identical. With time, more USAWA Spec Equipment items will be added to the USAWA Online Store.

NEW PROPOSED LIFTS

December 22, 2017 Al Myers Edit Post

By Al Myers

Recently in the USAWA Discussion Forum there's been talk of new lifts. That's what inspired me to write the blog the other day on the rules involving new lift approval. We have rules in place that make sure any new lift in the USAWA is considered a "good lift", with proper written rules in place BEFORE it is proposed. Which has not been the policy in the old days – thus why there are so many strange official rules and lifts in our Rulebook.

I'm in the mood to do a little rambling today about my opinion on all this. Of course, these are just my opinions and may not represent the viewpoints of others on the Executive Board. The USAWA has MANY more official lifts than the IAWA(UK). What's considered official IAWA lifts is generally what is in the IAWA(UK) Rulebook. I tend to agree with this, because unlike the USAWA, the IAWA(UK) only considers "new lifts" as those passed at the AGM of the IAWA while the USAWA proposes and accepts new lifts at our USAWA meeting which only represents the USAWA. The IAWA(UK) does not accept new lifts at their IAWA(UK) annual meeting. The ARWLWA primarily uses the IAWA(UK) Rulebook as their official rulebook, but does use the USAWA Rulebook for the OTSM lifts. So to sum it up, the USAWA has official lifts that the IAWA(UK) does not.

What do I consider in voting on a new proposed lift? Simply put I look at THREE THINGS before casting my vote.

1. Is it a new, novel lift?

What's the point of passing a new lift that is just a knockoff of a lift we already have. Here's an example of a lift I wouldn't be in favor of – say – the heels together Ciavattone Grip Deadlift. We already have the Ciavattone Grip Deadlift, and we already have the heels together deadlift. I just don't see the point of combining these. After all, anytime a Ciavattone Grip is used it comes down to grip strength anyways. I don't have a problem with a "one deviation" difference from a traditional lift, but after that it just becomes confusing and redundant. I won't even get started venting about the Lano Lift. That's a story in itself how that lift got passed!

2. Does it represent an old time All Round Weightlifting movement or lift?

Our mission statement has always stated that the USAWA “strives to preserve the history of the original forms of weightlifting”. I hope we never forget this, as I feel that is the purpose of our organization. If you’re interested in the “new age” strength lifts, go compete in cross fit. That’s not what we are about.

3. Is it a lift that can be performed properly by the majority of our members?

We already have enough “trick lifts” and “pet lifts” in our Rulebook. We don’t need more. I understand that the USAWA gives opportunity to express hidden strengths in obscure lifts, but enough is enough. I understand why the Van Dam Lift got approved (it was for a personal publicity stunt which we agreed to participate in, hoping it would give us some exposure), but come on, that’s a ridiculous lift to have in our Rulebook. I can think of over 50 new lifts that we could have that would be better than that one! I feel any new USAWA official lift should be one that at least over 50 percent of lifters can perform.

On the IAWA front the USAWA has always been very open to new lifts, more so than the rest of the IAWA crowd. I could state my reasons why I think that is so – but won’t publically as I know I would offend some people. I do know some think we have enough All Round lifts in “the books” now, but if a new lift is proposed that is good I am all for it. Maybe we should get rid of some official USAWA lifts? Again that is a story for another day!

SCOTT LIFT

December 23, 2017 Al Myers Edit Post

By Al Myers



Chad Ullom performing the top Scott Lift of All Time in the USAWA, at the 2010 Dino Gym Record Day.

I have tried at one time every lift in the USAWA Rulebook. Now – I'm not saying I've been capable of actually performing every USAWA lift, but I've tried them. Many I've done USAWA records in at meets or record days thus the reason I have USAWA Records in over 150 different USAWA Official Lifts, more than any other USAWA lifter. Early on a goal of mine was to learn and try all of the USAWA Official Lifts.

One lift I wanted to do at this past years Presidential Cup was the Scott Lift. However, my back at the time was not cooperating thus I had to pick another lift. I have written many blogs on this website covering different lifts, but the Scott Lift is one that has NEVER been written about. Let's review the rules for it:

D26. Scott Lift

The rules of the Zercher Lift apply with these exceptions. The lifter starts the lift on the knees with the bar placed in the crooks of the elbows. The lifter may roll the bar on the platform in order to gain momentum to start the lift. With the bar fixed at the elbows, the lifter will then stand fully erect while keeping the bar in place. During the rise from the knees, the feet are allowed to move and the bar may be lowered, but the bar or plates must not touch the knees or the platform. Once on the feet, feet placement is optional, but the feet must not move. However, the heels and toes may rise.

All of our USAWA lifts have some sort of history associated with them, and I'm sure people got to wonder about the history of the Scott Lift. How and why did it get presented? I know very few USAWA members have been around long enough to remember the origins of the Scott Lift. And why was it named the Scott Lift? Well, it has nothing to do with USAWA Hall of Famer Scott Schmidt, past USAWA lifter Charlie Scott, or even the great bodybuilding legend Larry Scott. Strangely, it has nothing to do with anyone who ever lifted a barbell.

I'll try to tell the story the best I can remember it. In 1996 our past president Howard Prechtel witnessed a young nurse in a care facility pick up a patient from a lying position on the floor and placed the patient onto a bed. She got down on her knees, placed her arms under the patient much like we do when holding a Zercher Lift, proceeded to stand up onto her knees with the patient in her arms, at which point she got one foot under her and then the over and stood up placing the patient on the bed. Howard was inspired by this act of lifting as she lifted from the floor more weight than her own bodyweight to a standing position! It just so happens that this young female nurse had the last name of Scott.

Howard presented the Scott Lift to the USAWA in 1997 and it was passed as a USAWA Lift. It was also presented at the IAWA meeting that same year but failed, and never was submitted to IAWA again.

The Scott Lift has been rarely contested in the USAWA. Only once has it been in a competition (the 1998 Louis Cyr Challenge at Clark's Gym), plus done a few times at Record Days. Only 3 lifters have ever exceeded their bodyweight in the Scott Lift – Abe Smith (250 lbs), Chad Ullom (254 lbs), and myself (254 lbs).

I find myself doing this movement at work several times a week picking up anesthetized dogs to carry and place onto the surgery table. It is by far the safest way to pick up a recumbent patient. So that young nurse knew what she was doing! The next time you want to try a different USAWA Lift – give a go at the Scott Lift and see if you can lift more than your own bodyweight so you can match the efforts of that young nurse who never lifted weights.

SPEC EQUIPMENT – 3" BAR

December 26, 2017 Al Myers Edit Post

By Al Myers



3" Bar

Now here's a very special piece of Spec Equipment for the USAWA – the 3" Bar. Only ONE OFFICIAL USAWA lift utilizes the 3" Bar, and that is the Deadlift with the 3" Bar. A 2" bar is very common now in gyms, but I doubt if many training facilities have the 3" Bar. The USAWA rules for the 3" bar are pretty simple: contain no knurling, have no revolving sleeves, and be 3" in diameter.

The 3" Bar Deadlift has been done only a few times in the USAWA. The first USAWA competition it was held in was the 2001 SuperGrip Challenge, hosted by Kevin Fulton. At that meet Matt Graham hoisted up 600 pounds, which still stands as the ALL TIME USAWA record. A picture of Kevin Fulton performing the 3" Bar Deadlift graces our Rulebook in the rule for this lift which was done at that competition. It's also been done at the 2011 and 2017 USAWA Grip Championships at the Dino Gym, plus a couple of record days at Clark's

Gym. So that leaves 3 gyms that I know of that have a 3" bar. If any other USAWA gyms have one please let me know on the USAWA Discussion Forum.

The 3" Bar has been added to the USAWA Online Store, under "USAWA Spec Equipment". I would say this would be an excellent addition to any USAWA Club!

LIFTER OF THE MONTH – BARRY PENSYL

December 27, 2017 Al Myers Edit Post

By Al Myers



Barry Pensyl performed a very difficult lift, the Abdominal Raise, at the 2017 Presidential Cup.

A big congrats goes to the USAWA LIFTER OF THE MONTH for December – BARRY PENSYL. There was only one sanctioned USAWA event during the month of December, the John Vernacchio Memorial Record Day hosted by Denny Habecker at Habecker's Gym. Barry is a member of Habecker's Gym and has been a very active participant in events at Habecker's Gym over the past few years. At the Vernacchio Memorial Barry set 5 new USAWA Records. Barry is getting very close to joining the prestigious USAWA Century Club for lifters that hold 100 records or more. I've been watching his count closely (mid 90's on last count) and it's quite possible with his efforts from this past record day he may now be in the CLUB with the next Record List update. Barry has been around the USAWA since the beginning, competing in his first USAWA competition at the 1990 USAWA National Championships in Akron, Ohio.

JACK LANO AND THE LANO LIFT

December 28, 2017 [Al Myers](#) [Edit Post](#)

By Al Myers



Jack Lano lifting at the 1997 USAWA National Championships in Columbia, Missouri.

All this talk recently of the Lano Lift and Jack Lano got me thinking about him. It's been years since I've visited with him, but he was one of those type of guys that left you with a "lasting impression". The first time I met him was at the 2003 USAWA National Championships in Youngstown, Ohio. Immediately he struck up a conversation with my dad and me and it wasn't long before he handed me his business card. I still have it as it's the most unusual business card I've ever recieved. I had to do some looking but here it is:

C. JACK LANO
RETIRED FINANCIAL EXECUTIVE (CPA, CIA, CFE)
BS: OHIO STATE UNIVERSITY, SUMMA CUM LAUDE
CHAMPION MASTERS WEIGHTLIFTER (USA, PAN AM, WORLD)
WWII U.S. MARINE (BOMB DISPOSAL, DEMOLITION)
TRAPPER, HUNTER, GOLD PROSPECTOR
FOUNT OF ABSOLUTELY USELESS KNOWLEDGE
TALKS A LOT, BUT DOESN'T SAY MUCH

After I got to know him it became obvious that he accurately summed up his entire life on one business card! Jack was a very interesting and eccentric individual, and lived life to the fullest. Today I'm gonna focus on his contributions to the USAWA, because if I was going to cover his entire life it would be a long biography. He was that interesting of man and accomplished many things. Sadly, Jack passed away on January 10th, 2015. Just in the past few

months was I aware of this, because if I had known earlier, I would have written a tribute blog about him shortly after his death.

Jack's main lifting love was Olympic Weightlifting. He won over 30 Masters Weightlifting Championship titles, and many Pan Am and World titles. He competed all over the World in Olympic Weightlifting including Australia, Puerto Rico, Canada, Hungary, Poland, Austria and many more. He was very involved in Olympic Weightlifting and served on the US Olympic Team Board of Directors. His best Olympic Lifts were a 265 Clean and Jerk and a 200 pound Snatch as a Masters Lifter. He is member of the Olympic Weightlifting Masters Hall of Fame. These are just the highlights of a very lengthy weightlifting resume.

Jack was introduced to the USAWA by Bill Clark. Jack was one of the original competitors of the Masters Olympic Weightlifting program. When Bill promoted the very first National Masters Olympic Championships in 1974 only 4 lifters showed up that first year, of which Jack was one of them. Jack only competed in a handful of USAWA competitions, but each one he competed in was a big one (either it be the Nationals, IAWA Gold Cup, or the IAWA Worlds). Jack was a member of the initial class of USAWA members in 1988. Here's a short list of his major USAWA competitions: 1997 Nationals, 2003 Nationals, 1999 Worlds in Australia, and the 1995 Worlds in Ohio. Overall Jack still holds over 25 USAWA Records. He won Best Lifter in the 80-84 Age Group at the 2003 Nationals and Best Lifter in the 75-79 Age Group at the 1997 Nationals.

Of course, what Jack is now known for in the USAWA is the Lano Lift. It combined several of his favorite lifts – the Arthur Lift, the Shoulder Drop, and the Jerk behind the Neck. Jack, even when he was over 70, was extremely flexible for a man his size. At the age of over 75 Jack has records in the books in the Arthur Lift of 110 pounds, the Shoulder Drop at 110 pounds, and a Continental Clean and Jerk of 165 pounds. I remember him doing a Hack Lift at the 2003 Nationals of 100 pounds at the age of over 80! Jack proposed the Lano Lift in 1997 to the USAWA and the IAWA. The USAWA passed it as an official lift, while it was turned down by IAWA. The rules for the Lano Lift are as follows:

D19. Lano Lift

The bar is first cleaned from the platform. On a command from an official, the bar is pressed or jerked overhead. Once the bar is motionless and at the lifter's discretion, the bar is lowered to the base of the neck. The lifter will then bend at the waist forward to a position of about 45 degrees and release the hands' grip on the bar, thus balancing the bar on the shoulders. The bar is then allowed to roll down the lifters back until the bar rolls off the hips. The lifter must then catch the bar in the hands at arms' length behind the back. The lifter will stand upright and shrug the bar into a resting position higher than the top of the buttocks. The lifter will bend the

knees and lean forward until the head and shoulders are lower than the hips. The grip on bar is released and the bar is allowed to roll to the base of the neck. The hands may assist in this roll. The lifter will re-grip the bar and stand erect. The bar is then pressed or jerked overhead to arm's length. Once the bar is motionless, and the lifter's feet are in line with the torso, an official will give a command to lower the bar. The lift ends when the bar is returned to the platform under control by the lifter.

That's a lot of lift to process! I always wished I asked Jack why he proposed such a complex lift to be his namesake. In the past I often thought that he did it out of his sense of humor – just to see if the organization would fall for it and actually approve such a bizarre lift (he loved to joke around!). After all, he never actually did the Lano Lift in any USAWA competition so that leaves you to wonder if he really liked this lift. Maybe it was truly proposed just to represent some of his favorite USAWA lifts, since it combines several. Jack was a very intelligent person and liked to voice his opinions. I remember him being very outspoken against the use of formulas to determine lifter's rankings and/or placings. Years ago he wrote a story for Milo titled, *"You can't put a man on a graph"*. He often wrote in opinions to the USAWA STRENGTH JOURNAL published by Bill Clark.

Jack Lano has definitely left his mark on the USAWA. I just wanted to let everyone know that there was a lot more to Jack Lano than just the Lano Lift. I'm going to end this story with a favorite quote from Jack himself, *"You gotta wanna. Someday, when I don't wanna, I'll quit."* I say those are words to live by, and with Jack, he wanted till the very end.

(for more on Jack Lano's life, here's a link to his [obituary](#))

GRIP CHAMPIONSHIPS

December 28, 2017 [Al Myers](#) [Edit Post](#)

by Al Myers

MEET ANNOUNCEMENT – 2018 USAWA GRIP CHAMPIONSHIPS

MEET DETAILS:

Meet Director: Al Myers and the Dino Gym 785-479-2264

Meet Date: Saturday, February 10th, 2018 1:00 PM – 5:00 PM

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

<u>Sanction:</u>	USAWA – Membership required
<u>Weigh-ins:</u>	12:00-1:00 PM the day of the meet
<u>Divisions:</u>	Juniors, Women, Masters, and Open
<u>Awards:</u>	None
<u>Entry:</u>	None – But please give advance notification if attending
<u>Lifts:</u>	

Pinch Grip – Strict

Deadlift – Fulton Bar, One Arm

Vertical Bar Deadlift – 1 Bar, 2", One Hand

Deadlift – Fingers, Ring

Pinch Grip Deadlift

There will be time for record day lifts after meet and the following day.

2017 Gold Cup held in Glasgow on 4th November

Lifter M/F Age class B/W div Gold Cup Lift Amount

Pete Tryner M 45+ 90 Trap Bar Deadlift 300▲●
Davy Bagnall M 40+ 95 Squat 240▲●
Timo Luttamus M Open 105 Deadlift - Middle Fingers 202.5●
Andy Tomlin M 50+ 95 RH Deadlift 185▲
James Fuller M 45+ 120 Leg Press - self loaded 135▲●
Chloe Brennan F Open 65 Squat 130●
Selina Dorn F 40+ 75 Hacklift - 2" Bar 120▲●
Graham Saxton M 55+ 125 Middle Fingers Deadlift 115▲
Mark Haydock M 40+ 110 Reflex Clean & Push Press 110▲●
Dean Kent M Open 105 Barbell Clean & Push Press - 2" Bar 107.5●
James Gardner M Open 100 RH Fulton Deadlift 100●
Steve Gardner M 60+ 125+ RH Middle Finger Lift 92.5▲
Al Myers M 50+ 105 RH Thumbless DL 90▲
Denny Habecker M 75+ 90 Power Row 90▲
Steve Moss M Open 105 Straddle - Index Fingers 90●
Laverne Myers M 70+ 110 RH Thumbless DL 85▲
Paul Hallam M Open 90 Leg Press - self loaded 80●
Rory Hoad M Open 85 2H Dumbell Snatch 65●
Matt Jones M Open 125+ Turkish Getup 65●
Neil Keddy M 40+ 95 Hacklift - Ring Fingers 65▲●
Steve Sherwood M 65+ 85 2" bar Snatch 62.5▲
David McFadzean M 45+ 105 Zeigler Clean 62.5▲
Joshua Davidson M Open 120 Turkish Getup 60●
Steve Andrews M 55+ 65 Shoulder Drop 55▲●

Cliff Dunlop M 50+ 125+ French Press 55▲
 Siani Keddy F 40+ 110 Continental Clean to Belt 55▲●
 Gareth Edwards M Open 85 Barbell Snatch on Knees 52.5●
 Maddie Ell F Open 50 REP Deadlift bodyweight 50kg, 30reps●
 Clive Madge M 65+ 110 LH Dumbell Snatch 47.5▲●
 Nicola Thornhill F 45+ 75 Pullover & Press on Back 47.5▲
 Frank Allen M 75+ 85 Bent Arm Pullover 45▲
 Ian Thomas M Open 85 RH Dumbell Bent Press 40●
 Karen Gardner F 55+ 75 Pullover & Push on Back 40▲
 Max Ell F Open 50 Bench Press - Hands together 35●
 Matt Finkle M 50+ 70 Full Gardner 22.5▲
 Stevie Shanks M 50+ 75
 Paul Barette M **40+ 75**
 Matthew Wells M **Open 75**
 Gary Ell M 45+ **95**
 Jenn Tibbenham **Open 100**
 Nick Swain 50+ 85
 ● = Open World ▲ = Junior/Master
 2 Person Deadlift
 2 Person - 2 H Clean & Snatch
 400▲●
 107.5▲●
 MIX

2017 Gold Cup held in Glasgow on 4th November **Lifter M/F Age class B/W div Gold Cup Lift Amount**

Paul Barette M 40+ 75 Deadlift - 2 Barbells 210▲●
 Chloe Brennan F Open 65 2H Deadlift 160●
 Stevie Shanks M 50+ 75 RH Deadlift 155▲
 Steve Andrews M 55+ 65 Trap Bar Deadlift 155▲
 Steve Sherwood M 65+ 85 Squat 150▲
 Timo Luttamus M Open 105 LH Fulton Deadlift 115●
 Nick Swain M 50+ 85 Rim Lift (Reeves) 110▲
 Siani Keddy F 40+ 110 (2H) Vertical Bar Lift - 2" bar 100▲●
 James Gardner M Open 100 Shoulder Drop 95●
 Max Ell F Open 50 (2H) Vertical Bar Lift - 2" bar 90●
 Karen Gardner F 55+ 75 Straddle 80▲
 Steve Moss M Open 105 Hacklift - Index Fingers 75●
 Neil Keddy M 40+ 95 Barbell Clean and Press 2" bar 72.5▲
 Selina Dorn F 40+ 75 Barbell Clean & Push Press 45▲
 Nicola Thornhill F 45+ 75 Bench Press - Alt grip 45▲
 Denny Habecker M 75+ 90 RH Dumbell Press 25▲
 Paul Hallam M Open 90 REP Deadlift bodyweight 90kg, 54 reps●
 Andy Tomlin M **50.0 95**
 Gary Ell M 45+ 95
 Matthew Wells M **Open 75**
 Gary Ell M 45+ **95**
 Jenn Tibbenham **Open 100**
 Gary Ell 45+ 95
 Joshua Davidson M **Open 116.3**
 Matt Jones M **Open 135.9**
 ● = Open World ▲ = Junior/Master

LIFTER	CLUB TOTAL	ORG POINTS	M/F	REFS	AGE	BWT	Curl	1H DB Sn	1H 2'' VB	Bench	
RJ Jackson	Dino Gym	USA	W	F	1	55	47.9	45	22.8 R	54.5 R	43.1
Crystal Diggs		USA	W	F	1	30	74.5	20.4	11.4 L	27.2 R	20.4
Max Ell	Twyford Celt Ladies	IAWA	U	K	F	1	20	44.8	30	15	51.3 R
Maddy Ell	Twyford Celt Ladies	IAWA	U	K	F	1	22	47.4	35	20	
Lance Foster	KC Strongman	USA	W	A	M	1	51	150.9	61.4	25 R	63.6 R
Eric Todd	KC Strongman	USA	W	A	M	1	42	114.5	100	52.3 R	61.4 R
Chris Todd	KC Strongman	USA	W	A	M	2	38	121.8	70.5	36.4 R	68.2 R
Natalie Voce	Metamorfit	IAWA	U	K	F	2	35	92.8	35	17.5 R	33.5 R
Gareth Edwards	Metamorfit	IAWA	U	K	M	2	34	82.0	60	37.5 R	75.25 R
Paul Barette	Metamorfit	IAWA	U	K	M	2	41	70.3	60	35 R	63.5 R
Clive Madge	Metamorfit	IAWA	U	K	M	3	68	103.4	75	46 R	63.5 L

Ian Thomas 80	Metamorfit 211.0 197.3	IAWAUK	M	3	22	83.8	52.5	30 R	48.5 R
Nick Swain 90	Iron Masters 292.5 315.4	IAWAUK	M	2	52	81.0	62.5	40 R	100 R
Jenn Tibbenham 72.5 R	Iron Masters 52.5 205.0 171.9	IAWAUK	F	2	33	102.0	50	30 R	
Phil Crisp 135	Iron Masters 380.0 349.5	IAWAUK	M	2	47	99.0	95	50 R	100 R
Martin Doolan 75	Iron Masters 192.0 273.1	IAWAUK	M	1	76	80.0	45	22 R	50 R
Kris Singh 92.5	Iron Masters 229.0 200.0	IAWAUK	M	1		94.5	60	34 R	42.5 R
Robyn Taylor 37.5	Iron Masters 117.5 132.6	IAWAUK	F	1		62.5	30	20 R	30 R
Tom Davis 60 R	Western Australia 60 190.0 266.2	ARWLWA	M	3	74	78.4	50	20 R	
John Patterson 70 L	Western Australia 75 222.5 238.9	ARWLWA	M	3	72	124.9	50	27.5 R	
Russ Cook 55 L	Western Australia 65 190.0 217.7	ARWLWA	M	3	55	76.5	40	30 L	
Peter Phillips 75 R	Western Australia 105 280.0 298.2	ARWLWA	M	3	63	97.5	65	35 R	
Steven Charles 75 R	Western Australia 80 250.0 231.1	ARWLWA	M	3	36	85.5	60	35 R	
Robin Lukosius 60 R	Western Australia 70 220.0 229.9	ARWLWA	M	3	63	101.1	60	30 R	
Monica Cook 35 R	Western Australia 65 152.5 203.1	ARWLWA	F	3	53	59.6	30	22.5 R	
Sharni Clifford 50 R	Western Australia 47.5 157.5 141.6	ARWLWA	F	3	29	90.3	40	20 R	
Mirriam Phillips 62.5 R	Western Australia 75 232.5 179.4	ARWLWA	F	3	34	119.9	57.5	37.5 R	
Rocky Morrison 93	Frank's Barbell Club 222.5 198.2	USAWAM		1	55	121.1	50	22.75	56.75
Mark Raymond 66	Frank's Barbell Club 238.5 219.9	USAWAM		1	54	111.0	60	27.5	85
Mark Shaw 65 R	Granby Grippers 62.5 215.5 234.2	IAWAUK	M	1	56	84.8	60.5	27.5 R	
Steve Andrews 50 L	Granby Grippers 80 228.5 295.2	IAWAUK	M	1	58	66.1	62.5	36 R	

Steve Sherwood	Granby Grippers	IAWAUK	M	1	65	78.8	80		
40 R	76.8 L	75	271.8	332.2					
Denny Habecker	Habecker's Gym	USAWAM	1	74	86.7	45	22.5		
47.5	77.5	192.5	254.2						
Barry Pensyl	Habecker's Gym	USAWAM	1	69	67.6	45	22.5	42.5	
67.5	177.5	254.4							
Aidan Habecker	Habecker's Gym	USAWAM	1	14	64.9	35	20	80	
42.5	177.5	234.1							
John Douglas	Ledaig HA	USAWAM	1	53	141.1	80	40.8 L	72.6 R	122.5
315.9	256.4								
Al Myers	Dino Gym	USAWAM	1	51	103.4	80	45.4 R	90 R	113.4
328.8	306.5								
LaVerne Myers	Dino Gym	USAWAM	1	73	108.9	57.5	25.9 L	80 R	54.4
217.8	250.5								
Chad Ullom	Dino Gym	USAWAM	2	45	109.9	100	49.9 L	93 R	120.2
363.1	310.3								
Cale Dunlap	Dino Gym	USAWAM	1	22	76.2	50	25 R	56.7 R	61.3
193.0	191.1								
Brandon Rein	Dino Gym	USAWAM	1	22	69.9	65	27.2 R	61.3 R	61.3
214.8	224.7								
Zach Lucas	Dino Gym	USAWAM	1	31	117.9	80	45.4 R	90.7 R	127
343.1	267.0								
Matthew Finkle	Chateau Lait All Comers	IAWAUK	M	1	51	70.0	50	32.5 R	
61.8 R	72.5	216.8	253.8						
Andrew Tomlin	Chateau Lait All Comers	IAWAUK	M	1	49	90.8	77.5	45 L	
96.8 R	92.5	311.8	306.3						
Gary Ell	Chateau Lait All Comers	IAWAUK	M	1	46	94.8	75	40 R	92.5 R
130	337.5	314.9							

Notes: All weights recorded in kilograms. BWT is bodyweight in kilograms. R and L designate right and left hands. Total is total kilograms lifted. Points are amended points adjusted for bodyweight and age corrections.

CLASS CHAMPIONS AND BEST LIFTERS

LIFTER	IAWA WORLD POSTAL CLASS CHAMPIONS AND BEST LIFTERS
RJ Jackson	Womens 55-59/50KG Class Champion, Best Overall Lifter, Best Lifter 55-59, Best Overall Master
Crystal Diggs	Womens 20-39/75KG Class Champion
Max Ell	Womens 20-39/45KG Class Champion
Maddy Ell	Womens 20-39/50KG Class Champion, Best Lifter 20-39
Lance Foster	Mens 50-54/125+KG Class RunnerUp

Eric Todd	Mens 40-44/115KG Class Champion, Best Lifter 40-44
Chris Todd	Mens 20-39/125KG Class Champion
Natalie Voce	Womens 20-39/95KG Class RunnerUp
Gareth Edwards	Mens 20-39/85KG Class Champion
Paul Barette	Mens 40-44/75KG Class Champion
Clive Madge	Mens 65-69/105KG Class Champion,
Ian Thomas	Mens 20-39/85KG Class RunnerUp
Nick Swain	Mens 50-54/85KG Class Champion, Best Lifter 50-54
Jenn Tibbenham	Womens 20-39/105KG Class Champion
Phil Crisp	Mens 45-49/100KG Class Champion, Best Lifter 45-49, Best Overall Master, Best Lifter Overall
Martin Doolan	Mens 75-79/80KG Class Champion, Best Lifter 75-79
Kris Singh	Mens Open/95KG Class Champion
Robyn Taylor	Womens Open/65KG Class Champion
Tom Davis	Mens 70-74/80KG Class Champion, Best Lifter 70-74
John Patterson	Mens 70-74/125KG Class Champion
Russ Cook	Mens 55-59/80KG Class Champion
Peter Phillips	Mens 60-64/100KG Class Champion, Best Lifter 60-64
Steven Charles	Mens 20-39/90KG Class Champion
Robin Lukosius	Mens 60-64/105KG Class Champion
Monica Cook	Womens 50-54/60KG Class Champion, Best Lifter 50-54
Sharni Clifford	Womens 20-39/95KG Class Champion
Miriam Phillips	Womens 20-39/120KG Class Champion
Rocky Morrison	Mens 55-59/125KG Class Champion
Mark Raymond	Mens 50-54/115KG Class Champion
Mark Shaw	Mens 55-59/85KG Class Champion
Steve Andrews	Mens 55-59/70KG Class Champion, Best Lifter 55-59
Steve Sherwood	Mens 65-69/80KG Class Champion, Best Lifter 65-69
Denny Habecker	Mens 70-74/90KG Class Champion
Barry Pensyl	Mens 65-69/70KG Class Champion
Aidan Habecker	Mens 14-15/65KG Class Champion, Best Lifter Junior
John Douglas	Mens 50-54/125+KG Class Champion
Al Myers	Mens 50-54/105KG Class Champion

LaVerne Myers	Mens 70-74/110KG Class Champion
Chad Ullom	Mens 45-49/110KG Class Champion
Cale Dunlap	Mens 20-39/80KG Class Champion
Brandon Rein	Mens 20-39/70KG Class Champion
Zach Lucas	Mens 20-39/120KG Class Champion, Best Lifter 20-39
Matthew Finkle	Mens 50-54/70KG Class Champion
Andrew Tomlin	Mens 45-49/95KG Class RunnerUp
Gary Ell	Mens 45-49/95KG Class Champion

TOP INDIVIDUAL PLACINGS

	MENS OVERALL TOP TWENTY FIVE	POINTS		WOMENS OVERALL TOP TEN	POINTS
1	Phil Crisp, England	349.5	1	RJ Jackson, United States	267.2
2	Steve Sherwood, England	332.5	2	Maddy Ell, England	209.1
3	Clive Madge, England	323.5	3	Monica Cook, Australia	203.1
4	Nick Swain, England	315.4	4	Max Ell, England	194.4
5	Gary Ell, England	314.9	5	Mirriam Phillips, Australia	179.4
6	Chad Ullom, United States	310.3	6	Jenn Tibbenham, England	171.9
7	Al Myers, United States	306.5	7	Sharni Clifford, Australia	141.6
8	Andy Tomlins, Scotland	306.3	8	Robyn Taylor, England	132.6
9	Eric Todd, United States	299.5	9	Natalie Voce, England	120.0
10	Peter Phillips, Australia	298.2	10	Crystal Diggs, United States	79.7
11	Steve Andrews, England	295.2			
12	Martin Doolan, England	273.1			
13	Zach Lucas, United States	267.0			
14	Tom Davis, Australia	266.2			
15	John Douglas, United States	256.4			
16	Barry Pensyl, United States	254.4			
17	Denny Habecker, United States	254.2			
18	Matthew Finkle, Scotland	253.8			
19	LaVerne Myers, United States	250.5			
20	Gareth Edwards, England	248.9			

21	Paul Barette, England	242.9			
22	John Patterson, Australia	238.9			
23	Mark Raymond, United States	238.5			
24	Mark Shaw, England	234.2			
25	Aidan Habecker, United States	234.1			

TOP 5 WOMEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Western Australia	524.1	Monica Cook, Sharni Clifford, Mirriam Phillips
2	Twyford Celt Ladies	403.5	Max Ell, Maddy Ell
3	Iron Masters	304.5	Jenn Tibbenham, Robyn Taylor
4	Dino Gym	267.2	RJ Jackson
5	Metamorfit	120.0	Natalie Voce

TOP 10 MEN TEAMS (UP TO 3 LIFTERS PER TEAM)

	TEAM	POINTS	LIFTERS
1	Iron Masters	938.0	Nick Swain, Phil Crisp, Martin Doolan
2	Dino Gym Varsity	884.0	Al Myers, Chad Ullom, Zach Lucas
3	Chateau Lait All Comers	875.0	Andy Tomlin, Matthew Finkle, Gary Ell
4	Granby Grippers	861.6	Mark Shaw, Steve Andrews, Steve Sherwood
5	Metamorfit	815.3	Gareth Edwards, Paul Barette, Clive Madge
6	Western Australia 1	803.3	Peter Phillips, Tom Davis, John Patterson
7	Habecker's Gym	742.8	Denny Habecker, Barry Pensyl, Aidan Habecker
8	KC Strongman	686.3	Lance Foster, Eric Todd, Chris Todd
9	Western Australia 2	678.7	Russ Cook, Steven Charles, Robin Lukosius
10	Dino Gym JV	666.3	LaVerne Myers, Brandon Rein, Cale Dunlap

TOP 10 CLUBS

	CLUB	POINTS	MEMBERS
1	Western Australia	2006.1	Tom Davis, John Patterson, Russ Cook, Peter Phillips, Steven Charles, Robin Lukosius, Monica Cook, Sharni Clifford, Mirriam Phillips

2	Dino Gym	1817.5	Al Myers, LaVerne Myers, Chad Ullom, Cale Dunlap, Brandon Rein, Zach Lucas, RJ Jackson
3	Iron Masters	1442.5	Nick Swain, Jenn Tibbenham, Phil Crisp, Martin Doolan, Kris Singh, Robyn Taylor
4	Metamorfit	1132.6	Natalie Voce, Gareth Edwards, Paul Barette, Clive Madge, Ian Thomas
5	Chateau Lait All Comers	875.0	Matthew Finkle, Andy Tomlin, Gary Ell
6	Granby Grippers	861.6	Mark Shaw, Steve Andrews, Steve Sherwood
7	Habecker's Gym	742.8	Denny Habecker, Barry Pensyl, Aidan Habecker
8	KC Strongman	686.3	Lance Foster, Eric Todd, Chris Todd
9	Frank's Barbell Club	418.2	Rocky Morrison, Mark Raymond
10	Twyford Celt Ladies	403.5	Max Ell, Maddy Ell

ABOUT THE USAWA

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
2401 SW 35th Terr
Topeka, KS 66611
Phone: 785-233-2466

Secretary/Treasurer

Al Myers
1126 Eden Road
Abilene, KS 67410
Phone: 785-479-2264

At Large Executive Board Member

Dennis Mitchell
4457 Silsby Road
University Heights, OH 44118
Phone: 216-381-1287

At Large Executive Board Member

Frank Ciavattone
204 East Street
East Walpole, Massachusetts 02032
Phone: 508-668-5200

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

RULE BOOK

This is the official Rulebook of the USAWA. It contains general rules and the rules of the individual official USAWA lifts. It also contains the USAWA Bylaws. Hard copies may be purchased in the USAWA online store for \$30 plus shipping. The Rulebook is free to download as a pdf. However, the Rulebook file is large (7 MB) and system performance may be slow depending on your connection speed.

Updated August 1st, 2017

USAWA Rulebook (PDF): [RULEBOOK 10th Edition](#)

RECORD LIST

USAWA RECORD LIST

The USAWA Record List and Team Record List is available as a PDF and an Excel File for download. The date that the list was last updated is listed beside the record list files. The Record List file is large (9 MB) so there may be problems with downloading with some systems. Any questions regarding the record list should be directed to Al Myers (amyers@usawa.com). Age group and bodyweight classes are noted with age in years and bodyweight in kilograms. All records are recorded in pounds. “ALL” stands for the overall record for a bodyweight class. “M” and “F” designate male and female divisions. “NAT” is the bodyweight class record for the National Championships.

[RECORD-LIST](#) – Excel File (Updated January 12th, 2018)

[RECORD-LIST](#) – PDF (Updated January 12th, 2018)

[TEAM RECORDS](#) – PDF (Updated January 12th, 2018)

IAWA WORLD RECORD LIST

Chris Bass is the IAWA Records Registrar. Chris lives in Grimsby, England and operates the All Round Weightlifting Club, the Haven Gymnasium. He maintains a current IAWA World Record List, which includes records of all official IAWA lifts. This Record List is available here (as a PDF):

http://www.havengym.org.uk/PDF/WR_Index.pdf

WOMEN'S CENTURY CLUB

(as of January 12th, 2018)

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK	CHANGE
1	RJ Jackson	292	275/1	+17
2	Noi Phumchona	259	259/2	0
3	Mary McConnaughey	151	149/3	+2
4	Susan Sees	123	123/4	0

MEN'S CENTURY CLUB

(as of January 12th, 2018)

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK	CHANGE
1	Denny Habecker	575	560/1	+15
2	Al Myers	536	516/2	+19
3	Art Montini	486	483/3	+3
4	John McKean	335	329/4	+5
5	Dean Ross	321	314/5	+7
6	Joe Garcia	312	309/6	+3
7	Dennis Mitchell	292	290/7	+2
8	Frank Ciavattone	285	285/8	+1
9	Chad Ullom	260	253/9	+7
10	Bob Hirsh	225	225/10	0
11	Bill Clark	221	224/11	-3
12	Scott Schmidt	175	173/12	+2
13	LaVerne Myers	172	161/14	+11
14	* Howard Prechtel	169	171/13	-2
15	* Dale Friesz	155	155/15	0
16	Jim Malloy	150	151/16	-1
17	John Monk	146	146/17T	0
18	Chris Waterman	145	146/17T	-1
19	Ed Schock	136	136/19	0
20	Rudy Bletscher	123	122/20	+1
21	Bob Geib	118	118/21	0
22	Eric Todd	113	105/23	+8
23	Randy Smith	106	106/22	0
24	Barry Pensyl	105	NEW TO CLUB	—
25	Dave Glasgow	100	100/24	0

HONORARY CENTURY CLUB MEMBERS

These lifters were once members of the Century Club, but have dropped off the Century Club list since their death. They will forever be Honorary Century Club Members.

John Vernacchio
Joe McCoy
Rex Monahan
Mike Murdock

The lifters marked with an asterisk (*) in the Century Club are deceased.

FORMS AND APPLICATIONS

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. A Sanction Request will be DECLINED if the proposed date of the request falls on the dates of the National Championships, the IAWA World Championships, the IAWA Gold Cup, or the day of any USAWA Championship Event.

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 2](#)

Word Document: [HOF Nomination Form 2](#)

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 \(EDIT PDF\)](#)

GUIDELINE DOCUMENTS

PDF Document: [meet-result-protocols](#)

Please submit forms and applications to the USAWA Secretary:

Al Myers
1126 Eden Road
Abilene, Kansas, 67410

Email: amyers@usawa.com

MEMBERSHIP ROSTER

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. Another membership fee does not need to be paid to do this.

The individuals on this Membership Roster are current members of the USAWA for 2017. 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 as of meet day. 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 EIGHT YEARS SO DON'T ASK ME THIS ANYMORE.

2017 USAWA MEMBERSHIP ROSTER

(Includes Club Affiliation and Join Date)

Bicien, David (Frank's Barbell Club) – February 15th

Bryan, Barry (Habecker's Gym) – January 3rd

Brooner, Tressa (Heartland Strength Sports) – February 11th

Bulebosh, Beth (Ambridge BBC) – October 11th

Burchett, Emily (Dino Gym) – February 11th

Channel, Jamie (Ledaig HA) – July 15th

Ciavattone, Frank (Frank's Barbell Club) – January 1st

Ciavattone, Jeff (Frank's Barbell Club) – August 1st

Ciavattone, Joe Jr. (Joe's Gym) – April 26th

Ciavattone, Joe Sr. (Joe's Gym) – April 26th

Clark, Bill (Clark's Gym) – January 1st

Clark, William (Habecker's Gym) – January 1st

Cook, Greg (KC Strongman) – September 9th

Cortez, Collin – June 27th

Dallalis, Paul (Frank's Barbell Club) – May 18th

De La Vega, Saria (Heartland Strength Sports) – February 11th

Diggs, Crystal – January 1st

Douglas, John (Ledaig HA) – February 11th

Dunlap, Cale (Dino Gym) – May 30th

Edwards, Ben (Dino Gym) – February 11th

Fobes, Jarrod – January 1st

Foster, Lance (KC Strongman) – February 11th

Freides, Steve – December 11th

Fuller, James (JR's Strength Emporium) – October 11th

Gago, Dave (Frank's Barbell Club) – February 15th

Garcia, Joe (Clark's Gym) – January 1st

Geib, Bob (Schmidt Barbell Club) – June 24th

Glasgow, Dave (Ledaig HA) – February 10th

Graham, Don – January 1st

Habecker, Aidan (Habecker's Gym) – January 1st

Habecker, Denny (Habecker's Gym) – January 1st

Habecker, Judy (Habecker's Gym) – January 1st

Hartnett, David (Frank's Barbell Club) – July 24th

Hartnett, Julie (Frank's Barbell Club) – July 24th

Heit, Calvin (Dino Gym) – January 1st

Hess, Kohl (Habecker's Gym) – January 11th

Jackson, Daryl – January 1st

Jackson, RJ (Dino Gym) – January 1st

Judd, Melanie Jane (Frank's Barbell Club) – August 1st

Kahn, Helen – January 15th

Kressly, Jera (Ledaig HA) – July 15th

LaPointe, Jackson (Atomic Athletic Club) – June 24th

LaPointe, Roger (Atomic Athletic Club) – June 24th

Lokken, Cody (Dino Gym) – May 30th

Lydon, Kim (Frank's Barbell Club) – July 18th

Lucas, Zach (Dino Gym) – February 11th

Malloy, Jim – January 1st

Mather, Dan (Dino Gym) – August 26th

McConnaughey, Mary (Heartland Strength Sports) – February 11th

McKean, Andraes (Ambridge VFW BBC) – October 11th

McKean, John (Ambridge VFW BBC) – June 11th

Mitchell, Dennis – January 1st

Mitchell, Flossy – January 1st

Montini, Annabella (Ambridge BBC) – October 12th

Montini, Art (Ambridge BBC) – January 1st

Montini, Benson (Ambridge BBC) – October 12th

Montini, Christopher (Ambridge BBC) – October 12th

Montini, Jason (Ambridge BBC) – October 12th

Montini, Jason II (Ambridge BBC) – October 12th

Montini, Robyn (Ambridge BBC) – October 12th

Moore, Tim – June 24th

Morrison, Cassie (Frank's Barbell Club) – March 1st

Morrison, James (Frank's Barbell Club) – March 1st

Morrison, Rocky (Frank's Barbell Club) – March 1st

Myers, Al (Dino Gym) – January 1st

Myers, LaVerne (Dino Gym) – January 14th

Myers, Molly (Dino Gym) – January 1st

Patterson, Tony (Frank's Barbell Club) – February 15th

Payne, Jason (Dino Gym) – February 11th

Pensyl, Barry (Habecker's Gym) – January 10th

Pirn, Peeter (Schmidt Barbell Club) – June 8th

Rabich, Michael – February 15th

Raymond, Mark (Frank's Barbell Club) – January 1st

Rein, Brandon (Dino Gym) – May 30th

Ross, Dean (Dino Gym) – January 1st

Santangelo, Stephen – January 12th

Santos, Robert (Frank's Barbell Club) – February 15th

Schimpf, Christian (Heartland Strength Sports) – February 11th

Schmidt, Kathy (Schmidt Barbell Club) – June 24th

Schmidt, Scott (Schmidt Barbell Club) – January 1st

Sees, Susan (Schmidt Barbell Club) – June 24th

Smith, Abe (KC Strongman) – September 9th

Smith, Randy – January 15th

Todd, Chris (KC Strongman) – August 1st

Todd, Eric (KC Strongman) – February 20th

Tortorelli, Brooke (Lou's Physical Culture Studio) – August 15th

Tortorelli, Lou (Lou's Physical Culture Studio) – August 15th

Tully, Heather (KC Strongman) – September 9th

Tully, Scott (KC Strongman) – September 9th

Ullom, Chad (Dino Gym) – January 1st

Van Vleck, Thom (JWC) – March 27th

Vuono, Michael (Frank's Barbell Club) – July 16th

Vuono, Peter (Frank's Barbell Club) – May 18th

Wagman, Dan (Dino Gym) – February 11th

Waterman, Chris (Schmidt Barbell Club) – June 7th

Wilkens, Kurt – February 6th

2018 USAWA MEMBERSHIP ROSTER

(Includes Club Affiliation and Join Date)

Ciavattone, Frank (Frank's Barbell Club) – January 1st

Clark, Bill (Clark's Gym) – January 1st

Diggs, Crystal – January 1st

Douglas, John (Ledaig HA) – January 1st

Dunlap, Cale (Dino Gym) – January 1st

Foster, Lance (KC Strongman) – January 1st

Habecker, Aidan (Habecker's Gym) – January 1st

Habecker, Denny (Habecker's Gym) – January 1st

Habecker, Judy (Habecker's Gym) – January 1st

Heit, Calvin (Dino Gym) – January 1st

Heit, Lucas (Dino Gym) – January 1st

Jackson, Daryl – January 1st

Jackson, RJ (Dino Gym) – January 1st

Malloy, Jim – January 1st

Mitchell, Dennis – January 1st

Montini, Art (Ambridge BBC) – January 1st

Myers, Al (Dino Gym) – January 1st

Myers, Molly (Dino Gym) – January 1st

Raymond, Mark (Frank's Barbell Club) – January 1st

Ross, Dean (Dino Gym) – January 1st

Santangelo, Stephen – January 1st

Schmidt, Scott (Schmidt Barbell Club) – January 1st

Todd, Eric (KC Strongman) – January 1st

Ullom, Brianna (Dino Gym) – January 1st

Ullom, Chad (Dino Gym) – January 1st

Ullom, Tasha (Dino Gym) – January 1st

PAST MEMBERSHIP ROSTERS

2016 USAWA Membership Roster – [2016usawaroster](#)

2015 USAWA Membership Roster – [2015USAWARoster](#)

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](#)

MEMBER CLUBS

There are several clubs registered as club members of the USAWA. The following is a list of current active clubs registered for 2018. 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 2017 but have NOT YET renewed their club membership for 2018 are marked with an asterisk.

Current USAWA Member Clubs For 2018

Al’s Dino Gym – (2003-2018)

Location: Abilene, Kansas

Contact: Al Myers

Club Certificate (PDF) – [Dino Gym](#)

Ambridge VFW Barbell Club – (1993-2018)

Location: Ambridge, Pennsylvania

Contact: Art Montini

Club Certificate (PDF) – [Ambridge BBC](#)

Clark’s Championship Gym – (1989-2018)

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate (PDF) – [Clarks Gym](#)

Frank's Barbell Club – (2010-2018)

Location: Walpole, Massachusetts

Contact: Frank Ciavattone

Club Certificate (PDF) – [Franks Barbell Club](#)

Habecker's Gym – (2010-2018)

Location: Lebanon, Pennsylvania

Contact: Denny Habecker

Club Certificate (PDF) – [Habeckers Gym](#)

***Heartland Strength Sports – (2009-2010, 2016-2017)**

Location: Omaha, Nebraska

Contact: Mary McConnaughey

Club Certificate (PDF) – [Heartland Strength Sports](#)

***Jackson Weightlifting Club – (2009-2017)**

Location: Kirksville, Missouri

Contact: Thom Van Vleck

Club Certificate – [Jackson WL Club](#)

KC Strongman – (2011-2018)

Location: Turney, Missouri

Contact: Eric Todd

Club Certificate – [KC Strongman](#)

***Ledaig Heavy Athletics – (2010-2017)**

Location: Winfield, Kansas

Contact: Dave Glasgow

Club Certificate – [Ledaig Heavy Athletics](#)

Schmidt Barbell Club – (2010-2018)

Location: Westlake, Ohio

Contact: Scott Schmidt

Club Certificate (PDF) – [Schmidt Barbell Club](#)

Past Club of the Year Award Winners

2016 Club of the Year – Frank’s Barbell Club, Runner Up – Habecker’s Gym
2015 Club of the Year – Dino Gym, Runner Up – Habecker’s Gym
2014 Club of the Year – Frank’s Barbell Club, Runner Up – Ledaig Heavy Athletics
2013 Club of the Year – Dino Gym, Runner Up – Habecker’s Gym
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

Cast Iron Training – (2015)
Salvation Army Gym – (2012-2014)
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)
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)

OFFICIALS LIST & RULES TEST

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

Scott Schmidt – Lifetime Certification

Eric Todd – Lifetime Certification

LaVerne Myers – Lifetime Certification

Lance Foster – 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

Mary McConnaughey – Certification expires January 16th, 2019

Dave Glasgow – Certification expires July 16th, 2019

Jeff Ciavattone – Certification expires July 16th, 2019

Rocky Morrison – Certification expires September 20th, 2019

RJ Jackson – Certification expires June 26th, 2020

Jarrold Fobes – Certification expires June 26th, 2020

Level 1 – Experience Qualified

Art Montini – Certification expires June 26th, 2019

John McKean – Certification expires October 12th, 2020

USAWA Officials in Training

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
PO Box 302
DeWitt, IA 52742
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.

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.

SCORING INFORMATION

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:

$$\text{Age Adjusted Lynch Points} = \text{Lynch Points} \times \text{Age Percent Factor}$$

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.

The USAWA has computer scoring programs available for free download. The old program was written using a old version of Excel, while the new scoring program is compatible with the latest Excel versions.

Scoring Program – Old (Excel File) – [scoring-template-v2-1](#)

Scoring Program – New (Excel File) – [scoring-template-master](#)

YEAR IN REVIEW

An USAWA Year in Review book is published every year highlighting the news of the USAWA. Information is taken from the USAWA website, which includes all new website information that has been placed on the site within the previous year. This Year in Review book includes blogs from the USAWA Daily News, meet results, membership roster, meet announcements, additions to the history archives, etc.

It is available here for free download. Some files are large (>10 MB).

2015 Year in Review

[2015REVIEWCOVERPAGE](#) (PDF) [2015 YEAR IN REVIEW](#) (PDF)

2014 Year in Review

[2014REVIEWCOVERPAGE](#) (PDF) [2014 USAWA YEAR IN REVIEW](#) (PDF)

2013 Year in Review

[2013ReviewCoverPage](#) (PDF) [2013 Year In Review](#) (PDF)

2012 Year in Review

[2012YearinReviewCover](#) (PDF) [2012YEAR-REVIEW](#) (PDF)

2011 Year in Review

[2011 USAWA Review Cover](#) (PDF) [2011YearReview](#) (PDF)

2010 Year in Review

2009 Year in Review

[2009 USAWA YEAR IN REVIEW \(PDF\)](#)

ABOUT THE IAWA

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

John Mahon, Australia

WEBSITE FOR THE IAWA(UK) –

<http://www.iawa.uk/>

WEBSITE FOR THE ARWLWA –

<http://www.arwlwa.com/>

UPCOMING IAWA MEET SCHEDULE

2018 IAWA Worlds – Manchester, England – Promoter Mark Haydock

2018 IAWA Gold Cup – Eastbourne, England – Promoter Paul Barette

2019 IAWA Worlds – Abilene, Kansas, USA – Promoter Al Myers

2019 IAWA Gold Cup – Perth, Australia – Promoter Peter Phillips

PAST USAWA AWARDS

Each year the USAWA nominates and selects individuals for special awards. These awards are given on behalf of the USAWA for outstanding merit in several categories. Below is a listing of past award winners.

2016 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Eric Todd
Leadership Award	Frank Ciavattone	Denny Habecker
Sportsmanship Award	Dean Ross	LaVerne Myers

Courage Award	Rocky Morrison	Art Montini
Newcomer Award	Kim Lydon	Mark Raymond
Club of the Year	Franks Barbell Club	Habeckers Gym

Howard Prechtel Contribution Award – Al Myers

2015 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Denny Habecker	Dean Ross
Leadership Award	Al Myers	Denny Habecker
Sportsmanship Award	Frank Ciavattone	Art Montini
Courage Award	Denny Habecker	Chad Ullom
Newcomer Award	Emily Burchett	Matt Hancock
Club of the Year	Dino Gym	Habecker's Gym

Howard Prechtel Contribution Award – Frank Ciavattone

2014 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Eric Todd
Leadership Award	Al Myers	Denny Habecker
Sportsmanship Award	Frank Ciavattone	Dave Glasgow
Courage Award	Art Montini	Dick Durante
Newcomer Award	Steve Santangelo	Jeff Ciavattone
Club of the Year	Frank's Barbell Club	Ledaig Athletic Club

2013 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Eric Todd
Leadership Award	Denny Habecker	Thom Van Vleck
Sportsmanship Award	Dennis Mitchell	Dave Glasgow
Courage Award	Dean Ross	Art Montini
Newcomer Award	Mike McIntyre	Logan Kressly
Club of the Year	Dino Gym	Habecker's Gym

2012 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Dan Wagman
Leadership Award	Al Myers	Denny Habecker
Sportsmanship Award	Dave Glasgow	Lance Foster
Courage Award	Dale Friesz	Art Montini
Newcomer Award	Ruth Jackson	James Fuller
Club of the Year	Ledaig Athletic Club	Salvation Army Gym

2011 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Larry Traub
Leadership Award	Thom Van Vleck	Denny Habecker
Sportsmanship Award	Mike Murdock	Art Montini
Courage Award	Dale Friesz	Dave Glasgow
Newcomer Award	Dean Ross	LaVerne Myers
Club of the Year	Dino Gym	Ledaig Athletic Club

2010 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Chad Ullom	Al Myers
Leadership Award	Al Myers	Thom Van Vleck
Sportsmanship Award	Rudy Bletscher	Mike Murdock
Courage Award	Dale Friesz	none
Newcomer Award	Larry Traub	none
Club of the Year	Habecker's Gym	Ambridge BBC

2009 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Chad Ullom
Leadership Award	Bill Clark	Al Myers
Sportsmanship Award	Denny Habecker	Art Montini
Courage Award	Dale Friesz	Frank Ciavattone
Newcomer Award	Dave Glasgow	Kohl Hess
Club of the Year	Dino Gym	Ambridge BBC

HALL OF FAME

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 and/or World level. Biographies for some USAWA Hall of Fame Members are located in past Daily News Blogs and as a PDF to the right of the HOF members name in the list below.

Class of 2016

Al Myers

Chad Ullom – [Chad Ullom – HOF Biography](#)

Class of 2012

Bob Geib

Class of 2010

Scott Schmidt – [Scott Schmidt – HOF Biography](#)

Class of 2003

Bill DiCioccio

Class of 2002

Dale Friesz – [Dale Friesz – HOF Biography](#)

Class of 2001

Rex Monahan

Class of 2000

Bob Hirsh

Class of 1999

Bill Clark – [Bill Clark – HOF Biography](#)

John McKean – [John McKean – HOF Biography](#)

Class of 1997

Denny Habecker – [Denny Habecker – HOF Biography](#)

Joe Garcia – [Joe Garcia – HOF Biography](#)

Dennis Mitchell – [Dennis Mitchell – HOF Biography](#)

Chris Waterman

Deanna Springs – [Deanna Springs – HOF Biography](#)

Class of 1996

Frank Ciavattone – [Frank Ciavattone – HOF Biography](#)

Joe Ciavattone Sr. – [Joe Ciavattone Sr. HOF Biography](#)

Jim Malloy – [Jim Malloy – HOF Biography](#)

John Vernacchio – [John Vernacchio – HOF Biography](#)

Class of 1993

John Grimek – [John Grimek – HOF Biography](#)

Art Montini – [Art Montini – HOF Biography](#)

Howard Prechtel

Noi Phumchaona

Steve Schmidt – [Steve Schmidt – HOF Biography](#)

Ed Zercher

PAST LIFTERS OF THE MONTH

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 2017

MONTH	LIFTER	STORY
January	LaVerne Myers	http://usawa.com/lifter-of-the-month-laverne-myers-3/
February	Chad Ullom	http://usawa.com/lifter-of-the-month-chad-ullom-3/
March	Tony Patterson	http://usawa.com/lifter-of-the-month-tony-patterson/
April	Daryl Jackson	http://usawa.com/lifter-of-the-month-daryl-jackson/
May	Joe Ciavattone Jr.	http://usawa.com/lifter-of-the-month-joe-ciavattone-jr-2/
June	Susan Sees	http://usawa.com/lifter-of-the-month-susan-sees/
July	Eric Todd	http://usawa.com/lifter-of-the-month-eric-todd-3/
August	Collin Cortez	http://usawa.com/lifter-of-the-month-collin-cortez/
September	Greg Cook	http://usawa.com/lifter-of-the-month-greg-cook/
October	Al Myers	http://usawa.com/lifter-of-the-month-al-myers-2/
November	James Fuller	http://usawa.com/lifter-of-the-month-james-fuller-3/
December	Barry Pensyl	http://usawa.com/lifter-of-the-month-barry-pensyl/

LIFTER OF THE MONTH FOR 2016

MONTH	LIFTER	STORY
January	Emily Burchett	http://usawa.com/lifter-of-the-month-emily-burchett/
February	LaVerne Myers	http://usawa.com/lifter-of-the-month-laverne-myers-2/
March	Ruth Jackson	http://usawa.com/lifter-of-the-month-ruth-jackson-2/
April	Joe Garcia	http://usawa.com/lifter-of-the-month-joe-garcia-2/
May	James Fuller	http://usawa.com/lifter-of-the-month-james-fuller-2/
June	Joe Ciavattone Jr.	http://usawa.com/lifter-of-the-month-joe-ciavattone-jr/
July	Dave Glasgow	http://usawa.com/lifter-of-the-month-dave-glasgow-2/
August	Aidan Habecker	http://usawa.com/lifter-of-the-month-aidan-habecker/
September	Abe Smith	http://usawa.com/lifter-of-the-month-abe-smith/
October	Art Montini	http://usawa.com/lifter-of-the-month-art-montini-4/
November	Kim Lydon	http://usawa.com/lifter-of-the-month-kim-lydon/
December	Dan Wagman	http://usawa.com/lifter-of-the-month-dan-wagman-3/

LIFTER OF THE MONTH FOR 2015

MONTH	LIFTER	STORY
January	none	
February	none	
March	none	
April	none	
May	none	
June	Randy Smith	http://usawa.com/lifter-of-the-month-randy-smith/
July	Barry Bryan	http://usawa.com/lifter-of-the-month-barry-bryan-3/
August	Dean Ross	http://usawa.com/lifter-of-the-month-dean-ross/
September	Denny Habecker	http://usawa.com/lifter-of-the-month-denny-habecker-4/
October	Art Montini	http://usawa.com/lifter-of-the-month-art-montini-3/
November	Al Myers	http://usawa.com/lifter-on-the-month-al-myers/
December	John McKean	http://usawa.com/lifter-of-the-month-john-mckean/

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	none	
November	none	
December	none	

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	

PAST USAWA OFFICERS

The following are the past officers and elected positions of the USAWA.

CURRENT USAWA EXECUTIVE BOARD

Effective June 24th, 2017 (elected 6/24/2017)

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Rocky Morrison, Massachusetts

Effective June 20th, 2015 (elected 6/20/2015)

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullom, Kansas

SECRETARY/TREASURER: Al Myers, Kansas

EXECUTIVE BOARD MEMBERS: Dennis Mitchell, Ohio & Frank Ciavattone, Massachusetts

Effective June 29th, 2013 (elected 6/29/2013)

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 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

PAST USAWA NATIONALS

This is a summary by year of Best Lifters at Past USAWA National Championships.

2017 Best Lifters	Men	Women
Overall	Al Myers	Susan Sees
Senior	Cody Lokken	none
Master	Al Myers	Susan Sees
Junior	Jackson LaPointe	none

2016 Best Lifters	Men	Women
Overall	Joe Ciavattone, Jr.	Cassie Morrison
Senior	Joe Ciavattone, Jr.	Cassie Morrison
Master	James Fuller	Susan Sees
Junior	James Morrison	None

2015 Best Lifters	Men	Women
Overall	Randy Smith	Susan Sees
Senior	Frankie Ciavattone	None
Master	Randy Smith	Susan Sees
Junior	Matt Hancock	None

2014 Best Lifters	Men	Women
Overall	Chad Ullom	None
Senior	Eric Todd	None
Master	Chad Ullom	None
Junior	Logan Kressly	None

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 dates and locations of past USAWA National Championships.

2017 June 24th-25th, Cleveland, Ohio
 2016 June 25th, Norwood, Massachusetts
 2015 June 20th, York, Pennsylvania
 2014 June 21st, Macomb, Illinois
 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.

2017 Bob Geib & Scott Schmidt
2016 Frank Ciavattone
2015 Denny Habecker
2014 Tim Piper
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

2017 – 7 (DAY 1 Vertical Bar Deadlift – 1Bar 2" One Hand, Clean and Push Press, Bentover Row, Deadlift – 2 Dumbbells DAY 2 Clean and Jerk – One Arm, Pullover and Push, Jefferson Lift)

2016 – 6 (Continental Snatch, Curl-Cheat, Clean and Press – Heels Together, Pullover and Press, Deadlift – Ciavattone Grip, One Arm, Deadlift – Trap Bar)

2015 – 6 (Snatch-One Arm, Curl-Cheat, Reverse Grip, Deadlift-One Arm, Pullover and Push, Deadlift-Ciavattone Grip, Zercher Lift)

2014 – 6 (Crucifix, Snatch-One Arm, Clean and Push Press, Jefferson Lift-Fulton Bar, Curl-Cheat, Zercher Lift)

2013 – 7 (DAY 1:Deadlift-One Arm, Clean&Press-12" Base, Pullover-Straight Arm, Continental to Belt, DAY 2: Snatch-One Arm, Pullover and Push, Deadlift-Ciavattone Grip)

2012 – 5 (Clean&Jerk-One Arm, Curl-Cheat, Reverse Grip, Pullover and Press, Hack Lift-One Arm, Jefferson Lift)

2011 – 6 (Snatch-One Arm, Dumbbell, Curl-Cheat, Pullover and Push, Continental to Belt-Fulton Bar, Deadlift-12" Base, Zercher Lift)

2010 – 8 (DAY 1: Vertical Bar Deadlift-1 Bar, 2", Pullover and Push, Clean and Jerk-One Arm, Trap Bar Deadlift DAY 2: Snatch-From Hang, Deadlift-One Arm, Clean and Press, Zercher Lift)

2009 – 6 (Snatch-One Arm, Cheat Curl, Clean and Jerk-Fulton Bar, Pullover and Press, Deadlift-2 Bars, Backlift)

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 Most Contested at Past National Championships

1. Zercher Lift (16 times)- 2015, 2014, 2011, 2010, 2008, 2003, 2000, 1996, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988
2. Deadlift – One Arm (15 times) – 2015, 2013, 2010, 2008, 2007, 1999, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989, 1988
3. Pullover and Push (13 times) – 2017, 2015, 2013, 2011, 2010, 2008, 2007, 1997, 1995, 1992, 1991, 1990, 1989
4. Clean and Press – Heels Together (12 times) – 2016, 2007, 2006, 2003, 2001, 2000, 1997, 1996, 1995, 1990, 1989, 1988
5. Snatch – One Arm (11 times) – 2015, 2014, 2013, 2009, 2006, 2003, 2001, 2000, 1994, 1990, 1989
6. Hip Lift (10 times) – 2008, 2002, 1999, 1995, 1994, 1993, 1992, 1991, 1989, 1988
7. Neck Lift (10 times) – 2005, 2000, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989
8. Curl – Cheat (9 times) – 2016, 2014, 2011, 2009, 2005, 2004, 2003, 1998, 1994
9. Steinborn Lift (9 times) – 2006, 2002, 2001, 1999, 1997, 1994, 1993, 1992, 1991
10. Clean and Jerk – One Arm (8 times) – 2017, 2012, 2010, 2008, 2005, 2004, 2002, 1994
11. Bench Press – Feet In Air (8 times) – 2006, 2005, 2004, 1998, 1995, 1990, 1989, 1988
12. Hand and Thigh Lift (8 times) – 2001, 1997, 1994, 1993, 1992, 1991, 1990, 1988
13. Hack Lift – One Arm (6 times) – 2012, 2005, 2004, 2002, 2001, 1994
14. Clean and Push Press (5 times) – 2017, 2014, 1999, 1994, 1993
15. Jefferson Lift (5 times) – 2017, 2012, 1994, 1993, 1992
16. Pullover and Press (5 times) – 2016, 2012, 2009, 1998, 1996
17. Deadlift – Ciavattone Grip (5 times) – 2015, 2013, 1999, 1997, 1996
18. Vertical Bar Deadlift – 1 bar, 2", 1 hand (4 times) – 2017, 2010, 2005, 2004

19. Deadlift – Trap Bar (4 times)- 2016, 2010, 2004, 2002
20. Continental Snatch (4 times) – 2016, 1998, 1992, 1991
21. Deadlift – Stiff Legged (3 times) – 2007, 2003, 2002
22. Hack Lift (3 times) – 2003, 2000, 1991
23. Continental to Chest (3 times) – 1996, 1990, 1989
24. Squat – Front (3 times) – 1990, 1989, 1988
25. Deadlift – One Arm, Ciavattone Grip (2 time) – 2016, 2000
26. Curl – Cheat, Reverse Grip (2 times) – 2015, 2012
27. Pullover – Straight Arm (2 times) – 2013, 2004
28. Continental to Belt (2 times) – 2013, 2004
29. Deadlift – 12" base (2 times) – 2011, 2006
30. Deadlift – 2 Bars (2 times) – 2009, 2001
31. Arthur Lift (2 times) – 2007, 1991
32. Two Hands Anyhow (2 times) – 2005, 2001
33. Clean and Press – On Knees (2 times) – 1998, 1997
34. Deadlift – 2 Dumbbells (1 time) – 2017
35. Bentover Row (1 time) – 2017
36. Jefferson Lift – Fulton Bar (1 time) – 2014
37. Crucifix (1 time) – 2014
38. Clean and Press – 12" Base (1 time) – 2013
39. Snatch – Dumbbell, One Arm (1 time) – 2011
40. Continental to Chest – Fulton Bar (1 time) – 2011
41. Snatch – From Hang (1 time)- 2010
42. Clean and Press (1 time) – 2010
43. Back Lift (1 time) – 2009
44. Clean and Jerk – Fulton Bar (1 time) – 2009
45. Harness Lift (1 time) – 2006
46. Deadlift – Fulton Bar (1 time) – 2005
47. French Press (1 time) – 2005
48. Clean and Seated Press (1 time) – 2005
49. Bench Press – Alternate Grip (1 time) – 2003
50. Vertical Bar Deadlift – 2 bars, 2" (1 time) – 2003
51. Clean and Seated Press – Behind Neck (1 time) – 2002
52. Clean and Jerk – Behind Neck (1 time) – 2000
53. Swing – One Arm (1 time) – 1999
54. Continental to Chest and Jerk (1 time) – 1995
55. Deadlift – Heels Together (1 time) – 1995

RESULTS OF PAST NATIONALS

2017 USAWA National Championships

West Park YMCA

Cleveland, Ohio

June 24th & 25th, 2017

Meet Director: Bob Geib

Assistant Meet Director: Scott Schmidt

Announcers: Al Myers & John McKean

Scorekeepers: Al Myers & Judy Habecker

Officials (3-official system used): Scott Schmidt, Randy Smith, Denny Habecker, Frank

Ciavattone, LaVerne Myers, Dennis Mitchell

Loaders: Aidan Habecker, Franklin, and Ryan

Lifts: DAY 1 Vertical Bar Deadlift – 1Bar 2" One Hand, Clean and Push Press, Bentover Row,

Deadlift – 2 Dumbbells DAY 2 Clean and Jerk – One Arm, Pullover and Push, Jefferson Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Randy Smith, Michigan
3. Chris Waterman, Ohio
4. Cody Lokken, Kansas
5. Denny Habecker, Pennsylvania
6. John McKean, Pennsylvania
7. Roger LaPointe, Ohio
8. Scott Schmidt, Ohio
9. LaVerne Myers, Kansas
10. Brandon Rein, Kansas

Women: Top Two Placings

1. Susan Sees, Ohio
2. Kathy Schmidt, Ohio

BEST LIFTER AWARDS

Womens Master – Susan Sees

Womens Overall – Susan Sees

Mens Senior – Cody Lokken

Mens Master 45-49 – Roger LaPointe

Mens Master 50-54 – Al Myers

Mens Master 60-64 – Randy Smith

Mens Master 70-74 – Denny Habecker

Mens Master 85- 89 – Art Montini

Mens Master Overall – Al Myers

Mens Overall – Al Myers

Club Runner Up – Schmidt Barbell Club (2287.6 pts)

(Scott Schmidt, Kathy Schmidt, Bob Geib, Susan Sees, Chris Waterman, Peeter Pirn)

Club Overall – Dino Gym (3122.5 pts)

(Al Myers, LaVerne Myers, Cody Lokken, Brandon Rein, Cale Dunlap)

2016 USAWA National Championships

June 25th, 2016

Balch School

Norwood, Massachusetts

Meet Director: Frank Ciavattone

Announcer: Al Myers

Scorekeeper: Chad Ullom

Officials: Denny Habecker (head judge), Joe Ciavattone Sr. (head judge), Frank Ciavattone, Dennis Mitchell, Chad Ullom

Loaders: Peter Vouno, Wade Marchand, Cream McDonald, Matt Traitti

Lifts: Continental Snatch, Cheat Curl, Clean and Press – Heels Together, Pullover and Press, Deadlift – Ciavattone Grip, One Arm, Trap Bar Deadlift

Men: Top Ten Placings

1. Joe Ciavattone Jr., Massachusetts
2. James Fuller, Maine
3. Randy Smith, Michigan
4. Jeff Ciavattone, Massachusetts
5. Rocky Morrison, Massachusetts
6. Dean Ross, Oklahoma
7. James Morrison, Massachusetts
8. Art Montini, Pennsylvania
9. Dennis Mitchell, Ohio
10. Bob Geib, Ohio

Women: Top Three Placings

1. Cassie Morrison, Massachusetts
2. Lindsey Beary, Massachusetts
3. Susan Sees, Ohio

Best Lifter Awards:

Mens Best Junior: James Morrison

Mens Best Senior: Joe Ciavattone Jr.

Womens Best Senior: Cassie Morrison

Womens Best Master: Susan Sees

Mens Best Master 40-44: James Fuller

Mens Best Master 45-49: Joe Ciavattone Sr.

Mens Best Master 50-54: Rocky Morrison

Mens Best Master 60-64: Randy Smith

Mens Best Master 70-74: Dean Ross

Mens Best Master 80-84: Dennis Mitchell

Mens Best Master 85-89: Art Montini

Mens Best Master Overall: James Fuller

Mens Best Lifter Overall: Joe Ciavattone Jr.

Womens Best Master Overall: Susan Sees

Womens Best Lifter Overall: Cassie Morrison

Best Club: Frank's Barbell Club

2015 USAWA National Championships

June 20th, 2015

York Barbell

York, Pennsylvania

Meet Director: Denny Habecker

Announcers: Al Myers & John McKean

Scorekeepers: Al Myers & Judy Habecker

Officials: Denny Habecker (head judge), Frank Ciavattone (head judge), Eric Todd, Scott Schmidt, Art Montini, Barry Bryan, Dennis Mitchell

Lifts: Snatch-One Arm, Curl-Cheat, Reverse Grip, Deadlift-One Arm, Pullover and Push, Deadlift-Ciavattone Grip, Zercher Lift

Men: Top Ten Placings

1. Randy Smith, Michigan

2. James Fuller, Maine
3. Matt Hancock, Massachusetts
4. Denny Habecker, Pennsylvania
5. Barry Bryan, Pennsylvania
6. Eric Todd, Missouri
7. John McKean, Pennsylvania
8. Art Montini, Pennsylvania
9. Dean Ross, Oklahoma
10. Scott Schmidt, Ohio

Women: Top Placing

1. Susan Sees, Ohio

Best Lifter Awards:

Mens Best Junior: Matt Hancock

Mens Best Senior: Frankie Ciavattone

Mens Best Master 40-44: James Fuller

Mens Best Master 45-49: Al Myers

Mens Best Master 55-59: Barry Bryan

Mens Best Master 60-64: Randy Smith

Mens Best Master 65-69: John McKean

Mens Best Master 70-74: Denny Habecker

Mens Best Master 80-84: Dennis Mitchell

Mens Best Master 85-89: Art Montini

Mens Best Master Overall: Randy Smith

Mens Best Lifter Overall: Randy Smith

Womens Best Master Overall: Susan Sees

Womens Best Lifter Overall: Susan Sees

Best Club: Habecker's Gym 1569.8 points (Denny Habecker, Barry Bryan, Aidan Habecker)

Best Club Runner Up: Frank's Barbell Club 1228.8 points (Matt Hancock, Frank Ciavattone, Frankie Ciavattone)

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 Loaders: Justin, John, Paul, and Aaron

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

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

Men: Top Ten Placings

1. Chad Ullom, Kansas
2. Randy Smith, Michigan
3. Eric Todd, Missouri
4. Tim Piper, Illinois
5. Logan Kressly, Kansas
6. Denny Habecker, Pennsylvania
7. Dean Ross, Oklahoma
8. Art Montini, Pennsylvania
9. Dennis Mitchell, Ohio
10. Lance Foster, Missouri

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 Best 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)

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 Dineen, 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

PAST USAWA CHAMPIONSHIPS

HISTORY OF THE HEAVY LIFT CHAMPIONSHIPS

(Promotion is rotated every year)

DATE	PROMOTER	LOCATION	MENS OVERALL	WOMENS OVERALL
5/13/2017	Mark Raymond	Walpole, MA	Joe Ciavattone Jr.	None
5/7/2016	Denny Habecker	Lebanon, PA	James Fuller	Cassie Morrison
5/2/2015	Eric Todd	Cameron, MO	Eric Todd	Mary McConnaughey
5/3/2014	Al Myers	Holland, KS	Eric Todd	none
5/4/2013	Frank Ciavattone	Walpole, MA	Al Myers	Colleen Lane
5/12/2012	Roger LaPointe	Bowling Green, OH	Eric Todd	none
5/21/2011	Denny Habecker	York, PA	Joe Garcia	none
11/6/2010	Bill Clark	Columbia, MO	Steve Schmidt	none
5/16/2009	Denny Habecker	Lebanon, PA	Al Myers	none
11/15/2008	Bill Clark	Columbia, MO	Steve Schmidt	none
11/9/2007	Bill Clark	Columbia, MO	Steve Schmidt	none
11/12/2006	Bill Clark	Columbia, MO	Steve Schmidt	none
8/27/2005	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
8/28/2004	Denny Habecker	Lebanon, PA	Frank Ciavattone	Stephanie Meyer
11/9/2003	Bill Clark	Columbia, MO	Steve Schmidt	none
10/19/2002	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
11/10/2001	Bill Clark	Columbia, MO	Abe Smith	none
11/5/2000	Bill Clark	Columbia, MO	John Monk	none
9/11/1999	Frank Ciavattone	Walpole, MA	Frank Ciavattone	none
12/5/1998	Frank Ciavattone	Walpole, MA	Frank Ciavattone	Cara Collins
11/1/1997	Bill Clark	Columbia, MO	John Carter	Amy Burks
10/27/1996	Kerry Clark	Columbia, MO	John Carter	none
10/29/1995	Bill Clark	Columbia, MO	John Carter	Emily Gordon
10/30/1994	Bill Clark	Columbia, MO	John Carter	Kerry Clark

History of USAWA Grip Championships

(All Promoted by Al Myers at the Dino Gym in Abilene, Kansas)

YEAR	MENS OVERALL	WOMENS OVERALL
2017	Chad Ullom	RJ Jackson
2016	LaVerne Myers	Emily Burchett
2015	LaVerne Myers	Mary McConnaughey
2014	Dan Wagman	Ruth Jackson
2013	Troy Goetsch	Ruth Jackson
2012	Al Myers	None
2011	Al Myers	Felecia Simms

History of the Presidential Cup

(All promoted by the USAWA President Denny Habecker)

YEAR	CUP WINNER	LIFT	PRESIDENT
2017	Collin Cortez	Hackenschmidt Floor Press	Denny Habecker
2016	Aidan Habecker	Vertical Bar DL – 2", 2 Bars	Denny Habecker
2015	Dean Ross	Zercher – One Arm	Denny Habecker
2014	Al Myers	Pinch Grip – One Hand	Denny Habecker
2013	Art Montini	Teeth Lift	Denny Habecker
2012	Dale Frieze	Finger Lift – Ring	Denny Habecker

HISTORY OF THE USAWA CLUB CHAMPIONSHIPS

(Promoted by Dave Glasgow of the Ledaig HA Club)

DATE	HOST	FIRST	SECOND	THIRD
2017 July 15th	Ledaig HA	Ledaig HA	Dino Gym	Habecker's Gym
2016 July 23rd	Ledaig HA	Dino Gym	Ledaig HA	None
2015 August 29th	Ledaig HA	Dino Gym	Ledaig HA	Habecker's Gym
2014 July 19th	Ledaig HA	Ledaig HA	Dino Gym	Habecker's Gym
2013 July 14th	Ledaig HA	Ledaig HA	Dino Gym	none
2012 March 10th	Ambridge BBC	Dino Gym	Atomic Athletic	Ambridge BBC
2011 March 12th	Ambridge BBC	Dino Gym	Joe's Gym	Ambridge BBC
2010 March 13th	Ambridge BBC	Dino Gym	Ambridge BBC	Habecker's Gym

HISTORY OF THE USAWA TEAM CHAMPIONSHIPS

(All hosted by Al Myers at the Dino Gym)

YEAR & DATE	2-MAN OVERALL	2-WOMEN OVERALL	MIXED PAIR OVERALL
	LaVerne Myers & Dean Ross		
2017 – August 26th	>60: LaVerne Myers & Dean Ross	None	None
	Al Myers & Chad Ullom		
2016 – December 17th	>60: LaVerne Myers & Dean Ross	None	None
	Al Myers & Chad Ullom		
2015-August 30th	>60: LaVerne Myers & Dean Ross	none	Jera & Doug Kressly
2014-August 24th	Al Myers & Chad Ullom	none	none

	>60: Laverne Myers & Dean Ross		
	Al Myers & Chad Ullom		
2013-August 17th	>60: Denny Habecker & Art Montini	Ruth Jackson & Molly Myers	Jera Kressly & Logan Kressly
	Al Myers & Chad Ullom		
2012-August 11th	>60: LaVerne Myers & Dean Ross	none	Jera & Doug Kressly
	Al Myers & Chad Ullom		
2011-August 27th	>60: Mike Murdock & Rudy Bletscher	none	none
	Al Myers & Chad Ullom		
2010-August 10th	>60: Mike Murdock & Rudy Bletscher	none	none
2009-September 20th	Al Myers & Chad Ullom	none	none
2008-September 20th	Al Myers & Joe Garcia	none	none
2007-September 8th	Al Myers & Chad Ullom	none	none

HISTORY OF THE OLDTIME STRONGMAN CHAMPIONSHIPS

(Promoted by Eric Todd, KCSTRONGMAN Club)

DATE	PROMOTER	LOCATION	MENS OVERALL	WOMENS OVERALL	#
9/9/2017	Eric Todd	Turney, MO	Greg Cook	Heather Tully	12
9/10/2016	Eric Todd	Turney, MO	Abe Smith	Heather Gardner	10
9/26/2015	Eric Todd	Turney, MO	Denny Habecker	none	4
11/1/2014	Eric Todd	Turney, MO	Eric Todd	Jenna Lucht	7
12/7/2013	Thom Van Vleck	Kirksville, MO	Eric Todd	none	7
10/14/2012	Thom Van Vleck	Kirksville, MO	Chad Ullom	Whitney Piper	7
10/16/2011	Thom Van Vleck	Kirksville, MO	Al Myers	none	10

PAST POSTAL SERIES

2017 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
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1st Quarter Postal	Daryl Jackson	RJ Jackson
2nd Quarter Postal	Eric Todd	RJ Jackson
3rd Quarter Postal	Eric Todd	RJ Jackson
Postal Championships	Tony Patterson	Kim Lydon

GRAND SLAM WINNERS: RJ Jackson, Eric Todd, Mark Raymond, Aidan Habecker, Denny Habecker, and Lance Foster

Final Postal Series Rankings

WOMENS DIVISION – TOP THREE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	9
2	Kim Lydon	1	6
3	Crystal Diggs	3	4

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Eric Todd	4	46
2	Al Myers	3	42
3	John Douglas	3	41
4	Tony Patterson	1	30
5	Chad Ullom	2	27
6 Tie	Mark Raymond	4	26
6 Tie	Barry Bryan	2	26
6 Tie	LaVerne Myers	2	26
9	Denny Habecker	4	25
10	Aidan Habecker	4	23

2016 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Dan Wagman	RJ Jackson
2nd Quarter Postal	Dan Wagman	RJ Jackson
3rd Quarter Postal	Dan Wagman	RJ Jackson
Postal Championships	Dan Wagman	RJ Jackson

GRAND SLAM WINNERS: RJ Jackson, Dan Wagman, Al Myers, LaVerne Myers, Denny Habecker, and Dean Ross

Final Postal Series Rankings

WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	14
2	Tressa Brooner	2	5
3	Cyrstal Diggs	3	4
4 Tie	Mary McConnaughey	2	3
4 Tie	Lynda Burns	2	3
4 Tie	Kim Lydon	1	3

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Dan Wagman	4	52
2	Al Myers	4	43
3	LaVerne Myers	4	35
4	Denny Habecker	4	32
5 Tie	Chad Ullom	1	24
5 Tie	Eric Todd	3	24
7	Barry Bryan	1	20
8	Mark Raymond	2	19
9	Dean Ross	4	19
10 Tie	Barry Pensyl	1	16
10 Tie	Rocky Morrison	2	16

2015 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Eric Todd	Ruth Jackson
2nd Quarter Postal	Barry Bryan	Ruth Jackson
3rd Quarter Postal	Al Myers	Ruth Jackson
Postal Championships	Barry Bryan	Ruth Jackson

GRAND SLAM WINNERS: RJ Jackson, Mary McConnaughey, Crystal Diggs, Denny Habecker, Dean Ross, and Christian Schimpf

Final Postal Series Rankings

WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Ruth Jackson	4	20
2	Tressa Brooner	3	13

3	Mary McConnaughey	4	9
4	Crystal Diggs	4	6
5	Jera Kressly	1	3

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Denny Habecker	4	33
2	Barry Bryan	3	32
3	Al Myers	3	28
4	Chad Ullom	3	22
5	Christian Schimpf	4	19
6	Dean Ross	4	18
7	LaVerne Myers	3	15
8	Eric Todd	2	12
9	Draven Kressly	1	7
10	Austin Brewer	1	6

2014 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Chad Ullom	Ruth Jackson
2nd Quarter Postal	Chad Ullom	Ruth Jackson
3rd Quarter Postal	Eric Todd	Ruth Jackson
Postal Championships	Al Myers	Ruth Jackson

GRAND SLAM WINNERS: RJ Jackson, Eric Todd, Denny Habecker, Barry Bryan, and Lance Foster

Final Postal Series Rankings

WOMENS DIVISION – TOP THREE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Ruth Jackson	4	10
2	Crystal Diggs	3	3
3	Molly Myers	1	2

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Chad Ullom	3	31
2	Eric Todd	4	26

3	Barry Bryan	4	25
4	Denny Habecker	4	21
5	Al Myers	1	16
6	Dan Wagman	1	14
7	Lance Foster	4	9
8	Randy Smith	1	8
9	Tim Piper	1	7
10	Logan Kressly	1	5

2013 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Dan Wagman	Ruth Jackson
2nd Quarter Postal	Dan Wagman	Ruth Jackson
3rd Quarter Postal	Dan Wagman	Ruth Jackson
Postal Championships	Dan Wagman	Ruth Jackson

GRAND SLAM WINNERS: RJ Jackson, Dan Wagman, Sam Rogers, Orie Barnett, Denny Habecker, and John Wilmot

Final Postal Series Rankings

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

2012 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Chad Ullom	Gabby Jobe
2nd Quarter Postal	Bryan Benzel	Molly Myers
3rd Quarter Postal	Barry Bryan	Gabby Jobe
Postal Championships	Chad Ullom	Gabby Jobe

GRAND SLAM WINNERS: Chad Ullom, Orie Barnett, Sam Rogers, Denny Habecker, Gabby Jobe, John Wilmot

Final Postal Series Rankings

WOMENS DIVISION – TOP THREE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Gabby Jobe	4	5
2	Molly Myers	1	3
3	Bri Ullom	1	2

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Chad Ullom	4	66
2	Orie Barnett	4	56
3	Troy Goetsch	3	51
4	Bryan Benzel	3	47
5	Sam Rogers	4	39
6	Eric Todd	2	36
7	Jesse Jobe	3	30
8	Joe Ciavattone Jr.	1	28
9	Tim Songster	3	25
10	Les Cramer	3	25

2011 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Al Myers	Helen Kahn
2nd Quarter Postal	Orie Barnett	None
3rd Quarter Postal	Al Myers	None
Postal Championships	Al Myers	Karena Fobes

GRAND SLAM WINNERS: Orie Barnett, Denny Habecker, and John Wilmot

Final Postal Series Rankings

WOMENS DIVISION – TOP TWO

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Karena Fobes	1	2
2	Helen Kahn	1	1

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Al Myers	3	46
2	Orie Barnett	4	39
3	Joe Ciavattone Jr.	2	31
4	Joe Ciavattone Sr.	2	24
5	Denny Habecker	4	21
6	Eric Todd	1	18
7	Chuck Cookson	1	17
8	Chad Ullom	1	16
9	Dave Beversdorf	1	14
10	John Wilmot	4	13

2010 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Al Myers	None
2nd Quarter Postal	Al Myers	None
3rd Quarter Postal	Bill Cookson	Helen Kahn
Postal Championships	Al Myers	Helen Kahn

GRAND SLAM WINNERS: Denny Habecker and John Wilmot

Final Postal Series Rankings

WOMENS DIVISION – TOP PLACING

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Helen Kahn	2	3

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Al Myers	3	50
2	Mark Mitchell	3	38
3	Joe Ciavattone Jr.	2	35
4	Chad Ullom	2	34
5	Denny Habecker	4	28
6	Scott Tully	3	28
7	Chuck Cookson	1	28
8	Orie Barnett	2	26
9	Randy Smith	2	25
10	Joe Ciavattone Sr.	2	21

2009 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Joe Ciavattone, Jr.	Kari Landis
2nd Quarter Postal	Al Myers	None
3rd Quarter Postal	John Monk	Kari Landis
Postal Championships	Al Myers	Molly Myers

Final Postal Series Rankings

WOMENS DIVISION – TOP PLACING

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Kari Landis	2	2
2	Molly Myers	1	2

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Al Myers	3	37
2	Joe Ciavattone Jr.	2	31
3	John Monk	3	30
4	Orie Barnett	3	27
5	Chad Ullom	1	22
6	Joe Ciavattone Sr.	2	19
7	Denny Habecker	3	17
8	John Wilmot	4	15
9	Jonathon Ciavattone	2	12
10	Dennis Vandermark	3	10

2008 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	John Monk	None
2nd Quarter Postal	Jim Malloy	None
3rd Quarter Postal	John Wilmot	Misty Fritz
Postal Championships	Chad Ullom	Kari Landis

2007 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Ed Schock	Elizabeth Monk
3rd Quarter Postal	Bill Cookson	Kate Howley

PAST IAWA OFFICERS

Elected October 7th, 2016 – Lebanon, Pennsylvania, 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

John Mahon, Australia

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

IWA PRESIDENT

Steve Gardner, England

IWA GENERAL SECRETARY

Frank Allen, England

IWA VICE PRESIDENTS

John Vernacchio, United States

Denny Habecker, United States

Mike Archer, England

William Wright, Scotland

Frank Lamp, Australia

IWA TECHNICAL COMMITTEE

Dennis Mitchell – Chairman, United States

John Vernacchio, United States

Denny Habecker, United States

Steve Gardner, England

Bill Chapman, Australia

Steve Sherwood, England

IWA MEDICAL COMMITTEE

Joe Caron – Chairman, United States

Elected September 1st, 2000 – Walpole, Massachusetts, United States

IWA PRESIDENT

Howard Prechtel, United States

(Steve Gardner, England, was appointed the duties of President in 2001 after Howard Prechtel's resignation)

IWA 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 IAWA GOLD CUPS

PAST LOCATIONS, DATES, AND MEET DIRECTORS OF THE IAWA GOLD CUP

2016 IAWA Gold Cup

October 22nd, 2016

Abilene, Kansas, USA

Meet Directors: Al Myers & LaVerne Myers

Prechtel Award: Timo Lauttamus, Finland

2015 IAWA Gold Cup

November 27th, 2015

Perth, Western Australia

Meet Director: John Mahon

Prechtel Award: Al Myers, United States

2014 IAWA Gold Cup

October 25th, 2014

Burton on Trent, England

Meet Director: Steve Gardner

Prechtel Award: James Gardner, England

2013 IAWA Gold Cup
November 2nd, 2013
Lebanon, PA, USA
Meet Director: Denny Habecker
Prechtel Award: Al Myers, United States

2012 IAWA Gold Cup
November 3rd, 2012
Glasgow, Scotland
Meet Directors: Andy Tomlin & Matt Finkle
Prechtel Award: James Gardner, England

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

RESULTS OF PAST WORLDS

2017 IAWA World Championships
September 30th-October 1st, 2017

Belmont Sports Club
Perth, Australia

Meet Promoter: John Mahon

Meet Announcers: Al Myers and John Mahon

Meet Scorekeepers: Sharni Clifford and Mel Parkes-Urles

Meet Photographers: Robin Lukosius & Russ Cook

Meet Caterers: Sharni Clifford & Anne Whitehead

Meet Officials (3-official system used): Peter Phillips, John Patterson, Justine Martin, Julia Phillips, Robin Lukosius, Sam Trew, Denny Habecker, Miriam Phillips, Tom Davies

Loaders: Alex Biasin, Sam Trew, Robin Lukosius, Miriam Phillips, Craig Biggs and others

Lifts DAY 1: Cheat Curl, One Hand Dumbbell Snatch, One Hand Vertical Bar with 2" Bar,
Bench Press Feet in Air

Lifts DAY 2: Clean and Press 2" Bar, One Hand Hack Lift, Straddle Deadlift 2" Bar

Men Top Ten Placings

1. Bill Kappel, Australia
2. Al Myers, United States
3. Peter Phillips, Australia
4. Javan Waller, Australia
5. Alex Biasin, Australia
6. Denny Habecker, United States
7. Steven Charles, Australia
8. Tom Davies, Australia
9. John Mahon, Australia
10. Sam Trew, Australia

Women Top Three Placings

1. Monica Cook, Australia
2. Miriam Phillips, Australia
3. Catherine Dorrestyn, Australia

BEST LIFTER AWARDS

Bill Kappel Overall Best Mens Lifter and Best Master Lifter

Monica Cook Overall Best Womens Lifter and Best Master Lifter

Steven Charles Best Overall Mens Senior Lifter

Miriam Phillips Best Overall Womens Senior Lifter

2016 IAWA World Championships

October 8th & 9th, 2016

Lebanon, PA, USA

Meet Promoter: Denny Habecker

Meet Announcers: Steve Gardner & Al Myers

Meet Scorekeepers: Judy Habecker & Rocky Morrison

Drug Testing Officials: Al Myers & Rocky Morrison

Meet Loaders: John Horn, Terry Barlet, Barry Bryan, Barry Pensyl, and Dean Ross

Meet Officials: George Dick, Graham Saxton, Frank Ciavattone, Scott Schmidt, LaVerne Myers, Denny Habecker, Dennis Mitchell

Lifts: DAY 1: Continental Clean, Pullover and Push, 2 Hands 2" Vertical Bar Lift DAY 2:
Alternate Grip Clean and Press, One Hand Clean and Jerk, Ciavattone Deadlift

Men Top Ten Placings

1. Pete Tryner, England
2. Timo Lauttamus, Finland
3. Al Myers, United States
4. Denny Habecker, United States
5. Peter Phillips, Australia
6. Graham Saxton, England
7. LaVerne Myers, United States
8. Dean Ross, United States
9. Scott Schmidt, United States
10. Art Montini, United States

Women Top Two Placings

1. Kim Lydon, United States
2. Karen Gardner, England

BEST LIFTER AWARDS

Junior Mens: Aidan Habecker

Female Senior: Kim Lydon

Female Master: Karen Gardner

Mens Masters 40-44: Peter Tryner

Mens Masters 50-54: Al Myers

Mens Masters 55-59: Steve Gardner

Mens Master 60-64: Peter Phillips

Mens Masters 65-69: George Dick

Mens Masters 70-74: Denny Habecker

Mens Masters 80-84: Dennis Mitchell

Mens Masters 85-89: Art Montini

2015 IAWA World Championships

October 10th & 11th, 2015

Glasgow, Scotland

Meet Promoter: David McFadzean

Meet Announcers: Steve Gardner & Al Myers

Meet Scorekeepers: Judy Habecker & Chris Bass

Drug Testing Official: Frank Allen

Officials: James Gardner, George Dick, Karen Gardner, Denny Habecker, David McFadzean, Frank Allen, John Gardner, Gary Ell, Andy Tomlin, Graham Saxton, Mark Haydock, Chad Ullom, Paula Thompson, Matt Finkle, Paul Barette, Al Myers, Steve Andrews, Luke Davis, Dennis Mitchell

Lifts: DAY 1 Clean & Push Press, Continental Snatch, Pullover & Press, One Arm Deadlift

DAY 2 One Arm Zercher, Two Hands Anyhow Dumbbell & Barbell, Straddle Deadlift

Men Top Ten Placings

1. Mark Haydock, England
2. James Gardner, England
3. Steve Andrews, England
4. Josh Davidson, England
5. Paul Barette, England
6. Timo Lauttamus, Finland
7. Luke Davis, England
8. Stevie Shanks, Ireland
9. Gary Ell, England
10. Matt Wells, England

Women Top Three Placings

1. Paula Thompson, England
2. Nicola Thornhill, England
3. Chloe Brennan, England

BEST LIFTER AWARDS

Mens Junior: Matt Jones

Overall Womens: Paula Thompson

Overall Mens Open: James Gardner

Overall Mens Masters: Mark Haydock

Overall Mens: Mark Haydock

2014 IAWA World Championships

September 27th & 28th, 2014

Norwood, Massachusetts, USA

Meet Promoter: Frank Ciavattone

Meet Announcers: Steve Gardner & Al Myers

Meet Scorekeepers: Judy Habecker & Chris Bass

Drug Testing Officials: Chad Ullom & Frank Allen

Officials: Sam Trew, Chad Ullom, Steve Sherwood, Frank Allen, John Mahon, Al Myers, Joe Ciavattone Sr., Dennis Mitchell, Karen Gardner, George Dick

Lifts: DAY 1 Cheat Curl, Pullover and Press, One Arm Deadlift DAY 2 One Arm Clean and Jerk, Continental Clean and Jerk, Ciavattone Deadlift

Men Top Ten Placings

1. Steve Sherwood, England
2. Chad Ullom, United States
3. Al Myers, United States
4. James Fuller, United States
5. Joe Ciavattone Jr., United States
6. Denny Habecker, United States
7. Matthew Hancock, United States
8. Jeff Ciavattone, United States
9. Joe Ciavattone Sr., United States
10. John Mahon, Australia

Womens Top Three Placings

1. Paula Thompson, England
2. Karen Gardner, England
3. Jessica Hopps, United States

BEST LIFTERS

Mens Junior 13 & Under: Mathew Triatta

Mens Junior 16-17: Mathew Hancock

Women Open: Jessica Hopps

Women 40-44: Paula Thompson

Women 50-54: Susan Sees

Women 55-59: Karen Gardner

Mens Open: Joe Ciavattone Jr.

Mens 40-44: Chad Ullom

Mens 45-49: Al Myers

Mens 50-54: David Ellis

Mens 55-59: Frank Ciavattone

Mens 60-64: Steve Sherwood

Mens 65-69: George Dick

Mens 70-74: Denny Habecker

Mens 80-84: Dick Durante

Mens 85-89: Art Montini

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 McNally, Scotland

2. Nicola Hughes, Scotland
3. Kim Rawling, England

Best Lifter Awards:

Best Junior Robbie Hughes (Sco)

Best Female Agnes McNally (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

Scorekeeper: Steve Gardner and Judy Habecker

Emcee: Steve Gardner

Loader: John Horn

Lifts: Hack Lift – One Arm, Clean and Press Behind Neck, Straight Arm Pullover, Deadlift – Ciavattone Grip, Snatch – One Arm, Pullover and Press, Zercher Lift

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

Tamworth, 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
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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
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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 Abery, 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 Abery

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
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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
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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

USAWA MERCHANDISE

To: Fellow All Round Weightlifters

The online store of the USAWA was developed to provide merchandise to those interested in All-Round Weightlifting and the USAWA. All profits from sales go into the bank account of the USAWA. No individual/individuals profits from this. By ordering any of these promotional items the USAWA has to offer, you support the organization that is giving you the opportunity to compete in All Round Weightlifting in the USA.

Finally, I want to thank you for your purchase of any item you buy from the USAWA Online Store. Only with your support can this store continue to exist.

Sincerely,

Al Myers, USAWA Secretary

USAWA Online Store Catalog



OFFICIAL JUDGING SHIRT – \$30 plus shipping

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.



SPORTS BOTTLE – \$5 plus shipping

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!



USAWA PATCH – \$5 with no shipping

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.



SHORT SLEEVE T-SHIRT – \$15 plus shipping

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.



LONG SLEEVE T-SHIRT -\$20 plus shipping

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.



HOODIE SWEATSHIRT – \$30 plus shipping

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.

USAWA RULEBOOK – \$30 plus shipping

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.

ONLINE STORE ORDER FORM (PDF):

[Online Store Order Form \(EDIT PDF\)](#)

USAWA SPEC EQUIPMENT

To: Fellow All Round Weightlifters

The online store of the USAWA now offers USAWA Specification Equipment to those interested in All-Round Weightlifting and the USAWA. The equipment listed conforms to the rules and standards put forth in the USAWA Rulebook for use in performing official lifts of the USAWA. All proceeds from sales go into the bank account of the USAWA. No individual/individuals profits from this. By ordering any of these items the USAWA has to offer, you support the organization that is giving you the opportunity to compete in All Round Weightlifting in the USA. Please make checks payable to the USAWA.

Finally, I want to thank you for your purchase of any item you buy from the USAWA Online Store. Only with your support can this store continue to exist.

Sincerely,

ONLINE STORE USAWA SPEC EQUIPMENT

2" Vertical Bar – \$50 (ADD \$25 FOR SHIPPING)



The 2" Vertical Bar is a Solid Steel Shaft 18" long with a welded base plate.

Official USAWA lifts that require the 2" Vertical Bar: Thor's Hammer, Vertical Bar Deadlift – 2 Bars, 2", Vertical Bar Deadlift – 1 Bar, 2"

3" Bar – \$200 (ADD \$75 FOR SHIPPING)



The 3" Bar has an outside diameter of 3", weighs 50 pounds, has no knurling, and is 6.5 feet in length.

Official USAWA lifts that require the 3" Bar: 3" Bar Deadlift

Dumbbell Walk Handle – \$75 (ADD \$25 FOR SHIPPING)



The Dumbbell Walk Handle has a 3.5" gripping handle diameter, and is 18" in length. It weighs 8 pounds and has 1.9" diameter loading sleeves.

Official USAWA lift that require the Dumbbell Walk Handle: Dumbbell Walk

Fulton Dumbbell – \$75 (ADD \$25 FOR SHIPPING)



The Fulton Dumbbell has a 2" diameter handle, is solid steel, and weighs 10 KG.

Official USAWA Lifts that require a Fulton Dumbbell: Deadlift – Fulton Dumbbell One Arm, Deadlift – 2 Fulton Dumbbells. It can also be used for the OTSM lift, the Dumbbell to Shoulder