

2020-2021 USAWA YEAR IN REVIEW

Dear USAWA members, friends, and supporters,

I have been publishing a USAWA Year in Review for several years now, which highlights all the news in the USAWA from the previous year. I take all of this information from the USAWA website. This review contains the information from two years (2020 and 2021). The year of 2020 will be one we always remember because of the Covid pandemic and how it practically shut down our organization for a year, thus the reason 2020 is combined with 2021 in this review.

The reason I have always done this review is to preserve the history of the USAWA in written format. We have a rich history spanning now over 35 years. The year 2021 also seen a big change in administration in the USAWA. After 12 years of being USAWA secretary I stepped down with Eric Todd becoming the new USAWA secretary. I have greatly enjoyed my time in office for the USAWA, but it's time for change and new enthusiasm in the organization.

I want to thank everyone who has supported and helped me during my time as USAWA secretary. This is a great lifting organization and I hope this Year in Review preserves those memories.

Sincerely,

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

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

CHRISTOPHER LESTAN – NEW OFFICIAL

January 6, 2020 [Al Myers](#) [Edit Post](#)

By Al Myers



Christopher Lestan and his many accomplishments at the 2019 USAWA National Championships.

Christopher Lestan, of Frank's Barbell Club, has just become a USAWA official. He first passed the Rules Test, and then completed his three practical exams to earn this status. This makes him a Level 1 Test Qualified Official and allows him to have full official status in the USAWA.

It takes a little time and effort to become a USAWA Official. I want to give Christopher a BIG CONGRATS on this accomplishment as I know he will become an excellent addition to the USAWA Officials Ranks.

ANDERSON WINTER RB

January 7, 2020 [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

ANDERSON WINTER CLASSIC RECORD BREAKERS

Meet Recap:

What a meet that was filled with excitement, heavy lifts, and an excellent atmosphere. We had the competition held at the Athletic Republic which is where I used to work and my former boss gave us a great rate that allowed us to test the waters in holding a meet in the facility. We had 14 lifters. We originally had 15 lifters, unfortunately, I had to pull out of the meet due to tearing my bicep 2 weeks before. However, it was still a great show! We had 10 men and 4 women participate in the lifting.

The first lift of the day was the Anderson Squat. This was a show stopper. In the women division newcomer, Ani Kaleshian squatted 500 pounds on her third attempt making it look like a second attempt. Then we had Sarah Gibbons put up a beautifully executed 400-pound squat! Then, of course, we had Frank nieces who both put up massive numbers for their age and as usual became the stars of the meet with everyone coming by to support them!

In the men's division, we had a long battle of who could lift the most. In the lower weight class, we had Raj Dasrath at 135 pounds squatting 620 pounds! Everyone was shocked by the display of strength which was soon followed by applause. Then we had Zach, and Travis all lift 500 like nothing. Next Carter Fisher, the young bull in the competition, comes out of the left field and squats 700 pounds easy! After seeing this Shane Blass shouts "I want that weight" and then walks over to the barbell to lift it with tremendous power. Again applause was followed. Zach comes to the squat rack to squat 600 pounds to hold his own ground. Longtime USAWA member Mark Raymond also displayed massive strength with his 275 squat and Frank Ciavatonne with 225!



As usual Frank has been instrumental in helping me organize these meets!

The second lift of the day was the Ciavatonne Deadlift. Multiple people displayed their grip strength as well as power here as well. In the women's division, we had Ani come again and lift 285! Then we had

the girls Natalie, and Olivia pick up the weight just like their uncle Frank... WITH EASE!! Sarah made 205 like nothing displaying her grip strength.

In the men's division, everyone was showing their power with the deadlift! Mark Raymond was able to pull 300 with more in the tank. We had Zach with a massive 430-pound deadlift and two attempts at the national record in which both he had at the top but couldn't hold it! He definitely has it at this year's nationals! The young stallion Ryan Bingham pulled a 440-pound deadlift to end the event, and he still had more in him!



Fellow Umass Powerlifting teammates Ani, Raj, Carter, and Travis!

The last event of the day we had the Clean and Press. As usual Frank's nieces displayed their ability to lift anything with a 40 and 45 pound clean and press! Rising star of the meet Ani showed her ability her upper body power with a 120 clean and press! Then we had Zach and his brother display their beautiful technique and press with Mahmud with an easy 165 and Zach with 185! Shane Blass was impressive moving 165 as it was nothing! Carter Fisher who refused to be not behind them attempted a 165 pound clean and press which was successful!

It was a great meet! Filled with a competitive atmosphere that couldn't be rivaled. The best part about these local meets is the ability to display the beauty of what this sport brings! Between lifts, every lifter was being social, making new friends and acquaintances. Everyone was cheering on each other, and helping with loading the weights.

The audience was amazing. We had close to 20-25 spectators with all of them cheering and being entertained by the displays of strength. My former boss Jason even came by and started cheering.

Big congrats on Carter Fisher winning BEST OVERALL LIFTER in his first meet with USAWA. He was followed close behind by Raj Dasrath! One lift gone bad or good would have turned the whole

placing of the top two. Big Congrats on Sarah being the Open winner, and Ani being the Junior Winner. I really hope to see these two in the future at another meet!



MEET RESULTS:

Anderson Winter Classic

December 28th, 2019

Norwood, Massachusetts

Meet Director: Christopher Lestan

Host: Athletic Republic

Meet Announcer/ Scorekeeper: Christopher Lestan

Officials(1 official system used): Frank Ciavatonne and Christopher Lestan

Lifts: Anderson Squat, Ciavatonne Deadlift (2H), Clean and Press

All lifts were recorded in pounds:

Female Division:

Name	Age	Weight	Class	Division
Ani Kaleshian	18	165	75kg	Junior (18-19)
Sarah Gibbons	21	156	75kg	Open
Natalie Collins	12	109	50kg	Junior (10-13)
Olivia Collins	10	114	55Kg	Junior (10-13)

Men Division:

Name	Age	Weight	Class	Division
Shane Blass	25	212	100kg	Open
Raj Dasrath	22	135	65kg	Open
Carter Fisher	19	186	85kg	Junior (18-19)

Eric Lestan	14	160	75kg	Junior (14-15)
Travis Szetela	23	180	85kg	Open
Frank Ciavatonne	64	310	125kg+	Masters (60-64)
Mark Raymond	56	250	115kg	Masters (55-59)
Ryan Bingham	19	315	125kg+	Junior (18-19)
Mahmud Marhamo	26	183	85kg	Open
Name	Age	Weight	Class	Division
Zach Marhamo	22	230	105kg	Open

Female Final Standing:

Name	Anderson	C.Deadlift	C+P	Lynch
Ani Kaleshian	500	285	120	927.74
Sarah Gibbons	400	205	70	698.28
Natalie Collins	181	125	45	632.78
Olivia Collins	150	90	40	485.83

Mens Final Standing:

Name	Anderson	C.Deadlift	C+P	Lynch
Carter Fisher	700	350	165	1154.03
Raj Dasrath	620	250	135	1147.50
Shane Blass	700	330	165	1032.59
Zach Marhamo	600	430	185	1006.62
Mahmud Marhamo	500	365	165	967.89
Travis Stzelela	500	335	155	939.01
Eric Lestan	315	260	115	845.13
Ryan Bingham	445	440	155	759.87
Mark Raymond	275	300	100	626.66
Name	Anderson	C.Deadlift	C+P	
Frank Ciavatonne *	225	370	50	

*Frank Opted to do the Thumbless Deadlift and use that as a National record for the 60-64 Age group and Open.

Overall Best Lifter: Carter Fisher

Overall Best Female Open: Sarah Gibbons

Overall Best Female Junior: Ani Kaleshian

Overall Best Male Open: Raj Dasrath

Overall Best Male Junior: Carter Fisher

Overall Best Male Masters: Mark Raymond

NATIONAL RECORDS:

Anderson Squat:

Natalie Collins: 181 for the 50kg class.

Ani Kaleshian: 500 for the Junior class and Open in the 75kg.

Raj Dasrath: 620 for Open class in the 65kg class.

Shane Blass: 700 for the Open class in the 100kg class.

Frank Ciavattone: 225 for the Masters 60-64 group in the 125kg+ class.

Carter Fisher: 700 for the Junior 18-19 in the 85kg class.

Ryan Bingham: 455 for the Junior 18-19 in the 125+kg class.

Eric Lestan: 315 for the Junior 14-15 in the 75kg class.

Ciavatone Deadlift (2H):

Ani Kaleshian: 285 for the Junior 18-19 and Open in the 75kg class.

Olivia Collins: 90 for the Junior 10-13 in the 55kg class.

Ryan Bingham: 440 for the Junior 18-19 in the 125kg+ class.

Carter Fisher: 350 for the Junior 18-19 in the 85kg class.

Clean and Press

Ani Kaleshian: 120 for the Junior 18-19 and Open in the 75kg class.

Carter Fisher: 165 for the Junior 18-19 and the Open in the 85kg class.

Zach Marhamo: 185 for the Open in the 105kg class.

Frank Ciavattone: 50 for the Masters 60-64 in the 125kg+.

GOERNER DEADLIFT

[January 8, 2020](#) [Al Myers](#) [Edit Post](#)

MEET ANNOUNCEMENT

Hermann Goerner Deadlift Dozen plus One

Meet Director: Bill Clark

Date: Saturday, February 22nd, 2020

Venue: Clark's Gym, Columbia, Missouri

Weigh-ins: 8-9 AM

Lifting: 10:30 AM

Entry Fee: None

Entry Form: None

Awards: None

Membership: Must be a current USAWA Member (Available at Meet)

Lifts: Deadlift – Heels Together, Deadlift – 2 bars, Hack Lift, Jefferson Lift, Deadlift – One Arm (with both), Deadlift – One Arm, No Thumbs (with both), Fingers Deadlift – Index, Fingers Deadlift – Middle, Fingers Deadlift – Ring, Fingers Deadlift – Little, and Reeves Deadlift

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

There will be a record day following the meet. Lifters may perform records in a maximum of 5 lifts.

BACKBREAKER PENTATHLON

[January 8, 2020](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT

Steve Schmidt's Backbreaker Pentathlon

Meet Director: Bill Clark

Date: Saturday, March 21st, 2020

Venue: Clark's Gym, Columbia, Missouri

Weigh-ins: 8- 9:30 AM

Lifting: 10 AM

Entry Fee: None

Entry Form: None

Awards: None

Membership: Must be a current USAWA Member (Available at meet)

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

A Record Day will follow the meet. Lifters may perform records in up to 5 lifts maximum.

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

HEAVY LIFT CHAMPIONSHIP

January 8, 2020 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

*****POSTPONED TILL FURTHER NOTICE*****

MEET ANNOUNCEMENT

2020 USAWA HEAVY LIFT CHAMPIONSHIPS



John Douglas executing a hand and thigh at the 2018 Heavy Lift Championship

2020 will see the Heavy Lift Championship make its way back to the “House of Iron and Stone” in God’s country, Turney, MO. This will be the third time myself and the KCSTRONGMAN crew have hosted this event. The first was 2015, and then again in 2018. Both affairs were rather well attended, and I hope the same will be said about this competition.

This championship has a rich history. It has been contested since 1994, making it the longest running championship in the USAWA besides the National Championship. Over the 25 years it has been

contested, it has seen 11 different male champions and 8 different female champions. The Ciavattone family has been rather dominant in the men's division with seven titles. Five of those can be credited to big Frank, who ties Steve Schmidt as the most decorated Heavy Lifter in our organization. The most dominant woman heavy lifter in the organizations history has been Cara Collins with 3 titles to her name.

This year's event will be held in my big tin can. It is an excessively large quonset hut with a gravel floor. We do have flat platforms for lifting on, though. There is not much in the way of climate control in my gym. This should not be too much of an issue, as it is usually pretty nice in May, but there are occasions when it can get rather warm. Please be prepared for this if you choose to compete. There is also no running water in the tin can. I usually provide some bottled water for the lifter's consumption. The facilities come in the form of an outhouse to the back. If you are too "high society" to use an outhouse, there is a gas station with public restrooms about 6 miles to the southwest.

That being said, it is a fantastic facility in which to move large amounts of weights. We have hundreds a plenty, and lots of change on top of it. I will have my neck harness and hip belt for you to use of you choose, but feel free to bring your own. The neck harness is made specifically for my dimensions, so if your head is much bigger or smaller, it might not work that well for you.

I hope to have a good turnout for this meet. There are lots of big hitters out there in the USAWA, with lots of top heavy lifters still competing. Hopefully we can get many of them in the same place and make this a meet to remember.

MEET DETAILS:

Meet name: Heavy Lift Championship

Date: May 9, 2020

Location: 10978 SW Pueblo Dr, Turney, MO

Promoter: Eric Todd and KCSTRONGMAN

Sanctioned by : USAWA-membership is required of all lifters

Lifts: Neck Lift, Hand and Thigh, Hip Lift

Cost: \$25 (Checks can be made out to Eric Todd)

Awards: There will be awards for the lifters

This is a drug tested event. Please only enter if you know you can pass a drug test!

ENTRY FORM (WORD) – [Heavy Lift Entry](#)

ENTRY FORM (PDF) – [Heavy Lift Entry](#)

POSTAL CHAMPIONSHIPS

January 9, 2020 [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

2019 USAWA POSTAL CHAMPIONSHIPS

We had a very good turnout for the 2019 Postal Championships, with 15 men and 5 woman competing. We also had some of our youngest lifters ever take part. John Strangeway was our men's champion and R.J. Jackson was our women's champion.

MEET RESULTS:

2019 USAWA Postal Championships

October 1st ,2019 to December 31st, 2019

Meet Promoter: Denny Habecker

The Lifts: Press- Dumbbell, One Arm, Deadlift- 2 Dumbbells, Push Press- From Rack

Men's Division

Name	Age	BWT	Total	Points
John Strangeway	41	207	105 -L - 480 - 230 - 815	728.71
Al Myers	53	232	80 - R - 475 - 150 - 705	662.81
Greg Cook	62	255	55 - R - 440 - 185 - 680	657.57
Eric Todd	44	252	120 - R - 350 - 270 - 740	614.14
Dave Glasgow	66	250	75 - L - 350 - 170 - 595	599.60
Barry Bryan	61	187	77 - R - 308 - 143 - 528	598.23
Mike Lucht	37	236	101 - R - 380 - 250 - 731	597.59
Denny Habecker	77	184	61 - R - 254 - 110 - 425	549.43
Barry Pensyl	71	150	40 - R - 240 - 87 - 367	516.02
Chris Todd	40	269	70 - L - 340 - 200 - 610	471.37
LaVerne Myers	75	228	30 - L - 280 - 70 - 380	464.86
Nikolai Lucht	7	61	15 - R - 80 - 35 - 130	448.64

Dean Ross – 77 – 232 – 35 – L – 200 – 75 – 310 – 386.04

Lance Foster – 54 – 346 – 50 – R – 280 – 135 – 465 – 363.52

Leroy Todd – 8 – 68 – 10 – R – 70 – 25 – 105 – 316.05

Women's Division

R.J. Jackson 58 – 106 – 35 – R – 160 – 90 – 285 – 471.38

Sylvia Stockall 61 – 140 – 45 -R – 190 – 100 – 335 – 456.19

Lynda I Burns 45 – 175 – 35 – L – 180 – 100 – 315 – 325.15

Phoebe Todd 9 – 88 – 13 – R – 70 – 30 – 113 – 249.79

Crystal Diggs 33 – 163 – 20 – R – 80 – 45 – 145 – 146.34

Lifters With a Certified Official:

John Strangeway- Lance Foster, Eric Todd

Al Myers – Laverne Myers

Greg Cook – Lance Foster, Eric Todd

Eric Todd – Lance Foster, John Strangeway

Dave Glasgow – Laverne Myers

Barry Bryan – Denny Habecker

Mike Lucht – Lance Foster, Eric Todd, John Strangeway

Denny Habecker – Barry Bryan

Chris Todd – Lance Foster, Eric Todd, John Strangeway

Laverne Myers – Al Myers

Nikolia Lucht – Lance Foster, Eric Todd, John Strangeway

Dean Ross – Lance Foster, Eric Todd

Lance Foster – Eric Todd, John Strangeway

Leroy Todd – Eric Todd, Lance Foster

Phoebe Todd – Lance Foster, Eric Todd, John Strangeway

Crystal Diggs – R.J. Jackson

Lifters without Certified Officials :

Barry Pensyl

R.J. Jackson

Sylvia Stockall

Lynda I. Burns

Notes: All weights are recorded in pounds- Total is pounds lifted. Points are adjusted points corrected for bodyweight and age.

POSTAL SERIES 2019

January 10, 2020 [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 29 lifters competed in the various postal meets, which is more lifters than competed last year. The first Postal Meet had 15 lifters, the second had 20 lifters, the third had 16 lifters, and the Postal Championship drew 20 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: John Strangeway, Al Myers, LaVerne Myers, Denny Habecker, Chris Todd, Lance Foster, Dean Ross, RJ Jackson, Sylvia Stockall, Lynda Burns

Now for the overall rankings for the 2019 USAWA Postal Series!

2019 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	John Strangeway	RJ Jackson
2nd Quarter Postal	Al Myers	Sylvia Stockall
3rd Quarter Postal	Al Myers	RJ Jackson
Postal Championships	John Strangeway	RJ Jackson

GRAND SLAM WINNERS: John Strangeway, Al Myers, LaVerne Myers, Denny Habecker, Chris Todd, Lance Foster, Dean Ross, RJ Jackson, Sylvia Stockall, Lynda Burns

Final Postal Series Rankings

WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	20
2	Sylvia Stockall	4	18
3	Lynda Burns	4	13
5T	Crystal Diggs	3	5
5T	Phoebe Todd	2	5

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1T	John Strangeway	4	66
1T	Al Myers	4	66
3	Eric Todd	3	43
4	Denny Habecker	4	39
5	LaVerne Myers	4	33
6	Barry Bryan	2	30
7	Barry Pensyl	3	29
8	John Douglas	3	27
9	Greg Cook	1	26
10	Chris Todd	4	23

RJ Jackson was the Postal Series Champion in the Womens Division. She barely edged out Sylvia Stockall, who got second. For the first time ever there was a tie for the Overall in the Mens Division. John Strangeway and myself ended in a tie at 66 points.

I want to thank everyone who participated in our Postal Meet Series. This participation is what keeps our Postals going every year. I also want to mention and give credit to our Postal Meet Director Denny Habecker who makes all this happen. A full historical archive of the past Postal Meet Series is kept on the website, under “history”.

COMING SOON.... full details regarding the 2020 USAWA Postal Series

NATIONAL CHAMPIONSHIPS

By Al Myers

*****POSTPONED TILL FURTHER NOTICE*****

Frank Ciavattone has already announced the 2020 USAWA National Championships!

You can always count on Frank and Frank's Barbell Club for being on top of promotions. They are very organized from the start to the finish. This year Nationals will be a one day meet, held in Norwood, MA on June 27th. The Boston area is beautiful in June to visit. I have been there several times and I am really looking forward to making the trip again this summer. It's time to get excited about Nationals and start training for it. I hope to see a great turnout at Nationals!

LIFTS FOR NATIONALS

Snatch – One Arm
Continental to Chest and Jerk
Deadlift – One Arm
Pullover and Press
Deadlift – Ciavattone Grip

MEET ANNOUNCEMENT (word)- [2020 USAWA NATIONAL announcement](#)

MEET ANNOUNCEMENT (PDF) – [2020 USAWA NATIONAL announcement](#)

ENTRY FORM (word) – [2020 USAWA Nationals entry form](#)

ENTRY FORM (PDF) – [2020 USAWA Nationals entry form](#)

1ST QUARTER POSTAL

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.

LIFTS

SWING – DUMBBELL, ONE ARM
DEADLIFT – NO THUMB, ONE ARM

DEADLIFT – 2 BARS

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

ENTRY FORM (PDF) – [2020 1st Quarter Postal Entry Form](#)

2ND QUARTER POSTAL

[January 14, 2020](#) [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.

LIFTS

CURL – CHEAT, REVERSE GRIP

SNATCH – DUMBBELL, ONE ARM

CLEAN AND PUSH PRESS

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- 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

ENTRY FORM (PDF) – [2020 2nd Quarter Postal Entry Form](#)

3RD QUARTER POSTAL

January 14, 2020 [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.

LIFTS

LATERAL RAISE – LYING

DEADLIFT – CIAVATTONE GRIP, ONE ARM

CONTINENTAL TO BELT

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

ENTRY FORM (PDF) – [2020 3rd Quarter Postal Entry Form](#)

POSTAL CHAMPIONSHIPS

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.

LIFTS

SNATCH – FROM HANG

DEADLIFT – DUMBBELL, ONE ARM

PULLOVER AND PUSH

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

ENTRY FORM (PDF) – [2020 Postal Championships Entry Form](#)

2020 POSTAL SERIES

By Al Myers

The entire 2020 Postal Series Meets has 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 USAWA 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

Swing – Dumbbell, One Arm

Deadlift – No Thumb, One Arm

Deadlift – 2 Bars

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

Curl – Cheat, Reverse Grip

Snatch – Dumbbell, One Arm

Clean and Push Press

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

Lateral Raise – Lying

Deadlift – Ciavattone Grip, One Arm

Continental to Belt

Postal Championships – October 1st to December 31st

Snatch – From Hang

Deadlift – Dumbbell, One Arm

Pullover and Push

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

WINTER LIFTING....

January 15, 2020 Christopher Lestan [Edit Post](#)

By Christopher Lestan

Its that time of year again when the snow falls, and the winter breeze gently brushes our skin and the holiday spirit is in the air. We often take time off and begin to spend time with our loved ones. We eat till our bellies are full, and tell stories of the past and plans of the future. This is why it's one of the most beautiful times of the year.

However, training must continue as always. Yet there is something I enjoy about the winter lifting sessions that I come to appreciate and enjoy. Something about working out in my home gym, in December, in sub-freezing weather with snow covering the ground really makes me feel like a warrior. The basement is never really warm, and often a basic warm-up includes my training partners and I performing just light reps in sweat pants, sweatshirts, and a beanie. Sometimes I don't sweat during a session. We then start to warm up the barbell by placing our hands on it using the warmth from Then we stack the plates on and perform heavy compound movements followed by long rest periods and talks about year and what we have accomplished. The main movements being comprised of squats, bench, and deadlifts each one of them being the center of attention and intensity.

The talks are what makes winter lifting my favorite. This is when the planning of the next year comes to play. When we will discuss on how to improve ourselves as people, competitors, employers, and what goals we want to achieve. My best memories are from me walking to my basement gym early in the morning when its 45 degrees in the house and soon to find my closest friends training with me on what they want to accomplish for the next year. Mine personally is to save money for the Gold Cup and to bring my closest friends and family with me so they can see my hard work on display. I have achieved my goals this year of 2019 by competing at Nationals, Worlds, and making new friends and achieving personal goals in life a well. My proudest being I got through the toughest semester of my academic career.

Another aspect of winter lifting is its intense sessions. The thought of working hard when it's snowing outside. The heavy lifting sessions that come with breaking mental and physical barriers that have stood all year. Grinding out reps in the cold, feeling strong, but the best part is eating warm food after the workout until we are full and soon taking naps by the fire. There shouldn't be stress about making weight. Everyone should be eating, and growing.

Recently my training partner and I have decided that I would focus this year solely on All-Around Nationals. In deciding to do this gives me to the end of winter to get strong. Also, it allows us to train in our favorite gym.... Franks Barbell Club. The reps will be between 3-6 and accessories will be limited as working sets will be high in the hope of rest and strength will be the priority. Since we have a long time to train we can use this winter lifting mentality and push the limits and boundaries.

Enjoy the winter. Enjoy the lifting. And of course.... ENJOY THE GAINZ

GRIP STRENGTH AND SUICIDE

January 17, 2020 Al Myers [Edit Post](#)

By Dan Wagman, PhD, CSCS

No, no, no, my fellow meatheads, this ain't about your grip strength being so superior, that I'm worried about some of you strangling yourselves to death, but February is around the corner—Grip Month for all-rounders...Because I always keep an eye out for new exercise physiology and sport psychology research that will improve my maximal strength, when serendipity brought me to a study looking at the link between grip strength and suicidal thoughts in the U.S., I thought I'd share the basic findings because they're interesting.

In 2016 the U.S. suicide mortality rate was 15.3 per 100,000, well above the global rate of 10.6. Since suicide has been, and continues to be, deeply researched it's interesting that about six studies have found a connection between lower physical quality of life and suicide along with a hint that weaker grip strength could be an indicator for suicidal thoughts. Therefore, a group of scientists lead by Chao Cao from the Washington University School of Medicine sought to explore this potential link more closely. They investigated 8,903 adults aged 20 years and older and grouped them into age categories of 20-39, 40-64, and 65 and older. Suicidal thoughts were assessed via survey and grip strength with the Takei Digital Grip Strength Dynamometer. Many variables already linked to suicide were controlled for such as diabetes, cancer, arthritis, etc., to include sociodemographic variables and leisure-time physical activity rates.

Complex and detailed statistical analyses revealed that a handgrip strength increase by 5 kg was associated with 16% reduced odds of having suicidal thoughts in men. No such association was found in women. When broken down by age groups, in men, a significant association between handgrip strength and suicidal thoughts were observed between the ages of 20-39 and 40-64; in males over 65 no link was found.

The main finding of this work is that males younger than 65 with low grip strength are significantly more likely to have suicidal thoughts. Of course all credible researchers mention the limitations of their work. In this particular study, the scientists point out that “this study makes it impossible to determine a causal association.” That means you cannot draw any conclusions as to whether lower grip strength causes suicidal thoughts or whether suicidal thoughts might be the cause for losses in grip strength. The researchers do point out, however, that “the association is likely bidirectional.”

To me, the pursuit of physical strength represents life itself. I find it rewarding to learn that with a scientific approach to training, the benefits can stretch far beyond the pounds lifted. Since effective and longterm strength gains depend upon credible and science-based information, should you run across someone who might appear suicidal, seek out evidence-based help.

Suicide Hotlines

Military Veterans: 800-273-8255/option1

National Suicide Prevention Lifeline: 800-273-TALK [8255]

Reference

Cao, C., et al. Handgrip strength is associated with suicidal thoughts in men: Cross-sectional analyses from NHANES. *Scandinavian Journal of Medicine, Science, and Sports*. 2020;30:92–99.

DINO GYM CHALLENGE

January 21, 2020 [Al Myers](#) [Edit Post](#)

By Al Myers

MEET RESULTS – DINO GYM CHALLENGE



Group picture from the 2020 Dino Gym Challenge.

The Dino Gym Challenge was a big success again this year!! Ten brave lifters showed up to take on the challenge, this year dubbed the “Legends and Leaders Showcase”. It featured lifts made popular by two legends, Ed Zercher and Wilbur Miller, and two leaders, Denny Habecker and Frank Ciavattone. It was great to have Denny competing in the meet. Denny made the long road trip from his home in Pennsylvania to enter this meet named in his honor.



The top three lifters at the Dino Gym Challenge (left to right): Mike Lucht (3rd), Johnny Strangeway (1st), and Chad Ullom (2nd)

First of all, I want to really thank my father LaVerne Myers for “taking charge” of the day’s events by acting as both promoter and serving as the head official all day. I had some unexpected work obligations come up and couldn’t be there as I was hoping to be. It was disappointing to me, but pretty much out of my control. I was able to finally show up to watch the final lifters in the last event, the Ciavattone Deadlift. There were some big weights being hoisted up!!

I want to really thank all the lifters who showed up and participated in the Dino Gym Challenge!

Meet Results:

2020 Dino Gym Challenge

Dino Gym

Holland, Kansas

Saturday, January 18th, 2020

Meet Director: Al Myers/LaVerne Myers

Official (1-Official System): LaVerne Myers, assisted by Dave Glasgow

Scorekeeper: Chad Ullom

Lifts: Miller Clean and Jerk, Zercher One Arm, Habecker Lift, Deadlift Ciavattone Grip

MENS DIVISION

LIFTER	AGE	BWT	C&J	Zer	Hab	DL	TOT	PTS
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John Strangeway	41	207	130	255L	405	434	1224	1094.4
Chad Ullom	48	224	100	250R	405	424	1179	1078.9
Mike Lucht	37	226	120	277L	360	434	1191	995.3
Denny Habecker	77	184	75	95R	215	278	663	931.9
Dave Glasgow	66	252	95	177R	290	344	906	916.2
John Douglas	56	308	80	202R	375	329	986	827.3
Brandon Rein	24	155	70	130R	215	278	693	722.2
John Janzen	54	265	65	110R	260	329	764	676.8
Dean Ross	77	237	35	95L	190	233	553	676.1
Jason Payne	54	323	80	110R	275	349	814	656.3

Extra Attempts made for Record:

John Strangeway: Habecker Lift 425

Denny Habecker: Habecker Lift 225

Dean Ross: Habecker Lift 205

John Strangeway: Ciavattone Deadlift 441

Chad Ullom: Ciavattone Deadlift 451

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

AFTER MEET RECORD DAY

Officials (1-official System Used): Al Myers, Chad Ullom, Denny Habecker, LaVerne Myers

Chad Ullom – 48 Years, 225 lbs BWT

Bench Press Hands Together: 190 lbs

Bench Press Fulton Bar: 230 lbs

Bench Press Right Arm: 75 lbs

Bench Press Left Arm: 75 lbs

Curl Cheat: 162 lbs

Al Myers – 53 year, 235 lbs BWT

Bench Press Hands Together: 225 lbs

Bench Press Alternate Grip: 230 lbs

Bench Press Fulton Bar: 270 lbs

Bench Press Right Arm: 75 lbs

Bench Press Left Arm: 75 lbs

Denny Habecker – 77 Years, 186 lbs BWT

Deadlift Ciavattone Grip Left Arm: 137 lbs

Deadlift Ciavattone Grip Right Arm: 156 lbs

Deadlift Dumbbell Left Arm: 143 lbs

Bench Press Feet in Air: 160 lbs

Bench Press Fulton Bar: 160 lbs

LaVerne Myers – 75 Years, 226 lbs BWT

Deadlift Ciavattone Grip Right Arm: 187 lbs

Deadlift Ciavattone Grip Left Arm: 187 lbs

Deadlift No Thumbs Overhand Grip: 204 lbs

Deadlift Dumbbell Left Arm: 187 lbs

Deadlift Dumbbell Right Arm: 187 lbs

COLD WEATHER TRAINING

[January 22, 2020](#) [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck



It's cold outside!

I have always enjoyed cold weather training....up to a point. Fall is my favorite time of year and I do my best lifting in the 50 to 65 degree range. When I built my new house I even put in a heavy duty air conditioner so that I could keep my gym at 68 degrees even on the hottest day. I'm a big guy and hot weather is NOT your friend.

I started out lifting in the old Jackson Weightlifting Club. AKA my Grandparents barn. The club had kind of fallen apart after a good 20 year run that saw membership approach 30 lifters, a couple of team state championships in Olympic lifting, and numerous state Champions, as well as my Uncle Wayne

winning the teenage Nationals. Now only a handful of members remained and it was often just me and my Uncle Wayne. Just as often it was just me!

That barn was old. It was wood with no insulation and had tin roof. That tin roof would turn it into an oven in the summer. In the winter there were single incandescent bulbs that hung from the rafters and a small space heater that didn't even begin to touch the temperature in that barn. All it was good for was warming your hands. I remember warming my hands in front of it one time next to a bucket full of frozen water!

Most of the time I enjoyed it being in the 50s, 40s, and even the 30s and 20s. While I can't say I enjoyed it being colder than that I did look at it as a challenge. I had a routine and I was sticking to it regardless of the weather. A day off was unacceptable. No matter what the weather.

One time I was working out at 2am. I was working at a pizza place and when I got off at closing time it was workout day and I wasn't missing it! It was a back workout and I was doing power cleans. I had three layers of sweats as it was literally below zero. Nobody was out so it was extremely quiet except for the weight hitting the platform after every rep. I remember my breath turning to ice crystals and floating to the floor.

At one point I was actually getting a bit of a sweat going. I addressed the bar, pulled, and racked the weight. It was then I realized my neck was wet and as the bar pushed down the collar of my layers of sweats it made contact with the bare, wet skin. It was like the kid from "A Christmas Story" that stuck his tongue to the frozen, metal lamp post! I stood there for a moment, contemplating my fate. Finally, I dropped the weight along with the top layer of skin on my neck!

Another time I had been working out at a nice, heated gym for a time and traveled home for Christmas. I was in the Marines at the time and took a couple weeks leave. Of course, I didn't want to miss a workout so I went to the old barn. My cousin had started working out and had also been working out in a nice, heated gym. He had really been training hard and showing progress. I thought he was really serious and hooked.

We went to the cold, cold gym. It was about 10 degrees out. I went to work and about 15 minutes in my cousin was shivering and said, "I can't take this. It's too cold, you can't get in a decent workout in this weather. I'm going home. See you later". I finished my workout and I remember thinking, "He may be right about a decent workout but it's more than building muscle sometimes. It's about building a work ethic and dedication." I also remember thinking, "He won't last". A couple of months later he quit weight training and took up bowling. Nothing wrong with that....wait....yes there is.

I once read where the perfect temperature for weight training is between 68 and 72 degrees. Ideally, I would train between 60 and 65 degrees. But sometimes you can't. I think training in extremes can still be good. Maybe not for purely building strength, but for building perseverance. Right now the

thermometer is reading 2 degrees here. Time to work out....in my heated gym where it's currently 65 degrees!

BEING A COACH.... ALSO KNOWN AS A MENTOR.

[January 23, 2020](#) [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

As lifters, athletes, and even as individuals we all go through different types of coaches. Some coaches we never want to talk to again. Some we consider as parents. Some even as role models. Now, in my opinion, a mentor is someone who instills values through activities they demonstrate or organize. They are the people who can inspire a person who just hit rock bottom to come out on top within a few weeks. They make the effort to make a connection that will aide them to instill morals and lessons. I find coaches as the best mentors in my personal opinion. In a generation where social media dominates the landscape of popularity, and perception of life it's often difficult to find genuine coaches who are able to be mentors. People who actually care for the athletes or individuals they coach, and often give life advice to them whenever they are down. That is when it matters. The ability to create a connection that will last years after even when the sport they participated in ended.

My first experience of bad mentors was through hockey. Now I completely understand that hockey is a tough sport where coaches often scream at their kids until they respond and commit to the action that the coach wanted. I will never understand the action of crushing a kid's dream. Often at these "power skating" sessions is where little kids would learn the basic foundations of a perfect stride in hockey. It was there I got the taste of horrible mentorship. I loved hockey and wanted to play college after high school. However, the coaches there always said that I never would because I never played select hockey (the private league for youth hockey players). So I decided to try it. When I got there the coaches still instilled I would never play college due to the inability to be part of a select hockey team sooner than now. It was no surprise that I quit hockey soon after.

The next experience was all the same when I played football, and the coaches told me I couldn't play college or even start varsity unless I was 6 foot and 300 pounds. Now, this was a 5'8" stout 230-pound kid who was done growing they were telling this too. So safe to say football didn't last long for me. They also didn't inspire and when kids failed the coaches often told them that it was "their fault and their choices that brought them this failure". Now, this may connect with a few kids, but often most kids do not want to aid that coach that called them a failure.

Lacrosse (Yes I did play lacrosse at my size believe it or not) was when I experienced my first mentor. I was a freshmen goalie in high school with not high expectations for sports since hockey and football never panned out as I wanted too. My father told me to walk on the varsity team but due to the previous

experiences, I had no desire to really try at lacrosse. Two months later my freshmen coach tells me to head to the varsity practice. In my head I was saying “why!” but of course I responded with “yes no problem”. On a hot summer day in June, and out of shape, chubby, 240 pounds 5’8” lacrosse goalie shows up to varsity practice. Immediately a man who looked like he could run 4 marathons and not be tired still sprints to me and says “Hey, my name is Coach Z, and I heard awesome things about you” shakes my hand and before I could respond yells at the whole team “TIME FOR CONDITIONING”. My heart skipped a beat, due to the word conditioning, and what seemed like in 10 seconds I was doing bleacher sprints. After what seemed like 2 hours (it was really 20 mins I soon found out) we were in full gear getting ready to scrimmage each other.

Soon I was taking shots that were between 80-90 mph to the face, body, legs, and arms. I felt shell shocked partly due to the fact on the freshmen team no one shot above 75 mph and now that was chump change. I remember making a few great saves that I wouldn’t expect myself to save, and my team actually won the scrimmage. After the dust settled and everyone started to unpack their equipment Coach Z came up to me and looked me in the eyes and said: “Great job kid you were really impressive”. He was saying this to the same 5’8”, 240 pounds, stout, chubby, out of shape kid that walked into practice in the beginning. I ended up staying with the varsity and even played a game for them.

Two years later I was in the rotation for Varsity as a goalie. He would text me in the off-season to make sure I was working hard, and practicing for the next season. Even if I was the backup on varsity I still knew I had a role to play. I knew I needed to bring my A-game to make sure the starting Goalie we had practiced harder to ensure his starting position. My senior year was when I got the nod to start. We had a very good season, came in 4th in the state, made All-State, and I even broke a couple of school records.

Now besides the accomplishments of myself, none of it would have happened if it wasn’t for Coach Z. He always had a saying before big games in which he would look us in the eyes and say “Be great... Only you can control that”. That stuck with me all 4 years in high school after I met him. He wasn’t a coach that told you were good even when you weren’t. He wasn’t going to yell at a mistake you made in a game. He wasn’t going to put blame on a player in front of kids or even tell us we suck. He wanted us to understand that we are great, but only if we wanted to be. If we made a mistake he told us to get back up and get back out there in a stern voice. We didn’t fear mistakes, for we understood we had to make them to be great. We as players have the option to be terrible, good, okay, or great. We controlled our destinies. It was him telling us he had full faith in what we can do as a team, and how much control we had in making a season a great one. It worked. Throughout the season we would simply dominate teams that were way more talented than us on the simple fact we wanted to win more, and we wanted to make him proud.

He was also put in an effort to be close to his players. Often he would say on senior year of lacrosse to not drink and drive from a party, don’t make stupid decisions that would affect other people, and if all

else to call him and he would help you in any situation. He wanted his players to be safe, and make intelligent decisions as grown men. He wouldn't baby us and cradle us, but again expect us to be smart with our actions. He loved us as players and as people and would help anyone that needed help. In turn, his players would do the same.

Now, that's what I call a coach who knows how to mentor. He allowed us to control our fate's senior year. He also made us push ourselves in drills to the limits simply because we wanted to win. Also, the ability to develop relationships with players that evoke us to care for him because he cared for us. I remember we would scrimmage till the sun was setting and we refused to stop the practice. I wouldn't be that good of a Goalie if didn't believe in myself. He instilled values and morals that we didn't even know he placed within us. The best part about this is that we still meet up every couple of months to get a beer and talk about our lives! That's a mentor.

The impact that these people have can last forever. This is what makes kids into great people. These are the people who learn life lessons from sports, and morals are soon developed. Never crush a kid's dream. Always have them push. Life is never easy and thus learning this will instill great pride within themselves! They can use what they learned through failure, and success to the real world where they can become great leaders.

Therefore, as the title of the article states great coaches are mentors. They allow the people they coach to start believing in themselves. The ability to inspire a young group of kids is a true talent. When the belief becomes a reality that is when the person is a force to be reckoned with. I'm sure we can all relate to a point in our lives when in training we started to believe in our ability to lift a certain weight. That's when we become unstoppable. The ability to walk up to something and then say to yourself "I will do it" is the most powerful tool known to mankind. For coaches who stress this into their players, and athletes who in return use this tool... that is when that coach has become a mentor. The mental state is fragile but once it is harnessed to its full capability there is only progress. In return, I feel like I would do anything for Coach Z. If he was in a situation and needed help he can rely on his players to be there for him.

Coach Z was my first mentor in my athletic career and I can't thank him enough for what he has taught me. Make sure you say thank you to your mentors whenever you have a chance.

And of course.... be a coach....but also a mentor.

2019 YEAR IN REVIEW

[January 24, 2020](#) [Al Myers](#) [Edit Post](#)

By Al Myers

2019 USAWA YEAR IN REVIEW



In memory of Jim Malloy

July 7th, 1941 to February 27th, 2018

In memory of Jim Malloy

I have just finished the 2019 USAWA Year in Review. Every year since I have been secretary of the USAWA I have done this Review Book. 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 as a 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 361 pages long and contains 74,744 words! It would take a few evenings to get all that read.

Every year I dedicate the Year in Review to someone we have lost in the USAWA. This year it is in the memory of the great Jim Malloy.

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.

NEW OFFICIALS AT CLARKS

January 24, 2020 [Al Myers](#) [Edit Post](#)

By Al Myers

Clark's Championship Gym is back in action in the USAWA! Bill has sanctioned two meets this spring – the Goerner Deadlift and the Backbreaker Pentathlon. Our Official's Director Joe Garcia has confirmed the status of two officials at Clark's Gym for Level 2 Lifetime Status – Steve Schmidt and James Foster. Both Steve and James were two of the first to ever take the officials exam in the USAWA. They have both officiated at Clark's Gym for many years and had no problem meeting the 25 meet minimum. I do want to mention that it is the person's responsibility to REQUEST official's status (if they have meant the criteria), thus the reason they have been added just now. There's no point in the USAWA adding officials to the Official's List if they do not plan to officiate.

Also – Clark's Gym member David DeForest has just passed the Rules Exam and is now added to the list "Official in Training". Once David has completed his three practical officiating events he will become a Level 1 Official.

Congrats to Steve, James and David!!!

UPDATED CENTURY CLUB

January 25, 2020 [Al Myers](#) [Edit Post](#)

By Al Myers

An updated CENTURY CLUB list has been put up on the website, and with this update comes some BIG NEWS! We now have two new members in the century club – Johnny Strangeway and Aidan Habecker.

Johnny has to be the fastest person ever to make the Century Club. He has achieved this in only a few short years. Usually it takes a lifter over 10 years to earn this achievement. But for those that have lifted against Scottish Johnny should not be surprised as he seems to have the ability to set a new USAWA record in every lift he tries.

Aidan is the FIRST teenager to ever make the Century Club. This is very notable as we have had many great teenage lifters compete in the USAWA throughout the years. I know he has worked hard to achieve this and something he should be very proud of.

I was glad to see my buddy Dave Glasgow get back in the Century Club. Dave's been in before but dropped off the list a while back. My advice to Dave is not to "sit back" and relax now that you are back in the Century Club. If some of your records get broken you need to keep setting new ones to stay in!

The biggest mover in the Century Club is our Prez Denny Habecker. Denny is up 20 since last count and continues to expand his big lead in number of records, which now stands at a staggering 642. A couple of lifters have made moves up on the list. Chad Ullom moved up to the number six spot and Eric Todd made a big jump from number 18 to number 15. The womens Century Club is still being led by RJ Jackson at 299 records.

RULE BOOK UPDATES

January 27, 2020 Al Myers Edit Post

By Al Myers

I have added the Rule Book updates to the website, under "About Us" then "Rule Book". These were the updates that were voted on and passed at the 2019 Annual General Meeting of the USAWA. Please just print off this page and add it to your current Rule Book. Since there have been just a few changes/updates I've decided to do it this way instead of completely publishing a new edition of the Rule Book.

The current USAWA Rule Book is the 10th Edition Rule Book.

DAVE GLASGOW – LIFTER OF THE MONTH

January 28, 2020 Al Myers Edit Post

By Al Myers



Dave Glasgow is the Lifter of the Month for December 2019.

The USAWA LIFTER OF THE MONTH for December is Dave Glasgow, leader of the Ledaig Heavy Athletics Club. In December Dave anchored his club to a victory in the USAWA Club Championships. Dave is very deserving of this award as he has been very involved in the USAWA of the past 10 years.

Congrats Dave!!!

GRIP CHAMPIONSHIPS

[February 11, 2020](#) [Al Myers](#) [Edit Post](#)

By Ben Edwards

2020 USAWA GRIP CHAMPIONSHIPS



Group picture from the 2020 USAWA Grip Championships

The 2020 USAWA Grip Champs was another very well run contest at the Dino Gym. My wife Carrie and daughter Josie drove with me and cheered me on for the first and last events. And there were plenty of fun things to do in Abilene to keep Josie occupied while I competed.

I got to reconnect with many old friends. Jason Payne and his son Jarod were return competitors.

Dave Glasgow harassed Chad Ullom throughout the meet, and it was hilarious.

I was surprised when I walked in the door with only about 20 minutes until contest start and saw Bill Clark across the room. I hadn't seen him since Al and I did the Record Day at Clark's Gym in 2009. Joe Caron made the trip and it was nice to meet him.

Denny Habecker and Dean Ross were there again.

Eric Todd, John Strangeway, and Lance Foster made the trip. I think they are all members of the same gym.

LaVerne was an excellent host and everyone had a great time.



Meet promoter LaVerne Myers (left) with myself

I thought the lineup of events was well chosen. My grip failed long before my body would in any of the events.

We started off with the 2" vertical bar. The bar felt slick to me until about halfway through warmups when the chalk started to accumulate a bit on the bar. In training I had recently pulled 213lbs. So my goal was about 215lbs and I got it on a 3rd attempt. I won this event, but I'm not sure by how much because I didn't see the scorecard. I actually used my left hand, even though my right hand has been stronger in training by about 20lbs. The reason was because my right hand was going to be doing two of the events and I wanted to save it for those.

Jarod Payne deserves a mention on this (and every other event) event because I think he pulled 192lbs and had never touched a 2" vertical bar before. He was pulling all his attempts so fast and effortlessly that we were joking with him about not snatching the weight.

Next event was the One Hand Fulton Dumbbell Deadlift. I stunk up the room with my lifting. But it was fun to watch the top 3 – LaVerne, Chad, and John battle it out for the top lift. I don't even know the winning lift. But I think it was 180lbs. I only pulled 170lbs and barely got that.

The Double Inch Dumbbell Deadlift was next. I've never been good at this lift. But I do enjoy it. I had a solid lift with 240lbs and then only pulled 250lbs a few inches off the ground. Again, LaVerne, Chad, and John were the top lifters and they all did some great pulls. Again, I don't know what the top lift was

but I thought it was around 280lbs. I think this is the lift where Bill Clark almost crushed his foot to dust on one of his attempts.

Final event was the one hand thumbless grip deadlift. This is usually a good event for me. But my right forearm was cramping up and I was unsure where to jump in to make sure I didn't bomb out. I barely got 205lbs. And then missed 215lbs by a half second. John beat me handily on this event too. Chad might have also, but we were very close in the end.

LaVerne jokingly told me after the contest that he made sure to include vertical bar so that I'd compete. He was not wrong. I enjoy vertical bar the best.

In the end, LaVerne whooped us all like rented mules. It was something like 200+ points over 2nd place. I think I edged Dave out by a close margin because I think he called for a recount.

I'm already looking forward to next year's Grip Champs! Hope to see you there.

MEET RESULTS:

2020 USAWA Grip Championships

Dino Gym

Holland, Kansas

February 8th, 2020

Meet Director: LaVerne Myers

Scorekeeper: Chad Ullom

Official (1-official system used): LaVerne Myers, Dave Glasgow & Denny Habecker

Lifts: Vertical Bar Deadlift 2" One Arm, Deadlift Fulton Dumbbell One Arm, Deadlift 2 Inch Dumbbells, Deadlift No Thumb One Arm

MENS DIVISION

LIFTER	AGE	BWT	VB1	FD1	IDB	DLNT	TOT	PTS
LaVerne Myers	75	227	162R	170R	240	175L	747	909.6
Chad Ullom	48	219	187R	180R	260	195R	822	761.5
John Strangeway	41	207	190L	180L	260	215L	845	755.1
Ben Edwards	44	234	215L	170R	240	205R	830	714.8
Dave Glasgow	66	248	147R	155R	200	190R	692	705.7
Denny Habecker	77	182	102L	120R	140	135R	497	703.1
Bill Clark	87	213	82L	95R	120	125R	422	618.8
Joseph Caron	74	185	92R	100R	140	125R	457	614.5

Jason Payne	54	321	172L	160R	230	180R	742	599.9
Eric Todd	45	259	132R	140R	210	170R	652	538.7
Jerod Payne	18	286	187R	130R	220	160L	697	532.9
Dean Ross	77	237	87R	95L	130	115L	427	522.1
Lance Foster	54	340	142R	115R	160	130R	547	430.8

EXTRA ATTEMPTS FOR RECORDS:

Joseph Caron – VB1: 102R

Chad Ullom – VB1: 195R

Denny Habecker – FD1: 125R

LaVerne Myers – IDB: 260

Dave Glasgow – IDB: 220

Chad Ullom – IDB: 280

John Strangeway – IDB: 270

Joseph Caron – DLNT: 135R

John Strangeway – DLNT: 221L

RIM LIFT EXHIBITION

LIFTER	TOTAL
Jason Payne	340
Dave Glasgow	300
Eric Todd	300
Chad Ullom	300
John Strangeway	280
LaVerne Myers	280
Denny Habecker	210
Lance Foster	210
Bill Clark	160
Dean Ross	160

RECORD DAY LIFTING

John Strangeway – 41 Years, 207 lbs. BWT (3 official system used)

Trap Bar Deadlift: 550 lbs

Deadlift 2 Fulton Dumbbells: 320 lbs

Dean Ross – 77 Years, 237 lbs. BWT (1 official system used)

Clean and Jerk 2 Dumbbells: 50 lbs

Clean and Jerk Dumbbell Right Arm: 25 lbs

Clean and Jerk Dumbbell Left Arm: 25 lbs

Clean and Jerk Fulton Bar: 40 lbs

Clean and Push Press 2 Dumbbells: 60 lbs.

NOTES: All lifts recorded in pounds. BWT is bodyweight 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.

TRAINING PARTNERS ARE YOUR BEST FRIEND

February 14, 2020 Christopher Lestan [Edit Post](#)

By Christopher Lestan

Training, working out, or simply picking stuff up can be tough. Sometimes its a drag, and often can wear and tear on our minds. This can lead to over-training or even the worst of the options.... quitting. That is why it's always important to have a training partner. While this article can be about training partners are important. I'm going to reflect on why they are your best friends and simply the closest thing to family outside of the family.

To put it simply... your training partner sees you at your worst, best, and even both at the same time. They have seen you scream at the barbell when it doesn't move on an attempt in your 5×5 workout program. They have seen you come into the gym angry, frustrated and upset about something in your personal life. They have seen you make personal bests on lifts, and the hard work and determination it has taken to you to get to that goal.

Your training partner or partners are there always in the lowest of times, and the highest of times. They are there when you win 1st Overall at Worlds, 2nd overall at Worlds, or not even placing in the top 10. Heck, when you bomb out of meet they tend to be the first ones to tell you "it's alright". No matter the place of a competition they are always there. They don't leave and go off to find the next "big thing" in the field of lifting. They stay put and get you ready for the next training cycle.

They help you load your barbell for the first set for the workout and decide whether or not that was "RPE 9", "RPE 7.5" or "RPE 11/10". Often they will be pushing you to do another set because they want to go home and go to bed. Sometimes you sit there with your training partner after a set of 10 and stare at each other and say at the same time "3 more sets".

Your training partners are also your best critic. Often the saying "you had one more", "didn't hit depth", or "no lockout" are often sayings that will be heard in the gym. This can lead to some heated arguments, but in a couple of hours, you will be on good terms again.

Your training partners are best friends. They are always there. They won't leave.

HEAVY LIFT CHAMPIONSHIP-THE NECK LIFT

February 25, 2020 KCSTRONGMAN [Edit Post](#)

By Eric Todd

With the Heavy Lift Championship only a few months away (it occurs on May 9 this year), I thought I would try to drum up some interest by writing a series of articles. Last time I hosted this meet, I ran a series of articles that related to the performance of the lift. The one for the neck lift can be found here: [Neck Lift](#)

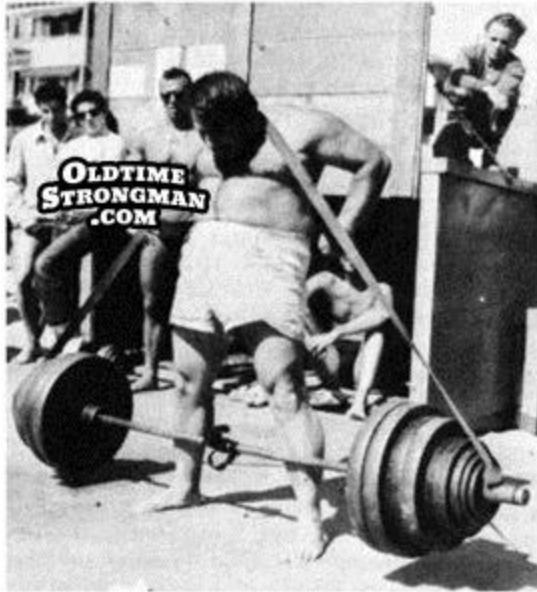
From my understanding, the neck lift is only contested in All-round organizations such as IAWA. Otherwise, it seems like different variations of the neck lift have been used by old time strongman-esque performers. Here is a video from a performance at Coney Island. It includes footage of a fellow named Steve Weiner performing a neck lift and hold with a fire hydrant: [Coney Island](#)

I have read a number of accounts, in particular one by Bill Pearl who is seemingly rather an expert in physical culture. This particular account is of a strongman named John B. Gagnon. Gagnon, at one point won the title of World's Strongest man from Warren Lincoln Travis. The title was unofficial, as the event was unsanctioned; however, he did, according to this account, best the champion in this particular competition. All the lifts were done using a platform that could be lifted from above or below. A number of lifts were contested in this challenge, including several of our heavy lifts. This meet did include a neck lift, where the claim was that this strongman, Gagnon, hoisted a lift of 1317 pounds. (Pearl).



Pearl, Bill. *John B. Gagnon*. 1 Oct. 2018.

I found an image of a strongman from the Bronx named Joe Ragusa who moved to Hollywood to perform in the pictures. This image shows him doing something similar to our neck lifts with a weight of 655 pounds, though it does not appear that using this method would put nearly as much torque on the neck muscles as what Our USAWA/IAWA method does.



Wood, John. *Joe Ragusa*. 30 May 2017.

Then, there was a gentleman only known as “Kong” who claimed to have the world’s strongest neck. HE has a claim of 502 pounds lifted with his neck. As you can see from the photo, this method would put a great deal of torque on the neck; however, you can see that he has a hand holding the chain, so I am not completely sure what to think of this claim.



Wood, John. *Kong*. 8 Nov. 2017.

Outside of Old time strongman acts and circus type performers, the neck lift has pretty much only been a movement used in our organization. It appears that it has pretty much been contested in our organization since it's inception, with the earliest record still in our record book being a 470 pound effort by 18 year old Randy Breitenfield on January 23 1988 at the Zercher (I can only assume that refers to the Zercher Classic in Columbia, MO). It also was contested in the USAWA National Championship in 1989. There have been a number of superb neck lifters over the years in the USAWA. The Women have been dominated by a handful, with Kerry Clark being the cream of the crop with a few attempts over 500 pounds. Here is a list of women lifters who have have met or exceeded 300 pounds in the neck lift:

Kerry Clark	550	1995 Nationals in Columbia, MO
Jacqueline Caron	400	1992 Gold Cup
Cassie Morrison	325	2016 Heavy Lift Championship
Angela McBride	300	1999 Zercher Challenge

Back in 2011, Al posted an article with the top male neck lifters of all time. [neck lift list](#) The numbers have jumped some since, and some new names added to the list of men who have gone 600 pounds or more. The current list is as follows:

Eric Todd	1080	2014 Heavy Lift Championships
Chad Ullum	1020	2015 Heavy Lift Championship
Joe Ciavattone, Sr	805	2013 Heavy Lift Championship
Al Myers	780	2013 Heavy Lift Championship
Frank Ciavattone	750	2002 Heavy Lift Championship
Joe Ciavattone, Jr	700	2013 Heavy Lift Championship
Christopher Lestan	700	2019 Heavy Lift Championship
Jeff Ciavattone	650	2013 Heavy Lift Championship
Mike McBride	630	2005 National Championship
Joe Garcia	623	1998 Nationals, Mansfield
Dale Fries	605	1995 Goerner
Nile Larson	603	2004 Heavy Lift Championship
John Monk	600	2000 Heavy Lift Championship

In the USAWA Steve Schmidt was the first to hit both the 400 and 500 pound benchmarks in the neck lift. Big Frank was the first to 600, with his brother Joe Sr being the first to hit 700 and 800 pounds. Chad Ullum was the first to 900, and I was the first to 1000. Will we see a first to hit 1100 at this edition of the Heavy Lift Championship? Time will tell...

Myers, Al. "CHAD'S 900 POUND NECK LIFT." *USAWA*, 27 May 2011, usawa.com/chads-900-pound-neck-lift/.

"New Video: Coney Island Olde Time Strongman Spectacular!" *Markets of New York City*, 5 June 2012, marketsofnewyork.com/2012/06/new-video-coney-island-olde-time-strongman-spectacular/.

Pearl, Bill. "Bill Pearl." *John B. Gagnon*, 1 Oct. 2018, www.facebook.com/116733248412758/posts/john-b-gagnon-born-in-1883-in-caribou-maine-was-a-strongman-performer-in-the-192/1881209421965123/.

Wood, John. "Neck Lift Archives." *Www.oldtimestrongman.com*, 8 Nov. 2017, www.oldtimestrongman.com/blog/tag/neck-lift/.

DEADLIFT DOZEN PLUS ONE

February 26, 2020 Al Myers [Edit Post](#)

By Bill Clark

2020 Deadlift Dozen Plus One



Hard to believe, but this meet was decided on the final lift of the day – the third attempt in the little fingers deadlift.

Abe Smith had led the entire day, but ran into trouble in the finger lifts. Sixty-one year old John Carter had been battling 60-year-old Dave DeForest for what Carter hoped was second place . John had not been in a meet for almost a dozen years and was best known for challenging Steve Schmidt in the chain

lifts, He had only a few days in the gym prior to the Deadlift Dozen, devoted mainly to form and remembering how to do the various lifts.

Actually, a bit of male chauvinism may have given John the title.

Amorkor Ollennuking, making her first competition since a battle with cancer in the left arm lymph nodes, had done a little fingers deadlift with 90 pounds – 25 pounds more than any other lifter. John had opened with 55, then jumped to 95 pounds – and missed. He had one more attempt – the last lift in the meet – and he made it with a grimace on his face. Little did he know that he had just won the meet with that final effort.

When the weight correction was made, Carter trailed by 502 points. Abe got no age correction and John received 22 per cent. He won 3,110.63 to Abe's 3,061.002 – provided Clark's calculator was correct.

DeForest, who turned 60 earlier in February, was also making a return to the iron world after being out of the game for 15 years. The fifth lifter was Tony Hose, a 50-year-old member of Clark's Gym for the past decade who decided to get into his first-ever competition. Don't let the weights here fool you. There's a lot more in Tony's tank.

In addition to the regular lifting, both Abe and Dave stayed around to do some record lifts. In fact, Abe had done fourth attempts three times that, had they been within the normal three, would have given him the title.

Mike Lucht of the Kansas City area showed up to join in the record session and set five marks (listed below).

The next meet in Clark's Gym will be March 21 – the Steve Schmidt Backbreaker Pentathlon – a good warm-up for the USAWA Heavy Lift Championships in June. The pentathlon is a five-lift event -the back, neck, hand-and-thigh, hip and harness. If he gets a break in his schedule, Steve Schmidt might possibly make it as an official.

As a side note, Bill Clark happened to be the only judge on hand for the Deadlift Dozen and, considering the fact that his battered left foot has been very slow to recover from dropping 160 pounds on it at the Grip Meet two weeks ago, he was content to officiate. It also gave him a chance to work with Dave DeForest, who has passed his officiating test and is now sitting in to get his three meets of experience with a level 2 official.

MEET RESULTS:

2020 Deadlift Dozen Plus One

Clark's Gym

Columbia, MO

February 22nd, 2020

Meet Director: Bill Clark

Scorekeeper: Bill Clark

Official (1-Official System Used): Bill Clark

Lifts: Deadlift Heels Together, Jefferson Lift, Hack Lift, 2 Barbell Deadlift, Deadlift Left Arm, Deadlift Right Arm, Deadlift Left Arm No Thumb, Deadlift Right Arm No Thumb, Reeves Deadlift, Index Fingers Deadlift, Middle Fingers Deadlift, Ring Fingers Deadlift, Little Fingers Deadlift

Amorkor Ollennuking – 57 years old – 163 pounds – 1.0093 coeff. – 18 % age correction.

Abe Smith – 38 years old – 183 pounds – .9404 coeff. – no age correction.

Tony Hose, Clark's Gym – 50 years old – 228 pounds – .8332 coeff. – 11% age corr.

Dave DeForest, Fulton, Mo. and Clark's Gym – 60 years old – 197n pounds – .9o030 coeff. – 21% age corr.

John Carter, Harrisburg, Mo. and Clark's Gym – 219 pounds – .8499 coeff. 22% age corr.

Two-hand Deadlift – heels together

Amorkor – 245

Smith – 430

Hose – 275

DeForest – 375

Carter – 355

Two-hand straddle lift – Jefferson Lift

Amorkor – 225

Smith – 410

Hose – 225

DeForest – 375

Carter – 315

Two-hand hack lift

Amorkor – 225

Smith – 345

Hose – 275

DeForest – 315

Carter – 315

Two-barbell deadlift

Amorkor – 230

Smith – 410

Hose – 270

DeForest – 390

Carter – 370

LH Deadlift

Amorkor – 135

Smith – 275

Hose – 145

DeForest – 205

Carter – 225

RH Deadlift

Amorkor – 190

Smith – 275

Hose – 145

DeForest – 225

Carter – 250

LH Deadlift (Thumbless)

Amorkor – 125

Smith – 175

Hose – 150

DeForest – 155

Carter – 140

RH Deadlift (Thumbless)

Amorkor – 135

Smith – 200

Hose – 150

DeForest – 145

Carter – 205

Reeves Deadlift

Amorkor – 180

Smith – 255

Hose – 225

DeForest – 200

Carter – 260

Index Fingers Deadlift

Amorkor – 95

Smith – 135

Hose – 135

DeForest – 115

Carter – 135

Middle Fingers Deadlift

Amorkor – 105

Smith – 155

Hose – 165

DeForest – 125

Carter – 200

Ring Fingers Deadlift

Amorkor – 95

Smith – 65

Hose – 95

DeForest – 65

Carter – 135

Little Fingers Deadlift

Amorkor – 90

Smith – 65

Hose – 50

DeForest – 65

Carter – 95

TOTALS Raw pounds

Amorkor – 2060

Smith – 3,255

Carter – 3000

DeForest – 2745

Hose – 2465

Bodyweight corrected Points

Amorkor – 2078.16

Smith – 3061.002

Carter – 2549.70

DeForest – 2473.25

Hose – 2051.37

Final age corrected standings

Amorkor – 2453.4

Carter – 3110.63

Smith – 3061.002

DeForest – 2992.63

Hose – 2277.02

Fourth Attempts:

Abe Smith – Right hand deadlift (thumbless) – 210 ; Right hand deadlift (thumbless) – 200

RECORD DAY

Mike Lucht, Kansas City, Kansas – age 37 – Bwt – 229

Push press from rack – 225

2-dumbbell clean and push press – 2×80 – 160

Seated press – 160

Good morning – 85

Dumbbell to shoulder – 130.

Abe Smith

Push press from rack – 250

Clean and press on knees – 205

Overhead squat – 165

One-hand 2-inch vertical bar deadlift – right hand – 200

One-hand 2-inch vertical bar deadlift – left hand – 200.

Dave DeForest

Two-hand deadlift – 12-inch base – 365

Clean and press on knees – 115

RH dumbbell deadlift – 170

LH dumbbell deadlift – 150

LEBANON VALLEY RD

March 5, 2020 [Al Myers](#) [Edit Post](#)

By Al Myers

*****POSTPONED TILL FURTHER NOTICE*****

MEET ANNOUNCEMENT –

LEBANON VALLEY RECORD DAY

Denny has just announced his spring record day at his gym, Habecker's Gym. Please contact him in advance if you plan to attend and he can fill you in on the details. Remember – only 5 lifts for USAWA records can be performed at record days. That's a rule of the USAWA.

Meet Promoter: Denny Habecker

Meet Date: May 16th, 2020

Location: Habecker's Gym, Lebanon, PA

Contact Denny if you plan to attend.

PRESIDENTIAL CUP

March 9, 2020 Al Myers Edit Post

By Al Myers

*******CANCELLED*******

MEET ANNOUNCEMENT

THE 2020 USAWA PRESIDENTIAL CUP

For the ninth 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 1st, 2020

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.

THE GUESSING GAME – BOX SQUATS PART I

[March 13, 2020](#) [Al Myers](#) [Edit Post](#)

By Dan Wagman, Ph.D., C.S.C.S.

THE GUESSING GAME – BOX SQUATS

Part I: Two Guesses

Like most guys and gals that got bit by the iron bug, I used to read all sorts of stuff about training. Once I came across something that seemed promising, I couldn't wait to put it to practice in the gym, not to mention the torture I went through trying to manage the anticipation of huge gains. Of course those huge gains never happened, not until I learned about an area of scientific investigation called exercise physiology and started to apply what I learned. You see, that stuff isn't based on guesses and conjecture. What I would like to share with you is a perfect example of why what might seem like really good training advice, when looked at from the perspective of human physiology, it couldn't deliver as promised. My hope is that you'll then be able to make more educated decisions about from whom to take training advice and what sort of questions to ask in your assessment of that advice.

The First Guess

It seems beyond obvious; for you to squat a ton of weight you have to be able to descend to below parallel in a controlled manner and once you hit depth you need to explode out of the hole in an effort to complete the movement. Nearly every lifter will tell you that the hardest part of the squat is blasting out of the hole. Naturally, this begs the question: might there be a method of training that'll enhance your strength and power for getting out of the hole? Decades ago one very passionate powerlifter and coach came up with box squats for that very purpose.

The guess he made is that if you could squat down to a box that's just the right height to break parallel, and you literally sat on it while rocking back, pausing on the box for one to five seconds or so, then blasted off it with all your might, you'd be able to increase the power you need to get out of the hole in a regular squat. This sounds really good. And so decades after the box squat idea was conceived tons of lifters still use it to increase their overall squat strength (though other purported benefits are said to exist). My guess, however, is that what seems to be such a good idea is far less than that when viewed through the lens of exercise physiology.

The Second Guess

The origin of my guess is based on the physiology of muscle contractions. Therefore, it's really not a guess, but just humor me and let's stay with the guessing theme.

When you squat down to depth your quad and glute muscles elongate, this is called an eccentric contraction (note that other muscles are involved, too, but addressing the entirety of functional anatomy and biomechanics is beyond the point of this article). When you reverse direction out of a deep squat, those same muscles shorten in what is termed a concentric contraction. For a very brief moment, as your muscles switch from eccentric to concentric, they contract isometrically. The linking of these contractions is referred to by some scientists as the coupling phase. Now, a fascinating thing occurs in your muscles during the eccentric phase of the squat—your muscles store elastic energy. As you reverse direction that stored elastic energy is released resulting in a powerful completion of the lift. The singular moment of switching directions is called the amortization phase and the entirety of what occurs here is often referred to as the stretch-shortening cycle. And here's where another fascinating thing occurs; the longer the amortization phase, the more elastic energy is lost for the subsequent concentric contraction. Simply put, the longer the time you spend sitting on a box, the weaker you'd be during the ascent.

The above represents perhaps the most important amortization phase mechanism—reutilization of stored energy. Other proposed mechanisms include a stretch reflex, muscle-tendon interactions allowing muscles to remain at optimal lengths and to shorten at the best velocities, optimized muscle activation patterns, and increasing pre-force before the concentric contraction. Regardless of the mechanism(s) involved, it seems clear to me that the basics of muscle physiology deeply contradict the stated benefit of the box squat; as you sit on the box you're increasing the amortization phase and ostensibly breaking the coupling phase, thus squandering valuable elastic energy. How could that possibly result in increased squatting abilities?

With that in mind, it's well and good enough to reject the box squat. But is it possible that there is some component within the neuromuscular system that scientists have as of yet not discovered that would indeed warrant employing the box squat in your training? Could the original guess have accidentally hit

on something? The way to get answers is to test the box squat hypothesis via controlled research. That's what I'll discuss in Part II.

Reference

Stone, M.H., M. Stone, and W. Sands. *Principles and Practice of Resistance Training*. Human Kinetics, 2007.

THE GUESSING GAME – BOX SQUATS PART II

March 21, 2020 [Al Myers](#) [Edit Post](#)

By Dan Wagman, Ph.D., C.S.C.S.

THE GUESSING GAME – BOX SQUATS

Part II: Less Guesswork

“The progressive evolution of athletic performance and specific conditioning techniques is dependent on a thorough understanding of those mechanisms underlying dynamic muscular function.”(2)

In Part I, I presented someone's guess that has huge intuitive appeal—that the box squat will enhance your squat strength and power for driving out of the hole. I made a guess, too, and to derive at it I asked what is perhaps *the* most important question anybody can ask about any training concept: by what physiological mechanism would that idea work? I could find none. The question is, might there be something going on that's less well understood about muscle contraction mechanisms that might render the box squat a useful tool after all?

Our knowledge of how important the coupling and amortization phases ([see Part I](#)) are to you being able to produce maximal strength goes back to research published in 1931.(1) Back then, however, those phase-terms were not used. Since then research has built upon itself and advanced our knowledge of what we now term the stretch-shortening cycle. What all this scientific study would suggest is that the promise that performing box squats will enhance your regular squat is nonsense. But I wanted to verify or refute my “guess” based specifically on research that looked at the squat and box squat.

A First Look

I believe the best starting point to be research published in 1998.(2) The researchers recruited 40 athletes of various sports. They all had a minimum of 1 year squatting experience and could squat a minimum of 1.5 times their body weight. The entirety of testing methods are too complex to mention here, but to

briefly illustrate included a modified Smith machine that measured and controlled speed of movement, among other things; a force plate to gather much data on force, power, work, etc.; electromyography to measure muscle contractions; and more.

The subjects were tested in three conditions: 1. They had to squat from the bottom position up, similar to a box squat. What was dissimilar to a box squat was that they had to first hold an isometric contraction for no more than 1.5 seconds before exploding upward; 2. The “stretch-shortening squat” was tested, which you may view as a normal competition squat with an intact coupling and optimized amortization phase; 3. The subjects had to perform a maximal isometric contraction against an immovable bar for 100 to 200 milliseconds before it automatically released and allowed the athletes to explode out of the hole.

Among many data points analyzed, the most important consideration for the strength athlete is that the greatest effect on the squat was achieved in the stretch-shortening condition, i.e., a regular squat. That was followed by the squat preceded by a maximal isometric contraction and lastly by squatting from the bottom up as in a box squat, which resulted in the weakest readings. In fact, the readings generated from the standard squat were more than twice that compared to the box squat style. The research team concluded that the quicker you transition from lowering the bar to exploding upward, the more strength you’ll be able to demonstrate. This finding is entirely in line with what you would expect considering the basics of muscle contraction mechanisms/physiology. Bottom line, you must have an intact coupling phase along with the briefest amortization phase possible. Only then can you expect to demonstrate maximal strength and power.

Still, because this was initial work done on the squat and how different methods of commencing the ascent might influence strength and power, there were a lot of methodological controls put in place. Researchers place a great deal of control into their studies in an effort to eliminate extraneous variables that might influence the outcome. In doing so, they obtain very specific and accurate information. From there, future research builds and looks at additional variables that might have an impact. And so it could be argued that since in this initial work the squat was performed with an empty bar and the speed of ascent could not exceed the 0.4 meters per second set by the modified Smith machine, no matter how hard each athlete tried, the squatting was not as specific to a regular competition squat as necessary for an accurate comparison. Of course the research team acknowledged this while outlining in painstaking detail the reasons for their approach. Moreover, it could be argued that when the subjects commenced the squat from a dead stop without pre-stretch or isometric contraction first, that movement pattern was not exactly the same as what’s generally advised in doing a box squat.

So far things don’t look good for the box squat, but the above concerns may or may not be valid, which means I had to dig deeper into the research advancements. Part III will look at comparisons between the actual box squat and standard squat.

References

1. Fenn, W.O., et al. The tension developed by human muscles at different velocities of shortening. *American Journal of Physiology*. 97:1–14, 1931.
2. Walsche, A., et al. Stretch-shorten cycle compared with isometric preload: contributions to enhanced muscular performance. *Journal of Applied Physiology*. 84(1):97–106, 1998.

BACKBREAKER PENTATHLON

March 25, 2020 Al Myers Edit Post

By Bill Clark

MEET –

BACKBREAKER PENTATHLON



Three legends of Clark's Gym gather for the Backbreaker (left to right): Steve Schmidt, Bill Clark, and John Carter (caption by webmaster)

John Carter was an easy winner, his second title in a month, capturing the best lifter award in Steve's Back breaker Pentathlon held at Clark's Gym in Columbia, Mo.

The field was limited to only three lifters due to the corona virus and restricted movement. What had been planned as a warm-up for the USAWA National Heavy Lift Championships in May, wound up being a friendly day in the gym and plenty of time to visit with Steve Schmidt, the USAWA Hall of Famer for whom the meet is named.

Steve served as the head meet official and passed along a few coaching hints as well – much to everyone's gratitude. It was much like the days of old at Clark's place – only the size of the crowd was different.

Amorkor Ollennuking continued her comeback from lymph node cancer treatment by performing what everyone consider the best life of the day. During the record session, the 57-year-old Kansas Citian did a little fingers deadlift with 125 pounds, breaking the long-standing mark of Mary McConnaughey. It is the highest little fingers deadlift by a female regardless of weight or age, in the USAWA record book.



Dave DeForest pushing up a big Harness Lift!

The busiest lifter of the day was 60-year-old Dave DeForest, who, like Carter, has revived a lifting career dormant for more than a decade. He set records in the harness, hip and hand-and thigh, then added five more during a record session.

Carter, too, set three records – hip, harness and back lifts.

Clark's has put the outside competition on hold because of the corona virus, but will lift in the USAWA quarterly postal competition.

The results:

2020 Backbreaker Pentathlon

March 21st, 2020

Clark's Gym
Columbia, MO

Meet Director: Bill Clark

Scorekeeper: Bill Clark

Officials (1-official system used): Bill Clark, Steve Schmidt

Photographer: Gene Baumann

LIFTERS:

Amorkor Ollennuking, 57, Female, Kansas City, Mo. Bwt. 76.9 kilos (169.5 lbs). Coefficient – .9896.
Age differential – 1.18.

John Carter, 61, Male, Harrisburg, Mo. Bwt – 98.9 kilos (218 lbs.) Coeff. – .8522. Age diff. – 1.22.

Dave DeForest, 60, Male, Fulton, Mo. Bwt – 89.4 kilos (197 lbs.) Coeff. – .9060. Age diff. 1.21.

BACK LIFT

Ollennuking – 900

Carter – 1500

DeForest – 800

NECK LIFT

Ollennuking – 200

Carter – 225

DeForest – 250

HAND AND THIGH

Ollennuking – 705

Carter – 900

DeForest – 705

HIP LIFT

Ollennuking – 765

Carter – 1670

DeForest – 1125

HARNESS LIFT

Ollennuking – 1075

Carter – 2105

DeForest – 1305

TOTALS

Ollennuking – 3,645 lbs.

Carter – 6,400 lbs.

DeForest – 4,185 lbs.

BODYWEIGHT ADJUSTMENT

Ollennuking – 3,588.87

Carter – 5,594.08

DeForest – 3,791.61

AGE ADJUSTMENT – FINAL SCORE

Ollennuking – 4,234.86

Carter – 6,657.98

DeForest – 4,582.85

SUCCESSFUL FOURTH ATTEMPTS

DeForest – Hand-and-thigh – 805; Hip lift – 1,225.

RECORD DAY

Ollennuking – Little fingers deadlift – 125.

DeForest – Snatch on knees – 80; strict curl – 80; right hand one-inch vertical bar deadlift – 182; left hand one-inch vertical bar deadlift – 182; two-hand 1-inch vertical bars deadlift – 314

THE GUESSING GAME – BOX SQUATS PART III

March 28, 2020 [Al Myers](#) [Edit Post](#)

By Dan Wagman, Ph.D., C.S.C.S.

THE GUESSING GAME – BOX SQUATS

Part III: Removing the Guesswork

Part II ([see part II](#)) of this series reviewed what was likely the first study to investigate kinematic differences between a box-squat-like movement and the standard squat. The next study was published by the Neuromuscular Laboratory at Appalachian State University in North Carolina in 2010.(2) They wanted to know what effect removing the stretch-shortening cycle via the box squat might have. They compared the box squat to the standard squat at 60%, 70%, and 80% 1-RM (1-rep maximum, the maximal amount of weight you can lift once). Their subjects were competitive male powerlifters with a minimum of 3 years experience and they looked at peak force and power during the concentric phase (i.e., ascent) along with relevant muscles' activity. The squat was performed with a quick transition between hitting the hole and blasting back up and the box squat required a one second pause. The primary finding was that both forms of the squat were very similar, indicating that the box squat had “neither a positive nor a negative effect on squat performance.” This surprised the scientists because despite the one-second pause on the box, sufficient amounts of elastic energy remained available to negate significant differences between the two forms of squatting.

There are a few limitations that deserve mention. First, only a 1-second pause was investigated in the box squat. The usual recommendation includes times twice to five times as long. Perhaps the amortization phase requires more than one second to significantly lose its benefits. Second, the scientists did not define their box squat technique. It's possible that the subjects held the position on the box firmly in an isometric contraction for one second as opposed to sitting back and resting on the box as is usually recommended. In doing so, the subjects would not have broken the coupling phase of contractions, which could explain why elastic energy remained to benefit the ascent.

A year later the same scientists provided additional information.⁽³⁾ This time they also calculated peak velocity and made it clear that they removed the coupling phase. What the calculations revealed was that, generally, muscle activity was significantly higher in the standard squat compared to the box squat. This left the research team to conclude that, "It does not appear that the box squat, which removes the coupling phase, increases muscle activity in either the eccentric or concentric phase." Based on their analyses they deduced that, "The box squat does not appear to be a viable alternative to squatting...which would not optimize training adaptations."

A Final Look

The most recent study was published in 2012.⁽⁴⁾ This research is very complex in terms of the kinetic variables investigated and results analyses and interpretations. I'm limiting my review to those aspects most related to the comparison of the box squat to powerlifting squat.

The research team used 12 well-trained powerlifters with an average training experience of 9.2 years. The testing protocol I shall present is the one with the heaviest weight, i.e., 70% 1-RM. Though 30% and 50% 1-RM were also investigated, I'm omitting those findings because, 1) although of great scientific value, those intensities don't reflect the training most strength athletes engage in; 2) by including findings at lesser intensities, the math is skewed away from the higher training intensity; 3) since research shows that the degree of muscle involvement can change as lifting intensity rises (1), I thought it prudent to only look at the heaviest weight lifted ([see Part 1](#)).

The scientists looked at the traditional squat (weightlifter's style), powerlifting squat, and box squat. The box squat employed the powerlifting squat style along with sitting/rocking backward on the box as is mostly advised in the gym setting. Each subject paused on the box for the same duration used in training, which ranged from 1.3 to 2.3 seconds. All conditions required the powerlifters to squat as explosively out of the hole as possible.

One of the most interesting findings was that the forces generated in the box squat were the weakest. The same was found for peak power values; the box squat came in last. In terms of speed of movement, the traditional squat was superior to the powerlifting squat and the box squat came in last. Although

mathematically insignificant, I thought I'd share it with you because perhaps you might still consider that meaningful. In regard to the rate of force development, however, the box squat showed values three to four times greater than the other squat techniques. Another important finding was that the greatest hip moments were observed in the powerlifting squat and the least in the box squat. The same comparisons were found for the lower back and knees.

Another important consideration is that during the weightlifting and powerlifting squat, large increases in force were measured during the transition in and out of the hole. During the box squat, however, these forces decreased tremendously, though they would “then rapidly increase during the concentric phase.” This is expected, and nice to have scientific confirmation for, since you're starting a squat out of the hole from nothing. Of course this also highlights how ineffective the box squat would be for improving standard squat abilities because a critical performance component of the latter is removed from the movement.

Finally, in looking at joint angles of the hip, knee, ankle, and shank, significant differences were noted between the box squat and powerlifting squat. This, too, is an important consideration when it comes to training specificity, one of the key variables required to maximize training gains. With a significant difference between joint angles in these two squat movements, even though the subjects were instructed to copy their powerlifting squat style to the box squat, it's not clear how the box squat would be able to increase performance in the powerlifting squat.

This group of scientists noted that one of the key findings of previous research is that if you can maximize the production of all of the variables this group looked at, you would provide your body with the best stimulus necessary for long-term strength gains. Rather clearly, the box squat would not be able to deliver.

The next step is to tie the research together and derive at a conclusion. Part IV will attempt to do so.

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DAVID DEFOREST NEW OFFICIAL

April 4, 2020 Al Myers Edit Post

By Al Myers

I always like to add new officials to our USAWA Certified Official list! Welcome David DeForest to this list! David is a longtime member of Clark's Gym in Columbia, MO and has been lifting for many, many years. He brings a wealth of officiating experience to the organization, as he has been active as a lifting official most of his life.

I want to add that David has accomplished the USAWA official's certification FASTER than anyone ever has. He passed the first part, the written exam, less than 3 months ago and already has wrapped up the practical exams.

THE HAND AND THIGH

April 5, 2020 KCSTRONGMAN Edit Post

By Eric Todd

HEAVY LIFT CHAMPIONSHIP – THE HAND AND THIGH



Joe Garcia pulls a big hand and thigh at the Heavy Lift Championship at York

(Due to the Corona virus, as of right now no official decision has been made on the Heavy Lift Championships. We will keep an eye on the situation and make a decision before long. As of right now, I am proceeding as though it will go on, but will keep the membership informed)

The Hand and Thigh will be the second lift contested in the Heavy Lift Championship, which is being contested on May 9th this year. When I last hosted in 2018, this was the article I posted regarding the execution of the lift: [Hand and Thigh](#)

I am not going to go so far as to say the hand and thigh has a richer past outside of IAWA/USAWA than the neck lift, but it certainly has a more well documented past. Many of the Old Time strongmen of past used the hand and thigh as part of their routine. This very lift was one of those contested when John B. Gagnon bested Warren Lincoln Travis for the unofficial title of World's Strongest Man as mentioned in my last article on the neck lift. It was also included in Travis's "Challenge to the World," which was included as part of his will upon his death in 1941. This challenge included 10 feats that must be performed, including several that were repetition lifts, within 30 minutes. One of the items on the list is a single successful effort with a 1600 pound Hand and Thigh. The man who successfully completed the challenge would be awarded Travis's "diamond-jeweled gold and silver" championship belt. To date there have been no takers.

Travis had a protégé by the name of Charles Phelan who, like Travis, performed his feats at Coney Island, New York. One of the lifts he performed on Coney Island was the Hand and Thigh, where he was credited with a lift of 1125 pounds. Phelan was also known for his capacity to entertain, as he would tell jokes between his feats of strength.

The famous Canadian strongman, Louis Cyr is credited with a lift using the hand and thigh method of 1897.25 pounds. More recently, a strongman who was inspired by Cyr performed the hand and thigh out in New Jersey. His name was Jack Walsh, and he claimed a hand and thigh of 1500 pounds around 1950. Iowa strongman Archie Vanderpool claimed a lift of 1840 pound in the hand and thigh. He utilized the method of a bar through two barrels to get the weight up in lieu of the big bar attached to a chain method that we use in the USAWA today. When I first saw a picture of him using this style, it seemed familiar. That is because I had seen Milo author, and renegade strongman, the heavy metal iron master himself, Steve Justa using that method in the book "Rock, Iron, Steel" that he authored. Apparently, Justa's father was a friend of Vanderpool. In the book, Justa claims to have lifted over a ton using this method on multiple occasions. While he did compete at least once in the USAWA (it was a Kevin Fulton meet back around the time I was first getting started in the all-rounds), I do not believe he has ever performed this lift in competition. I am sure that is a rather abbreviated record of old time strongman performers who have been known for the hand and thigh lift.

That brings us to the hand and thigh lifting done in the USAWA, which, from any meet I have witnessed was done under professional judging within strict guidelines. In the Women's class I am including any lifter who has gone 600 pounds or more. Our number one here, Armorkor Ollennuking is in a league of her own with 1100 pounds in this discipline:

1) Armorkor Ollennuking 1100 pounds 1997 Zercher

- 2) Jacqueline Simonsen 810 pound 1994 Nationals
- 3) Cara Ciavattone 702 pounds 1996 New England Championships
- 4) Jaenne Burchette 700 pounds 1991 Nationals
- 5) Mary Jo McVey 605 pounds 1993 Worlds
- 6) Jenna Lucht 600 pounds 2014 Old Time Strongman Championship
- 7) Amy Burks 600 pounds 1998 Zercher

For the men, I am including lifters who have gone 1400 pounds or better. Again, our leader is in a class of his own, with Joe Garcia hitting 1910 pounds:

- 1) Joe Garcia 1910 pounds 1997 Zercher
- 2) Frank Ciavattone 1610 pounds 1995 New England Strongman
- 3) Eric Todd 1510 pounds 2015 Heavy Lift Championship
- 4) Al Myers 1505 pounds 2010 Deanna Springs Memorial
- 5) Jim Malloy 1400 pounds 1995 Worlds
- 6) John Carter 1400 pounds 1996 Zercher
- 7) Steve Schmidt 1400 pounds 2004 Backbreaker
- 8) Sam Huff 1400 pounds 2005 Deanna Springs Memorial
- 9) Joe Ciavattone Jr. 1400 pounds 2013 Heavy Lift Championship

The Hand and Thigh has a rich history both in old time strongman performances and the USAWA. I am sure we will add to that history at this year's Heavy Lift Championship.

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1ST QUARTER POSTAL

[April 7, 2020](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

The 1st Quarter results are in and we had great participation despite the pandemic we are going through right now. Eric Todd's KC Strongman Club had 7 entries, and it was great to see 3 entries from Bill Clark's gym. John Strangeway was the top male lifter by a wide margin and R.J. Jackson edged out Sylvia Stockall in the woman's division.

MEET RESULTS

1st Quarter Postal

January 1, 2020 – March 31, 2020

The Lifts- Swing – Dumbbell, One Arm, Deadlift- No Thumb, One Arm, Deadlift- 2 Bars

John Strangeway – 41 – 206 – 110 L – 225 R – 550 – 895 – 802.62

Dave Deforest – 60 – 195 – 50 L – 170 L – 390 – 610 – 669.23

Abe Smith – 38 – 181 – 115 L – 195 R – 390 – 700 – 662.55

John Carter – 61 – 219 – 75 R – 200 R – 350 – 625 – 648.35

Denny Habecker – 77 – 182 – 61 R – 132 R – 253 – 446 – 631.40

Barry Pensyl – 72 – 150 – 57 R – 113 R – 250 – 420 – 626.33

Eric Todd – 45 – 257 – 115 L – 175 R – 402 – 692 – 574.20

Mike Lucht – 37 – 230 – 100 L – 175 L – 402 – 677 – 560.89

Bill Clark – 87 – 209 – 10 R – 135 R – 200 – 345 – 511.42

Chris Todd – 40 – 275 – 90 R – 160 R – 382 – 632 – 482.56

Dean Ross – 77 – 237 – 40 L – 95 L – 190 – 325 – 397.55

Lance Foster – 54 – 347 – 45 L – 141 R – 302 – 488 – 381.10

Leroy Todd – 8 – 17.5 – 17.5 R – 40 R – 70 – 127.5 – 368.35

Woman's Division:

R.J. Jackson – 58 – 106 – 50 R – 95 R – 180 – 325 – 537.54

Sylvia Stockall CAN – 62 – 140 – 50 R – 96 R – 210 – 356 – 534.95

Beth Skwarecki – 39 – 143 – 61 R – 121 R – 263.5 – 445.5 – 490.31

Lynda Burns – 45 – 180 – 45 L – 110 L – 210 – 365 – 367.51

Phoebe Todd – 9 – 93 – 23 R – 40 L – 70 – 133 – 277.50

Crystal Diggs – 33 – 165 – 30 R – 75 R – 150 – 255 – 255.43

Lifters with Certified Official:

John Strangeway – Eric Todd, Lance Foster, Chris Todd

Eric Todd – John Strangeway, Lance Foster

Mike Lucht – Eric Todd, Lance Foster, John Strangeway

Chris Todd – Eric Todd

Lance Foster – Eric Todd

Leroy Todd – Eric Todd

Phoebe Todd – Eric Todd, Lance Foster, John Strangeway

Dave DeForest – Bill Clark

John Carter – Bill Clark

Bill Clark – Dave DeForest

Dean Ross – Denny Habecker

Crystal Diggs – R.J. Jackson

Lifters without Certified Officials:

Abe Smith

Denny Habecker

Barry Pensyl

R.J. Jackson

Sylvia Stockall

Beth Skwarecki

Lynda Burns

HEAVY LIFT CHAMPIONSHIPS POSTPONED!

By Eric Todd

This decision has not been an easy one for me. It came with lots of time and deliberation (and coaxing from mama). I detest living as though I am afraid of something which I am not. However, it felt imprudent at this time to go on with the heavy lift championships next month as planned. I don't want to be the guy responsible for other people getting sick. At any rate, we are postponing this indefinitely. Notice I said "postponed" and not "cancelled." This meet has been contested annually since 1994. I don't wish to see that run end, particularly on my watch! So, it is my intention to still host this meet in 2020. Hopefully this pandemic foolishness will slow down, and we can go back to living like free people. I will keep membership informed, but I will most likely be looking at a date in the fall that does not conflict with nationals/worlds. I will also be contacting those athletes from whom I have already received entries to see what you want me to do with your entry fee. You can apply it toward the meet later in the year or I can tear up your check. Your choice. In the meantime, as my optimistic club members recognized, this just gives us more time to train for it in order to put up huge totals. In the meantime, stay safe everybody!

MEETS POSTPONED

[April 13, 2020](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The decision has been made by the USAWA Executive Board to postpone all meets till further notice. This includes temporally suspending accepting sanction requests for new competitions/events.

The meets postponed (I say postponed instead of cancelled as we still hope to be able to host some of these in the fall) are the Heavy Lift Championships, the Lebanon Valley Record Day, and our USAWA National Championships. The second quarter Postal Meet will still be contested.

Also, I have decided that the IAWA Old Time Strongman World Postal will be cancelled this summer.

These were hard decisions to make but it is the responsible thing to do in these trying times.

THE GUESSING GAME – BOX SQUATS PART IV

[April 16, 2020](#) [Al Myers](#) [Edit Post](#)

By Dan Wagman, Ph.D., C.S.C.S.

THE GUESSING GAME – BOX SQUATS

Part IV: Train Smart

The purpose for writing this series of articles was to illustrate why what appears to be very sensible training advice, doesn't actually deliver. As with all things in life, you should also view training advice critically. The first question to ask about any training recommendation is by what physiological mechanism it's supposed to work. The box squat's proposed mechanism seems sensible—on the surface. With but a modicum of understanding about a muscle's contraction mechanisms, you'd have to raise your eyebrows just enough to want to dig deeper before spending valuable time and effort on an exercise with dubious claims. Those raised eyebrows would then have your finger scrolling through research on your smartphone and you'd quickly learn that based on knowledge dating back to the 1930's, it's unlikely that the box squat will increase your squat ability. To summarize, research specific to that movement reveals the following:

- The way in which your muscles work to perform a squat are enhanced the least by the box squat;
- Muscle activity in the regular squat is far greater than in the box squat;
- The forces generated in the box squat are weaker than those generated in the standard squat;
- Speed of movement in the box squat is inferior to that of the squat;
- Joint moments of the lower back, hips, and knees are significantly greater in the squat than the box squat;
- The joint angles of the hip, knee, and ankle are significantly different between the two exercises and finally;
- The above indicates that the box squat lacks the required specificity to be able to enhance your abilities to squat more weight.

Warmups and a Work Set

Please note that there's no specific reason for why I chose to investigate the box squat. I could've chosen from any number of training recommendations to illustrate why their proposed benefits are fictional. I simply wanted to create a perspective and illustrate an approach that you can use to evaluate whatever training advice you run across. At the end of the day, recognize that you're a strength athlete who spends tons of time in the gym in an effort to become the strongest person you can be. That's not easy. You're also an all-round weightlifter who's challenged with learning, perfecting, and becoming as strong as possible in different lifts for each meet you enter. That's not easy. Considering how you've self-selected into an area of physical accomplishment that challenges you every time you step into the gym, I would argue that you trying to determine just the minimum—what's fact and what's wishful thinking regarding training—is much easier and will take you no longer than what it'll take to go through your warmups and then your first work set.

There's no way Paul Anderson could've had a quick look at the *American Journal of Physiology* to see what he could do to increase his already fantastic squat even more. In fact, most athletes back then

probably didn't even know there was research being conducted on human muscle in an effort to understand not only how it works, but how you can get it to become stronger. But today, you literally hold that information in the palm of your hand. The most difficult part for you is to sift through the nonsense and uncover information that's based on measurable and evidence-based facts instead. To be honest, you have to take responsibility for what training advice you follow. If you find yourself getting injured and not able to make long-term gains anymore, even though you're healthy, don't simply write it off as being older than what you used to be, or some other equally silly and unfounded notion. Take responsibility for your training decisions, review them based on exercise science the best you can, and allow yourself to once again experience the thrill of breaking PR's. Isn't attaining maximal strength in your red matter worth some effort in your grey matter?

And so, what about the main problem at the core of all of this—increasing your squat overall and more specifically blasting out of the hole? You guessed it, that has been researched and you could experience huge gains if you applied that information. No need for you to stumble through the dark with silly advice put forth by any number of self-proclaimed training gurus. Put that grey matter to work and enjoy the process of learning, putting it to work in the gym, and breaking PR's.

DICK DURANTE

[June 17, 2020](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

I just got the news yesterday of the passing of Dick Durante on June 4, at age 87. I know many of you may not have known Dick, because he didn't lift in a great number of our meets. Dick lifted in a couple of our Nationals and at least one IAWA Worlds in addition to a few smaller meets. I knew Dick from my days as an Olympic lifter. He and John Vernacchio lifted for the legendary Holy Savior Club in Norristown, Pa. Dick was a competitor in my first competition in 1962. He was a veteran lifter at that time, pressing 270, snatching 220, and clean & Jerking 305 in the 198 lb. class in that meet. Five years later he was pressing 320 in the HVY weight class. I didn't really know Dick that well until in the 1980's as a master lifter, I started lifting for John Vernacchio's Valley Forge Club. We got to be good friends through our mutual friend John. Dick was well liked, had a great sense of humor, and a man of many talents. He was a police officer, a restaurant owner, Navy veteran, electrician, & air conditioner tech. Dick and his wife Mary Ann invited us to their beach home on Long Beach Island, New Jersey many times, and showed us great hospitality and friendship. I also remember the great time I had traveling to the Old Time Barbell and Strongman Banquet with Dick and John and a couple of their Holy Savior team mates. Rest in Peace Dick.

2ND QUARTER POSTAL

July 15, 2020 [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

MEET RESULTS:

2ND QUARTER POSTAL MEET



Abe Smith putting up a big clean and push press of 257 pounds.

We had a great turnout for the Postal again this quarter. Abe Smith was the top male this quarter and Elizabeth Skwarecki led the women. Clarks Gym and K.C Strongman each had 6 lifters participate followed by Dino Gym and Habecker's Gym with 4 each. Thanks to everyone who participated .

MEET RESULTS

2nd Quarter Postal

April 1 thru June 30, 2020

The Lifts: Curl- Cheat, Reverse Grip, Snatch- Dumbbell, One Arm, Clean and Push Press

MENS DIVISION

Abe Smith – 38 – 184 Lbs. – 190 – 131 -L – 257 – 578 – 541.99

John Strangeway	- 42	- 206.4 Lbs.	- 205	- 120- L	- 215	- 540	- 488.39
Eric Todd	- 45	- 253 Lbs.	- 200	- 105 -R	- 210	- 515	- 430.71
Tony Hose	- 51	- 227 Lbs.	- 165	- 85 -R	- 180	- 430	- 401.84
David DeForest	- 60	- 195 Lbs.	- 135	- 85 - R	- 145	- 365	- 400.84
Al Myers	- 53	- 225 Lbs.	- 155	-100 - R	- 135	- 390	- 372.70
Barry Bryan	- 62	- 186.6 Lbs.	- 100	- 74.4- R	- 150	- 324.4	- 371.04
Barry Pensyl	- 72	- 148 Lbs.	- 100	- 54 - L	- 90	- 244	- 364.52
Chad Ullom	- 48	- 220 Lbs.	- 155	- 100 -R	- 135	- 390	-360.69
Chris Todd	- 40	- 273 Lbs.	- 180	- 95 - R	- 190	- 465	- 356.74
Denny Habecker	-77	- 183.8 Lbs.	- 105	- 35 - R	- 99	- 239	- 336.27
Aidan Habecker	- 16	- 214 Lbs.	- 121.25	- 70 - R	- 99	- 290	- 275.14
LaVerne Myers	- 76	- 224 Lbs.	- 95	- 45 - L	- 75	- 215	- 267.28
Leroy Todd	- 9	- 70 Lbs.	- 30	- 15 - R	- 35	- 80	- 232.05
Dean Ross	- 77	- 215 Lbs.	- 75	- 40 - L	- 65	- 180	- 231.87
Lance Foster	- 54	- 349 Lbs.	- 100	- 55 - R	- 125	- 280	- 217.99
Bill Clark	- 87	-208 Lbs.	- 22	- 10 - R	- 22	- 54	- 82.17

WOMEN'S DIVISION

Elizabeth Skwarecki	- 39	- 146.8 Lbs.	- 108	- 66- R	- 118	-292	- 316.06
Sylvia Stockall	- 62	- 140 Lbs.	- 77	- 50 - R	- 100	- 227	- 311.65
R.J. Jackson	- 58	- 106 Lbs.	- 80	- 50 -R	- 85	- 215	- 298.82
Lynda Burns	- 45	- 175 Lbs.	- 70	- 45- L	- 95	- 210	- 215.09
Phoebe Todd	- 9	- 94 Lbs.	- 37.5	- 18- R	- 40	- 95.5	- 197.39
Janet Thompson	- 62	- 180 Lbs.	- 60	- 20- R	- 55	- 135	- 157.73
Kylie Smith	- 13	- 146 Lbs.	- 47	- 20- R	- 47	- 114	- 154.55
Crystal Diggs	- 34	- 164 Lbs.	- 50	- 30- R	- 55	-135	- 135.79

Officials:

Abe Smith – Bill Clark & Dave DeForest
Tony Hose – Bill Clark & Dave DeForest
Leroy Todd – Eric Todd & Chris Todd
Phoebe Todd – Eric Todd & Chris Todd
Kylie Smith – Bill Clark & Dave DeForest
John Strangeway – Lance Foster
Eric Todd – Chris Todd
Dave DeForest – Bill Clark
Al Myers – Chad Ullom
Chad Ullom – Al Myers
Chris Todd – Eric Todd
LaVerne Myers – Al Myers
Aidan Habecker – Denny Habecker
Dean Ross – Al Myers
Lance Foster – John Strangeway
Janet Thompson – Bill Clark
Crystal Diggs – R.J. Jackson

Lifters with Non-Certified Officials:

Barry Bryan
Barry Pensyl
Denny Habecker
Bill Clark
Elizabeth Skwarecki
Sylvia Stockall
R.J. Jackson
Lynda Burns

LEARNING A NEW SKILL

July 20, 2020 Christopher Lestan Edit Post

By Christopher Lestan

I thought I might make a post recently because I haven't been active in a while.

During this time of social distancing I been learning about myself a lot since there is plenty of time to just think now. One of the important things I learned from my father is to keep headstrong and focused during times like these. In other words he says “Keep busy”. Now after school ended early for me around March I was lost in limbo for a few weeks. No more jobs are available. No ability to train with friends. Not being able to have a couple of beers with the boys at our favorite local bar where the beers are 2\$ a pour!

This was a strange time indeed. Fortunately, my family is always there to help. My dad who recently became an electrician and worked for the city of Boston was off of work until mid-May. He realized that I was very lost in what to do. In a conversation he and I reached an agreement of him teaching me how to landscape and plant trees since he worked at our family’s nursery when he was young. He also added that he would help me redo our Aunt’s Yard, for she recently moved into a new house and the yard needed some fixing.

For the past month and a half I can confidently say my Aunt’s yard has new grass seed, mulch, trimmed bushes, and new plants. I also planted a couple Hemlock trees in our back yard. I was soon fixing both grandparents’ houses and even took a tree stump out of the ground and put in a new willow tree for one of them. Soon I was in charge of taking care of 3 lawns.

Now you may be asking what was the point of me telling this story... Well, I think it’s important for people to learn new things especially when times are strange and even in their free time. I never thought I would be redoing whole lawns and even spreading mulch and soil to make lawns look nicer, or even plant trees. It’s a rewarding experience.

When you do something rewarding you build confidence that can be utilized for other things. SUCH AS LIFTING!!! My lifts are finally coming back to normal after my injury in December and have learned to gain confidence when there are no spotters. Now with the nice weather I can build an outdoor platform and compete in the 3rd Postal!!

I can’t wait for things to slowly come back to normal and to see my friend group.

AGING AND STRONG (PART I)

August 3, 2020 Al Myers Edit Post

AGING AND STRONG

Part I: On Fairness and Common Sense

By Dan Wagman, Ph.D., C.S.C.S.

All-round weightlifting uses an age adjustment formula in an effort to essentially equate the strength performance of competitors regardless of chronological age. Upon applying this formula, competitors

are ranked to determine overall competition placings regardless of age or division entered (a body weight formula is used, too). For adults, once you turn 40 you receive an additional 1% per year up until you're 60, at which point you receive 2% for each additional year of life. A few years back one lifter stated on the USAWA forum, loosely quoted, "I won't win anything until I'm over 40." Another lifter told me recently how "embarrassing" it is to be out-totaled, yet be considered the winner due to being older.

Now, you might wonder how much of a difference age adjustments can actually make. You'd have to take the body weight adjustment out of the equation by looking at two lifters in the same weight class, one being less than 40, the other over 40. In doing so, at the 2019 All-Round Weightlifting World Championships one lifter was out-totaled by over 300 pounds, yet placed higher. As this example illustrates, in all-round weightlifting—a *strength* sport—a lifter's *strength* can be less meaningful than his/her age.

Contemplation

There are several ways to evaluate the age adjustment. With the above example in mind, perhaps the most basic is to ask whether it makes sense and is fair. However, these two very basic questions will invariably lead in to the realm of science. Allow me to illustrate.

On the question of being sensible, let's approach it this way; take a lifter who's born May 1st and is 39 years old. She receives no age adjustments. However, next year, when she turns 40 she'll receive +1% in any meet that takes place on May 1st or thereafter. So what happened to her on May 1st of the next year that makes her 1% weaker than what she was on April 30th? Most anybody you'd ask would likely tell you this is silly because aging effects are gradual and occur over many years, decades even. Clearly this approach lacks common sense. So what are the effects of aging on a human's muscles? You can only answer that via scientific investigation.

Regarding fairness, take that same lifter who's born May 1st and competing on that very day against a lifter who's born May 7th of the same year. The former lifter will receive a 1% adjustment while the latter won't. How could that be considered fair? One week older makes a 1% difference in performance? What if the second lifter was born on June 2nd, or December 14th? Would that increased difference in age now all of a sudden make a more noticeable difference in strength performance? And if the difference is actually 12 months or more, is the difference really 1% for every year? In an effort to be fair to all competitors, wouldn't we need to know for certain that the aging effect starts with 40 and not 38 or 44 or 63? If we don't know that, how can this be fair? Science can help us figure it out.

Why Science?

At this point it might be worthwhile to explain why I always turn to science in an effort to derive at answers regarding weight training. The most fundamental reason is that if your training isn't based on science you're wasting your time on one end of the spectrum and on the other, increasing injury risk exponentially leading to decreased performance and a shortened lifting career.

Aaron Coutts, PhD, distinguished professor in sport and exercise science from the University of Technology in Sidney, Australia, and the Associate Editor for the *International Journal of Sport Physiology and Performance* offers more detail.(2) In writing about the importance of turning to sports science he listed the following reasons: improved training and performance, reduced training errors such as injuries and inappropriate training approaches, being able to balance benefits and risks in decision making, and being able to challenge belief-based views with evidence.

These are certainly compelling reasons for turning to science. But all-round weightlifting already relies on science, so why not regarding chronological age, too? Our sport employs science-based doping control methods and certified labs to analyze urine samples. This, to ascertain if lifters are using drugs to enhance their performance and thus achieving an *unfair* advantage. So why not also use science when making a determination about how chronological age may impact strength performance and competition placing? Isn't the singular concept of fairness reason enough?

A First Step in to Science

What evidence is there that due to aging a 40-year old is weaker than a 39-year old, or a 33-year old, or a 27-year old? What evidence is there that a 60-year old is 2% weaker than a 57-year old? Why not use 0.8% and 2.36%, or 3% and 4%? If you're thinking that I'm being silly and perhaps even nitpicking, consider that precision is the name of the game in strength sport. If you did a 315-pound one-armed deadlift in the 198-pound class and so did another lifter in the same weight class, you'd win if you weighed in at 195.5 compared to the other guy's 196. If that half-pound difference bears consideration, wouldn't logic dictate that we would have to know with as much certainty as possible what the aging effects upon strength are?

Here's what we know about healthy but otherwise sedentary people:(1, 3-6)

- A woman's loss of muscle mass is greater than a man's, particularly once she passes 60;
- Decreases in strength are only slight by 50;
- At 60 decreases in strength are more pronounced in both genders;
- For women muscle contraction speed starts to decrease by 40, speed of muscle relaxation by 50;
- Magnitude of strength loss is inconsistent among men and women;
- Degree of strength loss is different between muscle groups and individual muscles;
- Women show a slower decline in biceps and triceps strength than men;

- Factors associated with strength loss impact upper body muscles differently than lower body muscles;
- Strength loss appears to be most dramatic at about 80 for both genders;
- Strength declines can fairly suddenly reach 30% beginning at about 80;
- Strength losses are not linear and plateaus are observed;
- 87 to 96-year old men and women showed a high capacity for strength and muscle gain following a science-based high-intensity resistance training protocol.

So this is what's generally seen in a healthy but non-athletic population. What should jump out at you is the high degree of variability in strength loss and the higher age at which it occurs to a meaningful extent. Also, this is information I picked out and can be potentially misleading due to personal bias, the different research methodologies used in the studies, etc. Therefore, in Part II I'll present research to show what the proverbial bottom line is. Then we'll move on to people like you—the *ageless* barbell benders.

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THE LIFE OF JOHN CARTER

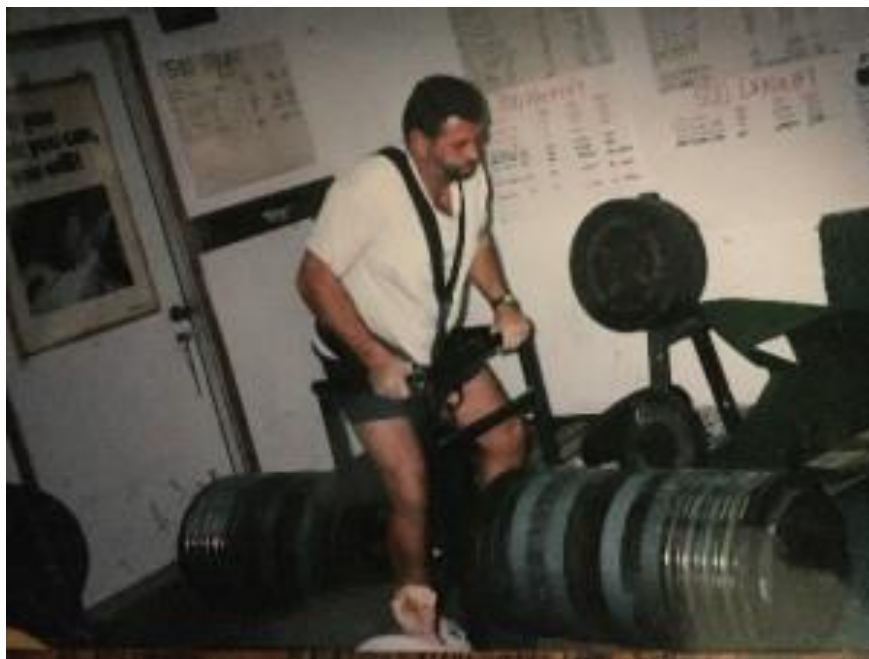
August 5, 2020 Al Myers [Edit Post](#)

By Bill Clark

Twenty five years ago, Harrisburg's John Carter was on the top of the weightlifting world, then he disappeared only to resurface in recent months at Clark's Gym – still the guy to beat when it comes to the world of chain lifting.

A quarter of a century ago, John, now 61 and looking as trim and fit as he did in 1988 when he first showed up in Clark's Gym, compiled such world class marks as 3,405 pounds in the harness lift; 2,805 in the back lift; 2,525 in the hip lift: and 2,000 in the Carter Lift, named for him because few others in the lifting world even attempted it.

In his first meet back in 20 years, just before the corona virus pandemic hit, he took the title in the meet named for his main adversary of three decades ago – the Steve Schmidt Backbreaker Pentathlon. Steve was on hand to officiate.



John Carter about to complete his 3,405 pound harness lift. Note the position of his left hand .

And just who is this John Carter?

Let's say he's a survivor.

John was born November 28, 1958, the son of John Jerome Carter, Sr., and Delores Carter. He attended school at Harrisburg from the first through the ninth grades, but left school at age 16 never to return.

His dad was a heavy equipment operator and John wanted to follow in his dad's footsteps. By the time he was eight years old, he was operating his dad's bulldozer and soon thereafter was driving a car around the area.

At age 12, he took the family car to town, ran out of gas at the courthouse and approached life from a different angle for years to come.

In his junior high years, John showed his athletic ability and his strength by setting the school records in the shot and discus and playing basketball, but he also was plagued by discipline matters.

In the seventh grade, he took issue with a classmate in a gym class and went to fists, as he was wont to do on too many occasions then and later. In the fight that followed, John's punch missed the opponent's head and he hit the wall behind, breaking his arm in six places and shattering his wrist.

John had a powerful punch, but not well-directed.

The injury almost cost him his athletic future. He had to have plates inserted in the wrist that left it fixed in place without flexibility – and a four-month stay at Boone Hospital. Fortunately, it was his left hand. The plates are still there.

Even to this day, the injury hampers his mechanics as a lifter and golfer that requires modification of leverages and style, but not with final results.

When John reported to Harrisburg High to start his sophomore year, he was told his hair was too long and after a battle with administration, he left school three years short of graduation to get into the construction world at age 16. The bulldozers quickly followed.

John then began a journey through life that was filled with twists and turns. He spent two years at MFA Feed and Supply, worked concrete for NuWay Construction, was in a concrete footing business with two partners for three years, moved on to work on the development of Cedar Lake for Terry Sapp, supplemented his income by cutting tobacco for Henry Lamb, the “Tobacco King,” married, had a son, Jason (who is his best friend), divorced, then moved on to work for Columbia Public Works, retiring, after 23 years, in 2002.

He spent much of his career on the seat he loved the most – handling a bulldozer and heavy equipment. He still enjoys that role. He has owned Carter Construction since retiring from the city – which coincided with John's fade from the world lifting scene.



John about to shoulder a 375-pound personal record Steinborn lift. Note the left hand position.

THE CARTER SPORTS WORLD

One of the personal losses that came with being a high school dropout was leaving behind his love of competitive athletics.

He soon joined a Looper League softball team, then spent the next 20 years as a slow pitch softball player.

“My career ended when I blew up at an umpire’s call and he threw me out of the game and said: ‘Don’t ever come back out here.’ The umpire was one of my friends at work, Bill Crum. I never went back.”

In 1982, he discovered bowling and was a regular on the lanes in Columbia for 20 years – good enough to carry a 190-plus average and add an 800 patch to his awards showcase. His high game was 297.

Golf came next – in 1986. The game proved to be a real challenge. The shattered left wrist caused John to develop a different stroke, but he can still drive past the 300-yard mark. Golf has been a part of life for almost four decades.

In 1988, for a reason John cannot recall, he decided to take up weightlifting. Clark's Gym had just opened and, after visiting other gyms in Columbia, he gave Clark's a look – and immediately joined.

“I made the right choice,” he said recently. “The gym saved my life.

“When I was going through my divorce, the gym became the place I could vent my anger. More than once, I almost let my anger misdirect me, but I would detour to the gym.”

John was an immediate world class lifter. To meet him on the street or even in workout gear, he looks normal. He's 5-11, weighs around 215, has surprisingly slender legs and trim middle.

Within a year, he had emerged as a world class lifter, winning both the national and world all-round titles in 1989 in Philadelphia.

In a four-year stretch between 1994 and 1997, he won the national title and added golds in two of the toughest strength tests around – the Backbreaker Pentathlon and the Zercher Memorial.

In 1995, he performed the difficult combination hip lift and squat with 2,000 pounds – a lift that carries his name. No one else has done half that poundage.

He is proud of his gym record of doing a single workout (two hours long) of 1,821 reps in the hip lift with 1,100 pounds – a total workout of 2,002,100 pounds.

In 1992, he met Diane Stone and she led the family cheering section in 1994 when John won a Gold Cup in Cleveland, Ohio, by setting a world record in the harness lift. She is still his head cheerleader.

Then, in 2004, it all ended. The business was a one-man operation and time-consuming. As it grew, so did the distance between John Carter and Clark's Gym.

On rare occasion, he would drop in, tell stories with the owner about days gone by, see if he could still do a 1,500-pound hip lift, then disappear for a few more years.

Late in 2019, he found that, at age 60, he had trouble with 1,000 in the hip lift – and the reality of aging shocked him into action.

For 60 years, he had been headstrong, defiant, living life head-on, willing to fight. He lifted weights with the same mindset. Strength meant more than technique, and failure was not tolerated as a chance to do things different.

Diane and being a business owner had both helped him get control. Golf, too, had been a stabilizer. He could still hit the ball hard, but he had to master the other shots as well.

Now, back n the gym full-time since 2004, John is the teacher as well as the student. He has accepted the fact that, at 61, he is no longer 31, and that a harness lift of 3,405 will never happen again and that 2,405 is a more reasonable goal – and still a world record for 61-year-olds.

Last month, in an unsanctioned competition to do 61 different lifts at age 61, John exceeded the existing national records in over 50 events for the 100-kilo class in the 60-64 age group.

Welcome home, John!!

AGING AND STRONG (PART II)

August 8, 2020 [Al Myers](#) [Edit Post](#)

AGING AND STRONG

Part II: The Effects of Aging

By Dan Wagman, Ph.D., C.S.C.S.

Ever since I got involved in all-round weightlifting I developed an interest in the aging and strength issue. This because of the age adjustment formula used and how arbitrary and capricious it appears to be. Still, just about anybody will tell you that as you age your performance declines. If this is true, to what extent might your strength decline? There are literally thousands of scientific studies on the topic of aging. As strength athletes our focus is on muscle. And with all those studies the human brain isn't capable of determining the proverbial bottom line. For that reason, statisticians have developed a technique called meta-analysis. This method of data analysis allows researchers to input all sorts of information from an unlimited number of studies and on the other end come up with that elusive bottom line, such as whether your inescapable increases in age will make you weaker.

The Basics

The place to start is to develop an overall understanding of whether healthy non-athlete people lose strength as they age, then to ask what effects lifting weights might have. Some of the findings for non-athletes were presented in [Part I](#). But if you looked at *all* of the relevant research on muscle strength and activation between young and older people, then perhaps you could find out what the bottom line is. A group of researchers from Marquette University and the University of South Australia collaborated to find out.(4)

So how do you test an old muscle compared to a young one? The two most reliable ways are called the interpolated twitch technique (ITT) and the central activation ratio (CAR). Don't worry, I won't bore you to death with the details of these methods, but I do believe that you'll find the basics of at least ITT interesting. What researchers do is have a subject, say a 25-year old, perform a maximal isometric contraction against an immovable object and take a reading on that muscle. Then, during that maximal

contraction they deliver an electrical stimulation to that muscle's main nerve. If additional force or activation is generated, that means during the subject's own maximal contraction the muscle received inadequate neural input and thus contracted submaximally, and of course you can measure the difference. Then you repeat with a 60-year old and see to what extent, if any, the older person's muscle contracts with less neural input. If that happens, then you know that aging could impact muscle activation.

There are, of course, other considerations to bear in mind, which is why the researchers set specific standards all of the studies had to meet to be included in their meta-analysis. Besides using only ITT or CAR studies had to look at young people between 18 and 35-years and those 60 and older, the study had to be published in English, only studies with the lowest bias risk were considered, etc.

A General View

As a whole, age made no difference in muscle activation capability in a healthy non-athlete population of men and women. As an example, 18 studies looked at the biceps with the age in the young people ranging between 19.9 to 30.6 and the older people between 69 and 84 years; 12 of the studies found no difference. Similarly, for the knee extension muscles 9 out of 17 studies found no difference; for the flexor group of the foot 9 out of 12 studies found no difference, etc.

The researchers found that across all muscles investigated (elbow flexors, wrist flexors, knee extensors, plantar flexors, and ankle dorsiflexors), with a total of 790 young subjects and 828 older ones, in 70% of them no significant age-related differences in muscle activation were observed and in 28% younger muscles were able to activate to a greater degree than older ones. In a general sense then, age would not seem to make a difference in a muscle's ability to contract. But this represents a general analysis, not the actual meta-analysis.

Enter Meta-Analysis

Once the scientists applied the meta-analysis technique to sort through all the data points, a bit of a different picture emerged. What they learned was that voluntary muscle activation was greater in younger people than older ones. However, the difference was very small and the research team explained that this finding could be due to the muscle group that was looked at in different studies, how muscle activation was calculated in each study, the way in which the muscle was stimulated, and number of stimulations used.

In analyzing the number of muscle stimulations a study employed, if it was once there were no significant differences in the strength of muscle activation between young and old. If, however, the number of muscle stimulations were more than one, then the young people reached the level of significantly greater muscle activation over older ones. In looking at the different muscle groups, the

scientists learned that younger subjects outperformed older ones in the plantar flexors, knee extensors, and elbow flexors but not in the wrist flexors and ankle dorsiflexors.

Interpretation

What this study of the studies found is that older, healthy, non-athletic people have, in the words of the researchers, “a reduced ability to maximally activate their muscle during isometric contractions.” One of the problems with this finding was, however, the large range of older subjects’ age from 60 to 84. As the researchers point out, “it is well known that the deficits in muscle function are accelerated in very old age (~80 yrs.).” This means that if you have a bunch of 80+ year olds along with people in their 60’s, the results might end up being skewed toward the muscle abilities of the 80+ year olds. Put another way, if you eliminated the 80+ year olds from analysis, then perhaps no differences between young and old muscle activation abilities would be found.

With that in mind I closely scrutinized all of the studies that found a deficit in older people’s muscle activation in an effort to ascertain at what age this might start to appear. The youngest age of the old group that displayed this deficit was 67 years. The vast majority of subjects were, however, in their 70’s and beyond.

Perhaps the most important consideration for the finding that younger muscle can activate to a greater extent than an older one is whether this difference is actually of any practical meaning. To put it in to a lifter’s terms, if you find that with 60 you end up lifting 100 pounds less than when you were 30, you might consider that meaningful. If, however, you find that with 60 you end up lifting 30 pounds less you probably wouldn’t consider that meaningful nor give it a second thought. After all, there are an infinite number of reasons for a young lifter to end up lifting 30 pounds less, too.

The researchers addressed this, though unfortunately not in a lifter’s terms. What they stated is that the loss in isometric muscle contraction force due to age was only “modest.” They therefore questioned the degree of meaningfulness of the overall findings. You also have to consider that the older subjects displayed a high degree of variability in muscle activation. In addition, multiple studies have found that when older subjects are able to practice the type of muscle contraction, they attain similar levels of muscle contraction as healthy young adults.(1-3,5).

So What?

That final consideration takes us in to the realm of people who lift weights. For those who don’t, the effects of aging are only moderate and don’t seem to make a noticeable difference until the late 60’s or so. This is most certainly a surprising finding, especially if you consider the issue of whole body disuse. If you’re a 30-year old healthy but sedentary person, then your years of body disuse has been about 15 years if you consider that even a non-athletic child and young teenager might get a little bit of exercise due to play. But that same sort of person who’s 60 has been sedentary for 45 years. If in that sort of

person the effect of aging on muscle is only moderate, what might it be for someone who's pumping iron religiously?

There are likely readers among you who will take this information as being exceptionally motivating, allowing them to make all this “getting older” talk disappear in a cloud of chalk as they prepare to crank out another set. But there will also be readers who'll want to instead dismiss what they learned because it flies in the face of what they think they know. After all, everybody knows that as you get older, man or woman, your hormone levels decrease and that's why you can't be as strong as what you used to be. Part III will investigate.

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WILBUR MILLER NOVEMBER 12, 1932 – AUGUST 5, 2020

August 9, 2020 Thom Van Vleck Edit Post

By Thom Van Vleck



Wilbur was all around strong but he was perhaps most famous for his tremendous Deadlift made all the more impressive with the double overhand grip.

I bring sad news today. The great Wilbur Miller has went to join the other strength greats in the big gym in the sky. To say that Wilbur was a great strength athlete would be an understatement. Here are some of his lifts. Remember, these were in the 60s and Wilbur was a drug free athlete!

Wilbur's best lifts in competition were: 725# deadlift, 320# clean and press, 320# snatch (split-style), and a 385# clean and jerk. Wilbur often competed in the 240-250 lb bodyweight range. He often gave up over 100 pounds bodyweight to his competitors! His 725 pound deadlift was an World Record at the time, and was done in 1965 in York, Pennsylvania. He weighed 245 pounds in that meet. Even more impressive was that Wilbur had a competitive lifting career that spanned over 50 years! At age 79 he deadlifted 457lbs!

My connection to Wilbur dates back to the 1960s. He and my uncle, Wayne Jackson, had a long standing rivalry on the lifting platform. But off the platform they were the best of friends. When I started lifting as a teen I trained with my Uncle Wayne and he often would tell stories about Wilbur.

Wayne had great respect for Wilbur. Back then in the Olympic lifts they did the Clean & Press before the Snatch and Clean & Jerk. My Uncle Wayne always beat Wilbur on the Clean & Press. But Wilbur,

being a very competitive man, would come back and beat Wayne in the Snatch and Clean & Jerk and win the overall. As a kid it elevated my Uncle to hero status in my book that he could best the great Wilbur Miller at anything. It was like throwing a strike against Babe Ruth.

In 1984 I was lifting in a meet in Wichita. My Uncle Wayne came along and we contacted Wilbur. Wilbur came by and hung out all day. He and my Uncle Wayne laughed, told stories, and Wilbur was very polite, open, honest and had little of the ego many lifters of his status have.

The next time I saw Wilbur was about about 20 years later when I did an article on him for Milo. He was still in Medicine Lodge, Kansas with his wife. I stopped by for a visit. You'd think we had been friends our whole lives. He was still training in his garage on a set of York weights from the 60's. He took me to his "trophy room" and told me stories about each of the mementos, photos, and awards. The whole time he had a smile on his face.

His obituary is as follows:

Wilbur D. Miller, of Wellington, Kansas, passed away on Wednesday, August 5, 2020 at the Glen Carr House in Derby, Kansas at the age of 87.

He was born the son of Howard and Flossie (Brewer) Miller on Saturday, November 12, 1932 in Gray County, Kansas. Wilbur's grandparents homesteaded the family land and he continued farming the land for many years. On February 5, 1966, Wilbur and Janet (Falkingham) were united in marriage at the First Presbyterian Church in Fredonia, Kansas. Together they celebrated over 54 years of marriage. He was an outdoors-man that enjoyed hunting, fishing and backpacking. Wilbur took up weightlifting as a young man and continued lifting well into his 80's. He held several national competitive weightlifting records and was a member of the National Weightlifting Hall of Fame. Wilbur loved books and was an avid reader of Louis L'Amour. Additionally, he was a talented musician who taught himself to play the ukulele and harmonica simultaneously and loved to play with his dad and brother. His family remembers him as a great father and grandfather whose calm, steady nature served as the rock of the family. He will be missed by all that knew him.

Survivors include his wife, Janet Miller of Wellington, Kansas; son, William Parker of Tekoa, Washington; son, Robert Parker and his wife Karen of Raymondville, Missouri; daughter, Nancy Fischer and her husband Andy of Golden, Colorado; daughter, Julie Carey and her husband Jeff McGuire of Wellington, Kansas; son, Christopher Miller and his wife Ann of Inman, Kansas, grandchildren: TJ Mensch, Staci Miller Ulrich, Jason Parker, Alexander Parker, Angela Collins, Amanda Ray, Stephen Hoyt, Tricia Halling, Matthew Hoyt, Parker Hoyt, Jeffrey McGuire, Rachel McGuire, Lily McGuire, Kristin Miller, Andy Miller and Anabelle Miller along with numerous great-grandchildren.

He was preceded in death by his parents, Howard and Flossie Miller; brother, Duane Miller and a great-granddaughter, Kennedy Hoyt.

There are many great stories about Wilbur. All show a man with great strength and greater character. I am hoping those who knew him will share one on the message board and we can send them to his family. Additionally, I wrote an article on Wilbur in Milo Strength Journal and if you want a copy let me know. Al Myers wrote a great article on Wilbur that you can find on this website by using the search box.

So take a minute to remember Wilbur Miller. And let's try to be more like him as well. Strong of body, strong of character.

ONE OF THE HARDY FOLKS WHO USE THE DUNGEON

August 10, 2020 Al Myers Edit Post

By Bill Clark

One of the hardy folks who use the dungeon-like facilities of Clark's Gym to recuperate, recharge and keep Father Time at a distance, with or without a face mask, is Dave DeForest.

Dave turned 60 on February 3 and decided to join the elite ranks of those who, once past the age of 40, could earn a certificate for doing the number of different lifts to match the lifter's age.

He geared up to do 60 different lifts. Then he was successful – with many efforts that would have been national records had “Lift Your Age” been sanctioned by the governing body that approves such events.



Dave with a 1,085-pound harness lift at age 60

Now he's building a neck-lifting harness to go after the national record in the United States All-round Weightlifting Association's national heavy-lift championship, an event that was first held in Clark's Gym 30 years ago. His goal is break 500 pounds at age 60 – a record for his age in the 95-kg. (209 lbs.) class.

Have you ever wondered about guys like Dave DeForest? Where do they come from, what drives them – and what are their ultimate goals?

Dave is an excellent example of a normal male who enjoys a hobby. He looks and lives and acts like your next-door neighbor – because he is just that. The only difference, his love affair (outside the family) Is lifting heavy things when others his age have different “big boy toys.”

Dave, to be honest, is not the “guy next door,” but he is the guy “at the next farm down the road.”

He grew up in Marysville, Kansas, a community famous for its black squirrels (they are still there), the youngest of three children.

He was a center and linebacker in football, “but not in the class of the Riggins Brothers,” he admits.

John and Junior Riggins were college football stars and John went on to lead the Washington Redskins to the Super Bowl XVII title and to a losing effort in Super Bowl XVIII. His brother, Franklin (Junior), landed a big bonus contract with the California Angels, but vision problems limited his baseball career.

“They were from ‘just down the road at Centralia,’ and from a decade earlier, but every athlete in the area was compared to them – some of us not for long,” Dave admitted during a recent workout in the sauna of Clark's Gym – which has no air conditioning and faces southwest.

“I also wrestled, but hated cutting weight and really preferred hunting and fishing on the Big Blue River to the wrestling world.”

Dave graduated from Marysville High in 1978, attended Kansas State for two years, then followed his heart to Lawrence and graduated from Kansas in 1982 with a degree in occupational therapy.

He married Kristy Ringen, who grew up in Beattie, a dozen miles down the road from Marysville, soon after graduation from KU and landed in Fulton – where Dave began 37 years as an occupational therapist at the Fulton State Hospital and Kristy taught junior high mathematics at Auxvasse Junior High for 31 years before retiring in 2014 to handle the family's orchard business. Dave remains a part-time employee in the occupational therapy section.



Kristi and Dave of holiday in 2018 in Iceland

In 1985, the DeForests bought 14 ½ acres south of Millersburg on Callaway Route J and planted 400 apple trees. They called the place “Cedar Wind Orchard,” because they love to hear the wind through the nearby cedars.

Along the way, they raised three kids – all girls, all scattered today, and all successful. Bridget Aldrich is a manager at Tiger Tots in Columbia; Lindsey Foster is a mechanical engineer in St. Louis; Ashley Pyle is an ophthalmology technician in Ft. Collins, Colorado. Lindsey and Ashley were both power lifters as teenagers.

Dave and Kristi now have three grandkids to keep them sharp, occasionally enlisting Dave as a baby sitter.

Kristi played softball for years and today is active as a pickle ball player. Both she and Dave love fishing the rivers for big catfish and recently landed a 45-pounder from the Moreau River just above where it enters the Missouri River.

They also pick most of the apples from the 400 trees at Cedar Wind Orchard. They share the orchard’s upkeep and the retail business. Dave says he has the responsibility of spraying the trees twice a year, but Kristi handles the sales and bookkeeping. It works.

Sounds like a normal family, enjoying life, the quiet of the country and the grandkids.

So why weightlifting?

Let Dave explain.

“When I was in the seventh grade, my parents bought me a 110-pound lifting set from Montgomery Ward – a six-foot bar with one-inch plates. I loved it. I added plates and continued lifting through high school, working alone at home. No competition, just the thrill of lifting.

“I was involved in intramurals at Kansas State, but didn’t touch weights again until getting settled at Fulton. I started lifting at home, then found the weight room at the Fulton YMCA and continued to train alone – really thriving on self-motivation.

“In 1994, I entered the Show-Me-State Games at West Junior High, my first meet since the K-State intramurals.

“You and Joe Garcia were in charge, so before the next Show-Me Games, I joined Clark’s Gym. I truly enjoyed the next few years, lifting in the Games and in national and international meets in the USAWA. I ran three open meets that drew the Midwest’s top lifters to North Callaway High and to Westminster College and was thrilled to win a silver medal in the world meet in Valley Forge, Pa., in 1997.



Dave with a 330-lb. squat at IAWA World Meet in 1997

“I realized there was more in life than lifting and family responsibilities put lifting on the back burner, but not totally forgotten.

“So here we are today.”

At age 60, Dave is within range of what he did 20 years ago.

His best lifts included a 355 squat at 181 pounds; a 410 deadlift, 220 bench press, 1,275 hip lift, 1,600 harness lift, 590 neck lift, 850 hand-and-thigh, 600 leg press, 365 hack lift, 375 straddle lift, 390 two-barbell dead lift – all done before the age of 40.

Now, at age 60, he’s flirting with those same poundages.

His goal as a lifter? To beat those “bests” of two decades ago.

And Dave adds: “I love the excitement when my mind and my body come together, and I succeed in doing something I had not done before.”

And now you know why normal-looking family men lift weights.

NEW OFFICIAL – CHRIS TODD

August 12, 2020 Al Myers Edit Post

By Al Myers

It’s always exciting to see someone new join our officials ranks. Chris Todd, of the KC Strongman Club, recently passed the USAWA Rules Test and then completed his practical judging experience. He is now listed as a LEVEL ONE USAWA certified official.

Congrats Chris!!

AGING AND STRONG (PART III)

August 14, 2020 Al Myers Edit Post

AGING AND STRONG

Part III: On Hormones

By Dan Wagman, Ph.D., C.S.C.S.

Thus far I reasoned through why the all-round weightlifting age adjustment formula is fundamentally unfair and lacks common sense ([see Part I](#)). I then offered scientific evidence showing that in a healthy but otherwise sedentary population the effects of aging on muscle activation are only moderate and don’t become meaningful until you reach about 70 years of age ([see Part II](#)). However, one of the issues most people consider in their aging analysis is that of hormones. The basic understanding is that as you age your body produces less hormones, whether you’re a man or a woman, and that impacts your training and ability to gain or maintain strength.

Hormones for Strength

One of the things you always hear about in older men is how their levels of testosterone and growth hormone decline. In older women, particularly postmenopausal ones, changes in hormone levels are said to cause overall physical decline. It frankly sounds like once you’re an older guy or gal, life’s over because your hormones are gone. But here’s an interesting fact about hormones, they respond quickly to

the stimulus of tossing a barbell around. On the other hand, hormones are highly complex and various anabolic hormones differ in their response, not only depending on gender, but also depending on how you train. Clearly, you have to turn to research in an effort to understand the link between age, hormones, and lifting weights.

An early and interesting study looked at the acute hormonal responses in men and women after heavy weight training.⁽¹⁾ They looked at 30-, 50-, and 70-year old men and women after they performed training sessions in the bench press, leg press, and sit-up. They had to perform 5 sets of each exercise with the heaviest weight they could lift for 10 reps (10-rep max or 10-RM). In response to this training the researchers found that average concentrations of serum testosterone and cortisol (a hormone that tends to rise in response to stress, and lifting weights at that high an intensity certainly constitutes stress) remained unchanged in all women. In 30- and 50-year old men testosterone increased significantly while cortisol increased significantly only in 50-year old men. Regarding growth hormone, that increased in 30- and 50-year old men and women significantly. Overall, the change in growth hormone levels was significant while that of testosterone was only minor.

With all the talk about the importance of testosterone and how it decreases in men due to age, rendering them weaker, with an implication of being less-of-a-man than what they used to be, this archaic thinking doesn't consider how testosterone levels—and growth hormone—can vary throughout the day. In the control subjects of that study the scientists looked at changes in testosterone and growth hormone levels at noon and 1400 hrs. By way of brief illustration, the 50-year olds had the smallest amounts of testosterone at noon, followed by the 70-year olds and then the 30-year olds who showed the greatest amount. At 1400 hrs. the greatest drop in testosterone was recorded by the 30-year olds followed by the 50-year old group and the least change was found in the 70-year olds. Note, however, that none of these changes, nor the different levels of testosterone in the different age categories, was significant. You could therefore argue rather successfully that if it wasn't significant, why even discuss it?

Four years later, in 1999, researchers from Ball State University, Pennsylvania State University, the University of Jyväskylä, Southern Cross University, the University of Arkansas, and Colorado College examined the effects of heavy weight training on various anabolic hormones in younger (30) and older (62) healthy and fit men.⁽²⁾ This was a very complex study where I can only share the basic findings. Suffice to say, the subjects had to adhere to a 10-week scientific training program that emphasized high intensity work at varying levels of volume in each week. At the onset of the training program the younger group displayed greater strength and muscle size than the older group. In terms of hormones, only at weeks 3 and 6 were there significantly less serum total testosterone responses for the older men compared to the younger men. Regarding free testosterone the older men displayed less of a response compared to the younger men in weeks 3, 6, and 10. For growth hormone no significant differences were found. Though this represents an interesting insight into hormones, age, and lifting weights, what

happened in regard to training gains? At the conclusion of the study both groups made significant gains in strength of about 15%.

As a next step the researchers wanted to know how each age groups' hormones would respond immediately after a very tough session of squatting consisting of 4 sets at 10-RM with 90-seconds rest between sets. They did this test before the 10-week training protocol and again thereafter. The basic findings were that older men who are healthy and fit, but not weight trainers, can be stressed with an intense weight lifting regimen and make significant gains. Also, despite the fact that the younger men increased the size of their whole thigh significantly more than the older men, the relative strength gains in the thigh were the same between groups. The researchers link this finding to differences between groups in resting and exercise-induced adaptations of hormones. Also, regardless of age, hormone level adjustments due to heavy weight lifting occur in younger and older men.

Despite the same gains in strength, in terms of total testosterone younger men displayed significantly higher responses than the older men. Therefore, the impact of the greater testosterone response in younger men might not be as impactful to strength development as previously thought. This actually makes sense, because your muscles' ability to gain strength—and size, for that matter—is not the result of just one variable, such as testosterone. Also, in the young men cortisol responses tended to be greater than in the old men. Cortisol is a stress hormone that's catabolic, meaning it breaks down molecules. Since the older men's cortisol response was less than the younger men's, the researchers suggest that this might be a physiological mechanism that allows older men to significantly gain in strength without the same testosterone response as younger men. And as it relates to growth hormone, no significant changes were noted for resting concentrations in either group throughout the training period.

Still Gaining Strength

What these studies show is that whether you're in your 30's, 50's, 60's, or 70's you're able to make significant strength gains. How your hormones respond might be different depending on age, but that only means that your body finds different ways to adapt to what you do in the gym. At the end of the day, if your training results in strength gains, does it really matter how your body accomplishes that? A reasonable challenge to this observation might be the *amount* of strength gained. Despite the fact that the first study found younger and older trainees to gain the same amount of strength, this might not be typical. Moreover, if, as I stated earlier, there's a lot more going on in your body than just hormones to help you get stronger, what else happens when younger and older people toss dumbbells? Surely there must be a difference between a 30-year old and a 50-year old. We'll dig deeper in Part IV.

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MEETS CANCELLED

[August 17, 2020](#) [Al Myers](#) [Edit Post](#)

By Al Myers

I'm sure most everyone is wondering when the USAWA will be "up and running" again. This has been a very difficult period for our organization with the cancellation of many competitions. The Executive Board has discussed extensively how to move forward during this pandemic. Our main objective is keeping everyone safe from COVID19. We don't want to risk a meet gathering which could spread this virus.

The IAWA Worlds, the IAWA Gold Cup, and the IAWA World Postal have been cancelled this year. The plan is to have this years promoters become next years promoters, and the 2021 promoters will become the 2022 promoters.

The USAWA EB has decided NOT to accept meet sanction requests for this fall (till 2021). The only comps we will promote are the 3rd Quarter Postal Meet and the Postal Championships. The EB has been "in talks" of possibly doing another type of postal meet this fall which would allow lifters to lift at their own gyms and facilities.

IAWA has made plans to have a "Virtual Competition" in September. I will make the official announcement on this tomorrow – so we DO have some good news!

VIRTUAL LIFT OFF

[August 18, 2020](#) [Al Myers](#) [Edit Post](#)

By Steve Gardner

We are all sad that we are amid the Covid 19 virus situation, and that has led to the postponement of our lifting calendar for this year, BUT Steve and Stevie have come up with a great idea for a virtual event on the weekend of 19th / 20th September:



The Virtual Lift Off 2020 -IAWA v COVID 19 – The Strongest Shall Prevail!

A fun competition to encourage social and physical interaction between all IAWA members wherever they may be around the World, should they choose to take part

There will be two lifts:

The first is the Ciavattone Deadlift (a simple lift anyone can do if they can get near a bar and discs)

The second lift can be any lift of the lifters choice that they can perform (any IAWA lift with a Blindt co-efficient)

It is completely unofficial, no referees no records, no entry fees etcBUTlifters must wear proper lifting attire for the lifts, and lifters will submit what they believe to be their correct bodyweight!

The scores will be worked out using the Blindt formula and other usual formulas, but again it is just for fun and taken on trust, The lifts MUST be video'd and uploaded to the IAWA(UK) face book page on the weekend of 19th and 20th September. If the lifts are not completed properly or lifters are not wearing correct lifting attire, then the videos will be taken down and not entered.

The lifts should only be up loaded for inclusion over the 19th/ 20th weekend (but can of course be completed and filmed any time before that date) the competition closes at end of the day on the 20th September.

As there is no entry fee or other cost involved we will have T shirts with a striking logo on sale for this 'one off' Virtual event, so lifters can purchase them and wear them in their videos if they wish. These will be affordable at £12 each and ALL profits from the sale of the T Shirts will go towards Drug Testing at the 'International Events in 2021' which we think and hope you agree, is a magnificent

cause.....so get your orders off to Stevie as soon as possible to give time for your shirts to be posted out to you. The shirts will be purple with white print!

We are so excited, and hope as many as possible will join in and post their lifts, good luck everyone and have fun!

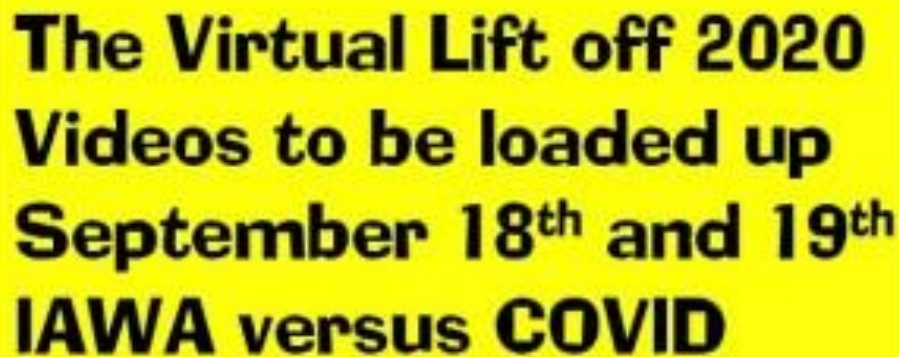
Steve Gardner will deal with the calculations for submitted lifts – stevegardneruk@gmail.com

Stevie Shanks will be dealing with the T Shirts orders – stevieshanks45@gmail.com

MORE DETAILS ON THE VIRTUAL LIFT OFF

August 19, 2020 Al Myers Edit Post

By Steve Gardner



**The Virtual Lift off 2020
Videos to be loaded up
September 18th and 19th
IAWA versus COVID**

The Virtual Lift Off is approaching.....

there is much excitement about taking part in this just for fun Virtual Lift Off and it is only just over 4 weeks away...

Here is a reminder of what to do to take part....

Each lifter will video their attempts on 2 lifts: the Ciavattone Deadlift and any other IAWA lift they choose.

No referees are required as there are no records being set, although we ask that lifters do please stick to proper platform dress and if you have the t shirt make sure it is on show.

Do not send multiple attempts JUST your top lift on each of the two disciplines. If they are not performed properly they will not be included in the rankings.

You can do the lifts anytime to suit you over the next four weeks BUT only upload them on the weekend of the 18th and 19 September.

We rely on your honesty to inform us of your actual tip poundage achieved and your age and weight. Your results will be calculated using the usual IAWA coefficients.

This will be good fun and performed in good spirits, Good Luck to all who enter, lets see how many we can get..

The T Shirts Sales are going great well over 40 sold already and a good chunk of money is already raised towards next years drug testing so again thanks for your help (if you still don't have yours and you want one get straight on to Stevie Shanks to get your order in as orders will close soon.....Only £12

If you need any more information don't hesitate to ask, cheers all, Steve Gardner

AGING AND STRONG (PART IV)

August 21, 2020 [Al Myers](#) [Edit Post](#)

AGING AND STRONG

Part IV: Still Ageless

By Dan Wagman, Ph.D., C.S.C.S.

I've really enjoyed revealing the science behind the effects of aging (click here for [Part I](#), [Part II](#), and [Part III](#)). I derive at new-found levels of motivation knowing that my age won't impact my strength until I'm close to 70. I sincerely hope that the readers of this series will feel similarly. Though you cannot argue the scientific facts, they do seem to fly in the face of what just about every older lifter has experienced. It is, therefore, necessary to look even deeper into the impact age might have on your muscles' ability to handle a loaded barbell.

Older and Pumped

In 1945 a Captain in the United States Army Medical Corps investigated the effects of lifting weights on injured soldiers.(1) His research highlighted many important lifting insights, among them that regardless of how old an injury might be, or how old the soldier might be, if he began a weight training protocol and over time increased the weight lifted, he would be able to make sizable gains. Still, as research built upon these findings, sport scientists began to understand that as a person ages the degree of muscle mass decreases. But since lifting weights via a carefully designed training approach *increases* muscle mass, could it turn old muscles young?

Researchers at the Department of Medicine and Physiology at Rochester University, NY, recruited young (22 to 31) and older (62 to 72) males and females.(9) Baseline MRI studies for muscle mass were conducted, then 3-RM baseline strength was recorded. At baseline there were no significant differences between age groups in the size of the biceps and hamstrings, but the quads in the older group were 22% smaller. Also, at the beginning of the study the older group was significantly weaker than the younger group. Next, the subjects began a three-month scientific strength training program for the quads, hamstrings, lats, and biceps.

Upon completion of the training regimen the researchers found increases in bicep and hamstring size were significantly less in the older group (13% and 7% difference, respectively). For the quads,

however, there were no significant differences between groups. In terms of the amount of strength the subjects developed, there were no differences between groups. As an example, overall the biceps increased in strength for the young group by 21% and for the older group by 19%. When, however, the scientists considered how much weaker the old group was at baseline, biceps strength increased in the older group by 64% compared to 28% for the younger group. The research team concluded that, in terms of gains in muscle mass, "...the effect of age on responses to exercise in one muscle group cannot be generalized to all muscle groups." And related to strength gains they stated, "...substantial strength gains can be achieved in older subjects even in the absence of muscle hypertrophy [growth]."

A few years later an international group of scientists from Finland, Australia, and the United States collaborated in a much more extensive study.(3) They recruited young (29 ± 5 years) and older (61 ± 4 years) men to examine the effects of an involved and highly scientific 10-week training program on their muscle mass, peak strength, and explosive strength. They performed the squat, leg extension, leg curl, calf raise, back extension, bench press, and crunch. Each week had training days dedicated to muscle growth, muscle strength, or muscle power. At the end of this project both groups recorded significant gains in all measures, though the physiological means by which they were achieved were a bit different.

What appears to be the case is that older people can make the same amount of strength gain compared to a younger person, but there are differences in how their bodies respond and adapt to weight training. One study actually found that after a 6-week weight training period the maximal motor unit (a motor unit consists of the nerve and all of the muscle fibers it innervates) discharge rates increased in young subjects by 15% compared to 49% for older subjects.(5) This is an indication that as you age, there might be a shift away from increasing muscle mass to increasing neurological function as the main driver for strength gain.

From Nerves to Protein

To expand upon this interesting finding a 2014 study looked at what differences there might be between men with average ages of 29 and 64 years.(8) The subjects participated in a 10-week high-volume medium-load training program designed to enhance muscle growth. Although the subjects performed whole-body training the research emphasis was on the leg press, leg extension, and leg curl. The researchers found that despite the fact that both groups made "large increases in strength" (13% young, 14% old), "the dominant mechanisms that may have led to these increases appear to be different between the two groups." This, because although strength increases were large, they were accompanied with a significant increase in muscle mass in the younger participants, which was not found in the older ones.

The research team acknowledged that the issue of diet was not addressed in their study and believed that it's possible that the older individuals' dietary intake may have resulted in less gains in muscle mass. Previous work found that following a 21-week weight training protocol the younger trainees made

quicker gains in strength early on compared to the older ones. At the end of the training cycle, however, strength gains were equal.(7) The gains in muscle mass, on the other hand, were greater in the young group and since the subjects' diet was recorded, the scientists were able to link smaller gains in muscle mass in the older subjects to less daily energy and protein intake.

So protein remains a critical aspect when it comes to developing muscle mass, regardless of age. But since a muscle's protein "accretion," as physiologists like to put it, is a highly complex matter related to hormones, cell signaling, etc., it could be that these mechanisms are stunted in older lifters. Scientists from the Universities of Alabama and Arkansas found out, however, that if you trained young and old subjects with weights over a 16-week period, there is "no evidence" that older subjects would synthesize protein to a lesser extent than younger ones.(6) So regardless of age, all you have to do is make sure you pump iron and ingest sufficient amounts of protein. In the short term, if you're older and say, you're supplementing your diet with essential amino acids, all you need to know is that your protein synthesis rates are a bit slower compared to younger people (3-6 hrs. vs. 1-3 hrs., respectively). In the long term, however, there are no significant differences.(2)

The Middle-Aged

As you can see, the vast majority of studies tend to look at strength and age between young people in their 20's and older people in their 60's and beyond. But since all-round weightlifting considers people to be Masters at 40 and starts to apply an age adjustment, it would be important to know what difference there might be between 40-year olds and 70-year olds. An international group of researchers recruited healthy and fit subjects active in walking, jogging, cross-country skiing, aerobics, and cycling—though none had background in strength training—representing both genders and at average ages of 40 and 70.(4) The subjects trained with weights for six months with the goal of enhancing maximal and explosive strength via a periodized training regimen, meaning that training intensity and volume were manipulated over time to maximize physiological adaptations. Once the scientists crunched the numbers, here's what they found:

- All subjects increased their muscle mass significantly (4.9% men 40, 9.7% women 40, 5.8% women 70), except for 70-year old men (2.1%);
- large increases in maximal isometric leg extension strength were recorded: men 40 and 70 by 36%, women 40 by 66%, and women 70 by 57%;
- maximal isometric leg curl strength increased significantly by 14% in both groups of men and by 22% in women 40 and 17% in women 70;
- the rate at which subjects could reach maximal strength increased significantly: men 40 41%, men 70 40%, women 40 31%, and women 70 28%;
- all groups also increased the electrical activity of the muscles investigated significantly;

- maximal leg extension strength increased significantly in all groups: men 40 22%, men 70 21%, women 40 34%, women 70 30%;
- the squat jump was used to measure improvements in lower body explosiveness with all groups recording significant increases, though the increases achieved by the 70-year olds reached its peak after two months of training whereas for the 40-year olds it was after four months of training; men 40 11%, men 70 24%, women 40 14%, women 70 18%.

The main finding of this extensive study reveals that healthy and fit 40- and 70-year olds can make tremendous gains in strength and power. And what struck the scientists was that these gains were much greater than what the smaller, yet still significant, gains in muscle size would suggest.

What these studies teach us is that if you lift weights and you're older, the age factor seems to have little impact. What does seem to occur, however, is that in older people the way in which the body responds to strength training is a bit different. Moreover, it appears that certain exercises and body parts are impacted differently, meaning that whatever age effect there may be, it doesn't impact the entire body equally. But before we conclude this series, there's one more issue to consider—recovery. A common mantra of older lifters is that they just can't recover from training the way they used to. We'll take a close look in Part V.

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AGING AND STRONG (PART V)

September 1, 2020 [AI Myers](#) [Edit Post](#)

AGING AND STRONG

Part V: Recovery

By Dan Wagman, Ph.D., C.S.C.S.

When I was in my 20's I would frequently hear older guys, like in their 30's, talk about how they couldn't recover as well from training as they used to. At that point in my lifting career I couldn't relate. Now, several decades later, I hear guys much younger than me making the same complaint—and still can't relate. But one of the worst things any person can do is generalize from their own experiences onto others. And so we need to discuss training recovery based on evidence and not experience or beliefs.

Investigating Recovery

In looking at recovery research you have to pay close attention to detail. To illustrate, two studies have found older people to have a reduced immune response to a graded exercise test compared to younger adults, indicating a delayed recovery response.(3, 6) Other studies have associated the decreased muscle mass found in older adults to increase muscle repair time after exercise.(2, 7) Then a study found that older adults (~69-years old) who recreationally train between 3 to 6 hours per week take longer to recover than younger people.(9) On the other hand at least two studies have found no differences in recovery time between younger and older people.(1, 5) It's important to understand, however, that these studies looked at different modes of exercise, training intensity, pre-training status of the subjects, and only one looked at subjects with weight training experience. This, therefore, represents the perfect example of how research evolves from study to study and why it's critically important to look deeper than just the summary of research to derive at an accurate understanding of a particular issue.

With the above in mind I believe the best study on the topic of recovery as it pertains to us meatheads was published just a few years ago by researchers from the University of Central Florida.(4) They looked at recovery abilities between young male adults aged between 18-30 compared to middle-aged ones between 40-59. All of the subjects had been training with weights for many years and had no physical limitations. They went through ridiculously tough training of 8 sets of 10 reps to failure in the leg extension. The machine used controlled the speed (isokinetic) of each rep so that no variability

between subjects was possible. Baseline data were collected via a visual analog scale designed to record each subject's subjective feelings of pain and soreness including ultrasound; blood draw; and performance measures at baseline, i.e., before the training session, immediately after training and 30, 60, and 120 minutes after training and again 24 and 48 hours after training.

The researchers were interested in seeing what differences there might be between the age groups in terms of various recovery-related variables such as their feelings of pain and soreness, cross-sectional muscle size and overall muscle thickness, isometric (static) muscle strength, and biochemical recovery markers of creatine kinase, c-reactive protein, myoglobin, and interleukin-6 concentrations. The findings can be best summarized in the researchers' own words and in but one sentence:

“Results of this study indicated no differences in the recovery response between young-age and middle-age for any of the performance measures, nor in subjective levels of muscle pain or soreness.”

Recovery Reality

Most lifters think about recovery this way, “I’m gonna squat till I drop today, so I’ll eat a big steak tonight and maybe I’ll even take tomorrow off.” That’s a simplistic way to look at it. In fact, even looking at just recovering is oversimplifying. You see, at the most fundamental level “recovering” from a training session means you’ll end up where you were before you trained. While I can’t speak for you, that’s insufficient for me as I want to end up at a place of *greater* strength. In other words, I want to *recover from* and *adapt to* my last training session.

When talking about recovery-adaptation you need to consider all that goes in to it. Full recovery-adaptation is influenced by all aspects of your training session, i.e., the composition of all training variables in relation to each other; heredity; demands of your job, school, family; social life; injury; sleep; nutrition; physical environment; and the sort of coach-athlete interaction you’re exposed to.⁽⁷⁾ I’d like to shine a bright light on the fact that the athlete’s age is not part of the recovery-adaptation formula. Thus, regardless of your chronological age, if any of these variables are out of balance as necessitated by the demands of your training, recovery and adaptation will be compromised.

So now you know all there’s to know about the impact of chronological age on your ability to gain strength. That, of course, is an exaggeration. One of the hardest parts for me in writing this series of blogs was to decide what and how much information would fit the blog format, which is anything but scholarly. Still, there should now be little doubt in your mind that any losses in strength performance prior to your 60’s are not age-related and thus unnecessary and avoidable. And you’d most certainly agree that there’s little chance if any of you turning 40 and from then on you’ll bend the barbell less, and less, and less with every year of life as all-round weightlifting and many other strength sports would want you to believe. Yet I cannot dismiss what many of you are thinking, “If all this science is true, why am I weaker now that I’m in my 50’s than what I was in my 20’s? How do you argue against

the *fact* that now that I'm 53 I'm benching 75-pounds less than when I was 26?" I'll address that and more in the final part.

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AGING AND STRONG (PART VI)

September 9, 2020 [Al Myers](#) [Edit Post](#)

AGING AND STRONG

Part VI: Growing Ever Stronger

By Dan Wagman, Ph.D., C.S.C.S.



Dan's on his way to a new Open World Record. Train based on science and your age won't appreciably limit your strength until you're well in to your 60's.

I hope that most readers of this series of blogs will derive at a new sense of motivation for training and competing. After all, the prognosis for getting older and bending barbells is rather good. Still, I know there are those who will dismiss what they read. After all, *everybody* sees how, when you get older, you get weaker.

If you hold observation in higher regard than science, why not consider instead your author's positive observations? At the 2006 USAWA Nationals I claimed to be 35 and hit a 360-pound bench press feet-in-the-air. In 2015, when according to the age adjustment formula I should've lost 5% in strength, and while still entering the Open division and claiming no age, I lifted 380-pounds in the same lift for a new Open American Record, exceeding the Open World Record. Similarly, at the 2012 IAWA World Championships, and claiming to be 50, I performed a 104-pound strict reverse curl. At the 2019 Worlds, where I should've been 7% weaker due to aging, and accepting to be listed as 39-years old in the Open division, I broke the Open World Record in that lift with 153 pounds. Yes, I've been rebelling against agism by claiming to be younger than I am (and proving the age adjustment formula to be absurd). Sure, doing so gives overall placing advantages to other lifters, but they're based on a fictional formula and I'd prefer to have my ranking based on *strength* in our *strength* sport as opposed to being artificially inflated. But I digress...so while I could provide more than just two examples, in the 30+ years I've been lifting weights I simply haven't observed a meaningful decrease in overall strength...some lifts are up, others are down, next mesocycle it'll be different lifts, just like in my 20's. So why not generalize from such positive observations?

Enter Science

The fact is that the above self-observations constitute conjecture if generalized on to others. It constitutes flawed and lazy thinking to base decisions on simple observation without any controls and statistical analyses. Now, certainly, as it pertains to my strength performance over the years, I could've conducted a single-subject design experiment—called ideographic research—for the purpose of generalizing findings onto others. In fact, much of science in the 19th century was conducted via principles of ideographic research. But investigators learned that generalizing from the individual to groups of people is problematic compared to the reverse. And so in the 20th century research methods shifted to where groups of individuals were studied—called nomothetic research—so that one could more accurately predict what applies to the individual or, to be more precise, the vast majority of individuals. Therefore, if you want to figure out if chronological age results in reduced muscle strength, by how much, at what rate, and when, you have to turn to nomothetic research instead of just observations.

In Parts [I](#), [II](#), [III](#), [IV](#), and [V](#) I shared research demonstrating that muscle strength does not decline to the extent commonly believed, nor to begin at the chronological age most sports organizations believe this to occur. Even in sedentary but otherwise healthy people, their ability to activate muscles and generate force doesn't decline to any meaningful extent until around 70 years of age. And for people who lift weights you can expect to make gains until somewhere in the 7th decade of life. You therefore have a clear and undeniable contradiction between what research discovered and what just about every lifter has observed. So what might explain this contradiction?

It's All About Training

While the observations many lifters have made aren't wrong, the conclusions generally are. In all the observations about the impact of increasing age on loss in muscle strength, has anyone considered *the* most important variable in not only maintaining strength, but gaining strength—lifting weights? Is it not obvious that if the primary and most effective way to increase strength revolves around lifting weights, that if your training is performed in a manner that doesn't maximize your body's ability to adapt, your strength gains will be inferior, stall, result in overtraining, and/or injury? And since any and all of that can occur at any age, chronological age ought to be but a minor consideration. When you pump iron a lot more goes on than just muscles contracting and relaxing. Lifting weights impacts all systems in your body: the brain and neurons that connect to muscle fibers, metabolism, the neuroendocrine system, nutrients and stored energy sources, bones, sensory systems, connective tissues...*everything*, including psychological factors. Within that complex system, just as the medical doctor must consider multiple layers of effects of a particular surgical intervention, drug, etc., so, too, must the strength athlete consider *how* lifting weights will impact the entire body and how an error, while not as grave as a medical doctor's mistake, can result in less than optimal strength gains.

If you're healthy and you've observed your strength declining over the years and you haven't even reached 60, it isn't your advancing chronological age that's to blame, rather your training method. Please understand, I'm not suggesting that if you want to maximize your strength gains you need to obtain the equivalent of a medical degree in pumping iron. What I am suggesting is that if you don't consider the complexity of human physiology and how it responds to your training approach, you can't leap to the conclusion that losing 100 pounds in your pull is due to aging. Unless there's an underlying pathology at play, you've been training in less than optimal or counterproductive ways. Perhaps you've been following training advice based on beliefs rather than evidence. The research has shown that with increasing age things do change in a person's physiology which result, as an example, in different ways in which muscles not only respond to weight training but also adapt and register gains. Therefore, if you simply follow age-old training wisdoms or new training conjectures, your only expectation can be mediocre gains that'll fizzle out over time—regardless of age.

Entering A New Age

This series of blogs has demonstrated that you can make gains in strength of similar magnitude as young people in to your 60's. Moreover, consider that the notion of you losing 1% in strength per year once you turn 40 is utter nonsense. In fact, giving lifters a 1% age adjustment is on one hand providing older lifters with an unfair advantage and on the other hand, if these lifters are indeed weaker than what they used to be, rewarding silly and non-productive training practices. How does that constitute fair competition?

If you feel that reason and fairness ought to govern all-round weightlifting, then you cannot support the age adjustment formula nor Masters starting at 40. Simply put, that practice needs to die. Having a Masters division, however, is not entirely unreasonable. But when should it start? Based on research, 65 could be defensible. So who will step forward and lead the fight against agism in all-round? I've given you the playbook, go run with it! And if nobody does, or all-round simply won't accept the evidence, no worries. For all of you barbell benders out there, *how* you train is the fountain of youth. So how 'bout rejecting agist defeatism, turning to science-based training practices, and taking a dip in to that fountain with me?

MOKKIE

[September 25, 2020](#) [Al Myers](#) [Edit Post](#)

By Bill Clark

A few months ago, Clark's Gym kicked off a challenge to anyone in the world age 40 and older to do a different lift for each year of their life. The challenge is called "Lift Your Age."

For such an effort, Clark's Gym sends you a certificate of achievement – a simple, unframed piece of parchment worth less than the postage required to mail it. But, like an Olympic medal, face value is not important. It is the effort made to beat the challenge.

The latest to "Lift Her Age" was a 57-year-old recently recovered cancer victim from Lee's Summit named Amorkor Ollennuking.

She joins Boone County's Northern District Commissioner, Janet Thompson, as the only two women to accept the challenge and win. Thompson is the senior one of the two – at age 63.

Unlike Thompson, who had never been in a weightlifting meet of any kind in her 63 years, Amorkor, who goes by the handle of "Mokkie," has a long record of success in the strength world.

She has been nationally ranked as an Olympic lifter, as a power lifter and as a physique contestant. She has dominated the record book in the U.S. All-round Weightlifting Association as well as the Show-Me State Games powerlifting record book.

Mokkie had lifted earlier this year in a February meet at Clark's Gym and apologized for not being up to her usual self but didn't tell anyone why. And no one asked.

She had just succeeded in a challenge much tougher than "Lift Your Age." She had emerged from a year-long battle with breast cancer and was no longer in chemotherapy and radiation. She was happy to return to competition and battle again with the record book, not cancer.

Mokkie had dominated the Show-Me State Games power meet in 2018 and soon after learned that she had breast cancer. An operation brought the removal of 12 lymph nodes – seven of them cancerous – and sent Mokkie on lengthy rounds of radiation and chemotherapy.

When she lifted here in February, the portal for the chemo was still imbedded.

Mokkie returned home and her health continued to improve and she decided to tackle the challenge to "Lift Her Age."

She did the first 17 lifts in her home gym, then called and said she wanted to return to the friendly confines of Clark's Gym where she could do some personal records with a two-inch barbell, an implement not found in most gyms.

It turned out to be an amazing day. In a marathon that lasted seven hours, this amazing 57-year-old of Ghanan descent, did 45 different lifts – 33 of them with the two-inch barbell – to log 65 – not 57 –

different lifts and said she would be back next weekend in an effort to extend her challenge to 100 lifts to match Ol' Clark's effort last month.

She returned Saturday past and finished off the 100 and seemed ready to do 100 more. I grew very tired just watching and judging her efforts.

There was no comparison between Ol' Clark and Mokkie. She did it with more weight than Yours Truly. And she weighed only 159 1/2 pounds, 50 pounds less than Ol' Clark.

I was in awe.

So, who in the hell is this dynamo and how did she get here?



Mokkie warming up in the harness lift with 565 pounds (Photo by Gene Baumann)

Amorkor (pronounced Amoko, The "r's" are Ghanan additions to local English) was born, Christmas Day in 1962, in Mainz, Germany, where her father, Nil Amaa Ullennu, was a medical student. Her

mother, Elizabeth Roane, was from Virginia and the couple had met and married at Howard University. Her father was a native of Ghana; her mother of mixed race.

Her older brother, Koi, owns a doctorate in mechanical engineering; her older sister, Amerley, works in marketing for the Washington Post.

The family returned to Richmond, Virginia, when Mokie was nine, moving to New Carrollton, Maryland, when Mokie was in the 10th grade. She graduated in 1981 from Northwestern Senior High, but had played no sports. Her dad had returned to practice medicine in Ghana. Lifting was not a part of the Ollennu family life.

Except for Amorkor.

When she was hardly old enough to walk, she remembers watching Vasily Alexeev, the great Russian heavyweight, in action and she never forget the thrill of watching him ram almost 600 pounds overhead.

She had watched the power lifting class in high school, but the family lacked the funds to enroll her.

By 1983, she decided to join the Marines and it was while stationed on Okinawa that she began training with the power lifters and lifted in her first competition – a two-lift affair that had only the squat and bench press.

“I remember my first lifts – a 315 squat and a 185 bench at 148 bodyweight. (She now remains a very trim 160).

After four years in the Marines, she returned to civilian life, became deeply involved with bodybuilding, renewed friendship with a fellow Marine she met in Okinawa, named Vernie King, and they married in December, 1988. He remains her coach and husband in whichever order the day requires.

In 1989, Mokie won the bodybuilders’ version of “Miss Missouri” and year later added the championship of the North America Natural Bodybuilding Association.

By 1992, she had earned her pro card in the Natural Bodybuilding Federation, and in that same year, ran into Jon Carr, who had built a major Olympic-style weightlifting program at Wesley Center in St. Joseph.

She was hooked. Training with Carr and at home, she won a berth three times at the U.S. Olympic Festival winning a silver and bronze and medaled one year at the U.S. National Championships.

She got better with age and won the 35-39 age group at the World Masters Championship in Orlando, Florida. In 2002, she represented Ghana at the British Commonwealth Games (Ghana had been a British colony and as still a member of the Commonwealth). She finished sixth at age 39.

Along the way, she added at least one national power lifting title and has won the Show Me State Games power meet in each of the five years she has competed, twice winning with a 220-pound bench press.

In recent years, she has been very active in the all-rounds – also known as the odd lifts. Thus, she had no problem in mastering the 100 lifts she performed in less than three weeks in September.

She credits Joe Caron of Iola, Kansas, for introducing her to the odd lifts, where she has set dozens of records. Joe is a long distance member of Clark's Gym and, at age 75, one of the seven gym members who have now joined the "Lift Your Age" club.

And Vernie? He squatted 400 in high school but has never competed later in life. "He's my essential coach," Mokie is quick to tell you.

In discussing her failure to move into the international level, she sums up her career with one brief sentence: "I have always lifted drug-free." 'Nuff said.

To stay in shape, Mokie rides her bicycle and uses her tricycle to haul groceries home. She and Vernie have a large home gym where she trains and walking three dogs – the smallest which weighs "only" 55 pounds – keeps one in shape.

A quick look at her best-ever lifts – Clean and jerk – 209 pounds; snatch – 154 pounds; squat – 405; dead lift – 405; bench press – 225; the very difficult Steinborn Lift – 225; Zercher lift – 315; leg press – 450; hand and thigh – 1,150; hip lift – 1,325; harness lift – 1,705.

And now she becomes the first female to do 100 different lifts when she meant to do only 57.

Mokie is one of a kind as her oncologists have discovered.

VIRTUAL LIFT OFF

[September 29, 2020](#) [Al Myers](#) [Edit Post](#)

By Steve Gardner

IAWA vs Covid-19 Virtual Lift Off



Ok folks thanks for your patience, if this works ok you will soon be able to look at the results of the 2020 Virtual Lift Off Competition....

the level of involvement exceeded our Wildest dreams by far!!! the idea was to have some fun and create some involvement and inter action as best we could under the current situation, which is very difficult.

I apologize now for any minor mistakes i may have made in the results, it is mind boggling sorting it out but it has been fun...if you find i made an error please just contact me and let me know so i can correct it.

Interesting facts: we had 74 lifters take part from 9 different Countries: 33 England 23 USA 8 Australia 4 Wales 3 Scotland 2 Ireland 1 Finland 1 Canada and 1 New Zealand.....23 female lifters, 51 Male, 8 Juniors, 20 Open Lifters and 39 Masters. And there were 47 Different lifts used in the Competition... I have created a results file and a Top lifters ranking file, but at the end of the day everyone who put themselves out to join in and be a prt of this ARE ALL CHAMPIONS!!

You can also view the 3 Way Challenge Match results, which was the reason this whole thing came about, Frank Ciavattone wondered if i could arrange a match against his team, and i was speaking with my co promoter for the Gold Cup: Stevie Shanks and we were saddened at having to cancel it, then whilst discussing the recent 'virtual stone lifting competition' that had been organised earlier, we just hit on the idea and our competition was born.....

Once again folks hope you all had a great time and like we said one day we will all look back on realizing what a great thing we achieved between us!

MEET RESULTS:

[VIRTUAL LIFT OFF RESULTS](#) (word)

[VIRTUAL LIFT OFF RESULTS](#) (PDF)

[RANKINGS FROM THE 2020 VIRTUAL LIFT OFF \(word\)](#)

[RANKINGS FROM THE 2020 VIRTUAL LIFT OFF \(PDF\)](#)

3RD QUARTER POSTAL

October 13, 2020 [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

3RD QUARTER POSTAL MEET

We had the biggest turnout for this Postal that I think we have ever had. We had 31 lifters take part this quarter [8 women & 23 men] . I'm sure the pandemic had something to do with the participation, but I want to thank everyone who participated. Jeff Ciavattone led the men and Amorkor Ollennuking was the top woman in a great woman's division this quarter.

MEET RESULTS:

3rd Quarter Postal

July 1, 2020 thru September 30, 2020

The Lifts: Lateral Raise-Lying, Deadlift- Ciavattone Grip- One Arm, Continental to Belt

MEN'S DIVISION

Jeff Ciavattone – 41 – 240 Lbs. – 130 – 281 -R – 425 – 836 – 691.12

Al Myers – 54 – 228 Lbs. – 80 – 230- R -380 – 690 – 660.35

John Strangeway – 42 – 205 Lbs. – 96 – 230- L -365 – 691 – 627.60

John J. Carter – 61 – 215 Lbs. – 70 – 225-R – 300 – 595 – 623.40

LaVerne Myers – 76 – 223 Lbs. – 40 – 230-R – 220 – 490 – 610.76

Denny Habecker – 78 – 186 Lbs. – 40 – 160-R – 231 – 431 – 610.50

Eric Todd – 45 – 262 Lbs. – 145 – 191-R – 405 – 741 – 608.88

Barry Pensyl – 72 – 148 Lbs. – 60 – 132-R – 203 – 395 – 594.36

Abe Smith – 39 – 185 Lbs. – 70 – 235-L – 330 – 635 – 593.40

Barry Bryan – 62 – 186.6 Lbs. – 75 – 170-R – 260 – 505 – 577.60

Tony Hose – 57 – 228 Lbs. -100 – 210-R – 265 – 595 – 564.64

Frank Ciavattone – 65 – 295 Lbs. – 60 – 250-R – 300 – 610 – 562.38

M. Wade Marchand – 51 – 158 Lbs. – 100 – 166-L – 200 – 466 – 537.52

David DeForest – 60 – 192 Lbs. – 72 – 170-L – 240 – 482 – 533.64

Brandon Rein – 25 – 146 Lbs. – 50 – 170-R – 250 – 470 – 509.76

Dean Ross – 77 – 207 Lbs. – 50 – 132-L – 154 – 336 – 442.05

Aidan Habecker – 17 – 225 Lbs. – 40 – 198-R – 264 – 502 – 441.86

Jeffrey Ciampa – 22 – 165 Lbs. – 80 – 161-R – 200 – 441 – 441.35

James Morrison – 21 – 175 Lbs. – 70 – 166-R – 200 – 436 – 421

Chad Ullom – 48 – 224 Lbs. – 60 – 220-R – 170 – 450 – 412.02

Chris Todd – 41 – 268 Lbs. – 84 – 180-R – 240 – 504 – 393.99

Bill Clark – 88 – 207.5 Lbs. – 20 – 120-R – 120 – 260 – 391.56

Leroy Todd – 9 – 73 Lbs. – 11.5 – 50 -R – 50 – 111.5 – 306.16

WOMEN'S DIVISION

Amorkor Ollennuking – 57 – 160 Lbs. – 60 – 155-R – 200 – 415 – 500.27

Elizabeth Skwarecki – 39 – 144.5 Lbs. – 40 – 154 -L – 231 – 425 – 464.31

Sylvia Stockall – 62 – 139 Lbs. – 60 – 88- R – 133 – 281 – 387.93

R.J. Jackson – 58 – 106 Lbs. – 30 – 97- R – 142 – 269 – 373.21

Janet Thompson – 63 – 178 Lbs. – 40 – 110 -R – 110 – 260 – 308.27

Lynda Burns – 45 – 167 Lbs. – 28 – 120 – L – 130 – 278 – 292.97

Phoebe Todd – 10 – 101 Lbs. – 16 – 55 – R – 55 – 126 – 243

Crystal Diggs – 33 – 163 Lbs. – 24 – 75 – R – 115 – 214 – 215.99

OFFICIALS:

John Strangeway – Lance Foster

Jeff Ciavattone – Frank Ciavattone- Chris Lestan

Al Myers – LaVerne Myers

John Carter – Bill Clark
Laverne Myers – Al Myers
Abe Smith – Bill Clark
Tony Hose – Bill Clark
Frank Ciavattone – Jeff Ciavattone – Chris Lestan
M. Wade Marchand – Frank Ciavattone – Chris Lestan
Dave DeForest – Bill Clark
Brandon Rein – Al Myers
Dean Ross – LaVerne Myers
Aidan Habecker – Denny Habecker
Jeffrey Ciampa – Frank Ciavattone – Chris Lestan
James Morrison – Frank Ciavattone – Chris Lestan
Chad Ullom – Al Myers, LaVerne Myers
Bill Clark – Dave DeForest
Leroy Todd – Chris Todd
Amorkor Ollennuking – Bill Clark
Elizabeth Skwarecki – Chris Lestan
Janet Thompson – Bill Clark
Phoebe Todd – Eric Todd
Crystal Diggs – R.J. Jackson

LIFTERS WITH NON-CERTIFIED OFFICIALS:

Denny Habecker
Eric Todd
Barry Pensyl
Barry Bryan
Chris Todd
Sylvia Stockall
R.J. Jackson
Lynda Burns

RECORD DAY POSTAL MEET

[October 21, 2020](#) [Al Myers](#) [Edit Post](#)

By Al Myers

This has been a disappointing year for the USAWA due to the COVID19 shutdown. With all the meet cancellations and the postponement of taking sanction requests it has become the “dark year” of the USAWA. For the first time in the history of our organization Nationals, Worlds, and the Gold Cup was cancelled. I have been discouraged from all this – to the point that I have not even put much on our USAWA website. I know others in the organization have been discouraged as well.

I’m so glad we still have our Postal Series going. I was very pleased to see the great participation in the 3rd Quarter Postal Meet! The Postal Meets give us something to look forward to, and a focus to train the all round lifters. The USAWA under the direction of the Postal Meet Director Denny Habecker has planned a RECORD DAY POSTAL MEET for the month of November. The general rules of a postal meet will apply, with all lifts done on a single day (up to a MAX 5 lifts per lifter). I encourage all USAWA clubs to “take charge” and organize this postal record day that best fits their schedule for their lifters in November. Entry forms must be completed fully (and signed) and sent to Denny to be counted as official.

ENTRY FORM (word)- [2020 Record Day Postal Meet](#)

ENTRY FORM (PDF) – [2020 Record Day Postal Meet](#)

MEMBERSHIPS

[November 24, 2020](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA Executive Board has made the decision to let 2020 memberships “roll” into 2021. This means if you are currently a member you will not need to renew your USAWA membership for 2021.

We have made this decision because of all the meet cancellations/lack of meets for 2020. It’s been a strange year for the USAWA because of the pandemic, and I sure feel that the members have not got their “money’s worth” in membership for 2020. This also applies to club memberships. Hopefully, next year we can get back to business as usual!!!

RECORD DAY POSTAL MEET

[December 12, 2020](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

USAWA RECORD DAY POSTAL MEET

We had 26 lifters participate in the postal record day ranging in age from 9 years old to 88 years old.

The results:

Leroy Todd – age 9 -77 pounds -35 Kg. class

Anderson Press -40 Lbs.

Cheat Curl- reverse grip -27.5 Lbs.

Clean and Press – 27.5 Lbs.

Dumbbell to Shoulder – 32.5 Lbs.

Lateral Raise- Standing – 10 Lbs.

Officials – Chris Todd, Eric Todd

Phoebe Todd – age 10 – 104 Lbs. – 50 Kg. class

Clean and Press- 2 Dumbbells – 30 Lbs.

Press- Dumbbell- Left – 13 Lbs.

Press – Dumbbell – Right – 15 Lbs.

Vertical Bar- 1 bar -2 inch – Left – 53 Lbs.

Vertical Bar- 1 bar -2 inch -Right – 58 Lbs.

Officials – Eric Todd, Chris Todd, John Strangeway, Lance Foster

Olivia Collins – age 11 – 127 Lbs. -60 Kg. class

Ciavattone Deadlift -137 Lbs.

Ciavattone Deadlift – Left Hand – 65 Lbs.

Ciavattone Deadlift -Right Hand -65 Lbs.

Weaver stick – Front- Left – 1 Lb.

Weaver stick – Front – Right – 1 Lb.

Officials- Jeff Ciavattone, Chris Leston

Natalie Collins – Age 13 – 115 Lbs. – 55 Kg. Class

Ciavattone Deadlift – 159 Lbs.

Ciavattone Deadlift – Left Hand -77 Lbs.

Ciavattone Deadlift – Right Hand- 85 Lbs.

Weaver stick – Front – Left -2.25 Lbs.

Weaver stick -Front – Right – 3 Lbs.

Officials – Jeff Ciavattone, Frank Ciavattone

Aidan Habecker – Age 17 -229 Lbs. – 105 Kg. Class

Anderson Squat – 462 Lbs.

Bench Press – Fulton Bar- 165 Lbs.

Curl- Strict – 77 Lbs.

Deadlift – Trap Bar- 441 Lbs.

Turkish Get-up – 25 Lbs.

Officials – Denny Habecker, Barry Pensyl

Chris Lestan -Age 24 – 275 Lbs. – 125 Kg. Class

Clean and Press- 12 inch heels – 205 Lbs.

Deadlift- Trap Bar – 535 Lbs.

Dinnie Lift – 600 Lbs.

Hack Lift- Fulton Bar – 285 Lbs.

Snatch – Fulton Bar – 115 Lbs.

Officials – Frank Ciavattone, Jeff Ciavattone

Brandon Rein – Age 25 – 152 Lbs. – 70 Kg. Class

Continental to Chest- Fulton Bar – 170 Lbs.

Deadlift- Dumbbell – Left – 155 Lbs.

Deadlift- No Thumbs – 280 Lbs.

Deadlift- No Thumb – Left- 120 Lbs.

Deadlift – One Leg- Left- 120 Lbs.

Official – LaVerne Myers

Abe Smith – Age 39 – 183 Lbs – 85 Kg. Class

Clean and Press – Dumbbell – Left- 106 Lbs.

Clean and Press – Dumbbell – Right -106 Lbs.

Side Press – Bar- Left – 115 Lbs.

Side Press – Bar- Right – 106 Lbs.

Snatch – Dumbbell -Right Hand – 121 Lbs.

Official – Bill Clark

Jeffrey Ciavattone – Age 41 -240 Lbs. 110 Kg. Class

Kennedy Lift – 752 Lbs.

People's Deadlift – 650 Lbs.

Weaver Stick – Front – Right- 7 Lbs.

Zercher – One arm – Left- 285 Lbs.

Zecher – One arm- Right -285 Lbs.

Officials – Frank Ciavattone, Christopher Lestan

Christopher Todd – Age 41 – 272 Lbs. 125 Kg. Class

Bench Press- Hands together – 225 Lbs.

Clean and Press – Reverse Grip – 142.5 Lbs.

Crucifix 90 Lbs.

Deadlift – No Thumbs – 359 Lbs.

Two hands Anyhow -150 Lbs.

Officials – Eric Todd, Lance Foster, John Strangeway

John Strangeway – Age 42 – 198 Lbs. – 90 Kg.

Deadlift – Dumbbell – Left -280 Lbs

Deadlift -Finger- Index- Left – 151 Lbs.

Deadlift – Finger – Middle – Left – 221 Lbs.

Deadlift – Fulton Dumbbell – Left – 186 Lbs.

Deadlift – Inch Dumbbell – Left -140 Lbs.

Officials – Eric Todd, Chris Todd, Lance Foster

Eric Todd – Age 45 – 262 Lbs. – 120 Kg. Class

Clean and Press – 2 Dumbbells Heels Together- 160 Lbs.

Clean and Seated Press – 2 Dumbbells- 140 Lbs.

Maxey Press – 240 Lbs.

Rectangular Fix- Fulton Bar – 92.5 Lbs.

Snatch on Knees – 130 Lbs.

Officials – Chris Todd, John Strangeway, Lance Foster

Tony Hose – Age 51 – 230 Lbs. – 105 Kg. Class

Clean and Push Press – 2 Dumbbells – 120 Lbs.

Deadlift – Left Hand – 216 Lbs.

Fulton Bar Deadlift -Ciavattone Grip -300 Lbs.

Deadlift – 3 Inch Bar – 335 Lbs.

Deadlift – Reeves –285 Lbs.

Official – Bill Clark

Wade Marchand – Age 51- 151 Lbs. – 70 Kg. Class

Good Morning – 115 Lbs.

Lateral Raise – Lying – 102 Lbs.

Press Behind Neck- Seated – 100 Lbs.

Weaver Stick-Front- Left -5.25 Lbs.

Weaver Stick-Front- Right- 5 Lbs.

Officials – Chris Lestan, Jeff Ciavattone

Al Myers – Age 54 – 230 Lbs. -105 Kg. Class

Deadlift -Fulton Bar- Ciavattone Grip -315 Lbs.

Deadlift Fulton Dumbbell- Left Arm- 170 Lbs.

Deadlift- No Thumb – Left Arm – 200 Lbs.

Hacklift – Fulton Bar – 405 Lbs.

Teeth Lift – 120 Lbs.

Official – LaVerne Myers

Lance Foster – Age 55 – 341 Lbs. – 125+ Kg. Class

Clean and Push Press – 2 Dumbbells – 90 Lbs.

Deadlift – Fingers- Middle – 205 Lbs.

Deadlift – Fulton Bar- Ciavattone Grip – 190 Lbs.

Deadlift – No Thumbs – 275 Lbs.

Snatch – Dumbbell – Right – 50 Lbs.

Officials- John Strangeway, Chris Todd, Eric Todd

Dave DeForest -Age 60 – 195 Lbs. – 90 Kg. Class

Clean and Seated Press Behind Neck -100 Lbs.

Clean and Jerk- Dumbbell – Right Hand -60 Lbs.

Deadlift -Dumbbell- One Hand- Left- 171 Lbs.

Deadlift -Dumbbell- One Hand- Right -171 Lbs.

Neck Lift – 385 Lbs.

Official – Bill Clark

John Carter – Age 62 – 218 Lbs. -100 Kg. Class

Hip Lift – 1805 Lbs.

Vertical Bars – 2 Bars – 1” – 320 Lbs.

Vertical Bar – 1" -Left Hand – 185 Lbs.

Vertical Bar – 1" – Right Hand – 215 Lbs.

Zercher- One Arm- Right – 230 Lbs.

Official – Bill Clark

Janet Thompson – Age 63 – 180 Lbs. – 85 Kg. Class

Deadlift-Dumbbell – Left Hand- 70 Lbs.

Deadlift- Dumbbell – Right Hand – 70 Lbs.

Deadlift- Middle Fingers – 95 Lbs.

Deadlift- Fulton Bar- Ciavattone Grip – 120 Lbs.

Deadlift – Inch Dumbbell – Left Hand – 57 Lbs.

Official – Bill Clark

Frank Ciavattone – Age 65 – 297 Lbs. -125+ Kg. Class

Ciavattone Deadlift – 441 Lbs.

Ciavattone Deadlift – Left Hand – 242 Lbs.

Ciavattone Deadlift – Right Hand – 253 Lbs.

Deadlift – No Thumbs – 408 Lbs.

Weaver Stick -Front- Left Hand- 6.75 Lbs.

Officials- Jeff Ciavattone, Chris Lestan

Peter Vuono – Age 67 – 198 Lbs. – 90 Kg. Class

Deadlift – 2 Dumbbells – 252 Lbs.

Weaver Stick – Front- Left- 4 Lbs.

Weaver Stick – Front – Right -3.5 Lbs.

Officials – Frank Ciavattone, Chris Lestan

Barry Pensyl – Age 72 – 148 Lbs. – 70 Kg. Class

Bent Arm Pullover – 77 Lbs.

Cheat Curl – Dumbbell- Left Hand – 42 Lbs.

Cheat Curl – Dumbbell – Right Hand – 45 Lbs.

Deadlift – Dumbbell – Left Hand- 164 Lbs.

Deadlift – 2 Bars- 264 Lbs.

Official – Denny Habecker

LaVerne Myers – Age 76 – 225 Lbs. – 105 Kg. Class

Cheat Curl – Dumbbell – Left Hand – 40 Lbs.

Cheat Curl – Dumbbell – Right Hand – 40 Lbs.

Deadlift – One Arm – Left – 200 Lbs.

Finger Lift- Ring – Right – 100 Lbs.

Hack Lift – Fulton Bar – 205 Lbs.

Official – Al Myers

Dean Ross – Age 78 – 207 Lbs. – 95 Kg. Class

Clean and Jerk – Dumbbells – 50 Lbs.

Clean and Jerk- Dumbbell – Left Hand -25 Lbs.

Clean and Jerk – Dumbbell – Right Hand -25 Lbs.

Clean and Jerk – Fulton Bar – 40 Lbs.

Hip Lift – 900 Lbs.

Official – Lance Foster

Denny Habecker – Age 78 – 185 Lbs. – 85 Kg. Class

Bent – Arm Pullover – 77 Lbs.

Bent – Over Row – 176 Lbs.

Deadlift – No Thumbs – 264 Lbs.

Deadlift – no Thumb – Right Hand – 132 Lbs.

Vertical Bar – 2 bars – 2" – 209 Lbs.

Official – Barry Pensyl

Bill Clark – Age 88 – 207.5 Lbs. – 95 Kg. Class

Deadlift – Inch Dumbbell – Right Hand- 57 Lbs.

Hip Lift – 515 Lbs.

Jefferson Lift – 275 Lbs.

Lurich Lift – 275 Lbs.

Peoples Deadlift 225 Lbs.

Official – David DeForest

1ST QUARTER POSTAL

[January 1, 2021](#) [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.

LIFTS

BENCH PRESS – FEET IN AIR

CURL – CHEAT, DUMBBELL, ONE ARM

DEADLIFT – FULTON BAR, CIAVATTONE GRIP

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

ENTRY FORM (PDF) – [2021 1st Quarter Postal Entry Form](#)

2ND QUARTER POSTAL

[January 2, 2021](#) [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.

LIFTS
PULLOVER AND PRESS
CURL – REVERSE GRIP, STRICT
DEADLIFT – ONE ARM

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

ENTRY FORM (PDF) – [2021 2nd Quarter Postal Entry Form](#)

3RD QUARTER POSTAL

[January 3, 2021](#) [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.

LIFTS
PUSH PRESS – FROM RACKS
CLEAN AND JERK – DUMBBELL, ONE ARM
DEADLIFT – STIFF LEGGED

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

ENTRY FORM (PDF) – [2021 3rd Quarter Postal Entry Form](#)

POSTAL CHAMPIONSHIPS

[January 4, 2021](#) [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.

LIFTS

PRESS – DUMBBELL, ONE ARM

SNATCH – ONE ARM

HABECKER LIFT

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

ENTRY FORM (PDF) – [2021 Postal Championships Entry Form](#)

POSTAL CHAMPIONSHIPS

[January 19, 2021](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

2020 USAWA POSTAL CHAMPIONSHIPS

We had 24 lifters take part in our Postal Championships this year. Eric Todd was at the top of the men's division and R. J. Jackson led a very competitive woman's division. Thank you to all who participated.

MEET RESULTS:

USAWA POSTAL CHAMPIONSHIPS

October 1st, 2020 to December 31st, 2020

The Lifts: Snatch From Hang – Deadlift, Dumbbell, One Arm – Pullover and Push

MEN'S DIVISION

Eric Todd	– 45	– 263	– 181	– 346-R	– 401	– 928	– 760.97
Christopher Lestan	– 24	– 275	– 220	– 350-R	– 402.5	– 972.5	– 737.34
Abe Smith	– 39	– 183	– 185	– 255-L	– 315	– 755	– 710
John Strangeway	– 42	– 205	– 170	– 320-L	– 255	– 745	– 676.26
Randy Smith	– 66	– 195	– 115	– 252.5-R	– 205	– 572.5	– 659.23
Denny Habecker	– 78	– 187.6	– 72	– 189-R	– 165	– 426	– 600.12
Dave DeForest	– 60	– 196	– 125	– 201-R	– 185	– 511	– 558.82
Barry Pensyl	– 72	– 148	– 65	– 165-R	– 135	– 365	– 549.22
Barry Bryan	– 62	– 190	– 99	– 187-R	– 176	– 462	– 522.74
Aidan Habecker	– 17	– 230	– 121	– 243-R	– 198	– 562	– 489.02
Tony Hose	– 51	– 230	– 65	– 255-R	– 205	– 525	– 487.15
Wade Marchand	– 51	– 154	– 75	– 170-L	– 130	– 375	– 440.58
Michael Marchand	– 14	– 165	– 80	– 170-R	– 115	– 365	– 438.74
Dean Ross	– 78	– 207	– 45	– 100-L	– 133.5	– 278.5	– 371.08

Lance Foster – 55 – 342 – 75 -200-R – 0 – 275 – 217.97

Bill Clark – 88 -208 – 22 – 106-R – 0 -128 – 192.55

WOMEN'S DIVISION

R.J. Jackson – 59 – 106 – 65 – 145-R – 100 – 310 – 517.04

Elizabeth Skwarecki – 40 – 148.8 – 108 – 187-L -154 -449 -485.46

Sylvia Stockall – 62 -142 – 77 – 92-R – 100 – 269 – 365.71

Natalie Collins – 13 – 116 – 60 – 70-R – 66 – 196 – 315.14

Phoebe Todd – 10 – 106 – 25 – 60-R – 50 – 165 -305.01

Lynda Burns – 46 – 164 – 75 – 115-L – 85 – 275 – 295.72

Olivia Collins – 11 – 126 – 45 – 70-R -66 -181 – 290.32

Janet Thompson – 63 – 180 – 22 – 80-L – 65 – 167 – 196.70

OFFICIALS:

Aidan Habecker – Denny Habecker, Barry Bryan

Phoebe Todd – Lance Foster, Eric Todd

Eric Todd -Lance Foster

Christopher Lestan – Frank Ciavattone

Abe Smith – Bill Clark

John Strangeway – Lance Foster

Denny Habecker – Barry Bryan

Dave DeForest – Bill Clark

Barry Bryan – Denny Habecker

Tony Hose – Bill Clark

Wade Marchand – Frank Ciavattone

Michael Marchand – Frank Ciavattone

Dean Ross – Lance Foster

Lance Foster – Eric Todd

Bill Clark – Dave DeForest

Natalie Collins – Frank Ciavattone

Olivia Collins – Frank Ciavattone

Janet Thompson – Bill Clark

LIFTERS With non-certified Officials:

Randy Smith
Barry Pensyl
R.J. Jackson
Elizabeth Skwarecki
Sylvia Stockall
Lynda Burns

THE EXCITEMENT AND MEMORIES OF COMPETITION PREP

[January 27, 2021](#) [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

Since there haven't been any in-person competitions I think it would be fun to reflect on when the time comes when in-person competition becomes normal again.

The preparation for competition is what stimulates the regular strength athlete and soon becomes all they can think about for the next couple of months. The training schedule, reps, and sets are all determined 8-12 weeks out from the day of the competition. The journey from the beginning of prep when you write down goals you want to achieve. Then at the end of the competition prep you recall on what you have written down to see if you achieved your goal or goals.

That is the beauty of competition. The journey! Everyone has as prep that they remember like the back of their hand. The prep that pushed that individual to the brink, or maybe have to overcome some sort of adversity during prep. Those are the memories that stick with us the most. The moments that we recall as defining us or redefining us as people. It's what makes competition prep almost seem like magic.

My personal competition prep that sticks out to me to this day was my first Heavy Lifts Nationals back in 2018. I had just finished competing at College Raw Powerlifting Nationals and as soon as I got home I went to Frank Ciavatone to start training. Now normally I give myself a decent 8-10 weeks before a major competition. This allows myself to peak for the day of completion with phases of hypertrophy, strength, and power. However, during this time Heavy Lift Nationals was only 4-5 weeks away. Thank goodness I have one of the greatest Heavy Lifters of all time Frank Ciavatone. I remember we talked for hours on end deciding what to do for the prep and how to get ready. Finally, he made the decision (because he's the coach and I am the athlete) to do 1-2 workouts a week of the Neck, Hand and Thigh, and Hip lift.

During that time I learned so much about timing of training, and how to control intensity. I learned how to be a listener whenever Frank gave some advice or technique tips. I learned how to recovery from the

lifts, for the style of recovery is vastly different from recovering from powerlifting workouts. I loved every minute of it. It was one of the best 4-5 weeks of training of my life because Frank taught me so much about how to get ready for these lifts. I guess it worked in the end because I achieved all of my goals by the end of 5 weeks and found a new love for the Heavy Lifts. This time of my life sticks out to me because of how much I learned from Frank about the lifts, and also I was allowed to push myself in a different discipline of strength sports.

As I said before... Everyone has these types of memories. Maybe it was your first Powerlifting competition? Or the time you decided to do a strongman competition? Or the first All-Around Weightlifting Competition. All different stories that come with different memories!

2021 POSTAL SERIES

[January 28, 2021](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The entire 2021 Postal Series Meets has 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 USAWA 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

Bench Press – Feet in Air

Curl – Cheat, Dumbbell, One Arm

Deadlift – Fulton Bar, Ciavattone Grip

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

Pullover and Press

Curl – Reverse Grip, Strict

Deadlift – One Arm

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

Push Press – From Racks

Clean and Jerk – Dumbbell, One Arm

Deadlift – Stiff Legged

Postal Championships – October 1st to December 31st

Press – Dumbbell, One Arm

Snatch – One Arm

Habecker Lift

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

2020 POSTAL SERIES

[January 30, 2021](#) [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 39 lifters competed in the various postal meets, which is 10 more lifters than competed last year. The first Postal Meet had 19 lifters, the second had 25 lifters, the third had 31 lifters, and the Postal Championship drew 24 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: Eric Todd, Abe Smith, John Strangeway, Denny Habecker, Dave DeForest, Barry Pensyl, Dean Ross, Bill Clark, RJ Jackson, Elizabeth Skwarecki, Sylvia Stockall, Phoebe Todd, Lynda Burns

Now for the overall rankings for the 2020 USAWA Postal Series!

2020 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	John Strangeway	RJ Jackson
2nd Quarter Postal	Abe Smith	Elizabeth Skwarecki
3rd Quarter Postal	Jeff Ciavattone	Amorkor Ollennuking
Postal Championships	Eric Todd	RJ Jackson

GRAND SLAM WINNERS: Eric Todd, Abe Smith, John Strangeway, Denny Habecker, Dave DeForest, Barry Pensyl, Dean Ross, Bill Clark, RJ Jackson, Elizabeth Skwarecki, Sylvia Stockall, Phoebe Todd, Lynda Burns

Final Postal Series Rankings

WOMENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1 TIE	RJ Jackson	4	33
1 TIE	Elizabeth Skwarecki	4	33
3	Sylvia Stockall	4	30
4	Lynda Burns	4	17
5	Phoebe Todd	4	16
6	Natalie Collins	1	10
7	Janet Thompson	3	9
8	Amorkor Ollennuking	1	8
9	Olivia Collins	1	4
10	Crystal Diggs	3	3

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	John Strangeway	4	76
2 TIE	Abe Smith	4	71
2 TIE	Eric Todd	4	71
4	Denny Habecker	4	56
5	Dave DeForest	4	55
6	Barry Pensyl	4	52
7	Barry Bryan	3	41
8	Tony Hose	3	39
9	Al Myers	2	34
10 TIE	Christopher Lestan	1	30

It was very CLOSE for the overall winner in the Women's Division, and ended up being a tie between RJ Jackson and Elizabeth Skwarecki. Sylvia Stockall was very close behind these two, only trailing by 3 points. A total of 11 women competed in the various postal meets (the most ever) so for the first time we had a TOP TEN for the Women's Division.

The Men's Division was very close as well, with John Strangeway taking the title of Overall Champion of the USAWA Postal Series. Behind him was a close tie for second with Abe Smith and Eric Todd. The strength and depth of the Mens Division was the best ever, and it took competing in every postal meet to make the top five overall. A total of 28 men entered at least one postal competition which is the most ever.

I want to thank everyone who participated in our Postal Meet Series. This participation is what keeps our Postals going every year. I also want to mention and give credit to our Postal Meet Director Denny Habecker who makes all this happen. A full historical archive of the past Postal Meet Series is kept on the website, under "history".

CONTEST MEMORIES

[February 11, 2021](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I was inspired by the article Chris Lestan wrote called "The Excitement and Memories of Competition Prep." Since things have been rather slow of late, I thought I might do a few articles about some of my more memorable contests/contest preps. I have competed many, many times across a number of strength disciplines.

I am going to gloss over my first experience a little. It was the Show-Me State Games powerlifting meet, which was actually a push/pull. Training had gone OK, but a week prior, I badly sprained my ankle by stepping in a hole, so I only did the benchpress, and performed poorly there. So, not a tremendous experience, but though I did not realize it at the time, it is more than likely the first time I was at a meet with Bill Clark. I do remember holding my pause for an inordinate amount of time.

What I was really excited to train and compete in was strongman. While I always did well moving the weights in the weightroom, I always found functional strength to be more of my forte. So, when I decided I wanted to try my hand at it, I found a contest in a small college town in northeast Missouri called Canton. The meet was called Tri-States Strongest Man. I sent in my entry and started training for the events.

The events in this contest were as follows: Farmers walk/sandbag carry medley, truck pull, crucifix, tire flip for reps, and atlas stones. Access to equipment as well as training advice at that time was minimal. I

got a tractor tire (maybe 300 pounds) from a tire repair place in town. I took the inner tube out of it and used that as a dirty, makeshift harness by which to practice pulling my brother's broken down car up and down the driveway (that car was later converted into my shooting car). Crucifix I was able to simulate in the weightroom with dumbbells. I did make my first atlas stone at that time using the play ball and plaster of paris method for making the mold. Somebody on one of the old forums said you can do farmers walks with ez curl bars. So, one day in the high school when no one was around, I gave that a shot. Needless to say, it was not a suitable substitution.

So, contest day rolled around. We drove out the night before and arrived in town at around 10:00. We pulled in to the contest motel to check in. The office where I checked in was clearly the living room of the older couple who owned the motel. The old man snoozed on the davenport as his wife checked us in. I got a decent night's sleep, and when I got up, I decided to find the park where the contest was being held since I had never been there before. Since this was the contest motel, most of the competitors stayed there. As I left my room, my attention was drawn to a group of the competitors at the edge of the parking lot. There were some MONSTERS in this group. As this contest only had a lightweight class and a heavyweight class, and anyone 225# or less was a lightweight, I knew I was going to be competing against some of those behemoths. I instantly felt out of place, as though I had made a tragic error. I thought to myself that no one knew me, so no one would notice if I just slipped back into the car and drove home (not unlike Melvin did after a couple of events-but that is another story). I decided against it, and stuck it out. The contest was rather eye opening. I saw competitor after competitor fail on the 800 pound tire. I got 2 flips, which was good for second place. I got third in the crucifix and the atlas stones, being one of only 3 to load all of them. I did find out that day that grip was going to be my Achilles heel and grip events my nemesis. I must have done 20 some deadlifts with 250# farmers walks, only to end up 5 feet short of the finish line. But, in my first contest I took 4th place among the giants, and figured out I belonged. The other thing I found remarkable was what appeared to be fantastic camaraderie among the competitors. They were all cheering for each other, even though they were competing against each other. It is what drew me to the sport initially, and ended up being what kept me around it for so long. Anyhow, that is the story of how I got my start in strongman; however, it was my second meet that pretty much hooked me for good. (to be continued)

THE ONE AND ONLY HEAVY LIFTS!

February 20, 2021 Christopher Lestan Edit Post

By Christopher Lestan

As I began my career in the USAWA in 2018 I only knew of the lifts such as the Ciavattone deadlift, or the Jefferson deadlift. Lifts that I could relatively understand and see mentally through my experience

with Powerlifting and Olympic weightlifting. These times were simple and I loved it. I would head to Franks Barbell and do 1-4 lifts that would fit in the “push” or “pull” exercise categories. I seemed to gain a grasp on the whole idea of the USAWA and the lifts until Frank Introduced me to the Heavy Lifts.

Now for a time, I had heard of the “Neck lift”, for I would see awards in Franks basement that would say “700lb NECK LIFT” or something along those lines. Frank would also tell stories bout these “heavy lifts” and often was interesting to listen to because it seemed like a mythical lift. Something that was done in the past and only stories from the men and women who were present could tell about the tales.

Then one day I came into the gym. Set my bag down. Put on my converse and started to warm up for that day’s workout. Frank came into the gym but with a different look in his eyes. He had some excitement in his eyes. Some flare. I was curious so I had to ask him what was on his mind.

“What are we doing today Frank?”, I said gently.

He starred into my eyes and said calmly “Time to train the neck lift.”

Now before I could fully understand what was just said I said “Okay”. But then the whole sentence processed through my brain and then I quietly gasped “.... the neck lift....”. My whole day was turned upside down. Today was the day I tried this legendary lift. The day I decide to be calm and collective or look at Frank and tell him my C2-C3 in my spinal cord was hurting.

He pointed towards the corner of the gym and said “can you grab the harness and the heavy-lift bar”. I quickly stumbled over there and saw what looked like a medieval torture device. Then I turned my head to the barbell for the Heavy Lift. Now if you have never seen one of them well they are simply massive. I believe Franks is over 100 pounds. After starring at the medieval torture device and the pipeline for about 2 minutes I dragged them out to the platform. Then I just looked at them. I was lost. What was I supposed to do with them?

“Put 45s on the bar, and put the harness on your head,” said Frank. He then went on to explain which side the head harness should be, and the proper technique for the neck lift. After all the explaining I attempted my first ever neck lift..... and did it not feel good. For those who haven’t experienced the feeling of a neck lift imagine a massive amount of force being pulled from the back of the head. Now this sensation lasts about 1-2 seconds before you get the “down signal”.

The whole workout was centered on active and singles. The heaviest we went to that night was 300 pounds for a top single. The next week only consisted of me being super tight in my trap area and feeling like I got hit by a truck.



A classic example of what a neck lift looks like! This is 700 during training last year!

The next lift introduced to me was the Hang and Thigh lift. Now, this lift requires more of a leg drive in the extension part of the lift. However, if your hands are not strong then it will be challenging to get the lift off the ground in general. My introduction to this lift was when I was doing a typical deadlift workout. I was months away from my next competition and was doing the standard light reps but the emphasis on form. After I was done I was going to do rows however, Frank had other plans. He had me take out the Heavy Lifts barbell again along with something that looks like it came from a metal factory. It was a handle with chains on it. Again it looked like a device used in England in 1250.

After about 5-8 sets of Hang and Thigh singles, I woke up the next morning feeling super tired and sore. My whole back was weak feeling, and my glutes weirdly enough were extremely achy.

The last lift that I learned from Frank from the Heavy Lifts was the Hip Lift. This lift is less intimidating and more about power through the legs. There is a belt worn around the hip that attaches to the Heavy Lift bar itself. After attaching the chains together all you do is push with the legs and try to lift the weight about 1 inch from the ground. Now when I first tried this lift I loved it. I have strong legs so this type of lift suited me. However, the next morning my legs were screaming for help. The 1 inch off the ground doesn't seem like much, yet the amount of stress on the legs is what really kicks in the soreness.

Now I know what you are thinking... WHY WOULD YOU TRY THESE LIFTS. Well, personally I love the idea of a challenge and something new. Additionally, like a lot of these, lifts the is history. These lifts were a staple in the 80s and 90s of the USAWA and IAWA and would be even part of National and Worlds. The amount of fatigue that would set after these lifts after Day 1 of a Worlds weekend would definitely affect the performance of some lifters. Another reason why I love these lifts is they really teach you how to control fatigue. You can't just one rep max every week with these lifts. There is an art form to the quality and quantity of the workouts with these workouts. Lastly, they are just cool. How many you know personally that can lift hundreds of pounds with a lift named the Neck lift? Or even hip lifted a 1,000 pounds? I can answer that and it's 0.

When the opportunity arises try these lifts. It's very difficult to find the bar and harnesses to perform them. But I am telling you they are a blast to try and even perfect!

OPEN FOR BUSINESS

[February 22, 2021](#) [Al Myers](#) [Edit Post](#)

By Al Myers

The USAWA Executive Board has voted to start allowing sanctions again in the USAWA. This has been a tough year for our organization without having organized meets/competitions. Hopefully before long we can get back to "Business as Normal", but for now these sanctioned events will have a few restrictions which must be adhered to. They are:

- Sanctions are to be for RECORD DAYS only
- Meet directors are responsible for lifters wearing masks and having social distancing
- Proof of full vaccination status for COVID must be provided to the USAWA in order to be eligible to compete

CONTEST MEMORIES PART II

[March 12, 2021](#) [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

When I first decided to give strongman a shot, I was rather anxious to get rolling. I found the aforementioned Tri-States Strongest Man contest in Canton, but a mere month later was another, even closer opportunity to see if I had what it took to compete in strongman. It was in Kirksville, MO, just a

couple hours away from me by automobile. I went ahead and entered this meet as well, and trained for the 2 concurrently.

The events in this were as follows: a clean and press for reps with a railroad tie, anvil throw for height, sheaf throw for distance, anvil/stone load medley, and truck pull for time. The clean and press, I just trained with a barbell in the gym. For the throw for height, I procured a keg to train with, though I was just launching it in the air, not over anything. I just did repetitions with the 230 pound stone that I had made to try and get ready for the load medley. I used the old tractor inner-tube as a harness to pull my brothers broken down car around what is now my yard.

It was the sheaf throw that threw me off. When I studied up on it, I found it was a “bale” throw with a pitchfork for height, so I reckoned this was just a bale throw for distance in the same fashion. I already had a pitchfork, so I went out and bought a straw bale and went to work. I had really no technique, and found this rather challenging. I was maybe getting 10 feet. My brother (of Lift for Leroy fame) was with me while I was training it one day. I thought maybe it would motivate me to throw further if I had a moving target, so I suggested he run away from me as I tried to hit him with the bale. While this method did produce another foot or two in distance, it more closely resembled a Keystone Cops routine than a sound training method.

Contest time came. I found my way to the park a little early and started looking over the implements. I was at that time when I met Thom VanVleck and Brian Kerby. As a rather introverted individual, I found it refreshing how engaging they were and how easily I was able to visit with them. This is where the theme of “like minded individuals” began to draw me to strongman.

While I cannot remember the exact order of the events, I believe we started with the clean and press with the railroad tie. While I am certain I was not the strongest presser (pretty sure that designation would go to Brian Kerby that day) i was able to hit more repetitions due to speed, resulting in an event win. The sheaf toss for distance was not what I had envisioned. The “bale” was much smaller and more compact than the straw bale I had been working with. This discipline clearly required MUCH more technique that I was exhibiting that some of the other competitors with highland games experience had mastered. I pulled my best throw of the day with my last throw where I left the fork in the bale, a throw that was ultimately good for last place. I felt like that maybe was a nail in the coffin of a decent placing at the meet. I would have to dominate the rest of the meet in order to place well. It is usually the guy who is consistently toward the top who wins. A last place finish can be devastating.

Well, I got to work. In the anvil throw for height, I kept pace with the proficient highland throwers. Seems like I tied for 1st or second in this event. Then came the load medley. I consisted of loading 3 progressively heavier anvils, followed by 2 field stones to a platform a bit higher than waist high. If I remember correctly, the heavier of the 2 field stones was a bit over 300 pounds. This type of event ended up being a strong suit for me. While I was one of 3 competitors who loaded all 5

implements, I did so the fastest, so another event win for me. The last event, we went up the hill to a parking lot for the truck pull. We were to be pulling Thom's father Earl's semi-diesel truck. It was probably the event I was most excited for, as this a feat I had watched the giants of World's Strongest Man perform back in the day that I assumed was something I would never be able to do. While memory tells me that I won this event, I am not 100% sure that is accurate. What I am 100% about is that I performed well enough in the event for the overall contest win.

It was this win, coupled with my relative success at Canton that let me know I belonged; however, it was the absolute camaraderie that kept me coming back. Though I was competing against Thom and Brian all day, they kept coming back to compliment me on what I had done. They were explicitly positive influences on me that day, and this assured me that the strongman community was something I needed to be a part of.

As a side note, this was a two day event. Day one was strongman, day two the highland games. I competed in both. Make no mistake about it, what ego boost that had been a result of my day one success was quickly dismantled as I competed in the B class on day 2...

IRON ADDICT POEM

March 15, 2021 [Christopher Lestan](#) [Edit Post](#)

By Christopher Lestan

*Roses may be red,
Violets may be blue,
However, I'm addicted to making PRs,
As so should you,
Nothing better than protein after the workout,
Such as steak and burgers at a cookout,
Training is a priority for me,
It's part of my life,
Just like regular power cleans,
My gym bag is very dear to me,
It holds everything I need,
Ranging from knee sleeves,
To an Inzer Belt,
My family thinks it smells of sweat,
Obviously, they never have met,
The guy at the gym,*

*Who doesn't shower for hours,
Barbells and Dumbbells is all I need,
To gain muscle for all to see,
Notebooks are the best way to record,
All the weights and workouts I have lifted,
That way I never get bored,
And see my progress,
Week by week reminding myself I am not weak!*

– Poem by Christopher Lestan

CONTEST MEMORIES PART III

March 20, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

After competing in Tri-States Strongest Man in Canton, and then the JWC Strongman meet a month later, I was hooked. I could not wait to compete in another; however, at the time, there were not nearly as many opportunities to compete locally as there are now. The next meet I could find strongman wise was the next May, over half a year away. When you are chomping at the bit to compete like I was at the time, that was just too far.

In the meantime, I kept perusing the strongman sites and training. Back then we had Worldsstrongestman.com forum, Samson power forum, and two forums for the North American Strongman Society. I might be missing a couple, but these are the ones I frequented early on in my career. It is while looking over these that I somehow found my way to the USAWA website. While looking at the contest selection, I saw a meet close to me in March: The Deanna Springs Memorial at Clarks Gym in Columbia. While I was certainly not familiar with all-round, or all of the lifts contested in this meet, I did notice the crucifix was in this meet. Since I recognized this lift as a strongman event, I thought “why not?” I called Bill Clark and told him I was coming.

Back in the day, when planning to travel to a contest, I would look up the directions on Mapquest.com and print off directions. Though not as old school as reading a map or using a sextant, it was a far cry from the GPS that many of us use today. So, that particular day, I grabbed my printed directions and start to drive. When I arrived at my destination as defined by these directions, I was clearly at a residence and not a commercial gym, like what I was expecting. Turns out I had entered the address for Clark’s house and not the gym. Not good, as the cell phones in those days were not advanced like what we have today, and I could not look up the correct directions on the fly. I needed to find my way from

Grace Ellen Drive to Grace Lane. I was in the neighborhood of giving up, as the weigh in time was coming and going, but then stopped at a gas station where they helped me find my way.

I found the gym a few minutes after the competition was supposed to be starting, but I gathered my bag and walked through the door. You can imagine my surprise when I walked through the door to see only two other individuals sitting there. Welcome to the world of all-round. And I thought Strongman was fringe! As I entered the gym, I was impressed by the dusty display of trophies, the York globe dumbbell set, and the assortment of equipment that resembled a torture chamber. The two gentlemen were Bill Clark and Joe Garcia. They accepted me into the meet, albeit late, and we proceeded to compete.

Bill served as the official, and Joe and I the competitors. Though the crucifix was not the same as what is contested in strongman, I was still decent at it and lifted 120 pounds (or 60 pounds a dumbbell) on this discipline. My cheat curl was also decent. It was when we got to the other three lifts that I needed help. The last three were the Deanna Lift, the Hand and Thigh, and Hip Lift. The Deanna was comparatively decent, as I am not sure anyone knew what they were doing with the lift at the time. I did over 200 pounds more at a later date. It was with the hand and thigh that I really got to witness the lengths of Joe and Bill's expertise. They worked tirelessly with me to help perfect my technique for that day. With it only being two lifters, they took their time to show me the ropes. I ended with a 1475 pound effort, and I have not done a boat load more than this over almost 20 years and much training. The last lift was the hip lift. Though Bill and Joe gave me the same attention that they gave me in the hand and thigh, it was not to be. I only lifted 200 more pounds in this discipline than I did the hand and thigh, which is unacceptable. Bill said that some people who excel in the hand and thigh are sometime poor in the hip lift. I assumed that this was me, as I always fell in this same neighborhood. That is, until I got my own hip belt and was able to spend some time playing with the belt placement to figure out what works for me. I have since gone well above the 1675 I did that day.

This was my introduction to all-round and the USAWA. Bill gave me a few of the recent newsletters, and signed me up to receive the new editions. I read through the newsletters and ordered a record book. From this point, I started competing in all-round on top of strongman. For quite a spell, I did not compete terribly regularly in all-round, as I was heavily focused on my strongman career. I would occasionally compete at Clark's or at the Dino gym, but it certainly took a backseat to strongman. It was not until my strongman career came to an end that I became much more focused on all-round lifting, and it has been the sole focus ever since. I sometimes wonder what success I could have had in it if I would have focused on it more during my prime, but I reckon I have no regrets.

CLARK'S GYM RECORD DAY

[April 3, 2021](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT – Clark's Gym Record Day

Meet Director: Bill Clark

Date: Saturday, May 22nd, 2021

Venue: Clark's Gym, Columbia, Missouri

Weigh-ins: 9 AM

Entry Fee: None

Entry Form: None

Awards: None

Membership: Must be a current USAWA Member

Lifts: Pick your own lifts to set or break a USAWA record

Bill may be reached by phone: 573-474-4510, or mail: Bill Clark, 3906 Grace Ellen Drive, Columbia, Missouri, 65202., or email: yeoldclark@gmail.com

MUST PROVIDE CURRENT COVID VACCINATION STATUS TO ENTER

UPDATE

Due to limited space in the gym, an entry deadline of MAY 15th is now in place. If a large number of lifters register multiple sessions with different time spaces will be put into place throughout the day. Nine people in the gym at one time is the maximum allowed. At the current time masks are optional between lifts.

NATIONAL CHAMPIONSHIPS

[April 11, 2021](#) [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT 2021 USAWA NATIONAL CHAMPIONSHIPS

Good news for the USAWA is about here! After much discussion by the USAWA Executive Board, it has been decided that the USAWA is ready to get back to business.

I will be promoting the National Championship at the Dino Gym on June 19th. It will be a one day meet with the Annual Meeting and meal to follow the day's lifting. At the meeting we will as a group discuss the future plans for the USAWA – but I'm hoping that all will be in favor of just resuming normal operations.

The meet will be ran in the two-session format as normal for a Nationals. The approved lifts for the Nationals are: Cheat Curl, 1 arm Snatch, Clean and Press with heels together, Deadlift with a Ciavattone Grip on the Fulton Bar, and the 1 arm deadlift. This is a pretty straight forward selection of lifts that are pretty common all round lifts, so training preparations should be easier. I proposed these lifts with that in mind as I know this is "short notice" in regards to the Nationals announcement.

The Nationals will be limited to the first 15 lifters that register. Space is limited in the Dino Gym and I don't want a large crowd "packed around". We still need to be cognizant of the COVID risk recommendations. If you are attending please don't bring alot of people with you to watch.

ENTRY FORM (PDF) – [2021 National Championships Entry Form](#)

1ST QUARTER POSTAL

April 12, 2021 Denny Habecker Edit Post

By Denny Habecker

MEET RESULTS – 2021 1ST QUARTER POSTAL MEET

We had very good participation again to start this years postal series. Nineteen men and seven woman competed in this meet, with a lot of excellent lifts being done. Abe Smith led the men and Sylvia Stockall topped the woman.

MEET RESULTS:

1st Quarter Postal

January 1 thru March 31st, 2021

LIFTS – Bench Press – Feet in Air; Curl-Cheat – Dumbbell, One Arm; Deadlift- Fulton Bar, Ciavattone Grip

MEN

Abe Smith – 39 – 177 – 295 – 100-L – 305 – 700 – 671.86

Anthony Hose – 52 – 231 – 305 – 100-R – 305 – 710 – 663.34

Barry Bryan	– 63 – 187.8 – 253 – 55-R	-253 – 561 – 644.71
Al Myers	– 54 – 232 – 250 -90-R	– 335 – 675 – 640.17
Randy Smith	– 66 -195.5 – 175 – 97.5-R	– 278 – 550.5 – 620.64
Dave Hahn	– 83 – 146 – 130 -45 -R	– 162 -337 – 592.12
Nicholas Frieders	– 20 – 150 – 200 -95-R	– 255 -550 – 585.86
Denny Habecker	– 78 – 191 – 154 -45 -R	– 220 – 419 – 584.33
John Carter	– 62 – 215 – 185 – 90-R	– 270 -545 – 575.69
Eric Todd	– 46 – 262 – 300 – 120-R	– 270 – 690 – 572.33
Chad Ullom	– 49 – 227 – 190 – 100-R	– 335 – 625 – 547.57
Barry Pensyl	-73 – 148 – 132 – 50-R	– 165 – 347 -529.59
LaVerne Myers	– 76 – 227 – 115 – 55-R	– 270 – 440 – 525.77
Dave DeForest	– 61 – 196 – 185 – 70-R	– 220 – 475 – 523.75
Robert Gilsdorf	– 68 – 140 – 115 -40-R	– 150 -305 – 449.38
Bill Clark	– 88 – 207.5 – 85 – 30-R	– 170 – 285 – 429.21
Lance Foster	-55 – 342 – 155 – 65-R	– 200 – 420 – 332.71
Chris Todd	– 41 – 267 – 260 – 83-L	– 0 – 343 – 268. 66
Leroy Todd	– 9 – 76 – 39.5 – 15-R	– 0 -54.5 – 142.68

WOMEN

Sylvia Stockall	– 63 – 140 – 145 – 50-R	– 135 – 330 – 456.75
R.J. Jackson	– 59 – 107.8 – 110 -51-R	– 150 – 311 – 426.04
Elizabeth Skwarecki	– 40 – 143.7 – 140.5 – 55.5-L	-168 – 364 – 402.93
Lynda Burns	– 46 – 164 – 95 – 45-L	-160 – 300 – 322.89
Phoebe Todd	-10 – 109 – 42.5 -30-R	– 80 – 152.5 – 274.93
Chris DeRoller	– 59 – 160 – 55 – 35-R	-125 – 215 – 263.57
Janet Thompson	– 63 – 180 – 65 – 35-R	– 115 – 215 – 253.24

OFFICIALS:

Barry Bryan	– Denny Habecker, Barry Pensyl
Al Myers	– Chad Ullom, LaVerne Myers
Denny Habecker	– Barry Bryan, Barry Pensyl
Nicholas Frieders	– Bill Clark, Dave DeForest
Chad Ullom	– Al Myers, LaVerne Myers
Barry Pensyl	– Denny Habecker, Barry Bryan
LaVerne Myers	– Al Myers, Chad Ullom
Phoebe Todd	– Eric Todd, Lance Foster
Abe Smith	– Bill Clark
Anthony Hose	– Bill Clark

John Carter – Bill Clark
Eric Todd – Lance Foster
DaveDeForest – Bill Clark
Robert Gilsdorf – Bill Clark
Bill Clark – Dave DeForest
Lance Foster – Eric Todd
Leroy Todd – Chris Todd
Chris DeRoller – Bill Clark
Janet Thompson – Bill Clark

Lifters With No Certified Official:

Randy Smith
Dave Hahn
Chris Todd
Sylvia Stockall
R.J. Jackson
Elizabeth Skwarecki
Lynda Burns

USAWA AWARD NOMINATIONS

[April 28, 2021](#) [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 Awards 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. Usually the USAWA Awards are “yearly” – meaning they are for the previous year’s accomplishments – but because of the COVID interruption last year please take that into consideration and “cast your vote” for efforts/performances over the last two years. 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 years 2020-2021
- 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 in 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 nominations is May 5th. 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!!!!

CLARK'S RECORD DAY

May 26, 2021 [Al Myers](#) [Edit Post](#)

By Bill Clark

CLARK'S RECORD DAY AND FUN DAY

What was expected to be a big crowd proved to be a very small crowd of five gym members. Not a single soul from outside Clark's Gym entered.

Since it was the first sanctioned meet in 14 months, plans had been made to match the county health protocol and an anticipated crowd of at least a dozen.

The five local lifters all checked in with their vaccination cards and two – Nick Frieders and Tony Hose – did their USAWA second quarter postal lifts six weeks early.

We were long gone by noon.

MEET DETAILS

Clark's Record Day

Clark's Gym

Columbia, Missouri

Saturday, May 22nd, 2021

Meet Director: Bill Clark

Officials (1-official system used): Bill Clark, Dave DeForest

Lifters:

Tony Hose, 52, 229 pounds

Fulton bar bench press – 300.

Reverse grip bench press – 235.

Nick Frieders, 20, 157 BWT

Bent over row – 205.

RH 1-inch vertical bar deadlift – 192.

LH 1-inch vertical bar deadlift – 192.

Reeves deadlift – 275.

Kennedy lift – 535.

Dave DeForest, 61, 194 bwt.

Neck lift – 450.

Deanna lift – 405.

Habecker lift – 275.

Peoples deadlift – 435.

2H, 2-inch vertical bar deadlift – 2×125 – 250 total.

John Carter, 62, 213 bwt

2H Ciavattone deadlift – 365.

2H deadlift – heels together – 365.

Zercher lift – 255.

Reeves deadlift – 265.

Straddle lift – 320.

BILL CLARK, 88. 203 BWT.

RH i-inch vertical bar deadlift – 107.

LH 1-inch vertical bar deadlift – 132.

RH 2-inch vertical bar deadlift – 82.

LH 2-inch vertical bar deadlift – 82.

Kennedy lift – 275.

Note: The fifth lifter above was not planning to lift. But he did – and may have become the first in USAWA history to lift wearing a catheter and an adult diaper.

CLUB OF THE YEAR AWARD

May 31, 2021 [Al Myers](#) [Edit Post](#)

By Al Myers

The nomination & voting period is over for the 2021 USAWA yearly awards, to be awarded at the National Championships in several categories for outstanding performances within the USAWA. I have just finished the tabulations and I am getting ready to contact the awards shop to get the awards made up. So – I KNOW who the winners are but that's still a secret until the awards presentation time! But there is ONE AWARD that is announced ahead of time – the USAWA Club of the Year. The reason it's announced early is that it is really not a mystery as to who the winner is as this is the one award that is based on generating points instead of votes. I have outlined this point system several times in the past so I won't rehash all that now. What I'm trying to say is this – anyone can add up the points on their own as ALL of the information is available on the website to do so, thus this winner is “no mystery”. No club can win an award like this based on one individuals performance or effort. It takes the contributions of several.

I'm proud to announce the USAWA CLUB OF THE YEAR FOR 2021.....THE WINNER GOES TO THE DINO GYM. The Runner Up Club of the year was Frank's Barbell Club.

The final standings for Club of the year (only top 5 listed) were:

1. Dino Gym – 57 points
2. Frank's Barbell Club – 34 points
3. Habeckers Gym – 28 points
4. Clark's Championship Gym – 25 points
5. KC Strongman – 21 points

As per the original rules for the Club of the Year, the defending USAWA Club of the Year is not eligible the following year, and instead is responsible for “passing the title” at the next year's awards presentation. All past USAWA Club of the Year are archived on this website.

NATIONAL CHAMPIONSHIPS

June 21, 2021 Al Myers Edit Post

By Al Myers

2021 USAWA NATIONAL CHAMPIONSHIPS



Group picture from the 2021 USAWA National Championships.

After a year and a half of COVID shutdown in the USAWA, we finally all gathered together for a big competition. It was very exciting for me to see lifters I haven't seen in a long time. I held the meet in my gym, like I did for the Nationals in 2009.

It was great to see a wide range of lifters starting with the two Junior lifters Leroy and Phoebe, to ole veterans of the USAWA like LaVerne, Denny and Dean competing. Several different clubs of the

USAWA had entered lifters – the Dino Gym, Clark’s Gym, Habecker’s Gym, KC Strongman, and even a lifter from the Ambridge Club.

The overall women’s champion was Beth Skwarecki. Beth made her big mark in our sport at the 2019 IAWA World Championships where she was crowned overall best women’s lifter. She is a great all round lifting talent and I expect she will be a top contender for quite some time in the USAWA. The young Phoebe Todd at only 10 years old showed great form on the lifts and has a very bright future.

The overall men’s champion was Abe Smith out of Clark’s Championship Gym. Abe has been competing “off and on” in the USAWA for over 20 years with his last Nationals appearance being in 2001 where he was the overall Runner Up. I would say he’s been waiting his turn to win the overall, and it was well deserved as he was solid in all the lifts. Weighing in at only 173 pounds he still posted the top total of the meet.

Runner up in the men’s division went to the long time USAWA lifter Randy Smith (no relation to Abe!) from Michigan, or as Randy says the UP. Randy doesn’t make it to many USAWA meets throughout the year but he seems to always be at the Nationals. Randy is a past overall Nationals Champion, winning the title in 2015 at York Barbell. At the day’s end, Randy was the overall Master’s Champion.

Third place went to Mike McBride. Mike is also a past overall champion of Nationals, winning his title in 2005 in Youngstown. It’s been a few years since I’ve got to see Mike lift, but he hasn’t changed a bit. He’s a pure technician on the lifts and I was quite impressed with his old school technique in the one arm snatch.

I was extremely impressed by everyone’s lifting. I have several people I want to personally thank for their help during the day. To start with, Chad Ullom spent the day at the table with me doing all the scorekeeping without making a single mistake. Eric Todd and Denny Habecker spent their off lifting session in the head officials chair, while Thom Van Vleck and Dave Glasgow spent the entire day officiating. I want to thank Lance Foster for leading up the loading crew all day along with everyone who helped him out. Lastly I want to thank my personal assistant Faith for all she did, especially with getting the food out on time!!!

MEET RESULTS:

2021 USAWA National Championships

Dino Gym, Holland, Kansas

June 19th, 2021

Meet Director: Al Myers

Meet Announcer: Al Myers

Meet Scorekeeper: Chad Ullom

Meet Loaders: Lance Foster and others

Officials: Eric Todd, Denny Habecker, Thom Van Vleck, Dave Glasgow

Lifts: Curl – Cheat, Snatch – One Arm, Clean and Press – Heels Together, Deadlift – Fulton Bar, Ciavattone Grip, Deadlift – One Arm

WOMENS DIVISION

LIFTER	AGE	BWT	Curl	Sna	C&P	DL	DL1	TOT	PTS
Beth Skwarecki	40	152	105	70R	90	190	200R	655	698.6
Phoebe Todd	10	116	40	20R	38	85	70R	253	431.9

EXTRA ATTEMPTS FOR RECORD:

Beth Skwarecki: Snatch One Arm Right – 75

Beth Skwarecki: Clean and Press Heels Together – 95

Beth Skwarecki: Deadlift One Arm Right – 210

MENS DIVISION

LIFTER	AGE	BWT	Curl	Sna	C&P	DL	DL1	TOT	PTS
Abe Smith	39	173	190	120L	210	315	285R	1120	1088.9
Randy Smith	66	193	155	80R	125	260	265R	885	1031.2
Mike McBride	44	224	205	105L	165	295	285R	1055	930.1
Eric Todd	46	250	200	115R	190	230	350R	1085	921.2
Denny Habecker	78	188	90	45R	90	205	205R	635	893.3
Dave DeForest	61	195	140	85R	125	225	210R	785	867.7
LaVerne Myers	77	224	100	45L	35	270	195R	645	812.3
John Strangeway	43	213	100	100L	100	300	200L	800	716.8
Chris Todd	41	259	165	90R	155	220	220R	850	675.8

Dean Ross	78	191	55	30L	0	15 5	100 L	340	473.8
Leroy Todd	10	79	35	15R	30	45	35R	160	399.3

EXTRA ATTEMPTS FOR RECORDS:

None

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

BEST LIFTER AWARDS

Women's Junior – Phoebe Todd

Women's Master – Beth Skwarecki

Women's Overall – Beth Skwarecki

Men's Junior – Leroy Todd

Men's Senior – Abe Smith

Men's Master 40 to 44 – Mike McBride

Men's Master 45 to 49 – Eric Todd

Men's Master 60 to 64 – Dave DeForest

Men's Master 65 to 69 – Randy Smith

Men's Master 75 to 79 – Denny Habecker

Men's Master Overall – Randy Smith

Men's Overall – Abe Smith

Men's Top Total – Abe Smith

Overall Top Club – Clark's Gym (Randy Smith, Mike McBride, Abe Smith, and Dave DeForest)

Runner Up Club – KC Strongman (Eric Todd, Chris Todd, Leroy Todd, Phoebe Todd, and Johnny Strangeway)

2021 MINUTES

June 22, 2021 [Al Myers](#) [Edit Post](#)

By Al Myers, Secretary

2021 MINUTES FROM ANNUAL MEETING OF THE USAWA

The annual meeting of the USAWA was called to order by President Denny Habecker at 6:00 PM on June 19th at the Dino Gym in Holland, Kansas. Roll call was taken with these USAWA members in attendance: Denny Habecker, Al Myers, Johnny Strangeway, Lance Foster, Phoebe Todd, Judy

Habecker, Beth Skwarecki, Dave Glasgow, Eric Todd, Chris Todd, Chad Ullom, Thom Van Vleck, Randy Smith, Abe Smith, Dave DeForest, Dean Ross, Mike McBride, and LaVerne Myers. The minutes from the 2019 Annual Meeting were read by secretary Al Myers. Chad moved to accept the minutes, with a second by Dean, and it passed unanimously. The financial report were read by treasurer Al Myers, in which a profit was shown of \$248.15 for the past two years leaving \$9048.98 in the bank account as of December 31st, 2020. Al explained it's been a solid 2 years considering the covid situation and the lack of income thru sanction fees and memberships. Al mentioned that close to \$2000 have been added to the USAWA bank account since becoming Treasurer in 2009 and that the USAWA has had 12 years of financial stability. Chad moved to accept the report, with a second by Dean, and it passed unanimously. The website report was given next by Website Director Al Myers. A long list of items and information were mentioned that the website provides to the membership. Al also expressed thanks to those that have contributed to the website. Chad moved to accept the report, with a second by Dean, and it passed unanimously. The report from the Awards Director Al Myers was next on the agenda, in which Al explained that the awards program provides awards to recognize outstanding performances and contributions to the USAWA along with any special awards. Judy moved to accept the report, with a second by Dean, and it passed unanimously. The report from the acting Records Director Johnny Strangeway was given next. Johnny expressed concerns that due to it's length the list may need to be separated into 2 lists – one for men and one for women. He also asked the membership if there would be interest to add a feature that would keep track of a lifters record count which from the discussion most seemed in favor of. Eric moved to accept the report, with a second by LaVerne, and it passed unanimously. Report from the Drug Enforcement Director Chad Ullom was given next in which he said, “no drug tests have been done in the last year”. There was a slight pause in the meeting as this was the shortest directors report in history and the membership thought he might continue. Eventually, Judy moved to accept the report, with a second by Dean, and it passed unanimously. The report from the Officials Director Joe Garcia was next on the agenda. Joe was not in attendance and had not given a report to anyone to give on his behalf, so no report was given for the second year in a row. The Postal Meet Director Denny Habecker gave his report next. Denny expressed thanks to everyone who has participated in the postal series and stated this has been the most participation ever in the USAWA postal meets. Chad moved to accept the report, with a second by Judy, and it passed unanimously. The report from IAWA Technical Committee Chairman Dennis Mitchell was next. Dennis was unable to be present at the meeting due to a recent hip replacement but had forwarded his report to Al. In giving Dennis's report Al commented that Dennis wanted to send his apologies for missing the meeting, and that since COVID there has been no activity within the IAWA technical committee. Chad moved to accept the report, with a second by Eric, and it passed unanimously. The next meeting agenda item was a vote and discussion on the policy going forth on meet sanctions and meet restrictions due to COVID. In the discussion Chad stated that most all people have had the opportunity to receive the vaccine if they wanted it. All discussion was in favor of returning to normal activity within the USAWA

without any restrictions. Chad made that motion, with a second by Dean, and it passed unanimously. Discussion and membership approval for the new proposed lift, The Rim Lift, was next. The Rim Lift had been prior proposed to the USAWA Executive Board by LaVerne Myers and Executive Board approval was given for membership vote for new lift status. LaVerne described the rules for the Rim Lift, which are identical to the rules for the Rim Lift in IAWA-UK Rulebook. He stated that the Rim Lift had been done in the 2020 Grip Championships as an exhibition lift and tried by several lifters, all of which liked the lift. During the discussion Randy commented if it was possible within the written rules to “game the lift”, which would create future problems. Al responded that he was confident that the rules were well written with specific regulations in place to keep that from happening, and the same rules are in place for the Rim Lift in the IAWA-UK for quite some time and that has not happened. Al then moved to accept the Rim Lift as a new USAWA official lift along with the provision that all lifts done in the Rim Lift at the 2020 Grip Championships count as records retroactively. Chad gave a second and the motion passed unanimously. The President then asked if there was any New Business brought forth from the membership. There was none. Being it an odd numbered year, elections were next up. Elections were for President first. Denny stated that he intended to run again and there were no other nominations. All voted in favor. For Vice President, Chad stated that he would run again. There were no other nominations and all voted in favor. Secretary/Treasurer were next, in which Al stated that he would not run again and said that he has enjoyed his 12 years as Secretary but that was enough time in the position and it was time for someone to else to be Secretary/Treasurer. Al then nominated Eric Todd and told the membership that Eric is a very qualified nominee and would be an excellent secretary. There were no other nominations and all were in favor. The next position up for election was an at large Executive Board position held by Dennis Mitchell. Dennis was not in attendance but had relayed to the board that he would like to run again. Chad nominated Dave Glasgow. There were no other nominations and a vote was taken by written ballot, in which Dave was elected. The next At Large Executive Board position was up next, which has been held by Rocky Morrison who was not in attendance. Rocky had relayed to the Executive Board that he did not want to run again. Frank Ciavattone, who was not in attendance, previously had relayed to the Executive Board that he would like to run and his nomination was made by Al. Chad nominated Thom, who refused the nomination. Judy nominated Randy who accepted the nomination. Dave nominated Beth who accepted the nomination. There were no other nominations. The election was done by written ballot and Beth was elected. To summarize the newly elected officers: President – Denny Habecker, Vice President Chad Ullom, Secretary/Treasurer Eric Todd, At Large EB Member Dave Glasgow, At Large EB Member Beth Skwarecki. At this time Chad made an award presentation to outgoing Secretary Al Myers for his years of service. It was a touching moment for Al, who received a hand crafted award made by Thom Van Vleck. After Al’s tears had subsided the meeting resumed with 2 new director appointments. Johnny Strangeway had been acting as Records Director for the past 2 years under Records Director Al Myers. Al gave his resignation and recommended Johnny for the position

officially. There were no other nominations and the vote was all in favor. Al then gave his resignation as Website Director and recommended Eric for the position, stating that the Secretary should be the one who runs the website to be able to easily communicate with the membership. There were no other nominations and all were in favor. The last agenda item was accepting bids for the 2022 USAWA National Championships. One prior bid had been made, by Frank Ciavattone, to host in Boston. When asking if there were any other bids from the floor, Judy made a bid for her and Denny to host in Lebanon, PA. There were no other bids. The vote was done by written ballot with Denny and Judy winning the bid. Dean then moved to adjourn the meeting, with a second by Judy, and it passed unanimously. The meeting ended at 7:00 PM.

CENTURY CLUB

June 24, 2021 KCSTRONGMAN Edit Post

By Eric Todd

With the most recent update to the record list by our new records director, John Strangeway, I thought it would be a good opportunity to update our century club. There was no movement whatsoever in the women's list. Though the number of records changed somewhat in the men's list, the top 12 stayed in the exact same order as they were in the last update in January of 2020. I was able to jump from number 15 to number 13 by adding 20 records. The biggest leap was John Strangeway going from 22nd to 16th by adding 36 records to the list. Aiden Habecker jumped a few spots from 28th to a three way tie at 24. Aiden added 13 to his total. Jeff Ciavattone made the jump from 27th to the three way tie at 24th by adding 12 records to his total. (Aiden and Jeff share 24th place on our list with Bob Geib). One thing of note is that big Frank made it to three centuries for this update. The biggest news is that we have a new member of the century club with this update. Abe Smith, of Clark's Gym in Missouri, has achieved century club status after a couple of decades of record setting. Abe comes in with 108 record. If you think you should be listed as a member of the Century Club, or if you think you are getting close and would like for me to keep an eye on when you might be joining us, please reach out to me. My email address is SalGuimino@yahoo.com.

THE STRONGEST ALL ROUND WEIGHTLIFTERS IN HISTORY

June 25, 2021 Al Myers Edit Post

By Dan Wagman, PhD, CSCS

The Strongest All Round Weightlifters in History

Ranking the most weight ever lifted and naming names

All-round weightlifting contests strength in lifts originating from the days of the old-time strongman and often referred to as odd lifts. For each of way over 200 tests of strength records are kept for women and men in age categories of Junior, Senior, Open, and Masters and weight classes starting at 30 kg (66 lbs.) for Juniors and increasing in 5 kg (11 lbs.) increments. However, the sport also values the overall greatest amount of weight lifted for an exercise in each weight class for men and women regardless of age called the “All” category. I decided to take it one step farther by looking at which athletes lifted the most weight ever in a given lift regardless of weight class and in how many lifts they had done so. The analysis is based on the USAWA Records List dated March, 2021. I thought it best to go from general/overall to specifics in highlighting the strongest strength athletes America has ever seen.

The Overall Strongest All-Rounders

My first step was to ascertain which lifters, regardless of gender, lifted the most weight ever and in how many different lifts they had accomplished that feat. Of note, rarely several athletes lifted the same amount of weight in a given exercise for an overall all-time record. When that occurred the exercise was counted multiple times and each athlete was added to the count. In the women’s ranks lifters set all-time records in 194 exercises while the men did so in 244.

I decided to take it one step farther by looking at which athletes lifted the most weight ever in a given lift regardless of weight class and in how many lifts they had done so.

Overall, in lifting the greatest amount of weight in 30 different lifts, the strongest all-rounder comes from the women’s ranks and is RJ Jackson. Eric Todd, having lifted the all-time greatest amount of weight in 27 different lifts, comes in second. He is followed by Mary McConnaughey and Dr. Al Myers who each established the greatest amount of weight ever lifted in 26 different lifts.

It is my belief that it would be difficult to argue against these lifters having established themselves as the four overall strongest people in the history of American strength sport. There have been claims made that other athletes in the heyday of strongman and strongwoman performers have exceeded these four’s number of record lifts. As an example, Hermann Görner is said to have set all-time records in hundreds of different lifts;² one source even records “approximately 1,400 different feats of strength of all varieties.”¹ It is important to note, however, that odd lifts in those days could not boast of standardized competition and equipment with established and uniform rules. Also, there were no concerted record keeping efforts supported by a well-established strength sport governing body such as USAWA. Therefore Jackson, Todd, McConnaughey, and Myers must be considered the greatest all-round strength athletes in the history of America...and perhaps beyond.

Jackson, Todd, McConnaughey and Myers must be considered the greatest all-round strength athletes in the history of America and perhaps beyond.

“All” Women

Let's remain within the historical context for a moment. When thinking about old-time strongwoman performers names such as Katie Sandwina, Vulcana, and Minerva come to mind. Although these women were credited with some incredible lifts, each one excelled only at a few compared to today's all-round weightlifters. This is illustrated no better than considering Jackson's and McConnaughey's overall ranking. And rounding out the top three women is Amorkor Ollennuking who is credited with an amazing 23 all-time and overall record shattering lifts.

Generally, observers tend to view strength sport from the perspective of lightweight and heavyweight competitors. I followed that lead and split the women's weight classes roughly in half to highlight the lighter lifters' accomplishments; the cutoff I selected was 80 kg (176 lbs). Because she's a 50 kg (110 lbs) lifter, Jackson leads that category, too; Ollennuking comes in second as her all-time highest lift records were accomplished in the 75 kg (165 lbs) and 80 kg class. Beth Skwarecki's strength propelled her in to third place with 11 all-time greatest records achieved at a body weight ranging from 60 kg (132 lbs) to 70 kg (154 lbs).

At 85 kg (187 lbs) to super heavyweight McConnaughey rules with Jera Kressly's 9 all-time record-breaking lifts placing her second. Felecia Simms ranks third with 5 all-time records. In splitting the athletes into lighter and heavier groups, it seems worthwhile to ascertain which weight classes contain the strongest lifters. The super heavyweight class at greater than 125 kg (275 lbs) ranks number one with 37 all-time record lifts. That weight class is followed by the 50 kg class with 32 lifts and rounding out the top three is the 70 kg class with 29 different lifts.

Since all-round weightlifting as governed by USAWA has been around for over 25 years, the oldest still standing records date back to 1988. On February 6, Cindy Garcia set still-standing records in the bench press, roman chair and pinch grip deadlift, right hand of 45 and 90 lbs; respectively. That same day, but in a different weight class, Jo Schuster equaled Garcia's pinch grip deadlift, right hand and that record remains as well. The second oldest and remaining all-time heaviest weight record was performed on August 27. Doris De La Rosa performed a 72 lbs clean and press, dumbbells, heels together. The next day garnered her another overall record that still stands—a 99 lbs jerk from rack, behind the neck.

“All” Men

Todd and Myers established themselves without doubt as the strongest all-round strength athletes in America. These two lifters, separated by only one lift, are closely followed by Kansas' Chad Ullom who leads the count in setting all-time heaviest weights lifted in 20 different lifts. In breaking down the weight classes, it is worth noting that the super heavyweight class leads the men's category with total all-time records in 51 different lifts. The 115 kg (253 lbs) weight class lifters rank second with the

heaviest recorded lifts in 36 different exercises followed by the 110 kg (242 lbs) class with records in 34 different lifts.

It seems worthwhile to investigate which lifters weighing less than 200 lbs. were still able to hoist the most weight ever in a given lift.

Of note, throughout strength sport history many observers felt that male lifters up to and over 200 lbs should be separated. Considering that the top three men would be considered heavyweights, it seems worthwhile to investigate which lifters weighing less than 200 lbs were still able to hoist the most weight ever in a given lift. To do so, those lifters weighing up to 90 kg, i.e., 198 lbs, were analyzed. I have to admit that I was surprised to learn that I lead the under-200-pack with lifting the all-time greatest amount of weight in 6 different lifts. Bob Hirsh comes in second with having achieved the same feat in 4 different lifts. Stephen Santangelo and Abe Smith each set all-time heaviest weight lifted records in 3 different lifts and so share third place honors.

Who is the lightest lifter to have lifted more weight in an exercise than any other man?

In remaining within the theme of lighter men lifting the greatest amount of weight in certain exercises, an interesting question to ponder is: who is the lightest lifter to have lifted more weight in an exercise than any other man? His name is Mark Baldassarre and he did so at a body weight of 65 kg (143 lbs); he performed a 350-lbs bench dip.

Finally, which lifters hold the oldest all-time records? In the 100 kg (220 lbs) weight class Steve Schmidt does so with a 270 lbs pullover and press with a bridge set September 20, 1987. In the super heavyweight class Ken McClain's record clean and press with dumbbells and heels together of 240 lbs is dated November 7, 1987. The next day Brent Pearce performed a continental to chest in the 65 kg (143 lbs) class with a remarkable 309 lbs.

A Different Sorta Animal

Like many aspects in life, strength sport has evolved over time. While the first modern Olympic Games included weightlifting, it only vaguely resembles today's version of the sport. Back then lifters performed feats of strength in various different exercises. Today the sport of weightlifting only contests two lifts that both require the athlete to do but one thing—hoist a loaded barbell overhead. The sport of powerlifting is much newer to the strength-sport scene and requires athletes to lift maximal weight in the squat, bench press, and deadlift. With three instead of just two lifts, to include very different exercises, powerlifting offers a greater scope of testing overall strength than weightlifting. But considering the “parent” strength sport of strongman and strongwoman, both pale in comparison when seeking to establish a person's overall maximal strength. With that purpose in mind, all-round weightlifting ranks supreme and the athletes highlighted here must therefore be considered the overall strongest people our country has produced.

All-round weightlifting should not, however, only be judged in that regard—producing the overall strongest athletes. Every other strength sport requires athletes to perform a very limited number of exercises that can therefore be trained to perfection. All-round weightlifting on the other hand tests strength in such a variety of different exercises that few, if any of them, can be trained to the same level of perfection as those contested in weightlifting and powerlifting. In addition, where weightlifting and powerlifting can self-select top performers who naturally excel in the few contested lifts, that is not the case in all-round weightlifting. Even the strongest all-rounder will find him- or herself humbled by how weak they are in some exercises. But to the credit of most all-rounders, they train and perform those exercises on a platform anyway. They put themselves out there. And so beyond deserving an immense level of respect and recognition for their strength, the athletes highlighted in this article also deserve reverence for their willingness to challenge themselves in areas other strength sports and athletes dare not to. Let's hope the sport's leadership keeps this—the greatest strength sport in history—alive by actively promoting it to the younger generation. It would be a tragedy if this sport would end up going the route of the circus strongman.

References

1. Mueller, E. *Goerner the Mighty*. Vulcan Publishing, 1951.
2. Willoughby, D. *The Super Athletes*. A.S. Barnes & Co., 1970.

PRESIDENTIAL CUP

June 26, 2021 [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT

THE 2021 USAWA PRESIDENTIAL CUP

The 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 14th, 2021

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.

ERIC TODD IS NOW IN HALL OF FAME

June 26, 2021 Al Myers Edit Post

By Al Myers



Eric Todd (right) receiving his Hall of Fame Award from Lance Foster (center) and Al Myers (left).

One of the big highlights of the USAWA Nationals weekend happened during the USAWA Awards Ceremony, in which Eric Todd was inducted into the USAWA Hall of Fame. It takes a lot of time, effort, performance, and commitment to achieve this honor as the USAWA Hall of Fame is the highest award receivable in the USAWA. I was so happy to see Eric get recognized with this award as he has surely earned it! Eric (or ET as his friends know him) is the all round man in all round weightlifting. He does it all – competes, officiates, coaches, promotes, runs a club, and now serves as an officer in the USAWA.



Other USAWA Hall of Fame members present at the meet joined Eric in the presentation. (left to right): Chad Ullom, Al Myers, Eric Todd, Denny Habecker, LaVerne Myers, and Dean Ross

His friend and fellow KC Strongman club member Lance Foster gave an excellent Hall of Fame induction speech which I would like to share here. Lance has known and trained with Eric for many years, and was the perfect person to be part of this special moment.

Hall of Fame induction speech by Lance Foster

To quote the mission of the USAWA, ("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"), exemplifies what Eric Todd has brought, and continues to bring, to the USAWA.

While he more than meets the point total to be considered for induction into the Hall Of Fame by merit, I believe that nominating him on the basis of honor is the better option. Eric has dedicated his life to weightlifting and athletic pursuits. Eric began these pursuits pre-Kindergarten, running behind his father when he went jogging, to high school football, track, and wrestling. He attended college on a wrestling scholarship, and achieved national ranking, in addition to competing in Highland Games, Strongman, and later all-round lifting. He has also coached wrestling on a formal basis in the public school system. He has also coached many people in Strongman on an informal basis, at his personal gym, always being a true friend, mentor, and coach, without fees of any type. He hosted an annual Strongman contest for 10 years, in honor his grandfather Gus (who, too, exemplified old time strongman type strength and skill). While many Strongman promoters around the country operate on a for profit basis, Eric selflessly donated all the proceeds, totaling \$34,000.00, to Camp Quality, a week long summer camp for kids dealing with cancer. Eric is an active participant and promoter in USAWA. He opens his gym for the Postal meets, record days, as well as hosting the Old Time

Strongman Championships, and occasionally the Heavy Lifts Championships. He is a lifetime certified official. He is a member of the Century Club, having amassed 160 records. He was also named the USAWA Athlete of the Year for 2018. While a fierce competitor, he is always willing to assist other members with training and tips on lifts. Eric is also dedicated to his family, not only by instilling in them the skills to be kind and respectful, but also by being encouraging of his children and a nephew, as they participate in all-round lifting, and fitness in general.

Eric is a humble, down to earth man, never seeking the lime light for any of his achievements. Eric is a man of high caliber, not only of physical strength and prowess, but also by having the personality of a stand-up individual.

For the reasons listed above, Eric Todd is hereby inducted into the USAWA Hall of Fame.

WORLD CHAMPIONSHIPS

June 29, 2021 Al Myers Edit Post

By Al Myers

MEET ANNOUNCEMENT 2021 IAWA WORLD CHAMPIONSHIPS

The date has been set for the upcoming IAWA Worlds – October 2nd and 3rd.

This big meet will be promoted by Denny and Judy Habecker in Lebanon, PA. It's exciting to see Worlds on the meet calendar again, especially considering that last year's big IAWA meet had to be cancelled due to COVID. It's a great opportunity for USAWA members to get to participate in an IAWA Worlds with the Championships being held in the states. That only happens every few years.

LIFTS:

DAY ONE

Clean and Press

One Hand Snatch

Bent Over Row

One Hand Deadlift

DAY TWO

Cheat Curl

Pullover and Push

Vertical Bar Deadlift – 2 Bars, 2"

There is an entry deadline of September 2nd. Please make sure to get your entry in on time!!!

INFORMATION SHEET – [2021 iawa world's INFO PAGE](#) (Word)

INFORMATION SHEET – [2021 iawa world's INFO PAGE](#) (PDF)

ENTRY FORM – [2021 IAWA WORLD CHAMPIONSHIPS -ENTRY BLANK](#) (Word)

ENTRY FORM – [2021 IAWA WORLD CHAMPIONSHIPS -ENTRY BLANK](#) (PDF)

WORLD POSTAL

June 30, 2021 Al Myers Edit Post

By Al Myers, IAWA President

MEET ANNOUNCEMENT

2021 IAWA WORLD POSTAL CHAMPIONSHIPS

The IAWA World Postal Championships has been announced! 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 Championships 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. Read the the info sheet as it outlines the “rules of the competition”. Send your results to me at amyers@usawa.com. Also, please send in the official entry form with your club results. If you have more club entries than on the entry form just include extra entry forms.

INFORMATION SHEET (PDF) – [2021 World Postal Information Sheet](#)

ENTRY FORM (PDF) – [2021 World Postal Entry Form](#)

2021 YEARLY AWARDS

July 1, 2021 Al Myers Edit Post

By Al Myers



Phoebe Todd was awarded the 2021 Newcomer Award at Nationals. She was presented the award by Chad Ullom.

Every year since I've been the USAWA Awards Director (2009) the USAWA has given out special awards recognizing individuals who the membership feels should receive "extra attention" for their contributions and efforts. These awards are entirely selected by the membership, with the nominations and voting done by the USAWA members. All I do is tally the votes and organize the ordering of the plaques. However, I also get to have the honor of presenting the awards, which is something that I really enjoy doing and makes the work I do all worthwhile. This year Chad Ullom helped me with the presentation.

Every year the Awards Presentation coincides with our banquet at the National Championships. This year it was done in the Dino Gym right after the meet awards were awarded. It was exciting to see some new lifters receive awards for their accomplishments. Everyone was so deserving of this recognition.

Listed below is this year's winners. This information is stored on the website in the history archives. Again, congrats to all of the winners!!

2021 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Johnny Strangeway	Elizabeth Zkwarecki

Leadership Award	Eric Todd	Denny Habecker
Sportsmanship Award	Lance Foster	Christopher Lestan
Courage Award	Frank Ciavattone	Bill Clark
Newcomer Award	Phoebe Todd	Leroy Todd
Club of the Year	Dino Gym	Franks Barbell Club

NOI HALL OF FAME BIO

July 3, 2021 [Al Myers](#) [Edit Post](#)

By Al Myers



Noi Phumchaona performing in the 1999 IAWA World Championships in Australia.

I just recently uploaded Noi Phumchaona's Hall of Fame bio to the Hall of Fame section, under "History". Getting all the biographies done for HOF members has been a project I've been working on for over 10 years. Hopefully eventually I'll get it done!

Noi was, without a doubt, the dominant women's lifter in the USAWA thru the 90's. She won numerous National titles and always performed at the top in the IAWA World Championships. She was one of the inaugural members of the USAWA. She also competed in weightlifting and won numerous titles.

Please take a moment and check out her biography. Special thanks to RJ for providing all this information.

SWEET 16 AND ELITE 8

July 4, 2021 [KCSTRONGMAN](#) [Edit Post](#)

Posted by Eric Todd, Secretary/Treasurer

Date: August 28, 2021

Where Clark's Gym, 720 Grace Lane, Columbia, MO

Rules: The first 16 males and 8 females to enter will be the field. A drawing will be held prior to the meet to set the brackets dividing the field into 8 male matches and 4 female matches. Each match will be decided on who wins on bodyweight and age differential and the men's field will be reduced to eight and four female matches. The second round will then eliminate half of the field until the final round is reached.

The lifts used for each round are: (Men) 1st round- Jefferson Lift, Fulton bar; 2nd round-Clean and Press-Heels together ; 3rd round-Bench Press-Feet in air; final round-Hip Lift. (Woman) same lifts except the clean and press-heels together will be eliminated since there will only be three rounds.

Weigh ins: 9:00 AM

Entry Fee: None

Awards: certificates

There is no entry form, but please let Bill know if you plan on competing by August 21, 2021. You can reach him by email at yeoldclark@gmail.com; telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

UPDATE: As meet director, Bill has decided to implement covid protocol for this meet, the Sweet 16/Elite 8. All participants must be fully vaccinated and show proof of vaccine in order to compete.

HERMANN GOERNER DEADLIFT DOZEN (PLUS 1)

Date: October 30 and 31(if necessary)

Where: Clark's Gym, 720 Grace Lane, Columbia, MO

Weigh ins: 9:00

Entry Fee: None

Awards: Certificates

Lifts: Deadlift-heels together; Hack Lift; Deadlift-2 bars; Deadlift-1 arm right; Deadlift-1 arm left; Deadlift – No Thumb, One Arm Right; Deadlift – No Thumb, One Arm left; Jefferson lift; Deadlift – Fingers, Index; Deadlift – Fingers, Middle; Deadlift – Fingers, Ring; Deadlift – Fingers, Little; Deadlift – Reeves

There is no entry form for this meet, but please let Bill know you re coming by October 25. You can reach him by email at yeoldclark@gmail.com; telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

STEVE SCHMIDT BACKBREAKER PENTATHLON

Meet Announcement

Date: December 4 and 5 (if necessary) 2021

Where: Clark's Gym, 720 Grace Lane, Columbia, MO

Weigh ins: 9:00 AM

Entry Fee: none

Awards: Certificates

Lifts: Back Lift; Harness Lift; Hip Lift; Hand and Thigh; Neck Lift

There is no entry form for this event, but please let Bill know if you will be attending by November 28, 2021. You can reach him by email at yeoldclark@gmail.com; telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

ED ZERCHER STRENGTH CLASSIC

[July 6, 2021](#) [KCSTRONGMAN](#) [Edit Post](#)

Meet Announcement

When: January 29-30, 2022

Where: Clark's Gym, 720 Grace Lane, Columbia, MO

Entry Fee: none

Awards: Certificates

Lifts: Zercher Lift; Steinborn Lift; Clean and Press-Heels together; 2 hand Clean and Jerk; Leg Press in rack; Hand and Thigh; Bench Press-Foot in air; Deadlift-heels together; Hack Lift; Harness Lift; Hip Lift; One Hand Deadlift

There is no entry form for this event, but please let Bill know you are attending by January 22, 2022. You can reach him by email at yeoldclark@gmail.com; telephone at 573-474-4510; or by mail at 3906 Grace Ellen Drive, Columbia, MO 65202-1739

TEAM CHAMPIONSHIPS

[July 7, 2021](#) [Al Myers](#) [Edit Post](#)

by Al Myers

MEET ANNOUNCEMENT 2021 USAWA TEAM CHAMPIONSHIPS

The date for the USAWA Team Championships has been set – September 12th (Sunday). 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: Sunday Afternoon, September 12th

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:

Rectangular Fix

Deadlift – No Thumbs, One Arm

Deadlift – Ciavattone Grip, Fulton Bar

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

PLATES IN OR OUT-DOES IT MATTER?

July 10, 2021 [KCSTRONGMAN](#) Edit Post



Leroy Todd performing a one hand deadlift with the weights having been properly loaded facing the inside

By Eric Todd

When I was a lad and began experimenting with weight training, what I had at my disposal was the old plastic clad concrete weights. Nothing fancy, but they did the job for the time being. On those clad weights, one side of the “plate” as identical to the other, so it did not matter which way you slid the plate on, they would match.

When I entered the 8th grade, which at that time was housed at Cameron High School, we had just hired on a new head football coach/PE teacher. He had been a competitive powerlifter, and was quite invested in the weight room, so we got to experience some of his expertise in the weight room. We had some decent equipment at the High School including some cast iron Olympic weight sets. The protocol this instructor taught us was that we were to always load the weights face side in, smooth side out. That was to be done without exception. If it was ever noticed that the plate was loaded the wrong way, the guilty lad would be corrected, and there would be an expectation to fix the mistake.

So, for the rest of my life under the barbell, I have loaded the bar face in, smooth side out. I have noticed at some meets, that is the expectation. For the Heavy Lifts, I would insist upon it, as well as matching plates, since balance of the bar is crucial. I have also witnessed individuals who habitually load plates the other way, and meets where it did not seem to matter to anyone. With my kids now joining me to lift, though, I have taught them to always load the bar face in, smooth side out.

My question to you is, does it matter? Or is it something that certain lifters/promoters are just obsessive about. For instance, I was once training in a gym in which they would search the gym up and down to be sure they had matching tens on each side of the bar. I found it silly, but perhaps there was a method to that madness. I got joshed once by a confederate of mine for searching for two and a half pound plates to go for a PR. He told me if I could be going for 5 more, 10 more (or adding fives instead of 2 1/2s) would not really make that much difference. And perhaps he is right, since we were not using calibrated weights anyhow. At any rate, I want to hear from you all. Does it matter which way the weights face? Not that you will change my mind, but I am interested. Discussion in the forum.

USAWA 2ND QUARTER POSTAL MEET

July 13, 2021 Denny Habecker Edit Post

By Denny Habecker



Lance Foster of the KCSTRONGMAN Club performs a reverse curl at the 2nd quarter postal

We had great participation again in this quarter's postal, with 17 men and 8 women competing. Eric Todd led the men's division and R.J. Jackson topped the women's division. USAWA records are marked with an*.

MEET RESULTS:

April 1 Through June 30, 2021

Lifts: Pullover and Press, Curl-Reverse Grip, Strict, Deadlift- One Arm

MEN:

Eric Todd – 46 -260 -318* – 150* – 379-R* – 847 – 705.27
Abe Smith – 39 -181 -275* – 75 – 315-R – 665 – 629.42
Randy Smith – 66 -196 -175 – 80* – 265-R – 520 – 601.57
Nick Frieckers – 20 -157 -175 – 75* – 300-R – 550 – 568.48
Denny Habecker- 78 -188 -143 – 61* – 198-R – 402 – 564.78
John Carter- 62 -219 -165* – 65 – 305-R – 535 – 559.53
Dave DeForest – 61 -195 -180 – 70* – 250-R – 500 – 553.08
Barry Pensyl – 73 -143 -126* – 49* – 176-R – 351 – 548.56
Tony Hose -52 -229 -230* – 95 * – 250-L* – 575 – 539.68
Dave Hahn – 84 -144 – 94 – 55 – 139-R – 288 – 518.79
Frank Ciavattone – 66 -280 – 150 -100 – 280-R -530 – 509
Chris Todd – 41 -263 – 243 – 90 – 243-R -576 – 454.68
Wade Marchand – 52 -160 – 132 -70* – 160-R – 362 – 417.53
James Morrison-20 -175 -175 – 70 – 200-R – 405 – 391
Lance Foster-55 -341 -121 -80 – 170-L* – 371 -294.50
Bill Clark -88 -208 – 0 – 22* – 140-R* -162 – 243.69
LeRoy Todd -10 -78 -20 – 20* – 50-R – 90 -228.40

Women:

R.J. Jackson – 59 -104 -111 – 56 – 191-R – 358 – 506
Elizabeth Skwarecki – 40 -152 -145 – 45 – 187-R – 377 – 401.71
Sylvia Stockall – 63 -150 -99 – 65 – 111-R – 275 – 363.23
Stacy Todd – 38 -192 -111* -65* -156-R* -332 -303.78
Chris DeRoller- 60 -153 – 55* -42* -120-R* -217 – 275.96
Phoebe Todd – 10 -117 – 45* – 30* – 80-R – 155 – 263.54

Lynda Burns – 46 -167 -85 – 43 – 105-L – 233 -247.86
Janet Thompson- 63 -180 – 0 –33* – 100-L – 133 -156.66

Lifters with Certified Officials:

Stacy Todd – Chris Todd, Eric Todd, Lance Foster
Phoebe Todd – Chris Todd, Eric Todd, Lance Foster
Leroy Todd – Chris Todd, Eric Todd, Lance Foster
Eric Todd – Lance Foster, Chris Todd
Nick Frieckers – Bill Clark, Dave DeForest
Chris Todd – Eric Todd, Lance Foster
Lance Foster – Eric Todd, Chris Todd
Abe Smith – Bill Clark
Denny Habecker – Barry Pensyl
John Carter – Bill Clark
Dave DeForest – Bill Clark
Barry Pensyl – Denny Habecker
Wade Marchand – Frank Ciavattone
James Morrison – Frank Ciavattone
Chris DeRoller – Bill Clark
Bill Clark – Dave DeForest
Tony Hose – Bill Clark
Janet Thompson – Bill Clark

Lifters without Certified Officials:

Randy Smith
Dave Hahn
Frank Ciavattone
R.J. Jackson
Elizabeth Skwarecki
Sylvia Stockall
Lynda Burns

Note: All results are recorded in pounds. L and R designate left and right arms. TOT is overall total. PTS are overall corrected points adjusted for age and bodyweight.

NEW LIFT – THE RIM LIFT

July 14, 2021 Al Myers Edit Post

By Al Myers



I performed the Rim Lift at the 2018 IAWA Gold Cup in Eastbourne England. I feel it will be a great new lift for the USAWA!

At the National Meeting the USAWA membership voted to accept a new lift put forth by the executive board for approval. The Rim Lift was presented to the EB for new lift status back in 2020 before the COVID pandemic by LaVerne Myers. LaVerne had “tested out” the Rim Lift at the 2020 Grip Championships he promoted as an exhibition lift. Several lifters took part after the meet in trying out the Rim Lift, in which all seemed to really enjoy it. A few lifters went over 300 pounds in this trial – Jason Payne did 340, and Dave Glasgow, Eric Todd, and Chad Ullom did 300 pounds. LaVerne, at 75 years of age, did 280.

The Rim Lift is an official lift in the IAWA-UK, and has been for a long time. The USAWA rule for it is the same as the IAWA-UK rule, which is as follows:

Rim Lift

The lift may be performed under the official rules of the Deadlift, Hacklift, or Jefferson Lift while only holding onto the rims of the gripping plates with the thumbs on the inside and the fingers over the rims of the plates. The maximum plate diameter is 18 inches. If smaller plates are used for the gripping

plates larger (18" max diameter) plates may be added to the outside. The gripping plates must be flat and smooth on the inside surface, and the rim cannot be deeper than 1 inch. It is an infraction to grab any handles, holes, or specially prepared areas on the plates to aid in gripping. Any length of bar may be used as the distance between collars is optional. The lifter must finish the lift in an upright position and under control. Once motionless, the head official will give a command to lower the bar.

At the meeting I made an amendment to the lift proposal to accept the prior lifts done at the Grip Champs to count retroactively and be the first Rim Lift records in the record book. The Rim Lift will be added to the updated USAWA Rule Book.

POSTAL PICS

July 15, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Because of membership request, it is my plan to post pictures with the postal results as much as possible. That being said, this will require some of you guys to send me pictures after you have completed your postal lifts. Otherwise, you will probably get tired of seeing KCSTRONGMAN pics. Any help in this is appreciated. You can email them to me at SalGuimino@yahoo.com. If i get multiple, I may have to pick and choose, but I will try to have as good of representation as I can given the pictures I receive.

OLD TIME STRONGMAN CHAMPIONSHIPS

July 21, 2021 [KCSTRONGMAN](#) [Edit Post](#)

MEET ANNOUNCEMENT: OLD TIME STRONGMAN CHAMPIONSHIPS ARE BACK!!!

By Eric Todd



Lynda Burns pulls a big People's Deadlift at the OTSM Championship

The Old Time Strongman Championship is BACK in 2021! After a trash year in the USAWA dealing with a trash pandemic, and relying heavily on postal competitions (which we were very lucky to have), I am excited to announce the 2021 Old Time Strongman Championship. This is often one of our better attended competitions, and I am counting on it being so again this year. The meet will once again be held in my big tin can.

I always like to offer this disclaimer for anyone who has not lifted in my facility. It is not a place of luxury. It gets hot in the summer and cold in the winter. So, come prepared, depending on what the weather brings that particular day. No easy chairs, no davenports, no recliners. No running water, so the restroom facilities come in the shape of an outhouse out back. Toilet Paper is in the ammo box. That being said, there is plenty of weight to make big lifts on!

Lifts for the meet:

Cyr Press

Habecker Lift

Hackenschmidt Floor Press

Kennedy Lift

Date: September 11, 2021

Weigh ins: 9:30

Rules: 10:00

Meet Time: 10:30

Cost \$25 (Make Checks out to Eric Todd)

Entries due (in hand) August 28

Awards: There will be awards

I will post directions a little closer to meet time. Follow those and you will be golden. Follow GPS and you might be blown up. Hope to see you all out here on September 11 for good times and great lifting. Entry form below:

OTSM-Entry

USAWA ON SOCIAL MEDIA

July 24, 2021 KCSTRONGMAN Edit Post

By Eric Todd

The USAWA has had a presence on Facebook for some time. Just recently, thanks to the tech savvy of Beth Skwarecki with the help of Lace Foster, we have recently added a presence on Instagram. Links to both accounts are under the tab of “About Us” on the home page. It is under “USAWA Social Media.” For quick reference, feel free to follow this link:

[USAWA Social Media](#)

Please feel free to participate in both. Thank you to Beth and Lance for adding this valuable tool to help the USAWA reach out and communicate with lifters across the world.

UPDATED CLUB CERTIFICATES

July 29, 2021 Al Myers Edit Post

By Al Myers

I just recently updated the Club Certificates for all member clubs of the USAWA. These are available under “About Us”/”Member Clubs”. Any club can easily download their certificate for printout to proudly display in the training facilities. Currently the USAWA has 8 member clubs – Dino Gym, Ambridge BBC, Clark’s Gym, Franks Barbell Club, Habeckers Gym, KC Strongman, Ledaig Heavy Athletics, and Schmidt’s Barbell Club.

SWEET 16/ELITE 8

August 1, 2021 KCSTRONGMAN Edit Post

Update on the Sweet 16/Elite 8. Clark is implementing covid restrictions for this meet. He wants all participants to be fully vaccinated and to present him with proof of vaccination in order to compete. I updated it on the meet announcement, but wanted to announce it here so that everyone is informed.

ET

UPDATED RULEBOOK

August 4, 2021 Al Myers Edit Post

By Al Myers

I just finished updating the USAWA Rulebook with the rule changes made by the membership over the past few years. it was last updated in 2017. It now contains the rules for the new lifts that have been added since that time – the Lurich Lift, the Rim Lift, and the Habecker Lift.

The new USAWA Rulebook is the 11th Edition. It is available for free download on the USAWA website.

BECOMING AN OFFICIAL

August 12, 2021 [KCSTRONGMAN](#) Edit Post



Al Myers dutifully watches on as a certified official while Susan Sees performs a Trap Bar Deadlift at the 2016 IAWA Gold Cup in Abilene, KS.

For many years, the USAWA has had a procedure in place where prospective officials would have to take and pass an exam in order to become a certified official to be eligible to sit in the official's chair and judge lifts in sanctioned meets. Then, to prevent individuals from taking and passing the test without having any real idea of how a meet is conducted, a procedure was implemented by which a probationary official would have to go through a series of three practical training sessions alongside a fully certified official before being a truly certified official who could judge independently of other officials.

While I believe the three practical training sessions was a grand idea to ensure that we have as competent of officials in our organization as possible, I have come to understand that it is perhaps limiting our capacity to grow the organization into new territories. We have fantastic representation in the Northeast, the Midwest, and the Ohio/Pennsylvania areas. Any aspiring official would have no problem completing their practical training sessions in any of these areas; however, and one outside of these 3 areas would have to take a vacation like trip on 3 separate occasions in order to complete there certification.



Here I am officiating Lynda Burns at an OTSM Championship

I took this issue to the executive board, and it was determined that we will start allowing individuals to complete their practical training sessions virtually if need be. As we found out during the pandemic, we can do many things virtually. We hope that this will allow us to get certified officials in other territories so that they can officiate postals, record days, and other meets. It would be the responsibility of the prospective official to contact a certified official to set up a time for those practical training sessions via zoom or some other reliable online platform. This will allow them to discuss procedure, rules of the lifts and what they mean, commands. etc.

So, anyone who has been hesitant to take the official's exam because they thought they would have to take three cross country trips in order to fulfill their practical training sessions, it is so no more! Take

the test, send it back to Joe to receive your passing mark, then get a hold of one of us to guide you through the practical sessions virtually. It is as simple as that.

2021 PRESIDENTIAL CUP

August 15, 2021 Denny Habecker [Edit Post](#)

By Denny Habecker, USAWA President

We had a small turnout for the Presidential Cup this year, but there were some very good records set. Elizabeth Skwarecki was the winner of the cup this year, with her Full Gardner lift of 55 lbs. Aidan Habecker, Barry Pensyl , and Denny Habecker were the other lifters. Aidan did a great shoulder drop and an impressive 2 – 2" vertical bar deadlift and Barry was the most energetic and did five great lifts. After the lifting we were treated with a delicious lunch made by Judy Habecker.



Beth Skwarecki executes a Full Gardner earning her the 2021 Presidential Cup.

The Results:

Elizabeth Skwarecki– 40 – 151Lbs. – 70 Kg. Class – [40-44]

Full Garner – 25Kg.. – 55 lbs.

Goerner Stroll – 90 Kg. – 198 Lbs.

Aidan Habecker – 18 – 204 Lbs. – 95 Kg. Class -[18-19]

2 – 2" Vertical Bar Deadlift – 137.5 Kg. – 303 Lbs.

Shoulder Drop – 50 Kg. – 110 Lbs.



Aidan Habecker pulls the V-bars for a national record.

Barry Pensyl – 73 – 144 Lbs. -70 Kg. Class – [70- 74]

Push Press From Racks – 42.5 Kg. – 94 Lbs.

Dumbbell Clean & Jerk – Right Hand – 17.5 Kg. – 38.6 Lbs.

Stiff Leg Deadlift – 92.5 Kg. – 204 Lbs.

Goerner Stroll – 90 Kg. – 198 Lbs.

Snatch- Dumbbell – Right Hand – 18.5 Kg. – 41 Lbs.

Denny Habecker– 78 – 187.4 Lbs. – 90 Kg. Class – [75-79]

2 -2" Vertical Bar Deadlift – 100 Kg. – 220 Lbs.

Goerner Stroll – 100 Kg. – 220 Lbs.

Officials:

Elizabeth – Denny Habecker, Barry Pensyl

Aidan – Denny Habecker, Barry Pensyl

Barry – Denny Habecker

Denny – Barry Pensyl

Note: All results are recorded in pounds. L and R designate left and right arms. All lifts in this meet should be national records.

WORLD POSTAL REMINDER

August 21, 2021 KCSTRONGMAN Edit Post

Just a little over a week to complete your lifts and submit them to AI for the 2021 World Postal. Lifts need to be completed and submitted by August 31. See details here: [World Postal | USAWA](#)

OTSM FIELD IS SET!!

August 28, 2021 KCSTRONGMAN Edit Post

By Eric Todd, USAWA Secretary/Treasurer

Since today was the last day I would be accepting entries, the field of competitors for the Old Time Strongman Championship is set! 9 lifters will duke it out for the title of Old Time Strongman Champion. Competitors for this year's championship will be the following:

Clint Poore

Dean Ross

Lance Foster

Greg Cook-

Leroy Todd

Chris Todd

Everett Todd

Phoebe Todd

Eric Todd

It looks like it has the makings of being a good one!

FAREWELL

September 3, 2021 Al Myers Edit Post

By Al Myers

This will be my last blog as webmaster for the USAWA. Now I may write more blogs for the USAWA, but only after the new webmaster ET approves, edits and publishes them. This also marks the end of my duties of the USAWA Secretary/Treasurer position. Eric and I have been working together to make a smooth transition over the past couple of months but now all that is done! The USAWA funds are now in his hands for organizational transactions and I've "tidied" up the website so he won't be burdened by jobs I've left undone.

I'm not going to make a sappy farewell speech here, but it has caused me to reflect on the past 12 years of being the administrator of the USAWA. That should be the official title instead of Secretary/Treasurer because that is what the job is. It's a weekly (and sometime daily) duty of attending to something involved with the USAWA. It may be updating the membership roster, taking in a deposit to the bank, updating the website, attending to Executive Board matters, writing a blog for the USAWA Daily News, or just responding to an email from a lifter. It's way more work than anyone realizes. I know Eric will be up for the job and I encourage all of you to keep giving him encouragement and "pats on the back" because he sure isn't doing it for the money!

After taking over this position from Bill Clark 12 years ago I had no intentions of doing it forever (or as long as Bill had!). Bill was the only Secretary/Treasurer the USAWA had known as he held that position for 22 years since the beginning! Now I know most of us have had our disagreements with Bill over the years, but I give THAT GUY a big hand for holding the USAWA together for so long. I fully understand the effort and energy he had given to the USAWA, as well as the many hours of his life. I'm

very grateful to him for that. I tried my best to not “drop the ball” after everything Bill had accomplished and I hope what I’ve done will be seen as being successful from my USAWA peers as the years move on.

Now let’s get behind ET and the new Executive Board and keep the USAWA going strong!

SWEET 16/ELITE 8

September 6, 2021 KCSTRONGMAN Edit Post

By Bill Clark

What had been planned as a new dimension in all-round competition proved to be a total failure.

Not a single call concerning the unique competition/record day was received, turning the day into a gym meet and assorted other competitions – including the record day.

The knockout meet (Sweet 16/Elite 8) became a normal meet with competition in all four lifts won by John Carter and Janet Thompson.

Final standings:

MEN

1 – JOHN CARTER

Bwt – 216 lbs.

Age – 62.

Jefferson – 350

clean and press (heels together) – 115

Bench press (feet In air) – 180

hip lift – 1810 .

Total – 2,455

Weight and age adjustments – 2,581.01

2 – DAVE DEFOREST

Bwt – 192

Age 61.

Jefferson – 300

clean and press (heels together) – 125

Bench press (feet I n air) – 180

hip lift – 1180.

Total – 1,785.

Adjusted points – 1,988.70.

3 – TONY HOSE

Bwt – 230

Age – 52.

Jefferson – 350

Clean and press heels together) – 180

bench press (feet in air) – 300

Hip lift – 1,005.

Total – 1,855

Adjusted points – 1,805.33.

4– BILL CLARK

Bwt – 207.5

Age 89.

Jefferson – 205

clean and press (heels together) – 0

Bench press (feet in air) – 75

hip lift – 565.

Total – 845

Adjusted points – 1,124.89.

WOMEN

1 – JANET THOMPSON

Bwt – 170

Age 63.

Jefferson – 125

clean press (heels together) – 22

Bench press (feet in air) – 65

Hip lift – 515.

Total – 727

Adjusted points – 922.56.

RECORD DAY

JOHN CARTER – Carter lift – 1,200 lbs. (squat 100; hip lift 1,100).

DAVE DEFOREST –

Neck lift – 470

dumbbells clean to shoulder – 132

LH dumbbell cheat curl – 70

LH Thomas Inch deadlift – 77

Kennedy lift – 405.

OFFICIALS: Dave DeForest and Bill Clark.

HEAVY LIFT CHAMPIONSHIPS

September 7, 2021 KCSTRONGMAN Edit Post

By Eric Todd. USAWA Secretary/Treasurer



Dave Hahn performing a Hand and Thigh lift at the 2018 USAWA Heavy Lift Championships.

In an effort to not go 2 years without a heavy lift championship, we will be holding this years Heavy Lift Championship in the fall this year. We will hopefully move back to May for next year. So, here we go.

Date: November 13, 2021

Place: ET's House of Iron and Stone

Events: Neck Lift, Hand and Thigh, Hip Lift

Awards: Yes

THIS WILL BE A DRUG TESTED EVENT. For anyone who does not feel broken after doing the heavy lifts, we can do some record breaking after the event. This is one of the longest running historic events in the USAWA. This will be the 3rd time that KCSTRONGMAN has hosted this championship event. The previous times were 2015 and 2018. We were scheduled to host in 2020, but that meet had to be cancelled due to the covid pandemic. So we will host this year instead. I picture it moving to another territory next year, if anyone else is interested in hosting. I always add the disclaimer to my meet announcements that we will not be lifting in a pristine facility. Climate control is an open garage door and windows when it is hot (with an industrial fan that sounds like an airplane in extreme conditions) and wood burning stoves when it is cold. No running water, so we will have some water available, but feel free to bring you own if you are concerned about running out. There is an outhouse in the back. But on the flip side of things we have 24 100 lb plates and boat loads of change to do some massive lifting in the heavy lifts. I have a hip belt and a neck lift harness that were made for me. You guys are welcome to use those, or to bring your own if you are more comfortable with that. This is an opportunity for all of you to lift poundages that are heavier than you realized you had the capacity to lift. I hope to have a good turnout of heavy hitters. Sign up now so that you can add your name to the list of heavy lift champions to go down for the ages.

[Heavy Lift-Entry](#)

OLD TIME STRONGMAN CHAMPIONSHIP

[September 11, 2021](#) [KCSTRONGMAN](#) [Edit Post](#)



All the lifters at the 2021 OTSM Championship

Meet Results

By Eric Todd, USAWA Secretary/Treasurer

Another one goes down into the history books. The meet was filled with some exciting PRs and record breaking by a few junior lifters, a few veteran lifters, 3 returning OTSM champions, and a new lifter to the USAWA. Throughout the day, it seemed difficult to tell who was actually in the drivers seat. Here is how the day unfolded.

We started the meet off with the Cyr Press. Out of the 9 lifters, 6 of them set national records in this discipline. 2019 defending women's champion, Phoebe Todd was the lone women's lifter at this years championship. She hit a 24 pound lift, with a 4th lift for record of 26.5. Three male lifters went over 100 pounds. Clint Poore and Chris Todd went 104 pounds, with me hitting the top lift in the Cyr Press with a good lift of 165.

The next lift contested was the Habecker Lift. I will tell you that there were a few of our lifters (myself included) were cursing his High Mightiness for the lift named in his honor. The Todd children asked me in training a few times why I had chosen such a vile lift, and even suggested we email Denny to express the distain we have for his lift. But we contested it, nonetheless. This time, 7 of the nine lifters broke records. 3 lifters went over 300 pounds. Former Champion Greg Cook went 315 in the Habecker, with

me going 320, and Clint Poore having the top lift of 325. I had 340 on its way up, when something gave in my hamstring, finding me on the floor, cursing Denny's name. This effectively sidelined me to my officiating duties for the rest of the contest.

The third lift was the Hackenschmidt Floor Press. 4 lifters set national records here. Phoebe, Everett, and Leroy Todd all set PRs here, with Phoebe's and Leroy's being national records. Dean Ross also set a national record on this lift. But the highlight of this lift was Clint Poores breaking the all time record for this lift, besting the 435 that Dan Wagman set back in 2013, with a lift of 450.

The fourth lift of the day, the Kennedy Lift, would determine who the 2021 OTSM champion would be. The 3 Todd kids all hit big PRs and national records in the Kennedy. Everett and Leroy both were successful with 125 pounds, with Leroy hitting a successful 135 for a fourth. Phoebe hit a big 220. When it appeared that Lance Foster had almost opened too heavy with his ground out attempt on 275, he just kept grinding and ended up with a big lift of 360. Chris Todd and Clint Poore both hit a best of 385. Former National and World Old Time Strongman Champion Greg Cook had not even taken an attempt yet. He started warming up. 400+, 500+, 600+ all looked easy. He then called for his opener of 695. As Greg has gone over 800 pounds here, I had no doubt. Unfortunately for him, it was not to be on this day. Something was giving in his hamstring, and after failing the first attempt, Greg decided to call it a day.

Below are the results of the 2021 OTSM Championships.

Old Time Strongman Championship

ET's House of Iron and Stone

Turney, MO

September 11, 2021

Meet Director: Eric Todd

Meet Announcer: Eric Todd

Score Keeper: Chris Todd

The hostess with the mostest and sandwich maker/deliverer: Jenny "From the Block" Todd

The One Official system was used for all lifts

Officials: Eric Todd, Chris Todd

Loaders: Stacy Todd and All lifters

All lifts are recorded in pounds, as is the total. Adj is the adjusted score after Lynch and Age adjustment. All records are denoted with an asterisk *

Lifts: Cyr Press, Habecker Lift, Hackenschmidt Floor Press, Kennedy Lift

Women's division

Lifter	Age	Age Division	B W	Weight class	C yr	Habecker	Hack Floor Press	Kennedy	Total	Adj	place
Phoebe Todd	11	13	1 2 3	60	2 4 *	100*	75*	220*	419	683	1

Men's Division

Lifter	Age	Age Division	B W	Weight Class	C yr	Habecker	Hack Floor Press	Kennedy	Total	Adj	Place
Clinton Poore	47	45	2 4 0	110	104	325*	450*	385	1264	1104.7	1
Chris Todd	42	40	2 5 9	120	104	265*	285	385*	1039	833.1	2
Everett Todd	8	13	6 8	35	15*	65*	65	125*	270	802.7	3
Dean Ross	78	75	2 0 9	95	34*	135*	135*	205*	509	672.7	4
Greg Cook	64	60	2 5 0	115	79*	315*	250	0	644	638.2	5

Ler oy Tod d	1 0	13	8 3	40	19 *	45*	70 *	125*	25 9	605 .5	6
Lan ce Fos ter	5 5	55	3 2	125 +	59	155	0	360	57 4	476 .6	7
Eri c Tod d	4 6	45	2 6 1	120	16 5*	320*	0	0	48 5	402	8

Extra Attempts for Records:

Cyr Press: Phoebe Todd-26.5*

Habecker Lift: Everett Todd-70*

Kennedy Lift: Leroy Todd-135*

TEAM CHAMPIONSHIPS

September 17, 2021 [Al Myers](#) [Edit Post](#)

By Al Myers

MEET RESULTS –

2021 USAWA TEAM CHAMPIONSHIPS



Al & Chad at the 2021 USAWA Team Championships.

The Team Championships had a pretty small attendance this year – just one team! Fellow Dino Gym member Chad Ullom joined up with me in completing the lifts for the Team Championships. The other 2-Man team from the Dino Gym (LaVerne Myers and Dean Ross) was sidelined because of LaVerne's recent carpal tunnel surgery so the two of them took charge of running the meet. LaVerne did the officiating and Dean did the score keeping. I could tell they were disappointed they couldn't be competing, but all of us still had a good time telling stories and giving each other a "hard time". I'm pretty sure next to Chad and myself, LaVerne and Dean have competed together in the Team Champs more than anyone else.

MEET RESULTS:

2021 Team Championships

Dino Gym, Holland, KS

September 12th, 2021

Meet Director: Al Myers

Official (1-official system used): LaVerne Myers

Scorekeeper: Dean Ross

Lifts: Team Rectangular Fix, Team Deadlift – No Thumbs, One Arm, Team Deadlift – Ciavattone Grip, Fulton Bar

1. Al Myers (55 years, 231# BWT) and Chad Ullom (49 years, 231# BWT)

Division: 45-49 Age Group, 105KG Weight Class

Team Rectangular Fix: 176#

Team Deadlift No Thumbs, Right Arm: 452#

Team Deadlift Ciavattone Grip Fulton Bar: 595#

GOLD CUP

[September 18, 2021](#) [Al Myers](#) [Edit Post](#)

By Al Myers, IAWA President

The 2021 IAWA Gold Cup has been scheduled!

Co-meet promoters Steve Gardner and Stevie Shanks have decided that they will “go forth” with the Gold Cup, knowing that many lifters will be limited with travel restrictions. I’m not sure what it will take to get to Belfast, Ireland from the US at the first of November. Lots can happen by that time with new regulations due to the COVID infection rates.

I’m glad to see that the Gold Cup is going to happen though (just as with Worlds) because I hate to see two years in a row these BIG IAWA competitions being cancelled. I know both will be limited to “domestic” lifters only, but that’s still better than being cancelled. Call it a “rebuilding year” for IAWA – with the hope that 2022 can be back to full strength for IAWA.

I’m going to explore options of attending. If anyone in the USAWA is wanting to go please let me know. Below are the information sheets and entry forms:

INFORMATION SHEET – [GOLD-INFO-21](#)

ENTRY FORM – [GOLD-ENTRY-21](#)

WORLD POSTAL CHAMPIONSHIPS

[September 21, 2021](#) [Al Myers](#) [Edit Post](#)

By Al Myers, IAWA President

WORLD POSTAL CHAMPIONSHIPS

Another great year for the IAWA World Postal Championships!!

This year we had 42 lifters compete from the United States, Australia, England, and Canada. This World Postal Championships is one of three (with the World Championships and the Gold Cup being the other two) promoted by IAWA. I want to REALLY thank all those that participated. Your participation is what makes this a great event! As per the tradition the past few years, the lifts of the first day Worlds were contested. I’ve included all class winners and best lifters, individual overall rankings for men and women, 3 person team rankings, and club rankings.

I want to give special mention to the overall winners in each category. The Overall Best Men’s Lifter was JEFF CIAVATTONE, and the Overall Best Women’s Lifter was BEATA BANAS. The Overall Best 3-person Team went to FRANK’S BARBELL CLUB (Jeff Ciavattone, Frank Ciavattone, and Wade Marchand). The Overall Best Club went also to FRANK’S BARBELL CLUB. The Overall Best Association went to the USAWA, with the IAWAUK in second, and the ARWF in third.

It’s always exciting to see new clubs participate. This year CLARK’S CHAMPIONSHIP joined in and 3 lifters from their club (Nick Frieders, Tony Hose, and Dave DeForest) competed in their first World Postal.

There were several Junior Lifters competing this year with the youngest, Everett Todd, at eight years of age. The oldest lifter in the completion was Denny Habecker at 78 years of age. I also want to mention 3 lifters who competed as Exhibition Lifters (because of lack of an official to judge their lifts) just to show support to IAWA and the memory of Andy Goddard. These lifters were Gary Ell, Jason Farrugia, and Sylvia Stockall of Canada.

If anyone notices any errors in these results please let me know as soon as possible so I can get things corrected. Sometimes I have difficulties reading the handwriting on the official scoresheets.

Again, I want to thank everyone for entering this meet and making it an outstanding annual event in IAWA.

MEET RESULTS (WORD) – [2021 World Postal Results](#)

LIFT FOR LEROY III

September 24, 2021 [KCSTRONGMAN](#) [Edit Post](#)

MEET ANNOUNCEMENT

Well, it is about that time again. Lift for Leroy III is just around the corner. Covid 19 has added an additional dimension of stress and humiliation for Leroy, particularly with the meet not being contested in 2020, so he could really use our support in 2021. He has thrown himself down the stairs 12 times in the last month and would not get up until someone came and checked on him. He just lays there and moans...



Leroy lifting his woes away at the 2017 OTSM championship

Lift for Leroy is a record day we hold to help Leroy with his general well being. All proceeds go to Leroy for his general well being. There is no entry fee, and no donations will be accepted for Leroy. So, pick your 5 favorite lifts, and come break some records and contribute to by brother Leroy's happiness. He needs our help. Please let me know in advance if you plan on lifting, and which lifts you plan on doing in order that I can be sure I have the appropriate equipment.

Date: December 11, 2021

Address: 10978 SW Pueblo Dr, Turney, MO 64493

Entry: None-Just let me know that you are coming. email SalGuimino@yahoo.com

Awards: None

Weigh ins: 10:00

Meet begins: 10:30

We will be doing the postal championships that day as well, and will start with those lifts before we LIFT FOR LEROY!!!

CLINT POORE'S OLD TIME STRONGMAN EXPERIENCE

October 5, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Clint Poore



Clint Poor breaks the ALL-TIME Hackenschmidt Floor Press once held by Dan Wagman.

In football there is a saying, “On Any Given Sunday, any team can beat any other team”.

September 11, 2021 was one of those kind of days, I attended the 2021 Old Time Strongman National Championships in Turney, Missouri competing against strongman National and World Champions from across the nation. The heavy favorite was meet director Eric Todd, 2-time Old Time Strongman Champion, but unfortunately he injured his hamstring on the second lift. The lifts that were contested were the Cyr Dumbbell Press, Habecker lift, Hackenschmidt Floor Press & the Kennedy Deadlift. I had not thought about the overall title, because my goal was to set the All-Time Record in the Hackenschmidt Floor Press, but sometimes destiny has other plans.

The meet began with the Cyr Dumbbell Press. I have struggled pressing dumbbell’s overhead since my rotator cuff & bicep surgery in 2017, but the Cyr dumbbell press went well this day and I managed to press 104 lbs. This was good enough for a second place tie in the discipline.

Next was the Habecker lift, which is a Zercher lift from 1/3 your body height. I did exceptionally well in the Habecker, setting 2 National Records with a lift of 325 lbs. I was very pleased to do so well in the lift and set records in the overall and my age group of 45-49. To my surprise I had achieved the heaviest Habecker lift of the day and first place in the discipline.



Clint’s Habecker lift

The third lift was the Hackenschmidt Floor Press, it was the reason I attended the competition, because I wanted to break the All Time Record. I opened up with an easy 410 lbs, then followed with a lift of 440 lbs, and on my final lift I successfully pressed 450 lbs which set the All Time Record for Heaviest lift ever in the Hackenschmidt Floor Press and again, placing first in this discipline. I was extremely pumped and excited to get this record and hope to increase it in the future.

The final lift of the day was the Kennedy Deadlift, a straddle deadlift from 18 inch blocks. By this time I knew I might be in the running for the overall title, but I thought it was still out of reach because a big

deadlifter and previous Old Time Strongman World & National Champion, Greg Cook, had yet to lift. I managed a personal best on the Kennedy lift with 385 lbs and Greg was after me. Greg opened with a 695 lb Kennedy lift and felt something give in his hamstring and decided to call it a day without making a deadlift. I didn't realize Greg hadn't got a deadlift in until the awards were announced, when Greg was called out in fifth place overall. Upon hearing Greg's finishing place, my eyes lit up as I realized I may have won the overall title. When the meet director announced the final results, I was caught by complete surprise and very thankful to be only the 8th man ever to earn the title of Old Time Strongman National Champion. It was an awesome competition and I performed very well, exceeding my expectations going into the event. Consistency was the key to victory and to rephrase the previous quote, I realized that the saying is true, that "On Any Given Day Anyone Can Win!"

The Old Time Strongman Championships features lifts performed by famous strongmen of the past like Paul Anderson, Arthur Saxon, Louis Cyr, George Hackenschmidt and others.

WORLD CHAMPIONSHIPS

October 8, 2021 Al Myers Edit Post

By Al Myers

2021 IAWA WORLD CHAMPIONSHIPS



Group picture of lifters attending the 2021 IAWA World Championships

The number of lifters for Worlds were small this year – but the lifting was big!

It was a difficult year for Worlds this year due to COVID and the lack of lifters being able to travel, but the SHOW went forth. Many thanks to Denny and Judy for making that happen. I'm really glad for this even though it was not really possible for overseas lifters to attend to make it a true international competition, its better having it than not having it. I would hate to see Worlds cancelled two years in a row as the World Championships and the Gold Cup are the two big events for IAWA and are what defines IAWA.

Now onto the lifting! Beth may have been the only women entered, but she put up great lifts in every event and would have been tough to beat by anyone. She's super technical on the lifts with great form. Truly worthy of being the overall woman's lifter.



Randy Smith performing an one arm deadlift at the 2021 IAWA World Championships.

Randy Smith was the Overall Men's Lifter. Randy has been involved with the USAWA and IAWA for 20 years now, and I swear he lifts and looks the same now as when he started! I'm not just saying this because he always brings me beer when we get together either. He was followed closely by Denny in total points. Denny had a great day of lifting which is hard to do when you are the promoter and focusing on putting on a good event. Third place overall was fellow Habecker's Gym member Barry Pensyl. Barry has been lifting in the all rounds for many years, as well as Dave DeForest who made the long trip from Columbia, MO. It's pretty rare now to be around lifters in this sport who have been doing it longer than me, but both of these guys got me beat on that having done their first meets in the early 90's. Young Aidan Habecker had a great day of lifting as well. I have really enjoyed watching him mature into a good all rounder thru these past few years. Also – got to really thank Terry and Lou for doing all the loading. These guys were loading so fast I about told them to slow down a bit so we could “stretch” the meet out a little longer!

I can't say enough about Judy and all she does for our sport. She made us a great lunch, did all the scorekeeping, and then made us a big banquet meal!!! I know Denny gets lots of "pats on the back" for all he does as meet director and as our USAWA President (which is well deserved), but without Judy I would worry that he might drop the gavel!

To summarize – another outstanding World Championships which I was glad to be part of.

Meet Results:

2021 IAWA World Championships

October 2nd, 2021

Habecker's Gym

Lebanon, PA, USA

Meet Director: Denny Habecker

Meet Announcer: Al Myers

Meet Scorekeeper: Judy Habecker

Meet Officials (3-Official System Used): Denny Habecker, Barry Pensyl, Dave DeForest, Randy Smith, Al Myers

Meet Loaders: Terry Barlet and Lou Tortorelli

Meet Caterer: Judy Habecker

Meet Photographer: Lou Tortorelli

Lifts: Clean and Press, Snatch – One Arm, Bent Over Row, Deadlift – One Arm, Curl – Cheat, Pullover and Push, 2" x 2 bar Vertical Bar Deadlift

WOMEN

LIFTE R	A GE	B W T	C & P	Sn1	Ro w	DL 1	C C	P & P	V B	TO T	PT S
Beth Skwar ecki	40	68. 3	42. 5	30. 0L	47. 5	90. 0L	50 .0	77. 5	90 .0	427 .7	459 .1

EXTRA ATTEMPTS FOR RECORD

Beth 2x2"VB 100.5

MEN

LIFTER	AGE	BWT	C&P	Sn1	Row	DL1	CC	P&P	VB	TOT	PTS
Randy Smith	67	89.0	52.5	37.5L	85.0	120.0R	65.0	87.5	145.0	592.5	695.8
Denny Habecker	79	84.3	42.5	22.5R	80.0	95.0R	45.0	77.5	100.0	462.5	663.7
Barry Pensyl	73	64.3	35.0	22.5L	65.0	80.0R	40.0	60.0	75.0	377.5	593.1
Dave DeForest	61	88.8	57.5	37.5R	85.0	102.5R	65.0	85.0	102.5	535.0	590.3
Aidan Habecker	18	91.3	45.0	35.0R	65.0	110.0R	55.0	80.0	145.0	535.0	490.7
Al Myers	55	103.7	—	—	—	—	—	—	145.0	145.0	—

EXTRA ATTEMPTS FOR RECORD

Randy 2×2"VB 150

Denny 2×2"VB 105

Aidan 2×2"VB 150

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

3RD QUARTER POSTAL MEET

October 12, 2021 [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

MEET RESULTS: USAWA 3rd QUARTER POSTAL MEET

We had great participation again this quarter, with 16 men and 7 women competing in this postal. Abe Smith led the men's division and Sylvia Stockall won the women's division. USAWA records are marked with an *.

MEET RESULTS:

July 1 through September 30, 2021

Lifts – Push Press from Racks, Clean & Jerk, DB, One Arm, Deadlift- Stiff Legged

MEN:

Abe Smith	– 40 –	176 Lbs.	– 265*	– 135- R*	– 280 –	680 –	661.17
Randy Smith	– 66 –	198 Lbs.	– 135	– 90 – R	– 305 –	530 –	604.91
Anthony Hose	– 52 –	230 Lbs.	– 215*	– 110- L*	– 310 –	635 –	594.49
Dave DeForest	-61 –	193 Lbs.	– 140*	– 65 – L*	– 330* –	535 –	588.73
Nick Frieders	– 20 –	152 Lbs.	– 120	– 90- R	– 305 –	515 –	543.84
Eric Todd	– 46 –	262.4 Lbs.	– 250	– 115- R*	– 283 –	648 –	537.08
John Carter	– 62 –	218 Lbs.	– 120*	– 60 – R	– 320* –	500 –	524.41
Dave Hahn	– 84 –	141 Lbs.	– 70	– 40 – R	– 210 –	320 –	515.64
Barry Pensyl	– 73	– 144 Lbs.	– 94*	– 39 – R*	– 204* –	337 –	495.42
Tony Lupo	– 55 –	230 Lbs.	– 130*	– 80 – R*	– 305* –	515 –	494.94
Denny Habecker	– 79	– 187 Lbs.	– 99	– 45- R	– 220 –	364 –	473.26
Chris Todd	– 42	– 265 Lbs.	– 165	– 80 – R*	– 255* –	500 –	396.91
Aidan Habecker	– 18	– 203 Lbs.	– 121*	– 70 – R*	– 220	– 411 –	375.97
Everett Todd	– 8	– 65 Lbs.	– 30	– 15 – R	– 65*	– 110 –	351.45
Lance Foster	– 55	– 335 Lbs.	– 125*	– 50 – R*	– 250* –	425 –	340.07
Bill Clark	– 89	– 202.5 Lbs	– 22*	– 20 – R*	– 150* –	192 –	255.48

WOMEN:

Sylvia Stockall	– 63	– 150 Lbs.	– 105	– 50 – R	– 250	– 405	– 534.94
Elizabeth Skwarecki	– 40	– 150 Lbs.	– 117	– 61 – R	– 198	– 376	– 404.52

R.J. Jackson – 59 – 104.6 Lbs. – 86 – 41 – R – 66 – 193 – 325.51
Lynda Burns – 46 – 164 Lbs. – 95 – 45 – L – 145 – 285 – 309.37
Stacy Todd – 38 – 187 Lbs. – 80* – 50 – R* – 173* – 303 – 281.39
Phoebe Todd – 11 – 121 Lbs. – 52.5* – 27.5-R* – 85* – 165 – 273.17
Janet Thompson – 64 – 165 Lbs. – 37* – 30 – L* – 100* – 167 – 209.10

Lifters with Certified Officials:

Everett Todd – Lance Foster, Chris Todd, Eric Todd
Stacy Todd – Lance Foster, Chris Todd, Eric Todd
Anthony Hose – Abe Smith, Bill Clark
Dave DeForest – Abe Smith, Bill Clark
Eric Todd – Lance Foster, Chris Todd
Tony Lupo – Abe Smith, Bill Clark
Chris Todd – Lance Foster, Eric Todd
Lance Foster – Eric Todd, Chris Todd
Bill Clark – Abe Smith, Dave DeForest
Phoebe Todd – Eric Todd, Chris Todd
Janet Thompson – Abe Smith, Bill Clark
Abe Smith – Bill Clark
Nick Frieders – Bill Clark
John Carter – Bill Clark
Aidan Habecker – Denny Habecker
Barry Pensyl – Denny Habecker

Lifters with Non-Certified Officials:

Randy Smith
Dave Hahn
Denny Habecker
Sylvia Stockall
Elizabeth Skwarecki
R.J. Jackson
Lynda Burns

3 NEW OFFICIALS IN TRAINING!

October 20, 2021 KCSTRONGMAN Edit Post

By Eric Todd

Over the past few months, we have had 3 now “officials in training” pass their officials exam. Abe Smith, Clint Poore, and Beth Skwarecki have all passed the test, and are now just 3 practical training sessions away from becoming Level 1 officials in the USAWA. These are all very exciting, but particularly Clint Poore, as he could potentially open up a new territory of exposure for the USAWA. Good job guys; I look forward to seeing your contribution to the USAWA officials program!

TEAM RECORDS UPDATED

October 21, 2021 KCSTRONGMAN Edit Post

By Eric Todd

The title pretty much sums it up. Scottish Johnny updated the team records, and they are now posted current as of today. I have not paid them much mind thus far, as I have never done anything with the team lifts (though I have considered it), It is a rather lean list to date, but could be fun if you had someone of similar build to try a few with. (Edit-It was not as lean as I thought. The list as it was updated was not a complete list! The complete list is now posted).

LIFTER OF THE MONTH FOR JUNE 2021

October 29, 2021 KCSTRONGMAN Edit Post

Since I have taken over as Secretary of the USAWA back in June, I have been planning to pick back up with naming lifters of the month of our organization. Well, I am a bit behind, but I intend on catching up. With June being our National Championship, I am picking from our National Champs for this month's recognition. Abe Smith gets the nod over Beth Skwarecki for June's lifter of the month for besting 3 former National Champions in Denny Habecker, Mike McBride, and Randy Smith. Abe totaled 1120 pounds, and outscored 2nd place by over 50 points. Congrats to Abe for being named Lifter of the Month of June 2021!



LIFTER OF THE MONTH FOR JULY 2021

October 31, 2021 [KCSTRONGMAN](#) [Edit Post](#)

I am going to go out on a limb for July's lifter of the month. Since there were no meets contested in July, but the second quarter postal goes through the end of June and is reported in July, I will use that for the lifter of the month. After making that determination, the selection was easy. Ruth Jackson is your 2021 July lifter of the month! Ruth won one of the more impressive postal women's divisions I have seen in dominating fashion. She defeated National and World Champion Elizabeth Skwarecki and Canadian lifter Sylvia Stockall by over 100 points apiece. Ruth has been a dominant force in the USAWA for many moons now. This is her 5th time being named lifter of the month for the USAWA. Please join me in congratulating Ruth on being July 2021 Lifter of the Month!

MEMORIAL RECORD DAY

November 2, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Meet Announcement

Our honorable president, Denny Habecker has sanctioned the Memorial Record Day. This meet honors our former USAWA members who have passed over the years. Some that immediately come to mind are Art Montini, John Vernacchio, Mike Murdoch, Clyde Myers, Tom Ryan, and Joe McCoy. I know there are many others, and too many to list for our purposes here. At any rate, it is a great way for us to honor those who have come before us in the organization. Here are the meet details:

Date: December 18, 2021

Time: 10:00 AM

Location: Habecker's Gym, Lebanon, PA

Please contact Denny if you plan on attending to remember these great people and set or break some USAWA records.

HEAVY LIFT DIRECTIONS

November 12, 2021 KCSTRONGMAN Edit Post

From the North: Take I-35 going south. After you pass by Cameron, take exit 48 which is the Lawson/Cameron exit to HWY 69. Take a left onto 69. Take it 3 or 4 miles take a left onto 292, which is a gravel road. Take it a mile or maybe less to the first right, Deer Creek. Deer Creek winds around a bit, but take it about a mile to the first left, 286th. Take it about a mile to the third house on the right. We will be lifting in the big tin can.

From the South: Take I-35 going north. Take exit 40 to HWY 116. This is the Lathrop/Polo exit. Take a right on 116. Take it about 2 miles until you get to 69 HWY. Take a left. Go about 4 miles north on 69 and take a right on 280th. After about a mile take the first left onto Deer Creek. Take it about a mile going north and take the first right onto 286th. Take it about a mile to the third house on the right. We will be lifting in the big tin can.

If you follow these directions and get lost, by all means, call me. If you try plugging my address into GPS and get lost, you are on your own.

See you tomorrow!

ET

HERMANN GOERNER DEADLIFT DOZEN-PLUS ONE

November 13, 2021 KCSTRONGMAN Edit Post

By Bill Clark

Once again, the Gym offered a competition open to the world – and the world wound up being those who work out in Clark’s Gym. Regardless, there was plenty of good lifting.

The easy winner was Nick Frieders. Had Abe Smith been available for the weekend, he and Nick could have squared off fairly even.

The final results are as follow:

Lifter	A ge	Age Divis ion	B W	Wei ght Clas s	DEADL IFT, NO THUMB , LEFT	DEADL IFT, NO THUMB , RIGHT	DEADL IFT, ONE ARM, LEFT	DEADL IFT, ONE ARM, Right
Nick Friede rs	21	Open	153	70	170*	150	270	300
John Carter	62	60	216	100	150*	180	250*	250
Dave DeFor est	61	60	187	85	120*	150	210	220
Tony Hose	52	50	230	105	200	200	260*	250
Bill Clark	89	85	205	95	100*	120	140*	140*
Lifter	Jefferson		Hack Lift	Deadlift- Heels together	Deadlift-2 Bars	Reeves Deadlift	Deadlift- Finger- Index	
Nick Frieders	330		325	400	350	280*	145*	
John Carter	325*		320*	300	350	240	140*	
Dave DeForest	275		315	350*	340	185*	135*	
Tony Hose	315		300*	300	340	275	165*	
Bill Clark	205		150*	200*	200	0	75*	
Lifter	Deadlift- Finger- Middle		Deadlift- Finger- Ring	Deadlift- Finger- Little	Total	Adj	Place	
Nick Frieders	210		125	105*	3190	3331.4	1	

John Carter	205*	100	100*	2950	3140.39	2
Dave DeForest	155	125*	95*	2645	2994.56	3
Tony Hose	165	115	75*	2960	2781.52	4
Bill Clark	75*	85*	65*	1255	1948.27	5

RECORD LIFTS AFTER THE MEET

Dave DeForest – Neck lift – 400; Deanna lift – 410; Kennedy lift – 420; Peoples lift – 410; 2-hand cheat curl – 135.

OFFICIALS – Bill Clark and Dave DeForest.

All lifts are recorded in pounds, as is the total. Adj is the adjusted score after Lynch and Age adjustment. All records are denoted with an asterisk *

HEAVY LIFT CHAMPIONSHIP

November 14, 2021 [KCSTRONGMAN](#) [Edit Post](#)

Meet Results

By Eric Todd



Group photo from the Heavy Lift Championship

The 2021 Heavy Lift Championship is in the books! Though not necessarily ideal to have it in November as opposed to May when it has been held for years, it was refreshing to get this one in after having to miss in 2020 due to the Covid pandemic. Though we lost a couple of our entrants prior to the meet, the remaining lifters had a fantastic day of lifting and catching up. Quite a few records were broken in the meantime.

It was pretty cool for the meet, but after getting the 2 wood stoves going, it was tolerable. As has been the custom for quite some time, this year's heavy lift consisted of 3 lifts: the neck lift, the hand and thigh, and the hip lift. The meet started with the Neck lift. Unfortunately, Lance opened a bit too high on this event and failed to make a lift. As Dean is recovering from some health issues, he decided to take on some lighter weights to avoid further issues. He got a good lift of 100 pounds. Dave Hahn and I both set a record in this event. Dave DeForest was able to hit a good 475 for a record on 4th attempt.



Dave Hanh with a record attempt on the Hand and Thigh

Next up was the hand and thigh. For me, this lift is always a fickle mistress. This time, Lance was successful in his attempt at 500 pounds. Both Daves and I were able to hit a record mark in this discipline. Dave Hahn hit a successful record lift of 500 pounds on a 4th attempt.



Lance Foster completes a successful Hand and Thigh lift

After we finished the last attempt on the Hand and Thigh, we stopped for a lunch break. My wonderful wife and daughter brought us out sandwiches, chips, cookies and pastries. We may have sat too long telling stories, as when it came time to begin the hip lift, we all needed to get warmed up again.



Dave DeForest grinds out a hip lift attempt.

The hip lift was the last lift in an enjoyable day. All lifters finished with a successful attempt. Dean got the good lift call on a 300 pound attempt. Lance was successful in all 3 attempts, ending up with a lift of 800. Dave Hahn was successful with a 900 pound record attempt. Dave DeForest got a good attempt at 1100 pound in the meet, and a successful record lift of 1230 on a 4th attempt. My top lift of the meet was 2000 pounds.

Below are the results of the 2021 Heavy Lift Championships.

Heavy Lift Championship

ET's House of Iron and Stone

Turney, MO

November 13, 2021

Meet Director: Eric Todd

Meet Announcer: Eric Todd

Score Keeper: Eric and Phoebe Todd

The hostess with the mostest and sandwich maker/deliverer: Jenny “From the Block” Todd

The One Official system was used for all lifts

Officials: Eric Todd, Lance Foster

Loaders: All lifters

Photographer and award presenter: Phoebe Todd

All lifts are recorded in pounds, as is the total. Adj is the adjusted score after Lynch and Age adjustment. All records are denoted with an asterisk *

Lifts:

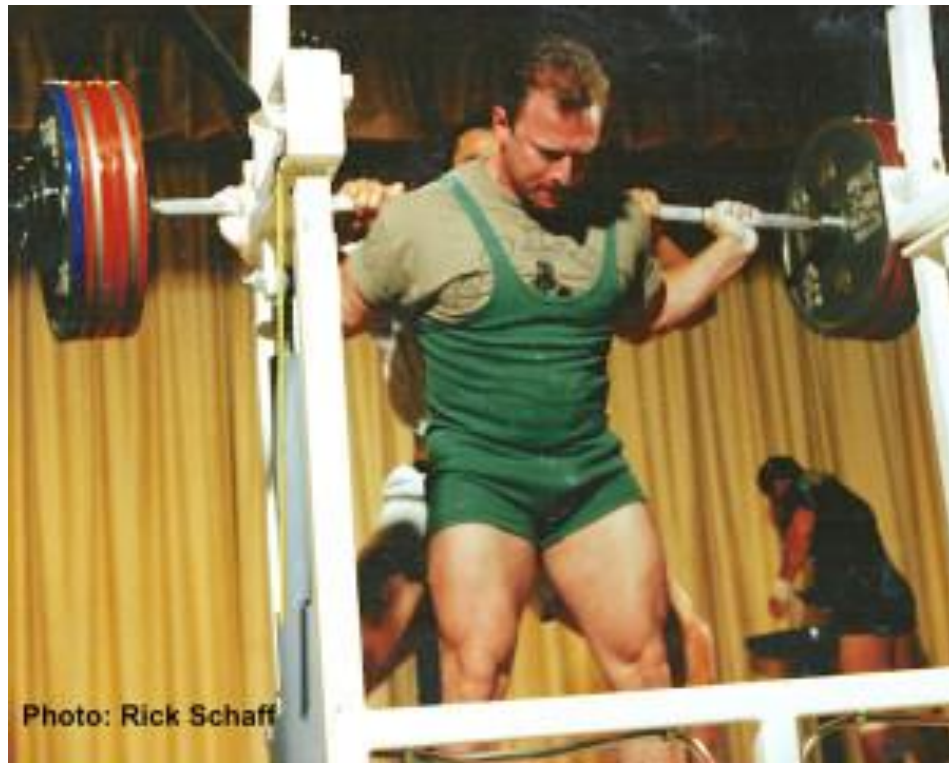
Lifter	Age	Age Division	BW	Weight Class	Neck Lift	Hand and Thigh	Hip Lift	Total	Adj	Place
Eric Todd	46	45	261	120	900*	1300*	2000*	4200	3486.89	1
Dave Hahn	84	80	137	65	400*	450*	900*	1750	3221.48	2
Dave DeForest	61	60	193.8	90	450	810*	1100	2360	2617.49	3
Lance Foster	56	55	334	125+	0	500	800	1300	1049.49	4
Dean Ross	79	75	186	85	100	200	300	600	860.43	5

Lifts outside of the meet for a record:

Dave DeForest-Neck Lift-475, Hip Lift 1230

Dave Hahn-Hand and Thigh-500

HATING TO SQUAT...NO MORE



Dan squatting in the good ol' days. Those days are now in the future, too.

Prolog

It's late 2021 now and I've recently been taken back to thoughts and feelings I had training while stationed at Ft. Bragg in the late 80's. At some point I developed a hard time benching and endured my strength dropping to 425 – with effort – and frustrating the living heck out of me. On one of those benching days, my training partner O.D. Wilson spotted me and gave me a liftoff, which turned into him doing a deadlift to save me and sharing this observation: “Dan, why's your grip so narrow?” I gave him the stupid look, not knowing what he was talking about. After setting up again and working through things, it became clear to me that over time, for some reason, my grip had migrated inward turning the bench press in to a close-grip bench press. I had no idea how that had happened and set out to correct it immediately. And here we go again...

2021

So here I am, hating the squat like I once hated the bench. I'm weak, my body feels like I'm straining to get out of a straightjacket every time I bend my knees, I'm frustrated, and ready to stop squatting all together. I'm thinking, “Who needs to suffer like this? Training is supposed to be fun. I've had it!” And yet I continued to force myself through squat sessions...again and again and again. I reached a point of despair and was but a few ounces away from giving up. Then I finally decided, “This is the last time I'm squatting.”

It's difficult for me at times, remembering the principles of science. Training to me is fundamentally a raw, barbaric, testosterone laden activity where the blood drains from my brain in to my muscles...and oh, how good that feels. The consequence is, of course, a less than optimally functioning brain. Just as I was ready to complete the last squat session of my life, a drop of blood somehow entered my brain, a neuron or two fired, and I thought to myself, "Why not take a movie of your squat?" Such a simple thought. Such an easy thing to do. I have my Mac with me in the gym every time I train so that I can crank to some nasty metal and the shelf it rests upon is adjacent to the squat rack. Perfect vantage point for a squat movie...

I hadn't analyzed my squat in forever and after taking a movie on that day I was disgusted with what I saw. Mind you, there were many more problems than just squatting high...as if that wasn't bad enough. Exercise science research has determined what the fundamental principles of a proper squat must be and it appeared as though I had violated all of them. How could my squat technique deteriorate by so much, to the point where the movement crushed me, hurt me, sucked the life out of me, and me hating to do it?

2021 and Beyond

Just like my bench press deteriorated decades ago, so did my squat, and unbeknownst to me. As an exercise scientist I have to recognize that there must be a reason this happened. But frankly, I don't really care about expending too much brain power on trying to figure that out; I want to get the squat back instead.

The main symptom, both times, was an inexplicable loss in strength for the affected lifts. In a properly designed program, that should not occur. So looking at technique can provide clues as to what might be going on. Once I determined technical errors, the solution was clear: start over.

The first thing I did was to stop squatting, albeit, unlike before, *not* with the intention of never squatting again. Quite the contrary. For much of the summer I didn't squat at all and found other exercises to maintain some degree of quad strength and muscularity. I was basically wiping the squat hard drive clean. Then, at the beginning of fall I started to squat again, but started from scratch. I started to populate the hard drive with new data, the proper-squat sorta data. Basically I'm forcing my body to relearn the movement. And if you're curious as to what that looks like, let's just say that I'm benching way more than what I'm squatting.

Epilog

I'm writing this just after getting done squatting...less than bench weight and yet I feel GREAT. My mood is positive, I'm excited about squat days, and I'm motivated, driven even, to make improvements with every week. Proper technique is the main goal; squatting what I can bench—and eventually more—comes secondary. And my body feels incredible. I just started my second mesocycle for the squat and

things are, for a lack of a better description, clicking. My body is going through the movement and it feels natural and easy. I'm no longer fighting the weight; I'm one with the weight.

Having something like this happen to me twice in a training life-time is enough. Never again. Don't learn the hard way like I had to. If you find yourself struggling with a lift, assess your technique and determine what errors might exist. Then delete the hard drive (stop training that lift for a while), then begin putting little pieces of data back over time (train the movement again with perfect technique, increasing the weight little by little over a prolonged period of time). In the process you'll not only begin to love that lift again, but your body will feel oh so good during and after training.

HATING TO SQUAT, PART II

[November 17, 2021](#) [Thom Van Vleck](#) [Edit Post](#)

by Thom Van Vleck

I really appreciated Dan's article. I'll name drop a little here myself. I used to train with John Ware. He broke Bill Kazmaier's total records and O.D. Wilson broke John's record just weeks later as I recall. As Dave Glasgow would say, "WHATEVER, TOPPER".

I have never been a great bencher. I remember maxing out after a year of hard training and getting a 5lb PR. I went from 360 to 365. It was so disappointing after so much work. A week or so later John Ware was spotting me on a set of 10 on the bench. He made the comment, "Not a single one of those reps looked the same". His observation cause me to think.

I had no "groove". I had been a serious practitioner of the singles, doubles, and triples. I rarely did more than 5 reps in a set. What I realized was I was not getting and keeping a "groove". My bar path was all over the place as a result. My solution was to go unconventional and do 10 sets of 10 with a focus on keeping the same bar path on every rep. I did this for three months. I then maxed out and I benched 405! So one year of training had led to 5lbs of progress and 3 months led to 40lbs of progress!

I had fallen into that same trap. I had not been focused on my form. Just trying to lift as much weight as possible every set and every rep. I figured out in that 3 months I got in 1200 reps. In that year of low rep training I had gotten in maybe a 1000 reps. I'm not saying 10x10 is the best power routine but I think at the time I needed the reps to reset my groove. And it worked! I remember hitting 370, 390, and 405. I've never had a 40 lb PR on any lift before or since. I was literally jumping for joy!

As a Highland Games thrower I video myself all the time. Most every throw. Because I find that over time, no matter how much I try to not let this happen, my form degrades. I think it's from trying to throw too hard to feed my ego. Same goes for the weights. Feeding my ego led to a degrading in form.

So find that love again, like Dan said! And if you don't have an O. D. Wilson or John Ware to check your form then set up a video.

GOLD CUP

November 18, 2021 [Al Myers](#) [Edit Post](#)

By Steve Gardner

Reflections on the 2021 Gold Cup – 6th November in Belfast:



Group picture from the 2021 IAWA Gold Cup in Belfast, Northern Ireland

Well following last year when everything was cancelled, Stevie Shanks and I did finally get to run our Gold Cup competition a year late. It was always going to be difficult in the aftermath of Covid, a lot of people still unsure about travel and interaction etc so we knew we would not be as well attended as it might have been and of course we did not expect any foreign lifters to be present, so it was absolutely amazing that we still had 19 lifters on the Gold Cup Platform including Al Myers and Brandon Rein who made it in all the way from Kansas USA. We were blown away by the support, and the competition was really outstanding, in all its three parts this time.

Firstly we had The 2021 Gold Cup first, with 19 lifters aged from 9 to 74, with Sonnie W Gardner and Ray Dews, and a whole range between ranging from Juniors to Open Division lifters and Masters. The variation of different lifts was superb to witness making the whole thing a very exciting spectacle. All the lifters were just amazing, of that there is no doubt! James Gardner took the top amended spot with his Shoulder Drop of 91 kilos to win the Howard Prechtel Award, ahead of Ray Dews with his Bent Arm Pullover of 51 Kilos, with Steve Sherwood in third place with a great 2 hands 2" Snatch of 62.5 kilos.

Secondly by the usual record attempts where lifters get the chance to lift on the second choice lifts if they haven't used them already (again all were fantastic, but worthy of special mention was Steve Sherwoods 2 hands 2 inch Dumbbells Deadlift of 158.6 kilos which not only took the 70+ Masters record

but broke the much younger division record that had been held by Bob Hirsch of the USA since the 90s by over 30 kilos (truly outstanding) .

And then Thirdly, a special one off ‘Shanks Lift Challenge’ because we were at the home of the great Jack Shanks (who was not only present but was right up front as he had been all day, watching and supporting every lift). After Jack relayed his story of how he became the first person in modern times to lift the Dinnie Stones correctly fifty years ago, one hundred years after Dinnie himself did it, and explained how he devised ways to train to lift the Stones...hence the Shanks lift we have today) Seven lifters stood up to the Challenge and it was super entertaining to watch them battle it out, with Paul Barette coming through to win the event, with Steve Andrews in Second and Gary Ell in Third.

The Presentation of Awards after the Banquet was terrific, and after the main prize giving we witnessed the Hall of Fame induction for Paul Barette who had earlier received the Shanks Lift Challenge from Jack Shanks...I think Paul was on cloud nine as they say...what a night!

We were not finished of course because we then moved back into the function hall where Stevie Shanks and his amazing band ‘Flash Harry’ performed a fantastic gig from 10pm through to 1.30am...and well what can you say about it? I am running out of good descriptive words here, they were absolutely electric...what a show, we all felt privileged to be present as we rocked the night away!

This trip was one of the best, and i have done nearly every single World Championships and Gold Cup since day one. Howard Prechtel (God Rest his Soul) who was IAWA’s first President and started the Gold Cup tournament in 1991 would have been so proud that 30 years later, not only that it is still going but that it was as fantastic as it was. The whole trip and event will be remembered by those who were there for a long time, I thank all of the lifters who made the trip, from wherever they traveled, to those who refereed and loaded, to everyone who played a part in it, BUT ESPECIALLY to my great buddy Stevie Shanks who went the extra mile for us all.....and you know what is the most exciting thing?....because this event was held under difficult circumstances because of Covid and restrictions...we have been asked to put the event on again in November 2022 so that we may be able to receive a greater number of lifters from more destinations....and boy o boy Stevie and I cannot wait, I don’t know how we will top this year’s event, but you can bet your bottom dollar we will try....

MEET RESULTS (PDF) – [2021 Gold Cup Results](#)

LIFTER OF THE MONTH OF AUGUST

November 24, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

I am still inching forward toward catching up on our lifters of the month. Lifter of the month of August was an easy choice. This recognition goes to Beth Skwarecki for her dominating performance at the Presidential Cup.



Beth Skwarecki executes a Full Gardner earning her the 2021 Presidential Cup.

Beth has been a dominating force in the USAWA since beginning her all-round career. She has won both a national and world championship. She currently serves on the executive board for the USAWA. Elizabeth was awarded her Presidential Cup based on a Full Gardner of 55 pounds, with a second record lift of 198 on the Goerner Stroll. Well deserved, and I look forward to seeing what the future brings for this very bright star.

LIFTER OF THE MONTH-SEPTEMBER 2021

November 27, 2021 KCSTRONGMAN Edit Post

Choosing the lifter of the month for September was a little more challenging. There were several events contested, including 2 championship events and the World Postal. I am giving the nod to Jeff Ciavattone for winning the men's division in the Andy Goddard World Postal. Jeff not only won the overall title, he was also a member of the number one team and the number one club, competing for Frank's Barbell Club.



Jeff Ciavattone lifting 501 pounds in the Ciavattone Grip Deadlift at the NE Fall Classic.

Jeff is a member of the century club, and has records dating back to the early 1990s. He won several national titles as a junior lifter. He has placed top 10 overall in the world. And today he is being honored as lifter of the month for September 2021 for his performance in the Andy Goddard World Postal. Congratulations, Jeff!

DAVE HAHN PROVES THAT AGE IS JUST A NUMBER

December 2, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

In August 5-6, 1961, an unusual weightlifting meet was held in L.A. Nickell Park. It included what would eventually become known as the power lifts and added such odd lifts as the neck lift, one-hand deadlifts, etc.

One of the lifters in that competition was a 24-year-old Kansas Citian named Dave Hahn. He was a quiet lifter and quite strong. He was the best in the neck lift.

A year later, he appeared again at a pair of meets at the Federal Prison at Leavenworth and was one of the top lifters in an elite field. He came and went for the next few years, always quiet and quite strong at around 200 pounds.



The outside lifters at the 1961 ifting meet in the Leaenworth Federal Prison include the following Columbians:
Front row – 2nd thru 5th – Jim McDonald, Art Tarwater, Dave Hahn and Bill Fellows. Back row – far left – Leonard Friesz, third from left – George Comfort

In 1991, he showed up at Clark's Gym and spent two days lifting in the infamous strength test named the Ed Zercher Strength Classic – a 13-lift affair that may be the toughest test of strength in the entire lifting world. He came up against Steve Schmidt, Joe Garcia and John Carter – three guys who battled for years for the Zercher title and that was the last we saw of Dave Hahn in Columbia for the next 30 years.

He plans to return this coming Saturday and take on Carter and a new cast of outstanding chain lifters in the Steve Schmidt Backbreaker Pentathlon – the five heaviest lifts in sanctioned competition in the U.S. All-round Weightlifting Association. He is 84 years old and lifted in only three competitions since he was here 30 years ago.



Image of Dave Hahn jerking 285 at the 1961 Federal prison meet

One of those competitions was earlier this month when he entered the three-lift USAWA National Heavy Lift Championships in Turney, Mo. He finished second and almost took the title from the defending champion, Eric Todd, 38 years his junior, who weighed 261 pounds. Dave weighed in at 137. He did a 400-pound neck lift, a 450-pound hand-and-thigh lift, and a 900-pound hip lift – all records in the 65-kg. weight class for guys as old as dirt.

The Backbreaker will add both the back lift and the harness lift to the three lifts above. He has done neither in competition since his last visit here.

Steve's Backbreaker Pentathlon is named for Steve Schmidt, a cattle farmer and fertilizer dealer, who had many battles with Harrisburg's John Carter and Joe Garcia of Columbia in the super-heavy lifts. Schmidt will be on hand Saturday to serve as the main official in the competition named for him.

Carter will be on hand to take on the world as a 62-year-old. He still holds the all-time hip lift record, set in 1994, of 2,525 pounds. Schmidt remains unchallenged in the back lift (3,050 lbs.) and in the harness lift (3,515 lbs.). Garcia, who now lives in Iowa, remains the hand-and-thigh record holder at 1,910 pounds.

Garcia, who has spent the past quarter of a century as the powerlifting commissioner for the Show-Me State Games, is a tentative entry in Saturday's get-together.

Carter has recently returned to competition as a 62-year-old and set the hip lift record for his age group at 1,810 pounds – after a 15-year hiatus.

Abe Smith, a former gym member who is now a civil engineer in Kansas City, is the early favorite in the Pentathlon after winning the United States All-round Weightlifting Association national title in June and currently leading the title race in the grueling British Strength Athletes' Guild 12-month postal competition.

Joining the Saturday competition will be Dave DeForest (age 61) of Fulton, who finished third in recent USAWA Heavy Lift meet; Nick Frieders, a 21-year-old on his way up; veteran Tony Hose (age 52); Tony Lupo, (55) a newcomer to the USAWA, who is the chairman of the Boone County Republican Central Committee; County Commissioner Janet Thompson (63), if her busy schedule allows; and even Ol' Clark, who has a chance to set five records in the 85-89 age group because there are none.

There may be others.

But the person to watch will be Dave Hahn.

Over a recent lunch at Dempsey's Barbecue in Concordia, I had the opportunity to discover how a person can come and go for 60 years and lift at an elite level if and when he appears. I learned how he could drop 60 pounds through those years and maintain his strength, flexibility and competitive drive.

THE DAVE HAHN STORY

He was born May 4, 1937, in Kansas City, one of three children of Clarice and Ray Hahn. A 1955 graduate of Paseo High School, he played no high school sports, but gravitated to the weight room at the Kansas City Downtown YMCA, a lifting center in the mid-1950s.

He was a student first and a lifter second. Dave earned the first of four degrees in 1960 – a bachelor's sheepskin in mechanical engineering from the University of Kansas. After adding a master's degree from KU and a doctorate in engineering from Kansas State, he earned a master's degree in electrical engineering in 1971 from the University of Missouri.

Strength training was always part of his program and he competed as time allowed. He married a registered nurse named Carolyn in 1963 and she is still the love of his life 58 years later.

The marriage produced two children, Kristin and Brian, neither a weightlifter, and three grandchildren, all now in their early 20s.

Dave took his engineering skills to the Bendix Corporation until 1992, then began a 21-year commute to Milwaukee – a major reason why he disappeared from the lifting scene in these parts.

For the past five decades, he has devoted his training and conditioning to his career and to his family. He has a well-equipped home gym (he also had one in his apartment in Milwaukee) and he has been dedicated to three main areas of conditioning.

He began running as he neared age 30, going six to eight miles a day for many years. He still hits the road for three miles a day four days a week.

He has been very conscious of his diet and for years has followed a basic Mediterranean diet. And – he works with the iron a minimum of three days a week.



Image of Dave with a recent 470 hand-and-thigh lift. From Eric Todd and the USAWA

“I do a lot of different things with the weights. I have a hip belt and a harness, a neck harness and a heavy-duty two-inch bar and I do things I enjoy. I do alternate push-pull workouts.

“I guess you can say that my workouts are like a benign disease. They are a part of my life as much as my family and my career.”

We should all be so dedicated.

Dave has survived bladder cancer and, when he needs quiet time, he heads to DeKalb County where he has a 142-acre farm with two ponds.

“The place is for hunting and fishing – and I do neither, but the family does. I just enjoy being there.”

Dave’s life has been well-lived – with dedication and a quiet sense of who and where he is.

Don't sell him short come Saturday.



Dave Hahn is the white-haired, little guy at far left. Don't feel sorry for him on Saturday. Dave DeForest from Clark's Gym is on far right. Image from Eric Todd and the USAWA

Clark's Gym eagerly awaits Dave Hahn's return after a 30-year absence.

Saturday is a time to mingle with some of the nation's greatest all-round lifters – Smith, Carter, Schmidt, Garcia, Hahn. The ticket price is right – free. But bring your own chairs if you want to be seated.

We'll start the lifting around 9:30 a.m. The gym is heated, and we have an indoor toilet. What more can a guy ask.?

You'll be glad you came.

USAWA MEMBERSHIPS

December 4, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Remember, USAWA memberships are for the calendar year. January first to December 31. You might as well get the most out of your membership and renew in time for the new year. You can find the membership application form here: [Individual-Membership-Application-word.pdf \(usawa.com\)](#)

The check is made out to the USAWA, and is sent to me. Be first on the list of members for 2022, which is just around the corner!

NEW YEARS EVE RECORD BREAKER

December 4, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Meet Director: Frank Ciavattone

Date: December 31, 2021

Location: Frank's Barbell Club, 204 East Street, East Walepole, Massachusetts 02032

If you have interest in lifting and setting records at Frank's Barbell Club, you can email Frank for more information at fdc2955@aol.com

RECORD LIST UPDATED

December 5, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

A big thanks goes out to Scottish Johnny for updating our record list again. It is posted as a PDF and as an Excel Spreadsheet. This is current through the Old Time Strongman Championship. Have a look and let John know if it is missing anything. Speak now or forever hold your peace. We do not want to be trying to correct record mistakes 20 years from now when all witnesses and officials of the meet are comatose or dead.

PLEASE BE PATIENT ON RECORDS

December 6, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Johnny's home computer has crashed, so he is having to do his record updates from his work computer on his break time. I do have a slightly updated list I will be posting shortly that gets us current through the 3rd quarter postal, If you get the opportunity, please thank Scottish Johnny for keeping or records up to date in general, but particularly at this time when he has to do it through his breaks at work. What a dedicated member!

JACK SHANKS AND HIS STONES

December 6, 2021 [Al Myers](#) [Edit Post](#)

By Al Myers

One of the great highlights for me attending the IAWA Gold Cup in Belfast was getting to meet Jack Shanks. Jack is “Stevie’s Father” and the person who has inspired many of us to take on the Dinnie Stone Challenge. Jack is an extraordinary man and it was an honor getting to meet him.



Jack Shanks talking to the lifters at the 2021 IAWA Gold Cup prior to the Shanks Lift Challenge

After the completion of the meet Stevie had arranged for a special contest for lifters to challenge themselves in the Shanks Lift. The Shanks Lift is a fairly new IAWA lift named in the honor of Jack Shanks. Two years ago when it was approved Stevie performed an exhibition of it at the 2019 IAWA World Championships that I hosted in Abilene, KS in which he lifted an amazing total of 330 kilograms making Stevie the first person to set a record in the Shanks Lift. At Belfast, seven lifters took part in the Shanks Challenge under the watchful eye of Jack. There was some great lifting, with Paul Barette winning the event, followed by Steve Andrews in second and Gary Ell in third. Before the contest commenced Jack gave a presentation of how he trained to be the first person to correctly lift the Dinnie Stones 50 years ago (1972). No one had been successful with Donald Dinnie’s challenge to lift the stones in the previous 100 years! It was a very interesting presentation to me (and one I wish was recorded so I could listen to it again) as Jack was very meticulous in his training plan. He had rings made to match the rings of the Dinnie Stones and even attached them to training stones so he could progressively advance his training poundages. The talk ended by him recalling the day he lifted the actual Dinnie Stones in front of a large audience at a publicized event. I’m sure he was very anxious at the time to accomplish something he had put a lot of work into!

A few days after the Gold Cup Stevie took me to his parents' house and I got to sit down with Jack and enjoy a nice visit with him over a cup of coffee and biscuits. He still lifts to stay in good shape and showed me his personal gym in his garage which contained weight equipment that's museum worthy. I was privileged to see his training stones which he still has in his back yard. They have shown the wear of years in the elements but still quite impressive in size and shape. The total weight of his training stones are over 800 pounds! Jack told me he was pretty confident after lifting his own stones that he could lift the Dinnie Stones. I want to point out that the first time he seen the Dinnie Stones was when he lifted them!



Jack Shanks and his training stones. Pictured left to right: Stevie Shanks, Al Myers, and Jack Shanks.

It was a great honor for me to be part of all of this. Now onto some good news – next year the Gold Cup will AGAIN be in Belfast and everything is planned to make it BIGGER and BETTER than this year. Stevie is hoping to get more lifters involved in the Shanks Lift Challenge, and Jack will be there to oversee things once again. I encourage all lifters to put this event on your personal meet calendar!

STEVE SCHMIDT BACKBREAKER PENTATHLON-PROOF THAT YOU ARE NEVER TOO OLD

December 12, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Bill Clark

Clark's Gym was the site of a major weightlifting competition on Saturday past and the occasion produced one of the most amazing performances ever.

The performer was Dave Hahn, the 84-year-old you met in this corner a couple of weeks ago. He was joined on center stage by Boone County Northern District Commissioner, Janet Thompson, who won the women's title in the Steve Schmidt Backbreaker Pentathlon, a major competition in the International All-Round Weightlifting Association, which involves the five heaviest competitive lifts in the IAWA and its stateside affiliate, the United States All-Round Weightlifting Association (USAWA).



Janet Thompson warming up for the harness lift with 515 pounds. Photo by Gene Baumann

The five lifts – back lift, harness lift, hip lift, hand-and-thigh lift and the neck lift. None are usually associated with lifters on the far side of 80 years on this Earth.

Hahn, who weighed only 136 pounds, did a harness lift with 1,125 pounds, a hip lift with 950, a back lift with 900, a hand-and-thigh with 500 and a neck lift with “only” 350. He failed with 400, a weight he had done in his younger days of six weeks ago.

His competition included Harrisburg's John Carter, the world record holder in the hip lift and one of the greatest chain lifters of all time; Abe Smith, the 2021 USAWA national champion; and Dave DeForest, who was a medalist in the three major IAWA/USAWA championship meets in 2021; plus a pair 20-somethings on their way up the championship ladder – Travis Luther and Nick Frieders.

Making his first start in this competition was Tony Lupo, a powerlifter in earlier days, who has become involved in the USAWA world, which counts at least 160 different lifts in its rule and record book. Lupo, who leads the Atmospheric Science Department at the University of Missouri and serves as the chairman of the Boone County Republican Central Committee and president of the state Pachyderm Club, had done only one of the five lifts involved and both survived the day and surprised himself with success in the back lift.

The 55-year-old weatherman made a back lift with 1,250 pounds, breaking the record in the 110-kilo class in the 55-59 age group held by none other than the guy writing this column. Ol' Clark sat this one out and officiated and kept score and enjoyed seeing Lupo break his record. Records are set to be broken

Steve Schmidt, for whom the competition was named, served as the main official and lead storyteller. He also twisted a few horseshoes, bent nails, tore license plates with his teeth, and rolled up a brand new frying pan.

That frying pan became Hahn's championship trophy. It will be presented to him Friday in Kansas City at a lunch gathering of old strength athletes. The rolled-up frying pan, which has a diameter hardly bigger than a broom handle, is a unique award.

Hahn, who seldom speaks during a competition, commented that he didn't lift more weights than everyone there, thus he wasn't the best lifter. The USAWA uses both a bodyweight and an age adjustment so that lifters can compete across the age and weight differences, using charts that are based on years of records and does an outstanding job of giving an old guy or a little guy a chance to compete with those who have the advantage of youth.

In the Backbreaker Pentathlon, Smith, age 40 and 180 pounds, had the highest raw total for the day – 6,510 pounds. Carter, age 63, weighed 214 and totaled 6,265 pounds. Hahn's raw total was 3,825 pounds at 136 pounds. Luther, 29, and 165 pounds, was a very close third with a 6,195 total.

When the bodyweight coefficient was applied, Smith, who graduated from Hickman High School and the University of Missouri, still led the parade, barely ahead of Luther, with Carter third and Hahn next to last.

Then the age differential took over and Smith, at 40, received one per cent; Luther received nothing because age differential doesn't begin until a lifter's 40th birthday anniversary. Carter then used 24 percent of his total added back to that total and finished ahead of Smith and Luther.

The USAWA then adds two per cent a year for each year beginning with age 66. Hahn received a total of 63 per cent and with it – the title.



Image of Dave Hahn with an 805 opener in the hip lift enroute to 950. Photo by Gene Baumann

Well earned!

Here's what Dave, an engineer who holds two masters' degrees and a doctorate, had to say:

"I'm amazed that I was the winner of such a prestigious event as the Schmidt Backbreaker. It doesn't seem fair to really strong guys such as John Carter and Abe Smith. Maybe the USAWA needs to re-think its handicap formulas.

"I thoroughly enjoyed the meet and I'm glad to see some young guys such as Travis Luther and Nick Frieders with great potential taking up the sport."

Dave may have been surprised that he won, but he was the only one in the house that joined his line of thought.

Have you ever noticed how greatness is usually humble?

Following are the final standings:

The three official system is used for all lifts.

Officials: Steve Schmidt, Dave DeForest, Bill Clark, Abe Smith.

All lifts are recorded in pounds, as is the total. Adj is the adjusted score after Lynch and Age adjustment. All national records set within the meet are denoted with an asterisk *. All lifts done in the record setting portion of the meet are assumed to be national records.

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Joh n	Car ter	63	60	1	10	0	4	0	0	15	6	.4
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Ton y	Lu po	Ba ck lift	1 2 5 0									

Record attempts outside of the meet:

Abe Smith

clean and press-Fulton Bar – 185

clean and push press-Fulton Bar – 205

clean and jerk-Fulton Bar – 225

snatch-Fulton Bar – 165

CLEAN & PRESS, REVERSE GRIP- 190

Dave DeForest

Zercher-1 arm-right -160

Zercher-1 arm-Left-175

Deadlift-Inch Dumbbell-right-88

Hack Lift-1 arm-Right-165

Curl-cheat-2 dumbbells- 100 lbs



Some of the world's best in the chain lifts at Clark's Gym. Front row (l-r): Abe Smith, Dave Hahn, Tony Lupo, Bill Clark. Back row (l-r) – Steve Schmidt, John Carter, Nick Frieders, Dave DeForest, Travis Luther. Missing – Janet Thompson. Photo by Gene Baumann

DINO GYM CHALLENGE

December 13, 2021 [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT –

DINO GYM CHALLENGE featuring a “tribute to Art Montini”

Art Montini was a very dear friend to me. It's hard to believe that this spring is coming upon 4 years since his death. I had the opportunity to travel with Art to many overseas IAWA competitions and spent many a nights rooming with him. Art was a very intriguing man. One thing I know for certain – he loved the USAWA and all round weightlifting. He was always looking forward to his next meet and continued to train daily until his passing.

I have decided to make the Dino Gym Challenge this year as a tribute to Art. I picked several of Art's favorite lifts for the competition. He was truly an all rounder and liked most all the lifts, but I feel these were his favorites as he often picked them for record days and his Gold Cup lifts. I just had to include a heavy lift in the meets lineup as Art loved his "chain lifts" and made it to many Heavy Lift Championships. I would say the Hip Lift was his favorite. He always had a heavy bar in Ambridge BBC all loaded up for the Hip Lift.

Of course, a meet in Art's honor wouldn't be complete without the Arthur Lift. Most would give credit for this lift to another Arthur, but Art did bring it to the USAWA so I'll always say the Arthur Lift was named after Art Montini!!!

After the meet I will have food available so please make plans to stay awhile to grab a bite before you head home. Art just loved his Italian food so that's what the menu will be.

Please let me know if you plan to be here so I can make proper arrangements. I'm hoping there will be many stories told about Art throughout the day. I know I have my share!!

MEET DETAILS:

<u>Meet Director:</u>	Al Myers and the Dino Gym 785-479-2264
<u>Meet Date:</u>	Saturday, January 15th, 2022 1:00 PM – 5:00 PM
<u>Location:</u>	Dino Gym, 1126 Eden Road, Abilene, KS 67410
<u>Sanction:</u>	U.S.A.W.A Memberships cards can be purchased on meet day
<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 notify me in advance if you plan to attend
<u>Lifts:</u>	

Teeth Lift
Deadlift – Fingers, Middle
Deadlift – One Arm
Hip Lift

A teeth bit and a hip harness will be available to use, but if you want to bring your own that is preferred. A “shared” teeth bit probably wouldn’t meet any COVID precautionary protocols so if you got one please bring it.

After the meet there will be an exhibition **Arthur Lift** competition to honor Art and his legacy in the USAWA. It will not count towards the meet total, but will have a special prize for the overall winner in the Arthur Lift based on adjusted points and an overall winner based on total pounds lifted.

The next day (Sunday) there may be a scheduled time for record day lifts, but that will depend on the interest.

LIFT FOR LEROY III

December 15, 2021 [KCSTRONGMAN](#) [Edit Post](#)



The lifters for the “Lift for Leroy” record day, sans the Todd kids (Photo courtesy of Clint Poore)

By Eric Todd

This weekend past saw the third almost annual Lift for Leroy contested (last year was not contested due to the covid foolishness). A host of lifters completed their national postal lifts, and then took on our record list in our third installment of “Lift for Leroy.” I know Leroy was suffering from a unique degree

of humiliation for having to forgo last year's meet due to Covid one niner, so it was imperative that we lift his spirits this year. I think we did. Al even had a special gift made up to help raise Leroy's spirits. Couple that with Leroy demolishing 5 national records, he should be feeling pretty darn good about himself for a while.

All weights are listed in pounds. Bodyweight class is listed in kilos. Clint Poore's Bench Press-Feet in the Air used the 3 official system. Phoebe and Everett Todd's lifts all used the 3 official system. All other record day lifts used the 1 official system. All lifts should have set or broken a national record.

Officials were: Chris Todd, Al Myers, Lance Foster, Eric Todd

Results are as follows:

Phoebe Todd	Age division 13	weight class 55
Vertical bar, 1 bar, 2" Left	68.5	
Vertical bar, 1 bar, 2" Right	81	
Lurich Lift	200	
Squat Lunge	50	
Maxey Press	40	
Everett Todd	Age Division 13	weight class 35
Vertical bar, 1 bar, 2" Left	28.5	
Vertical bar, 2 bars, 2"	77	
Lurich Lift	160	
Eric Todd	Age Division 45	weight class 120
Clean and Press-Middle Fingers	100	
Bench Press-Fulton bar	300	
Press from rack-Behind the neck	175	
Seated press from rack-behind the neck	155	
Holdout lowered	85	
Chris Todd	age Division 40	weight class 125
Lateral Raise-standing	65	
Snatch-dumbbell-left	75	
Vertical bar, 1 bar, 2" Right	146	
Jackson Press	130	
Deadlift-Dumbbell-Left	200	

Clint Poore	age division 45	weight class 110
Dumbbell Press-1 arm-left	85	
Anderson Press	245	
Anderson Squat	500	
Lateral Raise-Standing	65	
Bench Press-Feet in Air	365	
Al Myers	age division 55	weight class 105
Vertical bar, 1 bar, 2" Left	200	
Vertical bar, 1 bar, 2" Right	200	
Deadlift-No thumb-Left	200	
Deadlift-No thumb-Right	200	
Deadlift-Fulton-Ciavattone Grip	300	

GRIP CHAMPIONSHIPS

December 16, 2021 [Al Myers](#) [Edit Post](#)

By Al Myers

MEET ANNOUNCEMENT –

2022 USAWA GRIP CHAMPIONSHIPS

The USAWA Grip Championships will be here soon. This has become an annual event in the USAWA over the past 10 years, and is one of the signature championship events of our organization.

LaVerne is the meet director and he has picked a fine selection of official USAWA grip lifts for the competition. Make sure to put the Grip Championships on your calendar, and I hope to see you there!

MEET DETAILS:

<u>Meet Director:</u>	LaVerne Myers 785-479-2285
<u>Meet Date:</u>	Saturday, February 19th, 2022 1:00 PM – 5:00 PM
<u>Location:</u>	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

Lifts:

Dumbbell Walk

Deadlift – Inch Dumbbells

Deadlift – One Arm, No Thumb

Deadlift – Fingers, Index

There will be time for record day lifts after meet and the following day.

LIFTING A GIANT’S STONE

December 18, 2021 Al Myers Edit Post

By Al Myers



The rugged coastline of the Giant’s Causeway.

I know I keep carrying on about the great time I had in Belfast for the Gold Cup, but I have another story I would like to share with everyone. First of all, Stevie had invited me to stay with him so I got to “live like a local” for a week. Stevie and Heather (along with their great dog Hamish) treated me to a week I’ll never forget. They were extremely gracious hosts. Stevie knew all the best pubs in town and we had a fun time, but those stories are more suited for private conversations – not a public blog.

A few days after the meet Stevie took Brandon and me to the Giant’s Causeway located at the northern point of Northern Ireland. It’s a place I’ve always wanted to see because of its unique large rock formations. We enjoyed a great scenic tour getting there which really set the stage for seeing the causeway. We were fortunate to have a nice day with clear skies for our visit (which is a RARITY in Northern Ireland). On the way as we were driving along the coast Brandon asked “What is that land?”

as we looked across the northern channel looking at a large land mass on the horizon. Stevie replied, “that’s Scotland”, which left both of us amazed how close Northern Ireland is to Scotland!

Once we reached the Giant’s Causeway we had a little hike before actually getting to see this marvel of nature. You’ve heard the expression “pictures don’t do it justice”, well, the Giant’s Causeway should be the example of that! I’ve never seen such a large expanse of strange hexagonal stones stacked up in what seems like perfect symmetry. Parts of it look like its man-made – but you know it’s not. It all natural made from volcanic activity in some strange manner that I can’t explain.

This story of the Giant’s Causeway isn’t complete without the legend on how it came to be. Stevie filled us in on this folk tale and it seemed a little unbelievable to me, but then again there’s leprechauns in Ireland so who am I to question it. I’ll give a quick summary here. Apparently at some past point in time there was an Irish giant living in the area who had a rival giant who lived across the channel in Scotland and they would hurl insults at each other across the water. Finally things got personal to the Irish giant and he decided it was time to “face off” and fight the Scottish giant so he built this huge bridge out of stones (the remnants which are now the causeway) between Northern Ireland and Scotland. However once reaching Scotland he snuck up on the Scottish giant and saw that he was MUCH bigger and stronger than himself, so he fled back to Ireland in fear. The Scottish giant seen him flee and then gave pursuit chasing the Irish giant across the bridge. Upon reaching home, the Irish giant ran into his house and told his wife what was about to happen – that he’s no match for the strength of the Scottish giant and he was on his way to beat him up. His wife then took matters into her hands, wrapped the Irish giant in a blanket, laid him in the bed, and told him not to speak. When the Scottish giant reached their house and asked where the Irish giant was, the wife told him that he was out hunting and it was just her there with their small child. The Scottish giant immediately noticed the large size of the Irish giant’s child (which was the Irish Giant!) and thought that this kid’s dad must be huge! The nice wife then made the Scottish giant some biscuits but she secretly hid an Iron bar in them. As the Scottish giant bit into the biscuit it chipped a tooth! The wife profusely apologized and said that never happens to her husband when he eats her biscuits as he has super strong teeth! Now the Scottish giant was feeling that he may have taken on a fight he couldn’t win, so he flees back to Scotland tearing down the bridge as he goes so the Irish giant couldn’t pursue him, leaving only the Giant’s Causeway on the Northern Ireland coast.

Now that’s a good story! I still don’t get the moral of it though. I assume it is that a wife can be quite convincing in telling a lie, or possibly you better not complain about your wife’s cooking or you will get an iron bar in your biscuit. Either way, it does make a good point about a wife cleaning up a mess her husband got himself into..... but I’m getting off track here so back to the real story.



Lifting a Giant's Stone on the Giant's Causeway

As we walked along the causeway I was amused watching Stevie pick up stone after stone as we walked along the rocks. He was like a little boy in a candy shop finding perfect stone after perfect stone. There were lots of tourists there and I noticed them watching Stevie with intrigue as he was rassing around with the stones. I'll say it – he did look a bit like a crazy man showing his extreme enthusiasm playing with those rocks. Upon leaving we came upon a big stone just sitting right by the path leading down to the causeway. Stevie and I looked at it as it had called our name and our instincts of being stone lifters and all round weightlifters took over and we just had to lift it! The beauty of lifting stones is like catching fish – the story only get bigger after the fact. Stevie estimated the stone to be well over 300 pounds, but both of us knew deep down it wasn't really that heavy. But that doesn't really matter anyways, as it still gave me a great sense of accomplishment lifting a Giant's Stone, which hopefully as the story grows it will become I lifted a Giant Stone!!!



Enjoying a Bushmills in Bushmills!

After the long day, Stevie took us to a nice little pub in Bushmills which is located only a few miles from the Giant's Causeway. Brandon and I had a couple of drinks to celebrate a day we wouldn't forget!

(BTW – I did leave the stone right where I found it. It's located by the path just as you descend down to the causeway. You can't miss it.)

2021 MEMORIAL RECORD DAY

[December 19, 2021](#) [Denny Habecker](#) [Edit Post](#)

By Denny Habecker

This year's Memorial Record Day was enjoyed by just 4 lifters. Barry Pensyl came from Easton to lift with Aidan, Judy and I. Although it was a small group, we had some great lifts performed. Judy only did one lift, but she said she wanted to participate.

Aidan and Judy's lifts were officiated by Barry and Denny.

Barry's lifts were officiated by Denny.

Denny's lifts were officiated by Barry

The lifts:

Aidan Habecker 18 -202 Lbs. [95 Kg. 18-19]

Trap Bar Deadlift – 369 Lbs. [167.5 Kg.

Dumbbell Swing – Right Hand -60 Lbs. [27.25 kg.]
Cheat Curl – Dumbbell – Left Hand -70 Lbs. [31.75 Kg.
Cheat Curl – Dumbbell – Right Hand – 70 Lbs. [31.75 kg]
Judy Habecker 80 – 148 Lbs. [70 Kg. 80-84]
Ciavattone Deadlift – 88 Lbs. [40 KG.]
Barry Pensyl – 73 -142 Lbs. [65 Kg. 70- 74]
Press – Dumbbell – Right Hand – 40 Lbs.
Dumbbell Swing – Right Hand – 45 Lbs.
One Hand Snatch – Left Hand – 48 Lbs.
Habecker Lift 209 Lbs.
Bench Press-1 arm Left- 44 lbs
Denny Habecker 79 – 190 Lbs. [90 Kg. 75-79]
Clean & Jerk- Dumbbell -Left Hand – 33 Lbs.
Clean & Jerk- Dumbbell -Right Hand – 49 Lbs.
Cheat Curl – Dumbbell – Left Hand – 40 Lbs.
Cheat Curl – Reverse Grip – 99 Lbs.
Bench Press – Reverse Grip – 121 Lbs.

MEMBERS FOR 2022

December 22, 2021 KCSTRONGMAN Edit Post

By Eric Todd

I have updated the membership list to reflect who has already paid their dues for 2022. Please take a look at the updated list. If you think you should be on there and are not, please contact me so I can make the changes. Otherwise, get your membership applications and dues to me ASAP, so that you can enjoy a full year of competing in the USAWA.

USAWA 1ST QUARTER POSTAL

December 23, 2021 KCSTRONGMAN Edit Post

By Eric Todd

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.

LIFTS

Holdout – Raised

Swing, Dumbbell – One hand

Deadlift, 2 bars

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

USAWA 1st Quarter Postal Meet

USAWA 3RD QUARTER POSTAL

December 24, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

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.

LIFTS

Curl-Cheat

Press From Rack

Deadlift – Ciavattone- One Hand

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
USAWA 3rd Quarter Postal Meet

USAWA POSTAL CHAMPIONSHIP

December 24, 2021 KCSTRONGMAN Edit Post

By Eric Todd

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.

LIFTS

Bench Press- Reverse Grip
Deadlift – Dumbbell – One Hand
Zercher

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

USAWA Postal Championship

LIFTER OF THE MONTH-OCTOBER 2021

December 24, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

The lifter of the month for October is World Champion Randy Smith! Though the pool of competitors was a little leaner than in previous world championships due to travel restrictions and covid concerns, you can only compete against those who show up. Randy did just that, and defeated the field of worthy opponents. Randy is also rather fresh off of a second place finish at nationals. This was Randy's 4th runner up finish in nationals since 2009, coupled with his National Champion status in 2015 in York PA. The lifter of the month accolade is for his performance at 2021 Worlds. Way to go Randy! Well Deserved!

NATIONAL CHAMPIONSHIP-2022

December 26, 2021 [KCSTRONGMAN](#) [Edit Post](#)

2022 USAWA NATIONAL CHAMPIONSHIPS

Meet Announcement

Meet Director: Denny Habecker

Phone: 717 – 272-5077

Email: Liftingliar@Comcast.net

Meet Date: Saturday, June 25th, 2022

Entry Deadline — Saturday May 28, 2022

Location: [Acernus Crossfit](#), 440 South 9th Street, Lebanon, Pa. 17042

Sanction: United States All-Round Weightlifting Association.

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

Divisions: All USAWA specified classes and divisions represented.

Awards: Championship Awards for Class Champions. Best Lifter Certificates for Best Lifters.

Entry Fee: \$75 (nonrefundable)

T-Shirt included

Lifts:

Clean and Push Press

Deadlift-Fulton Dumbbell-1 arm

Continental to Belt

Pullover and Press

Deadlift-Trap Bar

-

Banquet: Hoss's Steak and Seafood

Order from menu and pay your own.

Rules: USAWA General Rules and Scoring Apply.

This will be a DRUG TESTED event.

Registration: Send entry form and entry fee to Denny Habecker.
637 N. 11th Ave.
Lebanon, Pa. 17046

Entry Form: [2022 USAWA Nationals – Entry Form](#)

RECORD LIST

December 31, 2021 [KCSTRONGMAN](#) [Edit Post](#)

By Eric Todd

Records and the record book are important aspects of the USAWA. Some lifters are set on winning national and world championships, some are set on placing as highly as they can in meets, and some really like to go after records. Some are interested in doing all of these. As is evidence by record days and the “Century Club” records are an important part of our organization. It has come to light to me recently what a challenging chore it can be to serve in the capacity of records director in our organization. I am going to make some changes in order to make this role one that can be done by a volunteer servant without burning them out and quitting the role.

1-Effective January 1, 2022. any member who has a record that is recorded incorrectly, has up to 90 days from the date of the record update (which is recorded when it is updated) to notify me of the mistake so that I can relay that mistake to Scottish Johnny for review and possible correction. Any mistake brought up past the 90 days will not be considered for correction. So, if you are a person invested in your record count and such, please review each update in a timely fashion to be sure your records have been correctly recorded.

2-Though we are not currently requiring it, we are urging meet directors to place an asterisk next to any lifts done in competition that are new records. Some promoters are already doing this. You can employ the help of your lifters in this endeavor. That way SJ will know what lifts to cross reference with the record list.

3-This is not a change, but a reminder. Please list the results of your meets with the names of the lifts as they appear in the rule book/record list. Failure to do so places additional work on myself and Scottish Johnny.

4- Though there is nothing currently in the rules against it, if every meet sanctioned has a huge number of lifts, it taxes our record director unnecessarily and makes it where our org seem like a records factory instead of a place for legit competition. Please keep this in mind when attempting to sanction a meet with an inordinate number of lifts. Keep in mind, powerlifting has 3, weightlifting has 2 (at this point in time), strongman tends to have around 5. Nothing wrong with having a few more from time to time, but not every meet needs to be a marathon.

Remember, our records director (among the other positions) is a volunteer position. In order for an org like ours to continue on, we have to keep these volunteers willing to keep working. Please consider that when sanctioning meets, reporting meets, and navigating our records.

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

Eric Todd
10978 SW Pueblo Dr
Turney, MO 64493
Phone: 816-507-2939

At Large Executive Board Member

Beth Skwarecki

At Large Executive Board Member

Dave Glasgow

SPECIAL ASSIGNMENT DIRECTORS

Website Director: Eric Todd

Records Director: Johnny Strangeway

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, 2021

USAWA Rulebook (PDF): [RULEBOOK 11th 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 (over 10 MB) so there may be problems with downloading with some systems. Any questions regarding the record list should be directed to Eric Todd (SalGuimino@yahoo.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.

INDIVIDUAL-RECORD-LIST– Excel File (Updated January 4th, 2021-Updated up through the Gold Cup)

INDIVIDUAL-RECORD-LIST– PDF File (Updated January 4th, 2021-Updated up through the Gold Cup)

TEAM RECORDS – Excel File (Updated October 29, 2021)

TEAM RECORDS -PDF File (Updated October 29, 2021)

IWA 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 June 24th, 2021)

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK
1	RJ Jackson	299	299/1
2	Noi Phumchona	259	259/2
3	Mary McConnaughey	154	154/3
4	Susan Sees	123	123/4

MEN’S CENTURY CLUB

(as of June 24th, 2021)

RANK	LIFTER	CURRENT RECORDS	PREVIOUS COUNT/RANK
1	Denny Habecker	637	642/1
2	Al Myers	586	582/2
3	* Art Montini	465	468/3
4	Dean Ross	424	406/4
5	John McKean	331	334/5
6	Chad Ullom	323	316/6
7	Dennis Mitchell	309	310/7

8	Frank Ciavattone	300	298/8
9	Joe Garcia	279	295/9
10	LaVerne Myers	257	248/10
11	Bob Hirsh	224	225/11
12	Bill Clark	218	192/12
13	Eric Todd	180	160/15
14	Scott Schmidt	177	177/13
15	* Howard Prechtel	165	166/14
16	John Strangeway	157	121/22T
17	Dale Friesz	149	149/16
18	John Monk	146	146/17T
19TIE	Chris Waterman	145	145/18
19TIE	*Jim Malloy	145	146/17T
21	Barry Pensyl	136	131/21
22	Ed Schock	134	135/20
23	Rudy Bletscher	121	121/22T
24TIE	Bob Geib	114	115/24
24TIE	Aidan Habecker	114	101/28
24TIE	Jeff Ciavattone	114	102/27
27	Dave Glasgow	112	109/25
28	Abe Smith	108	—/—
29	Randy smith	106	107/26

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 \(PDF\)](#)

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](#)

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](#)

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

Please submit forms and applications to the USAWA Secretary:

Eric Todd
10978 SW Pueblo
Turney, Missouri, 64493

Email: SalGuimino@yahoo.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 2020/2021. 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 TEN YEARS SO DON'T ASK ME THIS ANYMORE.

2022 USAWA MEMBERSHIP ROSTER **(Includes Club Affiliation and Join Date)**

Ciavattone, Frank – January 1st

Foster, Lance (KCSTRONGMAN) – January 1st

Glasgow, Dave (Ledaig Heavy Athletics) – January 1st

Jackson, RJ (Dino Gym) – January 1st

Habecker, Aidan (Habecker's Gym)- January 1st

Habecker, Denny (Habecker's Gym) – January 1st

Habecker, Judy (Habecker's Gym) – January 1st

Hahn, Dave (Clark's Gym)-January 1st

Lupo, Anthony (Clark's Gym)- January 5th

Luther, Travis (Clark's Gym) – January 1st

Myers, Al (Dino Gym) – January 1st

Pensyl, Barry (Habecker's Gym) – January 1st

Poore, Clint (Buffville Gym)-January 1st

Schmidt, Steve (Clark's Gym) – January 1st

Todd, Eric (KCSTRONGMAN) – January 1st

Todd, Everett (KCSTRONGMAN) – January 1st

Todd, Phoebe (KCSTRONGMAN) – January 1st

Tortorelli, Lou (Lou's Physical Culture Studio) – January 1st

2020 – 2021 USAWA MEMBERSHIP ROSTER
(Includes Club Affiliation and Join Date)

Bryan, Barry (Habeckers Gym) – January 1st

Burns, Lynda – January 24th

Caron, Joseph (Clark's Gym) – January 7th

Carter, John (Clark's Gym) – February 22nd

Ciampa, Jeffrey (Franks Barbell Club) – September 10th

Ciavattone, Frank (Franks Barbell Club) – January 1st

Ciavattone, Jeff (Franks Barbell Club) – June 27th

Clark, Bill (Clark's Gym) – January 1st

Clear, Jim (STVT) – January 1st

Cook, Greg (KCSTRONGMAN)- August 23rd

Collins, Natalie (Franks Barbell Club) – August 28th

Collins, Olivia (Franks Barbell Club) – August 28th

DeForest, David (Clark's Gym) – January 1st

DeRoller, Chris (Clark's Gym) – April 1st

Diggs, Crystal – January 1st

Douglas, John (Ledaig HA) – January 18th

Dunlap, Cale (Dino Gym) – July 4th

Edwards, Ben (Dino Gym) – February 8th

Foster, Lance (KCSTRONGMAN) – January 1st

Frieckers, Nicholas (Clark's Gym) – March 15th

Garcia, Joe (Clark's Gym) – January 20th

Gilsdorf, Robert (Clark's Gym) – March 7th

Glasgow, Dave (Ledaig HA) – January 1st

Habecker, Aidan (Habeckers Gym) – January 1st

Habecker, Denny (Habeckers Gym) – January 1st

Habecker, Judy (Habeckers Gym) – January 1st

Hahn, Dave (Clark's Gym) – February 5th

Hancock, Matthew (Franks Barbell Club) – January 1st

Harde, Lucas (Clark's Gym)-August 9th

Heit, Calvin (Dino Gym) – January 18th

Hose, Anthony (Clark's Gym) – February 22nd

Jackson, RJ (Dino Gym) – January 1st

Janzen, John (Dino Gym) – January 18th

Kahn, Helen – January 6th

Lestan, Christopher (Franks Barbell Club) – March 28th

Lucht, Mike (KCSTRONGMAN) – January 18th

Lupo, Tony (Clark's Gym)-September 8th

Luther, Travis (Clark's Gym)-December 4th

Marchand, M Wade (Franks Barbell Club) – August 27th

Marchand, Michael (Franks Barbell Club) – December 16th

McBride, Mike (Clark's Gym) – August 5th

Morrison, James (Franks Barbell Club) – September 10th

Myers, Al (Dino Gym) – January 1st

Myers, LaVerne (Dino Gym) – January 1st

Ollennuking, Amorkor (Clark's Gym) – February 22nd

Payne, Jerod (Dino Gym) – February 8th

Payne, Jason (Dino Gym) – January 18th

Pensyl, Barry (Habeckers Gym) – January 1st

Poore, Clint – July 21st

Raymond, Mark (Franks Barbell Club) – January 1st

Redd, Emory – August 13th

Rein, Brandon (Dino Gym) – January 18th

Ross, Dean (Dino Gym) – January 1st

Rigby, Jeff – January 1st

Smith, Kylie (Clark's Gym) – June 27th

Schmidt, Scott (Schmidt Barbell Club) – January 18th

Schmidt, Steve (Clark's Gym) – January 23rd

Skwarecki, Elizabeth (Ambridge BBC) – March 25th

Smith, Abe (Clark's Gym) – February 22nd

Smith, Randy (Clark's Gym) – January 6th

Strangeway, John (KCSTRONGMAN) – January 1st

Stockall, Sylvia (CANADA)- March 25th

Thompson, Janet (Clarks Gym) – June 1st

Todd, Chris (KCSTRONGMAN) – January 10th

Todd, Eric (KCSTRONGMAN) – January 1st

Todd, Everett (KCSTRONGMAN) – August 12th

Todd, Leroy (KCSTRONGMAN) – January 10th

Todd, Phoebe (KCSTRONGMAN) – January 1st

Todd, Stacy (KCSTRONGMAN) – April 15th

Tortorelli, Lou (Lou's Physical Culture Studio) – January 1st

Ullom, Chad (Dino Gym) – January 18th

Van Vleck, Thom (JWC) – June 19th

Vuono, Peter (Franks Barbell Gym) – November 10th

Wagman, Dan – September 7th

PAST MEMBERSHIP ROSTERS

2020/21 USAWA Membership Roster (Membership was extended due to the Covid 19 Pandemic
– [2020/21 USAWA Membership Roster](#)

2019 USAWA Membership Roster – [2019USAWARoster](#)

2018 USAWA Membership Roster – [2018USAWARoster](#)

2017 USAWA Membership Roster – [2017USAWARoster](#)

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 2021. Club Membership Applications are found under “About Us” in the “Forms and Applications” section of the website. 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 2020 but have NOT YET renewed their club membership for 2021 are marked with an asterisk. Club Certificates are available to be printed out for each registered club below.

USAWA Member Clubs for 2022 (to Date)

Al’s Dino Gym – (2003-2022)

Clark’s Championship Gym – (1993-2022)

Habecker’s Gym – (2010-2022)

KCSTRONGMAN– (2011-2022)

Ledaig Heavy Athletics – (2010-2022)

Current USAWA Member Clubs For 2021

Al’s Dino Gym – (2003-2021)

Location: Abilene, Kansas

Contact: Al Myers

Club Certificate (PDF) – [Dino Gym](#)

Ambridge VFW Barbell Club – (1993-2021)

Location: Ambridge, Pennsylvania

Contact: Beth Skwarecki

Club Certificate (PDF) – [Ambridge BBC](#)

Clark’s Championship Gym – (1989-2021)

Location: Columbia, Missouri

Contact: Bill Clark

Club Certificate (PDF) – [Clarks Gym](#)

Frank’s Barbell Club – (2010-2021)

Location: Walpole, Massachusetts

Contact: Frank Ciavattone

Club Certificate (PDF) – [Franks Barbell Club](#)

Habecker’s Gym – (2010-2021)

Location: Lebanon, Pennsylvania

Contact: Denny Habecker

Club Certificate (PDF) – [Habeckers Gym](#)

KC Strongman – (2011-2021)

Location: Turney, Missouri

Contact: Eric Todd / Lance Foster

Club Certificate – [KC Strongman](#)

Ledaig Heavy Athletics – (2010-2021)

Location: Winfield, Kansas

Contact: Dave Glasgow

Club Certificate – [Ledaig Heavy Athletics](#)

Schmidt Barbell Club – (2010-2021)

Location: Westlake, Ohio

Contact: Scott Schmidt

Club Certificate (PDF) – [Schmidt Barbell Club](#)

Past Club of the Year Award Winners

2021 Club of the Year – Dino Gym, Runner Up Franks Barbell Club

2018 Club of the Year – Frank's Barbell Club, Runner Up – Habecker's Gym

2017 Club of the Year – Dino Gym, Runner Up – Schmidt Barbell Club

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

Jackson Weightlifting Club – (2009-2018)

Heartland Strength Sports – (2009-2010, 2016-2018)

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
Dennis Mitchell – Lifetime Certification
Frank Ciavattone Jr. – Lifetime Certification
Al Myers – 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
Randy Smith – Lifetime Certification
Steve Schmidt – Lifetime Certification
James Foster – Lifetime Certification
RJ Jackson – 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

John Strangeway – Certification expires July 26th, 2022
Barry Pensyl – Certification expires September 20th, 2022
Dave Glasgow – Certification expires November 8th, 2022
Christopher Lestan – Certification expires January 4th, 2023
David DeForest – Certification expires April 5th, 2023
Chris Todd – Certification expires August 1st, 2023
Jeff Ciavattone – Certification expires August 25th, 2023

Level 1 – Experience Qualified

None

USAWA Officials in Training

Abe Smith – Passed written exam on July 25th, 2021
Clint Poore – Passed written exam on October 5, 2021
Beth Skwarecki – Passed written exam on October 14, 2021

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.

Word Document: **RULES TEST**

PDF Document: **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
2278 350th Ave
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.

Practical Training Session Form (pdf) – [USAWA Practical Training Session Form](#)

Once this form has been approved, the applicant will be approved as a USAWA Certified Official and placed on the officials list as a Level 1 Test Qualified Official.

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 till the age of 65. At age 66 a 2% adjustment is made for all years beyond and including this age. So for example, a lifter of 40 years of age receives 1%, 41 years of age receives 2%, 42 years of age receives 3%, etc. A lifter age 66 would receive an age adjustment of 28%, age 67 would receive 30%, etc.

The Age Adjusted Lynch Points are then used for determining the ranking of a meet. This is often reported in the meet results as PTS, which stands for the Age Adjusted Lynch Points.

In scoring meets, it is important to have the proper scoresheets for the officials or scorekeepers. Below are two template scoresheets that contain the pertinent information needed to score a meet. These may be downloaded as pdf's.

Scoresheet (PDF) – [MeetScoresheet](#)

Weigh-in Form (PDF) – [MeetWeighinForm](#)

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).

2019 Year in Review

[2019REVIEWCOVERPAGE](#) (PDF) [2019 YEAR IN REVIEW](#) (PDF)

2018 Year in Review

[2018 REVIEW COVERPAGE](#) (PDF) [2018 YEAR IN REVIEW](#) (PDF)

2017 Year in Review

[2017REVIEWCOVERPAGE](#) (PDF) [2017 YEAR IN REVIEW](#) (PDF)

2016 Year in Review

[2016REVIEWCOVERPAGE \(PDF\)](#) [2016 YEAR IN REVIEW \(PDF\)](#)

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

[2010ReviewCover \(PDF\)](#) [2010Year-in-Review \(PDF\)](#)

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

2021 IAWA World Postal Championships- Postal Meet – Promoter Al Myers

2021 IAWA World Championships – Lebanon, Pennsylvania, USA – Promoter Denny Habecker

2021 IAWA Gold Cup – Belfast, Ireland – Promoter Stevie Shanks

2022 IAWA World Postal Championships – Postal Meet – Promoter Al Myers

2022 IAWA World Championships – Perth, Australia – Promoter John Mahon & Peter Phillips

2022 IAWA Gold Cup – Eastbourne, England – Promoter Paul Barette

IWA PRESIDENTIAL MERIT AWARD

The IWA Presidential Merit Award is the highest honor one can receive in the IWA. It recognizes those that have made outstanding longterm contributions to the IWA, and is awarded by the IWA President.

Steve Andrews, England – Received Merit Award in 2018



Past IWA President Steve Gardner (left) presenting the IWA Merit Award to Steve Andrews (right)

Denny Habecker, United States – Received Merit Award in 2018



Denny Habecker (left) receiving the IWA Merit Award from IWA President Al Myers (right).

Frank Ciavattone, United States – Received Merit Award in 2014



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

Frank Allen, England – Received Merit Award in 2014



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

Steve Gardner, England – Received Merit Award in 2012



IAWA President Al Myers (left) presenting IAWA Past President Steve Gardner (right) the IAWA Presidential Award of Merit.

Art Montini, United States – Received Merit Award in 2010



Art Montini (center picture) receiving the IAWA Presidential Award of Merit. To left is the 2010 IAWA World Championships Meet Promoter George Dick, and to the right is IAWA President Steve Gardner.

USAWA SOCIAL MEDIA

The USAWA has social media accounts on both Facebook and Instagram. They can be found here:

[USAWA Facebook page](#)

[USAWA Instagram page](#)

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.

2021 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Johnny Strangeway	Elizabeth Zkwarecki

Leadership Award	Eric Todd	Denny Habecker
Sportsmanship Award	Lance Foster	Christopher Lestan
Courage Award	Frank Ciavattone	Bill Clark
Newcomer Award	Phoebe Todd	Leroy Todd
Club of the Year	Dino Gym	Franks Barbell Club

** Awards were not presented during 2019-20 due to COVID and the lack of a National Championships & Annual Meeting **

2018 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Eric Todd	Al Myers
Leadership Award	Al Myers & Denny Habecker	—
Sportsmanship Award	Lance Foster	LaVerne Myers
Courage Award	Frank Ciavattone & Dennis Mitchell	—
Newcomer Award	John Strangeway	Brandon Rein
Club of the Year	Franks Barbell Club	Habecker's Gym

Howard Prechtel Contribution Award – Denny & Judy Habecker (Presented by Al Myers)

2017 Award Winners

	WINNER	RUNNERUP
Athlete of the Year	Al Myers	Eric Todd
Leadership Award	Denny Habecker	Al Myers
Sportsmanship Award	Dean Ross	LaVerne Myers
Courage Award	Frank Ciavattone	Dennis Mitchell
Newcomer Award	John Douglas	Greg Cook
Club of the Year	Dino Gym	Schmidt Barbell Club

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 (Presented by Frank Ciavattone)

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 (Presented by Bob Geib, in memory of Howard Prechtel)

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
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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

CIAVATTONE AWARD WINNERS

USAWA:

Howard Prechtel

Noi Phumachiano

Bill Clark

John Vernachio

Denny Haybecker

Dennis Mitchell

Dale Friez

Rex Monahan

Al Myers (2019)

IAWA:

Steve Gardner (2019)

Karen Gardner (2019)

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 2021

Eric Todd

Class of 2019

LaVerne Myers – [LaVerne Myers – HOF Biography](#)

Dean Ross – [Dean Ross – HOF Biography](#)

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 – [Noi Phumchaone – HOF Biography](#)

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.

LIFTERS OF THE MONTH FOR 2021

MONTH	LIFTER	STORY
January	none	
February	none	
March	none	
April	none	
May	none	
June	Abe Smith	Lifter of the Month for June 2021 USAWA
July	Ruth Jackson	Lifter of the Month for July 2021 USAWA
August	Beth Skwarecki	Lifter of the month of August USAWA
September	Jeff Ciavittone	Lifter of the Month-September 2021 USAWA
October	Randy Smith	Lifter of the Month-October 2021 USAWA

November
December

LIFTER OF THE MONTH FOR 2019

MONTH	LIFTER	STORY
January	Chad Ullom	http://usawa.com/lifter-of-the-month-chad-ullom-4/
February	LaVerne Myers	http://usawa.com/lifter-of-the-month-laverne-myers-4/
March	John Strangeway	http://usawa.com/lifter-of-the-month-john-strangeway/
April	RJ Jackson	http://usawa.com/lifter-of-the-month-rj-jackson/
May	Joe Ciavattone Sr.	http://usawa.com/lifter-of-the-month-joe-ciavattone-sr/
June	Frank Ciavattone	http://usawa.com/frank-ciavattone-lifter-of-the-month/
July	Greg Cook	http://usawa.com/greg-cook-lifter-of-the-month/
August	Barry Pensyl	http://usawa.com/barry-pensyl-lifter-of-the-month/
September	Christopher Lestan	http://usawa.com/christopher-lestan-lifter-of-the-month/
October	Elizabeth Skwarecki	http://usawa.com/elizabeth-skwarecki-lifter-of-the-month/
November	Denny Habecker	http://usawa.com/denny-habecker-lifter-of-the-month/
December	Dave Glasgow	http://usawa.com/dave-glasgow-lifter-of-the-month/

LIFTER OF THE MONTH FOR 2018

MONTH	LIFTER	STORY
January	Mark Raymond	http://usawa.com/lifter-of-the-month-mark-raymond/
February	Eric Todd	http://usawa.com/lifter-of-the-month-eric-todd-4/
March	Mary McConnaughey	http://usawa.com/lifter-of-the-month-mary-mcconnaughey/
April	Amorkor Ollenuking	http://usawa.com/lifter-of-the-month-amorkor-ollenuking/
May	Dave Hahn	http://usawa.com/lifter-of-the-month-dave-hahn/
June	Dennis Mitchell	http://usawa.com/lifter-of-the-month-dennis-mitchell/
July	Dean Ross	http://usawa.com/lifter-of-the-month-dean-ross-2/
August	Scott Schmidt	http://usawa.com/lifter-of-the-month-scott-schmidt/
September	John Douglas	http://usawa.com/lifter-of-the-month-john-douglas/
October	Denny Habecker	http://usawa.com/lifter-of-the-month-denny-habecker-5/
November	Jeff Ciavattone	http://usawa.com/lifter-of-the-month-jeff-ciavattone/
December	Stephen Santangelo	http://usawa.com/lifter-of-the-month-stephen-santangelo/

LIFTER OF THE MONTH FOR 2017

MONTH	LIFTER	STORY
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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.

USAWA OFFICERS AND EXECUTIVE BOARD

Effective June 19, 2021 (elected 6/19/2021)

PRESIDENT: Denny Habecker, Pennsylvania

VICE PRESIDENT: Chad Ullum, Kansas

SECRETARY/TREASURER: Eric Todd, Missouri

EXECUTIVE BOARD MEMBERS: Beth Skwarecki, Pennsylvania & Dave Glasgow, Kansas

Effective June 21st, 2019 (elected 6/21/2019)

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 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 Habecker, 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 22nd, 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.

2021 Best Lifters	Men	Women
Overall	Abe Smith	Beth Skwarecki
Senior	Abe Smith	none
Master	Randy Smith	Beth Skwarecki
Junior	Leroy Todd	Phoebe Todd

2020 No National Championship was held due to the Covid-19 pandemic

2019 Best Lifters	Men	Women
Overall	Al Myers	none
Senior	Chris Lestan	none
Master	Al Myers	none
Junior	Eric Lestan	none

2018 Best Lifters	Men	Women
Overall	Al Myers	none
Senior	Joe Ciavattone Jr.	none
Master	Al Myers	none
Junior	none	none

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 See
Senior	Frankie Ciavattone	None
Master	Randy Smith	Susan See
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.

2021 June 19th, Abilene, Kansas

2020 No Nationals Held

2019 June 22nd, Lebanon, Pennsylvania

2018 June 23rd, Cocoa Beach, Florida

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.

2021 Al Myers
2020 No Nationals Held
2019 Denny Habecker
2018 Al Myers
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

2021 – 5 (Curl-Cheat, Snatch-One Arm, Clean and Press-Heels Together, Deadlift-Fulton Bar, Ciavattone Grip, Deadlift-One Arm)

2020 – No Nationals Held

2019 – 6 (Curl-Cheat Reverse Grip, Deadlift-No Thumbs Overhand Grip, Clean and Jerk-One Arm, Snatch-From Hang, Pullover and Push, Continental to Belt)

2018 – 5 (Curl – Cheat, Snatch – One Arm, Pullover and Press, Deadlift – One Arm, Zercher Lift)

2017 – 7 (DAY 1 Vertical Bar Deadlift – 1 Bar 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 (17 times)- 2018, 2015, 2014, 2011, 2010, 2008, 2003, 2000, 1996, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988
2. Deadlift – One Arm (17 times) – 2021, 2018, 2015, 2013, 2010, 2008, 2007, 1999, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989, 1988
3. Pullover and Push (14 times) – 2019, 2017, 2015, 2013, 2011, 2010, 2008, 2007, 1997, 1995, 1992, 1991, 1990, 1989
4. Snatch – One Arm (13 times) – 2021, 2018, 2015, 2014, 2013, 2009, 2006, 2003, 2001, 2000, 1994, 1990, 1989
5. Clean and Press – Heels Together (13 times) – 2021, 2016, 2007, 2006, 2003, 2001, 2000, 1997, 1996, 1995, 1990, 1989, 1988
6. Curl – Cheat (11 times) – 2021, 2018, 2016, 2014, 2011, 2009, 2005, 2004, 2003, 1998, 1994
7. Hip Lift (10 times) – 2008, 2002, 1999, 1995, 1994, 1993, 1992, 1991, 1989, 1988
8. Neck Lift (10 times) – 2005, 2000, 1998, 1997, 1996, 1995, 1992, 1991, 1990, 1989
9. Clean and Jerk – One Arm (9 times) – 2019, 2017, 2012, 2010, 2008, 2005, 2004, 2002, 1994
10. Steinborn Lift (9 times) – 2006, 2002, 2001, 1999, 1997, 1994, 1993, 1992, 1991
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. Pullover and Press (6 times) – 2018, 2016, 2012, 2009, 1998, 1996
14. Hack Lift – One Arm (6 times) – 2012, 2005, 2004, 2002, 2001, 1994
15. Clean and Push Press (5 times) – 2017, 2014, 1999, 1994, 1993
16. Jefferson Lift (5 times) – 2017, 2012, 1994, 1993, 1992
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. Curl – Cheat, Reverse Grip (3 times) – 2019, 2015, 2012
22. Continental to Belt (3 times) – 2019, 2013, 2004
23. Deadlift – Stiff Legged (3 times) – 2007, 2003, 2002
24. Hack Lift (3 times) – 2003, 2000, 1991

25. Continental to Chest (3 times) – 1996, 1990, 1989
26. Squat – Front (3 times) – 1990, 1989, 1988
27. Snatch – From Hang (2 times)- 2019, 2010
28. Deadlift – One Arm, Ciavattone Grip (2 times) – 2016, 2000
29. Pullover – Straight Arm (2 times) – 2013, 2004
30. Deadlift – 12" base (2 times) – 2011, 2006
31. Deadlift – 2 Bars (2 times) – 2009, 2001
32. Arthur Lift (2 times) – 2007, 1991
33. Two Hands Anyhow (2 times) – 2005, 2001
34. Clean and Press – On Knees (2 times) – 1998, 1997
35. Deadlift – Fulton Bar, Ciavattone Grip (1 time) – 2021
36. Deadlift – No Thumbs, Overhand Grip (1 time) – 2019
37. Deadlift – 2 Dumbbells (1 time) – 2017
38. Bentover Row (1 time) – 2017
39. Jefferson Lift – Fulton Bar (1 time) – 2014
40. Crucifix (1 time) – 2014
41. Clean and Press – 12" Base (1 time) – 2013
42. Snatch – Dumbbell, One Arm (1 time) – 2011
43. Continental to Chest – Fulton Bar (1 time) – 2011
44. Clean and Press (1 time) – 2010
45. Back Lift (1 time) – 2009
46. Clean and Jerk – Fulton Bar (1 time) – 2009
47. Harness Lift (1 time) – 2006
48. Deadlift – Fulton Bar (1 time) – 2005
49. French Press (1 time) – 2005
50. Clean and Seated Press (1 time) – 2005
51. Bench Press – Alternate Grip (1 time) – 2003
52. Vertical Bar Deadlift – 2 bars, 2" (1 time) – 2003
53. Clean and Seated Press – Behind Neck (1 time) – 2002
54. Clean and Jerk – Behind Neck (1 time) – 2000
55. Swing – One Arm (1 time) – 1999
56. Continental to Chest and Jerk (1 time) – 1995
57. Deadlift – Heels Together (1 time) – 1995

RESULTS OF PAST NATIONALS

2021 USAWA National Championships

Abilene, Kansas

June 19, 2021

Meet Director: Al Myers

Meet Announcer: Al Myers

Meet Scorekeeper: Chad Ullum

Meet Loaders: Lance Foster with help from various lifters

Meet Officials (3-official system used): Denny Habecker, Eric Todd, Thom VanVleck, Dave Glasgow

Lifts: Curl – Cheat, Snatch – One Arm, Clean and Press – Heels Together, Deadlift – Fulton Bar, Ciavattone Grip, Deadlift – One Arm

Men: Top Ten Placings

1. Abe Smith, Missouri
2. Randy Smith, Michigan
3. Mike McBride, Missouri
4. Eric Todd, Missouri
5. Denny Habecker, Pennsylvania
6. Dave DeForest, Missouri
7. LaVerne Myers, Kansas
8. John Strangeway, missouri
9. Chris Todd, Missouri
10. Dean Ross, Oklahoma

Women: Top Two Placings

1. Beth Skwarecki, Pennsylvania
2. Phoebe Todd, Missouri

BEST LIFTER AWARDS

Women's Junior – Phoebe Todd

Women's Master – Beth Skwarecki

Women's Overall – Beth Skwarecki

Men's Junior – Leroy Todd

Men's Senior – Abe Smith

Men's Master 40 to 44 – Mike McBride

Men's Master 45 to 49 – Eric Todd

Men's Master 60 to 64 – Dave DeForest

Men's Master 65 to 69 – Randy Smith

Men's Master 75 to 79 – Denny Habecker

Men's Master Overall – Randy Smith

Men's Overall – Abe Smith

Men's Top Total – Abe Smith

Overall Top Club – Clark's Gym (Randy Smith, Mike McBride, Abe Smith, and Dave DeForest)

Runner Up Club – KC Strongman (Eric Todd, Chris Todd, Leroy Todd, Phoebe Todd, and Johnny Strangeway)

2020 No National Championship contested due to the Covid-19 pandemic

2019 USAWA National Championships

Lebanon, Pennsylvania

June 22nd, 2019

Meet Director: Denny Habecker

Meet Announcer: Al Myers with assistant Aidan Habecker

Meet Scorekeeper: Judy Habecker

Meet Loaders: Terry Barlet and John Horn

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

Lifts: Curl-Cheat Reverse Grip, Deadlift-No Thumbs Overhand Grip, Clean and Jerk – One Arm, Snatch-From Hang, Pullover and Push, Continental to Belt

Men: Top Ten Placings

1. Al Myers, Kansas
2. Randy Smith, Michigan
3. Chris Lestan, Massachusetts
4. Denny Habecker, Pennsylvania
5. Barry Pensyl, Pennsylvania
6. LaVerne Myers, Kansas
7. Eric Lestan, Massachusetts
8. Aidan Habecker, Pennsylvania
9. Dean Ross, Oklahoma
10. Dennis Mitchell, Ohio

BEST LIFTER AWARDS

Best Junior Lifter – Eric Lestan

Best Senior Lifter – Chris Lestan

Best Master 50-54 Lifter – Al Myers

Best Master 60-64 Lifter – Randy Smith

Best Master 70-74 Lifter – Barry Pensyl

Best Master 75-79 Lifter – Denny Habecker

Best Master 85-89 Lifter – Dennis Mitchell

Best Overall Total – Chris Lestan

Best Overall Lifter – Al Myers

Best Club – 1st Dino Gym 1450.7 points (Al Myers, LaVerne Myers, Dean Ross), 2nd Habeckers Gym 1375.7 points (Aidan Habecker, Barry Pensyl, Denny Habecker), 3rd Franks Barbell Club 1205.1 points (Eric Lestan, Chris Lestan, Frank Ciavattone)

2018 USAWA National Championships

Cocoa Beach, Florida

June 23rd, 2018

Meet Director: Al Myers & Cody Lokken

Meet Announcer: Steve Gardner

Meet Scorekeeper: Al Myers

Meet Photographer: Karen Gardner

Meet Caterer: Leslie Myers

Meet Officials (3-official system used): Denny Habecker (head), Al Myers (head), Joe Ciavattone Sr., Dennis Mitchell, Eric Todd, and LaVerne Myers

Meet Loaders: Cale Dunlap, Cody Lokken, Brandon Rein

Lifts: Curl-Cheat, Snatch-One Arm, Pullover and Press, Deadlift-One Arm, Zercher Lift

Men: Top Ten Placings

1. Al Myers, Kansas
2. Eric Todd, Missouri
3. Joe Ciavattone Jr., Massachusetts
4. Joe Ciavattone Sr., Massachusetts
5. Denny Habecker, Pennsylvania
6. Cody Lokken, Florida
7. LaVerne Myers, Kansas
8. Brandon Rein, Kansas
9. Dean Ross, Oklahoma
10. Cale Dunlap, Kansas

BEST LIFTER AWARDS

Senior 20-39 Age Group: Joe Ciavattone Jr.

Masters 40-44 Age Group: Eric Todd

Masters 45-49 Age Group: Joe Ciavattone Sr.

Masters 50-54 Age Group: Al Myers

Masters 70-74 Age Group: LaVerne Myers

Masters 75-79 Age Group: Denny Habecker

Masters 85-89 Age Group: Dennis Mitchell

Overall Best Lifter: Al Myers

Best Club Award: Dino Gym (Al Myers, LaVerne Myers, Cale Dunlap, Brandon Rein, Cody Lokken, Dean Ross)

Club Runner Up: Frank's Barbell Club (Joe Ciavattone Jr., Joe Ciavattone Sr.)

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, Pennsylvani
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

UPCOMING EVENTS

- January 29, 2022:
 - [Ed Zercher Strength Classic](#)
- February 19, 2022:
 - [Grip Championships](#)
- March 31, 2022:
 - [USAWA 1st Quarter Postal](#)
- April 16, 2022:
 - [Bench Press Decathlon](#)
- June 25, 2022:
 - [National Championship-2022](#)
- June 30, 2022:
 - [USAWA 2nd Quarter Postal](#)
- September 30, 2022:
 - [USAWA 3rd Quarter Postal](#)
- December 31, 2022:
 - [USAWA Postal Championship](#)

PAST USAWA CHAMPIONSHIPS

HISTORY OF THE HEAVY LIFT CHAMPIONSHIPS

(Promotion is rotated every year)

DATE	PROMOTER	LOCATION	MENS OVERALL	WOMENS OVERALL
2021	Eric Todd	Turney, MO	Eric Todd	None
2020	NO MEET HELD DUE TO COVID PANDEMIC		None	None
5/11/2019	Mark Raymond	Walpole, MA	Joe Ciavattone, Sr.	None
5/5/2018	Eric Todd	Turney, MO	Eric Todd	None
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	Turney, 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
2021	NO MEET HELD	
2020	LaVerne Myers	None
2019	LaVerne Myers	Kaela Janzen
2018	Al Myers	Tressa Brooner
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
2021	Elizabeth Skwarecki	Full Gardener	Denny Habecker
2020	NO MEET HELD		
2019	Barry Pensyl	Allen Lift	Denny Habecker
2018	Scott Schmidt	Vertical Bar DL – 2", 2 Bars	Denny Habecker
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
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2020 NO MEET HELD				
2019 Dec 8th	Ledaig HA	Ledaig HA	Dino Gym	None
2018 July 15th	Ledaig HA	Dino Gym	Ledaig HA	None
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
2021	Al Myers and Chad Ullom	None	None
2020 NO MEET HELD			
	Al Myers & Chad Ullom		
2019 – September 8th	> 60: LaVerne Myers & Dean Ross	None	None
	Al Myers & Chad Ullom		
2018 – September 9th	>60: LaVerne Myers & Dean Ross	None	None

	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
	Al Myers & Chad Ullom		
2014-August 24th	>60: Laverne Myers & Dean Ross	none	none
	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	#
2021	Eric Todd	Turney, MO	Clint Poore	Phoebe Todd	9
2020	NO MEET HELD				
9/7/2019	Eric Todd	Turney, MO	John Strangeway	Phoebe Todd	10
9/8/2018	Eric Todd	Turney, MO	Chad Ullom	Heather Tully	10
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

DAILY NEWS ARCHIVES

Daily News
Archives

UPCOMING EVENTS

- January 29, 2022:
- [Ed Zercher Strength Classic](#)
- February 19, 2022:
- [Grip Championships](#)
- March 31, 2022:
- [USAWA 1st Quarter Postal](#)
- April 16, 2022:
- [Bench Press Decathlon](#)
- June 25, 2022:
- [National Championship-2022](#)

- June 30, 2022:
- USAWA 2nd Quarter Postal
- September 30, 2022:
- USAWA 3rd Quarter Postal
- December 31, 2022:
- USAWA Postal Championship

PAST POSTAL SERIES

2020 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	John Strangeway	RJ Jackson
2nd Quarter Postal	Abe Smith	Elizabeth Skwarecki
3rd Quarter Postal	Jeff Ciavattone	Amorkor Ollennuking
Postal Championships	Eric Todd	RJ Jackson

GRAND SLAM WINNERS: Eric Todd, Abe Smith, John Strangeway, Denny Habecker, Dave DeForest, Barry Pensyl, Dean Ross, Bill Clark, RJ Jackson, Elizabeth Skwarecki, Sylvia Stockall, Phoebe Todd, Lynda Burns

Final Postal Series Rankings

WOMENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1 TIE	RJ Jackson	4	33
1 TIE	Elizabeth Skwarecki	4	33
3	Sylvia Stockall	4	30
4	Lynda Burns	4	17
5	Phoebe Todd	4	16
6	Natalie Collins	1	10
7	Janet Thompson	3	9
8	Amorkor Ollenuking	1	8
9	Olivia Collins	1	4
10	Crystal Diggs	3	3

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	John Strangeway	4	76
2 TIE	Abe Smith	4	71
2 TIE	Eric Todd	4	71
4	Denny Habecker	4	56
5	Dave DeForest	4	55
6	Barry Pensyl	4	52
7	Barry Bryan	3	41
8	Tony Hose	3	39
9	Al Myers	2	34
10 TIE	Christopher Lestan	1	30
10 TIE	John Carter	2	30

2019 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	John Strangeway	RJ Jackson
2nd Quarter Postal	Al Myers	Sylvia Stockall
3rd Quarter Postal	Al Myers	RJ Jackson
Postal Championships	John Strangeway	RJ Jackson

GRAND SLAM WINNERS: John Strangeway, Al Myers, LaVerne Myers, Denny Habecker, Chris Todd, Lance Foster, Dean Ross, RJ Jackson, Sylvia Stockall, Lynda Burns

Final Postal Series Rankings

WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	20
2	Sylvia Stockall	4	18
3	Lynda Burns	4	13
5T	Crystal Diggs	3	5
5T	Phoebe Todd	2	5

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
---------	--------	---------------	--------

1T	John Strangeway	4	66
1T	Al Myers	4	66
3	Eric Todd	3	43
4	Denny Habecker	4	39
5	LaVerne Myers	4	33
6	Barry Bryan	2	30
7	Barry Pensyl	3	29
8	John Douglas	3	27
9	Greg Cook	1	26
10	Chris Todd	4	23

2018 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
1st Quarter Postal	Eric Todd	Amorkor Ollennuking
2nd Quarter Postal	Eric Todd	RJ Jackson
3rd Quarter Postal	John Douglas	RJ Jackson
Postal Championships	Jeff Ciavattone	RJ Jackson

GRAND SLAM WINNERS: RJ Jackson, Chad Ullom, John Douglas, Stephen Santagnelo, Chris Todd, Eric Todd, Aidan Habecker, Denny Habecker, and Lance Foster

Final Postal Series Rankings

WOMENS DIVISION – TOP FIVE

PLACING	LIFTER	MEETS ENTERED	POINTS
1	RJ Jackson	4	14
2	Kim Lydon	1	6
3T	Crystal Diggs	3	4
3T	Amorkor Ollenuking	2	4
3T	Sylvia Stockall	1	4

MENS DIVISION – TOP TEN

PLACING	LIFTER	MEETS ENTERED	POINTS
1	Chad Ullom	4	66
2T	Al Myers	3	61

2T	John Douglas	4	61
4	Barry Bryan	3	50
5	Stephen Santangelo	4	48
6	Jeff Ciavattone	1	44
7	Denny Habecker	4	43
8	Dravin Barcia	1	38
9	John Strangeway	2	37
10	Chris Lester	1	36

2017 POSTAL SERIES SUMMARY

Postal Meet Winners

POSTAL MEET	MEN	WOMEN
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
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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

IWA 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

RESULTS OF PAST WORLDS

2021 IAWA World Championships

October 2nd, 2021

Habecker's Gym

Lebanon, PA USA

Meet Director: Denny Habecker

Meet Announcer: Al Myers

Meet Scorekeeper: Judy Habecker

Meet Officials (3-Official System Used): Denny Habecker, Barry Pensyl, Dave DeForest, Randy Smith, Al Myers

Meet Loaders: Terry Barlet and Lou Tortorelli

Meet Caterer: Judy Habecker

Meet Photographer: Lou Tortorelli

Lifters: Clean and Press, Snatch – One Arm, Bent Over Row, Deadlift – One Arm, Curl – Cheat, Pullover and Press, 2"x2 Bar Vertical Bar Deadlift

Men Top Six Placings

1. Randy Smith, United States
2. Denny Habecker, United States
3. Barry Pensyl, United States
4. Dave DeForest, United States
5. Aidan Habecker, United States
6. Al Myers, United States

2020 IAWA World Championships – NOT HELD DUE TO COVID PANDEMIC

2019 IAWA World Championships

October 5th & 6th, 2019

Abilene Civic Center

Abilene, Kansas, United States

Meet Promoter: Al Myers

Meet Announcer: Steve Gardner

Meet Scorekeepers: Judy Habecker & Chris Bass

Meet Drug Testing Officer: Chad Ullom

Meet Photographer: Karen Gardner

Meet Caterer: Leslie Myers

Meet Loaders: Al Myers & Hunter Whiteley

Meet Officials (3-Official System Used): Frank Ciavattone, Denny Habecker, LaVerne Myers, Lance Foster, Eric Todd, Chad Ullom, Steve Sherwood, Steve Andrews, Karen Gardner, Peter Phillips

Lifts Day 1: Reverse Curl, 2H Snatch From Hang, 1H Clean and Jerk, 2H Thumbless Deadlift

Lifts Day 2: Pullover and Push, Continental to Belt, Straddle Deadlift 2" Bar

Men Top Ten Placings

1. Steve Sherwood, England
2. Steve Andrews, England
3. Dan Wagman, United States
4. Christopher Lestan, United States
5. John Strangeway, United States
6. Denny Habecker, United States
7. Paul Barette, England
8. Stevie Shanks, Ireland
9. Chad Ullom, United States
10. Peter Phillips, Australia

Women Top 3 Placings

1. Elizabeth Skwarecki, United States
2. RJ Jackson, United States
3. Karen Gardner, England

BEST LIFTER AWARDS

Mens Senior 20-39: Christopher Lestan

Mens Open: Dan Wagman

Mens Master 40-44: Paul Barette

Mens Master 45-49: Chad Ullom

Mens Master 50-54: Lance Foster

Mens Master 55-59: Stevie Shanks

Mens Master 60-64: Steve Andrews

Mens Master 65-69: Steve Sherwood

Mens Master 75-79: Denny Habecker

Mens Master 85-89: Dennis Mitchell

Mens Overall Master: Steve Sherwood
Mens Overall: Steve Sherwood
Womens Senior 20-39: Elizabeth Skwarecki
Womens Master 55-59: RJ Jackson
Womens Master 60-64: Karen Gardner
Womens Overall Master: RJ Jackson
Womens Overall: Elizabeth Skwarecki

2018 IAWA World Championships

October 6th & 7th, 2018

Eastbourne Sports Park

Eastbourne, England

Meet Promoter: Paul Barette

Meet Announcers: Al Myers & Steve Gardner

Meet Scorekeepers: Judy Habecker and Chris Bass

Meet Drug Testing Officer: Frank Allen

Meet Officials (3-official system used): Gary Ell, LaVerne Myers, Graham Saxton, Denny Habecker, Neil Keddy, Steve Gardner, Karen Gardner, Paul Barette, Frank Allen, Steve Andrews, Natalie Voce

Lifts Day 1: Front Squat, Clean and Press Behind Neck, One Hand Snatch, One Hand 2" Dumbbell Deadlift

Lifts Day 2: Power Row, Continental Clean and Jerk, Deadlift

Men Top Ten Placings

1. Pete Tryner, England
2. Rory Hoad, England
3. Steve Andrews, England
4. Gary Ell, England
5. Al Myers, United States
6. Paul Barette, England
7. Dylan Thomas, England
8. Gary Smith, England
9. Matt Jones, England
10. Neil Keddy, Wales

Women Top Three Placings

1. Sylvia Stockall, Canada

2. Beata Banas, England
3. Charlotte Hughes, England

BEST LIFTER AWARDS

Best Junior: Brandon Hyland
Best Female Open: Beata Banas
Best Female Master: Sylvia Stockall
Best Master 40+: Paul Barette
Best Master 45+: Pete Tryner
Best Master 50+: Al Myers
Best Master 55+: Steve Andrews
Best Master 60+: Ed Shorttle
Best Master 65+: Steve Shah
Best Master 70+: LaVerne Myers
Best Master 75+: Denny Habecker
Best Master 80+: David Bleay
Overall Mens: Pete Tryner
Overall Womens: Sylvia Stockall

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-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

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

2003 IAWA World Championships

October 4th & 5th, 2003

Perth, Australia

Meet Director: Frank Lamp

Lifts: Cheat Curl, Snatch-Dumbbell one arm, Deadlift one arm, Press Dumbbell one arm, Continental to Chest and Jerk, Straddle Deadlift

Men: Top Ten Placings

1. Bill Kappel, Australia
2. Bill Spayd, United States
3. Frank Allen, England
4. Denny Habecker, United States

5. John Patterson, Australia
6. James Power, Ireland
7. Frank Tatum Jr., Australia
8. John McBay, Australia
9. Frank Tatum Sr., Australia
10. Cliff Harvey, New Zealand

Women: Top Three Placings

1. Monica Cook, Australia
2. Julia Phillips, Australia
3. Anne Rollo, Australia

2002 IAWA World Championships
September 21st & 22nd, 2002
Lebanon Pennsylvania, United States

Meet Director: Denny Habecker

Lifts: Clean and Jerk one arm, Clean and Push Press, Continental to Belt, Deadlift one arm, Deadlift 2 bars, Pullover and Push, Steinborn

Men: Top Ten Placings

1. Ed Schock, United States
2. John Monk, United States
3. Bill Spayd, United States
4. John McKean, United States
5. Frank Allen, England
6. Denny Habecker, United States
7. Brandon Aldan, United States
8. Kevin Fulton, United States
9. Howard Lasky, United States
10. Andy Goddard, England

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Karen Gardner, England
3. Rita Hall, United States

Best Lifter Awards:

Women Master – Noi Phumchaona

Men Master – Ed Schock

Men Junior – Aaron Barnes

Men Junior 13&Under – Joshua Monk

Men Junior 14-15 Age Group – Cale DeMille

Men Junior 18-19 Age Group – Aaron Barnes

Men 20-39 Age Group – John Monk

Men 40-44 Age Group – Kevin Fulton

Men 45-49 Age Group – Ed Schock

Men 50-54 Age Group – George Dick

Men 55-59 Age Group – John McKean

Men 60-64 Age Group – Frank Allen

Men 65-69 Age Group – Andy Komorny

Men 70-74 Age Group – Dick Durante

Men 75-79 Age Group – Rex Monahan

Men 80-84 Age Group – Paul Eberhardinger

2001 IAWA World Championships

October 6th & 7th, 2001

Glasgow, Scotland

Meet Director: William Wright

Lifts: Clean and Press, Continental Snatch, Zercher one arm, Straddle Deadlift, Half Gardner, Deadlift – Ciavattone one arm, Pullover and Push, Steinborn

Men: Top Ten Placings

1. Steve Angell, England
2. John Monk, United States
3. Steve Andrews, England
4. Frank Allen, England
5. Keith Murdie, England
6. Denny Habecker, United States
7. Des Fenton, Scotland
8. Andy Tomlin, Scotland
9. James Gardner, England
10. Kevin Fulton, United States

Women: Top Three Placings

1. Agnes McNally, Scotland
2. Karen Gardner, England
3. Leanne Gosling, England

Best Lifter Awards:

Women – Agnes McNally

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 McNally, Scotland
2. Tracy Emmerson, England
3. Noi Phumchaona, United States

Best Lifter Awards:

Women Open – Agnes McNally

Women Master – Agnes McNally

Men Junior – Wayne Vasey

Men Open – Neil Abernethy

Men Master – Keith Murdie

Men 40-49 Age Group – Frank Ciavattone

Men 50-59 Age Group – Frank Allen

Men 60-69 Age Group – Keith Murdie

Men 70 Plus Age Group – Howard Prechtel

1997 IAWA World Championships

October 18th & 19th, 1997

Collegeville Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Clean and Press 12" base, Snatch one arm, Continental to Belt, Jerk from rack, Squat, Bench Press, Deadlift

Men: Top Ten Placings

1. Bob Hirsh, United States
2. James Dundon, United States
3. Steve Angell, England
4. Jim Malloy, United States
5. Chris Waterman, United States
6. Drue Moore, United States
7. Keith Murdie, England
8. Barry Pensyl, United States
9. Mike Archer, England
10. Denny Habecker, United States

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Mary Ann Kraiger, United States
3. Kathy Schmidt, United States

Best Lifter Awards:

Women Overall – Noi Phumchaona

Men Overall – Bob Hirsh

Female 20-39 Age Group – Mary Ann Kraiger

Female 40-44 Age Group – Kathy Schmidt

Female 50-54 Age Group – Noi Phumchaona

Men Junior 14-15 Age Group – Tom McGuire

Men Junior 18-19 Age Group – S.J. Vernacchio

Men 20-39 Age Group – Jim Dundon

Men 40-44 Age Group – Bob Hirsh

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – John Kurtz

Men 55-59 Age Group – Jim Malloy

Men 60-64 Age Group – Mike Archer

Men 65-69 Age Group – Dick Durante

Men 70-74 Age Group – Art Montini

Men 75-79 Age Group – Paul Eberhardinger

1996 IAWA World Championships

September 21st & 22nd, 1996

Glasgow, Scotland

Meet Director: Willie Wright

Lifts: Clean and Press, Swing one arm, Zercher one arm, Pullover straight arms, Straddle Deadlift, Continental Snatch, Pullover and Push, Deadlift one arm, Two Hands Anyhow

Men: Top Ten Placings

1. Steve Angell, England
2. Mike Archer, England
3. Frank Allen, England
4. Steve Andrews, England
5. Andy Tomlin, Scotland
6. Keith Murdie, England

7. Gerry McGuire, England
8. Willie Wright, Scotland
9. David Ridler, Scotland
10. Denny Habecker, United States

Women: Top Three Placings

1. Noi Phumchaona, United States
2. Agnes McInally, Scotland
3. Marey-Ann Smith, England

1995 IAWA World Championships

August 12th & 13th, 1995

East Lake Ohio, United States

Meet Director: Howard Prechtel

Lifts: Clean and Jerk one arm, Clean and Push Press, Hacklift one arm, Pullover and Press, Continental Snatch, Jefferson Lift, Hand and Thigh

Men: Top Ten Placings

1. Bob Hirsh, United States
2. Frank Allen, England
3. Jim Malloy, United States
4. Jeff Gazda, United States
5. Bill DiCioccio Sr., United States
6. Barry Pensyl, United States
7. Chris Waterman, United States
8. Keith Murdie, England
9. Steve Angell, England
10. Mike Locondro, United States

Women: Top Two Placings

1. Noi Phumchaona, United States
2. Maryann Kraiger, United States

Best Lifter Awards:

Men Junior – Robbie McKean

Women Open – Maryann Kraiger

Women Master – Noi Phumchaona

Men Open – Jeff Gazda

Men 40-44 Age Group – Bob Hirsh

Men 45-49 Age Group – Barry Pensyl

Men 50-54 Age Group – Frank Allen

Men 55-59 Age Group – Bill DiCioccio Sr.

Men 60-64 Age Group – Dennis Mitchell

Men 65-69 Age Group – Art Montini

Men 70-74 Age Group – Howard Prechtel

1994 IAWA World Championships

October 8th & 9th, 1994

Burton, England

Meet Director: Steve Gardner

Lifts: Snatch one arm, Cheat Curl, Continental Snatch, Pullover and Push, Hack Lift, Dumbbell Clean and Jerk, Clean and Push Press, Continental to Chest, Zercher Lift

Men: Top Ten Placings

1. Frank Allen, England
2. Steve Angell, England
3. Steve Sherwood, England
4. Mike Archer, England
5. Bob Howe, England
6. Keith Murdie, England
7. Steve Andrews, England
8. Peter Ford, England
9. Andy Tomlin, Scotland
10. Willie Wright, Scotland

Women: Top Two Placings

1. Jacqueline Simonsen, United States
2. Noi Phumchaona, United States

Best Lifter Awards:

Men Junior – John Gardner

Men Open – Steve Angell

Men Master – Frank Allen

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

1993 IAWA World Championships

July 17th & 18th, 1993

Walpole Massachusetts, United States

Meet Director: Frank Ciavattone

Lifts: Continental Snatch, Staddle Deadlift, Pullover and Push, Hand and Thigh, Jerk from rack,
Deadlift one arm, Zercher Lift, Steinborn

Men: Top Ten Placings

1. Frank Allen, England
2. Steve Sherwood, England
3. Chris Waterman, United States
4. Jim Malloy, United States
5. Bob Hirsh, United States
6. Don Venterosa, United States
7. Steve Angell, England
8. Mike Archer, England
9. John McKean, United States
10. Mike Locondro, United States

Women: Top Three Placings

1. Jacqueline Simonsen, United States
2. Noi Phumchaona, United States
3. Mary Jo McVay, United States

Best Lifter Awards:

Men Junior – Robbie McKean

Women Junior – Holly Ciavattone

Women Open – Jacqueline Simonsen

Women Master – Noi Phumchaona

Men Open – Chris Waterman

Men Master – Frank Allen

1992 IAWA World Championships

September 12th & 13th, 1992

Twickenham, England

Meet Director: Ken Edge

Lifts: Snatch one arm, Continental Snatch, Continental to Chest, Pullover and Press, Straddle Deadlift, Continental Clean and Jerk, Clean and Press, Zercher Lift, Cheat Curl, Hack Lift

Men: Top Ten Placings

1. Rick Meldon, England
2. Nick Carpenter, England
3. Tom Meldon, England
4. David Horne, England
5. Steve Sherwood, England
6. Bob Moore, United States
7. David Young, England
8. Steve Andrews, England
9. John Guerin, England
10. Derek Smith, England

Women: Top Three Placings

1. Jacqueline Caron, United States
2. Wendy Samways, England
3. Noi Phumchaona, United States

Best Lifter Awards:

Women Open – Jacqueline Caron

Women Master – Noi Phumchaona

Men Junior – Paul Crooks

Men Open – Rick Meldon

Men Master – John Guerin

1991 IAWA World Championships

August, 1991

Collegeville Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Military Press, One Hand Snatch, Clean and Jerk, Deadlift, Zercher, Front Squat, Pullover and Push, One Hand Deadlift, Cheat Curl, Hand and Thigh

Men: Top Ten Placings

1. Adrian Blindt, England
2. Frank Allen, England
3. Art Montini, United States
4. Billy Bourne, Ireland
5. Barry Bryan, United States
6. Jim Malloy, United States
7. Chris Waterman, United States
8. Barry Pensyl, United States
9. Roger Lynch, United States
10. Don Venterosa, United States

Women: Top Three Placings

1. Suzanne Brooker, United States
2. Annette Blindt, England
3. Wendy Samways, England

Best Lifter Awards:

Women Junior – Paula Thompson

Men Junior – Billy Bourne

Women Overall – Suzanne Brooker

Men Overall – Adrian Blindt

Women Master – Noi Phumchaona

Men Master – Frank Allen

1990 IAWA World Championships

August 25th & 26th, 1990

Glasgow, Scotland

Meet Director: Willie Wright

Lifts: Press, Continental Snatch, One Hand Clean and Jerk, Pullover and Push, Zercher, One Hand Snatch, Clean and Jerk Behind Neck, Steinborn, Hack Lift, Two Hands Anyhow

Men: Top Ten Placings

1. Rick Meldon, England

2. Adrian Blindt, England
3. Frank Allen, England
4. Barry Bryan, United States
5. Steve Andrews, England
6. Tom Meldon, England
7. Art Montini, United States
8. John Norton, England
9. Billy Bourne, Ireland
10. Gerry Davidson, England

Women: Top Two Placings

1. Annette Blindt, England
2. Noi Phumchaona, United States

Best Lifter Awards:

Men Junior – Billy Bourne

Men Open – Rick Meldon

Men Master – Frank Allen

Women – Annette Blindt

1989 IAWA World Championships

June 24-25, 1989

Plymouth Meeting, Pennsylvania, United States

Meet Director: John Vernacchio

Lifts: Clean and Press, Front Squat, Continental to Chest, Neck Lift, Pullover and Push, Snatch – one arm, Bench Press – feet in air, Deadlift – one arm, Zercher Lift, Hip Lift

Men: Top Ten Placings

1. Steve Schmidt, United States
2. Adrian Blindt, England
3. Rick Meldon, England
4. Art Montini, United States
5. Tim Bruner, United States
6. John McKean, United States
7. Steve Andrews, England
8. Phil Anderson, United States

9. Billy Bourne, Ireland
10. Bill DiCioccio Sr., United States

Women: Top Three Placings

1. Cindy Garcia, United States
 2. Wendy Samways, England
 3. Annette Blindt, England
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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

DAILY NEWS ARCHIVES

Daily News

Archives

UPCOMING EVENTS

- January 29, 2022:
- [Ed Zercher Strength Classic](#)
- February 19, 2022:
- [Grip Championships](#)
- March 31, 2022:
- [USAWA 1st Quarter Postal](#)
- April 16, 2022:
- [Bench Press Decathlon](#)
- June 25, 2022:
- [National Championship-2022](#)
- June 30, 2022:
- [USAWA 2nd Quarter Postal](#)
- September 30, 2022:
- [USAWA 3rd Quarter Postal](#)
- December 31, 2022:
- [USAWA Postal Championship](#)

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):

THE

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