

Pat Mendes was once again the King of the Power Clean. A football player from Del Sol High School in Las Vegas, Nevada, Mendes broke his own national record with a lift of 350 pounds.

2008 National High School *Power Clean Championships*

The fourth edition of this popular event brought out the talent

If there is one thing certain about Val Balison's National High School Power Clean Championships, it's that records will fall. This year not only were records established in four weight classes, but the caliber of the competition was even greater than in previous years.

Balison, a former American record holder in the clean and jerk who competed in several world championships, founded this competition in 2005 for two reasons: to motivate his athletes

to achieve high goals and to establish a grassroots program for future weightlifters. "Some athletes who compete in this competition will continue their sports career in college, and others won't," says Balison. "Hopefully this meet will encourage these athletes to pursue weightlifting."

The competition was held at Bonanza High School in Las Vegas on May 17. Balison selected this date for his competition because most high

schools have already finished their sports programs and because it would serve to jump-start athletes into working harder in the summer.

As in previous years, there were eight bodyweight classes and each athlete was given three attempts, with the best result determining their final result. Also, competitors could choose from among the power clean, squat clean and split clean, as long as they followed the standard rules for these methods. For



Brett Sampson made two national records and was only 5.2 pounds shy of lifting double bodyweight.



Meet director Val Balison spent approximately \$2,000 on awards.



Lifters could power clean, squat clean or split clean in this competition. Shown is the excellent technique of Dustin Dillard, who lifted 290 pounds to tie for first in the 169.5-pound bodyweight class. He racked this national record of 305 pounds, but could not rise out of the squat position.



This success with 315 pounds gave Jacobi Jordon a national record in the 187-pound bodyweight class.



Robert Adell, who won the 207-pound class with a lift of 320 pounds, attempted this national record of 345 pounds.



Justin Sorensen approaches 345 pounds, which exceeded the previous national record in the 231-pound class by 20 pounds.



Steve Dunn broke the national record in the heavy-weight class with this lift of 345 pounds, only to have it broken several minutes later by Pat Mendes.



In the warm-up room prior to the competition Pat Mendes easily deadlifted 445 pounds (left). He then went on to power clean 350 pounds on his second attempt in the competition, exceeding his own national record by 10 pounds.



As an exhibition, girls were allowed to participate in the competition. Fifteen-year-old Chloe Van Tussenbroek, a Level 10 gymnast, made the heaviest lift with this success at 150 pounds.

example, when using the split style, the back knee could not touch the ground, or when using the squat style, the elbows could not touch the knees.

This year, Paul Dick of Churchville-Chili High School in Rochester, New York, brought out seven athletes to take a shot at not only some records but also the team title. They fell short by just

one point to Las Vegas High School when heavyweight (over 231 pounds) Pat Mendes of Del Sol High School in Las Vegas cleaned 350 pounds to Churchville-Chili's Steve Dunn's best of 345. Paul Dick's strength and conditioning program was featured in our September/October 2007 issue.

The first champion crowned this


year was Brett Sampson of Las Vegas High School, who set his sights on breaking the record of 225 held by his former classmate Eric Castro. Weighing 122.6 pounds and therefore lifting in the 123.5-pound bodyweight class, Sampson proved he has the strength of the biblical Samson as he shattered the record with a lift of 240 pounds. Sampson has been

the closest of any athlete in the history of this competition to lifting double bodyweight. Sampson's teammate Jacobi Jordon, lifting in the 187-pound class, broke the national record by five pounds with a lift of 315 pounds.

The 231-pound class was loaded with talent, as five of the six competitors lifted at least 300 pounds. The previous record in this class was 325 pounds by Marcus Cook of Winton Woods High School. Justin Sorensen, a kicker from Bingham High School in West Jordan, Utah, broke that record twice with 330 and 345 pounds. Sorensen's football and lifting accomplishments are profiled in this issue (pages 38-39).

Last year Pat Mendes of Del Sol High School earned the title of Power Clean King with his national record of 340 pounds. This year he was given his toughest challenge in competitor Steve Dunn, who had a great day, ending with a new national record of 345 pounds. Mendes, who as part of an unusual warm-up series deadlifted 445 pounds, started with a national record of 350 pounds on his first power clean in the competition – and missed! He made it easily on his second, and then came close to making 365. Long live the king!

In hopes of having a girl's division next year, Balison allowed three high school girls from Team BFS in Utah to lift as extra lifters: Chloe Van Tussenbroek from West Hills Middle School in West Jordan, and Desirae Hoffman and Tiffany Bartolome from Hunter High School in Salt Lake City. Van Tussenbroek, who is only 15 and will be lifting in the School Age National Championships in June, led the girls by lifting 150 pounds at a bodyweight of 138.5. Hoffman lifted 121 pounds, and Bartolome lifted 115 pounds.

As in previous years, Balison spared no expense on amazing weightlifting statues for the top five in each class, team trophies for the top five schools, and T-shirts for all competitors. More importantly, the competitors carried away with them the memories of a great meet! 

National High School Power Clean Championships

May 17, 2008

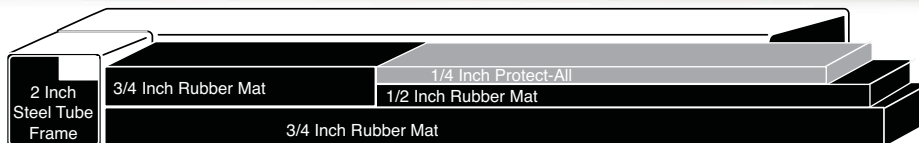
Bonanza High School, Las Vegas, Nevada

WT CLASS	NAME	SCHOOL	RESULT
123.5	Brett Sampson	Las Vegas	240 lbs*
	Rene Olivas	Bonanza	215
	Josh Anderson	Show Low	140
	Tyler Nupp	Show Low	130
136.5	Tim Ramirez	Show Low	225
	Eric Stevensen	Bonanza HS	215
	Riyad Nevins	Las Vegas	210
	Thomas Chang	Bonanza	185
	Jordon Meza	Show Low	170
	Rathen Ricedorff	Show Low	155
152	Seth Caldecleught	Valley	260
	Alex Seguin	Bonanza	235
	Robert Lim	Las Vegas	235
	Donovan Hill	Bonanza	225
	Adalberto Garcia	Valley	225
	Walter Bustillos	Bonanza	220
	Garrison Fawcett	Show Low	190
	Cody Bell	Show Low	185
	Jordon O'Brien	Shoe Low	175
	Tyler Holyoak	Show Low	160
	Tyler Leet	Palo Verde	160
169.5	Dustin Dillard	Churchville-Chili	290
	Vance Lenny	Churchville-Chili	290
	Ethan Neissl	Charleston	285
	Jimmy Oldham	Show Low	205
	Adam Brown	Show Low	200
	Cameron Frazier	Palo Verde	195
	Skylar Enger	Show Low	145
187	Jacobi Jordon	Las Vegas	315*
	Jordon Johnson	Bonanza	270
	Miguel Castro	Bonanza	255
	Cody Hawkins	Show Low	245
	Paul Mundt	Bonanza HS	225
207	Robert Adell	Green Valley	320
	Joe Bringhurst	Las Vegas	315
	Matt Kerwin	Churchville-Chili	280
	Dan Brewer	Churchville-Chili	275
	Taylor Smith	Green Valley	270
	Josh Kuuisto	Show Low HS	245
231	Justin Sorensen	Bingham HS	345*
	Joe Yanaitis	Churchville-Chili	320
	Nate Boland	Churchville-Chili	315
	Ben Moser	Las Vegas	315
	Brett Rather	Green Valley	300
	Diante Perez	Bonanza	265
HWT	Pat Mendes	Del Sol	350*
	Steve Dunn	Churchville-Chili	345
	Madison Hales	Las Vegas	290
	Suki Wilkes	Valley	290
	Gilbert Mata	Bonanza	260
	Tim Soke	Show Low	170

* National Record

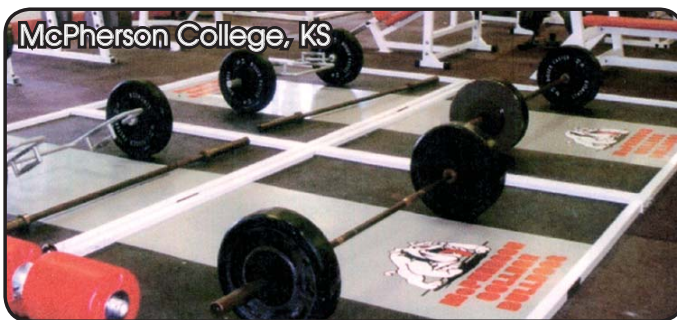
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