



2009 National High School Power Clean Championships

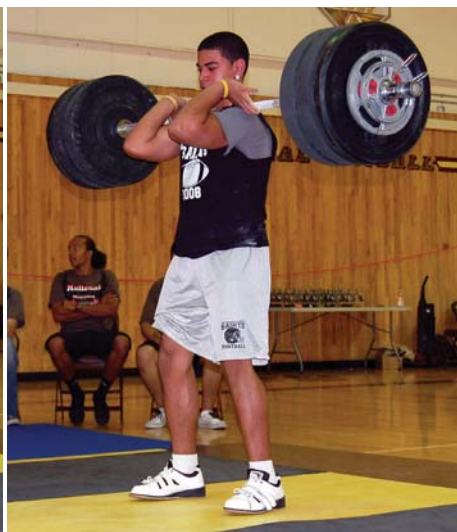
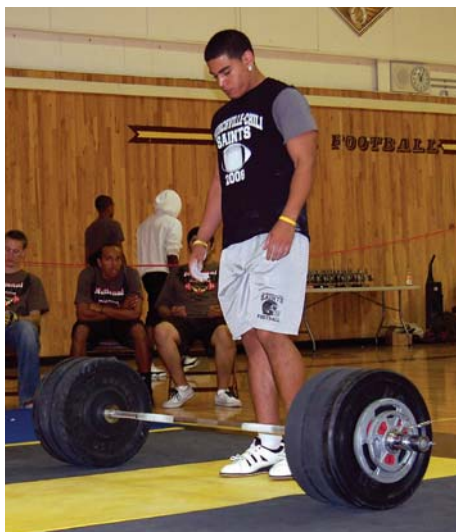
Student-athletes shattered records in four weight classes this year

The power clean is a great measure of the overall power of an athlete, and that means there were many tremendously powerful athletes who competed in the 2009 National High School Power Clean Championships.

Held on May 23 in Las Vegas, the event featured national records broken in four weight classes, including one lifter who cleaned more than double bodyweight. It was quite a show!

This is the fifth edition of this

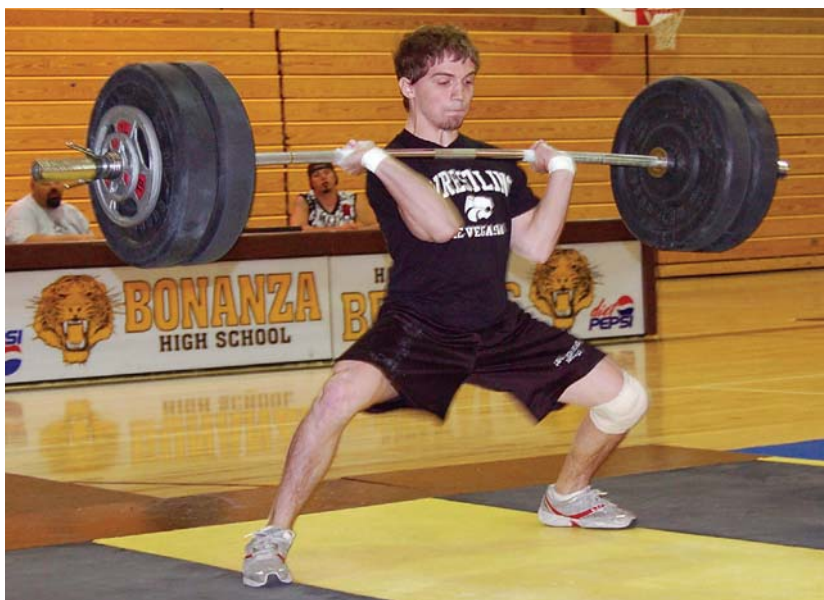
annual competition, which was started by Val Balison, a former American record holder in the clean and jerk. His purpose in holding the competition is to give talented athletes from across the nation the opportunity to display their



Not only did Dustin Dillard repeat as national champion in the 169.5-pound class, but he also established two national records. Here he is shown lifting 305 for his first record, which he exceeded a few minutes later with a success at 310 pounds.

athletic prowess. And expect to hear from many of these athletes past high school. Last year's heavyweight champion Pat Mendes, for example, is on track to make the 2012 Olympic Team in weightlifting.

As with all the previous championships, the meet was held at Bonanza High School, where Balison teaches. As before, there were eight bodyweight classes, but this year each athlete was given four attempts instead of three, with the best result determining their final result.



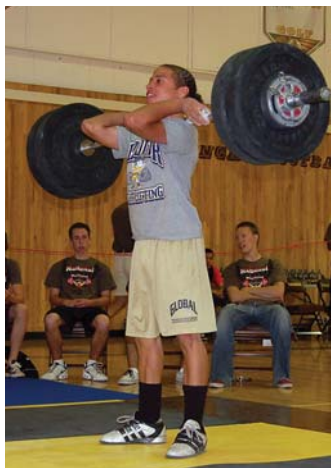
Living up to the legend of his last name, Brett Sampson became the first lifter in the five-year history of this event to power clean double bodyweight. Lifting in the 123.5-pound bodyweight class, Sampson power cleaned 260 pounds!

standard rules for these methods. For 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.

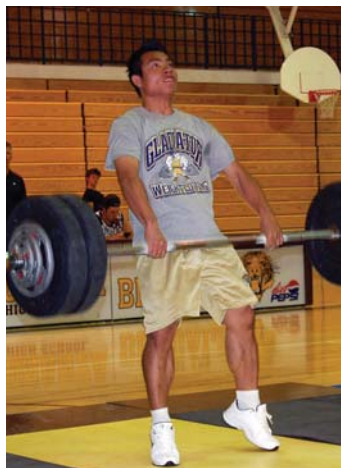
National records were broken in four weight classes, and pound for pound the most impressive performance was by Brett Sampson of Las Vegas High School. Lifting in the 123.5-pound bodyweight class, last year Sampson won the championships with a national record of

Competitors could choose from among the power clean, squat clean and split clean, as long as they followed the

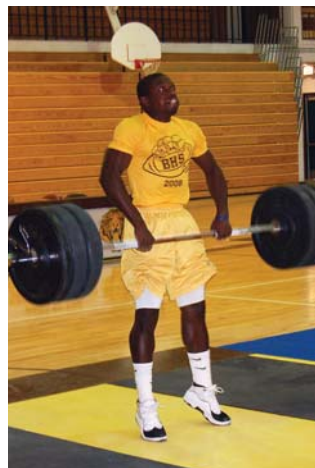
240 pounds. This year he shattered the record several times, finishing with 260 pounds, and became the first lifter in the



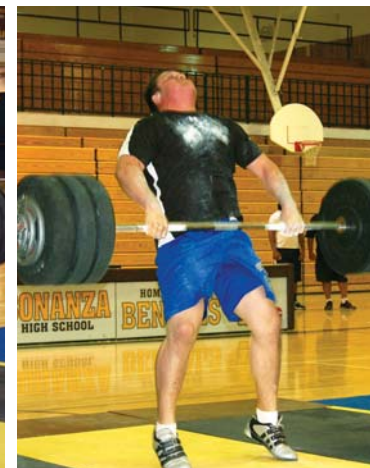
Josh Gilbert established a new national record in the 136.5-pound bodyweight class with this success at 240 pounds.



Trong Le made 260 pounds to beat DeMarlo Virgil, who also made 260 pounds but was the heavier athlete.



Bonanza High School in Las Vegas, which hosted the meet, had the 187-pound class winner, as Dasean Martin lifted 280 pounds. This class came down to the final lifts as two other athletes, Dominique Smith and Brian Vignaud, lifted 275 pounds.



Brett Rather, at 231 pounds, improved his clean by 20 pounds in two months to enable him to easily win this competition and break the national record with this success at 350 pounds.



Jose Zamora won the 207-pound class with a success at 300 pounds, and his victory gave Las Vegas High School valuable points to help his school win the team title.

Jordan Turner had an unusual lifting style, but he succeeded with 315 pounds to easily win the heavyweight class.



history of the competition to lift double body-weight. Consider that the national record for the clean and jerk is 264 pounds for ages 20 and under, and 275 pounds for all ages. If Sampson decides to try weightlifting, he would seem destined to quickly be a record breaker.

In the 136.5-pound class, Josh Gilbert broke the national record with 240. In the 152-pound class, four months before the meet Trong Le could not squat 220 pounds. Now he is squatting 319 pounds and became the national champion when he succeeded with 260 pounds, moving ahead of DeMarlo Virgil because Le was lighter in body-weight. Both Gilbert and Le are coached by Bill Froman of Global High School and John Broz.

In the 169.5-pound class, Dustin Dillard repeated his victory from last year, this time breaking the national record twice with lifts of 305 and 310 pounds. Dillard is from Churchville Chili High School in Rochester, New York, and the school's football team and strength program, run by Paul Dick, was featured in the September/October 2007 edition of *BFS*.

The 187-pound class was won by Dasean Martin, who gave the host school Bonanza a championship with his lift of 280 pounds. In the 207-pound class, Jose Zamora won with a best result of 300 pounds.

In the 231-pound class, Brett Rather, who is coached by Broz, improved his power clean by 20 pounds in two months to exceed the record of Justin Sorenson with a record 350 pounds. Sorenson, who is presently a kicker on the BYU football team, was featured in our July/August 2008 issue. Broz says that if Rather focuses on lifting, he could clean and jerk 400 pounds by December. Finishing out the competition was Jordan Turner, who won the heavyweight class with a best of 315 pounds, giving Las Vegas High School its third champion of the day.

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 (the winner was Las Vegas High School) and T-shirts for all champions. With the competition reaching higher standards every year, no doubt we will see many more records fall next year! *BFS*

National High School Power Clean Championships

May 23, 2009

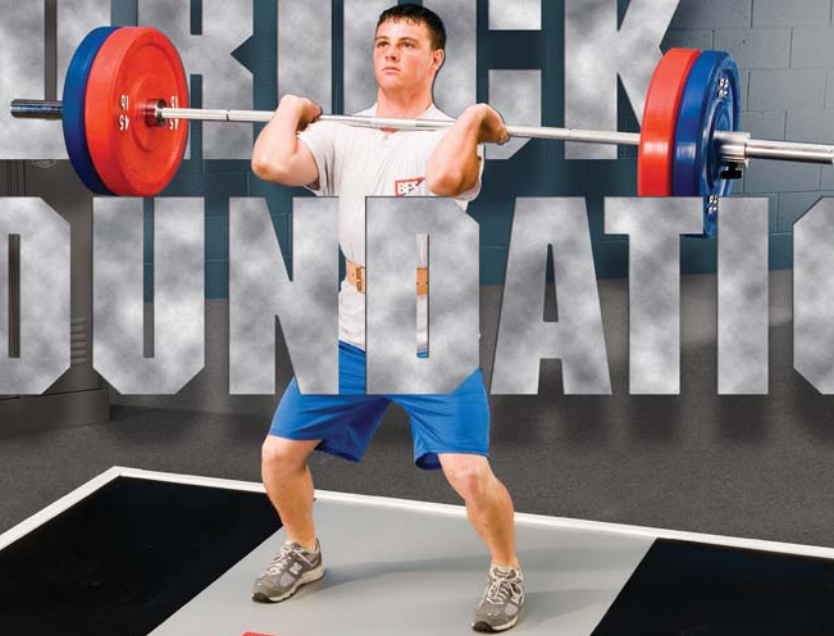
Bonanza High School, Las Vegas, Nevada

WT CLASS	NAME	SCHOOL	RESULT
123.5	Brett Sampson	Las Vegas	260*
	Dejon Caton	Bonanza	210
	Cesar Espinoza	South	205
	Julio Hernandez	Global	195
	Nathan Garcia	Las Vegas	185
	Reginaldo Reyes	Global	175
	Macario Sanchez	Global	160
	Landon DeCastroverde	Faith Lutheran	155
136.5	Kyle McIntosh	Bonanza	155
	Josh Gilbert	Global	240*
	Riyadh Nevins	Las Vegas	215
	Jesus Guardado	Global	185
	Jon Kim	Faith Lutheran	195
152	Zach Thomas	Faith Lutheran	135
	Trong Le	Global	260
	DeMarlo Virgil	Arbor View	260
	Robert Lim	Las Vegas	250
	Travis Leavitt	Arbor View	250
	Luke Good	Green Valley	240
	Alex Seguin	Bonanza	235
	Norberto Razo	Global	225
169.5	Tyler Leet	Palo Verde	210
	Brian Brunson	Bonanza	195
	Dustin Dillard	Churchville Chili	310*
	Tyler Ge	Global	270
	Matoi Pearson	Las Vegas	265
	Aaron Simon	Bonanza	265
	Thomas Flanagan	Arbor View	250
	Ron McCollough	Las Vegas	250
	David Sperry	Faith Lutheran	245
	Kyle Hutchins	Bonanza	230
	Walter Bustillos	Bonanza	220
	Yousha Fard	Bonanza	220
187	Jack Leavitt	Faith Lutheran	205
	Dale Burr	Global	185
	Dasean Martin	Bonanza	280
	Dominique Smith	Las Vegas	275
	Brian Vignaud	Arbor View	275
	Josh Wells	Arbor View	265
	Trent Cordero	Bonanza	265
	207	Jose Zamora	Las Vegas
Pat Hoock		Churchville Chili	280
Jordon Miller		Arbor View HS	275
Allen Jackson		Arbor View HS	265
Dillon Hutchins		Bonanza	245
Daniel Martinez		Global	195
231		Brett Rather	Green Valley
	Chris McKinnon	Arbor View	305
	Ryan Black	Bonanza	255
HWT	Jordan Turner	Las Vegas	315
	Sam Melears	Arbor View	290
	Julio Regla	South	255
	Hugo Campo	Global	190

Team Champions: Las Vegas High School

* National Record

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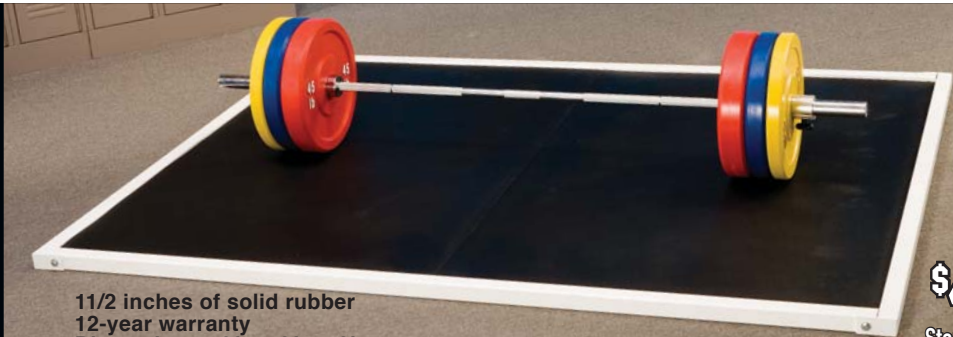
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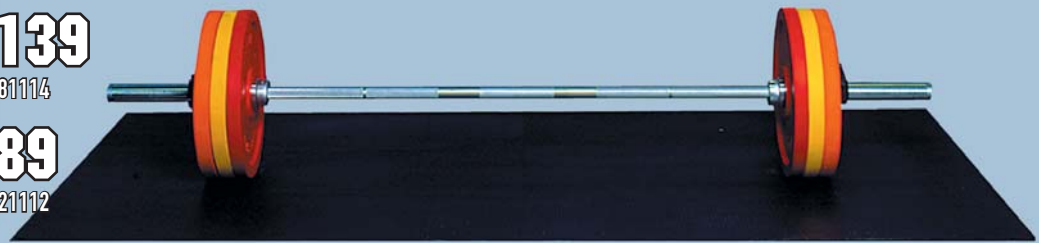
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POWER CLEAN MAT

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