

Records Fall at Power Clean Championships



Las Vegas has earned another nickname: Power Clean City! On May 12th, strong male and female high school athletes from across the country came to Bonanza High School in Las Vegas to compete in the 10th Annual National High School

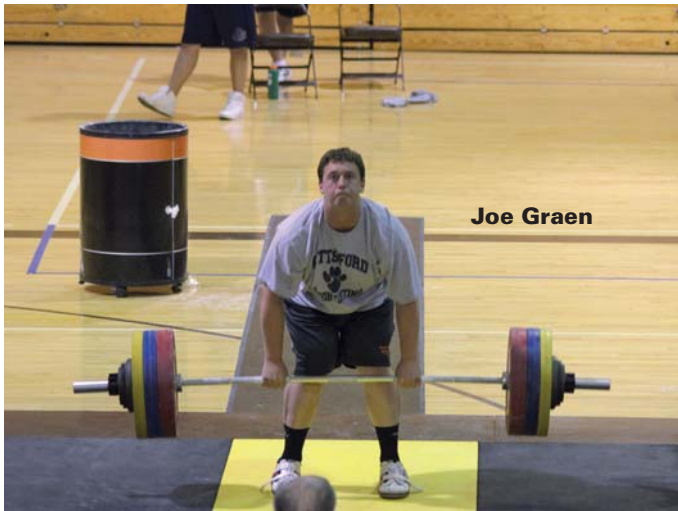
Power Clean Championships. As happens every year this event is held, young athletes broke several records.

In the men's heavyweight division Joe Graen repeated as champion and tied the national record with 350 pounds, which is the heaviest weight ever lifted in this competition. Also of note was 187-pound-class winner Brandon Xapanya,

who made 320 pounds and came sooooo close to making a national record of 330. These two competitors have the potential to become top Olympic lifters if they decide to pursue that sport.

In the women's division, Brittanie Masticola flew in from Wisconsin and added 30 pounds to the national standard to edge hometown favorite Melissa Bowler by 5 pounds. In the 165-pound class for women, Jassa Gunn made the heaviest power clean in the history of the event with a national record of 170 pounds.

The top five competitors in each bodyweight class were awarded lifting trophies, and each competitor received a meet T-shirt. Meet director Val Balison once again pulled off a great meet, and we expect many more record-breaking performances at the 2013 meet.



National Women's High School Power Clean Results May 12, 2012, Bonanza High School, Las Vegas, Nevada



WT CLASS	NAME	SCHOOL	WT LIFTED
128	Brittanie Masticola	Wautoma	135 <i>*national record</i>
	Melissa Bowler	Bonanza	130
139	Abbie Masticola	Wautoma	110
152	Kailani Killebrew	Foothill	145
	Lauren Gill	Union	135
165	Jassa Gunn	Scappose	170 <i>*national record</i>

Women's Team Winner: Wautoma

National Men's High School Power Clean Results

May 12, 2012, Bonanza High School, Las Vegas, Nevada

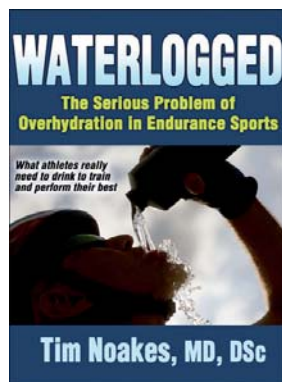
WT CLASS	NAME	SCHOOL	WT LIFTED	WT CLASS	NAME	SCHOOL	WT LIFTED
110	Brian Catano	Chaparral	180	187 (cont)	Grayson Schillereff	Scappose	280
	Jesus Ramirez	Global	145		Tony Nieves	Durango	275
	John Bland	Chaparral	130		Jacob Manning	Arbor View	270
	Alejandro Llamas	Global	125		Fabian Bell	Durango	270
123.5	Eric Sorto	Chaparral	230	Jeff Robinson	Bonanza	265	
	Sonny Salazar	Bayfield	215	Jovanni Bucco	Global	260	
	Anthony Peralta	Sunnyside	215	Jesus Solis	Bonanza	255	
	Alex Herrera	Bonanza	200	207	Brandon Flihan	Palo Verde	310
	Drew Crays	Arbor View	125		Shai Gomez	Green Valley	295
136.5	Blake Asuncion	Durango	250		Marcus Williams	Durango	290
	Jordon Price	Chaparral	240		Spencer Stewart	Bonanza	290
	Dominic Martinez	Sunnyside	235		Mac Smith	Arbor View	000
	CJ Smith	Arbor View	215	Nate Ligon	Las Vegas	000	
	Adam Kiro Singh	Coronado	210	231	Arie McQuig Jr.	Durango	310
	Vythand Alagappan	Pittsford	190		Gene Germain	Durango	305
	Gerhel Murao	Durango	170		Sam McAloon	Green Valley	285
152	Chris Friedrich	Green Valley	250		Nick Testani	Pittsford	285
	Nick Gilbert	Durango	230		James Querubin	Arbor View	275
	Carlos Lozoya	Durango	225	John Kalderon	Durango	270	
	Ian Sandrey	Bayfield	225	Juan Santoyo	Bonanza	255	
	Brandon Truchard	Bonanza	225	Lou Testani	Pittsford	255	
	David Hita	Durango	220	Luke Thompson	Arbor View	245	
	Justin Alpha	Chaparral	215	Izek Davis	Union	200	
	Zach Wythe	Foothill	215	HWT	Joe Graen	Pittsford	350*
	David Urquidi	Bonanza	215		<i>*ties national record</i>		
	Alfonzo Martinez	Global	195		Tyrell Crosby	Green Valley	315
Jeremy Reavy	Foothill	000	Will Hernandez		Chaparral	310	
169.5	Jordon Ozosky	Bonanza	280		Thomas Newton	Arbor View	310
	Jay Rivera	Chaparral	265	Bing Lin	Durango	300	
	Matt Lestarge	Chaparral	250	Ben Rush	Durango	285	
	Pat Natali	Arbor View	245	Robert Alvarez	Barstow	285	
	Andrew Babcock	Bonanza	230	Bryan Querubin	Arbor View	280	
	Donald Barranco	Global	225	John Viscarra	Global	255	
	Kevin Cruz	Global	185	Tim Laverty	Sunnyside	000	
	Edison Aviles	Global	165	187	Brandon Xapanya	Green Valley	320
	187	T.J. Pazell	Bayfield		295	T.J. Pazell	Bayfield
Curtis Montenegro		Bonanza	290		Curtis Montenegro	Bonanza	290

Men's Team Winner: Chaparral

BOOK REVIEW:

Waterlogged:

The Serious Problem of Overhydration in Endurance Sports



Human Kinetics is a leader in providing coaches with the latest in practical, scientific-based and often unique publications to help athletes achieve physical superiority. They've done it again with *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* (Human Kinetics, 2012). In this heavily researched text, human performance expert Dr. Tim Noakes, who has run in more than 70 mara-

thons or ultra marathons, discusses the latest research about dehydration in athletics. Says Noakes, "The driving force in writing this book is a desire to reposition the commonly held belief of proper hydration so that it is consistent with the research and more effective for today's and future athletes and fitness enthusiasts." Run to your nearest bookstore and pick up a copy, or order through www.humankinetics.com.



Who Will Win the Heisman?

With college spring ball completed, national sports writers have already been making their predictions on who will win this season's Heisman Trophy. Two players on the short list also happen to have appeared on the cover of *BFS* magazine: running back Marcus Lattimore of South Carolina (Nov/Dec 2011) and quarterback Denard Robinson of the University of Michigan (Nov/Dec 2010). It's been a while since a Heisman Trophy winner appeared on the cover of *BFS*, but that situation could change with these two talented young men.

PLAYER PROFILES

BFS Player Profile: Colton Lenz

Colton Lenz attends Polson High School in Polson, Montana, where he is regarded as a leader with all the right stuff. As a junior, Colton exceeded all four requirements for All-American status on his BFS core lifts. He cleans 240 pounds, bench presses 285, squats 435 and deadlifts 475. Colton is a two-year letterman on the varsity football team and a member of the National Honor Society with a GPA of 3.97.

When not in the weightroom, he spends time tutoring middle school students, working as an assistant youth pastor, and supporting his fellow athletes as their biggest fan during his off-season. His weights coach Don Toth says Lenz possesses extraordinary leadership and social skills "and has all the right qualities coaches look for in a leader." Lenz was recently elected as the senior class president for the 2012-13 school year. Lenz says growing up in Montana has been ideal for Colton, as he is an avid outdoorsman and enjoys his summers doing physical labor as a ranch hand.



PLAYER PROFILES

BFS Player Profile: Lindsay Paige Simpson

Lindsay Paige Simpson was named the 2012 NCHSAA Female Athlete of the Year for her outstanding achievements in volleyball and basketball. She attended Franklin High School in Franklin, North Carolina.

Simpson was selected for the Blue/White All-Star game and the NCHSAA East/West All-Star game in basketball. She has earned eight varsity letters and has been named player of the year in the 3A WNCAC conference four times in volleyball and basketball. She broke many school records at Franklin High school in basketball, with a career high point total of 2,697 points, single-game high total of 48 points, and 1,643 career total of kills in volleyball. Lindsay has been named player of the year in two varsity sports for the past two seasons in volleyball and basketball and has earned MVP for both spots eight times. She also earned a full athletic scholarship to play basketball at Western Carolina University.

Carrying a 3.8 GPA, Simpson is a North Carolina Scholar and has earned many other honors throughout her high school years. "Lindsay's dedication in the weightroom, as well as her heart and drive, has helped her excel on and off the courts," says Franklin head volleyball coach Anna Shields.



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Coming Next Issue

The September/October issue of *BFS* magazine is our special women's edition and will contain special articles about athletic fitness programs for young women, along with inspirational stories. It will also have the winners of the 2012 BFS High School Male Athlete of the Year. Check it out!

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POWER CENTER



The Bench is the Heart of Your Upper Body Program

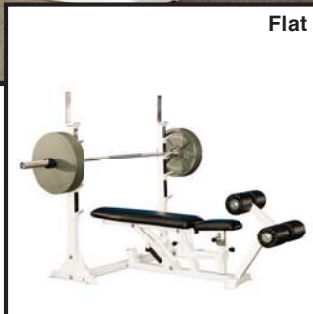


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Military



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Flat



Decline



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