



2014 National High School Power Clean Championships

National records were shattered once again at this major event

The power clean is one of the fundamental exercises in athletic training, and in fact is one of the BFS core lifts. That's why BFS has always had an interest in the National High School Power Clean Championships, held in May for the past 10 years.

Although the name of the competition is "power clean," competitors can also perform the split clean and squat clean styles. Because more weight can be lifted in the squat style, this year most competitors used it to perform their lifts. There were both men's and women's divisions, and each athlete was allowed four attempts, with the best single lift counting for the results. The major rules were that the athletes could not touch their elbows to their knees or fail to

Eric Sorto of Chaparral High School broke the national record and exceeded double bodyweight with this lift of 300 pounds. Chaparral, which is located in Las Vegas, Nevada, won both the men's and women's team championships.



Winker Photography



Training and Equipment



Photo: Average Broz



Photo: Average Broz



Winker Photography

Laurence O'Hare (left) of Riverside Poly shattered the all-time record in the clean and jerk and won the heavyweight division with this success of 380 lbs. Mark Jones of Chaparral High School cleaned 370 lbs and attempted 385 for the win.

lift the weight to their chest in one motion, which are unsafe techniques that the meet directors did not want to encourage.

In the women's division, athletes broke records in four weight classes. Tasha Rasmussen cleaned 110 pounds in the 106-pound class, Monique Long made 125 at 128, Kelsey McFarland made 150 at 139, and Alejandra Macias made 195 at 152. Macias's 195-pound lift was the most any woman has ever lifted in any weight class in this competition.

Competitors in the men's division displayed high-quality lifting in every class, with lifts of 300 pounds or more being exceeded in six of the nine classes. Erick Sorto cleaned 300 pounds for a new record, but because Sorto only weighed 143 pounds, his lift represents more than double body weight. In the 207-pound class Hector Montenegro racked a record 340 pounds but could not rise. Then there were the heavyweights.

Laurence O'Hare got the show started with 340 pounds, and Mark Jones of Chaparral High School an-

Alejandra Macias of Chaparral High School established an absolute record of 195 pounds.

swered with 350. Both made 360 for their second attempts, lifts that exceeded the current record. O'Hare missed 370, but Jones took the same and made it. O'Hare jumped to 380 for his final attempt and made it. Because Jones weighs more than O'Hare, Jones moved to 385, but he missed it forward. Wow!

In the team competition, Chaparral High School won the women's title, Arbor View was second, and Foothill and Cimarron-Memorial tied for third. Chaparral also won the men's division, with Bonanza second and Las Vegas third.



Training and Equipment

2014 National High School
Power Clean Championships Winners
May 11, 2014, Chaparral High School, Las Vegas, Nevada

TEAM COMPETITION

Women's: Chaparral

Men's: Chaparral

WOMEN

BODY WT	NAME	SCHOOL	WT LIFTED
106	Tasha Rasmussen	Cimarron-Memorial	110
117	Rebekah Sycott	Chaparral	110
128	Monique Long	Chaparral	125*
139	Kelsey McFarland	Foothill	150*
152	Alejandra Macias	Chaparral	195*
165	Christiene Perry	Arbor View	120
HWT	Keyara McKinsey	Chaparral	130

*national record

MEN

BODY WT	NAME	SCHOOL	WT LIFTED
110	Antonio Pena	Chaparral	190
123.5	Justin Bonaparte	Las Vegas	250
136.5	Shayne Marquez	Las Vegas	250
152	Erick Sorto	Chaparral	300*
169.5	Lalo Macias	Chaparral	315
187	Tyler Penkalski	Bonanza	305
207	Hector Montenegro	Bonanza	330
231	Sam Martin	Foothill	335
HWT	Laurence O'Hare	Riverside Poly	380*

*national record



Photo: Average Broz

Tyler Penkalski won the 187-pound class and Hector Montenegro won the 207-pound class. Both athletes are from Bonanza High School, a school that has been involved with this competition since it was first held 10 years ago.



Winker Photography

Justin Bonaparte lifted 250 pounds in the 123.5-pound bodyweight class. He was one of the two champions representing Las Vegas High School.

*Congratulations to
Bill Froman for holding
another outstanding event.*



BED BROOK FOUNDATION

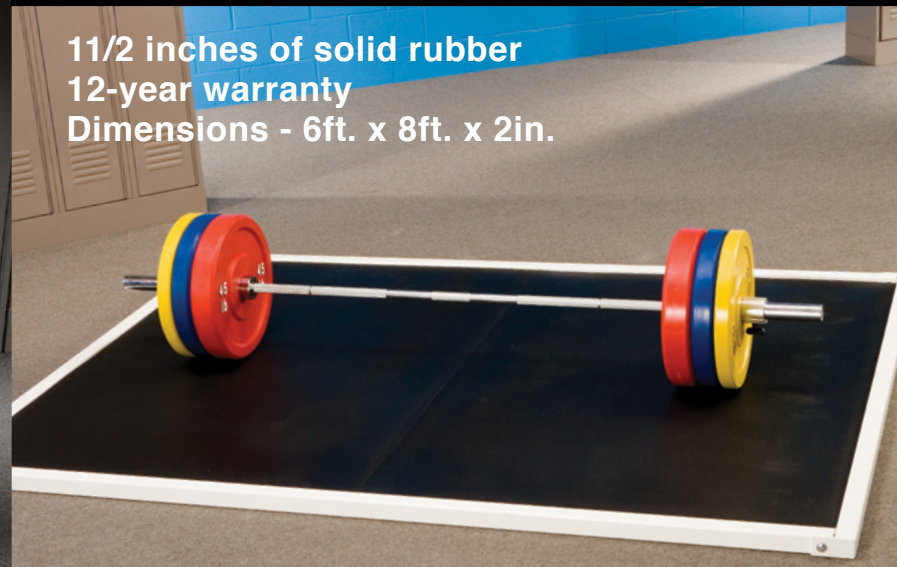
Proudly Made in the USA



Dimensions - 6ft. x 8ft. x 2in.
Custom Logo \$299

VARSITY POWER CLEAN PLATFORM

- ▶ An affordable platform for years of reliable use



1 1/2 inches of solid rubber
12-year warranty
Dimensions - 6ft. x 8ft. x 2in.

INTRODUCING THE **\$1595** D1 PLATFORM

- ▶ Massive 3" X 3" Steel Frame
- ▶ Maple Lifting Surface



ELITE POWER CLEAN PLATFORM

- ▶ Features ProtectAll™ long-lasting vinyl surface
- ▶ No warping. No wood. Solid rubber. Non-slip.
- ▶ Our most popular power clean platform

STARTING AT JUST
\$995

