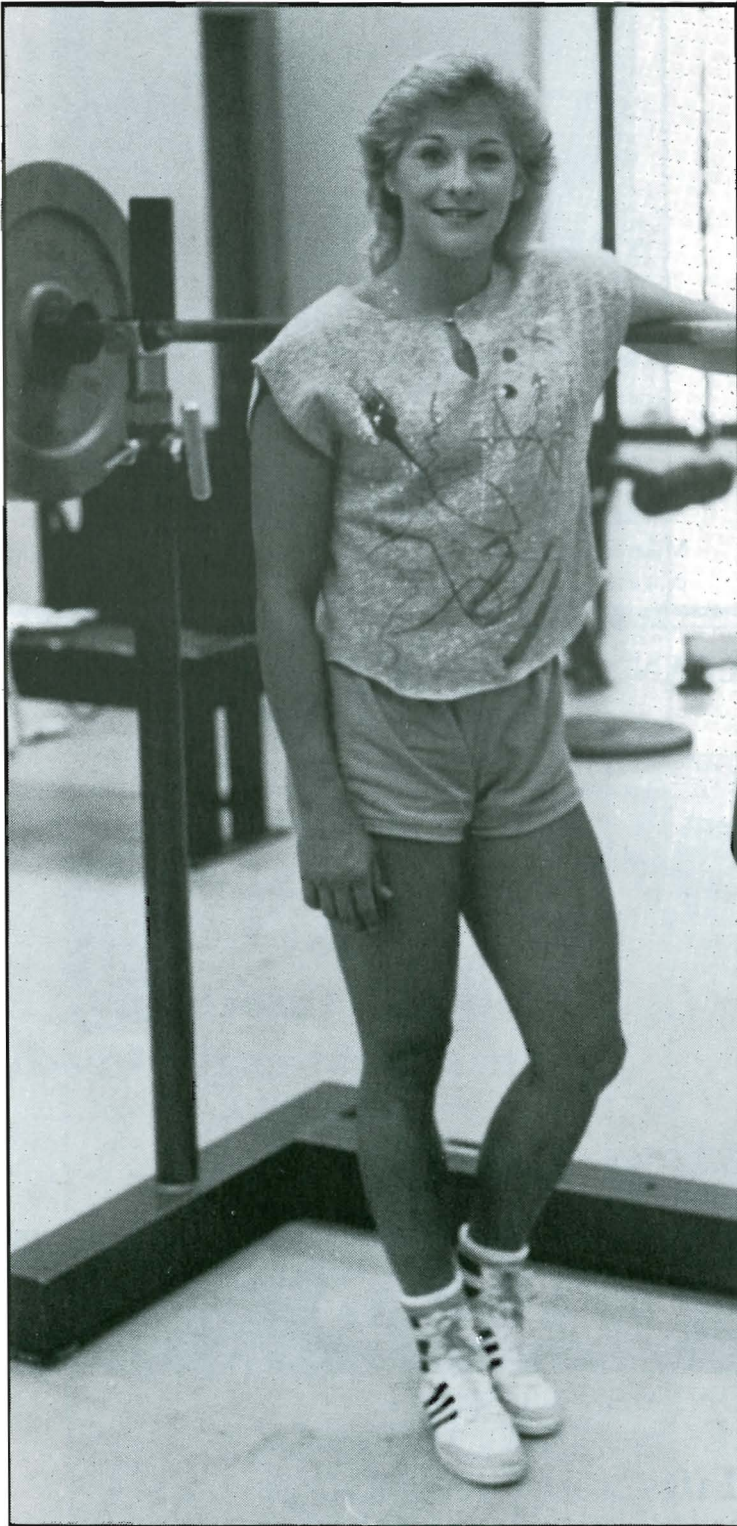


LAURIE GREENE



Laurie Greene – McNeese State University
National Powerlifting Champion

By
Barrett Murphy
Assistant Football Coach

In a short two and a half years Laurie Greene has become a national powerlifting champion.

She just recently added the ADFPA (American Drug Free Powerlifting Association) title to a collection that also includes the national collegiate title as well as many school and national records (12 state, 12 school, 4 conference, 8 national).

Greene, who is a senior at McNeese State University in Lake Charles, Louisiana, is relatively new to the sport but has been setting records ever since her entry into the sport two and a half years ago.

"Some friends told me about the sport here at McNeese and even though I was interested, I was afraid to get started. A friend and I sat out in a parking lot for two hours before we got up enough nerve to go in where a workout was going on," she said.

"And, when we did, we really got embarrassed because there were all these football and baseball players working out. The coach of the team – Chad DeRousselle – told us to come back later in the afternoon and when we did only the powerlifters were there."

That was the beginning for Greene, and her progression has been phenomenal.

During the national collegiate meet at Villanova University earlier in the year, she won the 105 pound division, setting records in three categories. She had a total lift of 683 pounds, had a 275 pound squat, a 121 pound bench press and a 286 pound dead lift.

Later in the year she won the national title in the women's 123 pound division at Troy (Ala.) State where the ADFPA championships were held. Here she had a total lift of 744 pounds and she also led her McNeese team to the women's national title.

Greene has one more year of competition remaining and she would like to repeat both titles as well as win a world championship.

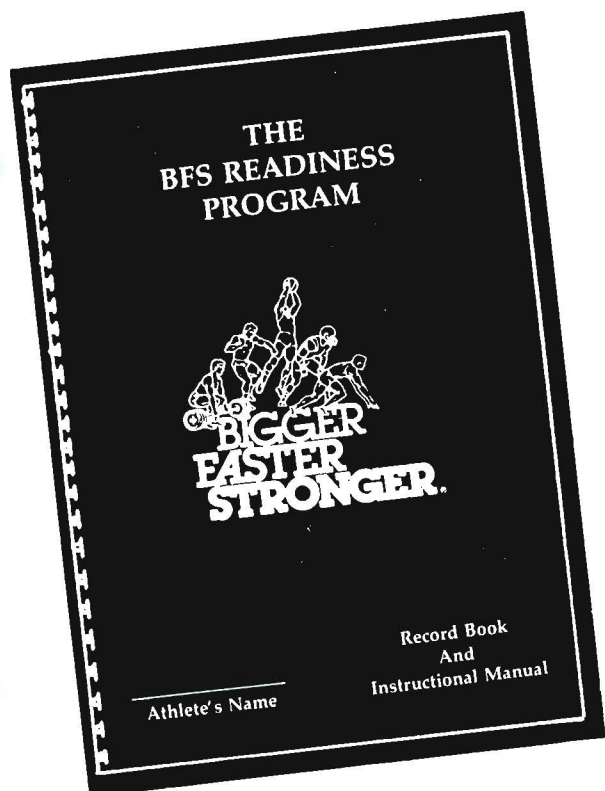
"It's hard to drive for goals," she said. "I have some small goals and I take small steps and work my way up the ladder."

Reaching competition on the world level, however, is one of her goals and it's reserved for the top two athletes in each weight division in all countries.

At McNeese, Greene is coached by DeRousselle and being a health and physical education major, she would like to go into coaching after graduation, preferably in powerlifting.

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