U.S. AIR FORCE ACADEMY WEIGHTLIFTING TOURNAMENT

By Kim Goss, C.S.C.S. Assistant Strength Coach • Air Force Academy

Our meet attracted 32 athletes (27 men, 5 women), and for 24 of them it was their first contest. In addition to weightlifters and football players, athletes from many other sports lifted, including track, diving, softball, basketball, shooting, bodybuilding, and power-lifting—we even had a cheerleader compete!

Contestants could perform either the Clean and Jerk or just the Clean—some of these athletes had never performed a Jerk, so we didn't want to risk an injury. There was no entry fee, no requirement for membership in a weightlifting federation, and no requirement for a special lifting suit. And thanks to pre-meet T-shirt sales, all contestants received a free T-shirt.

For the cadets, the highlight of the competition was seeing Outland Trophy Winner Chad Hennings Clean an "absolute" Academy record of 380 pounds. We also saw a 130-pound woman Clean and Jerk 170 pounds, and Olympic hopeful Wayne Watkins Clean and Jerk 336 pounds at a body weight of only 153.5 pounds.

I encourage our athletes to compete in weightlifting during the off season because such competitions help motivate them to work harder in the weight room. I decided to hold this type of competition because many of our athletes are reluctant to participate in open weightlifting meets because of the initial expense (\$12 USWF registration fee and \$10-\$15 entry fee), and because they would have to acquire a lifting suit and learn how to Snatch. The USWF is supportive of this type of contest because it can serve as a great recruiting tool for them. In fact, after the competition many of these athletes started practicing the Snatch and expressed an interest in competing in USWF meets.

Finally, I have a few statistics you might find of interest. Our 1983 football team had 23 athletes who could Clean 250 pounds or more by the end of the winter conditioning program. Since the Academy is

seldom able to recruit any exceptionally large players (our average varsity football player last year weighed something like 205 pounds!), having 23 athletes Cleaning 250-plus was, we felt, a respectable number. This year we saw 104 football players Clean at least 250, and of those 90 percent of them made the team! Quite a coincidence, wouldn't you say?



One of the all-time leading scorers on the AFA basketball team, Stacey Goss, Clean and Jerked 148 pounds.

Photo by Scott Cook



After only two weeks of training, 97-pound Amy Walker Clean and Jerked 88 pounds. Photo by Scott Cook

Women's Clean and Jerk					Williams, Chris	204	198 lbs.	Young, Doug	286
BV	N	NAME	BEST LIFT	181 lbs.	Stephen, Eric	209		Wosilius, Bill	231
9	7 lbs.	Walker, Amy	88		Henry, Barry	198		Giduck, John	
13	2 lbs.	Stoessel, Lynne	170	198 lbs.	Cline, Pete	352	220 lbs.	Garrity, Brendan	286
14	8 lbs.	Goss, Stacey	148		Cameron, Mike	248		Brennen, Steve	275
		Marksteiner, Cathy	137		Henry, Tom	198		Lyons, Mark	253
18	1 lbs.	Apiafi, Grace	154	220 lbs.	Ross, Bob	308		Beene, Lane	253
		D			Logan, Sean	286		Korslund, Dan	231
Men's Clean and Jerk					Hines, John	264	242 lbs.	Flewelling, Steve	303
BV	N	NAME	BEST LIFT		Warrior, Steve	248	Over		
13	2 lbs.	Outlaw, Mike	187		Lazoff, Lance	214	242 lbs.	Hennings, Chad	380*
		Faley, Jeff	176						
14	48 lbs. Visser, Stew 165		165	Men's Clean Only			* Air Force Academy Absolute Record		
16	5 lbs.	Watkins, Wayne	336	BW	NAME	BEST LIFT			
		Adams, Tim	231	181 lbs.	Hecker, Jim	275			