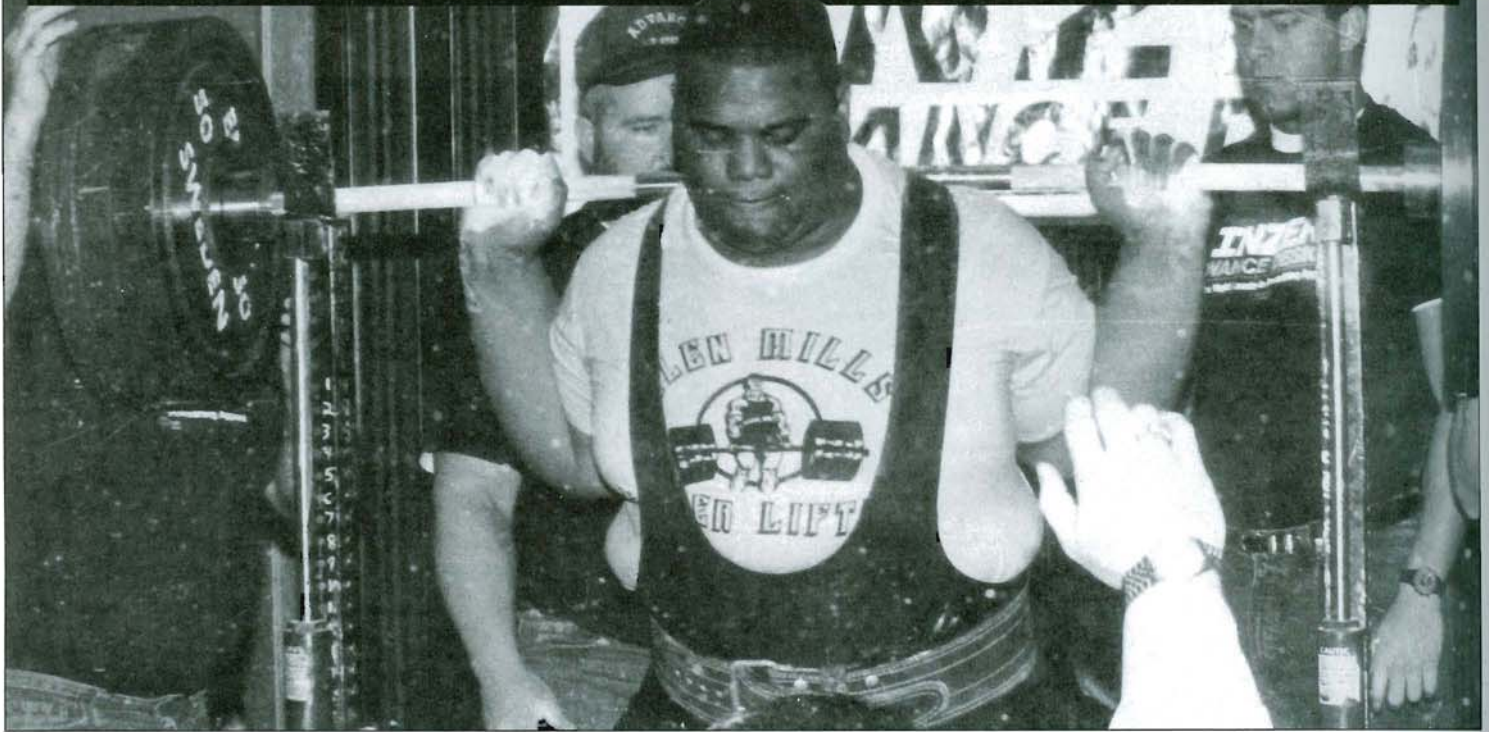


GLEN MILLS H.S. POWERLIFTING 1990 "COMMITMENT TO EXCELLENCE"



Superheavyweight Anthony Love 705 competition Squat

Editor's Note: Entering meets during the of season can add flavor to the overall secret. I like to see how kids can compete. It also gives athletes something to point for while they workout. You can enter Powerlifting meets or Olympic Lifting meets.

**The following article was written by Jeff Hill
Powerlifting Coach at Glen Mills High School in
Concordville, Pennsylvania.**

The Glen Mills Powerlifting Team completed another successful season in 1990. The team set three goals at the start of the year. They were to win:

1. State Teenage Championship.
2. State High School Championship.
3. National Championship.

Being a member of the Glen Mills Powerlifting team is an honor and a privilege. During its eight year history, the team has developed a tradition of excellence. This team wanted to add to that tradition. They knew that hard work and total commitment of every member of the team was the only way to accomplish their lofty goals. The captains of the team started a slogan or theme for the season "Commitment to Excellence".

Goal setting and making game plans for achieving goals is the cornerstone of the team's success. Coaches and athletes make a goal every day the athlete enters the weight room. A total mental and physical effort is given to achieving these goals. At the end of the practice, the efforts (actual weight lifted) are recorded.

Providing excellent leadership for this year's eighty

man team were captains Mike Peart, Demetrius Johnson, Anthony Love, Sidney George and Desmond Deal. These individuals paved the way for the team's fine performance on February 24th. This was the date of the Pennsylvania State Teenage Championships. Glen Mills lifters won eleven different championships.

Next, the team set their sights on winning the National Championship on April 21st. The Iron bulls were determined to win the championship which they relinquished in 1989 by two points. The bulls sent twenty-two lifters and eight coaches to Dallas, Texas. Texas High School lifting was very impressive. However, the Bulls answered the challenge by giving a great effort and winning the National Championship.

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*Team Captains Sidney George and Demetrius Johnson
accepting National Championship Trophy.*

GLEN MILLS POWER

Finally, the Bulls ended their season on May 19th and 20th by capturing their sixth straight State High School Championship. The Bulls faced a real challenge from Somerset High School but their hard work and desire carried them to the Championship.

Some outstanding performances this year were by:

132 lb Demetrius Johnson

485 Dead Lift (National Record)

State Teenage & High School Champion

148lb Dan Jackson

500 Deadlift State High School Record

165 lb Dorian Hudson

545 Deadlift State High School Record

198lb Desmond Deal

State Teenage Champion

National champion - Freshmen-Sophomore Division

220 lb Mike Peart

State Teenage Champion

242 lb Lamont Nickens

National & State Champion & record holder

605 Squat, 305 Bench, 605 Deadlift = 1515 Total

SHW Anthony Love

705 Squat, 391 Bench, 1696 Total

State Champion

After eight years of competing in powerlifting, the Bulls now own nineteen National High School records. They have won the team title two of the last three years and won the state title the last six years.

The 1990 powerlifting season was very rewarding. The "Commitment to Excellence" that the athletes displayed every day paved the way for another successful season. The Iron Bulls are now setting goals for the 1991 season and also striving to become better human beings.

ROB SELBY: AUBURN

Rob gained some extra weight for his final season but feels good with it and has maintained his mobility. He laughed, "I ate my stepmother's cooking and it worked. Also, I never missed breakfast, it's the most important meal."

Rob felt the biggest pressure with his peers in high school was to quit sports and get a job and car. Fortunately, Rob decided to stick it out. "I didn't get involved in negative things in high school. I had a nucleus of friends and we stayed together. However, every year one or two would quit and stray. I even think that athletics helped our academics." Rob concluded.

Rob should get a shot at the pros and he has this philosophy, "If it happens that would be OK, if not, I'll be starting life with my degree." With all of his Upper Limit attitudes, Rob should be a huge success. We wish him the best and especially thank Coach Paul White for making this article possible.

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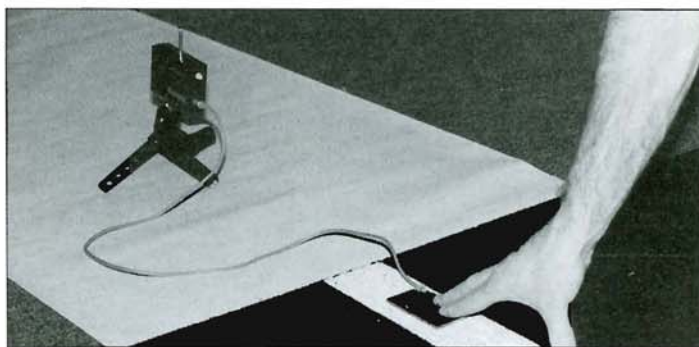
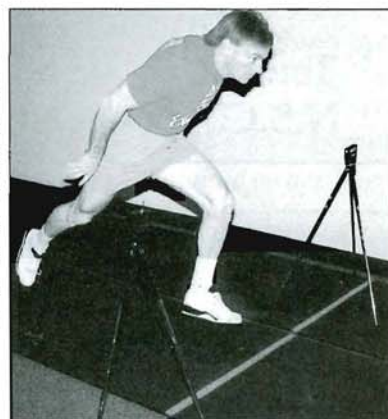
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