

The 1st National Powerlifting Championships
sanctioned by the AMERICAN DRUG-FREE POWERLIFTING FEDERATION

The A.D.F.P.F. hosted their first sanctioned competition in mid-August, 2005. Eleven months later A.D.F.P.F. Members were invited to participate in the A.D.F.P.F.'s first-ever Powerlifting National Championships. On the evening of July 7th, meet directors and helpers representing 3 states arrived to set up the venue for this exciting event. Lots of trips moving equipment from the trailer, through South Bend's very impressive Century Center to the suits where the championships were held. Glitches did surface but the situation was resolved thanks to the devotion of Meet Director Dick Van Eck who with wife Jan made another long drive to pick up and deliver more equipment. A long night of driving for Jan & Dick with very little sleep.

Saturday morning the lifters, some groggy-eyed, arrived for registration then lined up for the start of the official weigh-in. While that work was in progress, the trophy display was arranged and the finishing touches made for the warm-up and competition areas. Weighing the lifters was soon completed, warm-ups were in progress and the Rules Briefing was presented. Only 10 minutes before the bar would be loaded and the first competitor officially called to the platform. Tension mounted, the noise level escalated and blood pressures were elevated. The lifters in this meet would begin setting the A.D.F.P.F. National Powerlifting Record and perhaps also reset the A.D.F.P.F. American Records.

The competition started with the UNEQUIPPED Division where personal supportive equipment is limited to the lifting belt and wrist wraps. Four states were represented by the 23 lifters entered in the Unequipped Division (Illinois, Indiana, Michigan and Massachusetts). Exceptional lifting took place as 100 National Records were set and many American Records broken.

Each athlete approached the platform with determination; totally focused to exert their best effort. There were disappointments as lifts were missed but this is not unusual at National Championships. In spite of mistakes the athletes demonstrated composure as they left the platform to calculate their next attempt strategy.

Only 2 women lifted in this Nationals Championships, both from Illinois and both in the Unequipped Division. Kathleen Barclay, 19 years of age reset her Personal Records while setting 8 National Records and 6 American Records. Kathleen won the 55.5 Kilo weight class. Junior lifter Ann Buren won her weight class establishing all new "personal records" while setting 8 National Records and 8 American Records. Their coaches were very proud as they cheered them on.

In the 56 kg class 15 yr old Jacob Wallace of Newburgh, IN gave Dano Hall, Evansville, IN a battle for the top total in this weight class holding a lead up to the deadlift when Jacob lost his edge by 7.5 kilos. Jacob set 5 National & American Records; Dano set 3 National & American Records.

Jerry N. Parkinson was the sole lifter in the 60 kilo class setting 8 National & 8 American Records

In the 75 kg class 19 yr old Austin M. Ulrich, Evansville In., was 10 kilos ahead of open lifter Michael P. Evans, Edwardsburg, MI for the top score. The bench event changed the tide as Michael pulled into the lead by 45 kilos. Austin aggressively battled to close the gap in the deadlift event falling short by only 27.5 kilos. Michael set 2 National & 3 American Records; Austin set 6 National & 5 American Records. In the T-2 Category, 16 year old Caleb Wallace performed well as usual winning with a 452.5 kilo total; setting 4 National & 3 American records.

Nathan M. Morris, Newburgh, IN. was the top teen in the 82.5 kg. Class with Joshua Scott, Newburg, IN placing 2nd and 64 yr old Jack N. Culp, Kalamazoo, MI setting 4 National & 4 American Records for the Masters' 5 Category. Nathan set 8 National Records & 4 American Records.

In the 90 kilo weight class, Joshua Decker posted a total of 720.0 kilos for the win setting 4 National Records & 3 American Records. CONGRATULATIONS Josh for another outstanding performance winning the UNEQUIPPED Division BEST LIFTER AWARD.

19 yr old Aaron Hancock, the Teen 3 Champion and the only Teenager in this weight class set 4 National & American Records. Derek Wallace, Newburgh, IN and Troy List, Yorkville, IL battled it out for the highest score in the 100 kilo class. Derek was ahead by 2.5 kilos after the Squat event and gained another 5 kilos in the Bench

event. That put them only 7.5 kilos apart in the sub total. By the end of the deadlift, Derek, proud father of several teenage sons lifting in the Nationals, came out on top with a 5 kg edge. Derek posted 6 National Records and 4 American Records; Troy's deadlift secured him 2 National records (M 1 & Open). Masters' lifters Dave Morris, proud father of Nathan (82.5 kg wt class Teen 2 Champion), set 4 National Records and 1 American Record. Phil Berrio traveling all the way from MA returned home the Masters' 3 National Champion setting 4 National & American Records.

In the 110 kg class, Pat tiring of Boonville, IN won the Masters' 2 Category setting 8 National & 4 American records. Daryl Meloche, Climax, MI won the Masters' 5 Category setting 4 National & American Records. Gary Krueger, Paw Paw, MI competed unopposed in the 125 kg class, M 4 Category setting 8 National Records. Tim Mooney, Evansville, IN won the 145 kg class, M 1 & Open Categories setting 8 National & 2 American Records. Carl Schmitt, Poseyville, IN won the M 2 Category of the +145 kg class setting 8 National & American Records!

CONGRATULATIONS to the UNEQUIPPED Division lifters who qualified for the W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS held in KINSALE IRELAND on Nov. 11th & 12th are as follows:

K. Barkley; A. Buren; Jacob Wallace; J. Parkinson; A. Ulrich; M. Evans; C. Wallace; N. Morris; D. Wallace; T. List; P. Trying and Tm Mooney; J. Waters.

All the UNEQUIPPED Division lifters qualified for the W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS in BENDIGO AUSTRALIA on Oct. 20, 21 & 22nd.

Ten lifters entered the EQUIPPED Division representing the states of California, Illinois, Indiana, Michigan & Massachusetts. Christopher Siders of Canton, IL took the Open Category in the 75 kg class with Robert Fricke, Bloomington, MI winning the Masters' 2 and Leon McCrary of Scituate, MA taking the Masters' 6 Category. Siders competing in his first national event set 8 National & 4 American Records. Fricke set 4 National records and McCrary returned home to coach Shocket with 4 National & American Records.

Jim Waters traveled all the way from Santa Clara, CA to set some National & American Records as well as to qualify for the W.D.F.P.F. World Powerlifting Championships held in Kinsale Ireland on Nov. 11 & 12th. He competed unopposed winning that weight class setting 8 National Records and reached his qualification goal.

Brian Cannon of Wataga, IL and Jeff Whiteman of Osceola, IN battled it out for the 90 kg class win with Brian coming out on top. Brian a very consistent lifter not only set 8 National Records but also won the BEST LIFTER Trophy for the EQUIPPED Division!

Philip Berrio of Weymouth, MA competed unopposed winning the 100.0 kg weight class, setting 8 National & 4 American Records. He fulfilled his goal of qualifying for a slot on the U.S. Team competing in Kinsale, Ireland.

Dave Lawrence of Kalamazoo, MI., Stephen Cohle, Byron Center, MI., and Raoul Donati, of Oseola, IN were in a battle for the 110 kg class but due to a shoulder injury, Donati had to withdraw from the meet. Lawrence had a 17.5 kg lead following the Squat. Cohle picked up 10 kgs on the Bench and the battle continued through the deadlift with Cohle taking the win by 60.0 kgs. Dave set 5 American Records; Steve walked away with 7 National & 3 American Records.

All the EQUIPPED Division lifters qualified for the W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS in BENDIGO, AUSTRALIA on Oct. 20, 21 & 22nd; CONGRATULATIONS LIFTERS!

CONGRATULATIONS to the following EQUIPPED Division lifters who qualified for the 2006 W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS in KINSALE, IRELAND on Nov. 11th & 12th:

C. Siders; L. McCrary; B. Cannon; J. Whiteman; P. Berrio; D. Lawrence; and S. Cohle.

Winning FIRST PLACE as a TEAM in the A.D.F.P.F. 1st NATIONAL CHAMPIONSHIPS was The PIT TEAM from Evansville, Indiana, exceptionally well coached by Dick Connor. CONGRATULATIONS to each member of this very deserving team: Joshua Childers, Dano Hall, Aaron Hancock, David Morris, Tim Mooney, Nathan Morris, Jerry Parkinson, Patrick Tyrine, Austin Ulrich, Caleb Wallace, Derek Wallace & Jacob Wallace with alternate Ryan Frey. A review of the results will show that every Category option of competition was represented. 3 entries gave up their lifting for the day to help with spotting/loading and officiating.

Many thanks to everyone who helped run this event for the athletes; that includes: Championships Announcer Carol Smoker; Scoring Table official and past W.D.F.P.F. World Champion, Naomi E. Prince; spotter/loaders Steven Sandefer (a nationally ranked wrestler), Trenton Reinoehl (another wrestler), Jon Smoker (withdrew from competing to help spot, Tim J. Piper (WIU Professor, author of strength training books, Olympic lifter, Highland Games participant & Powerlifter, coach, referee, meet director and all-around jack of all trades); Jon Jr and Judy Donati who were available to help with lunch, etc., and of course the Referees: Dennis Brady, Judith M. Gedney and Richard Van Eck.

Our ADFPF Official Photographer, John (Jack) Stevens and his lovely wife Violy flew from FL to South Bend IN to cover the A.D.F.P.F. 1st National Championships. We were blessed to have them with us. Jack must have taken 600 photos of the lifters warming up, competing, accepting awards & socializing. Those of you who would like to see more of the National Championship photos of your lifting July 8th, contact our OFFICIAL ADFPF PHOTOGRAPHER at: k7kjack@yahoo.com

Jack and Violy are the proud parents of 3 sons who were all athletes. John, the oldest was a teenage powerlifter who competed for the ADFPA, representing the U.S. on the W.D.F.P.F. platform. He set all sorts of Teenage World Records. Rumor has it that he is back in training and will soon grace our ADFPF platform. John is one of the pastors of The Bridge Christian Church located in Ohio; he and his wife have 2 young daughters.

John's dad had so much fun at the meet that I asked him to write up the highlights from the perspective of proud parents of a Teenage World Champion; here's what Jack had to share with us:

Violy and I were excited to have the opportunity to watch the first ADFPF POWERLIFTING National Championships. It had been 9 years since our son John competed in his last powerlifting meet. We realized we missed the powerlifting atmosphere and wanted to be a part of that experience again.

I missed watching the lifters prepare for the competition with their own pre-lift rituals prior to taking their turn on the platform. Even though I didn't personally know the lifters I found myself getting knots in my stomach, just as I did when my son competed.

What I had forgotten were the sounds and smells of powerlifting competitions. Focusing on the platform one notices the lifter's concentration while attempting their best efforts. Does that lifter even notice the background noise of the audience and warm up room? The audience is providing encouragement while in the warm-up area, plates are banging together with the lifters making what appears to be as much noise as possible. With all this going on, you're on edge because you know there are many big lifts coming. That is exciting.

During the meet there were times when I thought I could hear things from past meets, like Big Frank cheering, in Lakeland Florida; my son asking me what his next attempt should be and me knowing that I have less than a minute to turn in that decision; many great flash-backs. I know that these things were not really happening but they all came flooding back into my mind. So many really great, exciting memories. I also enjoyed the aroma of the meet; the smell of baby powder, chalk, the leather belts and the equipment each with it's distinct aroma. Blended together these things all make up the experience of being part of a powerlifting championships. Until arriving at the South Bend venue, and viewing the camaraderie of the athletes, I had not realized how much I enjoyed the entire experience.

We did not get much sleep that weekend, but we gladly gave up rest to see life-long friends, make new friends and experience anew the world of powerlifting. It is always nice to add new memories to old. Once powerlifting is in your blood, it's always there. You might be away from the sport for a time but neither your mind nor your heart forgets.

Thanks for this opportunity,

Jack and Violy Stevens

