

Pat Mendes was once again the King of the Power Clean. A football player from Del Sol High School in Las Vegas, Nevada, Mendes broke his own national record with a lift of 350 pounds.

## 2008 National High School *Power Clean Championships*

The fourth edition of this popular event brought out the talent

If there is one thing certain about Val Balison's National High School Power Clean Championships, it's that records will fall. This year not only were records established in four weight classes, but the caliber of the competition was even greater than in previous years.

Balison, a former American record holder in the clean and jerk who competed in several world championships, founded this competition in 2005 for two reasons: to motivate his athletes

to achieve high goals and to establish a grassroots program for future weightlifters. "Some athletes who compete in this competition will continue their sports career in college, and others won't," says Balison. "Hopefully this meet will encourage these athletes to pursue weightlifting."

The competition was held at Bonanza High School in Las Vegas on May 17. Balison selected this date for his competition because most high

schools have already finished their sports programs and because it would serve to jump-start athletes into working harder in the summer.

As in previous years, there were eight bodyweight classes and each athlete was given three attempts, with the best result determining their final result. Also, competitors could choose from among the power clean, squat clean and split clean, as long as they followed the standard rules for these methods. For



Brett Sampson made two national records and was only 5.2 pounds shy of lifting double bodyweight.



Meet director Val Balison spent approximately \$2,000 on awards.



Lifters could power clean, squat clean or split clean in this competition. Shown is the excellent technique of Dustin Dillard, who lifted 290 pounds to tie for first in the 169.5-pound bodyweight class. He racked this national record of 305 pounds, but could not rise out of the squat position.



This success with 315 pounds gave Jacobi Jordon a national record in the 187-pound bodyweight class.



Robert Adell, who won the 207-pound class with a lift of 320 pounds, attempted this national record of 345 pounds.



Justin Sorensen approaches 345 pounds, which exceeded the previous national record in the 231-pound class by 20 pounds.



Steve Dunn broke the national record in the heavy-weight class with this lift of 345 pounds, only to have it broken several minutes later by Pat Mendes.



In the warm-up room prior to the competition Pat Mendes easily deadlifted 445 pounds (left). He then went on to power clean 350 pounds on his second attempt in the competition, exceeding his own national record by 10 pounds.



As an exhibition, girls were allowed to participate in the competition. Fifteen-year-old Chloe Van Tussenbroek, a Level 10 gymnast, made the heaviest lift with this success at 150 pounds.

example, when using the split style, the back knee could not touch the ground, or when using the squat style, the elbows could not touch the knees.

This year, Paul Dick of Churchville-Chili High School in Rochester, New York, brought out seven athletes to take a shot at not only some records but also the team title. They fell short by just

one point to Las Vegas High School when heavyweight (over 231 pounds) Pat Mendes of Del Sol High School in Las Vegas cleaned 350 pounds to Churchville-Chili's Steve Dunn's best of 345. Paul Dick's strength and conditioning program was featured in our September/October 2007 issue.

The first champion crowned this

year was Brett Sampson of Las Vegas High School, who set his sights on breaking the record of 225 held by his former classmate Eric Castro. Weighing 122.6 pounds and therefore lifting in the 123.5-pound bodyweight class, Sampson proved he has the strength of the biblical Samson as he shattered the record with a lift of 240 pounds. Sampson has been




the closest of any athlete in the history of this competition to lifting double bodyweight. Sampson's teammate Jacobi Jordon, lifting in the 187-pound class, broke the national record by five pounds with a lift of 315 pounds.

The 231-pound class was loaded with talent, as five of the six competitors lifted at least 300 pounds. The previous record in this class was 325 pounds by Marcus Cook of Winton Woods High School. Justin Sorensen, a kicker from Bingham High School in West Jordan, Utah, broke that record twice with 330 and 345 pounds. Sorensen's football and lifting accomplishments are profiled in this issue (pages 38-39).

Last year Pat Mendes of Del Sol High School earned the title of Power Clean King with his national record of 340 pounds. This year he was given his toughest challenge in competitor Steve Dunn, who had a great day, ending with a new national record of 345 pounds. Mendes, who as part of an unusual warm-up series deadlifted 445 pounds, started with a national record of 350 pounds on his first power clean in the competition – and missed! He made it easily on his second, and then came close to making 365. Long live the king!

In hopes of having a girl's division next year, Balison allowed three high school girls from Team BFS in Utah to lift as extra lifters: Chloe Van Tussenbroek from West Hills Middle School in West Jordan, and Desirae Hoffman and Tiffany Bartolome from Hunter High School in Salt Lake City. Van Tussenbroek, who is only 15 and will be lifting in the School Age National Championships in June, led the girls by lifting 150 pounds at a bodyweight of 138.5. Hoffman lifted 121 pounds, and Bartolome lifted 115 pounds.

As in previous years, Balison spared no expense on amazing weightlifting statues for the top five in each class, team trophies for the top five schools, and T-shirts for all competitors. More importantly, the competitors carried away with them the memories of a great meet! 

## National High School Power Clean Championships

May 17, 2008

Bonanza High School, Las Vegas, Nevada

| WT CLASS | NAME              | SCHOOL            | RESULT   |
|----------|-------------------|-------------------|----------|
| 123.5    | Brett Sampson     | Las Vegas         | 240 lbs* |
|          | Rene Olivas       | Bonanza           | 215      |
|          | Josh Anderson     | Show Low          | 140      |
|          | Tyler Nupp        | Show Low          | 130      |
| 136.5    | Tim Ramirez       | Show Low          | 225      |
|          | Eric Stevensen    | Bonanza HS        | 215      |
|          | Riyad Nevins      | Las Vegas         | 210      |
|          | Thomas Chang      | Bonanza           | 185      |
|          | Jordon Meza       | Show Low          | 170      |
|          | Rathen Ricedorff  | Show Low          | 155      |
| 152      | Seth Caldecleught | Valley            | 260      |
|          | Alex Seguin       | Bonanza           | 235      |
|          | Robert Lim        | Las Vegas         | 235      |
|          | Donovan Hill      | Bonanza           | 225      |
|          | Adalberto Garcia  | Valley            | 225      |
|          | Walter Bustillos  | Bonanza           | 220      |
|          | Garrison Fawcett  | Show Low          | 190      |
|          | Cody Bell         | Show Low          | 185      |
|          | Jordon O'Brien    | Shoe Low          | 175      |
|          | Tyler Holyoak     | Show Low          | 160      |
|          | Tyler Leet        | Palo Verde        | 160      |
| 169.5    | Dustin Dillard    | Churchville-Chili | 290      |
|          | Vance Lenny       | Churchville-Chili | 290      |
|          | Ethan Neissl      | Charleston        | 285      |
|          | Jimmy Oldham      | Show Low          | 205      |
|          | Adam Brown        | Show Low          | 200      |
|          | Cameron Frazier   | Palo Verde        | 195      |
|          | Skylar Enger      | Show Low          | 145      |
| 187      | Jacobi Jordon     | Las Vegas         | 315*     |
|          | Jordon Johnson    | Bonanza           | 270      |
|          | Miguel Castro     | Bonanza           | 255      |
|          | Cody Hawkins      | Show Low          | 245      |
|          | Paul Mundt        | Bonanza HS        | 225      |
| 207      | Robert Adell      | Green Valley      | 320      |
|          | Joe Bringhurst    | Las Vegas         | 315      |
|          | Matt Kerwin       | Churchville-Chili | 280      |
|          | Dan Brewer        | Churchville-Chili | 275      |
|          | Taylor Smith      | Green Valley      | 270      |
|          | Josh Kuuisisto    | Show Low HS       | 245      |
| 231      | Justin Sorensen   | Bingham HS        | 345*     |
|          | Joe Yanaitis      | Churchville-Chili | 320      |
|          | Nate Boland       | Churchville-Chili | 315      |
|          | Ben Moser         | Las Vegas         | 315      |
|          | Brett Rather      | Green Valley      | 300      |
|          | Diante Perez      | Bonanza           | 265      |
| HWT      | Pat Mendes        | Del Sol           | 350*     |
|          | Steve Dunn        | Churchville-Chili | 345      |
|          | Madison Hales     | Las Vegas         | 290      |
|          | Suki Wilkes       | Valley            | 290      |
|          | Gilbert Mata      | Bonanza           | 260      |
|          | Tim Soke          | Show Low          | 170      |

\* National Record