

2010 National High School Power Clean Championships

Records continued to fall in this annual lifting competition at Bonanza High School

BY VAL BALISON

Every year the National High School Power Clean Championships has been held, records have been broken, and on May 15 two more national standards fell and five women's records were established. It was quite a show!

As with the five previous competitions, the meet was held at Bonanza High School in Las Vegas. In addition to a higher standard of competition, two-time winner of this event Pat Mendes put on an exhibition by clean and jerking 485 pounds and cleaning 507.

The competition started with the girls, with seven entries in five weight classes. In 2008 an exhibition with three girls was held, and this prompted me to make it a regular event. As a result, records were set in all five classes. The best lifter was Jesse Patryson, who lifted 140 pounds in the 139-pound class and who is coached by John Broz. Here is a breakdown of the men's classes.

123.5 lbs. Sophomore Macario Sanchez won top honors in this class with 215 pounds, besting Kyle McIntos, who improved his personal record by 20 pounds.

136.5 lbs. This was the Josh



Photos: John Broz

Josh Gilbert of Global High School cleaned 270 pounds at 136.5 pounds bodyweight class. This lift is, pound-for-pound, the best lift ever in the six-year history of this competition.

Gilbert show as he set three national records, finishing with a best of 270 pounds. This lift is considered the best lift, pound-for-pound, in the history of this competition. Gilbert is going to Lindenwood University on a weightlifting scholarship. Gilbert and Macario's coach, Bill Froman, started his team in a school that didn't have any sports programs. Now Coach Froman has built himself a team with two national champions.

152 lbs. Cameron Rogers, a starting receiver at Las Vegas High School, tied the national record with a lift of 275 pounds. Putting on a great challenge was his Las Vegas High School teammate Mike Glenn, who finished a close second at 265, followed by Luke Good at 260. Las Vegas head football coach Chris Faircloth credits the power clean as the key to his state titles in football.

169.5 lbs. Julio Mora, the

leading rusher in the state of Nevada last year from Durango High School, cleaned 280 for the win. John Ruiz and Tyler Ge both made 270, but

Ruiz earned the bronze medal as the lighter athlete.

187 lbs. Dustin Dilliard won his third championships and set a new

national record with a lift of 320, which means he now holds records in both the 187-pound and 169.5-pound class with a lift of 315 pounds.

THE CHAMPIONS!



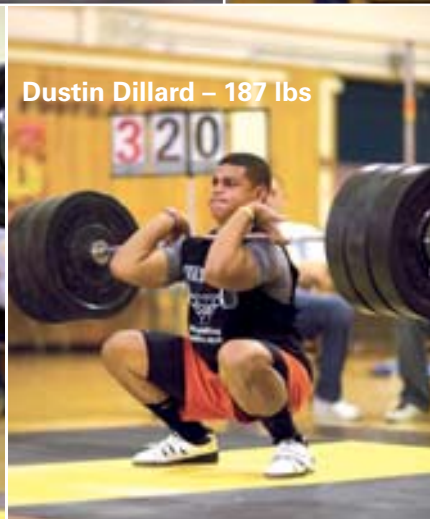
Macario Sanchez – 123.5 bs



Cameron Rogers – 152 lbs



Julio Mora – 169.5 lbs



Dustin Dillard – 187 lbs



Chris McKinnon – 207 lbs



Alex Walker – 231 lbs



Zack Lander – Hwt



This year a girls competition was held. Jesse Patryson of Green Valley High School cleaned 140 pounds, which was pound-for-pound the best performance of the meet and the heaviest weight lifted.

Everett Freer missed his opener then made three good lifts to place second with 290.

207 lbs. Chris McKinnon won on his opening lift of 315 pounds, holding off Gary Ferman, who finished with 305. Craig Northrup, the coach of fourth-place winner in this class Dominic O’Shaughnessy, expects to bring a full team from Pittsford-Mendon next year and take a run at the title.

231 lbs. With just four months of training, Alex Walker of Las Vegas High School cleaned 310 to beat teammate William Johnson at 275.

HWT. Churchville-Chili High School got another champion in Zack Lander, who made 325 to Austin Woo’s 300. Lander is coached by Paul Dick, who competed at the national level and who has sent numerous football players to Division I football programs. Woo will be attending University of Mary on a football scholarship.

In the team competition, Las Vegas High School won the title, followed by Global High and Durango High. The top five athletes in each class received amazing weightlifting statues, and team trophies were awarded to the top five schools. All competitors received a competition T-shirt, a tote bag from USA Weightlifting, and protein snacks from Muscle Milk. I can’t wait until next year! **BS**

2010 National High School Power Clean Championships
 May 15, 2010, Bonanza High School, Las Vegas, Nevada

WOMEN

BODYWT	NAME	SCHOOL	WT LIFTED
106	Monica Carballo	Global	95*
128	Sarah Garcia	Global	105*
139	Jesse Patryson	Green Valley	140*
	Jasmine Lozano	Global	85
152	Tiffany Cox	Bonanza	100*
	Chyann Lima	Bonanza	100
HWT	Karla Lozano	Global	95*

MEN

WT CLASS	NAME	SCHOOL	WT LIFTED
123.5	Macario Sanchez	Global	215 lbs
	Kyle McIntosh	Bonanza	200
	Reggie Reyes	Global	190
	Kendryck Milkovich	Desert Oasis	165
	Eric Delgado	Bonanza	150
136.5	Josh Gilbert	Global	270*
	Riyaad Nevins	Las Vegas	225
	Julio Hernandez	Global	210
	Dominic Ferguson	Durango	200
	Manuel Aviles	Desert Oasis	190
152	Cameron Rogers	Las Vegas	275
	Mike Glenn	Las Vegas	265
	Luke Good	Green Valley	260
	Tyler Leet	Palo Verde	225
	Stephen Henry	Bonanza	215
	Josh Franco	Bonanza	205
	Mike Tiboni	Bonanza	200
	David Urquidi	Bonanza	190
169.5	Julio Mora	Durango	280
	John Ruiz	Las Vegas	270
	Tyler Ge	Global	270
	Jacob Coppedge	Las Vegas	265
	Madison Doolittle	Pittsford Mendon	260
	Carl Fort	Global	260
	Andrew Ward	Pittsford Mendon	225
	Jeff Robinson	Bonanza	210
	Arkeefe Richardson	Desert Oasis	210
187	Dustin Dillard	Churchville-Chili	320*
	Everett Freer	Bonanza	290
	Julius McLaurine	Durango	285
	Barry Williams	Las Vegas	280
	Erik Calderon	Global	255
	Akeem Richardson	Global	235
	Fabian Bell	Durango	230
207	Chris McKinnon	Arbor View	315
	Gary Ferman	Seegerstrom	305
	Dominique Smith	Las Vegas	290
	Dominic O’Shaughnessy	Pittsford Mendon	285
	Juan Herrera	Global	220
231	Alex Walker	Las Vegas	310
	William Johnson	Las Vegas	275
	Dillon Hutchens	Bonanza	275
	Hugo Campo	Global	265
HWT	Zack Lander	Churchville- Chili	325
	Austin Woo	Las Vegas	300
	Luis Villegas	Durango	290
	Joe Graen	Pittsford Mendon	280
	Philip Albornoz	Barstow	280
	Dylan Barton	Barstow	275
	Justin Gregory	Bonanza	250
	Jose Macias	Bonanza	225

*National Record

TEAM COMPETITION

- | | |
|---|------------------------|
| 1. Las Vegas High School
- 39 Points | 6. Arbor View HS |
| 2. Global HS | 7. Pittsford-Mendon HS |
| 3. Durango HS | 8. Seegerstrom HS |
| 4. Bonanza HS | 9. Green Valley HS |
| 5. Churchville-Chili HS | 10. Desert Oasis |
| | 11. Palo Verde HS |