

2011 National High School Power Clean Championships

It was another record-breaking day at this annual strength event



Darryl Brown won the 187-pound bodyweight class and established a new national record.

Word has gotten out about the National High School Power Clean Championships – every year the contestants break records and raise the overall standards of lifting.

This year there were records broken in seven bodyweight classes, and two more records were tied. Last year six boys power cleaned 300 pounds, and this year 12 exceeded that mark (with a 165-pounder doing 315!). For the women, last year one girl cleaned 140 pounds, and this year three girls exceeded that standard; one girl lifted 165 pounds. Expect to see many of these athletes make their mark in weightlifting competitions in the near future.

The event was held at Bonanza High School in Las Vegas on May 14. The competition, which uses pound

plates instead of kilos, added an additional weight class this year for the men, 110 pounds. Two platforms were used to speed the event along, and each athlete was given four attempts. They could power clean, squat clean or split clean. Because of the high standard, most of the records were established with the squat style.

During a break in the competition, former two-time winner Pat Mendes gave a snatching exhibition, easily lifting 380 pounds and just missing 400. Mendes's goal this year is to break all the American and Pan American records, and of course make the 2012 Olympic Team. Last year, in practice and using straps, Mendes snatched an unofficial junior world record with a lift of 456 pounds. He also cleaned 529 pounds and squatted 800 pounds, all

the way down.

For the women, nine girls competed, representing a total of five schools. Francesca Paraz started off with a new national record of 125 pounds in the 117-pound class, Nicolette Lind tied the national record in the 139-pound class, Chloe Van Tussenbroek broke the record in the 152-pound class and Robyn Mascolo broke the record in the heavyweight class. Van Tussenbroek, the recipient of the 2011 BFS Weightlifting Scholarship, broke the 152-pound class record four times, finishing with 165 pounds. The team title was won by Foothill High School.

For the men, this year the 110-pound division was added by meet director Val Balison because many of the younger competitors weigh 110 pounds or less. Eric Sorta was the top



Above: The two best lifters in the competition were DJ Fort (right), who broke the national record with a best of 325 pounds in the 169.5-pound bodyweight class, and Chloe Van Tussenbroek (left). Van Tussenbroek is the recipient of the 2011 BFS Weightlifting Scholarship, and broke the national record four times.

Above, far right: Blaine Ascunson, who won the 123.5-pound bodyweight class, shows the level of intensity that was common among all competitors in this unique competition.

With his teammates from Las Vegas High School supporting him, Michael Glenn won the 152-pound bodyweight class and tied the national record.

Alec Walker won the 207-pound bodyweight class, broke the national record with 345 pounds, and came close to establishing breaking Pat Mendes' absolute record of 350 pounds.



competitor, establishing the national standard with a success at 190 pounds.

The next three classes, 123.5, 136.5 and 152, were won by Blaine Ascension, Kevin Sorto and Michael Glenn, respectively; Glenn tied the national record with 275. The next three classes resulted in all new national records: CJ Fort lifted 315 at 169.5, Darryl Brown lifted 325 at 187, and Alec Walker did 345 at 207 (Walker also attempted 355, hoping to break Pat Mendes' absolute record of 350). The last two classes were captured by Hugo Campo, doing 300 at 231, and Joe Graen, hoisting 340 in the heavyweight class. Global High School won the team title, winning four bodyweight classes, but Las Vegas High gave them a battle by winning three classes.

The top five competitors in each

NATIONAL WOMEN'S HIGH SCHOOL POWER CLEAN RESULTS

May 14, 2011, Bonanza High School, Las Vegas, Nevada

WT CLASS	NAME	SCHOOL	WT LIFTED
117	Francesca Paraz	Foothill	125* New National Record
139	Nicolette Lind	Bonanza	140* Tied National Record
	Kressyn Cole	Cole CC	130
	Sarah Garcia	Global	110
	Jackie Lopez	Global	90
152	Chloe Van Tussenbroek	West Jordan	165* New National Record
HWT	Robyn Mascolo	Foothill	140* New National Record
	Jessica Dougherty	Foothill	135
	Karla Lazano	Global	100

Women Team Winner: Foothill HS

class were awarded impressive lifting statues, and each competitor received a meet T-shirt. Because of Val Balison's fundraising efforts, there were no entry fees. This annual competition is really catching on, so expect many great performances and more records to be broken in the 2012 event. **BFS**



Between lifting sessions, two-time winner of this competition Pat Mendes did a snatching exhibition, easily lifting 380 pounds. Pat plans to break all the senior American records in the super heavyweight bodyweight class this year.

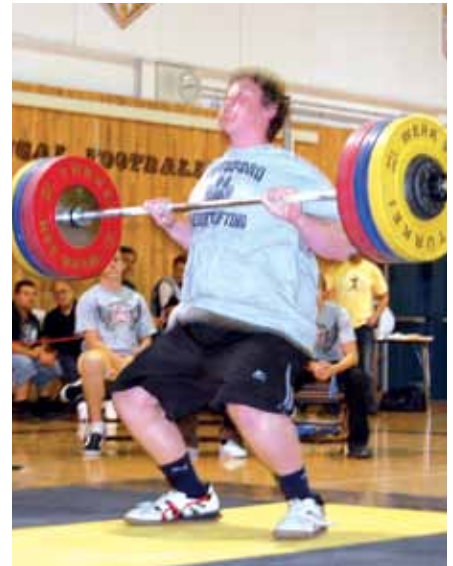
NATIONAL MEN'S HIGH SCHOOL POWER CLEAN RESULTS

May 14, 2011, Bonanza High School, Las Vegas, Nevada

WT CLASS	NAME	SCHOOL	WT LIFTED	
110	Eric Sorto	Global	190* National Record	
	Mike Flores	Global	160	
123.5	Blaine Ascunson	Durango	220	
	Reggie Reyes	Global	205	
	Sony Salazar	Bayfield	200	
	Corey Brown	Arbor View	190	
	Christain Guizar	Bonanza	165	
	Derek Schott	Arbor View	150	
136.5	Gerhel Murao	Durango	130	
	Kevin Sorto	Global	225	
	Kevin Stauffer	Arbor View	220	
	Kevin Juarez	Global	210	
	Lee Lande	Pittsford	205	
	Nick Gilbert	Global	200	
	Edgar Moreno	Bonanza	145	
	Michael Glenn	Las Vegas	275* Ties National Record	
152	Marcus Lavergne	Arbor View	260	
	Tyler Leet	Bonanza	250	
	Colby Ryan	Arbor View	240	
	Steve Sloan	Pittsford	235	
	David Hita	Durango	225	
	Geo Bucio	Global	210	
	Christain Melchor	Global	205	
	Kameron Gillis	Durango	205	
	Chaiya Somboonpang	Durango	185	
	Trace Stewart	Foothill	185	
	Eduardo Acosta	Global	180	
	CJ Fort	Global	315* National record	
	Brandon Xapanay	Green Valley	290	
	McKeithan Smith	Arbor View	275	
Jordan Ozosky	Bonanza	255		
169.5	Donny Gaskin	Arbor View	255	
	Jeff Robinson	Bonanza	255	
	Jared Crawford	Arbor View	250	
	Shane Selke	Pittsford	250	
	Antonio Nieves	Durango	250	
	TJ Pazell	Bayfield	250	
	Darryl Brown	Las Vegas	325* National Record	
	Julius McLaurine	Durango	285	
	Fabien Bell	Durango	260	
	Kyler Nielson	Arbor View	245	
187	Vicent Franzeo	Foothill	245	
	Andrew Ward	Pittsford	225	
	Frank Mendez	Durango	225	
	Alec Walker	Las Vegas	345 * National Record	
	Jarom Healey	Hurricane	330	
	Dominic Delucia	Pittsford	300	
	William Johnson	Las Vegas	300	
	Dominique Smith	Las Vegas	290	
	Gerald Rollins	Las Vegas	275	
	Adam Schultz	Bonanza	265	
	Rasheem Parks	Arbor View	240	
	207	Chris Bolanos	Durango	215
Hugo Campo		Global	300	
Dominic O'Shaugnessey		Pittsford	290	
Kade Cole		Cole Christian	285	
Jose Cerrintino		Las Vegas	285	
Thomas Newton		Arbor View	270	
Lou Testani		Pittsford	260	
231		Joe Graen	Pittsford	340
		Juan Cabrera	Foothill	320
		Tim Lavery	Sunnyside	320
	Cody Wilson	Las Vegas	305	
	Bing Lin	Durango	305	
	Luise Villegas	Durango	290	
	Steve Rose	Barstow	285	
	Aaron Rivers	Bonanza	275	
	Roberto Alvarez	Barstow	275	
	Brian Querubin	Arbor View	270	
	Ignacio Mendoza	Durango	265	

TEAM PLACING

1. Global HS 2. Las Vegas HS 3. Pittsford 4. Arbor View 5. Durango



The super heavyweight division was one of the most hotly contested, with five athletes cleaning over 300 pounds. The winner was Joe Green (top), followed by Juan Cabrera (middle) and Tim Lavery (bottom).