

## **Powerlifting Report for WASUSA 2013**

This year during NJDC there was excitement in the air. There were three records broken with the highest lift over 470 pounds by Ja-Que Billingsley and Bryce Segura who lifted over 244 pounds, Zsolt Vincze who had a record lift of over 230 pounds. This year the athletes only competed in the powerlifting lift. This was because the bench press is no longer accepted in international competitions. At NDA we will be discussing if we should continue with this change. As in everyone sport our goal is to increase competition across the country in Powerlifting and welcome everyone to NJDC. What we need to work on is encouraging adult athletes to participate in Chicago for WASUSA's Adult National's Championships. The total number of competitions that include Powerlifting, was 12 around the country. We also are adding to the website the locations of the benches so that we can offer our members their use. If your organization would like to house a bench for WAUSA, please contact us at the office. Also, keep us informed if you know of new benches that are available to our athletes.

The committee is looking for help to organize clinics for the athletes both adults and juniors. Last year was the first year in a long time that the to continue holding certification clinics for new officials. This will improve our competitions at our meets. There are many disabled individuals around the country who are interested in this sport but need help with training. This year I met and had a conference with the Courage Center management. I am trying to set-up a bench at this location for their athletes. I have offered our services to them and I hope they will be able to find a space for the bench. Texas also has purchased several benches for their athletes this pass year and are planning on providing support for their teams.

There is no doubt that this sport can grow tremendously. We need to provide more competitions, professional trainings, and supports to make this happen. If you are interested in helping this committee please feel free to email me.

Respectfully Submitted  
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Powerlifting STC Chairperson