

RMLC

Rocky Mountain Lifting Club

1600 S. Abilene St., Aurora, CO 80012
303-337-4613

December 2009

2009 USA Powerlifting American Open Championships

December 5-6, 2009

The 2009 USA Powerlifting American Open Championships was held at the Rocky Mountain Lifting Club the weekend of December 5-6. We had some fantastic, competitive lifting going on, and quite a few victories for Rocky Mountain Lifting Club lifters. The American Open is a chance for lifters to qualify for Men's Nationals. Lifters are in competition with everyone in their weight class, regardless of age, or lifting raw or equipped. Winners in every weight class get an automatic spot in the following year's Men's Nationals.

Omar Valdez took first place in the 60kg weight class, Andrew Restivo took third in the 82.5kg, Tom O'Keefe took fourth as a 74 year old lifter, Stanton Bergin took fifth in the 90kg, Vasil Gushterov took first in the 110kg, Nick ward took first in the 125kg, and Emil Gouchterov took first in the UNL. Congratulations to all of these lifters.

Perhaps one of the most exciting shows, was the fight for best lifter, which ended up coming down between two RMLC lifters, Vasil Gushterov and Nikolaus Ward. Best lifter was determined by WILKS total only, so the fight was on. Nick was ahead by 3 points when it came down to the last and final deadlift. Nick attempted 327.5kg for his third attempt. If he made it, Vasil would have had to pull 352.5 in order to pull the win, if he missed it, he would have had to pull 345. Nick missed his third attempt, and Vasil attempted the 345kg. He pulled it up and locked it out, and just before the down command, he slipped out of his hand, giving Nick Ward the win for best lifter at the 2009 USA Powerlifting American Open Championships. It was Nick's second time competing, and Vasil's fifth time competing.

Congratulations to all of the Rocky Mountain Lifting Club lifters, who all had some great lifting. They all have long and great careers ahead of them.



Meet Omar Valdez

Omar Valdez is a fourteen year-old lifter from Aurora, CO. He started competing in many different sports this year, including powerlifting, wrestling, and track and field. Omar started training at the Rocky Mountain Lifting Club back in March.

Omar took third place in the Aurora City Championships for wrestling, this year. As a first year wrestler, his coach attributed his strength and skills to powerlifting.

Omar's first powerlifting competition was the State Games of America. He competed in the American Open the weekend of December 4-6, and took first place! He has qualified to go to Men's Nationals next year, as a 14 year old lifter.



RMLC Announcements

March 20, 2010: RMLC Powerlifting Championships/CO High School Powerlifting Championships
2009 USA Powerlifting Colorado Hall of Fame Inductee will be announced during intermission.

April 25-26, 2010: Coaching Certification class, held at the Rocky Mountain Lifting Club

July 16-18, 2010: 3rd Annual USA Powerlifting Raw Nationals

For more information, please visit our website at www.rmlccolorado.com/rawnats/rawnats-index.htm

Personal Trainers Wanted

The Rocky Mountain Lifting Club is looking for certified personal trainers. There is no floor fee for personal trainers, and any money you make is your own. Clients must pay regular membership fees. Valid insurance required.

Call us at (303) 337-4613 or stop by 1600 S. Abilene St in Aurora.

2010 Arnold Sports Festival

Dan and Jennifer Gaudreau have both been invited to participate in the 2010 Arnold Sports Festival. The convention will be held in Columbus Ohio at the Greater Columbus Convention Center on the 5-7 of March. Dan has been invited to do the IPF Titan Pro Bench Bash, and Jennifer has been invited to participate in the NAPF Quest American International.

USA Powerlifting Coaching Certification

Next course: April 24-25, 2010

USA Powerlifting is now offering a Coaching Certification program available to all USA Powerlifting members. We offer 3 levels of Coaching Certifications: Club Coach, Senior National Coach, and Senior International Coach. This should cover coaches from beginning to international levels. We will strive to provide coaching candidates with information and technical expertise to allow them to coach at any level.

USA Powerlifting has compiled information on Powerlifting coaching from various sources through out the world. This information will be invaluable to Powerlifting coaches, strength coaches, personal trainers as well as specific sport trainers.

In this course, USA Powerlifting will analyze the rules of performance and execution of each of the 3 Powerlifting movements. Experienced international level coaches and staff will share coaching techniques that can be transferred to athletes at any level.

If there are six or more participants wanting to take a coaching certification in a state, other than Colorado, we can come to you.

Applications, prices, and further information is available online at www.rmlccolorado.com/coaches/welcome.html



Colorado State Powerlifting Championships

The Colorado State Powerlifting Championships was held in conjunction with the American Open Championships. Similarly, there were some great victories for Rocky Mountain Lifting Club lifters.

Omar Valdez, Andre Restivo, Tom O'Keefe, Justin Casteel, Vasil Gushterov, Alf Tischler, Nick Ward and Emil Gouchterov all took first, while Stanton Bergin took second.

Congratulations to all of the Rocky Mountain Lifting Club lifters.



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The 2010 USA Powerlifting Raw Nationals will be held in Denver, CO on July 16-18.

Raw lifting has gained a lot of popularity, and raw lifters wanted to have a chance at competing at a National level as well, so the Raw Nationals was voted in at the National meeting in 2007. Whether you are a hardcore raw lifter, or an equipped lifter in the middle of a raw training cycle, the Raw Nationals offers something for everyone.

Prerequisites for competing in the Raw Nationals is just that you must have competed in a Prior USA Powerlifting Sanctioned event within the last year, and you must have competed raw, and posted a total. There is no qualifying total required.

For more information regarding this event, please visit our website at www.rmlccolorado.com, and go to the link on the right hand column of the index page.