

RMLC

Rocky Mountain Lifting Club

1600 S. Abilene St., Aurora, CO 80012

303-337-4613

January 2009 Newsletter

Powerlifting Events

2009 Mountain States Peak Performance
Powerlifting Championships

When: March 21st

Where: Grandview High School-Aurora, CO

2009 USAPL Men's National Championships

When: June 11-14

Where: Doubletree Hotel.
3203 Quebec St.
Denver Colorado

2009 USAPL State Games of America

When: August 1st & 2nd

Where: US Air Force Academy, Colorado
Springs

THE ROCKY MOUNTAIN LIFTING CLUB
PRESENTS
**2009 MENS OPEN
TEEN & JUNIOR NATIONALS
DENVER!**
For more info contact:
Dan Gaudreau (303) 475-3366
Or log onto:
USAPLNationals.com/2009mens

2009 Mountain States Peak Performance and USA Powerlifting Colorado High School Powerlifting Championships

The Rocky Mountain Lifting Club will be hosting the 2009 Mountain States Peak Performance, Powerlifting competition on March 21st at Grandview High School. We will also be hosting the 2009 USA Powerlifting Colorado High School Powerlifting Championships at the same time.

Are you and your friends in competition about who is stronger and who can bench more? Well what better way to settle the argument once and for all than at a powerlifting competition, surrounded by a bunch of powerlifting legends?

Perhaps your reasons for lifting are simply because you enjoy it, so come and join us just for the fun of it. Regardless of your reasons for lifting, make sure you plan to lift in our High School Powerlifting Championships.

Entry-forms are available on our website at www.rmlccolorado.com under the events section. If you have any questions, feel free to contact us via e-mail- rmlcco@yahoo.com, or by phone- (303) 337-4613. Hope to see you all there!



Dave 'Gonzo' Gonzales-Family Man, Powerlifter...a Huge Inspiration

"My father never missed a National or World meet. He's my biggest fan," begins Dave Gonzales as his face lights up.

It is a Sunday afternoon and Dave "Gonzo" is working out at the Rocky Mountain Lifting Club. With him are his son Max and Dan, owner of the gym. While most others are enjoying a leisurely Sunday, Dave is busy getting stronger than his competitors would like him to be. Dave is training in an effort to win yet another National (he has won the last six) and World (Gonzales has two) Powerlifting Championship.

The head football and recently appointed head track coach at Rangeview High School in Aurora CO, Gonzales is no stranger to competition. "I began powerlifting, because after college I wanted to continue to be competitive," Gonzales said. He has been an athlete all of his life. The sports that he has participated in include: basketball, football, track and field, wrestling and boxing.

Aside from his vast accomplishments in the sport of powerlifting, Dave is also a family man.

"My family endures so I can enjoy the sport. There are financial concerns, the travel can be exhaustive, and my family understands," Gonzales explains of the sacrifices his family makes so he can be a powerlifter.

His family includes his wife of eighteen-years, Cydnie, Daughter Rikki and Son Max-who is with him for this session. When asked about his dad, Max says, "I think he's cool, really strong and a really good dad." He then gazes at the bar that his father has just loaded and says, "That looks really heavy. I don't think I'll try to lift it."

Gonzales points out that his wife, Cydnie, was a high school powerlifter. She had a deadlift of 400 pounds as a 148 pounder.

Belief is important in Dave's life. The tattoo that is wrapped around his right bicep is from Philipians, "I can do all things through Christ which strengthens me." With a badge like that, and a family who supports him, it comes as no surprise that Dave battles the fierce competition with ease, just like the trained professional he is.

By: j.e.Dale



Coaching Certification

We will be hosting a new Club Coach Certification program on May 23 and 24th, 2009. The class will be held at the Rocky Mountain Lifting Club Located between Iliff and Mississippi on Abilene St. in Aurora, CO. We are offering three different levels of coaching certification: Club Coach, Senior National Coach, and Senior International Coach. If you have any other questions you may contact Dan Gaudreau by either:

E-mail- rmlcco@yahoo.com

Phone (303) 337-4613 or

Visit our website at www.rmlccolorado.com under the events section.



AVAILABLE AT



Colorado Hall of Fame Nominees

The following people were nominated for the Colorado hall of fame.

Ron Garafalo
Robb Grisham
Dave Gonzales
Robert Trujillo
Dan Gaudreau

The votes are in and the results and induction ceremony will be conducted at the 2009 Mountain States Peak Performance on March 21st.



If you thought you knew how to get big, strong, and powerful – think again.

Some of the latest sports science discoveries from our latest issue:

- **Squat Speed**
Using force control to ascertain differences between men and women in the squat.
- **Mental Muscle**
A periodized approach to mental skills training will enhance your sports performance
- **Back in the Heat of Action**
Returning to training after heat illness.
- **Heat Risk**
Identifying your risk factors for heat illness

www.jopp.us



Take a look at the NEW RMLC Website!

www.RMLCcolorado.com

2009 Men's Open, Teen and Junior Nationals

Have you ever wanted to compete with a lifter that you admire? Well at the 2009 Men's National Championships, you could get that opportunity.

Flights will be divided up by weight class only, so if there is a lifter in your weight class that you've always wanted to compete against, here's your chance! The meet will be held June 12-15th at the Doubletree Hotel in Denver, CO. Call 303-337-4613 or E-mail at RMLCCO@yahoo.com for more information.

Personal Trainers WANTED

The Rocky Mountain Lifting Club is looking for certified personal trainers. We do not charge any type of floor fee or monthly charge ever to any personal trainer. Whatever money you make from your training sessions you get to keep. Your clients will need to pay regular gym dues for the use of our location and that is it. We currently have members who are in need of a trainer.

You can give us a call at 303-337-4613 or stop on by 1600 S. Abilene St., Aurora



Eleiko USA has set the bar for powerlifting performance bars and plates. They made history in the world of powerlifting in 1963 when their bar was the first used during an entire competition without bending! Each bar is put through strict tests, and if it does not meet the requirements, is melted down and restarted. Perfection is what they strive for, and perfection is what you can count on

Order Eleiko power bars and plates through the
Rocky Mountain Lifting Club
303-337-4613

PIONEER

STRENGTH EQUIPMENT



Order Pioneer Equipment at RMLC!

The Pioneer Smartrack's (pictured left) Patented "self spotting," makes the Smartrack perfect and safe for home gyms. Its built-in safety feature ensures that you always have a spotter to keep your workout safe.

Order the Smartrack and other Pioneer Equipment at Rocky Mountain Lifting Club. 303-204-4171 OR
RMLCCO@yahoo.com
www.PioneerSmartRack.com

2009 Arnold Sports Festival

Owners of the Rocky Mountain Lifting Club, Dan and Jennifer Gaudreau, have been invited to participate in the Arnold Sports Festival Quest American Invitational. Six teams will be represented between North and South America. The six teams are: Pacific, Midwest, Central, Atlantic, Canada, and Pan-AM.

The Arnold Sports Festival, powerlifting competition, is made up of four different events. They include the International Pro Deadlift, International TITAN Pro Bench Press, Con-Cret Raw Challenge, and the Quest American Pro Invitational. All events are by invitation only, so it is quite an honor to be selected to participate.

Monetary awards are given out for Wilks Coefficient scores. Approximately \$24,000 will be awarded in prize money between the four events.

The Arnold Sports Festival in its entirety is a *huge* event. All events that will take place in the Festival include: active aging festival, archery, arm wrestling, Arnold Amateur, boxing, cheerleading, dance sport, fencing, fitness fashion show, grappling, gymnastics, IFBB Women's events, martial arts, Men's body building, powerlifting, pump & run, race walk, strength training summit, strongman, table tennis, weightlifting and wrestling.

Over ten thousand competitors are lifting through all of the competitions, and approximately 140 of those are powerlifters.

For more information about any of the events you can go to www.arnoldsportsfestival.com or you can go to www.usapowerlifting.com.

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