

RMLC

Rocky Mountain Lifting Club

1600 S. Abilene St., Aurora, CO 80012

303-337-4613

September 2008

RMLC Lifters Break Records at State Games

The State Games of the West were a great success. Rocky Mountain Lifting Club was proud to have several lifters compete in the full meet and bench only powerlifting competitions. Two of our lifters, Don Hutchins and Shane Secrist, conquered their first powerlifting meet. Lifter Frank Agos set 4 new personal records and Vasil Gushterov broke the state deadlift record with a lift of 320kg (704 lbs). In the bench only competition Volodymyr Narolskyy benched 262.5kg (577.5Lbs) beating the American record.

Congratulations go out to all of our lifters for their fantastic showing at the State Games! Frank Agos, Tom Cencich, Vasil Gushterov, Martchelo Vassilev, David Juma, Don Hutchins, Shane Secrist, Jeff Telljohn, and Volodymyr Narolskyy.



Pictured from left to Right: Frank Agos, Shane Secrist, David Juma, Martchelo Vassilev, Vasil Gushterov, Don Hutchins, Dan Gaudreau, Jen Gaudreau, and Logan Gaudreau.

2008 Squat, Deadlift, and Push Pull Nationals

Rocky Mountain Lifting Club will be hosting the 2008 Squat, Deadlift, & Push Pull Nationals in Denver CO. This meet is the last national powerlifting competition of the year and one of the last qualifying meets for the 2009 Arnold Classic Deadlift competition. Participants can medal in Squat, Deadlift, or Push Pull and the competition is open to all lifters. Lifters must be USAPL members to compete, memberships will be available at the event.

Spectators are welcome! Adults \$10 , Children under 12 Free

For more information please visit www.rmlccolorado.com or call (303) 337-4613

Lifter Profile- Frank Agos



Frank Agos has become a staple here at Rocky Mountain Lifting Club. As a Masters 2 lifter, now in his second year of competition, Frank has shown great commitment and discipline. Frank finished second at the Masters Nationals in Miami FL this spring and at the recent State Games of the West he broke personal records in Squat, Deadlift, and Bench as well as a personal record for Overall Total. His dedication to the sport and personal goals is highly appreciated at RMLC and we like to think of him as part of the family.

Calendar of Events

Powerlifting Events

September

Squat, Deadlift, Push Pull Nationals
Where: Rocky Mountain Lifting Club
When: September 13 2008

December

Colorado State Powerlifting Championships
Where: TBA
When: Dec 6 & 7

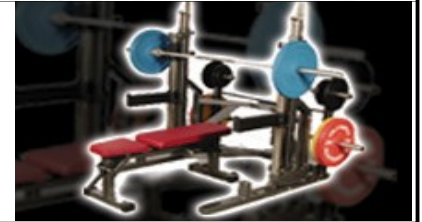
Strongman Events

October

Strongman Competition
Where: Colorado Horse Park
When: October 18 2008

PIONEER

STRENGTH EQUIPMENT



Announcements

Pioneer Strength Equipment has made Rocky Mountain Lifting Club one of its dealers. Pioneer has developed a series of strength equipment for every need. The Pioneer 3-way Olympic Smart Rack allows for the lifter to "self spot" without interfering in the lift. We are very pleased to be involved in supplying this kind of equipment to fellow athletes. *Please see above advertisement.*

We are also pleased to announce that we will be selling BSN Nutritional Supplements through the Rocky Mountain Lifting Club website..

For More information on this and other products please visit our website: www.rmlccolorado.com

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

TITAN

SUPPORT
SYSTEMS INC.

Available at RMLC

USAPL Coaching Certification

USAPL Coaching Certification classes will be held September 15 & 16.

Certification classes are available for Club Coach, National Coach, and International Coaching levels.

Classes will be held at:
Rocky Mountain Lifting Club
1600 S. Abilene St.
Aurora CO 80012

For more information please visit
www.rmlccolorado.com or Call **303-337-4613**

Kettlebell One-Arm Jerk Lift

By Coach Nico Rithner

This Lift is a big favorite of mine. It's challenging and rewarding. Quite complex, since it requires rapid directional changes and pinpoint accurate timing and alignment, yet it can really be a lot of fun once you master the basics. Because of its complexity you will always have something to work on this lift to improve. I find the Jerk as well as its sister lift the Clean and jerk to be a foundational technique that should be taught to all students since it builds athleticism and coordination. A notation must be made. Often times this exercise is practiced with one kettlebell when the goal is fitness only because it's easier to teach than the double or competition Jerk. I believe that as the student evolves they should be exposed to the double kettlebell version as well since this offers a whole new set of challenges to the lifter. Here is a good example from the AKC Classic 2008 where Susanna Baxter is performing the One-arm Jerk.

Notice that the sequence starts at the first dip. The main difference in the two lifts is the racking position. The one arm version allows you to "tilt" your hips for better support of your loaded arm making it more restful than the 2-arm version. The pace is notoriously faster as well.



This should provide you with a good base to start practicing this technique. My recommendation is that you find a qualified coach near you to ensure proper technique and for faster results. Colorado Kettlebell Club kettlebell classes and personal training are available in the Denver metro area. Join us so we can work together on making your goals a reality.

Coach Nico Rithner
nico@coloradokettlebellclub.com
303-333-4247

Equipment For Sale

The Rocky Mountain Lifting Club is your source for all of your powerlifting needs. We sell all equipment for powerlifting.



Call Dan at 303-337-4613

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October Strongman

Rocky Mountain Lifting Club will be holding a strongman competition this October at the Colorado Horse Park in Aurora CO. The event will be held on October 18 2008 as part of the park's Halloween with Horses Festival. This is a great venue and the festival is fun for the whole family. Strongman events will include: Tire Deadlift, 10" Log Lift for reps, Farmer's Walk/Sled Drag, Tractor Pull, and the Africa Stone.

Family activities include Pony & Horse Rides, a Safe Trick-or-Treat Barn, a Horse Costume Contest, Pumpkin Patch, and Live entertainment.

Go to www.rmlccolorado.com for more information as it becomes available.

For more information on this and other events at Colorado Horse Park please go to their website: www.coloradohorsepark.com



Take a look at the **NEW RMLC Website!**

[Www.RMLCcolorado.com](http://www.RMLCcolorado.com)



RMLC Hats are now available!

\$15

Look for them in the Gym and online!



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