

POWERLIFTING:
Youth division
is relatively new

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“Twenty-five percent of Youth Nationals were from Sisters, Oregon,” said their coach, Ryan Hudson, himself a record-setting lifter. “Obviously, we have the strongest participation in the country from our little town.”

Regardless of the numbers, the young athletes had to perform — and they did, turning in numerous personal-best lifts in the tournament that featured lifters ages 8 to 13 years old.

Jadynn Mendez, 13, is the 2017 Youth National Champion at 130 pounds. He made a state record squat PR at 100kg (220.5 pounds); a state record bench-press of 58 kg (127.86 pounds); a state record and a 125kg (275.6 pounds) deadlift for a 283kg (623.9 pounds) total. (Poundage rounded up to nearest 10th).

Eleven-year-old Kellen Tolle (44 kg — 97 pounds) is the 2017 Youth National Champion with three national records, with a 75 kg (165.4 pounds) squat; a 40kg (88.2 pounds) bench and a 105kg (231.5 pounds) deadlift for a 220kg (485 pounds) total.

Tony Gonzalez, age 10, set national records on his way to a 2017 Youth National Champion at 59kg (130 pounds). He squatted 72.5kg (159.8 pounds); bench pressed 37.5kg (82.7

pounds); and deadlifted 100kg (220.5 pounds) for a 210kg (463 pounds) total.

Marieke Jeffrey, 12, took silver at 52kg (115 pounds) with personal and state records in each event. Her squat weight was 55kg (121.3 pounds); bench was 26kg (57.3 pounds); and his deadlift came in at 70kg (154.3 pounds) for a total of 151kg 332.9 pounds.

Cam Wessel, age 13, 66 kg (145.5 pounds) is a youth national champion with state records in all three of his lifts. He squatted 82.5kg (181.9 pounds); benched 58kg (130 pounds); and deadlifted 100kg (220.5 pounds) on his way to a 240.5kg (530.2 pounds) total.

The youngest competitor was 8-year-old Adam Lookabaugh at 30kg (66.1 pounds). The youngster is a 2017 Youth National Champion with three national records: 45kg (99.2 pounds) squat; 26kg (57.32 pounds) bench; and a 154.3 pounds) deadlift for a 141kg (310.8-pounds) total.

All in all, the Sisters lifters set 18 new state records; 14 new personal records; and nine new national records.

Hudson trains at least one parent of each of the kids, and the youngsters have been in the program from one to four years.

“They’ve been training a good year or two for this meet ... and to set records on the national stage,” Hudson said.

The Youth National Championships have



PHOTO PROVIDED

Young powerlifters from Sisters dominated national competition. (Order in photo is order listed in story.)

developed in recent years as an opportunity for very young lifters to develop good technique and competitive habits before moving into the much larger and more competitive worlds of teen, high school, and junior powerlifting.

Those categories are “much bigger and more competitive — and they have international categories,” Hudson said. “It’s a huge jump to that next level.”

Eight years old may seem young to be lifting heavy

things in competition, but as long as good form is emphasized, the sport is safe and helps young athletes build a base of strength — and a good work ethic, Hudson says (*see story, page 31*).

“We’re trying to build the future of not just our sport, but also our culture and our country,” Hudson told *The Nugget*.

Madras expands boundary for airport, Daimler

BEND (AP) — The Madras City Council has voted to expand the urban growth boundary by more than 600 acres to bring a new Daimler Trucks North America testing facility into city limits.

The *Bend Bulletin* reports the boundary change would also put more of the Madras Airport into city limits.

City leaders say placing more of the airport within city limits will give Madras more control over administering its FAA-required airport master plan, as well as other planning decisions.

The state must sign off on the boundary expansion.

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