



2005 USOC/USAPL Palm Beach County Sports & Fitness Festival "Tropical Games" Bench Press & Deadlift Championships Meet Director: Robert Keller

Contest Results in PDF Format here: [Powerlifting](#) and [Single Lift](#)

Championship Report

The 2005 USOC/USAPL Palm Beach County Sports & Fitness Festival "Tropical Games" Bench Press & Deadlift Championships was again, a huge success for USA Powerlifting. This year's event marked the ever growing relationship that is being built, brick by brick, with the USOC and their affiliate associations and organizations. Last year's event marked the first time in history of the sport that the "official" National Governing Body (NGB) for Powerlifting in the United States, the USAPL, worked and held training clinics, as well as a championship under the direct [patronage] of the United States Olympic Committee (USOC). This patronage coming by means of the Palm Beach County Sports Commission, a USOC Community Olympic Development Program (CODP).

The overall purpose of CODPs is to create visibility for Olympic and World Games sports, as well as give to youth access to those sports and to create feeder programs for talented athletes. For some athletes, the opportunity can ultimately lead to making a USA National or Olympic team. The CODP, besides giving youth an opportunity to train under certified coaches, also emphasizes other Olympic Ideals - proper nutrition, lifetime fitness and conditioning, anti-doping, perseverance, personal best performance, as well as community involvement.

With the International Powerlifting Federation's application for "provisional" IOC recognition still being considered, this particular event provides positive encouragement and enforcement that Powerlifting will

one day not only recognized by the IOC, but the USOC as well. So, with our World Games status and events such as this, we are moving steadily along while making a huge impact on the youth of our communities.

Palm Beach County Sports Commission and Institute

The Palm Beach County Sports Institute was founded in 1996. The main goal of this 501(c) 3 not-for-profit organization was to focus on the development of grass roots programs for the youth of Palm Beach County. This goal is achieved through the Institutes and commissions involvement in events such as Palm Beach County Sports Achievement Awards, The Lou Groza Place Kicker Award, Palm Beach County Sports and Fitness Festival, and Palm Beach County Sports Hall of Fame. Through these events the Institute and Commission has spread the positive aspects of athletics to over 50,000 children in the county and beyond. In 2002 the Institute joined forces with the United States Olympic Committee to form the Community Olympic Development Program. With the addition of this program the Palm Beach County Sports Institute has been able to help the youth of Palm Beach County "Just Say Yes to Sports."

2005 USOC/CODP Palm Beach County Sports & Fitness Festival

The Palm Beach County Sports & Fitness Festival is specifically geared to introduce the Olympic and World Games Sports, through the presentation of short clinics to kids 6-13 years of age in Palm beach County. A worthwhile endeavor! If you have the time and opportunity to volunteer in your community with youth level sports, please do so. The impact that you make is well worth the time and effort. Moreover, you will find great enjoyment in seeing these kids involved for the first time with the sport of powerlifting.

Given this, I am proud to say that during these two very intense and long days of youth training clinics, there was significant outreach to some 3,000+ kids. These demonstrations, included hands on instruction utilizing hollowed aluminum bars and plastic weights from Bigger, Faster, Stronger (BFS), so as to teach youth level athletes the technique in the three disciplines of powerlifting. This instruction was provided by Joanna Wiersma of Florida Gulf Coast University Powerlifting Team and Brian Burritt. On this note, I would like personally and publicly thank Joanna and Brian for their contribution to such a noteworthy cause - Great job and thank you!

At the conclusion of each clinic, the kids, their coaches and parents were provided with information handouts on USA Powerlifting, as well information on the positive benefits the sport of powerlifting provides to not only the athletes, but as a community development tool to promote and develop youth fitness. Key and important, ALL of the monies raised through the entry fees from the powerlifters partaking in the "Tropical Games" Bench Press & Deadlift Championships, held the following day, were given directly to after school youth level sports development programs within the communities of Palm Beach County, Florida -- A noteworthy and worthwhile cause to say the least.

USAPL "Tropical Games" Bench Press & Deadlift Championships

Like last year, the third day of the event included the hosting of ten (10) sport competitions in an Olympic Festival style setting. Athletes from all over the state traveled to Palm Beach County to participate in these competitions, which included Judo, Karate, Taekwondo, Wrestling, Weightlifting, Powerlifting, Chess, Boxing, Table Tennis, and Fencing, with the spectator admission being only a nominal \$5.00. All of the sports, together, brought in 542 total athletes.

The Games were directed and sponsored by the West Palm Beach Sports Commission, and was held at the Palm Beach Fair Grounds, which included a 500,000+ square foot air-conditioned convention center. Key and important, during the course of all the three [3] days, some 5,000+ people came through the turnstiles to watch these events. Unique to this year's championship, included both weight sports competing side by side in the same venue.

This location and layout provided the perfect setting for a powerlifting championship with some extraordinary performances being turned in by all of the athletes attending this championship. Most noteworthy of the performances was Mr. Greg Wright's deadlift of 267.5kg/589lbs, in the 75kg/165lb class that was pulled with room to spare. Greg, also for the second year in a row, took best male lifter of the championship. Other notable performances were turned in by Joanna Wiersma, Jim Dundon, Kelvin Robinson, Marcos Fernandez, Chris Calvano, Clayton Lang and Jerry Kluff. Clayton and Jerry even set American records with their lifts.

Special recognition also goes out to World Gym of Ft. Lauderdale, under the coaching of Dan Mathews, for winning the team title once again, as well as to spotters and loaders organized by Brian Burritt from House of Pain with no misloads - great job! Congratulations to each and every lifter that took part - super job!

USA Weightlifting - Florida

Rich Lansky, the president of USA Weightlifting - Florida, and USAW Executive Board member and I met again this year, and discussed several partnering ideas as to how we can work together on future events, and how both Weightlifting and Powerlifting can be a compliment to one another. We are currently working together towards a joint training seminar, certification training program and combined championship.

Staff Support & Referees

An event such as this could not have been this successful if it were not for the support and assistance from the following people who volunteered to assist with this event. I will begin by again thanking Jim Dundon, Raeanna Monfort, and Joanna Wiersma of Florida Gulf Coast University - great job! I would like to especially thank Joanna, who volunteered here time all day Thursday and Friday to assist with the clinics and turned around on Saturday, and set a Florida Collegiate record in the deadlift. All of this comes after stepping out of a wheelchair no less than a year-and-half ago. Thank you Joanna! I would also like to thank the referees for this year's event: Mike Licciardi - National, Karen Licciardi - National, and Jack Marcus - IPF Category II. I would also like to thank Bob Tevadia, Kim Swaggerty, and Carlos Morgan of World Gym - East Fort Lauderdale for volunteering their time with expediting and assisting at the scoring table. All of the referees and officials performed with the utmost professionalism - Thank you for a job well done!

I would like to conclude by sending special thanks to the Dr. Larry Maile, and to the USAPL EC for their support of this venture! Needless to say, each person played a significant role in the overall success of this championship.

Sponsorship

As always, events like this are not successful without the contributions of our sponsors, who continuously, without hesitation, step forward to assist us with the direction of this championship. On this note, I would like to thank Pete Alinez of Titan Support Systems, Peter Thorne from Inzer Advance Designs, Adam Auerbach of Ivanko, Brian Burrirt from House of Pain and Mordecai Williams of Strong Arms Sports.

Final Thoughts

To close, next year's event will be much larger and more involved than ever before, as the event plans to include several other events, to maybe even include strongman. On a final note, if you are interested in lifting, volunteering or becoming involved with this event next year, please contact me directly, and I will place you on the mailing list. Otherwise, the best of luck with your training for 2006 and we look forward to seeing you there!

Robert Keller

Program/Contest Director

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