

DECEMBER 2013

# THE RAW EXPERIENCE

**For the Lifter:**

**DRUG-FREE,  
GEAR-FREE,  
WEAKNESS  
FREE!!**

100% RAW  
Powerlifting  
Federation

## 2014 100% RAW POWERLIFTING FEDERATION'S GROWTH AND DEVELOPMENT

### HAPPY HOLIDAYS FROM THE 100% RAW FRONT OFFICE, STATE CHAIRMEN, AND MEET DIRECTORS ACROSS THE BOARD!!!

We are in the final days of 2013 and it already looks like 2014 is shaping up to be another impressive year for the 100% RAW family. While you and your family were enjoying your turkey, shopping, and family time, we have been behind the scenes drafting up what might be 100% RAW's most competitive year to date! So grab your protein shake, a snack and enjoy your read. This newsletter is packed with tons of information on our direction for 2014.

Starting with this issue of the RAW Experience and moving forward each month, we will be doing a Member/Lifter Spotlight, Competition Write-Ups/ Action photos as well anything else we can come up with to bring you

more of what you want to see from the federation you became a part of.

As a brief reminder, when emailing competition photos for selection into our newsletter, **PLEASE INCLUDE THE FOLLOWING WITH THE PHOTOS:** Lifter's name, competition date, and, if it is an action photo, weight attempted. Thanks in advance.

The vision of our new newsletter is to place it on the pulse of the **100% RAW Federation**. It is going to take the collective efforts of our State Chairmen, meet staff, lifters, and family and friends to make that possible. Thanks for your time and assistance and, as always, **STAY DRUG-FREE STRONG!**

- Nasir Nantambu- *International Chairman and Chairman of Growth and Development. (You can find me on Facebook @ Chef Nasir Nantambu, or contact me @ [the100rawexperience@gmail.com](mailto:the100rawexperience@gmail.com)*



### Working on a Stronger Federation

100% RAW Powerlifting's President, Paul Bossi, with Nasir Nantambu, International Relations Chairman/G&D Chairman

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THE NEXT  
HOUSEHOLD NAME  
OF POWERLIFTING:  
NOAMI "SUPERGIRL"  
KUTIN

## THE POWER IN YOUTH: SUPERGIRL STRIKES AGAIN!

NOAMI KUTIN PUT ON A PERFORMANCE TO REMEMBER IN NOVEMBER! WEIGHING IN AT JUST 94.5 LBS SHE PUT ON THE FOLLOWING PERFORMANCE: SQUAT: 105 KG (231 LBS) SET A NEW OPEN

WORLD RECORD AND BREAKING THE POWERLIFTING WATCH'S ALL-TIME BEST (NO WRAPS) SQUAT AT 97 LBS!!

THEN SHE PRECEDED TO ABUSE OUR RECORD BOOKS WITH NEW OPEN WORLD RECORD LIFTS WITH A 45KG (99LB) BENCH PRESS, A 113KG (249) DEADLIFT, AND A 567LB TOTAL TO CLOSE THE

DOOR! AND I DON'T EVEN THINK IT'S NECESSARY TO SAY THAT SHE POSTED AN ELITE TOTAL AND WON THE WOMEN'S BEST LIFTER AWARD IN THE PROCESS!!!

NOW AFTER TYPING ALL OF THESE MONSTER NUMBERS, I NEED TO CARRY MY BUTT BACK TO THE GYM!!! CONGRATS NOAMI!!!!



## WORLD CHAMPIONSHIP PLAQUE SPECIAL NOW THROUGH DECEMBER 1ST

Now through December 1st. World Championship plaques can be ordered for \$55.00 plus \$15.00 shipping and handling. After December 1st, plaques will be available for \$70.00 plus shipping and handling. So if you want to order a 2013 World Championship plaque and wish to take

advantage of the \$15.00 discount, please remit your order before December 1st.

Also, 2013 World Championship rings are still available for purchase. All order forms will need to be emailed to Paul Bossi so that they can be approved and sent in.

UP COMING MEETS: DECEMBER	CHRISTMAS CLASSIC: 12/7	CHRISTMAS CLASSIC: 12/7	WEST COAST SINGLE LIFT CHAMPIONSHIPS: 12/14
	<p>Meet Director: John Shifflett</p> <p>Zion Crossroads, VA</p>	<p>Meet Director: Jeremy Meyers</p> <p>Omaha, NE</p>	<p>Meet Director: Tim Sparks</p> <p>Phoenix, AZ</p>



# SUPPLEMENTS /// REVIEWER

[HTTP://WWW.SUPPLEMENTSREVIEWER.COM/](http://www.supplementsreviewer.com/)

## SSP PRE-WORKOUT REVIEW

Rating 4 out of 5 



SSP PRE-workout is a simple yet effective formula. In short, it works. Not only is the blend great for workouts but also during sports/athletic activity. But for the sake of reviewing it as a pre-workout, I will stick to that.

**Energy/Focus:** 250mg of caffeine is right there between just enough to workout anytime without feeling on edge or jittery. I workout late in the day usually after a long day at the office, So I need this dosage of caffeine to get me workout ready. The good thing is that I was always able to do my full workout every time with no problems.

The focus was really well due in part to the caffeine but also the L-Dopa. I am a fan of supplementing L-Dopa either at night or before workouts. It adds a nice calm and focused mood, specially when paired up with caffeine.

**Pump:** The pump is great and I don't get the beta-alanine itches that you would get in most products with a good pump.

**Flavor:** The one problem is that it only comes in one flavor so it can't suit the flavor needs of many. But the good side is, that the Fruit Punch flavor is pretty good. I found the best flavor and consistency with around 14oz of water, which is a little more than recommended, but worked well for me.

**Overall:** I am a fan of smaller companies, always have been. The product works well but costs just a tad more than you may expect from a big name. I would rather support a grass roots company for a few extra dollars if the product works, and that is the case here. With that aside, the added BCAA's is awesome and I didn't need to supplement those before workouts while taking this. 13G of protein in pre-workout is pretty awesome as well, and you won't see that often, if at all.

It's a very well balanced pre-workout that works in all areas and I like it. I think it could be easily in top 5 pre-workouts, and is something I wouldn't mind sticking to if I wasn't always playing test tube boy.

Give SSP a look and try some sample packets. Why not, it's only \$2.99?

review - [SSP PRE-Workout Review](http://www.supplementsreviewer.com/index.php/supplement-reviews/pre-workout-supplements/37-ssp-nutrition-pre-workout-review) - <http://www.supplementsreviewer.com/index.php/supplement-reviews/pre-workout-supplements/37-ssp-nutrition-pre-workout-review>



SSP Nutrition, Inc. • 523 River Road • Edgewater, NJ 07020  
201-282-5092 • [www.sspnutrition.com](http://www.sspnutrition.com)



## SSP POST Workout Review

Rating 4.50 out of 5 ★★★★★



Post workout's are something I don't dabble into that often. They are usually unbearable to me either being way too sweet, too syrupy, or taste horrible. Most of all, I like drinking some nice whey protein with creatine after my workouts. That is probably one that is tough to break me from.

I would say there is only 1 post-workout that I liked before trying SSP POST. But now that list of acceptable post-workouts include 2.

Usually with post-workouts they will try to make it taste like a fruit juice, but with protein and carbs it is a really tough task. You get either a really sweet syrupy drink or one that taste like raw protein and has a puke after-taste. But with SSP POST, the Berry flavor is more like a cream berry and is not TOO sweet. The taste is good and blends in well with the mix without being

overpowering in the taste/consistency area. It is a easy to drink post-workout, which is what a post-workout needs to be... other than effective.

Like I said, It's hard to shake me from drinking whey protein after my workouts, But this formula worked out well for me. No aches, cramps, or soreness the next day. Another well rounded balance and formula from SSP.

Post-workouts are a tough product to find, trust me, I've tried a lot. But this falls into my very short list of Post-workouts I like to take and will keep taking. Very well recommended to mid to heavy lifters.

Checkout SSP Nutrition and browse their great products, they are worth a look

review - [SSP POST Workout Review](http://www.supplementsreviewer.com/index.php/supplement-reviews/post-workout-supplement-reviews/38-ssp-post-workout-review) - <http://www.supplementsreviewer.com/index.php/supplement-reviews/post-workout-supplement-reviews/38-ssp-post-workout-review>



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## SSP LEAN MUSCLE MEAL REVIEW

Rating 4.50 out of 5 ★★★★★



SSP Lean Muscle Meal is the new name for their Maintain step in their System. It's a hybrid whey/casein protein and other key muscle maintenance nutrients to feed your muscles for 17 hours.

Like other SSP products in the System, it only has one flavor. But again, that one flavor (chocolate) is really good. My readers know how I feel about chocolate protein, there is just so much that can go wrong and I've some really bad chocolate proteins to make me turn away. But the SSP Lean Muscle Meal tastes great. Has a really nice natural chocolate taste with good consistency.

It was tough to break away from what I usually do, to do the SSP System. But it worked out well and the Lean Muscle Meal was a bright spot once I figured out how to make it best for me. I would usually drink Whey in the morning, whey after a workout, and a slow digesting protein at night. Pretty much cutting out all that protein, sugars, calories, fluids and so on it

did help me carve out a better body. The perfect timing I nailed down for myself was a little while after dinner and a few hours before bed. Luckily I workout later in the day so this also matched up with the recommended 1-2 hour window after drinking SSP POST.

I think the LMM could be a product that can be taken on its own, but it really does fit well in the SSP System and I recommend using it with the full system for best results.

Highly recommended when used in a thought out workout/supplement routine. Give it a try with one of the sample packs, but I think you should go guns blazing on this with a whole canister.

review - [SSP Lean Muscle Meal Review](http://www.supplementsreviewer.com/index.php/supplement-reviews/protein-supplement-reviews/39-ssp-lean-muscle-meal-review) - <http://www.supplementsreviewer.com/index.php/supplement-reviews/protein-supplement-reviews/39-ssp-lean-muscle-meal-review>





A NOTE FROM 100% RAW  
POWERLIFTING'S PRESIDENT

### PAUL BOSSI

Dear Lifters,  
**SSP Nutrition** had signed on to be our Sponsor again in 2013 for the World Championships in Las Vegas. They sponsored the single lift Championships belts. They are offering a special for "The System" to all 100% RAW lifters. By going to their website [www.SSPnutrition.com](http://www.SSPnutrition.com) and using the code "**RAW100**" you will receive a special discount and merchandise, Plus you will a

Free 1-year membership  
for 100%

RAW Powerlifting  
Federation, Inc.

In addition SSP would like to send a **FREE 3 Day Starter Kit** of **THE SYSTEM** to the first 50 people that send their name and address to  
[raw@sspnutrition.com](mailto:raw@sspnutrition.com)

## SSP Nutrition and 100% RAW Powerlifting Federation Announce a Strategic Alliance

SSP Nutrition and 100% RAW are pleased to announce a strategic alliance in our mission to support drug-free athletes. To celebrate this new alliance **SSP Nutrition** is offering a **FREE 1 year** membership to the 100% RAW Powerlifting Federation with every purchase of **THE SYSTEM**. That's a \$30 value just to say thank you for being a drug-free athlete.

Simply order **THE SYSTEM** from SSP Nutrition by logging onto [www.SSPnutrition.com](http://www.SSPnutrition.com) and enter code "raw100" at checkout to receive a **FREE 1 year membership to the 100% RAW Powerlifting Federation**.

In addition SSP would like to send a **FREE 3 Day Starter Kit** of **THE SYSTEM** to the first 50 people that send their name and address to  
[raw@sspnutrition.com](mailto:raw@sspnutrition.com).

SSP Nutrition's **THE SYSTEM** is tailored to athletes dedicated to a drug-free lifestyle and provides an

optimal blend of vitamins, minerals and nutrients; at the precise time the body needs them. **THE SYSTEM** is a revolutionary supplement series delivering the necessary nutritional supplement before, during, after and in-between high-energy workouts and is **100% banned substance free and WADA compliant**.

1. ☒ Experience Higher Intensity Workouts
  2. ☒ Recover Faster
  3. ☒ Build Lean Muscle Mass
  4. ☒ Increase Energy Levels
  5. ☒ Compliant with the World Anti-Doping Agency Testing Standard
  6. ☒ 100% Banned Substance Free
  7. ☒ 100% Money Back Guarantee
-

**IMAGINE...**

Performing at your physical potential

[www.SSPnutrition.com](http://www.SSPnutrition.com)

use code "raw100" at checkout when ordering THE SYSTEM™ and receive a FREE 1 year membership to the 100% RAW Powerlifting Federation

**THE SYSTEM**  
by SSP Nutrition Inc.  
523 River Road • Edgewater, NJ 07020  
Tel 201-282-5092



## **SPONSORSHIPS**

We are currently looking for businesses and individuals that would like to help out 100% RAW Powerlifting Federation.

It is that time of the year that we are looking for sponsors for the **2014 World Championship Belts**.

The belt Sponsorship is \$250, you will receive your Business name on the back of the event T-shirt, 1 year of advertising with 100% RAW Powerlifting Federation on our homepage, a Banner up at the Worlds (you supply) and a custom made plaque that is sent to you.

Anyone interested can send an email to [Rawlifting@.com](mailto:Rawlifting@.com)

Thank you in advance for your support!



The 2013 100% RAW Worlds Championship Belts



## Meet Sanctioning

It's that time of year where the 100% RAW Powerlifting Federation State Chairmen and Meet Directors begin looking into the future for potential meet dates and locations. We are looking forward to another strong 2014 powerlifting meet calendar with the addition to a few changes that will improve the quality of our competitions and the competitiveness of our major meets. First on the list is the removal of meet sanctioning. Meets will no longer hold a sanctioning level (ex. Sanction I, II, or III). Moving forward, we will start qualifying for promotion our officials as a State-Level, National-Level, or International-Level judge. Certifying the officials rather than the competitions will support the integrity of our records and limit the chances of missed calls (rather good or bad).

The criteria for each level of judge certification will be clearly outlined in our revised rule book so that a judge wishing to move up to the next level knows what he/she must do to move up to the next level. There also will be a refresher's test, **EACH YEAR**, to ensure that ALL officials judging a 100% RAW competition are current on their knowledge of our rules.



Nasir Nantambu at the  
Eurasian  
Championships,  
Odessa, Ukraine

**“Day after day train  
your heart out,  
refining your  
technique: Use the  
one to defeat many,  
That is the  
discipline of the  
warrior”**

**-MORIHEI UESHIBA**

## Team American, Team USA

We will be working on increasing our international presence next year. I will be assembling 2-3 teams of 10 lifters for the **2014 Team USA** to travel to and compete in the **2014 International Challenge**. The current potential host countries are, **Ukraine, Italy, Israel, and South Africa**. As the 2014 competition schedules are released, the host country will be approved and the information provided to the 100% RAW membership. In order to be selected for the **2014 Team USA**, you must have an active membership with **100% RAW Powerlifting Federation** and be in possession of a 2014 meet total, be it full power or single lift. It's that simple!

As for **Team America**, I will be working with our Canadian Chairman, **Herb Veckenstedt**, in an attempt to host a potential 1st **100% RAW Can/Am Championships**. We want to put the best 100% RAW Canadian lifters up against the best 100% RAW American lifters. So stay tuned, I will be keeping you updated as the details unfold.

Please forward all interest to be on neither Team USA or Team America to Nasir Nantambu at



[www.the100rawexperience@gmail.com](mailto:www.the100rawexperience@gmail.com) Subject: Team USA or Team America.

## **2014 Single Lift Worlds, International Championships**

We loved Las Vegas, Vegas has been very good to 100% RAW but it's time to bring 100% RAW's biggest competition of the year back to the east coast! The potential meet locations are **Atlantic City, Orlando, Virginia Beach or North Carolina**. As all of the options are reviewed, things will be finalized and we will insure that meet information is posted as early as possible to give lifters time to prepare for this event.

As for the format of the Worlds. Starting in 2014, our championship weekend will consist of the **2014 Single-Lift Worlds** (Bench Press, Deadlift, and Strict Curl) and the **2014 International Championships** which will consist be a Full-Power, Open Division only meet. This format is of major benefit to our lifters because it gives our single-lift specialists a World meet to themselves to spotlight their strengths and gives our full-power monsters a World meet with greater competition. This format will also improve the efficiency of the meet and help in keeping the competition length at a reasonable time block.





## Upcoming Competitions To Seriously Consider In 2014

- **Gene Berry** and the impressive unit he has assembled in **North Carolina** are hosting a benefit competition for **Relay for Life**, in January. The official meet date/location will be released in the very near future. Any opportunity to compete for a worthy cause is always more satisfying than taking home a mere trophy. One will only collect dust and begin to fade over time, the other will be remembered and shine bright for a lifetime. That's something to think about!!

-Our VP, **Jackson Lee**, is in the process of putting together a **New York/Ontario meet** in **March**. The 2014 version will cap off at 45 lifters in the full- power division plus a 15 lifter cap in the bench only division. The 15 will be in addition to any of the full-power lifters that cross-over. There will be no dead-lift only or push/pull at this competition so **ONLY MONSTERS NEED TO APPLY!**

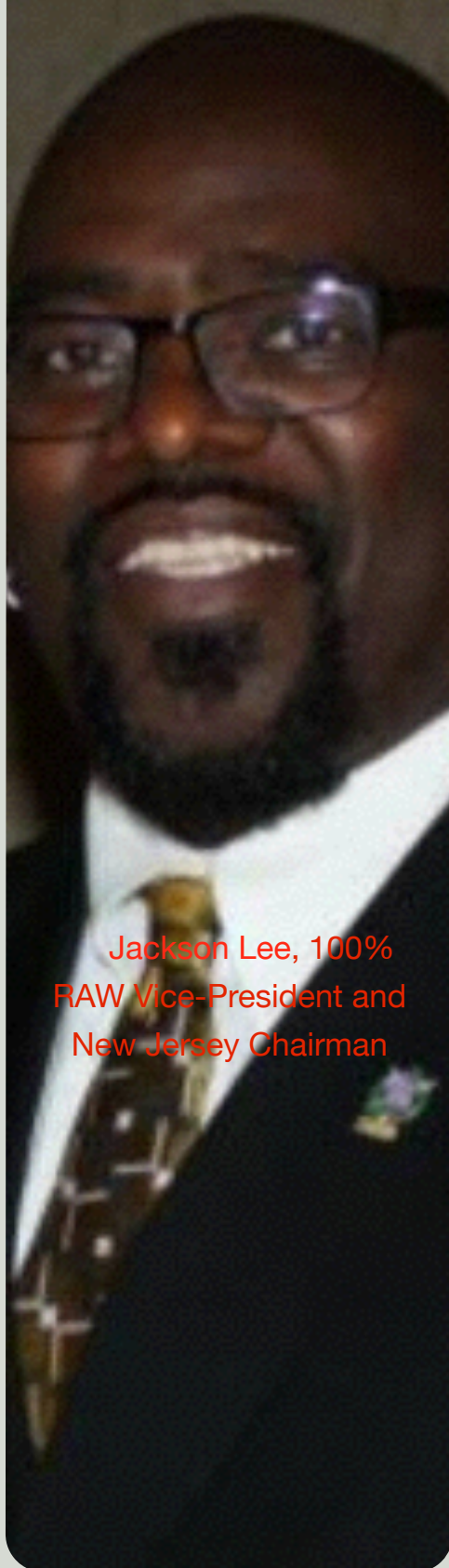
-**March 29th, Currituck, North Carolina- Paul Bossi and Company** are putting together **The Battle of the Borders**. This is the epic meet that puts State vs State in a battle for state bragging rights. North Carolina brings it every year despite the power and presence of South Carolina and Virginia lifters on the platform. What state can assemble a team to challenge the North Carolina juggernaut?

-**April 18- High School & Collegiate Nationals:** The **100% RAW 2013 Man of the Year, Paul Gillott and Tim Mckeever** are hosting 100% RAW's 1st **High School and Collegiate Nationals**. This meet is going to be HUGE! In this sport, a lot of the younger lifters get overshadowed at competitions because of the adult monsters we have on our platforms. This is their time for the spotlight to be on them! So **ATTENTION TO ALL PARENTS AND COACHES, THIS MEET IS A MUST FOR YOUR YOUNG TITANS!**

**May 31, Currituck, North Carolina**, This is the kickoff meet for the **2014 100% RAW American Challenge!!**

These are just a few of the outstanding meets that we currently have on the books for 2014. By no means, am I intentionally excluding any of the other meets on the calendar, **John Shifflett (VA)** has a few meets out in VA that should seriously be looked at (**United States Open, Masters Nationals, Eastern US Open**). **Paul DeSimone, Jeremy Meyers, Tab Brown, Joe Caola, Herb Veckenstedt, and our Vice Presidents' Jackson Lee and Hunter Claypatch and our other Chairmen and Meet Directors**, are all expected to have some very competitive competitions scheduled and upcoming soon. As the time nears, check out the current issue of the **RAW Experience Newsletter** for meet information and entry forms as well as our website [www.rawpowerlifting.com](http://www.rawpowerlifting.com). Also, if you are on Facebook, do join our fan page for current updates as well.

DO YOU KNOW THIS GUY?



Jackson Lee, 100%  
RAW Vice-President and  
New Jersey Chairman



Age is just a classification in the sport of powerlifting. As you can see, strength comes in all ages from 6 yr old youth lifter Dylan to 77yrs young Master lifter Bert!



To 10 year old Robby Wickham and 80 year old Sam Contakos at the Central PA Open! So never think there is not a place for you in our sport, all are welcome and encouraged to be a part of our growing family!!!



# Team Spotlight: Team Kutin

The Kutin family lifting team consists of Dad, Ed Kutin, long-time powerlifting competitor, and kids, Naomi, 12, and her brother Ari, 10, both who are World Record holders.



Naomi, widely known as "the supergirl", started lifting in the family gym in their basement at age 8. After first starting to lift in April 2010, she entered her first contest, and ADAU meet that August. Still 8 years old and weighing just 79 lbs, Naomi debuted with a bang, breaking the women's open-class squat record in the 97 lb weigh class by squatting 143 lbs. The next July, at age 9 and as the ADAU and 100% Raw began their merger, Naomi squatted 205 lbs, setting not just a new 100% RAW world record, but achieving the highest raw squat ever, in any federation, in the women's 97 lb class. Since then, with strong dedication to her training, she has continued to amaze. Most recently, still in the 97 lb class, she achieved lifts of 231 lb squat, 99 lb bench, 249 lb deadlift (4th attempt) and a total of 568 lbs. All of those were new open class world record totals, and the 231 lb squat is a new all-time world record.

Ari, "the destroyer" Kutin has also demonstrated some great natural strength. Also starting to lift at age 8, Ari set the youth squat record in the 105 lb class last June by squatting 187 lbs. His best bench press is 90 lbs, and his best deadlift is 231 lbs. He has his eye firmly on the youth records in the 105 lbs class, so watch for more of those to fall to his fierce determination in the next year!

Ed Kutin has been lifting competitively since 1982. Starting well before the advent of Raw lifting, Ed happily embraced RAW lifting as it got going and increased in popularity. As a Master lifter in the 242 lb class, Ed has achieved lifts of 474 lb. squat, 358 lb. bench and 617 lb. deadlift. Ed is determined to continue to advance his lifts. With long hours on the job, Ed always finds time to do workouts, as well as coach his world-record holding kids.





## 2013 VIRGINIA STATE & CHRISTMAS CLASSIC BENCH PRESS-DEADLIFT-STRICT CURL SINGLE LIFT CHAMPIONSHIPS

**Best Western Crossroads Inn  
135 Crossroads Terrace  
Zion Crossroads, Virginia 22942  
I 64 Exit 136 @Zion Crossroads  
A Sanction II Event**

**Meet Director:** John Shifflett  
**Host City:** Zion Crossroads  
**Date:** Saturday, December 7, 2013  
**Venue:** Best Western Crossroads Inn  
135 Wood Ridge Terrace  
Zion Crossroads, Va 22942

The hotel is located right off Exit 136 of I 64 in Zion Crossroads  
(use 100% Raw Block)

<http://www.bestwesternvirginia.com/hotels/best-western-crossroads>

**Time:** Doors open – 7:00 a.m.

**Weigh-in:** Friday, Dec. 6, 6:00p.m – 7 pm . Saturday 7:00-8:00 am

**Technical Meeting:** Saturday, December 7, 2013; 8:00 a.m.

**Lifting:** 9 a.m.

**Scales:** Digital scale

**Arrivals/Transportation:** Ample parking is available. For best directions, please go to [www.mapquest.com](http://www.mapquest.com).  
IHOP restaurant located at the hotel.

**Identification:** Photo Identification is necessary for security, to verify every lifter's entry information, and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

**Federation Membership Fee:** Current federation membership is required. New applicants should submit a completed membership form along with the event entry form prior to the event. All lifters are asked to produce photo identification and 100% Raw Powerlifting Federation membership cards prior to weigh-ins. If lifters are picking up their membership cards at the event, they should do so before weighing in.

**Entry Fee:** All fees should be paid by Nov 19, 2013. \$70 per individual lifter \$35 per Crossover Fee

### NO LATE ENTRIES

**Awards:** Trophies for each place in each age and weight class AND Medals or Trophies for crossover.

Crossovers are for age or to other lifts. Ex Powerlifting \$70 Crossover to Bench Press \$35,

**Correspondence (email preferred):** Correspondence regarding 100% Raw Powerlifting Federation Virginia events should be sent to the [valifting@aol.com](mailto:valifting@aol.com) or US mail to John Shifflett 186 Happy Hollow Road Ruckersville, Va 22968.

Attire	4 <sup>th</sup> Lift	Order of Events		Awards
Singlet is mandatory. Athletic shoes only Tee-shirt (no profanity or XXX) Knee high socks for Deadlifts	World & National Record attempts only.	1. Bench Press	2. Deadlift	Given directly after the Strict Curl
		3. Strict Curl		

John Shifflett 186 Happy Hollow Road Ruckersville, VA 22968 434-985-3932

[valifting@aol.com](mailto:valifting@aol.com)





Presents....

## The 1<sup>st</sup> Annual Christmas Classic



All Proceeds go to:

Sanction III Event

**Powerlifting / Bench / Deadlift / Strict Curl**

Meet Director: Jeremy Meyer, 1576 Trumbull Terrace, Plattsmouth, NE 68048 (402) 630-5246

Venue:  @  - 2202 River Road, Council Bluffs, IA 51503

Date: Sunday December 8, 2013

Lifting: The Powerlifting, Bench Press, Deadlift & Curl will be done all on the same day.

Time: Sunday December 8, 2013: Doors open – 8am, Lifting starts at 9:45am

Weigh-In: Saturday: December 7<sup>th</sup> (5-7pm) @ Holiday Inn @ Ameristar Casino  
Sunday: December 8, (8-9)am

Technical Meeting: 9:15am Lifting Starts at 9:45am.

Scales: Professional digital scale

Arrivals/Transportation: Ample parking is available in the lot. For best directions, [www.google.com](http://www.google.com).

Identification: Photo Identification is necessary for security, to verify every lifter's entry information, and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

Federation Membership Fee: Current federation membership is required.

Entry Fee: All fees should be paid by the **Deadline Date: Nov 22, 2013**

Awards: **Custom Made 100% RAW Medals & Prize Packages for best lifters & Singlet**

Attire	4 <sup>th</sup> Lift	Order of Events		Music
Singlet is mandatory.	State, National & World Record Attempts	1. Weigh-Ins	2. Rules	Yes
		3. Competition	4. Awards	



## Sanction III Event

# West Coast Single Lift Championships Curl Only / Bench Press Only / Dead Lift Only Bench Press Rep Challenge

**Meet Directors:** Sara/Paul Gillott (928) 899-4223; [psgillott@cableone.net](mailto:psgillott@cableone.net) and Tim Sparks, (623) 979-5275; [diehardgymandfitness@gmail.com](mailto:diehardgymandfitness@gmail.com) and Tim McKeever (928) 451-1185

**Venue:** Die hard Gym 9794 W. Peoria Ave, Peoria AZ 85345

**Date:** December 14th, 2013

**Lifting:** All lifting will be on Saturday

**Time:** Saturday doors will open at 8am, Lifting starts at 10am

**Weigh-in:** Friday 5:00 – 6:00 pm or Saturday 8:30 am – 9:30 am @ Die Hard Gym

**Technical Meeting:** 9:30 am; Lifting Starts at 10:00am.

**Bench press rep challenge will begin at 6pm (aprox).** Males-body weight for reps / women 50% body weight for reps. **Huge 4 post trophy.** No singlet, fed card, or drug test needed. Touch and go reps. Open to all. No late fee.

**Identification:** Photo Identification is necessary. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

**Federation Membership Fee:** Current federation membership is required. Cards will be sold at the door  
Special Olympians, 19 & under \$15 and Adults \$30 **(not needed for rep Challenge)**

**Entry Fee:** Unless prior arrangements are made, all fees should be paid by the **Deadline Date: Dec 10<sup>th</sup> 2013**  
Entries received after the deadline will be subject to a \$15 late fee, Please Make all checks Payable to:  
Sara Gillott – 930 Sunlit Dr, Prescott AZ 86303

**Awards:** Given day of competition

Attire	4 <sup>th</sup> Lift	Order of Events		Music
Singlet is mandatory. (except rep challenge) Knee socks required on dead lift	National & World Record Attempts Only.	1. Strict curl	2. Dead lift	
		3. Bench Press	4. Rep Challenge	

**THIS IS A DRUG FREE EVENT AND  
DRUG TESTING WILL TAKE  
PLACE.**

Ivanko Certified Plates  
Texas Deadlift Bar  
Forza style Bench

**State, National, & World  
Records**



**Powerlifting**



**Federation**

**6th ANNUAL POTOMAC OPEN BENCH PRESS/  
DEADLIFT/STRICT CURL SINGLE LIFTS CHAMPIONSHIPS  
POWERHOUSE GYM  
3101 GOLANSKY BLVD  
WOODBIDGE, VIRGINIA 22192  
A Sanction II Event**

**Meet Director:** John Shifflett

**Host City:** Woodbridge, VA

**http://www.myspace.com/powerhousegymwoodbridge**

**Date:** Saturday, January 25, 2014

**Time:** Doors open – 8:30 a.m.

**Weigh-in:** Friday, January 24, 7:00p.m til 8:00 p.m. Saturday 8:30 am til 9:30 a.m.

**Technical Meeting:** Saturday, January 25, 2013; 9:30 a.m.

**Scales:** Digital scale

**Arrivals/Transportation:** Ample parking is available in the front lot. For best directions, please go to [www.mapquest.com](http://www.mapquest.com).

**Identification:** Photo Identification is necessary for security, to verify every lifter's entry information, and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

**Federation Membership Fee:** Current federation membership is required. New applicants should submit a completed membership form along with the event entry form prior to the event. All lifters are asked to produce photo identification and 100% Raw Powerlifting Federation membership cards prior to weigh-ins. If lifters are picking up their membership cards at the event, they should do so before weighing in.

**Entry Fee:** All fees should be paid by, January 10, 2014. **\$65** per individual lifter for Bench Press, Deadlift **\$35** per Crossover to age group or Multi Single lift event. IE Bench Press and Strict Curl **\$100**.

**Awards:** Trophies for each place in each weight class for each event, Bench Press and or Deadlift or Strict Curl. Trophies or Medals for Crossovers in each weight class..

**Correspondence (email preferred):** Correspondence regarding 100% Raw Powerlifting Federation Virginia events should be sent to [valifting@aol.com](mailto:valifting@aol.com) or US mail to **John Shifflett 186 Happy Hollow Road Ruckersville, VA 22968.**

Attire	4 <sup>th</sup> Lift	Order of Events		Awards
Singlet is mandatory. Athletic shoes only Tee-shirt (no profanity or XXX) Deadlifters must have knee socks	National Record attempts only.	1. Bench Press	3.Strict Curl	Given directly after the Strict Curl
		2. Deadlift		

**John Shifflett 186 Happy Hollow Road, VA 22968 434-985-3932 [valifting@aol.com](mailto:valifting@aol.com)**



100% RAW  
Powerlifting Federation



# North Carolina State Championships

**Powerlifting, Bench Press, Deadlift, Push/Pull & Strict Curl**

## CrossFit RDU

6808 Davis Circle  
Raleigh, NC 27613

**Meet Director:** Paul Bossi, 139 Marla's Way, Camden, NC 27921  
252-339-5025

**Date:** Saturday, February 8, 2014

**Venue:** CrossFit RDU, 6808 Davis Circle, Raleigh, NC 27613 (919) 324-6904

**Time:** Doors open – 7am, Lifting starts at 9am

**Weigh-in:** Friday February 7<sup>th</sup>, 5-7pm

Saturday, February 8<sup>th</sup>, 7-8:00am

**Technical Meeting:** Saturday, February 8<sup>th</sup>, 8:15

**Scales:** Professional digital scale

**Arrivals/Transportation:** Please arrive by 8:00 a.m. Ample parking is available in the side lot.  
For best directions, please go to [www.google.com](http://www.google.com).

**Identification:** Photo identification is necessary for security, to verify every lifter's entry information, and to help validate drug testing. Acceptable identification includes driver's license, state ID, school ID, passport. Work ID badges and recreational/social club ID's are not acceptable.

**Federation Membership Fee:** Current federation membership is required. New applicants should submit a completed membership form along with the event entry form prior to the event. All lifters must produce photo identification and 100% Raw Powerlifting Federation membership cards prior to weigh-ins. If lifters are picking up their membership cards at the event, they should do so before weighing in.

**Entry Fee:** All fees should be paid by Saturday January 25, 2014:

\$60 for Bench Press, Deadlift or Strict Curl, \$70 for Push/Pull Division, \$80 for Powerlifting, \$30per Crossover.

**\$5/ lifter will be donated to the "Relay for Life Foundation" from the federation.**

**Awards:** Will be supplied by Elizabeth City Trophy,

Best lifter awards will also be giving. **4' Foot Swords for Best Lifter**

**Correspondence (email preferred):** Questions regarding 100% Raw Powerlifting Federation events should be sent to the Meet Director and or President of the Federation.

Attire	4 <sup>th</sup> Lift	Order of Events		Music
Singlet is mandatory. Athletic or cloth-soled shoes only	State or National Record attempts only.	1. Weigh-ins	2. Bench Press	Yes
		3. Deadlift	4. Awards	

Paul Bossi  
President  
100% RAW Powerlifting Federation

Nebula Bench  
Ivanko Chrome Calibrated Weights  
Texas Deadlift Bar & Power Bar



**This is the first write-up that I have received from one of our valuable members. Because of the time and effort put into compiling this information, I felt it is only right to share. Thanks goes to Ben Zak for providing this write-up.**

**MEET INFO: 2014 100% RAW STATE CHAMPIONSHIPS, February 8th**

**LOCATION:** Crossfit RDU, Raleigh, NC

**MEET DIRECTOR:** Paul Bossi

**100% RAW STATE CHAIRMAN:** Gene Berry (will be present)

**100% RAW PRESIDENT AND NATIONAL CHAIRMAN:** Paul Bossi (will be present)

**100% RAW INTERNATIONAL RELATIONS AND GROWTH AND DEVELOPMENT CHAIRMAN:**  
Nasir Nantambu (will be present)

## **INTRODUCTION**

Last year NC had some large meets, but the one exception was the NC State Championships and I think that had everything to do with holding the meet in the middle of the summer. To improve the 2014 state meet, **Paul Bossi** has moved the date to February AND moved it to Raleigh. It's hard for me not to imagine this year's state meet being anything less than huge!!!

Something new is a STATE CHAMPIONSHIP video that we will post that recognizes the top overall lifter in each weight class as well as the top three lifters (pound her pound) in the women's division, as well as the masters (40-49), the masters (50-59), the teens (12-19) and teens (11 and under).

**IMPORTANT:** You don't win a special or an extra trophy for these categories, we simply record that you were one of the top lifters at the state meet...a bit of extra recognition for our lifters.

## **2014 STATE MEET PREVIEW**

Due to the timing of the 2013 state meet, a lot of the high school lifters weren't available to compete and the usual flood of 114, 123, and 132 lifters weren't available. Trust me, this won't be the case in 2014.

**(114 CLASS):DEFENDING CHAMPION (NONE):** I don't know who will show up in this class, but if West Side sends a team then I have to believe that **Ginger Enderson** would be favored and **Samantha Brickhouse** would be #2. If Ginger and Samantha don't compete then we have at least three contenders...the two favorites being **Anna Zak** and **Dylan Cooper**. The wild card is how many teen lifters show up. **(Not to exclude any of the lifters that Project Lift might bring, so the light-weight class can become very interesting to watch)**

**(123 CLASS):DEFENDING CHAMPION (NONE):** Once again, if **West Side** sends a team, then **Jennie Newbern** is a lifter that can beat most of the boys so if she competes I currently have her as the lifter to beat.

**(132 CLASS):DEFENDING CHAMPION (NONE):** Although competing at 123 last year, I have a feeling that **Demarcus Khorsand** will move up a class. The only question is, will he compete? This kid is absolutely unbelievable. Last year he totaled 872 at 123...and he's just getting started. If Demarcus shows up, he is DEFINITELY my choice to win the class.

**(148 CLASS):DEFENDING CHAMPION (ROBERT MELTON):** To be the man (or the woman) you have to beat the man (or the woman). In this case it's defending 148 state champion **Robert Melton**. Robert totaled 920, but he's looking a lot stronger this year. The question, will Robert defend his title or will he continue to grow into the 165 class.

If Robert moves up a class, I would have to give my early nod to either master lifter **Bill Rehl** or teen lifter **PJ '6 pack' Connors**. If you ask me who the lifter to beat in two to three years will be, I have to say **Stephen Shores**. Why? Because the guy is steadily training and constantly adding to his total. Bill, PJ, and Robert are probably going to find themselves in the 165 class sooner than later, but Stephen looks like a natural 148.



**(165 CLASS): DEFENDING CHAMPION (DAVID OLIVER):** I think that this may be the most interesting of the day. First we have defending champion **David Oliver** and as defending state champ we have to give him the nod. We also have **Brandon Petit** who finished second last year, but he was so much lighter he actually won the best lifter award. Rare does a lifter who finishes in second win best lifter.

I don't know what David's plans are, and Brandon could move up to 181, in which case the class gets tricky. If **Robert Melton** moves up a class I'd give him a slight nod over **Dylan Aaron**, but Dylan is very strong and I wouldn't consider it an upset if Dylan won. In the master's bench division watch out for **Chef Nasir Nantambu** and **Tim Metcalf** as they are incredibly strong. (Editor's Note: If Bossi gives me a "light day" at the competition (not likely) , I will be competing full-power just to shake up this prediction. If you are interested in my full-power projected numbers, you will just have to be in attendance to find out!)

**(181 CLASS): DEFENDING CHAMPION (MARY TILLERY):** Last year **Michael Ellison** had a clear run to the title, except he bombed in the bench. I don't think you're a true power-lifter until you've bombed out at least once. **Mary Tillery** stepped up to the plate and showed us that girls are rough as her 694 total earned her the top 181 total.

This class is hard for me to call, but if **Brandon Petit** moves up a class then I give him the green light. After Brandon I'd look at **Neal Aronson**, **Michael Ellison**, and **Chris Saunders** as serious contenders.

**(198 CLASS): DEFENDING CHAMPION (NONE):** Personally, I consider the 198 and 220 class as the most competitive in power-lifting. How odd, we didn't have any 198 lifters in 2013. I bet this class is packed in 2014. Right now I loosely have **Ray Berry** picked as #1 and **Ronnie Biggs** as #2 IF either or both decide to drop down to 198. Ronnie is still adjusting to his new weight of 205 pounds...last February he was competing in the 308 class!!! (The Concrete Steel Powerlifting camp will be in attendance and have a silent assassin in, Lance Williams that will be making his 100% RAW debut. He is a well rounded lifter but can end a close competition by dead-lift alone)





## 2013 Mediterranean Challenge, Dimona, Israel November 28-29

Over the Thanksgiving holiday here in the United States, while we were enjoying our ham, turkey, family and football, our extended family in Israel, were putting on an impressive show of strength on the platform. **Dr. Gal Adato**, put on a very competitive and well ran meet which had several countries in attendance . The meet results from this competition will be posted in the



January edition of the RAW Experience because the official results will not be posted by the time this edition reaches you.

We are looking forward to some huge numbers and more outstanding meets to come from our Israeli arm in 2014 and Israel is one of the potential host countries for the 2014 International Challenge. So this definitely will not be the last time you read about the strength in Israel!

-Shalom



**(220 CLASS): DEFENDING CHAMPION (WILLIAM FARRELL)** In 2013 **William Farrell** showed us that lifters in their sixties can be tougher than nails as he was the top 220 lifter. Who would I have favored in 2014? Currently I think that **Ashley ‘The Big Bad Wolf’ Stone** has the edge. Ashley had the highest total in 2013 for any 220 NC lifter and he did it with minimal training. Ashley is truly blessed with some form of mutant ‘super powered’ genetics. After Ashley I would put **Ray Berry** at #2 and **Ronnie Biggs** as #3 if they choose to stay at 220. I would place defending champion **William Farrell** as #4, but almost a lock to break more state and world records in his age group. **(The Concrete Steel Powerlifting camp, popped the chain off the cage and will be releasing Tra Farrington to devour the 220 class! Tra recently came back to the sport with a massive chip on his broad shoulders took and snatched a 712lb dead-lift!! Tra is game for a 1600lb total so 220s beware!)**

**(242 CLASS): DEFENDING CHAMPION (SKYLER WOOLARD)**: The overall champion at 242 was **Skyler Woolard** whose 1,389 total was the best of the day. At this point I would put him as #2. If **Greg Stotts** shows up. Greg totaled 1,500 at the **OBX Open** and right now he’s the best 242 in the state. Fun Trivia, Greg fought in the UFC in his younger days. Two other VERY strong and legitimate contenders would be **Mario Todorov** and **Neil Givans**, both are multiple state record holders.

**(275 CLASS): DEFENDING CHAMPION (GENE BERRY)**: The top lifter in all of NC for 2013, was state champion **Gene Berry**. At this point I have to give a thumbs up to **Gene Berry** winning back to back titles. Lifter to watch out for, **Kevin Combs**...if he continues his comeback tour.

**(SHW CLASS): DEFENDING CHAMPION (HERMAN CANADA)**: Long time 100% RAW lifter, **Herman Canada** is defending champion in the SHW Class. Honestly, I don’t even know of any other SHW lifters that may be competing, so I have to give Herman the nod. Please don’t take anything away from Herman...he has a fantastic total.



**(WOMEN LB FOR LB)**: The top women in 2013 were **Nelda Newton** and **Mary Tillery**. Who will be the top three in 2014. Well **Nelda Newton** and **Mary Tillery** each have a strong case to repeat. Also, we have a lot of state record holders that could show up including **Samantha Brickhouse**, **Shannon Natole**, **Jennifer Zak**, **Ginger Enderson**, **Jennie Newbern**, and **MahMyih Inglesia**. My gut feeling is the one lock, if she shows up, is **Shannon Natole**...after that...it’s on!!! **(This is going to be interesting to watch because there are some extremely strong women lifters in the state of North Carolina! It will come down solely to who is game to leave it all on the platform to take their crown!!)**

**(TEEN:11 AND UNDER LB PER LB)**: I don’t know how many young lifters will show up, but at this point we have at least three, so it’s easy to pick those three; **Anna Zak**, **Dylan Cooper**, and **Brooke Zak**. If more show up...well again, let the weights land where they will. This class is the future of power-lifting.

**(TEEN-12-19)**: I know that **Paul Bossi** will bring up a bunch of kids and many of them will be first time lifters. If Brandon Petit and Robert Melton are still teens (and they currently are) I have to give them the top two spots. Rounding out the final spot I would think of lifters such as **PJ ‘6 Pack’ Connors**, **Demarcus Khorsand**, and **Dylan Aaron**. Other lifters to watch out for are **Wyatt Rockhill** and the rapidly improving **Mason Parker**.



**(MASTER 2: 50+):** Last year the top three lifters were **Gene Berry, William Farrell, and Michael Wicker**. Who would I pick for next year. Well if **Greg Stott** shows up, I'd give him the top spot. Fighting for the other two would be **Gene Berry, Ray Berry, William Farrell, Michael Wicker, Michael Ellison, Joseph Faulheber,** and again anyone else who may make a surprise visit.

**(TEAM COMPETITION):** My favorite part of the meet is seeing who wins the team title. How odd, nobody entered the team division in 2013. I can practically guarantee that this won't be the case in 2014. **(Editor's Note: Nasir Nantambu has re-assembled the monsters of Concrete Steel Powerlifting just to increase the team competition in the state, the CSP camp has committed to ALL three major meets in the state for 2014!)**

**(TEEN):** I don't know how many teen teams will show up, but I do know that **Currituck High School** has a VERY strong power-lifting program.

**(OPEN):** Many of the top ladies, and some of the top men train at **West Side Athletic Club**. If they can put together a full team they will be tough contenders. Right now I have to pick The **Jarvisburg Church of Christ**. Why? **Team JCC** entered four meets in 2013, **Team JCC** won four meets in 2013. .

My predictions are based on the lifters that I think 'might' come to the 2014 state championship meet. If you're planning on competing, please send me your info (name, weight class, and your last total...not your projected total). Good luck to all.





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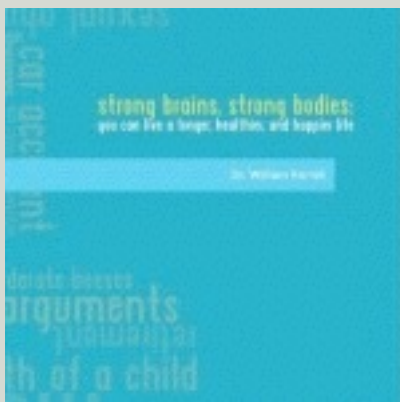
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### 100% RAW Powerlifting Federation, Inc

139 Marla's Way-Camden, NC  
27921

Telephone # 252-339-5025

[www.rawpowerlifting.com](http://www.rawpowerlifting.com)

[rawlifting@aol.com](mailto:rawlifting@aol.com)