

March/April 2014

# THE RAW EXPERIENCE

**For the Lifter:**

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

100% RAW  
Powerlifting  
Federation

## 100% RAW POWERLIFTING FEDERATION: 2014 BATTLE OF THE BORDERS EDITION

We have had an exciting first quarter to the 2014 powerlifting season thus far and it is expected to turn up a notch or two going into the month of April. One of 100% RAW's premier competitions, The Battle of the Borders, is approaching, April 5th, the second quarter of the year should meet all of our expectations.

I know a lot of lifters have been asking, on our Facebook fan page, about upcoming meets in respective regions throughout the United States. I have been taking note of your request, and even if I haven't answered your questions directly, your location request has been noted and presented to Paul Bossi for consideration. We are always looking for new venues/states to bring 100% RAW Powerlifting and we are always open for suggestions, contacts and feedback.

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 Relations 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

April

WANT  
TO  
BE  
100%



THE 2014 NC STATE CHAMPIONSHIPS BROUGHT IN SOME IMPRESSIVE NUMBERS IN TERMS OF ATTENDANCE AND INDIVIDUAL FEATS OF STRENGTH. ONE FEAT THAT CAN NOT GO UNNOTICED IS THAT OF TRA FARRINGTON AND HIS INSANE DEADLIFT! TRA

PULLED THE 3RD HIGHEST DEADLIFT IN 100% RAW HISTORY (350KG/770LBS), ONLY BEING TOPPED BY FELLOW 242ER, THE GREAT MIKE EATON (355KG/782.6LBS) AND SHW NICK MINNETI (358.3KG/790LBS)! I PERSONALLY KNOW TRA


AND I CAN TELL YOU THAT THIS WAS JUST A NOTICE, HE HAS EVERY INTENTION ON LEAVING HIS MARK, NOT ONLY ON THE 100% RAW RECORD BOOKS BUT IN THE SPORT OF POWERLIFTING PERIOD!!! NOTICE SERVED!!!



## THE NORTH CAROLINA TRIPLE CROWN CHAMPIONSHIPS

We will be awarding THREE (3) Championships Belts for the following OPEN MEN DIVISIONS ONLY (must have a minimum of 15 men) : Bench Only, Push and Pull, and Full-Power and for WOMEN ONLY OPEN DIVISIONS (Must have a minimum of 15 women) : Bench Only and Full-Power. You must compete in the OPEN division in at least 3 of the 5 competitions: Feb 8th: NC State Championships, April 5th. Battle of the

Borders, May 31st NC American Challenge, August 9th: Southern Open (NC) and November 15th, The OBX Open. We will take the BEST 3 out of 5 totals to determine the Triple Crown Champion. Wilks Coefficient formula will be used in the event of a tie to determine the true Triple Crown Champion. You have to be in it to win it!!!

TRIPLE CROWN MEETS: THE BATTLE OF THE BORDERS: 4/5	NC AMERICAN CHALLENGE: 5/31	SOUTHERN OPEN: 8/9	THE OBX OPEN: 11/15
	<p>Meet Director: Paul Boss</p> <p>Currituck, NC</p>	<p>Meet Director: Gene Berry</p> <p>Jarvisburg, NC</p>	<p>Meet Director: Gene Berry</p> <p>Jarvisburg, NC</p>



THE 15<sup>TH</sup> ANNUAL BATTLE OF THE BORDER  
CURRITUCK NC, APRIL 5TH  
MEET DIRECTOR: PAUL BOSSI

I don't know for certain, but with 15 consecutive years the Battle of the Border may be the longest running 100% RAW meet (aside from the state championships) in North Carolina. I wanted to make a quick write up to mention the lifters to watch out for this year.

As usual, I don't know who will show up and who won't, so this is just a guess. At 114 the favored lifter would have to be defending champion and nationally ranked master lifter Ginger Enderson. The lifter to watch out for would be Samantha Brickhouse.

At 123, I would go once again with the defending champion, Jeanie Newbern. Jeanie is also the defending OBX Open, and Southern open champion.

The 132 is really a crap shoot as I don't know who will be in this class. If DeMarcus. Khorsand shows up, he'll not only win the 132 class, he might out total all the 148 lifters as well. He's that strong. My second pick, if he's competing and can make weight, is Jose Franco. My third selection would be defending champion Shelby Vestal.

The best match up the day might be at 148. PJ Conners is 2014 state champion and 2013 OBX Open winner, both times he did it by narrowly beating Stephen Shores. The catch is this, at the state meet, PJ squatted more, the other two events they lifted the exact same amount. If I had to choose a favorite, it's PJ, simply because he has so much natural strength.

Robert Melton is the two time defending Border champion and he's the 3 time state champion, but he's now in the 165 class and in a push/pull meet he loses his great squat. Although Robert hasn't lost in a VERY long time, the numbers tell me that he probably can't bench or dead-lift as much as Nasir so I give the nod to Nasir. I'm definitely not counting Robert out as moving up a weight class has allowed him to add a lot of strength. The wild card in this class is rapidly improving teen lifter Dylan Aaron.

At 181 Brian McIntyre is the defending champion. Brian is a very strong lifter, but I think he's now a 198. If he does show up at 181, I know he'll out bench Brandon Petit, but I'd have to pick Brandon who is capable of pulling anywhere between 550 to 600. Brandon is one of the top pound per pound lifters in the state, period.

The defending 198 lifter is Chase Elliott. I really don't know anything about this guy, but he totaled 777 last year. Brian totaled 744 at 181. If these two should meet it's a coin toss. I'd probably pick Brian for one reason, I've seen him compete three times, and all three times he's had the best total in his weight class. I'm going with momentum and the fact that Brian should add a lot of strength in the bigger weight class.

(continued on page 6)

**2014 100% RAW Worlds**  
**October 30-November 2, 2014**  
**Virginia Beach, Virginia**



**SPONSORS**

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

It is that time of year that we are looking for sponsors for the 2014 World Championship Belts. The Belt Sponsorship is \$250.00, 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 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.

(continued from page 4)

The 220 defending champion is master lifter, Ray Berry. Ray is really good, but Ashley Stone had finally gotten somewhat serious about lifting and he has the best genetics I've ever seen. Trust me, I saw Ashley compete when he was eight and he was out lifting some of the highschool lifters. At 220 my pick is Ashley Stone

I don't have a feel on whose going to show up at 242. At this point defending champion William Seacrest is my pick, but local lifter Neil Givans would be my runner up choice. Failing this, I'll put all chips on teen lifter Mason Parker.

If Trey Manning shows up at 275, he wins. My second place choice would be Skylard Woolard if he makes the journey. I don't know if either lifter will compete and if they don't, it's an easy call. Master lifter Gene Berry will be the man to beat.

If Ray Classing has healed up, he's the guy to watch at 308. Ray used the microphone at his last meet to say some very nice words about his friend Gene, and I was really impressed at what kind of gentleman Ray is on and off the platform.

The heavyweight class is wide open. If you told me to pick someone who might show up and win it all, I'd go with Herman Canada.

One of my favorite parts of the meet is the team competition. Considering the fact that the Jarvisburg Church of Christ has won the title in 2011, 2012, and 2013 and just come off of winning the state meet in Raleigh, well it's easy to make them the favorite. The catch, you just don't know who is going to show up on meet day.

-Commentator by Ben Zak

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## 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 then 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-nutrntion-pre-workout-review) - <http://www.supplementsreviewer.com/index.php/supplement-reviews/pre-workout-supplements/37-ssp-nutrntion-pre-workout-review>



## 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>



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## 2014 NC STATE CHAMPIONSHIPS

### AS TOLD BY BEN ZAK

The 2013 state meet had a small turnout, so Paul Bossi decided to move the 2014 meet from summer to winter and the location to the state capital. The turnout was great and the lifting was huge! I want to give two thumbs up to Nasir Nantambu who did a fantastic job promoting the meet. He was one of the first people (if not the first) to set up and he was the guy at the end who was doing the dirty work (cleaning up). Great job Nasir, appreciate all that you're doing.

As with all 100% RAW meets, there were a variety of age groups to accommodate the lifters and each winner is a state champion. What I like to do is take a moment to mention the overall state champions, which is the best lifter in each weight class, regardless of age. It's not an official title, but I think it keeps things interesting and it definitely gives lifters something to shoot for in 2015. There were four lifters in the 114 and under class, but it was the balanced lifting of Brittany Sattenwhite that would make her the top bencher and power-lifter in her weight class.

At 123, there wasn't much that could stop Raja Rahim who had the best bench and total in her class. Raja's 595 total earned her the best lifter women's award. Notice; watch out for teen lifter Tatiana Kendzulak. Tatiana has only been training for a few months and she's already totaling 400+. In the 132 class it was Damez Taylor of the Project Lift team who was the top bencher.

Bill Rehl was favored to win the 148 class, but an injury forced him to do the wise thing...he lifted conservatively. Bill still swept the state records and on an easy lifting day he came within twelve pounds of winning the title.

PJ '6 pack' Connors was picked to finish second and without Bill he was favored. PJ squatted 270, which gave him an 11 pound lead over Stephen Shores. The squat ended up meaning everything as PJ and Stephen would both bench 215 and both dead-lift 364 which



would give PJ the eleven pound win. In March these two will have a rematch at the Battle of the Border, which is a push pull meet. Since these two benched and dead-lifted the same weights, the question will be...who can add more to their total!!! The big bench of the class was 281 by Cody Smith.

Robert Melton is the only lifter in the state who has had the best total in his weight class two years in a row. For 2014 Robert moved up to the 165 class and his 1,069 total was easily enough to increase his streak to three. I'll tell you now, the lifter of the future is probably teen lifter Dylan Aaron who totaled 970. The big bench was 298 by Nasir Nantambu. Right now Nasir is the biggest threat to Robert defending his state title in 2015 and I believe both will be clashing at the Battle of the Border.

Fun story: Last year Brandon Petit, who I had never seen lose, finished second overall at the state meet. He was so much lighter than the winner, Brandon ended up being the rare second place lifter who wins the best lifter award. In 2014 Brandon moved up to the 181 class and despite being the smallest lifter his 1,223 total easily won the title and he also won the men's best lifter award for the second consecutive year. The top bench was 320 by Steve Poythress.

The 220 class was a sweep by the Jarvisburg Church of Christ. I assure you that since the top three lifters train together they all knew the outcome. Ashley Stone broke four state records on his way to the top total of 1,394 and the top bench of 342.

At 242 Lynn Corbin totaled 1,212 to capture his first overall state title. Mason Parker is one of those up and coming teens you have to watch out for. The talk of this class was Tra Farrington. Tra's 452 was the big bench of the class, and the crazy part was Tra's 771.5 dead-lift. If Tra had decided to squat, he would have been the state champion.

Not a doubt in my mind, the 275 class was the most talented of the day. Why? Well you have defending 242 champion Skyler Woolard moving up a weight class. You then add two time overall champion Gene Berry who was ranked #2 in the world (masters/2013). As if that's not enough, we throw in two very strong wild cards named Robert May and Kevin Combs.

Skyler set the pace with a 524 squat, but Robert stayed in sight with a 501. The best bench in the class was matching 364's by both Skyler and Gene. If anyone was hoping for a chance, Skyler's 616 dead-lift and 1,500+ total ended matters. At this point, it looks like the road to the 2015 title goes through Skyler.

In the SHW class Jerry Gunther put on an exhibition with the biggest bench of the day...529. I wish defending state champion, Herman Canada, had shown up as it would have been a fun battle.

There are a lot of women that compete, but not nearly as many as the men. To be fair, I like to say that the top 3 (pound per pound) deserve the title as best overall. The top three women at the NC state meet were Raja Rahim, Nelda Newton, and Brittany Sattenwhite. Nelda deserves an extra thumbs up as she's been in the top three for three consecutive years.

In the team categories there was no doubt that the best youth team was Project Lift out of Henderson North Carolina. The best teen team was Currituck Highschool. And the 2014 state champions...winning their fifth competition in a row...The Jarvisburg Church of Christ.

In my opinion, the only way to be champion is to beat the defending champion. I hope that all the overall champions will return in 2015 to defend their titles. Also, we post NC meet videos on the 100% RAW facebook page, but we will gladly send a link to the video if you email us at [jzak16@hotmail.com](mailto:jzak16@hotmail.com).



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  
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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**.

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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!

# Upcoming Meets

**April 5, 2014**

*Battle of the Borders*

Currituck, NC

**April 5, 2014**

*5th Annual Quaker Classic*

Salem, Ohio

**April 6, 2014**

*Open International Tournament*

Kharkov, Ukraine

**April 12, 2014**

*Great Lakes Full Power and Single Lift*

Erie, PA

**April 17-18, 2014**

*Israeli Open Championships*

Dimona, Israel

**April 26, 2014**

*Masters Nationals*

Zion Crossroads, VA

**April 27, 2014**

*International Tournament*

Odessa, Ukraine

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PLEASE JOIN MY 100% POWERLIFTING PAGE. THIS PAGE IS FOR THE USE OF ALL STATE CHAIRMEN TO ADVERTISE THEIR EVENTS ON FACEBOOK AND GET THE UPDATES OUT TO AS MANY LIFTERS AS WE CAN. IF YOU HAVE FACEBOOK PAGE PLEASE GO CHECK IT OUT AND BE ADDED AS A FRIEND SO WE CAN ALL GROW TOGETHER.

-PAUL BOSSI-100% RAW PRESIDENT



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