

February 2014

THE RAW EXPERIENCE

For the Lifter:

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

100% RAW
Powerlifting
Federation

100% RAW POWERLIFTING FEDERATION WELCOMES 2014!!!!

**HAPPY NEW YEAR FROM THE
100% RAW FRONT OFFICE, STATE
CHAIRMEN, AND MEET DIRECTORS
ACROSS THE BOARD!!!**

We have been busy across the board working hard in making 2014 the most competitive year in 100% RAW history! From our east coast platform battles, to our west coast clashes in the sand, to the introduction of the Triple Crown Championship, HUGE numbers are destined to rear their heads!!!

Be on the lookout for some major changes to The RAW Experience newsletter in the very near future. We're going to be making a few changes to improve the overall experience and feel of the newsletter as we present to you the pulse of 100% RAW Powerlifting Federation!

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!**

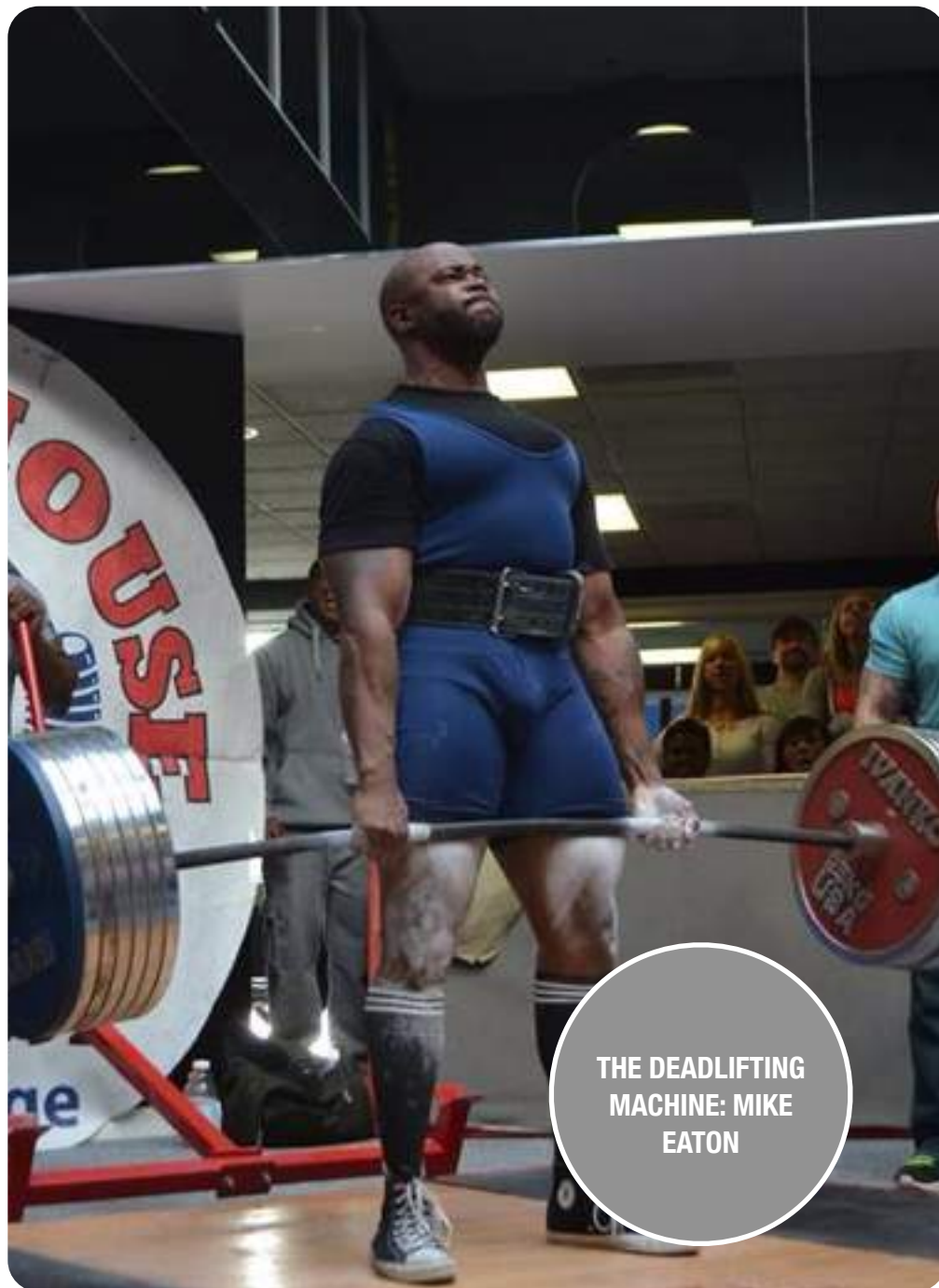
- Nasir Nantambu- *International Chairman and Chairman of Growth and Development. (You can find me on Facebook @ Chef Nasir Nantambu, or contact me @ the100rawexperience@gmail.com*



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 DEADLIFTING
MACHINE: MIKE
EATON

THIS IS THE WAY YOU SET OFF THE 2014 POWERLIFTING SEASON!

THE POTOMAC OPEN WAS
THE FIRST MEET FOR 2014 IN
THE UNITED STATES, AND IT
WAS EVERYTHING WE
EXPECTED IT TO BE!!

MIKE EATON, COMPETING
IN THE 125KG/275# CLASS,

MET THE CHALLENGE OF
SETTING THE TONE FOR THE
REST OF THE 100% RAW
NATION BY PULLING THE
BIGGEST DEAD LIFT IN 100%
RAW HISTORY WITH A
MONSTROUS 365KG/804.6 LB
PULL!!!! THAT IS NOT A TYPO,
THAT IS THE MOST ANY
COMPETITOR HAS EVER

PULLED ON A 100% RAW
PLATFORM!!!!


A SPECIAL CONGRATS
GOES OUT TO MIKE EATON FOR
THIS EXTRAORDINARY
DISPLAY OF RAW POWER!!
NOW THE BAR IS SET, MIKE,
WHAT LIES IN STORE FOR THE
REST OF 2014 REMAINS TO BE
SEEN!



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 4 competitions: Feb 8th: NC State Championships, March 29th Battle of

the Borders, May 31st NC American Challenge and August 9th: Southern Open (NC). We will take the BEST 3 out of 4 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: NC STATE CHAMPIONSHIPS: 2/8	BATTLE OF THE BORDERS: 4/5	NC AMERICAN CHALLENGE: 5/31	SOUTHERN OPEN: 8/9
	Meet Director: Paul Bossi Currituck, NC	Meet Director: Paul Bossi Currituck, NC	Meet Director: Gene Berry Jarvisburg, NC

POWER READING: Upcoming Book “**All About Powerlifting**” by Tim Henriques, Director of the National Personal Training Institute of VA/MD/DC, 20 year powerlifting veteran, multiply time 100% RAW and AAU Open record holder and coach of Team Force.



All About Powerlifting

By: Tim Henriques

Powerlifting tests your constitution, discipline, dedication and pushes your body to its limits while yielding great physical results at the same time. Powerlifting is helping athletes of today reach new heights and shatter records previously believed untouchable.

In this brand new, one of a kind book you will discover the secrets to the world's strongest sport. Here is what's inside:

- Learn how to master the competitive lifts
- Detailed strategies and training programs to improve the powerlifts
- The rules of competition
- Extensive nutritional information to help you look and perform your best
- Detailed interviews with some of the strongest men and women to ever walk the planet
- Learn how to manipulate your weight for weigh-ins
- Strategic plans for selecting the proper attempts in a competition
- Learn how to properly warm-up in the gym and in a competition
- Guidelines on how to perform your best on meet day
- Learn how to use powerlifting to improve sporting performance for all sports
- Extensive lifter classification system for each competitive lift for men and women

When you are ready to become the strongest person in your gym; when you want to maximize your athletic potential; when you are ready to reach for Elite status in sports; when you are ready to best the most important competitor you'll ever face: yourself. Let the journey begin here.

Leave Nothing on the Platform

www.allaboutpowerlifting.com

Upcoming Meets

8-Feb-14	NC State Championships (PL, PP, BP, DL, SC)	Raleigh, NC	Paul Bossi	Awaiting Results
21/22-Feb-14	Scrappy Joe's Single Lift Meet	Hooversville, Pa	Joe Caola	Awaiting Results
22-Feb-14	European Championships	Kranj, Slovenia	Arian Salarian	Awaiting Results
8-Mr-14	Bragging Rights (BP/DL)	Sicklerville, NJ	Jackson Lee	Awaiting Results
15-Mar-14	United States Open (BP-DL-SC)	Zion Crossroads, VA	John Shifflett	Awaiting Results
15-Mar-14	March Madness	Gym Warriors **Peabody, MA	Paul DeSimone	Awaiting Results
23-Mar-14	South Africa Full Meet	Western Cape, South Africa	Nikki De Jager	Awaiting Results
29-Mar-14	The 2nd Annual 505 Open Championship	Albuquerque, NM	Hunter M. Claypatch	Awaiting Results
29-Mar-14	New York/Ontario Cup	Manlius, NY	Jackson Lee	Awaiting Results
29-Mar-14	Midwest Challenge – NE	Omaha, NE	Jeremey Meyer	Awaiting Results
29/30-Mar-14	Southwest Regional	Prescott, AZ	Paul Gillott & Tim McKeever	Awaiting Results

Retraction On 2014 Meet Sanctioning

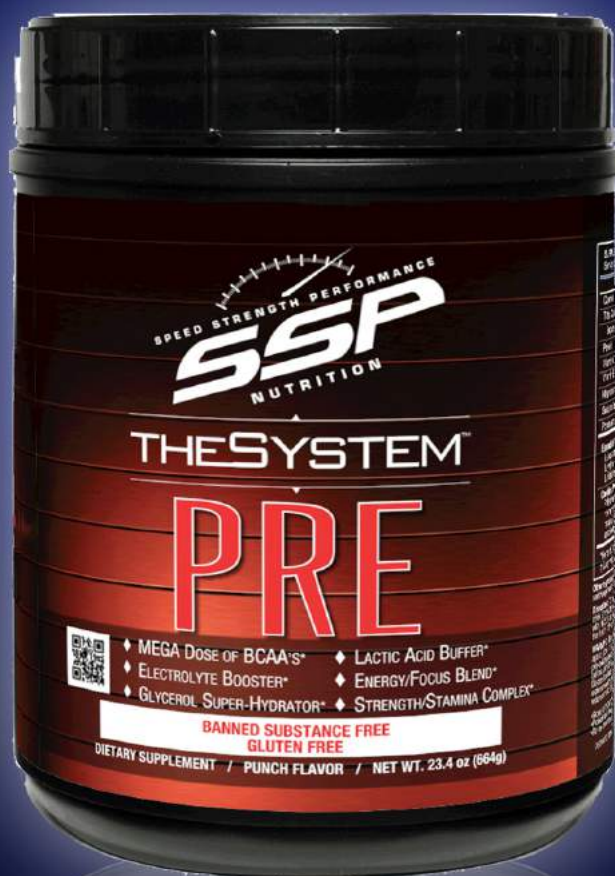
In the December newsletter, I addressed the “new format” in competition sanctioning for the 2014 season. The 2014 season will be a pilot year for us to move towards sanctioning judges rather than the entire competition itself. As of right now, the sanctioning of competitions (ex. Level I (state level) , Level II (national level) and Level III (World level) will continue throughout this year. There is a lot of work that still needs to be done in order to insure that the transition is a successful one and we will be working hard to make those necessary adjustments. My apologies for any confusion caused by the December article on meet sanctioning.

- ◆ MORE STRENGTH & ENDURANCE
- ◆ HIGH INTENSITY WORKOUTS
- ◆ SUSTAINED ENERGY WITHOUT THE CRASH
- ◆ 100% FREE OF BANNED SUBSTANCES
- ◆ 100% MONEY BACK GUARANTEE



RESULTS START HERE! FOR DRUG-TESTED ATHLETES

RAW



normally \$49.99
100% RAW Powerlifting price **\$35.00**

www.SSPnutrition.com/raw100

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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201-282-5092 • www.sspnutrition.com

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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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 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

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 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.

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

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.
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Tel 201-282-5002



THERMO-9



New
SSP Fat
Burning Agent
Thermo-9
30 servings
\$19.99

<http://www.sspnutrition.com/thermo-9/>



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

Thank you in advance for
your support!

2014 Team USA

The location and date for the 2014 International Challenge has been set. This year, we will be assembling one, possibly two, 10-12 man teams to travel to Western Cape, South Africa to compete August 2, 2014 in the International Challenge. I have received a handful of emails from members interested in competing with the 2014 Team USA squad. I will be receiving request of interest through March 1st. After that time, I will be locking in those members that will be competing with the team because I have to get the jackets ordered and travel/hotel information out as early as possible. Please forward your Request of Interest to www.the100rawexperience@gmail.com.

The 100% RAW front office does invite all of our affiliate countries to bring their teams out to Challenge. I personally would like to see a Team Canada in the mix of things being that our northern lifters put up some very impressive numbers at their competition (hint, hint)



Nasir Nantambu at the
Eurasian
Championships,
Odessa, Ukraine

Sample 2014 Team USA Jackets

(Design Subject to Change before complete team is finalized)



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 Subject: Team USA or Team America.

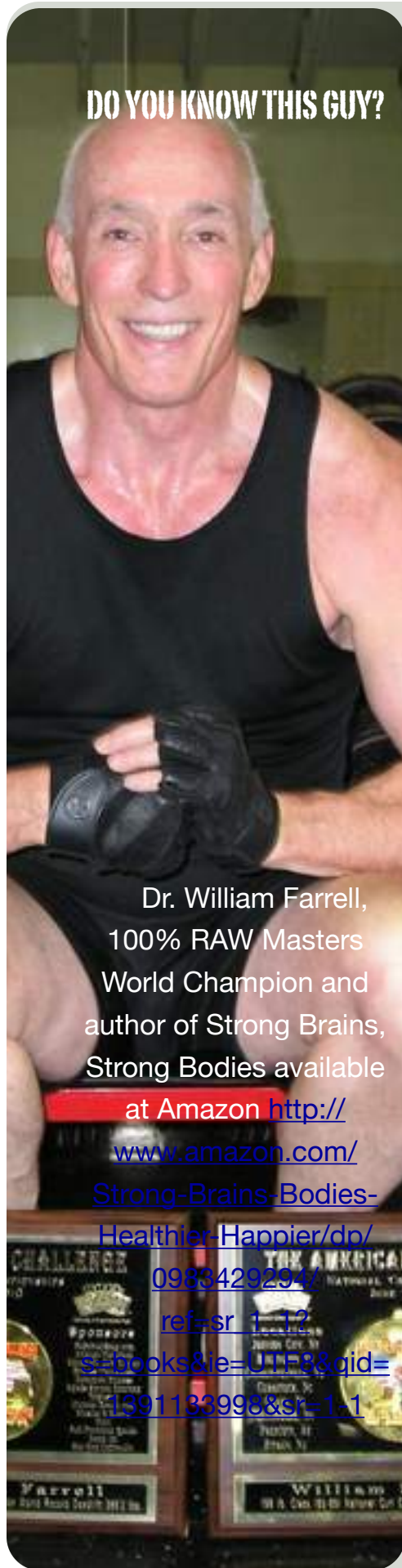
2014 Worlds

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.

Things are still on the drawing board, but the potential format for the 2014 Worlds will look something like this: **Thursday**: Youth and Teen **Friday**: Female Worlds **Saturday**: Open Worlds **Sunday**: Master Worlds



DO YOU KNOW THIS GUY?



Dr. William Farrell,
100% RAW Masters
World Champion and
author of Strong Brains,
Strong Bodies available

at Amazon [http://
www.amazon.com/](http://www.amazon.com/Strong-Brains-Bodies-Healthier-Happier/dp/0983429294/ref=sr_1_1?ie=UTF8&qid=1391133998&sr=1-1)

[Strong-Brains-Bodies-
Healthier-Happier/dp/](http://www.amazon.com/Strong-Brains-Bodies-Healthier-Happier/dp/0983429294/ref=sr_1_1?ie=UTF8&qid=1391133998&sr=1-1)

[0983429294/](http://www.amazon.com/Strong-Brains-Bodies-Healthier-Happier/dp/0983429294/ref=sr_1_1?ie=UTF8&qid=1391133998&sr=1-1)

[ref=sr_1_1?](http://www.amazon.com/Strong-Brains-Bodies-Healthier-Happier/dp/0983429294/ref=sr_1_1?ie=UTF8&qid=1391133998&sr=1-1)

[s=books&ie=UTF8&qid=
1391133998&sr=1-1](http://www.amazon.com/Strong-Brains-Bodies-Healthier-Happier/dp/0983429294/ref=sr_1_1?ie=UTF8&qid=1391133998&sr=1-1)

New Comers On the Platform



Destany
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Potomac
Open

DESTANY LAUSEN, PULLING 325 LBS AT THE 2014 POTOMAC OPEN
FOR A NEW NATIONAL RECORD IN HER FIRST-EVER
POWERLIFTING COMPETITION!! AND GEORGE PIERSON STEPPED UP
TO THE CHALLENGE AND PULLED A PERSONAL BEST 425.4!
WELCOME, BOTH OF YOU TO THE 100% RAW FAMILY!!



George
Pierson, 2014
Potomac
Open

Predictions for the 2014 NC State Championships: Feb 8th

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)

(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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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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**100% RAW Powerlifting
Federation, Inc**

139 Marla's Way-Camden, NC
27921

Telephone # 252-339-5025

www.rawpowerlifting.com

rawlifting@aol.com