



CHECK OUT OUR 100% RAW POWERLIFTING PAGE

## 100% RAW NEWSLETTER

Writing last month's newsletter was fun, but the mailing list was difficult. In the end I got so frustrated I asked (begged) Paul to find someone else to take charge of mailings. Paul emailed back, "Sending it myself." I thought, "Why didn't you tell me you could send it yourself?" I then thought of what Paul might say, "Well, you never asked."

**SPONSORS:** There are a number of companies that put money into our sport and 100% RAW repays them with a thank you and an add in the newsletter as well as on the 100% RAW website. If you need items such as supplements or a book on training, would you rather buy these items from a company that invests in powerlifting or a company that has no interest in our sport.



## MESSAGES

## FROM THE PREZ

## PAUL BOSSI

(1) 100% RAW is forming a TEAM USA to compete at the International Challenge in Milan, Italy (July 10-12) 2015. Criteria for qualification; 100% RAW athletes must have competed at either the 2013 or 2014 American Challenge or World Championships.

Team USA will accept the first 15 qualifying lifters. In order to reserve your spot you will need to send in \$100 with a filled out application form; this will go towards your entry fee and is non-refundable. It will be sent to Francesco Comini

the Italian National Chairman to reserve your spot in the competition. Email me for an application form [rawlifting@aol.com](mailto:rawlifting@aol.com) Commemorative team jackets and t-shirts will be available for all lifters who are competing.

make checks payable to: 100% Raw powerlifting  
139 Marla's way Camden, NC 27921

(2) The World Championships are returning to Virginia Beach. The meet will be held at the Holiday Inn North which is a fantastic venue that includes an indoor pool, indoor lazy river, child care and a movie theater that seats 40 people and it is all free to the lifters.

The meet will start with the strict curlers on Thursday October 29th (7pm), followed by a meet and great. On Friday the 30th, the lady lifters will compete. On Saturday the 31st lightweight men will compete and on Sunday the 1st the heavyweight men will compete.

### (3) **Important TUE Information:**

Dear Lifters,

We are constantly asked if HRT or TRT is allowed in 100% RAW Powerlifting Federation. The answer is yes, but we have a protocol that must be followed in order to be approved and allowed on a case by case basis. If you are taking a Testosterone you must have a TUE (**Therapeutic Use Exemption**) approved and on file. If you do not have one on file and your levels come in at over 6:1 T/E ratio then you will be banned for a 2 year period. In order to submit your TUE form you must fill the form out completely as well have your Doctor fill out a section on it. A copy of the blood work from the lab showing your levels are below normal. If the chart your Doctor uses goes from 350-1100 you must be below the 350 mark in order to be approved. Each submitted form is looked over by our Drug Testing Chairman Doctor and he will make the decision to grant the TUE or not based on a variety of factors. When taking HRT or TRT your body will shut down it's natural production of producing Testosterone and Epitestosterone which may skew your

natural T/E ratio and cause you to be over 6:1. With this being said it is now required that all approved TUE athletes submit a copy of their lab blood work twice a year. Abusing HRT or TRT by taking large doses will cause an athlete to be banned from the federation. You can print off a form from our website or request one by email [rawlifting@aol.com](mailto:rawlifting@aol.com). Below is a link to the 2015 PROHIBITED LIST.

<http://www.usada.org/wp-content/uploads/wada-2015-prohibited-list-en.pdf>



The image is a promotional graphic for SSP Nutrition. On the left, the SSP Nutrition logo features a speedometer graphic with the text "SPEED STRENGTH PERFORMANCE" above it and "SSP NUTRITION" below it. Below the logo, the website "www.SSPNUTRITION.COM" and the address "525 RIVER ROAD • EDGEWATER, NJ 07020" with the phone number "(201)282-5092" are listed. On the right, two tubs of SSP Premium Whey Protein are shown. The tub on the left is white with a vanilla flavor illustration, and the tub on the right is brown with a chocolate flavor illustration. Both tubs list "25g Protein Per Scoop", "5g BCAA Per Scoop", and "5g Glutamine Per Scoop". At the bottom, a large banner reads "SSP PREMIUM WHEY PROTEIN".

**SSP PREMIUM WHEY PROTEIN**



STATE/NATIONAL/WORLD  
RECORDS & RANKINGS: For any  
lifter who doesn't know, Neshama  
Kutin keeps the records, world  
rankings, meet results, upcoming  
events, rules and a LOT more listed  
on the 100% RAW website. If you  
would like to view the website, please  
click on the link below.

Thank you Ed Kutin for keeping  
the rankings updated. I know it's a  
real chore.

100% RAW WEBSITE



## LIFTER OF THE MONTH

### BRENDEN EBERLE

Kelowna BC Canada

**PREVIEW:** I had a few ideas for the lifter of the month, but Paul stopped me and said, we have to get Brenden Eberle. Not only did Brenden win the 148 pound World title, he also set the open world records in the deadlift and total. Perhaps the most amazing part about Brenden is this; he's only twenty two and he's only been competing for a year.

#### HOW DID YOU GET STARTED IN POWERLIFTING:

Bjorn Torgerson talked me into competing. I wasn't involved with anything at the time so I figured I'd give it a try.

#### WHAT ARE YOUR BEST COMPETITIVE LIFTS:

At 148: Squat 413, bench 308.5, deadlift 567.5, total 1,278.



[MORE ON SSP NUTRITION](#)



DO YOU HAVE A FAVORITE LIFT:

The deadlift use to be my weakest lift, I've been working on it for just over a year. I like it the most because I find it comparable to the squat for an overall strength lift.

WHAT WORKOUT PLAN DO YOU CURRENTLY FOLLOW:

I don't have a plan or routine; style wise I would say Strongman. I like to lift atlas stones, pull vehicles, flip tires as well as do my weight training.

IS THERE A LIFTER THAT YOU LOOK UP:

Bjorn Torgerson.

WHAT ARE YOUR FUTURE GOALS AS A LIFTER:

My goals are to hit a 4x body weight lift, a 10x body weight total and to hold all the world records in my weight class.

DO YOU HAVE ANY ADVICE FOR NEW LIFTERS TO OUR SPORT:

Don't get overwhelmed with the fact that you're at a competition and that you're trying to lift the most weight you possible can. Get aggressive when you need to be on the platform and just have fun.

TEAM CANADA WON THE 2014 WORLD TEAM TITLE, TO WHAT DO YOU ATTRIBUTE THEIR SUCCESS:

We all motivated and supported each other before the team was even decided on. At the meet we made each other believe that we could do more than we thought, we pushed one another.

I want to thank Brenden Eberle for taking the time for our interview.





## 2015 AMERICANCHALLENGE

CONSIDER THIS: Many powerlifting meets have forty to fifty lifters. At the American Challenge, some weight classes have forty to fifty lifters.

CONCEPT: The concept is great. A number of meets are spread across the country. The results aren't released until EVERY meet is finished. The final results are combined and released on a spreadsheet that looks like a small book. If you really

want to test yourself, well it's hard to top the American Challenge.

#### LOCATIONS:

North

Carolina

Virginia

Nebraska

Ohio

Arizona

Massachusetts

Pennsylvania

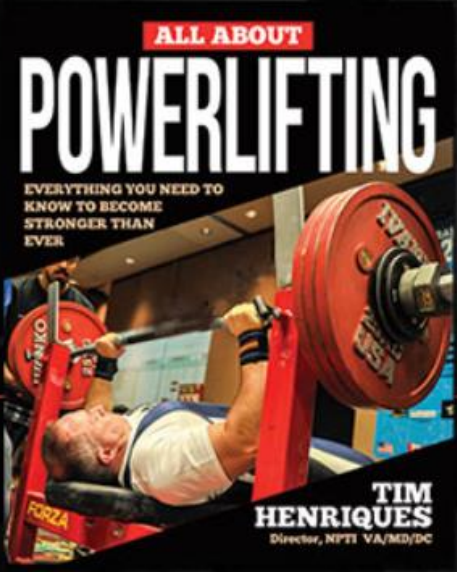
Maryland

Kentucky

Illinois (TBD)

FOR AMERICAN CHALLENGE LOCATIONS, MEET FORMS AND MORE, CLICK ON THE LINK BELOW.

[MEET SCHEDULE/CHECK IT OUT](#)



"This compendium is nearly 500 pages - it's like an "Arnold's Encyclopedia of Bodybuilding" but for powerlifting"  
- Shelby Starnes (IFBB Pro Bodybuilder and elite prep coach)

"This is truly the new Bible of powerlifting"  
- Chris Shugart (T-Nation Editor)

**LEAVE NOTHING ON THE PLATFORM**  
[www.allaboutpowerlifting.com](http://www.allaboutpowerlifting.com)

Paul and I wanted an article to help lifters with their training and the choice was obvious...it had to be Tim Henriques. Tim has so much knowledge he even wrote a book on the subject. Anyone who wants to learn a lot more about Tim's book will find a link at the bottom of the article

**What should my attempts Be?** I am going to keep this short and sweet. The goal of a normal powerlifter (see note below) is to go 9 for 9 and set PR's in each lift. Here is the formula to achieve exactly that.

Set a goal third attempt. If you have never lifted before add 5-20 lbs to your best gym lift (I'd add 5 to your best bench, 10 to your best squat, and 20 to your best deadlift for men).

If you have some competitions under your belt then add 5-20 lbs to your best competitive lift based on how your training is going. This is your goal third attempt. For example a lifter has squatted 355 for a gym max in training. His goal is to squat 365 for his first meet. NOTE: For this method to work your form in the gym MUST mimic competition form otherwise this plan does not work (that means the squat should be extra deep, benches should be paused for a 3 count, and deads should not be hitched).

If you are a newbie and unsure of your form, video yourself and post it on the 100% RAW Facebook page and veteran lifters will give you feedback. Your third attempt is your 100% number, from there set it up like this:

1st Attempt (Opener) 2nd Attempt 3rd Attempt (PR)

Squat 87.5% 95% 100%

Bench 87.5% 95% 100%

Deadlift 82.5% 92.5% 100%

In our example our squatter will do the following:

1st attempt – 320 lbs

2nd attempt –345 lbs

3rd attempt – 365 bs

It is as simple as that. Destroy your opener and your build confidence; hit a nice second attempt to move up that total; and then go for a PR on your third attempt. Successful third attempts are what powerlifting is all about. Ride that

wave of success on each lift and see how great going 9 for 9 feels.

\*Advanced, elite or veteran lifters may choose to employ a different strategy when competing. For a complete discussion of this topic reference the book All About Powerlifting – Chapter 16

FOR BOOK INFO, CLICK ON THE LINK BELOW

[ALL ABOUT POWERLIFTING LINK](#)

## MEET RESULTS

VIRGINIA: SOUTHSIDE REGIONAL CLASSIC

MEET DIRECTOR: John Shifflett

The Southside Regional Classic was a two platform meet and I want to thank Gene Berry for sending me some information about it.

Gene remembered seven lifters that caught his attention. First, Garrett Hence who deadlifted 650 in the 181 class. Second, master lifter Fred Littlejohn who totaled 1,664 in the 275 class. Third, Aubrey Webb who deadlifted 380 at 148. Fourth, Ernie Bert's 903 total at 181 in the (60-64) age group. Fifth, Brandon Lewis who benched 380+ at 181!!!

Finally, six and seven; Gene said there was a heck of a battle at 308 between Lain Duffus and Jason Harlow. Jason had the superior bench (525) and deadlift (617), but he simply couldn't gain enough to overcome Lain's 562 squat.

THANK YOU GENE BERRY FOR THE INFO!!!

**Breann Thiessen**

**Selena Gaudet**



THE PRAIRIE POWER OPEN: Western Canada's first competition of 2015 started off the year in fine form. The Prairie Power Open once again showcased some amazing Canadian lifters.

Big John Giffen as usual did not disappoint with a World Record 237.5 kg press in the bench only at a body weight of 118.3 kg. Is there a 250 kg in the bigger picture?

Breann Thiessen dominated the women's full power with a 140 kg squat, 75 kg bench and a 152.5 kg deadlift at a body weight of 55.5 kg. Remarkable.

Selena Gaudet from the Calgary Barbell Team posted impressive numbers. Selena has been improving steadily and will challenge for a spot on the 2015 Canadian World Team. Selena posted a 117.5 kg squat, 55 kg bench and a 156 kg deadlift at a body weight of 70.7 kg.

Gary Peterson, our Seattle, Washington connection lifted 91 kg in the bench only. Gary has been travelling from Seattle to our meets in Calgary and Kelowna for two years and we have adopted Gary into our Canadian Nation of lifers.

ADAM PRICE

BIG JOHN



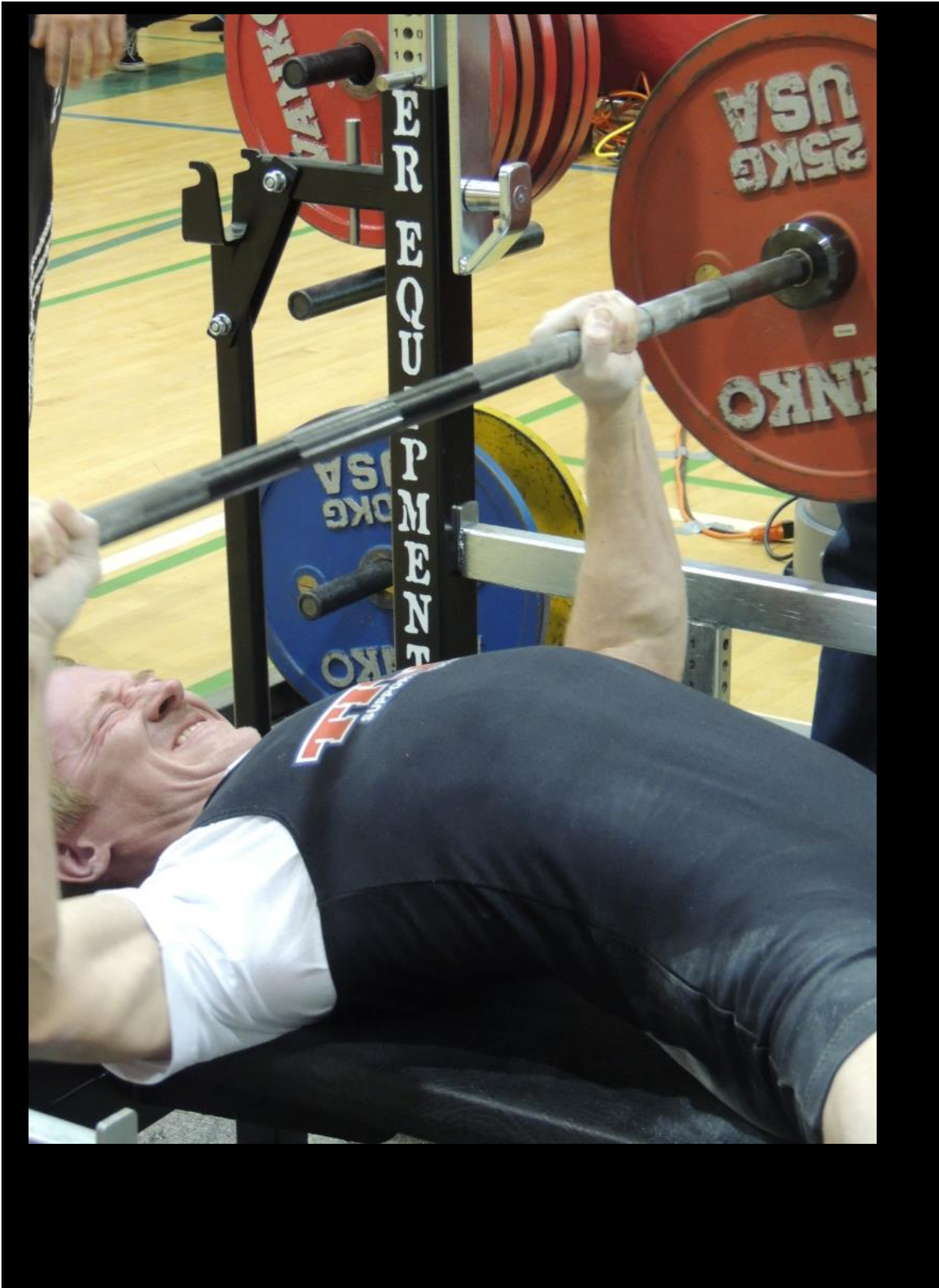
Rounding off an exceptional day of lifting was Adam Price. Weighing in at 107.4 kg Adam posted a 273 kg squat, 150 kg bench and a 257.5 kg deadlift. Adam's squat solidified him as one of 100% Raw's top squatters.

2015 is going to be the best year ever for 100% Raw Powerlifting in Canada as all of the scheduled meets in Western Canada are sold out. Eastern Canada is coming on board with a competition slated for the 2016 New Year. Canada is gearing up for another strong showing at this year's World Championships.

THANK YOU HERB VECKENSTEDT FOR THE MEET RESULTS & PICTURES

GARY PETERSON (PICTURED)





**NORTH CAROLINA STATE MEET:** The state meet is the largest meet in North Carolina and the competition is brutal. I want to recognize six lifters who really raised the bar.

(WOMEN) Kayla Johnson's 535 at 114 earned her the best lifter award. Kimberly Soltman's 649 at 148 had her as the runner up best lifter and Brandi Sneed's 904 in the SHW class is a reminder of why she's one of the best, if not the best SHW lifter in the world.

(MEN): Chris Ferranti is a '3' time American Challenge champion and his 1,224 total at 165 won him the best lifter award. Kevin Woods broke all the meet records in his class on a way to a monstrous 1,494 total at 198. Finally, I have to tip the barbell to Trey Manning who totaled 1,753 in the 275 class. Anyone who can squat 700 pounds deserves some EXTRA recognition.

KEVIN WOODS

KIMBERLY SOLTMAN



**MEET DIRECTORS ARE BUSY PEOPLE:** If you want to see a short write up about your last meet, send me your info and I'll add it to the meet results. If you're unsure, ask your meet director if you can be in charge of results...he or she will probably appreciate it!!!

**CONTACT:** [Jzak16@hotmail.com](mailto:Jzak16@hotmail.com) (subject=powerlifting)

Besides the 100% RAW Facebook page, there are also state/country pages. I've included the links. If I missed a page from your state or country, let me know. If your state/ country doesn't have a facebook page...tell your state/national chairman that you'd like to start one.

NOTE: Facebook often requires group members to ask for membership, simply do so and I think most if not all will quickly accept you.

**Canada**

**Italy**

**NEW JERSEY**

**New York**

**North Carolina**

**Pennsylvania**

**South Africa**

**West Virginia**

# NATIONAL PERSONAL TRAINING INSTITUTE



Any lifter can purchase a Record, Ranking or Personal accomplishment Plaque from our website by printing off an order form and faxing to 252-338-7669 or e-mailing back to [ectrophy@aol.com](mailto:ectrophy@aol.com). Please fill out very neatly (prefer typing). Elizabeth City Trophy & Awards accepts Master Card, Visa and Discover. You can send in your form and give a telephone number for them to call you for payment. You can e-mail or fax the information if you prefer. Plaque are available for any lifter who competed in any 100% RAW event. Past records or past accomplishments can still be ordered through the site with verification of the lift. If you have any questions please email

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



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