

139 Marla's Way
Camden, NC 27921
President: Paul Bossi
Rawlifting@aol.com
www.RawPowerlifting.com
252-339-5025



Check out the Special Interview from Sean Katterle of Hardcore Powerlifting with President Paul Bossi for Iron Man Magazine. Click on the link below for a thorough inside view of the Presidents thoughts and views of the future of the sport of RAW Powerlifting.

## July Newsletter

Hello Lifters and Friends.

I want to thank all of the lifters who competed in the SSP Nutrition sponsored American Challenge – National Championships in June. We had over 400 lifters compete and the meets were a huge success. I wanted to give a special thank you to Dennis Cieri for the sponsorship of this competition from his newly founded company SSP Nutrition. If you do not know Dennis or anything about his company let me explain a little for you. Dennis is the #1 DRUG FREE RAW bench presser in the world. At a bodyweight of 198lbs he has pressed 535lbs which is just unbelievable. So if he is developing a product or nutritional line and you want to make gains this is a product and company you want to purchase form. You can go to there website by clicking on <a href="www.sspnutrition.com">www.sspnutrition.com</a> you go to our website home page and click on the SSP Nutrition logo.

**SSP Nutrition** www. sspnutrition.com will pass out a supply of their nutritional line to the winners of the Men's Open(123,132,148,165,181,198,220,242,275,308,SHW), Master (40-49) Light and Heavy, Master (50-59) Light and Heavy, Master (60 plus) Light and Heavy, Female Light and Heavy and Teenage lifter. This special will be for all 3 events the Bench Press, Deadlift and Curl. That will be 60 sets of supplements and over \$3000 worth of product. Please go to their website and show your support to them by both checking out their products and maybe purchasing some. This is a great line and the number 1 drug free bench presser in the WORLD uses this product.

Products that work, safety guaranteed. **The System** is formulated with the highest integrity, WADA compliant, 99.94% natural\*, totally safe and extremely effective. Formulated by multitime I.P.F. World Champion, Dennis Cieri.

The results have been posted online for the American Challenge. We will be updating the results again as there were a few minor errors on them so they are not 100% final as of yet. I hope to have everything final by this Friday.

## The American Challenge Team winners were as follows.

## **Bench Press:**

High School Boy's: Clarinda Academy Boy's Team, Iowa High School Girl's: Clarinda Academy Girl's Team, Iowa

Master: Maryland Master Team, MD Open: DZ Supplements of Virginia

## <u>Deadlift:</u>

High School: Currituck County High School, North Carolina

Master: Jarvisburg Christ of Christ, North Carolina

Open: Team Ironworks, New York

#### **Curl:**

High School: Currituck County High School, North Carolina

Master: Maryland Master Team, MD
Open: Scrap Iron Barbell Club

## Special Awards for the American Challenge:

Any lifter who competed in the American Challenge can purchase a Custom Made American Challenge plaque from Elizabeth City trophy. It will be a first come first serve plaque to the 1<sup>st</sup> 75 lifters who call to order their plaque. I will attach a picture of last year's plaque and this year will be very similar. I will be changing it up some so lifters who bought it last year will be able to buy a new plaque this year with a new design. They will be on sale for the month of July @ \$55 plus \$15 for shipping for a total of \$70. After August 1<sup>st</sup> the price will go to \$70 plus \$15 for shipping for a total of \$85 each if they last this long. All plaques will be custom made with your name, weight class, place finished and mount of weight lifted if desired on it. If you won your class whether it was age group or open your plaque will read National Champion on it. Below is a picture of last years to give you an idea. Just send an email to <a href="mailto:ectrophy@aol.com">ectrophy@aol.com</a> or <a href="mailtito:rawlifting@aol.com">rawlifting@aol.com</a> and ask for an order form. Just fill out the order form and email, fax or Postal mail it back to us to purchase it. The fax number is 252-338-7669. You can pay by Master Card or Visa. If you send it in the mail please include a check for the full amount. If you do not want to put your card numbers on the form then just give us a number to call you or you can call the trophy shop to pay over the phone at 252-338-6920.



The American Challenge National Champion Jackets are available as well. These jackets will be customized with your name, weight class and division with our 100% RAW logo on the front. The Back will have in large letters "100% RAW Powerlifting Federation". If you did not win you may still order the jacket with all the custom lettering on it as well. Your choice if you want the place you finished on it. Use the same format to order the jacket as above and specify your size. SM-XL are \$85 plus \$15 for shipping for a total of \$100. Add \$5 for each "X", XX=\$90, XXX=\$95, XXXX=\$100.



#### **Apparel**

The official 100% RAW Powerlifting knee high socks are now available for you to purchase. These are a must if you are a deadlifter and will make any lifter look good. The socks are black with the 100% RAW logo on the front in Blue and the word Powerlifting going down the side in Red. I will have a picture soon. You can order a pair for \$12 plus \$5 for shipping. If you order multiple sets your shipping will not go up so it would be best to order a few sets for yourself and your fellow lifting partners.

Also there still is American Challenge shirts left. They are \$15 and \$5 for shipping if you are interested while supplies last. Email me at <a href="mailto:Rawlifting@aol.com">Rawlifting@aol.com</a> if you're interested.

#### 100% RAW - TEAM USA:

100% RAW - TEAM USA will be traveling over to the Ukraine to compete in the Eurasia Championships on July 23<sup>rd</sup> -24<sup>th</sup>. This special competition team will represent the United States in this historic competition for 100% RAW Powerlifting Federation.

#### Here is the starting line up as we speak for Team USA:

Paul Bossi – 242lb – Coach Hunter Claypatch – 132lb Nasir Nantambu – 165lb Nick Grant – 165lb Alan Dean Foster – 198lb Brad Lovejoy – 275lb Raymond Clasin, Sr. – 308lb ? Pat McMillan – 275lb

There has been a few drop out of this competition due to various reasons. This will open up 2 spots if anyone is interested in coming to compete with the 100% RAW Team USA. This is a bench only competition and a curl competition if interested.

You will be responsible for your air fare (\$1500), hotel accommodations(\$300) and food (?). This will be an experience of a lifetime for anyone who is part of this team. I traveled to Italy in 2007 with Jeremy Wright, Brad Lovejoy and Steve Smith and to Belgium with Pat McMillan in 2008. Last year Raymond Clasing, Sr. & Brad Lovejoy traveled to Russia to compete and everyone will tell you the same thing, it was the experience of their life and was priceless. I know it was the pinnacle of my 23 year Powerlifting career. For more information please e-mail me at <a href="mailto:rawlifting@aol.com">rawlifting@aol.com</a>. Time is running out and you will need to have a Passport and the ability to purchase your plane ticket ASAP. If interested I will let you know which flight we are taking so you can travel with us on the same plane. Because of the short notice call me to make things move quickly. 252-339-5025

## **Upcoming Events**

In the month of July we will have 5 competitions in 4 different countries. On July 23<sup>rd</sup> there will be competitions in South Africa and Ukraine. On July 30<sup>th</sup> there will be a competitions in Calgary, Alberta-Canada, Virginia and Texas with our newly appointed Chairman Seneca Sarnella.

On August 6<sup>th</sup> Paul Gillott will be hosting the National Full Powerlifting Championships in Phoenix, Arizona. He will also be holding in conjunction the Arizona Open Bench Press. That form will be posted within the next day or two.

July 23, 2011	Cape Town Push/Pull	Cape Town, RSA	Steven Blake Contact Steven	Awaiting Form
July 23, 2011	Open Eurasia Championships	Odessa, UKR	Stanislav Tretyak <u>Contact</u> <u>Stanislav</u>	Entry Form
July 30, 2011	Western Canadian National	Calgary, AB	Adam Price Contact Adam	Entry Form
July 30, 2011	1st Annual Austin RAW Powerlifting Challenge	Austin, TX	Seneca Sarnella Contact Seneca	Entry Form
July 30, 2011	Eastern USA Open	Woodbridge, VA	John Shifflett Contact John	Entry Form
August 06, 2011	National Powerlifting Championships	Phoenix, AZ	Paul Gillott Contact Paul	Entry Form
September 10, 2011	IL State Powerlifting & Bench Press Championships	Bloomington, IL	Paul Bossi Contact Paul	Entry Form
September 17, 2011	2011 Eastern National Championships	Scarborough, ON	Barry McEvoy Contact Barry	Entry Form
September 30, 2011	Single Lift World Championships 9/30 - 10/2	Las Vegas, NV	Paul Bossi Contact Paul	Entry Form
October 28, 2011	East Coast Single Lift Championships	Orlando, FL	Paul Bossi Contact Paul	Awaiting Form
October 29, 2011	World Powerlifting Championships 10/29 - 10/30	Orlando, FL	Paul Bossi Contact Paul	Awaiting Form

## **Sponsorship:**

It is that time of the year that we are looking for sponsors for our <u>2011 World Championship belts</u>. The belts Sponsorship is \$250 and you will receive your name on the belt, Business name of the back of the shirt and 1 year of advertising with us on our homepage and a custom made plaque. Anyone interested can send an email to <u>Rawlifting@.com</u>

#### **Facebook**

100% RAW Powerlifting now has our own Facebook page thanks to Adam Price and Hunter Claypatch. This page is for the use of all state chairmen to use to advertise their events with Facebook and get the updates out to as many lifters as we can. If you have a Facebook page please go check it out and be added as a friend so we can all grow together. Go to the link below to check it out. If you have any questions you can e-mail Hunter Claypatch or Adam Price.

http://www.facebook.com/#!/group.php?gid=149878595051709

## Results

Most all of our meet results are posted as of now. I am waiting for some drug testing to come back before we post some of the results. Please review the records and if you see your state is not current please e-mail me to let me know **ASAP** so we can correct this.

June 04, 2011	NC State Powerlifting Championships	Currituck, NC	Paul Bossi	Awaiting Results
June 04, 2011	NC American Challenge	Barco, NC	Paul Bossi	Awaiting Results
June 04, 2011	NY American Challenge	Johnson City, NY	Wayne Claypatch	Meet Results
June 04, 2011	VA American Challenge	Zion Crossroads, VA	John Shifflett	Meet Results
June 04, 2011	Mid Atlantic Powerlifting Championships	Zion Crossroad, VA	John Shifflett	Meet Results
June 11, 2011	AZ American Challenge	Prescott, AZ	Paul Gillott	Meet Results
June 11, 2011	MD American Challenge	Marlowe Heights, MD	Dan Corridean	Awaiting Results
June 12, 2011	NH American Challenge	Derry, NH	Bret Kernoff	Awaiting Results
June 18, 2011	NE American Challenge	Omaha, NE	Ed Horwitz	Awaiting Results
June 25, 2011	Bench Press Bench Off	Ottawa, ON	Curd Hos	Meet Results
July 01, 2011	American Challenge Strict Curl Final Results	Consolidated Curl, US	Paul Bossi	Meet Results
July 01, 2011	American Challenge Bench Press Final Results	Consolidated Bench, US	Paul Bossi	Meet Results
July 01, 2011	American Challenge Deadlift Final Results	Consolidated Deadlift, US	Paul Bossi	Meet Results

#### Records

All the National and World records are currently updated. Most state records have been updated and posted on the site. If you see that we have not updated your state for some time please let us know. If there is anything we missed also please send me an email so we can fix it. State records are updated as fast as the state chairmen send them to us. If your records for your state are not updated please e-mail your state chairman and ask him for the update on them. If you have a state with no state chairman then send an e-mail to either <a href="mailto:rawlifting@aol.com">rawlifting@aol.com</a> or <a href="mailto:hotmail.com">hotmail.com</a>

## The Rings

We are currently working on the design for the 2011 World Championship rings. I will post it online as soon as it is finalized which should be sometime in the next month. I have a rough draft and the final approval should be coming any day now. Be patient as this will be an incredible ring.

## Rankings:

The 2011 Rankings will be posted shortly. We wanted to waiting until the 6 month month so we had enough meets in to fill the ranking list. If you are interested in ordering a ranking plaque from a previous year please go to our awards section on our website and print off an order form there. Or you can email <a href="mailto:rawlifting@aol.com">rawlifting@aol.com</a> or <a href="mailto:ectrophy@aol.com">ectrophy@aol.com</a>, They are \$20 each.

## Awards for records and other accomplishments:

Any lifter can purchase a Record, Ranking or Personal accomplishment plaque from our website by printing off an order form and faxing or e-mail back. E-mail to <a href="mailto:ectrophy@aol.com">ectrophy@aol.com</a> or fax it to: 252-338-7669. 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 type or you can e-mail or fax the information if you prefer. The newly created World Championship Plaque is available for any lifter who competed in either World event in 2010. Below is a picture of this plaque.

## Specials of the month:

SSP Nutrition has a special promo code to use on our homepage. When ordering please use this code for your discount.

Ramsey Rodriguez of NES is having a special on his product Tribustol. He is giving a 20% discount for the month of July. You can order this by going to <a href="https://www.tribustol.com">www.tribustol.com</a>

American Challenge Custom Plaques are on sale for the month of July. They are \$55 and from After August 1 they will be \$70 each plus shipping. Available for all lifters, regardless of place.

#### New Chairman:

New Chairmen are making a name for themselves in 2011. Our most recent addition to the family are new appointed state chairmen Sam Graham in California and Nick Montgomery in New Jersey. We have a few new chairmen we are currently in the works in several other states.

Curd Hos is a new meet director in Eastern Canada and has ran his 1<sup>st</sup> meet in Ottawa in June. He is already planning his 2<sup>nd</sup> event for November.

In India Vishal Khanna is our new Country Chairman. He will be competing in the Eurasia Championships this month and is working on putting together his first event in India for 2011.

We started off the year with "Sweet" Lou Algarin who ran his first 2 meets in Minnesota on January 20<sup>th</sup> and May 10<sup>th</sup>. One week later we had Bill Blackstone run his first 100% RAW meet in Gurnee, Illinois @ Monster Garage Gym. Then on February 26 in Toronto, Ontario – Canada Barry McEvoy ran an outstanding event in with 47 lifters in his first meet with 100% RAW Powerlifting Federation. Steven Blake from South Africa ran his first for the federation on March 26<sup>th</sup> in Cape Town, South Africa. People like these guys are why 100% RAW Powerlifting Federation is the fastest growing RAW Powerlifting Federation in the World. Now we can add to this list Co-Chairman for the state of Texas. Please welcome aboard Seneca Sarnella and Shannon Cooper. They are both very qualified young Powerlifters and meet directors out of Austin Texas. They already have their 1<sup>st</sup> date set and will be posted shortly. We look forward in seeing great things coming out of the great state of Texas in the near future.

We are currently seeking new chairmen in many states across the USA. If you are interested or know somebody that might be please have them contact us ASAP so we can get the ball rolling. If you have a state that does not run enough meets and want more meets and are interested in running them please contact us. You can be a meet director and not have to be a State Chairman. Here is a link for you to check out if you're interested please print off and read. If you just want to help out in any form we are interested in hearing from you.

http://www.rawpowerlifting.com/pdf/IWantYou.pdf

## <u>Videos</u>

Anyone looking to purchase videos from last year's World Championships in Las Vegas please let me know. Or you can order directly from bizvidproductions@yahoo.com

We also have many other videos from previous years World and National events. Videos range from \$15 and up. Please add \$5 for shipping. Bench only, full Powerlifting you name it we have it. We have videos dating back to 2005 so please let us know. For these videos please contact us at <a href="mailto:rawlifting@aol.com">rawlifting@aol.com</a>.

## International:

This year we will be running events in the following countries thanks to these following chairmen for their countries.

India – Vishal Khanna
Asia (Turkey, Iran, Armenia) - Arian Salarian
Ukraine - Stanislav Tretyak
Brazil - Claudio Jorge Fernandes
Canada (Eastern) – Barry McEvoy
Canada (Western) – Adam Price
South Africa – Steven Blake
Serbia – Damir Ivancic
USA – Multiple Chairmen

11 other countries are currently in the working on setting up chairmen to take over and start running meets in their respective countries. 2011 is looking to be a huge year for 100% RAW Powerlifting Federation, Inc.

# **2011 Sponsors**

























#### **South Africa**





























## 100% RAW Powerlifting Federation, Inc.

139 Marla's Way Camden, NC 27921 President - Paul Bossi rawlifting@aol.com www.rawpowerlifting.com