



## **POWERLINES**

*February 2013*

### **President's Message**



I would like to welcome you to Powerlines. For those of you who don't remember, we have several versions of our newsletter, including hard copy, and electronic over the years. We feel it is an important vehicle to convey information to our members and to let you know what is going on in USA Powerlifting. However, it is dependent on the efforts of our volunteers to write and send to you and our editorial staff has had many of the same concerns that you do: managing work, family, and lifting careers which limits their time. We will continue to do our best to send out newsletter, but please also use our daily communication vehicles, Twitter (this can be viewed on the USAPL website) and Facebook.

2013 is shaping up to be an exciting year. Over the past year we have done well in international competition, and have continued to build on our solid membership base. Our first major competition this year is the Arnold Sports Festival. As in prior years, we will have raw, equipped, deadlift, bench press competitions, and a push-pull competition for lifters in Ohio. One bright spot is in the raw competition, limited to approximately 70 lifters which filled in 36 hours. We are also considering debuting a feature during the Pro American Championships where the public gets to meet our elite athletes, ask questions, and perhaps, sponsorship willing, receive photographs and/or posters of their favorite athletes. We are pleased to welcome back Presenting Sponsors GNC and Titan Support Systems, Gold level sponsors Quest Nutrition and Next Lifter Software, Silver level sponsor Lifting Large, and Bronze level sponsors Denovo Nutrition, Brown's Gym, and Supreme Sports Performance Training (SSPT). We are looking forward to a great competition!

Our schedule is full this competition year with all of our usual National Championships, starting off this spring with Collegiate and High School Nationals, followed by Master Nationals, Women's Nationals, and Men's Teen/Jr. and Open Nationals. Raw Nationals follows, with Bench Nationals rounding out the calendar. Please see [www.usapowerlifting.com](http://www.usapowerlifting.com) for our calendar.

Internationally, we have a full calendar this year as well, with teams competing in the Open, Bench Press, Master's, and Raw divisions. Each international competition, whether the Arnold, a World or North American meet offers the highest level of competition for our athletes. Please note: in 2013 to

be selected to an international competition, you must attend the National Championship which corresponds and which serves as the selection meet, e.g. for Open Worlds and Open North American's, you must have attended the Nationals in that division.

As a reminder, if you use medications which are restricted either in our out of competition you must receive a Therapeutic Use Exemption. If you are an international competitor, this must be granted by the International Powerlifting Federation. If a National level competitor or below, this must be granted by the USA Powerlifting TUE Committee. You are responsible for this application and any medications you take. Failure to receive a TUE may result in a drug test failure. NO TUE applications will be granted for hormone replacement therapy.

Thank you for your support of USA Powerlifting events, our athletes and our mission. Welcome to Powerlines and stay strong.



L.J. (Larry) Maile, Ph.D., President  
USA Powerlifting

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## **Updates:**

### **USAPL Rulebook:**

The rulebook has been updated with the latest IPF changes incorporated. [USAPL Rulebook](#)

### **Meet Directors:**

The USAPL Sanction number must be listed on All communications, including emails, posters, mailings, entry forms, websites, etc to be valid sanctioned USAPL meets.

Send meet results in an Excel format to Joe Marksteiner ([SteinMark@aol.com](mailto:SteinMark@aol.com)) to be included in the 2013 Rankings.

### **Online Memberships:**

Members, please note that online memberships have two parts: 1) the [Application](#) and 2) the [Payment](#). Both must be completed to have a valid membership. Keep the emailed copies of these two steps as they will serve as your proof of membership until the National Office emails your card. Cards are mailed in approximately 3-weeks, but please keep in mind the beginning of the year is our busy season at our National Office, therefore turnaround time may be longer.

## Rankings

The 2012 Rankings have been assembled by Joe Marksteiner based on meet results submitted to him. They are placed in Google and can be sorted, filtered or exported to Excel.

Check them out! [2012 USAPL Rankings](#)

*Missing rankings?* Please have the meet director send in the results in Excel to Joe Marksteiner.

## Referees:

We have a great special on referee shirts. Please contact the National Office.

## National Office:

The hours of the National Office are 8am-5pm EST. Please be patient when attempting to reach Connie, this is a very busy time of the year for the USAPL and she is a one women show. If you have questions, please use our other resources first, if possible:

- [State Chair](#)
- [Athlete's Rep](#)
- [Committee Chairs](#)

## Upcoming:

### ARNOLD SPORTS FESTIVAL



The platform is about to rock at the Arnold Sports Festival. There are over 175 athletes from a total of 16 countries (55 international athletes) who will be going head-to-head, setting World Records and trying to grab a piece of the \$22,000 purse!

Take a moment to check out our Promotional Video.



The Arnold starts Friday March 1<sup>st</sup> and you can watch it live at [www.usapowerlifting.com](http://www.usapowerlifting.com)

More information on the schedule can be located at [arnold.usapowerlifting.com](http://arnold.usapowerlifting.com)

Special thanks to our Arnold Sports Festival Sponsors:

**Presenting Sponsors:**

[GNC](#)

[Titan Support Systems](#)

**Gold Sponsors:**

[Next Lifter](#)

[Quest](#)

**Silver Sponsor:**

[LiftingLarge](#)

**Bronze Sponsors:**

[Brown's Gym](#)

[Denovo Nutrition](#)

[SSPT](#)

## eStore

Don't forget to visit our [USAPL eStore](http://www.usapowerlifting.com/store). Get official USA Powerlifting merchandise on thousands of different styles of shirts, polos, pants, jackets, etc.

Like the USA Powerlifting Team Jackets? We offer a non-team version, includes your name on the chest, USAPL logo embroidered on back. You may now purchase them on the eStore.



A promotional banner for the USA Powerlifting eStore. On the left is the USA Powerlifting logo. To the right are three panels: 'COUNTLESS Options' showing a person in a black t-shirt, 'FREE Customizations' showing a white t-shirt with 'YOUR CUSTOM TEXT HERE!', and 'FREE Shipping' showing a blue tote bag. Below these panels is the text 'Countless Apparel Options and 7 different logos on most items!' and a red bar with 'USA POWERLIFTING ESTORE - WWW.USAPOWERLIFTING.COM/STORE' and 'VISIT US TODAY!'.



Thanks to our sponsors for their continued support of USA Powerlifting.

Want to become a sponsor? Email [pribic@usapowerlifting.com](mailto:pribic@usapowerlifting.com)

