

March, 2006

Dear USAPL Members:

I hope that everyone enjoyed their holidays. First, I would like to congratulate all of our New England area lifters who competed in the various USAPL National events this past year. The following women from our area did very well at the Women's Nationals in February:

			<u>Squat</u>	<u>BP</u>	<u>DL</u>	<u>Total</u>
Donna Aliminosa	1 st Place M4	44K	187	99	214.5	500.5
Sonja McKinlay	--	75K	--	192.5	297	--
Jennifer Perry	1 st Place JR	60K	352	192.5	346.5	891
Liane Blyn	1 st Place 75	75K	479.6	302.5	456.5	1238.6
Disa Hatfield	1 st Place 82.5	82.5K	467.5	291.5	412.5	1171.5

The year always starts off with Eric Cordeiro hosting the Massachusetts High School Open in March. This year's event will feature 60 lifters competing in JV and Varsity divisions. Eric has been running this meet for three years now and it has continued to grow providing high school boys and girls an opportunity to compete against their peers.

Please make sure to visit our website www.newenglandusapl.com to view upcoming events, state chair listings, records and results from our competitions. Feel free to contact us at eccbeast@yahoo.com with any feedback or comments.

As always, thanks once again to everyone who assists in any capacity with helping us to run these events. And thanks to all of the lifters who compete in our events and support the USAPL! Hope to see everyone in May!

Yours in Powerlifting,

Greg Kostas – USAPL Mass State Chairman
Rene Moyen – USAPL RI State Chairman

Note: We are adding a Benchpress Only division to this year's event. There will be no crossovers from the powerlifting divisions. The Benchpress Only portion will be conducted on Sunday.