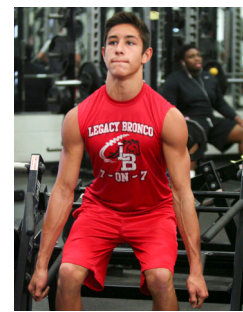


MENTAL PEP TALK

Terrence Bell, 11, lifts with a spotter behind him during the meet at Timberview. "When I lift, I think light weight and stay on your heels," Bell said.



PRACTICE LIFT

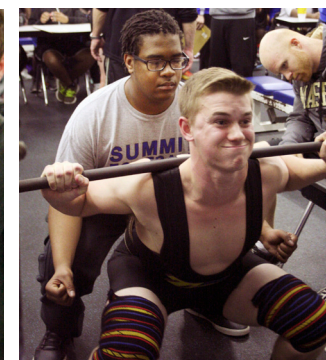
Practicing for future meets, Cesar Antuna, 9, works to become a better powerlifter. "I feel like I'm working harder and getting better everyday," Antuna said.

JUST DO IT

After preparing himself, Tyler Strawn, 11, picks up his set of weights for the deadlifting event. "You don't really think," Strawn said. "You just do."



"I feel like I'm working harder and getting better every day."
CESAR ANTUNA, 9



NOTHING BUT THE MOST

Squatting the most he has ever done before, Parker Brown, 11, lifts 315 pounds during the first meet. "I was so happy when I came back up and they said it was good," Brown said.

ALL ABOUT THE PLACEMENT

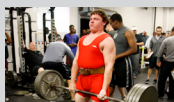
Making sure he is properly squared, Cooper McCauley, 9, prepares his position before lifting in the deadlift event. "I always make sure my feet are in place before lifting," McCauley said.



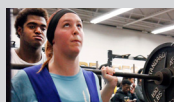
just the right lift

BEST LIFTS

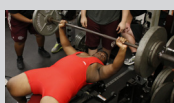
of the season



COOPER MCCAULEY
450 pounds
deadlift



KASIE HAEMKER
295 pounds
squat



TERRENCE BELL
300 pounds
bench press

As the powerlifting team entered Mansfield High School, a stench of sweat lingered in the air. Walking into his first meet, sophomore **Neyantez Langston** began to squirm as he passed by boys that towered over him. After Coach **Rodney Nutley** told the lifters they only competed against students in their weight class, a sigh of relief came from the powerlifting team. For his first meet, Langston placed fifth in his weight class.

"It was a relief," Langston said, "but at the same time I really wanted to compete against those bigger guys."

Two of the four days a week the team worked on upper body activities, and the other two days were full of lower body exercises. The time junior **Terrence Bell** put in at practice allowed him to surpass his goal of benching 305 pounds and squatting more than 400 pounds. In addition to that, sophomore **Kasie Haemker** received first place in every event she's competed in.

Bell decided to join the team his freshman year because he liked lifting weights. Working out helped Bell relieve stress.

"I've actually gotten strong enough that I've won medals," Bell said.

Because the team was 25 people, it was easy for everyone to get to know one another.

"I've made a lot of new friends," Haemker said. "They actually make practice fun."

By Hannah Garcia



GIRLS JUST WANNA HAVE FUN

Being the only girl on the powerlifting team, **Kasie Haemker**, 10, squats at the Summit meet. "It's pretty awesome [being the only girl]," Haemker said. "I get a lot of one on one time with the coach."

HEAVY STUFF

Preparing to press his biggest lift, **Robert Hawes**, 11, lifts 275 pounds for the bench pressing event at the Summit meet. "I wasn't worried on dropping it even though I knew it was my max," Hawes said.



GUIDANCE

At after school practice, Coach Rodney Nutley visits with **Trenton McDonald**, 10, about the proper way to lift. "He was cool and helped me out a lot," McDonald said. "He helped me out with my squatting technique."

PUSH IT TO LIMIT

Pressing as much as he can, **Neyantez Langston**, 10, pushes his body to limit while bench pressing during a powerlifting event. Langston placed fifth in his weight class at the first meet of the year.

how it is here

dinner makes a happy team

To maintain a connection with all the other team members, some of the powerlifters went out together after meets late at night to all grab a bite, allowing the team to bond with each other.



handprints for all

The boys' powerlifting team prepares themselves for the deadlifting event. One thing all the team did was make sure they got plenty of chalk on their hands so when they smacked each others butts, a handprint remained. "It's a funny tradition, but it lightens up the mood because there is nothing more embarrassing than a handprint on your butt," **Tyler Strawn**, 11, said.



getting hyped

With lots of time on their hands to get mentally prepared for their lifts and events, the team listened to their own music to get pumped and psyched. "I listen to anything upbeat and fast to get pumped," **Kasie Haemker**, 10, said.