

Building Champions

Lakeville South Cougars

Olympic



Weightlifting

Raising the Bar

2018-19

***Forging a Tradition of Success –
Built with Iron***

Building Champions

"The Expectation is Excellence"

Lakeville South Olympic Weightlifting Mission Statement

Mission Statement: The mission of the Olympic Weightlifting Team is to help our athletes develop positive lifelong health and fitness habits, understand the importance of academics, time management, a balance in life among home/family, school, training and personal time. Create a culture and environment in which the individual feels welcome and is part of a family in which members of the team support one another, treat one another with respect and dignity and are accountable for their behavior and meeting high expectations. In addition, help our student-athletes learn about and understand the wisdom and importance of being multi-sport athletes. To teach the athletes to follow the "process".

Purpose: To have high expectations of our team members with regards to what they aspire to achieve, the work habits they exhibit, the discipline they instill within their lives and habits and the goals they set. To teach the student-athletes the importance of having a plan, doing proper goal setting, training, utilizing proper nutrition and correct and effective mental preparation. To help the team members understand the importance of following and doing the process and following a proper sequence of training. Win the Workout.

New Weight Classes for Olympic Weightlifting

Varsity/Age 17 and Up		Junior Varsity//Age 16 & Below	
Men	Women	Men	Women
55 kg/121	45 kg/99	49 kg/108	40 kg/88
61 kg/134	49 kg/108	55 kg/121	45 kg/99
67 kg/147	55 kg/121	61 kg/134	49 kg/108
73 kg/161	59 kg/130	67 kg/147	55 kg/121
81 kg/178	64 kg/141	73 kg/161	59 kg/130
89 kg/196	71 kg/156	81 kg/178	64 kg/141
96 kg/211	76 kg/167	89 kg/196	71 kg/156
102 kg/224	81 kg/178	96 kg/211	76 kg/167
109 kg/240	87 kg/191	102 kg/224	81 kg/178
109+ kg/240+	87+ kg/191+	102+ kg/224+	81+ kg/178+

"Faith is in many ways like a wheelbarrow. You have to put some real push behind it to make it work." Anonymous

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Minnesota High School Weightlifting is entering its 20th season this year. The competitive season occurs during the winter sports season. It consists of several regular season meets, and ends with a state championship meet. Our weightlifters regularly qualify for, and compete in national meets as well. The sport of weightlifting in Minnesota is very competitive, but with a friendly atmosphere. And while weightlifting is a sport by itself, we all see its benefits for athletes of other sports and encourage all to participate. Become a better athlete by becoming a weightlifter!

Weightlifting Basics: The sport of weightlifting was one of the original modern Olympic sports in 1896, but forms of it existed for several thousand years before that. Today, athletes compete in two different lifts – the snatch and the clean & jerk. Each competitor gets three attempts in each lift. The best successful lift in each are added together to result in a lift total. Athletes compete in weight classes, and places are determined by the highest lift total.

The snatch is the first lift that is performed. The athlete grips the bar with a wide hand position, then explosively heaves it up overhead in one swift motion. The athlete drops under the bar, catches and stabilizes it, and then stands up, while holding the weight in an overhead position.

The clean & jerk is the second lift that is performed. With this lift, the athlete pulls the bar up off of the floor, drops under it, and catches it at the shoulders, followed by a front squat into a standing position. From here, the lifter dips down, and then explosively drives the weight up overhead, catching it with the arms fully extended. The athlete finishes the lift in a standing position, with the weight remaining in the overhead position.

Because these lifts are done so explosively, they are the best way to develop muscle power and fast-twitch muscle fibers. They are exercises that use the entire body, and are done in a sport-specific way. If you are an athlete who participates in any sport, the snatch and clean & jerk are the two best lifts that you can do. By participating in the sport of weightlifting, you will also be helping to improve your performance in your other sports as well.

Lakeville South Weightlifting 2018-2019 Schedule

Dec. 8	*North Metro Open Southern MN HS Open	Armstrong High School Cannon Falls
Jan. 12	*Raider High School Open Mid-MN High School Open	Northfield High School Little Falls High School
Feb. 9	*South Metro Open TCU-Burnsville Dual	Lakeville South High School TCU
Feb. 15-17	USAW National Junior Championships	Chicago, IL
Feb. 23	Last Chance Meet	TBD
March 9	MN High School State Championships	Cannon Falls High School

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

Vince Lombardi

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Costs/Financial Information:

Lakeville South Booster fee		\$100
USA Weightlifting fee	Youth(17 & under)	\$ 30
	Junior(18-20)	\$ 40
HS Olympic Club Fee		\$ 45
MS Olympic Club Fee		\$ 35
pay at activity office or on Feepay before you start lifting with team.		
Meet fees/meet		\$ 25/meet
State Meet		\$ 50
National Meets/Championships		TBA

Important Websites:

State Website with all information about meets, dates, rankings, results, qualifiers

www.mnweightlifting.org

Our team website.

www.lakevillesouthstrength.com

Apparel Store is open!

https://lakevilleweightlifting18.itemorder.com/sale?read_message=true

USAW National Governing Body – USAW Membership

Go to the website, click on membership, then click on join or renew and follow the prompts

<http://www.teamusa.org/USA-Weightlifting/Events.aspx>.

You must have a copy of your USAW membership card at each meet for check-in.

*Scholarships: If you really want to lift and have a financial hardship situation – talk to the coaches, as we will provide scholarships if needed. You will be allowed to lift and compete. No one will be turned away from lifting.

Are you Youth or Varsity – it depends, you may be both.

To determine your competition status and your status within USA Weightlifting and how you will be categorized take the expiration year (2018) minus the year you were born.

2018-2001= 17 Youth for fee for national competition

2018-2000=18 Junior fee for national competition.

*However, as a competitor in the state of MN it is a little different. For state competition and for the state meet the following are the rules:

Minnesota State High School Competition Only

(Junior Varsity) Youth Age= 16 and under. So, 2018-2002=16

(Varsity) Junior Age =17 and up. So, 2018-2001=17

Does this mean that as a competitor you could be considered a Varsity at the state level and Youth at the national level? Yes

This is a common sense rule that has been applied by our state body to have a more equal number of lifters for Varsity (Juniors and Seniors) and Youth (Sophomores and Freshmen and below) at the high school level.

****Youth is referred to as JV (Junior Varsity).**

“We must do the things we think we cannot do.” Eleanor Roosevelt

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Does this mean that if you live and compete in MN at the high school level that you still pay the USA Weightlifting fee at the level the USA application form says? Yes.

Does this mean that to compete in a National Championship meet you have to hit the appropriate qualifying numbers for the USA Weightlifting age groups? Yes.

Can you qualify for the National Junior Championships as a Youth lifter and compete? Yes, if you hit the qualifying numbers for the National Junior Championships.

Financial Prizes/Awards

Financial prizes and awards are legal for weightlifting as specified by the NCAA and the MN State High School League. The financial awards will not jeopardize the amateur status of the athlete given the financial award nor will it jeopardize any financial scholarship that may be awarded to the athlete by any college or educational institution. This has been cleared by both the MN State High School League and the NCAA. Sometimes there are financial awards that are given to the lifters that make TEAM MINNESOTA (our State team at National events) to defray travel expenses. Awards may also be given at the Minnesota State High School Championships for winning first place or placing in the top three in National Championships.

How to Letter in Weightlifting

You will have to do all of the following:

1. Attend all practices to the satisfaction of the coaches.
2. Compete in two regular season meets.
3. Qualify for the state meet and compete in it - or be an active member of the team for four years and compete in 2-3 meets per year, attend all practices and be an extremely hard worker and exemplary weightlifter in attitude, team spirit and contributions.

Expectations:

Attend all workouts/practices.

You must have permission of the coaches to miss a practice.

Rock concerts, parties, movies, etc. – don't even ask.

Display good taste and use good judgment in how you dress, groom yourself and behave while representing our team.

You will not be allowed to compete with make-up, an unapproved singlet, jewelry or adornments. *MSHSL Rules

You will prepare to compete with the best in the nation.

Attitude must be great and work habits must always be very good.

You will not be excused from a competition to compete in competition for another sport.

Grades must be kept up.

Expectations for Captains

Captains will be expected to be a consistent part of the Lakeville Strength and Olympic program all year long.

They are expected to be leaders on the platforms, in the training room and as an example of proper behavior for a Championship team. They are expected to be leaders willing to help their teammates and to be organizers and leaders in preparation for meets, events, fundraisers and be hard workers at all of our team events and in the room. Including clean-up, organizing, etc. They are expected to be models of a great work ethic, respect and a championship attitude.

The Winning Edge

Members of our team are expected to practice our Mental Preparation program and practice it consistently and always carry their Goal Cards. Team members are also expected to follow the team's proper nutritional habits.

“There are two ways of exerting one's strength – one is pushing down, the other is pulling up.”

Booker T. Washington

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Eat a healthy diet and follow protocol and advice from coaches.
Sleep is a must. Plan on and for at least 8 hours per night for maximum results from your training.
Conversation and words used should be positive.
You will be expected to work at our meet – even if competing.

*Everyone is expected to compete every meet unless the coaches feel they are not ready. **Do not plan on a college trip or an SAT Test on one of our meet days. Plan ahead to avoid this.**

Practice

Practice for beginning lifters will be three days per week. Experienced lifters will train 4 days per week and some may train 5 days per week. You will have to earn and receive permission for the 4 and 5 day per week training schedule.

M,W,F will be the tentative schedule for beginning lifters.

M, T, TH, F will be the tentative schedule for experienced lifters and some, those training to break records or qualify for national meets may go

M, T, Th, F, Sat.

Time of Practice

As of now, our planned time for practice will be 4:15 for right now- but will probably change to 3:25 soon. This means you must be dressed and in the warm-up room and ready to go by 4:15. Arriving late for practice will cost you 50 push-ups. We may have to go to 2 practice sessions and would probably do that by age group – older kids go first, younger 2nd.

Plan on practice lasting for a little over an hour for beginners and 1 - 1 1/2 hours for advanced lifters.

We may have to go two sessions if the number of lifters demands it.

The times will be adjusted relatively soon as right now we are accommodating teams in playoffs.

We are hoping for the main session to be from 3:25-4:50.

Coaches History/Coaching Staff@Northfield

Scott Sahli-Head Coach, Dan Meyers Asst. Coach, Laura Marks Asst. Coach, Dr. Larry Meadors Asst. Coach

Northfield Olympic Weightlifting Team Minnesota State Team Champions

2005,*2006,*2007,*2008,2009,2010,2011

2004 MN State Runners-up

*These were MN State Records for Team Points - 65 points in 2008.

Over 50 Individual State Champions

Undefeated 6 consecutive years. Girls Team finished 2nd in Nation at Arnold Classic

Previous State Champions

*Narula Bilik 2x	Chelsea Bell 2x	Bethany Hull
Abbey Snesrud 3X	Rachel Albin	*Abigail Hefer 3x
Hannah Barsness	Virginia Berry	Leila Keita
Anna Williams	*Hannah Means 3 x	Stephanie Langfeldt 2x
Matt Amundson	Brett Hoekstra	Brent Hagerty 2x
Ben Langfeldt	Alex Gillingham	Tyler Kitzman
*Cory Callahan 2x	Chris Smith	*Noelle Heinrichy 3x
Lindsey Eggers	Laura Jensen	Collin Miller
Chris Smith 2x	Taylor Filzen	Sam Ruby
Lyndsey Callahan 2x	Jamie Becker	Matt Bettinger 2x
Josh Corbin 2x	Yujie Sun 2 x	*Will Daly
Samantha Behr 2x	Jamie Becker	Rachel Hanson 2x
Anna Hanson	Shelby Callahan	Natalie Witschorik

“The future never just happened. It was created.”

Will and Ariel Durant

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Kyle Rasmussen 2x
Erin Melzer
Sydney Farmer
Bernie Soderland

Josh Meillier
Anna Hanson
*Mari Arneson

Tucker Meillier 2x
Jordan Freeman
Katie Roster

State Participants Not listed as there are over 250.

***State Record Holder**

National Championships – Team Minnesota

2010 Men's Team 2nd Place, 2010 Women's Team 3rd Place, 2009 Men's Team 3rd Place, 2008 Men's Team Place, 2007 Women's Team 4th Place, 2007 Men's Team 5th Place, 2006 Women's Team 3rd Place, 2005 Men's Team 5th Place, 2005 Women's Team 2nd Place, 2004 Women's Team 3rd Place.

National Place Winners from Northfield

Juniors (Varsity) unless specified otherwise.

Hannah Means 2 nd Place	2004	Hannah Means 3 rd	2005
Abigail Hefer 3 rd SA	2005	Abigail Hefer 5 th Place	2006
Abigail Hefer 5 th Place	2007	Abbey Snesrud 5 th	2005
Abbey Snesrud 5 th Place	2006	Hanna Barsness 6 th	2005
Matt Amundson 6 th Place	2005	Rachel Albin 6 th	2005
Rachel Albin 6 th Place	2006	Cory Callahan 5 th	2008
Kyle Rasmussen 6 th Place	2009	Jordan Freeman 5 th	2010
Lyndsey Callahan 5 th Place	2010	Tucker Meillier 5 th *	2011
Mari Arneson 5 th Place	2011	Erin Melzer 6 th	2011

Other National Participants

Eric Malecha	2003, 2004	Brett Hoekstra	2004
Bethany Hull	2006	Alex Dahl	2007
Narula Bilik	*2007	Cory Callahan	2007
Hanna Barsness	2007	Chris Smith	2008
Yujie Sun	2009	Kyle Rasmussen	2010
Tracy Kruchten	2010	Tucker Meillier	2011
Mari Arneson	2011	Shelby Callahan	2011
Josh Corbin	2011	Lyndsey Callah	2011
Hannah Means	2003		

*Was not allowed to compete because did not have a Green Card.

US Olympic Team Trials for Weightlifting

Hannah Means 2004.

Broke two MN State Records while at the Olympic Trials, Hannah also made **Team USA** for the Louis Cyr Games in Canada, but elected not to go in order to train for the U.S. Olympic Team Trials. **Hannah Means 2004, 2005**. Invited to Join Team USA. **Tucker Meillier 2010**. Invited to Join Team USA for the World Junior Championships.

Coaches History/Coaching Staff @ Burnsville

Scott Sahli Head Coach, Larry Meadors – Assist. Coach, Dirk Wells – Assist. Coach, Tyler Krebs – Assist. Coach, Jordan Strand – Assist. Coach, Mick Scholl-Assist. Coach, Jon Sheldon – Assist. Coach

Burnsville Olympic Weightlifting Team State Team Champions:

2013, 2014, 2015, 2016

Team Growth by Years

2011/12- 18 members, 2012/13-70 team members, 2013-14 73 team members, 2014/15-90 team members, 2015/16-100 members, 2016/17 – 139 team members

“Be a yardstick of quality. Some people aren’t used to an environment where excellence is expected.” Steve Jobs

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Burnsville Olympic Team State Champions:

Aneesha Ally JV	Mike Shiller JV	Grace Peterson JV
Aneesha Ally 4 x	Erica Kesseh 2 x	Ben Nahn JV
Isaac Hubbard (Never a red light)	Mike Schiller 3 x	Ben Nahn 3 x
Payton Schulz	Quong Trang	Nick Burton JV
Erin Bachmeier JV	Noah Bachmeier JV	Eleana Pearce JV
Jordan Tompkins 2 x JV	Noah Bachmeier 2 x	Nick Burton
Adonya Gray	Kayla Gant JV	Katie Krueger
Emily Kauffman	Miah Keller	Jordan Tompkins JV
Travis Agarano		

Burnsville Olympic Team State Participants:

Zach Gigstad 2 nd	Danielle Blanshan 4 th JV	Mike Schiller 2 nd JV
Josh Christopherson 5 th	Dan Juul 4 th	Payton Schulz 2 nd
Geneva Brandt 4 th JV	Matt McDavid 3 rd JV	Tommy Haberlack 3 rd JV
Jared Shearer 2 nd JV	Adam Mehr 4 th JV	Eric Voxland 3 rd JV
Gerret Olsen JV	Keta Soundara 3 rd JV	Drew Ehlers JV
Tyrone Mision 2 nd	Stephen Christopherson 2 nd	Raezjine Merriweather JV
Jackie LaVvintre 2 nd 2 x	AJ Keefe 5 th	Grace Peterson 4 th
Ariel Behnke 4 th	Unique McCants 5 th	Geneva Brandt 2 nd
Noah Bachmeier 3 rd JV	Andrew Manor 5 th JV	Luke Simon 2 nd JV
Alex Garlington 2 nd JV	Max Cantrell 6 th	Jake Parrent 2 nd JV
Eric Voxland 3 rd	Nick Burton JV	Adam Mehr 2 nd
Kevin Kucera 3 rd	Gerrit Olsen 2 nd	Miah Keller 2 nd JV
Grace Peterson 2 nd	Katrina Smith 2 nd	Matt Odegaard 2 nd JV
Abdi Farah 2 nd	Katie Kleinow 4 th	Travis Agarano 2 nd JV
Jake Boatman 5 th JV	Jake Staats 2 nd JV	Geneva Brandt 3 rd
Claire Boatman 2 nd	Emily Johnson	Lauren Jensen 3 rd JV
Miah Keller 2 nd JV	Emma Buchanan JV	Natalie Thoreson 4 th JV
Emily Johnson 5 th	Nick Gilman 5 th JV	Lucas Moreno 3 rd JV
Ben Anderson	Katie Krieger	Jared Shearer 3 rd
Jared Lozano	Andy Samuels 2 nd	Jake Boatman 2 nd JV
Drew Schwab JV	Anthony Vang 4 th	Angela Cruz
Taylor Gilbertson 3 rd	Darian Clayborne 5 th JV	Kyle Atkinson 4 th JV
Travis Agarano 2 nd	Luke Simon 3 rd	Alex Garlington 2 nd
Binh Nguyen 4 th	Ryan Beattie	April Kim 4 th
Amanda Dack 4 th	Eric Voxland 2 nd	Bryce Jorgenson
Lauren Jensen 4 th JV	Erin Bachmeier 2 nd JV	Kiah Christopherson 3 rd JV
Eleana Pearce 4 th JV	Megan Tomas 5 th JV	Natalie Thompson 3 rd JV
Heather Nulf 2 nd JV	Angelica Cruz 3 rd	Megan Holz 3 rd
Emily Johnson 2 nd	Macie Benson 3 rd	Raezjine Merriweather 2 nd
Jonah Dawson 3 rd JV	Zach LaMotte 4 th JV	Jake Schouten 5 th JV
Nick Gilman 4 th JV	Isaac Pasko 5 th JV	Kyle Atkinson 2 nd JV
Isaac Tester 3 rd JV	Chase Vongkham 4 th JV	Anthony Vang 3 rd
Blake Andert 4 th	Noah Bachmeier 2 nd	Jared Shearer 4 th
Ben Anderson 5 th	Alex Garlington 2 nd	Nick Burton 2 nd
Matt Gilray 4 th		

"Reach beyond your grasp. Your goals should be grand enough to get the best of you."

Teilhard de Chardin

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Burnsville Olympic Team National Junior Championships

Zach Gigstad – 6 th	Payton Schulz	Erica Kesseh 2 x
Aneesa Ally * 4 x	Mike Schiller 3 x	Ben Nahn 2 x
Dithdeca Soundara * hurt	Jared Lozano	Alex Garlington 2 x
Noah Bachmeier 2 x	Eric Voxland	Anthony Vang
Nick Burton		

*Michael Schiller invited for all expense paid trip to train for 1 week at the Olympic Training Center in Colorado Springs, CO.

Lakeville South History/ Coaching Staff

Bob Currie – founder and Head Coach

State Champions

Chase McNulty JV 2 x	Casey Troop JV	Brady Frahm JV
Charles Litecky	Devin Smith	Mike Assel
Kassandra Young	Chelsea Nelson 2 x	Connor Stoffregen
Chase McNulty	Collin Fossum 2 x	Christopher Nelson
Nick French JV	Anesha Jones JV	Alex McKennell JV
David Mattia JV	Spenser Bernauer JV	Aneesha Jones
David Mattia	Connor Rousemiller JV	Anna Novak
Preston Anderson 2 x	Alicia Vogel JV 2 x	Brett Fatturi JV
Eric Rousemiller JV	Evan Stoffgren	Matt Borowicz JV
Pete Eklund JV	Nicholas Rousemiller JV	Connor Rousemiller
Alicia Vogel	Nina Mergen JV	Staphanie Haag
Eric Rousemiller		

Participants

Nick French 2 nd JV	Collin Fossum 2 nd JV	Jessen Kaufenberg
Devin Smith 3 rd JV	Charles Litecky 3 rd	Conner Stoffregen
Jennifer Baldwin 2 nd	Aneesha Jones 2 nd JV	Josh Frederichs 3 rd , 4 th JV
David Mattia 2 nd JV	Riley Duecker 3 rd JV	Nicholas French 2 nd
Casey Troop 3 rd	Chelsea Nelson JV	Alex Rittenhouse 5 th JV
Ian McDonald 2 nd JV	Casey Troop 2 nd JV	Conner Stoffregen JV
Josh Frederichs 4 th JV	Josh Ticka 5 th JV	Even Stoffrgen 2 nd , 4 th JV
Preston Anderson JV	Nicholas French 2 nd	Chase McNulty 2 nd
Alicia Vogel 2 nd JV	Anesha Jones 2 nd	Delany Miller 3 rd
Jordyn Thornton 4 th	Spencer Bernauer 6 th	Anna Novak 2 nd JV
Jordan Thorton	Tessa Guon 4 th JV	Alicia Vogel 2 nd JV
Abigail Hillyer 3 rd JV	Evan Stoffgren 2 nd JV	Eric Rousemiller 2 nd JV 2 x
David Mattia 2 nd	Josh Frederics 6 th	Mariah Miller 2 nd JV
Tori Barnett 3 rd JV	Haley Heilman 2 nd JV	Stephanie Haag 5 th JV
Jacob Stewart 3 rd JV	Mason Berreth 3 rd JV	Connor Rousemiller 2 nd
Maddie Differding 2 nd JV	Mary Robertson 2 nd JV	Maia Johnson 5 th JV
Addie Sathoff 4 th JV	Anna Novak	Madison Griffin 4 th
Erik Iverson 4 th JV	Maddie Differding 2 nd JV	Adal Wolf 3 rd JV
Brock Mergen 4 th , 2 nd JV	TJ Nelson 7 th JV	Laura Cochran 5 th JV
Tessa Woehltre 2 nd	Adele Wolf 4 th	Levi Iverson 2 nd JV
Tyler Carmody 3 rd	Nicholas Rousemiller 4 th	William Rousemiller 3 rd

“You have brains in your head, and feet in your shoes. You can steer yourself any direction you choose.”

Dr. Seuss

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National Junior Participants

Charles Litecky 8th '08
Alicia Vogel 9th '14
Eric Rousemiller 6th '15

Collin Fossum 7th '09
Connor Rousemiller 4th '14
Nicholas Rousemiller '18

Collin Fossum 7th '10
Connor Rousemiller 11th '15
Tyler Carmody '18

National Youth Championships, National Champions

Collin Fossum 2008, 2010
Eric Rousemiller 2013, 2015

Alicia Vogel 2013

Connor Rousemiller 2013

*Eric Rousemiller invited for all expense paid trip to train for 1 week at the Olympic Training Center in Colorado Springs, CO.

Lakeville South Olympic-style Weightlifting Coaching Staff as of 2018

Scott Sahli Head Coach Olympic-style Weightlifting Team

CSCS*D, NSCA-CPT*D, USA Weightlifting National Coach, Strength & Conditioning Coordinator

Chris Rousemiller Assistant Coach

CSCS, USA Weightlifting National Coach, MN State Director for the NSCA, Line Coach Football,
USA Weightlifting Mentor Coach

Dirk Wells Assistant Coach

CSCS, USA Weightlifting Sport Performance Coach, Line Coach Football, Throwers Coach Track

Tyler Krebs Assistant Coach

Head Football Coach, Track Coach, Summer Strength Coach, Asst. Olympic Weightlifting

Mike Arlt

Assistant Football Coach, Summer Strength and Movement Coach, Asst. Olympic Weightlifting

State Champions

Nina Mergen JV
Tyler Carmody

Grace Ebbighausen JV

Nicholas Rousemiller

State Participants

Laura Cochran 3rd JV
Tiara Glowkowski 4th

Tarah Gudmendson 2nd JV
Levi Iverson 2nd JV

Alexis Brainer 3rd JV
Eric Iverson 2nd

National Participants

Tyler Carmody '18

Nicholas Rousemiller '18

Lakeville South Olympic Weightlifting Coaching Staff

Chris Rousemiller – Chris is a USA Weightlifting National Coach and Lead Instructor. Over the last 19 years, he has coached numerous Minnesota State Champions, Seven National Champions, multiple National place winners, and Two Pan-American Team members in Weightlifting. He is a coach for Team Minnesota, the National Team for competitive Weightlifting in Minnesota. Chris currently serves as a Director of the Minnesota High School Weightlifting Organization and is the current President of the Organization. Chris was named the Meet Director for the 2015 National Youth Championships, held in Bloomington, Minnesota, in June of 2015. Additionally, Chris is a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. He currently serves as the MN NSCA State Director. He has been a presenter at, and assisted in the organization and hosting of, multiple Local, Regional and National clinics on Strength and Conditioning. Chris has coached multiple sports at various levels, including College, High School, Middle School, and Youth in Football, Wrestling, Weightlifting, and Track and Field. During this tenure, he coached on two teams that participated in the Minnesota State High School Football Championships, and was the strength coach for a team that won the Class 5A State Football Championship in 2003.

“Thoughts are things. Have great thoughts.”

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Dirk Wells – Certified Strength & Conditioning Specialist, USA Weightlifting Sport Performance Coach. He is a current member of the MN NSCA Advisory Board. Coach Wells has coached many sports and has been highly successful in all of his endeavors. He was formerly the head track coach at Eden Prairie and was Defensive Coordinator for Coach Mike Grant. Coach Wells is a highly successful throwing coach in track and field and has produced numerous State Champions. Last year his shot putter, Kyle Atkinson won the National Championship. Coach Wells worked with Coach Sahli at Burnsville for 6 years as an assistant strength coach and Olympic Weightlifting Coach. He has come with Coach Krebs and Coach Sahli to Lakeville South and is working as an assistant strength coach in the summer and winter. Certified Track & Field Coach. Coach Wells' son Lander is on the team.

Tyler Krebs – Coach Krebs graduated from Lakeville High School and played on the 1991 Prep Bowl team during his senior year. He earned a degree in Business/Telecommunications and a degree in English Education from the University of St. Thomas. He also earned a Master's degree in Education and a Ph.D. in Education. He taught and coached at Eastview High School for 14 years. While there, the football team had a record of 96-55 and won four section championships and one conference championship. He became the head football coach at Burnsville in 2011. The team had a 7-30 record in the previous four seasons. Coach Krebs led the team to three straight section championship games including winning a section championship and conference (sub-district) championship for the first time in 20 years during the 2015 season. Burnsville had a record of 16-5 in his last two seasons there. Coach Krebs helped build the strength program at Burnsville and helped guide the Blaze to 4 consecutive State Championships in Olympic Weightlifting. In addition to football and Olympic weightlifting, he coaches winter and track in the spring. He also coaches strength training in the summer.

Jordan Strand – Coach Strand is the freshman defensive line coach in football. Coach Strand graduated from NDSU where he studied education, health, nutrition, and exercise science. He has worked as an education assistant, working with special education, at Burnsville High School. He was recently hired by Bradford Airport as a Logistics Specialist. For the past several years, he has coached football, Olympic Weightlifting, track (throwers), and has worked in the summer strength and speed program at Burnsville with Coach Sahli and Coach Krebs. Coach Strand helped coach the Blaze to 4 consecutive State Championships in Olympic Weightlifting

Glenn Hansen – Coach Hansen was previously the defensive coordinator at Tartan High School. He also has coached the defensive line at Hamline University, defensive line at the University of River Falls, linebackers at St. Olaf and was the defensive coordinator at Hill Murray. He is a social studies teacher at Tartan High School. He lives in Farmington with his wife Dana. He is originally from Elk Grove Village, Illinois and graduated from Winona State University. Coach Hansen has worked with the strength program at Lakeville South since he arrived at Lakeville South.

Mike Arlt – Coach Arlt played football for Lakeville High School before graduating in 1995. During his football career at LHS he obtained honors as All-Lake Conference and Academic All-State as a Defensive Back. He played baseball for Lakeville High School from 1994-1995 & then went on to play for the University of Minnesota Gophers from 1996-2000. Coach Arlt was also was a varsity high school basketball player at Lakeville. Coach Arlt will coach the varsity outside linebackers. Previously, he was the varsity defensive line coach and also was the 9th grade defensive coordinator. Coach Arlt has become an assistant strength coach and movement coach in the summer and is as assistant strength coach in the winter.

Scott Sahli – Head Olympic Weightlifting Coach & Strength & Conditioning Coordinator - Coach Sahli was at Northfield HS until 2011. His football teams in the 90's and early 2000's won 11 Section Championships and appeared in the State Championship game 5 times. He founded the Northfield Olympic Weightlifting team and built the weight room. His teams won one State Runner-up Title and 7 consecutive State Championships. In one State meet his girls swept all the weight classes. The team was undefeated for 6 years and the only loss the 7th year was to Lakeville South. In 2011 he went to Burnsville HS and joined Coach Krebs. He founded and established the Olympic Weightlifting team and built the weight room. He was there 6 years. The Blaze won 4 consecutive State Championships and were undefeated. In 6 years the football team became the strongest in the state and was in 3 Section Finals after several futile years. The team won one section championship. The Olympic Weightlifting teams have won 11 State Championships in the last 15 years. One State JV Championship under the direction of coach Dirk Wells.

Coach Sahli is a Certified Strength & Conditioning Coach with distinction, a Certified Personal Trainer with Distinction with the National Strength & Conditioning Association, is a National Coach for USA Weightlifting, Has coached in the USA Olympic Team Trials, has had 3 athletes asked to be members of Team USA, has co-authored two instructional DVD's for weightlifting, Co-authored the NSCA course and book, "Teaching the Fundamental Lifts" Coach Sahli has been very active in the NSCA and USA Weightlifting for numerous years – serving as the MN State Director and Regional Coordinator for the NSCA for the last 13 years. Coach Sahli was the 2010 NSCA National High School Strength Coach of the Year.

The Expectation is Excellence

Athlete Check List

You must do each of the following to be eligible to begin practice and be part of the Lakeville South Cougar Olympic Weightlifting Team.

_____ **1. I have gone on-line to the Lakeville South High School Website and read all of the required information from the Athletic Department about registering and competing.**

_____ **2. I have registered with the school for the sport of Olympic-style Weightlifting. (Paying the fee does this.)**

Scholarships are available for those that need them. Arrangements will be made for those on FRP and anyone needing to make payment plans. All athletes are expected to participate in fundraising efforts for the Team.

_____ **3. I have also checked on and completed my physical.**

_____ **4. I have paid the fee the Booster fee.**

_____ **5. I have read and understand the rules and expectations of Lakeville South Weightlifting and lettering.**

_____ **6. I have gone to the USA Weightlifting website and completed the form and paid the fee for membership to USA Weightlifting.**

_____ **7. I have given one of my cards (on a WHOLE BIG SHEET OF PAPER) to Coach Sahli so he can put it in his highly organized notebook to take to meets. I do know that I would never forget to bring my membership to a meet, but in case someone steals mine or the dog chews it up – I will be covered. I do know it will cost me 100 push-ups if I forget my card for a meet.**

_____ **8. I have filled out and signed the athlete information sheet for the coaches. I have given them my e-mail and cell number.**

I, _____ **acknowledge that I am a true studmuffin and of sound mind and body and have completed all parts of registration for Team Lakeville South Olympic-style Weightlifting.**

"Whatever you're ready for is ready for you."

Mark Victor Hanson