

Building Champions

Lakeville South Cougars

Olympic



Weightlifting

Raising the Bar

2019-20

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

"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. Another major objective is to teach each of our 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, 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/effective mental preparation. To help the team members understand the importance of following and doing the process by 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 wheel barrow. You have to put some real push behind it to make it work.”

Anonymous

Building Champions

The Expectation is Excellence

Minnesota High School Weightlifting is entering its 21st 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.

2019-20 Olympic Weightlifting Tentative Schedule

Dec. 7	*Little Falls	
21	Chatfield/Cannon Falls Dual	
Jan 11	*Northfield	
25	Moorhead (Spud Thud)	
Feb. 1	TCU/Burnsville Dual	
Feb. 6-9	National Junior Weightlifting Championships -Pleasanton, CA	
Feb. 15	*Lakeville South HS Open	
Feb. 22	Last Chance Meet	Moorehead
March 7	*MN State High School Olympic Weightlifting Championships	Cannon Falls

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

Building Champions

The Expectation is Excellence

Costs/Financial Information:

Lakeville South Team fee	\$100
USA Weightlifting fee Youth(17 & under)	\$ 30
Junior(18-20)	\$ 40
HS Olympic Club Fee	\$ 45
Pay at activity office or on Feepay before you start lifting with team.	
Fees for most meets	\$ 25/meet
State Meet is usually around	\$ 50
National Meets/Championships	TBA

Important Websites:

www.mnweightlifting.org State Website with all information about meets, dates, rankings, results, qualifiers

www.lakevillesouthstrength.com Our team website.

<http://www.teamusa.org/USA-Weightlifting/Events.aspx> Go to the website, click on membership, then click on join or renew and follow the promptings.
Important:

You must have a copy of your membership to USA Weightlifting for each meet.

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

Are you School Age or a Junior – 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 (2019) minus the year you were born.

2019-2002= 17 Youth for fee for national competition

2019-2001=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, 2019-2003=16

(Varsity) Junior Age =17 and up. So, 2019-2002=17

Does this mean that as a competitor you could be considered a Junior at the state level and School Age 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

Building Champions

The Expectation is Excellence

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 national championships you have to hit the appropriate qualifying numbers for the USA Weightlifting age groups? Yes.

Can you qualify for the Junior National Championships as a School Age lifter and compete? Yes, if you hit the qualifying numbers for the Junior National 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 national team) 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 goofy haircuts, make-up, unapproved singlets or jewelry or adornments.

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 be 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. They are expected to be models of a great work ethic, respect and a championship attitude. This includes cleaning up the room, organizing, etc.

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

Building Champions

The Expectation is Excellence

Winning Edge

Eat a healthy diet and follow nutritional protocol and advice from coaches.
Sleep is a must. Plan for at least 8 -9 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/most middle school 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 Heinrich 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 3 x	Natalie Witschorik

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

Will and Ariel Durant

Building Champions

The Expectation is Excellence

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

Building Champions

The Expectation is Excellence

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 Tomkins 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

Building Champions

The Expectation is Excellence

Burnsville Olympic Team National Junior Championships

Zach Gigstad – 6th
Aneesa Ally * 4 x
Dithdeca Soundara * hurt
Noah Bachmeier 2 x
Nick Burton

Payton Schulz
Mike Schiller 3 x
Jared Lozano
Eric Voxland

Erica Kesseh 2 x
Ben Nahn 2 x
Alex Garlington 2 x
Anthony Vang

*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
Charles Litecky
Kassandra Young
Chase McNulty
Nick French JV
David Mattia JV
David Mattia
Preston Anderson 2 x
Eric Rousemiller JV
Pete Eklund JV
Alicia Vogel
Eric Rousemiller

Casey Troop JV
Devin Smith
Chelsea Nelson 2 x
Collin Fossum 2 x
Aneesa Jones JV
Spenser Bernauer JV
Connor Rousemiller JV
Alicia Vogel JV 2 x
Evan Stoffgren
Nicholas Rousemiller JV
Nina Mergen JV

Brady Frahm JV
Mike Assel
Connor Stoffregen
Christopher Nelson
Alex McKennell JV
Aneesa Jones
Anna Novak
Brett Fatturi JV
Matt Borowicz JV
Connor Rousemiller
Stephanie Haag

Participants

Nick French 2nd JV
Devin Smith 3rd JV
Jennifer Baldwin 2nd
David Mattia 2nd JV
Casey Troop 3rd
Ian McDonald 2nd JV
Josh Frederichs 4th JV
Preston Anderson JV
Alicia Vogel 2nd JV
Jordyn Thornton 4th
Jordan Thorton
Abigail Hillyer 3rd JV
David Mattia 2nd
Tori Barnett 3rd JV
Jacob Stewart 3rd JV
Maddie Differding 2nd JV
Addie Sathoff 4th JV
Erik Iverson 4th JV
Brock Mergen 4th, 2nd JV
Tessa Woehltre 2nd
Tyler Carmody 3rd

Collin Fossum 2nd JV
Charles Litecky 3rd
Aneesa Jones 2nd JV
Riley Duecker 3rd JV
Chelsea Nelson JV
Casey Troop 2nd JV
Josh Ticka 5th JV
Nicholas French 2nd
Aneesa Jones 2nd
Spencer Bernauer 6th
Tessa Guon 4th JV
Evan Stoffgren 2nd JV
Josh Frederics 6th
Haley Heilman 2nd JV
Mason Berreth 3rd JV
Mary Robertson 2nd JV
Anna Novak
Maddie Differding 2nd JV
TJ Nelson 7th JV
Adele Wolf 4th
Nicholas Rousemiller 4th

Jessen Kaufenberg
Conner Stoffregen
Josh Frederichs 3rd, 4th JV
Nicholas French 2nd
Alex Rittenhouse 5th JV
Conner Stoffregen JV
Even Stoffrgen 2nd, 4th JV
Chase McNulty 2nd
Delany Miller 3rd
Anna Novak 2nd JV
Alicia Vogel 2nd JV
Eric Rousemiller 2nd JV 2 x
Mariah Miller 2nd JV
Stephanie Haag 5th JV
Connor Rousemiller 2nd
Maia Johnson 5th JV
Madison Griffin 4th
Adal Wolf 3rd JV
Laura Cochran 5th JV
Levi Iverson 2nd JV
William Rousemiller 3rd

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

Dr. Seuss

Building Champions

The Expectation is Excellence

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
Conner Rousemiller 11th '15
Tyler Carmody '18

Lakeville South Olympic Weightlifting Coaching Staff as of 2019

Scott Sahli Head Coach Olympic Weightlifting Team

CSCS*D, NSCA-CPT*D, USA Weightlifting National Coach, Strength & Conditioning Coordinator NSCA – RSCC*E
Former NSCA State Director 7 years, NSCA North Central Regional Coordinator 6 years

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

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

State Champions

Nina Mergen JV 2 x
Tyler Carmody
Lander Wells
Luke Thompson JV

Grace Ebbinghausen JV
Tara Gudmundson
Laura Cochran JV

Nicholas Rousemiller
Alexis Brainer JV
Brayden Carmody JV

State Participants

Laura Cochran 3rd JV
Tiara Glowkowski 4th
Casey Beatty 3rd JV
Christian Heflin 3rd JV
Christian Lempi 3rd JV
Jillian McBeain Flynn 2nd

Tarah Gudmundson 2nd JV
Levi Iverson 2nd JV
Madeline Rateliff 4th JV
Sam Dunham 2nd JV
Mitch Meyers 2nd JV
Harrison Gieske 3rd

Alexis Brainer 3rd JV
Eric Iverson 2nd 2 x
Charlie Hayes 2nd JV
Levi Iverson 2nd JV
Tiara Glogowski 5th
Brady Hall 2nd

National Participants

Tyler Carmody '18
Laura Cochran – Youth 2nd '19
Brock Mergen '19

Nicholas Rousemiller '18
Christian Heflin Youth '18
Lander Wells -Youth National Champ'19

Nina Mergen '18, '19 Youth

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, eight National Champions, multiple National place winners, and three 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 a 2 time former 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.”
Building Champions

The Expectation is Excellence

Dirk Wells – Certified Strength & Conditioning Specialist, USA Weightlifting Sport Performance Coach. 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. Two years ago his shotputter, 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.

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.

Allen Iversen – Asst. Football Coach, Asst. Strength Coach, Summer Strength Coach, Prior Lake Baseball Coach

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. Three State JV Championships 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.

Building Champions

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 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 Weightlifting. (Paying the fee does this.)

Scholarships are available for those that need them. You need to get a hard copy of the scholarship form from the Athletic Office and bring the letter that says you are on free or reduced lunch for this to be completed. You will be expected to sell some discount cards to reduce the cost.

____ 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 made 2 copies of my USA Weightlifting card.

____ 8. 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.

____ 9. 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 Weightlifting.

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

Mark Victor Hanson

Building Champions