

Powerlifting

Twin City Powerlifting

HOPATCONG, NJ. - The **Twin City Powerlifting Team** began the 2001 season in great style by winning the team title at the ADAU East Coast Regional Powerlifting Championships held on Saturday February 10th at Hopatcong High School. Mike Kuhns, 15, of Whitehall, PA, set the pace by winning the 148-pound title in the 14 -15 year old age group with lifts of 370 squat, 230 bench press and 265 deadlift for a total of 865. The squat is an American record for his age group.

Coach Nick Theodorou, 50, of Easton, PA, was named one of the meet's Best Lifters in winning the Open and Master's 165-pound class with lifts of 415, 220 and 530 for a total of 1165. The squat, deadlift and total are American records for the 50 - 54 age group.

Anthony Romano, 16, of Pen Argyl, PA, won the 181-pound class, 16 - 17 age group, with all new personal bests of 365, 220 and 415 for a total of 1000. Romano then set an American Record for his age group with a fourth attempt 430 pounds that also gave him a first place in the deadlift contest.

Dan Thierry, of Nazareth, PA, set an Open American Record in the deadlift with 630 pounds to go along with a 525 squat and a 420 bench for an excellent 1575 total to win the 198-pound weight class. Thierry was named one of the meet's Best Lifters.

Rob Eckhart of Leighton, PA, took fourth in the 220-pound class with lifts of 350, 340 and 500 for a total of 1190.

Brant Givler of Leola, PA, took first place in the Open and 35 - 39 age group, 242-pound class with lifts of 500, 390 and 550 for a total of 1440. **Georgia Litteck, 44, of Leola, PA,** took first place in the 123 pound class Open and age group in her first contest and also one of the Best Lifter awards with lifts of 120 squat, 90 bench and 200 deadlift for a 410 total.

5 of the 7 lifters including Nick Theodorou, Dan Thierry, Rob Eckhart, Brant Gilver, and Georgia Litteck all using the new product "IMMUNOCAL". Nick Theodorou states that all lifters have noticed numerous changes in strength, overall feeling of increased energy and have been very healthy running up to their meet (no colds or serious flu bugs). When a cold or flu does get a hold on an athlete, Nick indicates the duration seems to be much less than normal with the athlete recovering much quicker.

Drug testing was conducted in accordance with the bylaws of the sanctioning organization, the ADAU (Anti-Drug Athletes United)