

Charleston Weightlifting Club competed in 2011 National AAU Junior Olympics in New Orleans



The lifters are, Front row, L-R, then back row, L-R:
Quinton Hall, Bret Pfeiffer, Aislinn Parish, Janelle Parish, and John Southards
Marty Schnorf, Camille Caskey, Renea Caskey, Jim Dinaso

NEW ORLEANS - Five local weightlifters won national championships recently while two others finished second at the National AAU Junior Olympic Games.

Lifers represented the Charleston Parks & Recreation Department Weightlifting Club and Team Body Club at New Orleans in the meet that is the largest athletic competition for youth in the country with more than 15,000 athletes in 27 different sports.

Among the winners, Aislinn Parish finished first in the 12-13 age division's 77-pound class with lifts of 62 pounds in the snatch and 77 in the clean-and-jerk while weighing only 65 pounds.

Parish also won the "Best Lifter" award in her age group for the third year in a row. She was also named the Best Lifter at the USA Weightlifting Schoolage Championships the past two years on top of winning \$50 in prize money for being the third best 17-and-under lifter at the Arnold Classic this past March.

Camille Caskey won first place in the 12-13 age division's 104-pound class with lifts of 79 pounds in the snatch and 103 in the clean-and-jerk.

She also won first earlier this year at the Schoolage National Championships near Atlanta.

Riley Parish also was first in the 18-19 age division's 117-pound class. She made lifts of 86 in the snatch and 101 in the clean-and-jerk. She cleaned 110 pounds but missed the jerk.

On the boys' side, Bret Pfeiffer won the 12-13 age division's 86-pound class with lifts of 82 in the snatch and 110 in the clean-and-jerk.

This was the third year in a row Pfeiffer finished first to add to his two USA Weightlifting Schoolage National Championships. He will be in the same age group next year.

Quentin Hall won the 11-and-under age division's 86-pound class even though he is only 9.

He made lifts of 70 in the snatch and 101 in the clean-and-jerk and was the third best lifter of all 11-and-under lifters.

Finishing second for the local club was Morghan Caskey in the 11-and-under 97-pound class. She made lifts of 53 in the snatch and 66 in the clean-and-jerk.

Also finishing second was Renea Caskey in the 14-15 age group's 128-pound class. She made lifts of 79 in the snatch and 104 in the clean-and-jerk. She came close to making 112 pounds.

"It was a pretty successful trip, all things considered," said coach Marty Schnorf of the Charleston Parks & Recreation Department club. "The kids won several firsts and got to see some sights that most had never seen before. In the last 13 months, most have

been to San Francisco, Virginia Beach, Va., Columbus, Ohio, St Louis, Atlanta, Chicago and now New Orleans, to name a few. All of them had a good time."

Auslinn Parish and Riley Parish represent Team Body Club coached by Jim Dinaso, while Camille, Renea and Morghan Caskey and Bret Pfeiffer and Quentin Hall lift for the Charleston Parks and Recreation Department Weightlifting Club.

"The clubs train together and compete together," said coach Jim Dinaso of Team Body Club. "The kids have had a lot of success and some great experiences over the last year. We are always looking for new bodies who want to travel and compete and get stronger."

Coach Troy Pfeiffer said: "We have meets planned for St. Louis, Chicago, Houston, and other cities over the next year. There is no cost to join and we are always looking to add to our ranks. People can contact any of our coaches or the Rec. Department or email charlestonweightliftingclub@yahoo.com. Lifters from anywhere in the area are welcome."

The coaches also noted that they would like to thank Advance Auto Parts for their help and support of the club.