

Charleston Weightlifters Win at Schererville, IN

February 3, 2007

Five lifters from the Charleston Parks and Recreation Department Weightlifting Club traveled to Schererville, Indiana for the Indiana State WL Championships and Open WL Championships. Four of the lifters won first places and the other finished second to a teammate.

Competing in the open division, for lifters aged 17 and under, the four first place winners were Nathan Sewell, Colton Sewell, Jenny Sawyer and Kari Davis. Winning second place was Kierstyn Davis.

Nathan Sewell won the 77 lbs. class while only weighing about 62 lbs. Nathan made lifts of 51 lbs. in the snatch and 70 lbs. in the clean and jerk. His brother Colton won the 110 lbs. class with lifts of 66 lbs. in the snatch and 105 lbs. in the clean and jerk. Nathan is 8 years old, while Colton is 11.

Jenny Sawyer returned to the platform and won the 139 lbs. class with lifts of 135 lbs. in the snatch and 156 lbs. in the clean and jerk. She won first over her teammate, Kierstyn Davis, who made lifts of 110 lbs. and 140 lbs., respectively. Jenny is 14 years old and Kierstyn is 13. Kari Davis won the over 165 lbs. class with lifts of 156 in the snatch and 200 in the clean and jerk. These were the highest lifts in the meet for any female. Kari is 14 years old.

All three of the females are defending national champions in their age groups and weight classes. All three are set to defend their titles this summer in Springfield, Missouri. Kierstyn Davis will be in a new age group, while Jenny and Kari will be in the same age group and probably the same weight class.

According to the club's coach, Marty Schnorf, the overall lifting of the team was less than outstanding." Nathan lifted extremely well, but the others ranged from OK to not too great. Maybe some were looking ahead to our next two competitions, where the stakes and the competition will be much higher. We are hoping for bigger lifts at our next two meets."

The next competition for the club will be the Arnold Classic in Columbus, Ohio, in a little less than three weeks. Last year, Jenny Sawyer had a once in a lifetime encounter with Governor Arnold Schwarzenegger which made the newswires nationwide.

Then, in four weeks, Kari Davis and Jenny Sawyer, and possibly Kierstyn Davis will compete in the National Junior Weightlifting Championships in Merrillville, Ind. This meet is for the top 20 and under lifters in the country who make the qualifying totals. This meet will be the secondary qualifier for the Pan American 15 and under championships to be held in Campeche, Mexico, in August of this year. Both Kari Davis and Sawyer were selected for the team last year, although only Davis lifted. Schnorf was the coach of the team.

"I expect Kari and Jenny to be strong contenders for the team this year," Schnorf said. "Indeed, if both continue to train, I predict they will both make the team again this year. I would not be surprised to see Kari as the number one ranked lifter on the team, with Jenny close behind. Of course, many things can happen between now and then."

Kari Davis is the defending champion in her class from the meet held last year at the Olympic Training Center in Colorado Springs. Sawyer has been selected for three international competitions, and was a specially invited guest by the President of the Mexican WL Federation for an international meet last year. The Mexican Federation picked up all of her room and board while there.

The final qualifier for the trip will be the National School Age Championships (17 and under) in June. The top lifters from that meet will also probably be invited to an all expense paid training camp at the Olympic Training Center in Colorado Springs. Both Sawyer and Kari Davis attended the camp last summer. Sawyer has attended three camps already.

The Charleston Parks and Rec. Dept. WL Club is open to all lifters of any age who want to learn how to lift and compete. There is no cost to join. Anyone interested can contact the Rec. Dept. or e-mail charlestonweightliftingclub@yahoo.com