

Marty Schnorf

Mattoon, Illinois

COACHING

- Voted US National Weightlifting Coach of the Year in 1978 (youngest ever).
- Three time Coach of USA Team competing at Jr. World Championships
 - Years were 1977, 78, and 79
 - I had the two highest placers who were also the two youngest in US history at the time
- Lifters set over 300 National records in their age/weight classes.
- Coached the youngest ever Senior National Champion (age 14) in 1977 (he may still be the youngest).
- Three consecutive years ('74, '75, '76) coached the youngest person to ever lift in the Senior National Championships (Sid Peterson, age 14, Stewart Thornburgh, age 14, Curt White, age 13).
- Coached the youngest ever lifter to represent the US in international competition (Jenny Sawyer, age 12).

NOTABLE LIFTERS & ACCOMPLISHMENTS

Curt White

- Age 13 - weighing 98 lbs., cleaned 204 lbs.
- Age 14 - weighing 113 lbs., snatched 187 and clean and jerked 242 lbs.
- Age 16 - weighing 144 lbs., cleaned 330; squatted (full squat) 440 lbs in training
- Best lifts - weighing 181 lbs. snatched 341 lbs. and clean and jerked 440 lbs
- 1988 Olympic team
- Six time US Senior Nationals champion ('77, '82, '83, '85, '86, '88)
- Currently holds several Senior and Junior National weightlifting records

Stewart Thornburgh

- Lifted in 5 Jr. world championships
- Age 18 - weighing 132 lbs., clean and jerked 309 and almost cleaned 319 lbs.
- US Senior National champion ('78)

Amy Miller

- Age 13 - weighing 117 lbs., clean and jerked 190 lbs.; Amy jerked 235 lbs. off the rack weighing 117 lbs.
- Currently holds several national age group records

Marty Schnorf

Mattoon, Illinois

THROWERS

Mark Fleming (6', 210)

- Twice ('95, '96) placed second in discus in Illinois State Championships Class AA
- Best HS throws were 180' and 56' 10"
- Benched 320 and power cleaned 240

James Williams (6' 2", 220)

- Discus progression - James threw 115' as a frosh, 150'+ as a soph, 180' in the summer after his junior year and 184'+ as a senior
- Benched 250, cleaned 340 as a senior and front squatted 350 as a 15 year old. He would do leg presses on the Universal with the whole stack and attach 1-2 additional 45 lbs. plates
- James worked the Olympic lifts more

CLINICS

Regularly host weightlifting clinics for lifters and coaches.

Organized and hosted track and field clinics featuring world class athletes, including:

- Al Oerter
- Brian Oldfield
- Connie Price-Smith
- Jerry Clayton
- Bruno Pauletto
- John Smith
- Craig Virgin
- Joe Newton