Spring is a busy time for the Northeastern Powerlifting team. Between traveling to and competing at the Collegiate National Championships, electing new E-Board members, and preparing for the long summer months ahead, our lifters and coaches have had their hands full trying to make 2015 our program’s best year. Needless to say, they succeeded. Northeastern Powerlifting had its most successful showing at Collegiate Nationals in the program’s history, we have elected a new E-Board, and everyone is gearing up (some of us literally) for the great training that we have before us. But before that, here’s a recap of Collegiate Nationals 2015.

Collegiate Nationals

Every year, collegiate powerlifting teams across the country prepare themselves for the biggest meet of the year: The Collegiate National Championships. This year, over 20 teams and 370 lifters registered for the largest Collegiate National meet in USAPL history and traveled down to Atlanta, Georgia to compete against some of the strongest student athletes in the United States of America.

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NUPL would go on to put together the most impressive showing in the program’s history, taking 2nd place overall on the Women’s side, highlighted by second place finishes for Emily Liebert, Erika Myers, and Monet Bland, and taking 5th place overall on the Men’s side, with a 1st place finish by Stephen King and a 4th place finish by Henry Hsu.

The results for every NUPL lifter that competed on both the men’s and women’s sides can be found below/on the next page.

**Women’s Team Results**
Some Lifter Highlights

Starting us off in the 66 kg weight class was Nick Desantis. He made 8 of 9 attempts and had a huge 451 pound squat.

Henry Hsu, NUPL’s newest President, had an amazing meet, squatting 511 lbs, benching 330 lbs, and deadlifting 501 lbs. His 1342 lb total secured a 4th place finish, a huge improvement over his 9th place finish from last year.

Graduating senior and former secretary, Roy Apostle, finished off his collegiate powerlifting career with a huge 520 lb squat in the 74 kg weight class.

NUPL rookie, Synjen Marocco, showed the 83 kg weight class that they better step up in years to come by placing 7th out of 41 at his first nationals.

Also in the 83 kg weight class, James “Faso” Faso, set some huge personal records with a 525 lb squat and 550 lb deadlift. We can’t wait to see what he rips off the floor next year.

Yuuki Sato’s (another 83 kg lifter) huge 540 lb squat was a sight to see, causing one of the live stream commentators to say “now that is a technical lift.”

83 kg lifter Isaac Rynowecer finished his last collegiate nationals strong, with a huge 535 lb PR deadlift.

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Special shout out to graduating senior and former treasurer Wilson Mefford, whose commitment to this team has significantly benefited each lifter, whether it be through coaching, knee-wrapping, or his support. He finished off his collegiate powerlifting career by putting everything he had into a 500 lb deadlift.

Ian Doxsee, also representing NUPL’s stacked 83 kg class, went into nationals with a rough back injury, but still managed to put 40 lbs on his total from last nationals.

Jordan Larson put in a lot of work this year to qualify for the 83 kg weight class. When he started his powerlifting career, he didn’t even know how to squat, bench, or deadlift; he finished his first nationals with a 455 lb squat, a 235 lb bench, and a 455 lb deadlift.

Graduating senior, Scott Conway (our final 83 kg lifter) dealt with some injuries as well. Nonetheless, his squat went from 495 lbs to a whopping 572 lbs this year.

NUPL’s new Vice President, Thomas Reilly, had the meet of his life this year in the 93 kg weight class. He made 9/9 attempts and squatted 683 lbs, benched 425 lbs, and deadlifted 585 lbs, resulting in a 127 lb total PR from just two months ago.

Devin Lane competed at his first collegiate nationals this year. His 1470 lb total placed him in the top half of the 93 kg weight class, one of the most competitive weight classes at the meet.

Korneljus Barsauskas, or “some Northeastern guy with a funny name” as the judges called him, finished his collegiate powerlifting career with a huge PR total of 1360 lbs. Returning from a debilitating pec tear, he still managed to bench 325 lbs.

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Lifter Highlights (Continued)

NUPL’s Former President, Matt Cassista, showed the powerlifting community that proper training, consistency, and discipline can turn an inexperienced Northerner into a top contender in one of most competitive weight classes powerlifting. Although everything didn’t go according to plan, Cassista still posted a huge sub-total with a 705 lb squat and 455 lb bench. There is no doubt he will do great things in this sport.

Starting us out for the 105 kg weight class is Matt Hughes, who squatted 600 lbs at his first ever collegiate nationals. Add that to his 430 lb bench and 590 lb deadlift, and we get a 1620 lb total and an 11th place finish.

Sam Choi also in the 105 kg weight class competed in his first collegiate nationals. He made all 9 attempts, making each one look like a warm-up. He finished his perfect meet with a 1470 lb total.

Graduating senior Vahe Missirian didn’t have the meet he wanted for his last nationals, but there is no doubt there are great things ahead for him. His strength and determination will lead him to an 800 lb squat very soon - maybe even at Men’s Nationals next month. Keep an eye out.

Chris Hughes, our 120 kg lifter, just missed a medal this year. His huge 750 lb squat, 455 lb bench, and 600 lb deadlift left him just 5 lbs shy of 5th place. But don’t worry, you’ll be seeing him back next year with an even bigger body weight and an even bigger total.

Obviously, powerlifting places a lot of emphasis on the individual that’s up on the platform about to take their attempt. However, NUPL is known all over the country as the team that consistently brings the loudest, most supportive group to every competition. Plenty of attention is paid to the squatter, the bencher, and the deadlifter, but none of those individuals would be where they are up on that platform without the help of the wonderful people that they get to call their team. Some of these faces go unrecognized, but their contribution to both the atmosphere of competition and the atmosphere of every single training day does not go unappreciated.
Lifter Highlights (continued)

Zachary “Fat Zach” Neuschaefer stepped on the national platform for the first time this year and showed the super-heavyweight class what’s coming. He finished the meet just shy of a 600 lb squat and a 400 lb bench. Most importantly, no other lifter in the meet got louder cheers than FZ.

LONG LIVE THE KING! Reigning super-heavyweight champion Stephen King not only dominated his weight class, but won best overall lifter! His 853 lb squat, 688 lb bench, and 683 lb deadlift were a sight to see. Unfortunately, his time in collegiates has come to an end, but he’s continued the legacy of successful NUPL super-heavyweights.

Closing Remarks

This has been an historic year for the Northeastern University Powerlifting team. We had the biggest roster in team history, the most successful National Championship run in team history, and dozens of team (and some national) records were set along the way. However, this is just the beginning for NUPL. The summer time is the time for lifters to show what they’re made of, and after the taste of success that we had this year, our lifters will be coming back hungrier than ever for a chance at a national title. As always, thank you all for all of your support. Until next time,

Depth Before Dishonor,
NUPL Men’s Team

Upcoming Events

Special Olympics—June 6th 8am-4pm

Every year, NUPL volunteers at the Special Olympics as a way of giving back to an excellent community of lifters and coaches. The event will be held on June 6th.

Summer Meets

Members of NUPL are required to lift in at least one meet over the course of the summer. A list of meets to be hosted in the Boston area can be found here: http://mass-lift.com/2015-schedule/

Specific correspondence about meets and the Special Olympics will be sent out to lifters via email.