## **Powerlifters** compete in WaKeeney

By Kayla Cornett

Colby Free Press colby.sports@nwkansas.com

Fourteen students from Colby High competed in the WaKeeney powerlifting meet on March 9, leaving with several individual

medals and a couple meet records. Ed Schmitt, the strength training educator for Colby High School and Colby Middle School, said he had nine men and five freshman women compete at the meet.

gave up the first Saturday of their Spring Break to go compete," he

In the 148-pound men's category, Macen Shull came in first place overall. He squatted 365 pounds, which is a new record, benched 240 for first place and had a clean of 200. Overall, he lifted 805 pounds, another new record.

At 165, Zane Winger took the top spot with a squat of 380 (first), a bench of 205 (second) and a clean of 230 (second) for a total of 815. Winger had attempted a new meet record in the squat, Schmitt said, but he was unsuccessful.

Beau Brown, 181, finished in first in all three categories: 365

squat, 285 bench and 305 clean, tying the record. He lifted 955 pounds altogether.

Dustin Reed, 132, took second overall after squatting 225 for second place, benching 245 (new record) and cleaning 180 for second for 640 total pounds.

Todd Kane, 173, was second overall with a squat of 340 (third), a bench of 245 (second) and a clean of 280 (second), totaling

Also at 173, Andrew Taylor "These young men and women finished fourth. He squatted 335 (fourth), benched 205 (sixth) and cleaned 230 (sixth). He lifted 770.

Adam Giersch, 140, came in third, squatting 305, benching 195 and cleaning 205 for a total of 705.

In the heavyweight category, Zell Bieberle took fourth with a squat of 385 (sixth), a bench of 340 (tie for first) and a clean of 260 (fourth), giving him a total of 985 pounds. Schmitt said Bieberle of 65 (sixth) and a clean of 80 had broken the bench press record, but then his record was broken.

overall after he squatted 375 (second), benched 225 (eighth) and cleaned 225 (eighth). He lifted 825 pounds.

Ed Schmitt, strength training educator at Colby High School and Macen Shull and Zane Winger, took first place overall in his Colby Middle School, spotted Beau Brown on the bench press

March 9 at the WaKeeney powerlifting meet. Brown, along with

a squat of 180 (second), a bench (fourth), totaling 325 pounds.

Troy Quenzer, 198, was seventh ished fourth, squatting 150 (fifth), and a clean of 85 (sixth). She liftbenching 80 (third) and cleaning ed 195 pounds. 85 (third) for a total of 315.

In the girls' groups, Alli Franz, benching 70 (seventh) and clean-totaling 290.

114, grabbed third place. She had ing 95 (fourth) for 305 total pounds.

Desiree Schipper, 132, landed in seventh. She didn't record a Also at 114, Kylee Martin fin-squat, had a bench of 110 (fourth)

Julie Schroeder, 140, finished Elissa Zerr, 132, came in fourth fifth with a squat of 195 (third), after having squatted 140 (fifth), no bench and a clean of 85 (sixth),

category.



## College will welcome three top-25 teams

leyball Coach Carey Jones has announced that Colby will play host p.m. to three top-25 National College Athletic Association Division I volleyball teams in a three-match

Colby Community Building beginning at 1:15 p.m. Saturday,

Wichita State University at 1:15

play Colorado State University at to show all three schools what a 2:45 p.m. and Wichita State University will play Colorado State give them a lot of support that The event will be held in the University beginning about 4:15

leyball programs in our own gym in Kansas volleyball history. The The tentative schedule is for is such a great opportunity and Grinnell native has compiled a

the entire northwest Kansas com- cord of 964-269 since beginning munity," said Coach Jones. "I am his career 28 years ago at Barton The University of Kansas will very confident that we will be able great community we live in and weekend."

The KU team is coached by Ray "To be able to host these vol- Bechard, who has the most wins

Colby Community College Vol- the University of Kansas to play privilege for CCC volleyball and remarkable all-time coaching re-Community College.

There is no charge to attend. Fans can check for updates by searching Colby College Trojan Volleyball on Facebook or by contacting Coach Jones at 460-5473 or carey.jones@colbycc.edu.



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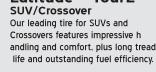




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