

# Powerlifters compete in WaKeeney

By Kayla Cornett  
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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.

"These young men and women gave up the first Saturday of their Spring Break to go compete," he said.

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 865.

Also at 173, Andrew Taylor 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 had broken the bench press record, but then his record was broken.

Troy Quenzer, 198, was seventh overall after he squatted 375 (second), benched 225 (eighth) and cleaned 225 (eighth). He lifted 825 pounds.

In the girls' groups, Alli Franz,



MONICA KANE

Ed Schmitt, strength training educator at Colby High School and Colby Middle School, spotted Beau Brown on the bench press March 9 at the WaKeeney powerlifting meet. Brown, along with

114, grabbed third place. She had a squat of 180 (second), a bench of 65 (sixth) and a clean of 80 (fourth), totaling 325 pounds.

Also at 114, Kylee Martin finished fourth, squatting 150 (fifth), benching 80 (third) and cleaning 85 (third) for a total of 315.

Elissa Zerr, 132, came in fourth after having squatted 140 (fifth), benching 70 (seventh) and clean-

ing 95 (fourth) for 305 total pounds.

Desiree Schipper, 132, landed in seventh. She didn't record a squat, had a bench of 110 (fourth) and a clean of 85 (sixth). She lifted 195 pounds.

Julie Schroeder, 140, finished fifth with a squat of 195 (third), no bench and a clean of 85 (sixth), totaling 290.

Macen Shull and Zane Winger, took first place overall in his category.

## College will welcome three top-25 teams

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

The event will be held in the Colby Community Building beginning at 1:15 p.m. Saturday, March 30.

The tentative schedule is for

the University of Kansas to play Wichita State University at 1:15 p.m.

The University of Kansas will play Colorado State University at 2:45 p.m. and Wichita State University will play Colorado State University beginning about 4:15 p.m.

"To be able to host these volleyball programs in our own gym is such a great opportunity and

privilege for CCC volleyball and the entire northwest Kansas community," said Coach Jones. "I am very confident that we will be able to show all three schools what a great community we live in and give them a lot of support that weekend."

The KU team is coached by Ray Bechard, who has the most wins in Kansas volleyball history. The Grinnell native has compiled a

remarkable all-time coaching record of 964-269 since beginning his career 28 years ago at Barton 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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