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Lift For Life Gym's Elite Lifters Continue Their Dominance on Their Way to the Youth Olympic Game Trials

The past few weeks have been brilliant for Lift For Life Gym's Youth Olympic Style Weightlifting Team. Two of the team's elite lifters, Antwan and Jerome left the first of week of June and traveled to Colombia, South America to compete in the Youth Pan Am Championships. The following week, they returned to the U.S. and competed with the entire LFLG team at the Youth National Championships in Grand Rapids, Michigan. The quick turnaround can be extremely difficult for athletes to be successful, but not for these two boys. They are both working toward a goal of securing a single spot to compete at the Youth Olympic Games in October so every competition is important.

Antwan had a slow start at the Pan American Championships where he finished 9th place but rebounded beautifully at the National Youth Championships where he lifted a new personal record of 106kg (233lbs) in the snatch and 131kg (288lbs) in the clean & jerk. These numbers earned him three silver medals and added 7kg to his total, putting some serious pressure on his competitors at the upcoming Youth Olympic Trials.

Jerome had the meet of his life at the Youth Pan Ams where he lifted 127kg (280lbs) in the snatch and 150kg (330lbs) in the clean and jerk winning him the title of Pam Am Champion in his 69kg weight class. His dominant performance also led him to a third place trophy as Best Lifter! This means, he is the best youth 69kg athlete in two continents and he is the third best youth weightlifter, regardless of weight class, in two continents! Jerome wasn't finished yet. He went on to add another 6kg to his overall total at the Youth National Championships winning him three gold medals and beating the next best guy by more than 30 kilos!

In total the team won 15 medals, 9 of which were gold and crowned three National Youth Champions in a competition that had almost 700 kids competing in it! Jerome and Antwan will need to compete in Philadelphia, July 27, at the Youth Olympic Trials. Just like the Summer Olympics, the Youth Olympic Games (YOG) is every four years. The United States will only be able to send one male and one female. Jerome is the front runner for this spot and Antwan is hot on his heals! Both boys are now sharpening up their lifts to punch their ticket to travel and compete at the YOG in Buenos Aires, Argentina in October.

For interviews, photo opportunities or coverage of Lift For Life Gym's programs, teams, and more, please e-mail jmiller@liftforlifegym.org.

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About Lift For Life Gym
Since 1988, Lift For Life Gym has been providing St. Louis' at-risk, inner-city youth with positive alternatives to drug abuse, violence, and gang involvement. Lift For Life Gym provides free athletic, social activities, nutrition and education programs to build each child's life skills and character. To read more about this great cause visit www.liftforlifegym.org.