



**A USAW
WEIGHTLIFTING CLUB**
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"Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." -- Arnold Schwarzenegger

Current Needs

We are so excited about the growth of our club! We have added several new members within the last six months. This growth however, has created a true need for additional equipment. Currently, session times have had to be staggered to allow members access to the bars and plates. We are asking community members to help us meet that need. Two sets of training plates and bars would cost approximately \$2500. As you are able, we ask that you consider making a monetary donation to help meet this need. Remember that any and all donations to our non-profit 501c3 organization are tax deductible.

News Updates

Thank you! Team Salina lifters greatly appreciate your recent donations. Your generosity made it possible for members to travel to Florida and Michigan for two major competitions.

Thanks to you we were able to take our team to the next level as well as make our presence known at the national level.

Good News: A computer was recently purchased with the grant from Saline County. The computer will be used to design workouts as well as track lifters' progress

Abbey Wilson has been awarded a scholarship to KSU as part of the rowing team. Good Luck, Abbey!

Recent Results

**School-Age Nationals
Disney Wide World of
Sports—June 2008:**

Bronze Medalists:

McKenzie and Macy Pilgrim

**AAU Jr. Olympics
Detroit, MI—July 2008**

Gold Medalists:

McKenzie Pilgrim, Abbey Wilson

Silver Medalists:

Drew Pilgrim, Macy Pilgrim,
Kayle Wilderman.

Bronze Medalist:

Calub Emery

Team Medals:

Girls—Gold

Boys—Bronze

**Kansas State Open
Salina—September**

Gold Medalists:

Jessie Brockway, Macy Pilgrim,
Henry Sydow & Andy Wiechman

Silver Medalists:

Calub Emery, McKenzie Pilgrim,
Kayle Wilderman

**Larry Hanneman Memorial
St. Joseph, MO—October**

Gold Medalists:

McKenzie & Macy Pilgrim, Andy
Wiechman, Kayle Wilderman

Best Lifter:

Macy Pilgrim

**Turkey Cup Open
St. Joseph, MO November**

Gold Medalists:

McKenzie & Macy Pilgrim, Abbey
Wilson

Silver Medalists:

Cortland Enriquez and Kayle
Wilderman

Best Lifters:

Macy Pilgrim and Abbey Wilson

(*Results are for each lifters' age and weight class)

Board Members

Dennis Espinosa	Ruby Pilgrim
Miki Espinosa	Scott Pilgrim
Marie Frost	Sam Russell
Carroll Long	Bruce Wilson

Upcoming Events

Saturday, December 13th
Kirkwood Winter Challenge

Saturday, December 27th
Onaga Christmas Open, Onaga,
KS

**Saturday, January 17th,
2009**
Hillbilly Classic, Springfield, MO

Friday, March 20th, 2009
National Junior Championships
Foster City, CA

TBA
Team Salina Open, Salina, Ks

Friday, June 19, 2009
National School-Age Champion-
ship, Gainesville, GA

"You have to believe in yourself. The ones who believe in themselves the most are the ones who win."

Florence Griffith-Joyner
Olympics Gold Medalist

"A positive attitude is a magnet for positive results."

Author unknown

"Show class, have pride, and display character. If you do, winning takes care of itself."
Coach Paul "Bear" Bryant