

SQUAT LIKE A CHAMP // Cade Ross (12) squats over 600 pounds at the district meet held on the DHS campus. Cade was ranked third in the nation after the district meet. Photo by Sara Boone.



TRIM LINE

TRIM LINE TRIM LINE

WORTH THEIR WEIGHT IN GOLD

Injuries almost stop a championship powerlifter from fighting for what is his.

The week before regional competition, state record holder Cade Ross (12) was severely injured and had no intention of being able to compete at the district powerlifting meet. On Saturday, exactly seven days prior to the meet, he went to the emergency room for shoulder pain and was told that there was nothing wrong with him, but he knew something wasn't right. He decided to see a chiropractor, who fortunately found the problem and fixed him in time to compete.

The night before the meet, the entire team met to bond over a steak dinner and discuss the meet. While Ross felt unprepared, he had decided to compete anyway, knowing he had the support of his teammates.

On meet day, he opened up with a 585 pound squat and "threw it through the

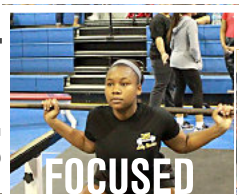
roof," then went on to squat 625 and 640, consecutively.

While his performance was excellent in light of his physical condition, it was

"IT'S LIKE GOING TO WAR, YOU GO TO WIN. YOU GO TO CONQUER. FAILING AT A LIFT AND GETTING BACK AT IT AND TRYING AGAIN HAS TAUGHT ME TO BE A HUMBLE PERSON. LIFTING THESE WEIGHTS REMINDS ME OF LIFE, THE WEIGHT'S HOLDING YOU DOWN BUT YOU FIGHT TO PUSH IT UP AND GET BACK UP." - Cade Ross // 12

not the only factor that contributed to the team's overall win. Adding together their squat, deadlift, and benching weights, the other members who competed in various weight classes earned points that combined to get the team first place. // Tyler Thibert

WHAT ARE WE?



FOCUSED



GRINDERS



DETERMINED



STRONG



HUMBLE



PREPARED

Clockwise: Monique McDowe (11), Garrett Stratton (10), Micah Booker (11), Reganne Handler (9), Joshua Ladner (Coach), Yazmyne Valencia(9), Wyatt Delancey (11)