

STATE CHAMPIONSHIP MEET HISTORY

2010-DIVISION I/II STATE MEET HELD AT CENTRAL HIGH SCHOOL-MEET DIRECTOR DAVID DYKES

EC-COMMITTEE THIS YEAR

PRESIDENT-STEVE BARONICH
TREASURER-KRISTEN GUIDRY
MAL DIV I-DUANE URBINA

VICE PRESIDENT/HISTORIAN-BRANDON BANKSTON
SECRETARY-KELLY MAGENDIE
MAL DIV II-RANDY JOHNSON

DIRECTOR OF OFFICIALS-CHRIS LEDOUX

SPECIAL AWARD-FIRST 4 YEAR STATE CHAMPION AWARDED TO SAMANTHA ROBILLARD

New Hall of Fame Member-**Billy Bell** Springhill/West Monroe High School

The 28th annual state championships hosted at Central High had 614 competitors this year. Over the course of two weekends and 3 days 16 state records were broken.

Overall Team History Girls

Natchitoches Central; in 5A division, won its 3rd title in 4 years with 4 state champions. Northshore and West Monroe had a close battle for 2nd and 3rd. Only 1 point separated the teams as Northshore pulled out its first runner up position at state since forming a team. West Monroe placed 3rd for the first time in team history with 44 points. In 4A classification Lutchter continued to dominate with their 4th title in a row. Lutchter also had more state champions than any other team this year with 8 total. Ellender scored their 2nd place runner up position while Tioga placed 3rd for the seventh time in 15 years. Port Allen reigned supreme in the 3A class with their first state title and 6 state champions. Crowley also scored its first runner up position while Buckeye placed 3rd. In 2A Pope John Paul scored their 5 title in 6 years while Farmerville added their seventh 2nd place trophy in 15 years. Runnels place 3rd for the 2nd straight year. False River dominated the 1A class with their 3rd title in 4 years. Catholic of PC placed second while Archbishop Hannon scored their second straight 3rd place.

Notable mention for the girls goes to quite a few ladies this year. Morgan Bleakley from Lutchter HS set new state records in the 105# with a 310 deadlift and a 675 total. Jillian Bates from Runnels HS broke the state record in the 97# by bench pressing 130#. Mary Hooper became the first girl in the 165# to deadlift 400#. Rickeyma Ross also continued her dominance in the SHW by becoming the strongest girl in LHSPLA history and first to ever squat 500#. She also set a new state bench record with a 262.5 and a new total record of 1145.

CLASSIFICATION COMPETITION FINISHES FOR THE GIRLS STATE MEET WERE AS FOLLOWS:

- 5-A: 1ST-Natchitoches Central (49 Pts), 2ND-Northshore (45), 3RD-West Monroe (44)
- 4-A: 1ST-Lutcher (69 Pts), 2ND-Ellender (44), 3RD-Tioga (21)
- 3-A: 1ST-Port Allen (55Pts), 2ND-Crowley (42), 3RD-Buckeye (32)
- 2-A: 1ST-Pope John Paul (63 PTS), 2ND-Farmerville (45), 3RD-Runnels (14)
- 1-A: 1ST-False River Academy (40 PTS), 2ND- Catholic of PC (29), 3RD- Archbishop Hannon (24)

Overall Team History Boys

5A state championship was won by Pineville HS. This was their second championship in school history; their first was in 87'. West Monroe followed up with a strong second; while Natchitoches central won their 8th, 3rd place finish in 15 years. Lutcher high school dominated the 4A class with a first school win of its history by defeating Alexandria; who placed second and Salmen in third. Church Point continued to crush the competition in the 3A class with its 3rd straight championship. Port Allen placed 2nd for the sixth time in school history while Madison had its first 3rd place finish. 2A class was controlled by Farmerville HS, who had more state champions on the boy's team than anyone (6). Pope John Paul scored its second runner up position while a newcomer; Northlake Christian placed third. False River won their first championship in 10 years in the 1A class while two new teams clinched second and third; Delhi Charter and Delhi High School.

Notable mention for the boys started with 2 lifters in the 123's. Kurt Bradbury from St. Paul's broke the state bench record with a new lift of 270. Gabe Smith of Church Point set two new records. He deadlifted 455 and set a new total record of 1065. Congrats to Kurt and Gabe. Also Von Duplechain from Church Point set a new state bench record in the 132# by benching 295#. Kevin Dorn dominated the 275# by also breaking the bench record with a 425#. Mickey Johnson from St. Paul's high school became the biggest bencher in LHSPLA history by completing a 450#. One last notable mention is Ray Brandhurst from Northshore became the second lifter in LHSPLA history to win best lifter in second place. In the past ten years the last lifter to do so was Hunter Beall from Zachary High School.

CLASSIFICATION COMPETITION FINISHES FOR THE BOYS STATE MEET WERE AS FOLLOWS:

- 5-A: 1ST-Pineville (41PTS), 2ND-West Monroe (34) 3RD- Natchitoches Central (28)
- 4-A: 1ST-Lutcher (37 PTS), 2ND-Ash (33), 3RD-Salmen (28)
- 3-A: 1ST-Church Point (55 PTS), 2ND-Port Allen (43), 3RD- Madison Parish (34)
- 2-A: 1ST-Farmerville (58 PTS), 2ND- Pope John Paul (52), 3RD- Northlake Christian (17)
- 1-A: 1ST-False River Academy (38Pts), 2nd-Delhi Charter (35)-3rd-Delhi High School (31)

BEST LIFTERS FOR DIVISION I AND II GIRLS:

DIVISION I	NAME	WT. CLASS	SQUAT	BENCH	DEADLIFT	TOTAL
L(97-148)	Morgan Bleakley	#105	240	125	295	660
H(165-SHW)	Rickeyma Ross	#SHW	470	250	425	1145

DIVISION II	NAME	WT. CLASS	SQUAT	BENCH	DEADLIFT	TOTAL
L(97-148)	Jillian Bates	#97	230	130	220	580
H(165-SHW)	Megan Brathberry	#165	335	160	320	815

BEST LIFTERS FOR DIVISION I AND II BOYS:

DIVISION I	NAME	WT. CLASS	SQUAT	BENCH	DEADLIFT	TOTAL
L(114-165)	Von Duplechain	#132	410	295	425	1130
H(181-SHW)	Ray Brandhurst	#220	580	320	595	1495

DIVISION II	NAME	WT. CLASS	SQUAT	BENCH	DEADLIFT	TOTAL
L(114-165)	Charles Uze	#148	440	270	500	1210
H(181-SHW)	Tyler Clark	#181	495	315	500	1310

2010 COACHS OF THE YEAR BOYS

5A-Robbie Martin-Pineville
4A-Craig Zeringue-Lutcher
3A-Eddie Bergeron-Church Point
2A-Joe Spatafora-Farmerville
1A-Mike Cilano-False River Academy

2010 COACHS OF THE YEAR GIRLS

5A-Rob Ralston-Natchitoches
4A- Kelly Magendie-Lutcher
3A- Brian Bizette-Port Allen
2A-Daniel Hanlon-Pope John Paul
1A-Mike Cilano-False River Academy

SCHOLARSHIP WINNERS FOR 2010

Kristopher Lewis-Natchitoches Central High School
Quinn Mautemps-Destrehan High School
Kendra Thornton-Peabody Magnet
Mary Katherine Hooper-Natchitoches Central High School