

2011 LHSPLA STATE CHAMPIONSHIP MEET

**2011 DIVISION I STATE MEET
HOSTED BY PINEVILLE HIGH SCHOOL
MEET DIRECTOR - ROBBIE MARTIN**

**2011 DIVISION II STATE MEET
HOSTED BY NATCHITOCHES CENTRAL HIGH SCHOOL
MEET DIRECTOR - BOB RALSTON**

2010-11 EXECUTIVE COMMITTEE:

PRESIDENT-STEVE BARONICH
VICE PRESIDENT/HISTORIAN-BRANDON BANKSTON
TREASURER-KRISTEN GUIDRY
SECRETARY-KELLY MAGENDIE
DIVISION I MEMBER-AT-LARGE-DUANE URBINA
DIVISION II MEMBER-AT-LARGE-RANDY JOHNSON
DIRECTOR OF OFFICIALS-CHRIS LEDOUX

FIRST EVER 4 TIME STATE CHAMPION IN THE BOYS RANKS –
VON DUPLCHAIN FROM CHURCH POINT HIGH SCHOOL

NO HALL OF FAME MEMBERS ADDED IN 2011

The 28th annual state championships hosted at Pineville/Natchitoches had 677 (Another Record) competitors this year. Over the course of two weekends and 3 days 15 state records were broken.

Meet History – 2011 Division I and II Girls State Meets - 227 Total Competitors

The Division II State Meet, hosted by Natchitoches Central started off with a dominant team effort by Pope John Paul girl's team. They captured their 6th State title in 8 years with 8 state champions and both best lifter trophies in the 2A class. Ascension Catholic had its first State Title since forming a team by edging out False River by two points. West Monroe took a large stand in the 5A class with one point advantage over Natchitoches Central. One year before West Monroe had placed third; Coach Watson must have kicked it up a gear. Lutcher on the other hand continued to reign supreme in the 4A girls with an impressive 65 points; 36 point lead over second place Alexandria. Coach Bizette also showed the Port Allen power by winning his second title in row with 5 state champions in the 3A Class. Buckeye also made an impressive showing by placing second in 3A. This was their 4th Second place finish in 16 years.

Noteworthy efforts for girls competitors in 2011 were: Morgan Bleakley from Lutcher HS set two new state records in the 105# weight class, deadlift – with a 320 deadlift and a 675 total. Morgan reset the state record at the South Regional and State Championships in the Deadlift for Pope John Paul High School. Suzanne Louque; coached by her sister, head coach and EC member Kelly Magendie, deadlifted 400 pounds in the 148 pound weight class and also captured her first state title and best lifter trophy for Lutcher High School. China Storks and Jaleen Dumas, again both from Lutcher High; dominated their weight classes with 1st place wins while

respectively setting records in each division. China deadlifted 390 in the 198 pound weight class while Jaleen benched 215 in the 220's. Two outstanding lifters in the SHW's battled it out for state records and the championship. Ashton Chatelain from Destrehan High School became the first girl lifter to break 1200 pounds with a 1220 record and also broke her own squat record with an impressive 560. Ashton also won the best lifter trophy for the SHW class. Kayla Chauvin became the first lifter in the SHW class to bench press 300 pounds for Port Allen High School. In the Div II meet Pope John Paul High school dominated the meet with 8 individual state champions and both best lifter trophies for Sarah Vogel and Rachael Noto.

CLASSIFICATION FINISHES FOR THE GIRLS STATE MEET WERE AS FOLLOWS:

5-A: 1ST - West Monroe (44 Pts), 2ND - Natchitoches Central (43 Pts), 3RD - Northshore (30 Pts)
4-A: 1ST - Lutcher (65 Pts), 2ND - Alexandria (29 Pts), 3RD - Ellender (24 Pts)
3-A: 1ST - Port Allen (63 Pts), 2ND - Buckeye (47 Pts), 3RD - Church Point (12 Pts)
2-A: 1ST - Pope John Paul (66 PTS), 2ND - Mangham (42), 3RD - Farmerville (34)
1-A: 1ST - Ascension Catholic (35 PTS), 2ND - False River (33), 3RD - Archbishop Hannon (31)

Meet History – 2011 Division I and II Boys State Meets - 450 Total Competitors

The two dominant point teams at the state championships were Church Point and Pope John Paul. Eddie Bergeron (CP) and Daniel Hanlon (PJP) both captured State Titles with 6 State Champions on their teams. This was Pope's 6th title in 9 years and Church Points 4th title in a row. Delhi High, in the 1A class; had its first state championship with 5 state champions to its list of accomplishments. Delhi has only had Powerlifting for about 2 to 3 years. Josh Marien from Alexandria (4A) was able to edge by Peabody for the win. This was Alexandria's 16 State Title to date. Alexandria and West Monroe are now tied with 16 State Titles. The two schools have more State Titles than 5 other schools in the association combined. West Monroe and St.Paul had a tough battle for 5A title. West Monroe stayed strong to the end but I believe that St.Paul and Coach Kellum will continue to bring the power in the years to come.

Notable mention for the boys in 2011 was from quite a few young men. Von Duplechain won his RECORD 4th State Title in the 132 pound weight class for Church Point High. He also broke his own state bench press record by claiming an easy 315. DJ Powell from West Monroe broke the squat record in the 165's while Ty Timphony from St. Paul's became the first 600 pound deadlifter. Dylan Crawford dominated the 181 pound weight class from Alexandria by breaking the squat record with 605 and the total record with a 1485 total. Brian Szolis also won best lifter on the HW platform while placing second overall. This is the 3rd time in LHSPLA history this has happened. Terangi Phifer also broke two records from Northshore. He squatted 675 and set the total record at 1680. Tyler Clark form Natchitoches Central also won the best lifter trophy for the second year in a row. Jacob Sanders from West Monroe Broke the state record in bench with a 427.5 and Daniel LaRocca from Covington broke the total record with a 1615 in the 275 pound class.

CLASSIFICATION FINISHES FOR THE BOYS STATE MEET WERE AS FOLLOWS:

- 5-A: 1st - West Monroe (48PTS), 2nd - St. Pauls (34) 3rd - Northshore (25)
 4-A: 1st - Alexandria (40 PTS), 2nd - Peabody (39), 3rd -Lutcher (36)
 3-A: 1st - Church Point (63 PTS), 2nd - Buckeye (29), 3rd - Port Allen (20)
 2-A: 1st - Pope John Paul (64) PTS), 2nd - Farmerville (44), 3rd - Rannels (17)
 1-A: 1st - Delhi High (53Pts), 2nd - Hanson Memorial (30), 3rd - False River (27)

Outstanding Lifters – Division I and II Girls Meets:

Outstanding Lifters – Division I Girls Meet							
Weight Classes	Name	School	Wt. Class	Squat	Bench	Deadlift	Total
97 – 148 lb.	Suzanne Louque	Lutcher	148 lb.	330	175	390	895
165 lb. – SHW	Ashton Chatelain	Destrehan	SHW	560	250	410	1220
Outstanding Lifters – Division II Girls Meet							
Weight Classes	Name	School	Wt. Class	Squat	Bench	Deadlift	Total
97 – 148 lb.	Sarah Vogel	PJP II	114 lb.	265	110	300	675
165 lb. – SHW	Rachael Noto	PJP II	181 lb.	325	195	340	860

Outstanding Lifters – Division I and II Boys Meets:

Outstanding Lifters – Division I Boys Meet							
Weight Classes	Name	School	Wt. Class	Squat	Bench	Deadlift	Total
114 – 165 lb.	Tyler Crawford	Alexandria	148 lb.	480	285	515	1280
181 lb. – SHW	*Brian Szolis*	Walker	181 lb.	530	335	600	1465
Outstanding Lifters Division II Boys Meet							
Weight Classes	Name	School	Wt. Class	Squat	Bench	Deadlift	Total
114 – 165 lb.	Brock Rockforte	FRA	165 lb.	500	275	500	1275
181 lb. – SHW	**Tyler Clark**	NLC	181 lb.	530	355	515	1400
Placed 2 nd in Weight Class - *			2 Time Winner of Outstanding Lifter Trophy - **				

2011 LHSPLA Coaches of the Year	
Boys	Girls
5-A – Jeremy Many – West Monroe	5-A – Laurie Watson – West Monroe
4-A – Josh Marien – Alexandria	4-A – Kelly Magendie – Lutcher
3-A – Eddie Bergeron – Church Point	3-A – Brian Bizette – Port Allen
2-A – Daniel Hanlon – Pope John Paul	2-A – Daniel Hanlon – Pope John Paul
1-A – Jesse Esters – Delhi High School	1-A – Kirk Delatte – Ascension Catholic

SCHOLARSHIP WINNERS FOR 2011

Division I Boy - Taylor Knox (Fontainebleau)

Division I Girl - Suzanne Louque (Lutcher)

Division II Boy - Jeremy Lyse (Mangham High School)

Division II Girl - Kelli Palmetree (Farmerville High School)