

Athlete Representative Nominees

Ian Bell

My name is Ian Bell, I'm 22 years old, from San Antonio, Texas, and I'm seeking the position of Athlete Representative. I recently graduated with a Bachelor of Science in psychology at the University of Texas at Austin and currently work at the University of Texas Health Science Center Of San Antonio. I also coached the Longhorn Powerlifting team and competed for the team in the 93 kg class for 4 years. I started powerlifting when I was 12 and have been committed to the USAPL since my career began. I have been on 5 Team USA teams, am a USAPL certified Texas state referee, have participated in Collegiate Body meetings, and have great relationships with lifters around the country and the world. Aside from powerlifting I love fantasy football, music, and cooking.

I feel like I would be great for the position as I have a wide range of connections with lifters within our federation and in the IPF and can be easily contacted through various social media outlets. I have been interested in becoming more involved with helping our federation grow and I think this is the perfect opportunity for me to learn more about the inter-workings of our federation and to help out where I can as well as being a reliable and trusted resource for the athletes in our federation. Thank you for this opportunity and I'm looking forward to serving my federation and our athletes.

Best Numbers:

- Squat- 821
- Bench- 501
- Deadlift- 851

Accomplishments:

- 2-time Texas State High School Champion (THSPA)
- Teen National Champion (USAPL)
- 4-time Collegiate National Champion (USAPL)
- Junior Raw National Champion
- Coached/lifted for 2013 and 2014 Collegiate Men's Team National Champions (USAPL)
- 5-time GNC Pro Deadlift Wilks Champion
- Sub-Junior World Champion (IPF)
- North American Powerlifting Champion (NAPF)
- 3-time Junior World Champion (IPF)
- Junior Raw World Champion (IPF)
- 2013 USAPL Athlete of the Year
- 2014 Open Men's National Champion
- Hold 20+ National Records in multiple weight classes and age divisions (USAPL)
- Junior and Open World Deadlift Record (816 lbs at 205 lbs)

Sub-Junior World record (744 lbs at 198 lbs)

Ryan Carrillo

Ryan Carrillo
Competing since 2009

Accomplishments:

2013 Collegiate National Champion
2013 IPF Junior World Bench Press Champion
3x Junior Bench National Champion

Coached by Gene Bell

From Texas, Graduate of Texas State University.

I would absolutely love to run for one of the available athlete representative positions. I feel I am a prime candidate for this role in the USAPL because of my commitment to being the best ambassador for the organization. Since my inception as a competitor I have devoted time and finances to growing the sport of powerlifting. I have been responsible for producing numerous original videos, photos, and online assets that have helped promote the USAPL. Beyond this devotion, I have always been a volunteer at local and state meets to ensure they ran smoothly and help meet directors. From the high school level to the upper levels of the IPF, I continually make a positive impact on competitors, officials, and spectators alike. I am passionate about educating the masses on this wonderful sport, and I am passionate about encouraging new lifters to take the plunge into the USAPL. For these reasons, I feel I am ready to undertake the athlete representative position, and help my fellow lifters out in an even greater way.

Ken Gack

I am happy to accept the nomination and accept the position if elected.

I think I have experience that uniquely qualifies me for this position.

- Having spent 24 years in the military, I feel very comfortable as a liaison between the membership and management. I am comfortable presenting to management as a champion of membership. Once a decision is made, as an experienced leader, I support the decision and make it happen. I am comfortable supporting the decisions of the Federation whether it aligns with my personal preferences or not, as this is in the best interest of USAPL's strength and unity.
- I believe that the purpose of USAPL is to support the lifting population. I stand up for what is in the best interest of USAPL's lifters, whether that position is popular or not.
- I am a champion of USAPL in my daily life and training. USAPL is the best federation to lift in because we uphold the accepted powerlifting standards and drug free athletics. I believe there is powerlifting, and then there is USAPL powerlifting. I promote USAPL every single day while I'm training and discussing training.

My USAPL and powerlifting bio:

I am a lifetime drug free USAPL powerlifter with an increasingly successful career in the sport as my accomplishments below indicate.

Strength training changed my life. I began lifting when 18 and a friend invited me to the base gym at Lackland Air Force Base, Texas. My first competition experience was in an unsanctioned bench press competition in 1991, and I got my real powerlifting start in 1997 while stationed at Ramstein Air Base, Germany when Gene Bell invited me to join his team. Since then, I have progressed from local and State meets to National and International powerlifting championships.

I've been an active member of USAPL since 2005 as a competitor, referee, and assisting meet directors in running meets.

Some highlights of my contributions to Powerlifting:

- Have recruited countless new lifters to USAPL
- Helped organize local meets to follow national format, preparing local lifters for the next level
- Stepped in to run a meet when the meet director was called away on a personal emergency the night before his meet
- Assisted in planning, setup and running three highly successful Team Phoenix meets

Summary of my powerlifting accomplishments:

Major Powerlifting Accomplishments:

- Four time USA Powerlifting (USAPL) Men's World Team Member
 - 2012 International Powerlifting Federation (IPF) Masters World Champion
 - Gold medal in the bench press, silver medal in the squat, and bronze medal in the deadlift
 - 2011 Silver medal at the IPF Masters World Championship
 - Gold medal in the bench press and silver medal in the squat
 - 2010 4th place at the IPF Masters World Championship
 - Bronze medal in the bench press
 - 2009 8th place at the 2009 IPF Open World Championships
- Four time USAPL Masters National Champion – raw and equipped champion
- Two time USAPL Open Nationals bronze medalist
- Two time Arnold Sports Festival competitor
- Three time Washington State Powerlifting Champion
- 1998 US Forces Europe Powerlifting Champion
- 2008 Washington State USAPL Athlete of the Year and member of Washington State Powerlifting Hall of Fame

Other Powerlifting Accomplishments:

- Elite USAPL powerlifter
- Completed in 34 powerlifting, push/pull, and bench press competitions, placing first 20 times
- Coached national and world class competitors and assistant coach for Team Phoenix
- USAPL National Meet Record in the bench press [record retired]
- Currently hold nine Washington State powerlifting records
- USAPL State Referee since 2009
- Written over 100 online powerlifting and strength training articles with tens of thousands of monthly views

Gregory Johnson

I wish to apply for this position because it's a way to give back to this great organization that has become part of my life. The USAPL represents more than just a sport to me; it's definitely become an important part of my life. In this capacity, I would be able to give back by serving the numerous athletes who also compete in the USAPL and providing clarity for competitions and rules, as needed. It is my hope that I can display the excellent qualities of USA Powerlifting through my actions and my words in 2015, and truly be just one of many positive examples this federation possesses.

Paul Steinman

I am interested in holding the position of Athlete's Representative because I am fiercely passionate about powerlifting and the USAPL. I am in the fortunate position of being a powerlifter, coach, meet director, state referee, and gym owner. Therefore I get to see lifting from all sides and perspectives. I would like to contribute to the USAPL and the lifters by applying my experience and dedication to the position of Athlete's Representative.

PAULIE STEINMAN

I am the founder and owner of South Brooklyn Weightlifting Club (SBWC). SBWC is the only gym of its kind in the five boroughs of New York - wholly dedicated to the barbell sports of Powerlifting and Olympic Weightlifter. In 2014, SBWC became a USAPL Platinum Regional Training Center.

I am certified USAPL Senior National Coach, an active USAPL State Referee, and a USAPL Meet Director. Paulie has successfully hosted USAPL meets at SBWC, thus helping to expand USAPL's presence in the region. I am also a certified USAW Advanced Sports Performance Coach and a certified USAW State Referee and I am the Athlete Liaison for the USAPL in New York State.

I have coached the SBWC team in both powerlifting and Olympic lifting, earning a 1st Place Best Co-Ed Raw Team award at the USAPL Northeastern USA Regional Powerlifting Championships in 2012, at the USAPL American Open in 2013, and at the USAPL NJ State Open Championships in 2014. He served on the coaching staff of the SSPT team at the 2014 Raw Nationals. As a Powerlifter, I have competed and placed in both Open and Masters raw divisions at various USAPL meets and am currently training for Raw Nationals.

Lara Strum

I began competing in the USAPL in 2012. Since then I have competed in local, national and IPF meets. As a lifter I currently hold several state records, a few American Records, and most recently placed 1st at the Master's World Championship in Czech Republic. I have competed both as a raw lifter and an equipped lifter.

I am a State Referee and a USAPL Club Coach and I volunteer at most local meets. I work with lifters every day as a Team Rohr Powerlifting coach and a coach at my own gyms. I have acted as the Meet Director for USAPL Powerlifting for Pink for two years, with a third year in the works. (Powerlifting for Pink is geared to first-time lifters and is also a fundraiser for a local breast cancer charity.) As an owner of two CrossFit gyms, I have influenced a number of athletes to get on the platform for the first time -- several of which have continued to compete. We are also working on incentives to get more volunteer participation in GA USAPL.

I am interested in running for this position to help ensure USAPL lifters are well informed and represented. I would like to do my part to ensure that the USAPL remains lifter-focused. My experience is perhaps unique due to my broad exposure to the different levels of competition within the USAPL/IPF and experience working on both sides of the platform.

As someone still somewhat new to all of this, I can attest to the fact that it can be confusing and there is a lot to learn. For example, last year I qualified for a National Team and almost deleted the email because I thought it was an error!!! (I didn't know that Women's Nationals was a qualifier for the Master's Bench Press World Championships!) From my experience I know that there is information that lifters -- especially those that are newer USAPL members -- simply don't know, misinterpret or need clarification on and I'd like to help out if I can.

Thanks for your consideration,
Lara Strum