



YORK CATHOLIC

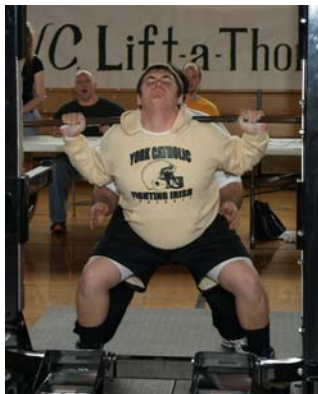
STRENGTH & CONDITIONING

1,000 lb. Club

Entry into the 1,000 lb. Club is achieved when an athlete lifts a total of 1,000 or more pounds by adding weight totals from the bench press, squat lift, and dead lift.

1,000 lb. Club Members

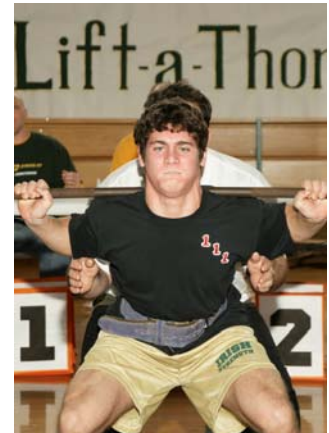
	<u>Bench</u>	<u>Squat</u>	<u>Dead</u>	<u>Total</u>	<u>Date</u>
Brandon March	300	405	425	1130	2009
Doug Pocius	265	355	500	1120	2008
John Starceski	250	370	475	1095	2008
Matt Webb	285	365	435	1085	2009
Brandon March	270	350	380	1000	2008
Phil Spagnola	235	375	390	1000	2009



Brandon March



Phil Spagnola



Matt Webb



Doug Pocius



John Starceski