

2020 — COLLEGE — OLYMPIC WEIGHTLIFTING

MENLO COLLEGE

Alyssa Charles

Sophomore

Alyssa went 5/6 with a 2kg Snatch PR. She had a strong showing with her snatch attempts going 3/3. Looking good after her second attempt we decided to jump ahead of her previous max and ended with a 41kg Snatch. Moving on to Clean and Jerks, she made her first 2 attempts easily. Going for a bigger jump on her last attempt, she made the clean but pressed out the jerk. Alyssa finished with a 50kg clean and jerk.

~Sam Burciaga

MENLO COLLEGE

Daniel Kapua

81kg

Sophomore

Daniel is one of the most dedicated, committed, and disciplined athletes I have ever trained. He herniated a disc and was told he would never be able to lift again. Daniel thought otherwise and worked his way back. He kept to his rehab, his program and patiently waited and worked till he was ready to go again. His ambition and heart is second to none. It's truly motivating to watch him chase his dreams and what he wants. ~Karl Reyes

PERU STATE COLLEGE

Josh Dlouhy

81 kg

Senior

Josh, a senior at Peru State College, participates in Olympic Weightlifting in the 81 kg weight class and has recorded a 125 kg power clean 80 kg snatch. A tireless worker, Josh has consistently been participating in Olympic Weightlifting throughout his collegiate career and is the type of athlete that is constantly having to be told that every day is not a max day. his devotion to hard work is also demonstrated by maintaining a 3.85 grade point average as a biochemical science major. ~Kyle Ryan

PERU STATE COLLEGE

Bailey Kuhlmann

55 kg

Senior

A senior kinesiology major, and having set four world and American records as recorded at the 2015 American Amateur Union World Weightlifting/Powerlifting National Championships, Bailey transitioned to Olympic Weightlifting upon entering college. Currently in her senior year, Bailey (54 kg) recorded a 66 kg power clean and a 50 kg snatch. In the classroom, Bailey maintains a grade point average of 3.97 and is currently deciding between graduate school and gym ownership.

~Kyle Ryan