

USAWA Articles and Forum

The USAWA has been publishing meet results and interesting stories on the website since 2009.

The “new” forum has messages going back to 2010.

Before that, there was a weightlifting newsletter and “The Strength Journal” published by Bill Clark. I am sure there were plenty of emails and maybe letters as well.

As a newcomer to All-Round Weightlifting, this treasure trove is both awe inspiring and overwhelming. There is no way to summarize or give credit to all the passionate athletes, authors and historians who voluntarily gave their time to help others and promote All-Round Weightlifting.

Most often, I am curious about a lift and will search for “Leg Press” and find “The Unsupported Leg Press” by Thom Van Vleck featuring a picture of Ed Zercher. Sometimes I browse the articles by searching for something very generic like “Clean” and am greeted by “The Hub Lift Clean & Press” by Al Myers. Sometimes I will just click go back to an old page and on page 452 (as of the time of this writing) there is an article by George Jowett on “Barrel Pressing.”

The forum is even harder to navigate, but with modern technology, I can enter “usawa forum hip belt” into a search engine and find a discussion on homemade, IronMind and Rogue hip belts from 2014.

Some interesting discussions also take place on the Facebook page.

None of these outlets are as much fun as having conversations at live meets, but those opportunities are fewer and further apart.

The following is a short list of articles I have come across that represent the breadth of information on the website:

Al Myers on his homemade equipment, new lifts and historic references.

<https://www.usawa.com/roman-chair/>

<https://www.usawa.com/spec-equipment-dumbbell-walk-handle/>

Thom Van Vleck historic notes including The Infamous Weightlifter’s Weekend 1979 are just fun to read.

<https://www.usawa.com/the-infamous-weightlifters-weekend-1979/>

Athlete profiles, like John McKean’s article on Art Montini

<https://www.usawa.com/powerlifting-saved-this-mans-life/>

Meet reports by countless athletes including Ben Edwards on the 2009 National Championships.

<https://www.usawa.com/national-championships/>

Dan Wagman’s well reference articles always challenge my thinking.

<https://www.usawa.com/aging-and-strong-part-i/>

My motivation for this article was to give something back to an organization that has renewed my inspiration to try new things, stay engaged in strength sports and to preserve the history of the original forms of weightlifting.

As important and entertaining as the meet announcements and reports are for the membership, the personal notes and hidden gems are some of my favorite articles on the website.