



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.

	<u>Bench</u>	<u>Squat</u>	<u>Dead</u>	<u>Total</u>	<u>Date</u>
Doug Mills	285	455	455	1195	2013
Matt Lehr	290	425	470	1185	2013
Brandon March	300	405	425	1130	2009
Doug Pocius	265	355	500	1120	2008
Christian Bohn	285	405	425	1115	2011
John Starceski	250	370	475	1095	2008
Matt Webb	285	365	435	1085	2009
Dan Yokemick	245	435	405	1085	2016
Matt Lehr	285	385	405	1075	2012
Luke Brennan	225	375	465	1065	2016
Doug Mills	270	385	395	1050	2012
Adam Conner	215	380	450	1045	2010
Grant Farrell	225	265	445	1035	2017
Zach Taylor	240	385	400	1025	2011
Matt Lehr	250	350	405	1005	2011
Brandon March	270	350	380	1000	2008
Phil Spagnola	235	375	390	1000	2009
Nick Full	225	390	385	1000	2010
Colby Stubbs	200	390	410	1000	2011