

JESUS ZONE: SERVICE

“I beseech you therefore, brothers, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”

Romans 12:1

Service – the act of helping or doing work for someone – is critical, and in many cases necessary, for organizations to function well. This is especially true in competitive powerlifting. Meet Directors rely on their fellow lifters to volunteer as spotter/loaders, judges, announcers, scorers, etc. in an effort to better serve the powerlifting community at large. Without these volunteers, it is extremely difficult to host a well-organized contest and create a staff that can work together over time.

While R.A.W. United is a small federation when compared to others such as the USAPL or APA, the need for reliable staff still remains the most critical aspect of running meets. Lifters are willing to travel great distances at great expense when they know that they are going to be judged fairly, spotted professionally, treated with respect,

and not be subjected to “marathon” contests that take 8-12 hours because of poor organization and a shortage of staff.

And while we pay homage to lifters when they achieve great things on the platform, we often give little or no attention to the guys and gals in the trenches that make it all happen. In the April issue of **STRONG LIFE**, fifty-seven year old Tony Conyers graced our cover after totaling 1600 at a bodyweight of 160 pounds! Needless to say, Tony’s accomplishments at the Master’s Championships were extraordinary. What is equally, if not more impressive, however, is the fact that Tony spotted/loaded, judged, and encouraged so many lifters at the meet. As an elite lifter, Tony is a mainstay on our platform, serving others and always ensuring to support and encourage first-time lifters and our youth and teenage contingent.



Justin Cruz and Faryn Antenucci received the Jefferson Leadership Award for logging over 100 hours of community service in 2013 – all served on the competitive platform

It is important that we introduce you to some of the members of our staff and acknowledge the impact they have on our great sport. Bob Gaynor and Bill Beekley, while competitive lifters, also serve on our Board and work the platform at our meets. My training partners, Pete Classon and Larry Dromerhauser, spot/load at all our contests and help with the ever growing numbers of kids we work with. And speaking of our kids, they all know that as soon as their last deadlift hits the floor, they need to change and get back to the platform to help.

RAW UNITY Meet Director Eric Talmant and Master lifters Larry Bucchioni, Larry Russell, and Jack Stevens are ever-present in the judge's chair and on the platform at our Melbourne meets. Tim Burns, Rick Hoover, Kyle Mischler, Tom O'Donnell, Jenn Rotsinger, Jon Wisenbaker, and Andrew Yerrakadu all comprise our Tampa staff.

Without these folks, it just doesn't happen ...



It's always great when lifters simply step up and help out. Members from Limitless Strength & Conditioning that weren't competing volunteered to help spot/load at the 2014 Florida State Championships.

Scripture teaches a great deal about service and its importance as well. Romans 12:10-11 instructs us to: "Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord." From a powerlifting perspective this verse is simply saying to give back to the sport with a happy heart.

So many lifters attend meets, lift, and leave - some even criticize the efforts of those serving them. While we all want to see the

sport continue to grow and improve, it is only a small percentage that truly serve both the lifters and the sport. Jesus, who is the Ultimate Servant, asked in Luke 22:27: "For who is greater, one who reclines at table or one who serves? Is it not the one who reclines at table? But I am among you as the One who serves." It is important to get involved and serve - if the Creator of the Universe can wash His disciple's feet, we can surely spot our brothers and sisters on the platform!