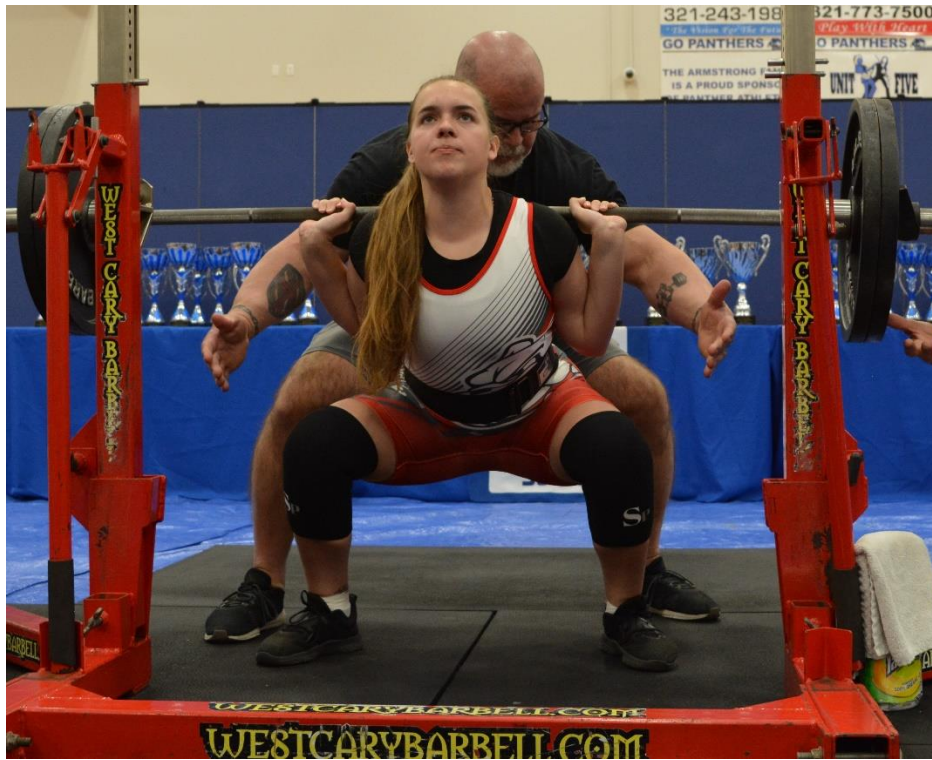


2021 GIRLS GONE STRONG WOMEN'S OPEN



Best Lifter Alisa Mendes of TEAM ELITE buries a 230 pound record squat

The energy level at Viera Charter School was “through the roof” as the ladies of R.A.W. United shattered the record books and put on quite a show to kick off the 2021 powerlifting season!



Chelsea Eckhart of TEAM ELITE pushing strong

Ashley Polacek (Elementary School Best Lifter) and Natalie Norcross (Middle School Best Lifter) both broke Florida State records in all four categories en-route to their individual wins (66 and 88 pound classes, respectively) in the Youth Division. Ashley and Natalie are both members of the Girls Gone Strong powerlifting team at Viera Charter School and were featured in the Viera Voice promoting the event. Alisa Mendes of TEAM ELITE in Lakeland captured Best Lifter Honors in the Teenage Division with impressive numbers (230, 180, 245) in the 148s, and 114 pounder Lauren Frumer of Sanford took home the Best Lifter cup in the Open Division with her 520 total. And Suzanne LaForge of Eustis lifted for the first time in a long time and registered Best Lifter numbers in the Masters Division, going 225, 135, 350 in the 148s.



Host teams from Viera Charter School: Girls Gone Strong & Strong Life 610

Girls Gone Strong and TEAM ELITE were the meet's top teams, breaking over 50 Florida State Records and registering 15 first place finishes. Finally, cover girl Anna Stamets and Reina Ferguson, both from Port Orange, had quite the battle in the 198+ class. Anna finished with a 770 total and Reina was at 757 – great lifting by both gals!



TEAM ELITE: Leah, Kylee, Keith, Chelsea, Alexis, and Alisa

Congratulations to all the ladies that competed, and we hope to see you at the 2021 Florida State Championships and/or the inaugural 2021 Federation Championships!



Anna Stamets of Port Orange

WOMEN'S YOUTH & TEENAGE

66	10-11	Ashley Polacek	87	57	135	279
	10-11	Greyson Decker	82	52	130	264
	8-9	Audrianna Buitrago	82	45	115	242
	7-U	Emma Johnson	52	32	95	179
	8-9	Lacey Pittman	52	22	75	149
77	8-9	Mia Spragis-McMullen	97	50	125	272
					4 th 135	
	10-11	Paris Myers	47	30	85	162
88	12-13	Natalie Norcross	115	57	150	322
105	14-15	Kylee Ratliff	165	100	205	470
	10-11	Mariam Mizyed	95	52	135	282
	12-13	Peyton Price	65	42	120	227
114	12-13	Grace Stapleton	117	67	200	384
	12-13	Eliana Burrs	127	70	175	372
	12-13	Bella Fallon	95	55	135	285
	12-13	Amelia De La Cruz	97	47	135	279

123	10-11	Lilly Hirsche	87 4 th 95	55	127	269
132	16-17	Chelsea Eckhart	145	85	190	420
148	16-17	Alisa Mendes	230	180	245	655
165	16-17	Alexis McElroy	200	150	265	615
198+	12-13	Madison Hirsche	130 4 th 135	65	175 4 th 200	370

WOMEN'S OPEN

97	OPN	Natalie Norcross	115	57	150	322
		Ashley Polacek	87	57	135	279
		Mia Spragis-McMullen	97	50	125	272
					4 th 135	
		Greyson Decker	82	52	130	264
		Audrianna Buitrago	82	45	115	242
		Emma Johnson	52	32	95	179
		Paris Myers	47	30	85	162
		Lacey Pittman	52	22	75	149
		Elizabeth Parker	-	100	-	-
105	OPN	Kylee Ratliff	165	100	205	470
		Mariam Mizyed	95	52	135	282
		Peyton Price	65	42	120	227
114	OPN	Lauren Frumer	185	100	235	520
		Grace Stapleton	117	67	200	384
		Eliana Burrs	127	70	175	372
		Bella Fallon	95	55	135	285
		Amelia De La Cruz	97	47	135	279
123	OPN	Lilly Hirsche	87 4 th 95	55	127	269
132	OPN	Chelsea Eckhart	145	85	190	420
		Leah Burgess-Smith	-	150	290	440
148	OPN	Suzanne LaForge	225	135	350	710
		Alisa Mendes	230	180	245	655
		Janet Reynolds	130	105	205	440
		Julie McLaughlin	130	87	200	417
		Bonnie Thurston	95	72	200	367



Masters Division Best Lifter Suzanne LaForge of Eustis

165	OPN	Alexis McElroy	200	150	265	615
198	OPN	LouAnn Petersen	90	95	180	365
		Holly Omundson	105	72	180	357
198+	OPN	Anna Stamets	225	170	375	770
		Reina Ferguson	307	125	325	757
		Madison Hirsche	130	65	175	370
			4 th 135		4 th 200	

WOMEN'S MASTERS

132	40-44	Leah Burgess-Smith	-	150	290	440
148	60-64	Suzanne LaForge	225	135	350	710
	75-79	Janet Reynolds	130	105	205	440
	45-49	Julie McLaughlin	130	87	200	417
	80-84	Bonnie Thurston	95	72	200	367
198	65-69	LouAnn Petersen	90	95	180	365
	65-69	Holly Omundson	105	72	180	357
198+	45-49	Anna Stamets	225	170	375	770
	40-44	Reina Ferguson	307	125	325	757