

## COMPETITIVE EVENTS

As stated, Strong Life team members compete at the local, state, national, and international level. The team won the 2021 Florida State Championships in March and placed first at the 2021 Federation Championships in July, qualifying seven our lifters for the 2022 National Championships.

One of the benefits of competing at such a high level is that our athletes are introduced to some of the world's top lifters. Sixteen-time World Champion and Pastor Tony Conyers, pictured below, serves as the R.A.W. United Chaplain and has been a part of the Federation since its inception in 2007.



*Tony Conyers broke Federation Records in the 60-64 year old age group, 165 pound class, on lifts of 550 pounds in the squat, 350 pounds in the bench, 600 pounds in the deadlift, and total of 1500 pounds at the 2021 R.A.W. United Federation Championships*

**Tony, along with Florida State Chapter Leader Bill Beekley, coach the Strong Life Tampa Bay powerlifting team and host R.A.W. United meets in the Tampa area.**

**Jacob Sundry of Elite Lifting in Lakeland, pictured below, has been competing with R.A.W. United since he was twelve years old. Now married and in his twenties, Jacob is one of the top-ranked lifters in the world.**



*Jacob Sundry prepares to squat 690 pounds as a guest lifter at the 2021 R.A.W. United Federation Championships.*

*Jacob broke the squat (615 pounds), bench (460 pounds), deadlift (705 pounds), and total (1855 pounds) records at the event.*

**Jacob's father, Keith, who coaches Team Elite, serves as R.A.W. United's Teenage Chairman. Keith coaches several of the nation's top male and female teenage lifters and is part of the Strong Life Leadership Team.**