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Athletes Know What It Takes to be Successful

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Dexter, Missouri - Dexter athletes know what it takes to be successful. It's not just showing up to practice and playing in the games. It's about working hard in the off season, especially in the weight room. This year's weightlifting classes have been working hard and the results prove it.

Dexter High School weightlifting instructor Justin Peden has been impressed with the student's results after his first year as instructor.

"I feel like the athletes here have committed themselves to getting stronger, which was the major focus of this year," Peden also added that many athletes have stood out individually for their commitment to the weight room.

"There are so many kids who worked hard this year but a couple guys really stood out. Hunter Lawrence is squatting 500 pounds and dead lifting 455 pounds as a freshman, which is unheard of. Junior Jonathon Smith and freshman Garrison Collier have added 100 pounds to their squat max, which is also impressive," Peden said. "We currently have thirty athletes benching 200 pounds or more, 42 squatting 300 pounds or more and 21 hang cleaning 200 pounds or more, which shows how hard these guys have been working".

Of course the weight room is not only for the boys. Female athletes have made big strides as well. Freshman Brooklyn Howard has increased her squat max by 48 percent, freshman Makenna Wilson has increased her bench max by 64.29 percent and freshman Anna Bishop has increased her hang clean max by 30.77 percent. Peden stated "In a lot of ways the girls are more competitive than the guys. They realized that it is ok to be strong and have really taken to getting in the weight room."

Peden has also instituted the "Pound Club" this year.

"The pound club is created by adding the max lifts for bench press, squat and hang clean. Some schools also include dead lift; however we are easing into that so I didn't count it," continued Peden.

The 500 pound club currently has fifty five members while the 750 pound club has 14 members.

"At the beginning of the year we might have had twenty kids in the 500 and 4 or 5 in the 750, so the gains are there," stated Peden. "I feel like a real foundation of hard work and strength has been built this year. The future of Dexter weightlifting is

definitely bright.”

500 Pound Club

Austin Chesser, Brandon Twomey, Alex Bellers, Colten Gibson, Corey Holland , Jeremy Stearns, Austin Adams, Jacob Chamness, Braxton Foster, Jaron Ritter, Ernesto Rivera, James Robinson, Noah Rushing, Chad Smith, Jeffrey Swallows, Alex Swinger, Brandon Tankersley, Chandler Young, Tristan Ash, Zack Cartwright, Jacob Crumley, Dustin Fowler, Wyatt Greenfield, Jakob Harris, Dawson Kasting, Justin Kenley, Joe Rice, Kris Rinehart, Gaven White, Wyatt Chastain, Nate Gargas, Hunter Parrott, Caleb Stearns, John Tucker, Tristan Williams, Jack Worley, Luke Boyer, Jett Featherston, Jeana Harris, Jason Johnson, Bo McMullin, Nick Trout, Gavin Beasley, Carson Dean, Logan Elder, Ryan Mayo, Chance McCoy, Alexis Moore, Tanner Rickman, Devin Schaefer, Chris Seabaugh, Jacob Smith, Payton Tinnin, Dalton Warren, and Trenten Williams.

750 Pound Club

Christian Yarber, Corey Holland, Caleb Hoggard, Austin Merritt, Tyler Stevenson, Michael Hurst, Jason Jarrell, Jordan Laird, Brock Simmons, Corbin Strong, Garrison Collier, Trenten Dean, Jonathon Smith, and Hunter Lawrence.

Bench Press Percentage Increase

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64.29% Makenna Wilson-Freshman

53.33% Lucas Thurston-Freshman

47.62% Justin Kenley-Freshman

45.00% Tristan Williams-Freshman

43.75% Taylor Kallio-Freshman

42.11% Wyatt Greenfield-Freshman

42.11% Caleb Stearns-Freshman

40.00% Ernesto Rivera-Freshman

37.84% Hunter Lawrence-Freshman

37.04% Alex Swinger-Freshman

Squat Percentage Increase

66.67% Jeffrey Swallows-Freshman

59.46% Jaron Ritter-Freshman

56.00% Noah Rushing-Freshman
53.66% Ernesto Rivera-Freshman
52.83% Chris Seabaugh-Sophomore
51.28% Alex Swinger-Freshman
48.00% Brooklyn Howard-Freshman
42.11% Caleb Hoggard-Freshman
42.11% Rylee Allen-Freshman
40.00% Chance McCoy-Sophomore

Hang Clean Percentage Increase

57.14% Ethan Kincy-Freshman
56.00% Ernesto Rivera-Freshman
52.63% Dawson Jones-Freshman
42.11% Tristan Williams-Freshman
31.58% Caleb Stearns-Freshman
30.77% Anna Bishop-Freshman
30.43% Johnathan Wright-Freshman
28.57% Jacob Chamness-Freshman
27.27% Olivia Lacy-Freshman
22.73% Travis Propst-Freshman

Bench Press Top 10

295lbs. Corey Holland-Junior
275lbs. Andreus Garrett-Freshman
265lbs. Michael Hurst-Senior
260lbs. Tyler Stevenson-Senior

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255lbs. Austin Merritt-Senior
255lbs. Hunter Lawrence-Freshman
245lbs. Christian Yarber-Sophomore
240lbs. Jordan Laird-Sophomore
235lbs. Corbin Strong-Freshman
T-225lbs. Alex Bellers-Sophomore
T-225lbs. Caleb Hoggard-Freshman
T- 225lbs. Brock Simmons-Freshman

Squat Top 10

500lbs. Hunter Lawrence-Freshman
405lbs. Austin Merritt-Senior
405lbs. Chris Seabaugh-Sophomore
405lbs. Caleb Hoggard-Freshman
385lbs. Corey Holland-Junior
385lbs. Trenten Dean-Junior
385lbs. Jonathon Smith-Junior
375lbs. Garrison Collier-Freshman
375lbs. Christian Yarber-Sophomore
375lbs. Tyler Stevenson-Senior

Hang Clean Top 10

255 lbs. Austin Merritt-Senior
245lbs. Michael Hurst-Senior
235lbs. Carson Dean-Senior
235lbs. Austin Mitchell-Senior
225lbs. Dustin Fowler-Senior

225lbs. Trenten Dean-Junior

225lbs. Corbin Strong-Freshman

225lbs. Austin Chesser-Senior

215lbs. Gaven White-Senior

215lbs. Bo McMullin-Sophomore

205lbs. Jason Jarrell-Junior

205lbs. Jordan Laird-Sophomore

Deadlift Top 10

455lbs. Hunter Lawrence-Freshman

410lbs. Jason Johnson-Senior

405lbs. Caleb Hoggard-Freshman

405lbs. Alex Bellers-Sophomore

405lbs. Jordan Laird-Sophomore

405lbs. Christian Yarber-Sophomore

405lbs. Corey Holland-Junior

405lbs. Sam Rowland-Freshman

T-365lbs. Dustin Fowler-Senior

T-365lbs. Bo McMullin-Sophomore

T-365lbs. Jake Adams-Junior

T-365lbs. Jakob Harris-Freshman

T-365lbs. Colten Gibson-Freshman

T-365lbs. Jeremy Stearns-Freshman

T-365lbs. Devin Schaefer-Senior

Photos and article submitted by Justin Peden, Weightlifting Instructor, Dexter High School

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