



UNIVERSITY OF TEXAS WEIGHTLIFTING



MISSION STATEMENT

The University of Texas Weightlifting Team is a competitive weightlifting club that seeks to teach, train, and develop student-athletes of all levels in the sport of weightlifting. The club operates under the national governing body of USA Weightlifting and competes at local, regional, and national competitions. The mission of the team is to promote the growth of the sport on the University of Texas campus and to provide recreational and competitive opportunities to all students interested in the Olympic sport.



ABOUT US

- Sponsored Student Organization (SSO) under the Department of Kinesiology and Health Education
 - Team has access to trademark rights and may fundraise through official University of Texas channels
- Registered USA Weightlifting Club in USAW Southwest Region
 - Member of Texas Collegiate Weightlifting Conference
- Training facility located 3.7 miles north of campus, in Central Austin





HISTORY: ORIGIN

- Spring 2016 – Founded
 - University of Texas Weightlifting Team is founded by (3) UT undergrads
- Summer 2016 – Becomes a Sponsored Student Organization
 - Officially sponsored by the Department of Kinesiology and Health Education
- Summer 2016 – Becomes a USAW Club
 - University of Texas Weightlifting Team registers with USA Weightlifting, the National Governing Body for the sport
- Fall 2016 – Attends First National Event
 - (1) Member competes at the University National Championships in New Orleans, LA



HISTORY: TRANSITION

- Spring 2017 –(1) Member attends the University National Championships in Gainesville, FL
- Spring 2018 – (2) Members attend the University National Championships in Ogden, UT
- Spring 2018 – Team creates partnership with Texas Barbell Club
 - Begins training in off-campus Central Austin facility
- Fall 2018 – Begins hosting tryouts, team doubles in size
 - Team transitions from 'collection of UT student's training in weightlifting' to an organized, competitive team



RECENT HISTORY

- Fall 2018 – Team begins fundraising through official University Channels
 - Crowdfunding Platforms such as HornRaiser and 40 Hours for the Forty Acres begin to fund team expenses
- Spring 2019 – Team Attends University National Championships in Las Vegas, NV
 - Achieves first individual podium finish
- Spring 2020 – Team attends Junior & University National Championships
 - Largest national team to date (7)
 - (3) Members earn (6) medals
- Spring 2020 – Team submits application to become an official Sport Club through Recreational Sports



TEAM GROWTH

STUDENT MEMBERSHIP INCREASE

- Student Membership increased from (3) to (8) from Spring 2016 to Spring 2018
- Student Membership increased from (8) to (20) from Spring 2018 to Spring 2020
 - Catalyzed by team's move to new training facility & active crowdfunding campaigns

NATIONAL TEAM GROWTH

- Team members competing at University Nationals
 - 2016 (1)
 - 2017 (1)
 - 2018 (2)
 - 2019 (5)
 - 2020 (7)



TEAM MEMBERSHIP

- Team members include
 - Novices
 - Second sport athletes (Former gymnasts, powerlifters, crossfitters & more)
 - Former high school weightlifters
- Team members are currently pursuing degrees in
 - Computer Science
 - Engineering: Chemical, Electrical, & Mechanical
 - Human Biology
 - Kinesiology: Exercise Science, Applied Movement Science
 - Mathematics
 - Nursing
 - Philosophy



TEXAS

The University of Texas at Austin

Philosophy



PROSPECTIVE MEMBERS

CURRENT UT STUDENTS

- Prospective members attend an information session/tryout held each semester
- Members coordinate their training schedule with the coach based on class/work schedule and training facility availability
- Member's pay dues in the amount of \$100 each semester to support the club's budgeted semester expenses

FUTURE UT STUDENTS

- [UT Degrees: 170 Fields of Study](#)
- [Inside UT Austin: Life on the Forty Acres](#)
- [HornsLink: Student Organizations at UT](#)
- [Apply Online: ApplyTexas.org](#)



TEAM TRAINING

- Team members train 3-5 days a week depending on course load and personal preference
- Each member receives individualized programming based on ability level and experience
- Team Training Times
 - Early Mornings
 - 6:30AM-9:00AM on M, W, F
 - Evenings
 - 5:30PM-9:30PM every week night
 - Weekends
 - 9:30AM-1PM on Saturday
- ✧ Team also has ability to train on campus on Friday afternoon's in STD 3.202





TRAINING FACILITY

- Located at Texas Barbell Club in Central Austin, 3.7mi north of campus
- 7 Platforms
- 15 IWF-Certified Olympic Barbells (Eleiko, Werksan, DHS, Rogue)
- Assortment of pulling blocks and jerk blocks
- Accessory room with GHD, Reverse Hyper, dumbbells, kettlebells, bands, etc
- ✦ Free to members of the University of Texas Weightlifting Team





HEAD COACH

- David Griffin
 - USA Weightlifting National Coach
 - USA Weightlifting Coaching Course Lead Instructor
 - Former UT Athletic Performance (Olympic Sports) Intern
 - President, South Texas LWC
 - Owner, Texas Barbell Club





TEAM OFFICERS



Gonie Altman

President

SR | Exercise Science

gonie.altman@utexas.edu



Blake Gamez

Vice President

SR | Applied Movement Science

blake.gamez@yahoo.com



Brie Gomez

Treasurer

SO | Chemical Engineering

briegomez151@gmail.com



NATIONAL TEAM MEMBERS

University National Championships

FEMALE

- 55kg – Micah de Valle (2019)
- 58kg – Micah de Valle (2018)
- 59kg – Brie Gomez (2019, 2020)
- 59kg – Maddie Graham (2020)
- 59kg – Jamie Pearce (2019, 2020)
- 64kg – Gonie Altman (2020)



MALE

- 55kg – Blake Gamez (2019, 2020)
- 67kg – Jacob Cadieux (2020)
- 73kg – Maanas Sathaye (2020)
- 77kg – Derek Endter (2016)
- 81kg – Marc Matvienko (2019)
- 94kg – David Stack (2017)
- 105kg – David Stack (2018)



NATIONAL COMPETITIONS

UNIVERSITY NATIONALS

- Gonie Altman (2020)
- Jacob Cadieux (2020)
- Derek Endter (2016)
- Micah de Valle (2018, 2019)
- Blake Gamez (2019, 2020)
- Brie Gomez (2019, 2020)
- Maddie Graham (2020)
- Marc Matvienko (2019)
- Jamie Pearce (2019, 2020)
- Maanas Sathaye (2020)
- David Stack (2017, 2018)

JUNIOR NATIONALS

- Brie Gomez (2020)
- Maddie Graham (2019)
- Jamie Pearce (2020)

AMERICAN OPEN FINALS

- Qualified
- Blake Gamez (2020)
 - Brie Gomez (2020)





TEXAS STATE CHAMPIONSHIPS

JUNIOR STATE CHAMPIONS

2019

59kg - Maddie Graham

2020

55kg - Jamie Pearce

59kg - Brie Gomez

*Best Female Junior Lifter



SENIOR STATE MEDALISTS

2019

55kg - Blake Gamez, Gold

2020

61kg - Blake Gamez, Bronze



NATIONAL MEDALISTS

JUNIOR NATIONAL CHAMPIONSHIPS

2020

59kg - Brie Gomez

Snatch: Silver

Clean & Jerk: Bronze

Total: Silver

59kg - Jamie Pearce

Snatch: Bronze

Total: Bronze



UNIVERSITY NATIONAL CHAMPIONSHIPS

2019

55kg - Blake Gamez

Snatch: Silver

Clean & Jerk: Bronze

Total: Silver

2020

55kg - Blake Gamez

Snatch: Gold

FINANCIAL SUPPORT TO MEMBERS



- Team operations run primarily off twice-yearly fundraising campaigns
 - Spring: 40 Hours for the Forty Acres*
 - Fall: HornRaiser*
 - * Official University of Texas crowdfunding platforms available to Sponsored Student Organizations
- Over the last two years, the UT Weightlifting Team has fully funded every member's USAW membership, meet entry fees, uniforms, warm-ups, and travel to national competitions
- The UT Weightlifting Team does not have the ability to offer scholarships or affect acceptance into the University of Texas at Austin



CONTACT INFORMATION



- Website: utexasweightlifting.org
- Contact the Coach:
david.c.griffin2@utexas.edu
- Contact the President:
gonie.altman@utexas.edu
- Make a donation: giving.utexas.edu
 - Select: Education, College of
 - In text box, specify: The University of Texas Weightlifting Team