

Shreveport, La-The 2012 USA Weightlifting National University Championships will once again be held in Shreveport April 13-15. The LSU Shreveport gymnasium is the host site for the event which will feature elite athletes competing for a coveted spot on the 2012 World University Weightlifting Team and a chance to represent the United States at the World University Weightlifting Championships in Eliot, Israel.

This is LSUS' 11th year hosting the event. It features more than 150 collegiate level athletes, each hoping to capture one of the 15 slots available on the co-ed Team USA going to Israel in November. The competition will consist of 10-20 athletes in each of 15 bodyweight/gender categories, with each competitor lifting as much weight as possible in the two Olympic style lifts, the "Snatch" and the "Clean and Jerk."

"The sport of weightlifting has grown tremendously in Shreveport. When we started we had only a handful of lifters and now we have youth programs at the public recreation centers and a large collegiate program that's growing every year" said Dr. Kyle Pierce, head weightlifting coach at LSUS. "I enjoy hosting this competition as it always brings out a great group, and with the help of the City of Shreveport, the Shreveport-Bossier Sports Commission, the Shreveport-Bossier Convention and Tourist Bureau, LSU Shreveport, and the area hotels, we are always able to make this event a success."

The first lift competition begins at 9am with doors opening at 8am. Daily admission is \$5 or \$10 for a weekend pass. Children ages 12 and under are admitted free.

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