

VITA
CBC "COUGAR" Powerlifting - Coach - Jack W. Young Jr.



During his youth, Jack W. Young began lifting weights at a very young age. He began lifting weights in his garage, beginning about when he was 11 years old. Jack grew to enjoy weight resistance training as it made his body stronger and healthier. He first recognized the benefits of being strong while in the 7th and 8th grades in junior high school when he began winning arm wrestling contests against fellow students which were much larger in body size than he was. He first began to lift weights for bodybuilding and then discovered that he had a lot of natural strength in many of his lifts. As he trained more he grew both stronger and more muscular within a short amount of time. He began competing in powerlifting while a sophomore in high school at intramural powerlifting events. He usually won first place while competing twice annually when he was a sophomore, junior and senior in high school. He became the reigning champion of the high school intramural weightlifting competition each and every year. His best lift during his senior year, was a bench press of approximately 400+ lbs on a universal weight machine, at a bodyweight of 185lbs during an intramural meet. Jack began his powerlifting career by competing in intramural events at first, then, later he would compete in sanctioned powerlifting meets, while a student at Sam Houston State University and Texas A &M University.

It wasn't until a few years after graduating from Texas A & M University, that Jack returned to the strength scene by attending powerlifting competitions as a greater emphasis on drug-free powerlifting became more popular during the mid-late 1980's and early 1990's. Prior to this time period, there was no differentiation of being drug-free at sanctioned powerlifting meets. Thus, unfortunately the rampant misuse of steroids had taken place in the sport since the 1950's and continued to be used by strength athletes illegally throughout the 1980's.

Jack found out that as a natural athlete he could still be competitive while competing at sanctioned powerlifting meets that were not drug-tested, however it was very difficult to set records in any of the lifts as many of the competitors may be using illegal steroids.

Jack continued to search for a way to excel in powerlifting, as he knew he was exceptionally strong for his size, yet he always wanted to remain a drug-free athlete. He stuck to his strong beliefs and good morals by staying to a righteous path. Soon thereafter, his efforts were rewarded as "a light emerged in the forest" by a growing national trend with a greater emphasis in "drug-free" powerlifting that brought a positive change onto the powerlifting scene in the mid to late 1980's.

This provided a good avenue for Jack to utilize his talent for strength, by enabling him to compete in organizations that recognized and promoted good health practices. This opened up a whole new avenue of success for him in the growing sport of “drug-free” powerlifting. The greater emphasis for good health resulted in several sanctioned powerlifting organizations to emerge during that time period, such as the American Drug Free Powerlifting Association (A.D.F.P.A.) and the Natural Athletes Strength Association (N.A.S.A.) as they became the premier “drug-free powerlifting” organizations throughout the USA. These organizations began to “test” their athletes who competed by urinalysis, lie detector, and / or blood tests to determine a clean “bill of health” for a competitor.

Soon, Jack became exceptionally strong in the bench press through hard work and increasing the intensity of strenuous workouts through several weeks of training cycles designed to increase strength. He also followed a good nutrition plan and worked really hard to gain strength the natural way. By intense training methods and recognizing his own physical strengths, it inspired him to become a bench press specialist. As his strength began to increase, it was not long thereafter, that he went on to win several state, national and world bench press titles in the sport of drug-free powerlifting.

During 1991 Jack joined forces with two other friends, Rick Rivera and Greg Cox, when they all pursued the upcoming National Bench Press competition later in January 1992. They formed a team aptly named the "Pure Power Bench Team and developed a strong "Esprit de Corps." After which they went on to win several State, National and World titles in drug-free powerlifting both as a team and as individual competitors. Shortly after their success at their first National Bench Press meet they earned sponsorships from several notable companies such as Nike, Hot Stuff Nutritional Products, Titan Suits, Inzer Power Suits, Shaklee Nutrition, KiXS 108 FM Radio Station and Riverside Fitness Center. Most of which provided the team with product endorsements and some funding to offset travel costs to out of town /state competitions.

The A.D.F.P.A. has been re-organized as the United States Association of Powerlifting, USAPL, and is the sanctioned “drug-free” organization that promotes many collegiate and high school powerlifting meets. In addition, N.A.S.A. is still a well known sanctioned powerlifting organization which also promotes collegiate and high school meets for young athletes. There are also other powerlifting organizations, but these are two of the premier sanctioned drug-free powerlifting organizations in operation today.

Coach Young has earned his AFPA Certification as a Certified Personal Trainer, (CPT), and he promotes the CBC “COUGAR” Powerlifting & Fitness Club on campus. Coach Young firmly believes that keeping your body healthy by actively participating in a sport or physical fitness endeavor will promote the development of... “A Strong Mind in A Strong Body,” ...“A Validus Mens en a Validus Somes.” It is greatly beneficial for your health and personal well-being to exercise both the mind and body by studying academics and participating in some form of sports that a person enjoys. Jack was always a lifetime drug-free athlete and continues to support drug-free powerlifting by coaching powerlifting at CBC and promoting an annual CBC powerlifting meet.

Mr. Young exudes a good example that “Life is meant to be lived and enjoyed by getting the most out of life while pursuing worthy endeavors.” He continues to follow a lifestyle of exercise and good health practices. Mr. Young strives to enjoy “the good things in life” and sharing life’s experiences with his wife and two children.

Jack W. Young, MBA, B.E.D
CPT - AFPA Certified Personal Trainer

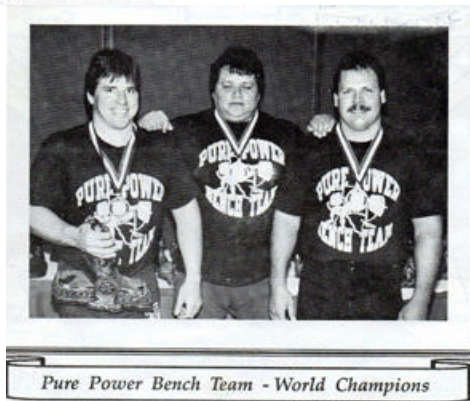
CBC "COUGAR" Powerlifting Club - Strength Coach
 CBC "COUGAR" Powerlifting Stats - Coach - Jack W. Young Jr., CPT - AFPA



Fountain, Young, and Reynolds are the winners of the 198 Pure Division at Worlds.



Jack Young hammers away at a new W. R.



Pure Power Bench Team - World Champions

Powerlifting Statistics – Jack W. Young Jr. – 2x NASA World Champion Powerlifter & 2x World recordholder
 – 2x NASA National Champion Powerlifter & Nat'l. Meet recordholder
 – 2x NASA+ 2x ADFPA Texas State Champion & 4x Sate recordholder

Date	Event	place	wt. class	BP
Aug. 1993	NASA World Bench Press Championship Dallas, Texas	1st Pure	198	457
		1st Natural	198	457
	"World Champion"			
Jan. 1993	NASA Natural Nationals Bench Press Pittsburgh, Pennsylvania	1st Pure	198	468 W.R.
		1st Natural	198	468 W.R.
	National Bench Press Champion won Outstanding Lifter (set new World Record 468) (set new National Meet Record 457 - 2nd lift)			
Nov. 1992	ADFPA Longhorn Classic Austin, Texas UT campus (set new Texas State record)	1st	198	451 S.R.
Oct. 1992	NASA State Bench Press Meet Beaumont, Texas (set new Texas State Record)	1st Pure 1st Natural	198	445 S.R.
Aug. 1992	NASA World Bench Press Championship Hagerstown, Maryland "World Champion"	1st Pure 1st Natural	198 198	451

Date	Event	place	wt. class	BP
Jan. 1992	NASA Natural Nationals Bench Press Oklahoma City, Oklahoma	1st Pure	198	462 W.R.
		1st Natural	198	462 W.R.
	National Bench Press Champion won Outstanding Lifter (set new World Record 462) (set new National Meet Record 451 - 2nd lift)			
Nov. 1991	ADFPA Longhorn Classic Austin, Texas UT campus (set new TX State record)	1st	198	440 S.R.
Oct. 1991	NASA State Bench Press Meet Beaumont, Texas (set new Texas State Record)	1st Pure	198	435 S.R.
		1st Natural	198	435 S.R.
June 1991	USPF "Alamo Classic" Powerlifting San Antonio, Texas "Bench Press" only	1st	198	405
March 1991	"Barbee Classic" Powerlifting CCAC Corpus Christi, Texas	1st	198	410
March 1990	"Barbee Classic" Powerlifting CCAC Corpus Christi, Texas	1st	198	405
March 1989	"Barbee Classic" Powerlifting CCAC Corpus Christi, Texas	1st	198	405
March 1988	"Barbee Classic" Powerlifting CCAC Corpus Christi, Texas	1st	198	405
March 1987	"Barbee Classic" Powerlifting CCAC Corpus Christi, Texas	1st	198	405
March 1986	"Barbee Classic" Powerlifting CCAC Corpus Christi, Texas	1st	198	405
July 1985	Aerofit Powerlifting Meet Bryan, Texas	1st	198	405
May 1985	USPF Powerlifting & Bench Press Meet El Campo, Texas	1st	198	405
		485SQ 405BP 525DL =		1415 Total
March 1984	Texas A & M Intramural Powerlifting College Station, Texas	1st	198	405
July 1984	Aerofit Powerlifting Meet Bryan, Texas	2nd	198	400
February 1981	Sam Houston State University PL Meet Huntsville, Texas	1st place	198	400
		475SQ 405BP 525DL =		1405 Total

