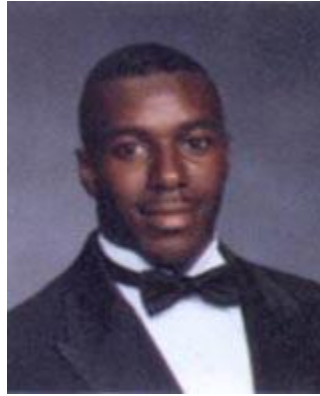


LOUIS COLLINS

Covington High School Competitor



Career Accomplishments

Lifted in the 132 lb. Weight class.

2 Time State Champion – 1995 and 1996

State Runner-Up – 1994

3 Time South Regional Champion – 1994, 1995 and 1996

LA Tech Meet of Champions 1st place finisher – 1995

State Records – His 20 year old State Records broken in 1996 are currently tied with Fred Jackson for the oldest boys composite state records in the LHSPLA.

Deadlift – 570 lbs.

Total – 1345 lbs.

South Regional Records

Squat – 470 lbs.

Deadlift – 525 lbs.

Total – 1245 lbs.

Outstanding Lifter Awards

1995, 1996 State Meet

1994, 1995, and 1996 South Regional

1st and only Louisiana High School Powerlifter to lift 10 times his bodyweight.