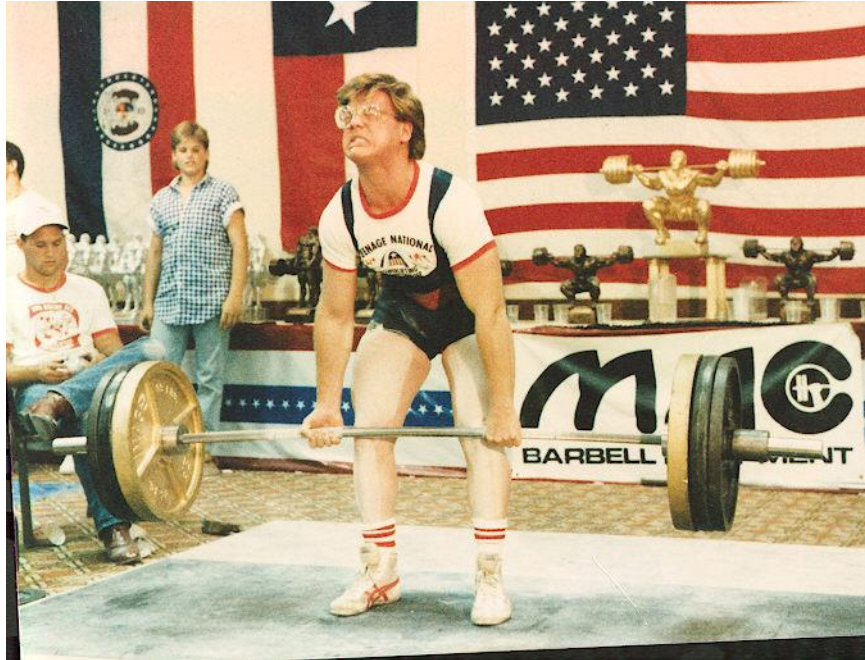


Ricco Impastato

Brother Martin High School Competitor (1986-88)



Career Accomplishments

Qualified for the LHSPLA State Meet as a Sophomore in 1986. Placed 5th in the 165 lb. weight class with a total of 1065 lbs.

In May of 1986 the Brother Martin High School powerlifting team entered the USPF National High School Meet in Dallas, Texas. Ricco finished 2nd in the 165 lb. weight class. This would be the last meet that he would fail to win for the rest of his high school career. That summer he would win the 165 lb. weight class at the ADFPA state meet and be chosen the outstanding lifter of the meet. This would begin his selection as the outstanding lifter in every meet he entered, high school, teenage, or open for the remainder of his career. Moving up to the 181 lb. weight class as a Junior, he would win the next two LHSPLA State Championships, 2 ADFPA State Open Championships, 2 ADFPA National High School Championships, 1 USPF National Teenage Championship. He would set National Records in the Squat and Total at the National High School Championships.