

STEPHANIE McMILLIAN



LIFTER ALEXANDRIA SENIOR HIGH LOUISIANA TECH UNIVERSITY

HIGH SCHOOL ACCOMPLISHMENTS:

ALEXANDRIA SENIOR HIGH SCHOOL: 1995-1997

- 1995 – LHSPLA STATE RUNNER-UP – 97 LB. WEIGHT CLASS
- 1995 – USAPL NATIONAL HIGH SCHOOL CHAMPION – 97 LB. CLASS
- 1996 – LHSPLA STATE CHAMPION – 97 LB. WEIGHT CLASS
- 1996 – OUTSTANDING LIFTER – LIGHT PLATFORM – LHPSLA STATE MEET
- 1996 – USAPL NATIONAL HIGH SCHOOL CHAMPION – 97 LB. WEIGHT CLASS
- 1996 – OUTSTANDING LIFTER LIGHT PLATFORM – NATIONAL MEET
- 1997 – LHSPLA STATE CHAMPION – 97 LB. WEIGHT CLASS
- 1997 – OUTSTANDING LIFTER – LIGHT PLATFORM – LHSPLA STATE MEET
- 1997 – USAPL NATIONAL HIGH SCHOOL CHAMPION – 97 LB. WEIGHT CLASS
- 1997 – OUTSTANDING LIFTER – LIGHT PLATFORM – NATIONAL MEET

- DURING HER HIGH SCHOOL CAREER SHE SET 3 LHSPLA STATE RECORDS (1997) AND 3 USAPL NATION HIGH SCHOOL RECORDS (1996)

1997 - SQUAT – 270
1997 - DEADLIFT – 300
1997 - TOTAL – 660

1996 - SQUAT – 187.25
1996 – DEADILIFT – 248
1996 – TOTAL – 507

COLLEGIATE ACCOMPLISHMENTS:

LOUISIANA TECH UNIVERSITY:

4 TIME 97 POUND USAPL COLLEGIATE NATIONAL CHAMPION:

1998

1999

2000

2001

SET FOUR COLLEGIATE NATIONAL RECORDS AT LOUISIANA TECH IN HER
WEIGHT CLASS:

SQUAT – 286.5

BENCH – 126.75

DEADLIFT – 308.5

TOTAL – 716.5