



# teen titans

**Despite the harsh winter, a record number of student-athletes competed at the 2014 Ultimate Teen Challenge at the Arnold Sports Festival. BY KELLY HALBROCK**

The Arnold Sports Festival (ASF) is known for being the largest multisport event in the world. It's also famous for being held every year in Columbus, Ohio, at a time when winter is still threatening with cold and snow.

The ASF was held this year between February 27 and March 2, and this was a brutal winter, to be sure. All weekend, a giant snowstorm threatened the Ohio Valley and beyond. Despite this, the Ultimate Teen Challenge (UTC) had a record number of attendants at this year's ASF. Sponsored by Dymatize Nutrition and Marked Nutrition, the 2014 UTC also had sports celebrities—including U.S. Gold Medalist Kurt Angle, NFL Hall of Famer Lynn Swann, and Dymatize athletes Andy Haman and Erin Stern—on hand to inspire these great student-athletes to do their best and continue living a healthy, athletic lifestyle.

Here are the events that these teens had to tackle in both the individual and team competitions.

## individual events

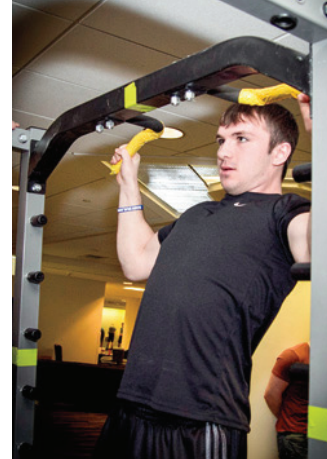
■ **The Dymatize Bench Press** Each teen had one minute to do as many complete bench presses as possible. The amount of weight on the bench was calculated based on 70% (give or take within 5-lb increments) of the teen's body weight. Each teen's count was totaled toward his or her score.

■ **The Weighted Sled Push** Weights based on 150% of the athlete's body weight were added to a butcher sled. At the whistle blow, each teen pushed the sled down a 30-ft course via the low grips. After the sled fully passed a marked line, the student moved the weight with the high grips on the opposite side of the sled and pushed it back down the 30-ft course until crossing the finish line. Each athlete's time was calculated toward his or her total score.

■ **Pullup** Each athlete had one minute to complete as many pullups as possible using his or her own body weight. Competitors could use either an underhand or overhand grip, or a combination of the two. They were allowed to start and stop as many times as needed, but had only one minute to do as many pullups as possible. (A complete pullup is when the competitor's chin is lifted above the bar on the upward movement and the entire head is below the bar on the downward movement.) Only complete pullups were counted toward the competitor's score.

■ **The Tire Flip** Each teen had to precisely flip a 120-lb truck tire up and back a 30-ft course. Each teen's time was calculated toward his or her total score. The full tire had to cross the marked finish line in each direction. The tire and/or athlete could not move into a rival competitor's lane.

■ **The Marked Cross-Training Circuit** Each teen had to complete a three-exercise circuit testing strength, agility and cardio elements. Competitors began by doing 5 pushups and then had to grab two tactical sandbags based on their body weight. They carried the sandbags to each station, dropped them, completed the station and picked them up again before moving on. At the next station, they had to complete 20 box jumps. Finally, they had to race to the last station to perform 15 triceps dips. They ran the sandbag route once more and sprinted to the finish line. Each teen's total time was calculated toward his or her total score. If any athlete was unable to complete any section, he/she was penalized with a time deduction.



## team events

■ **Tire-Flip Relay Competition** Each team had to precisely flip a 120-lb truck tire up and back a 30-foot course. Teammates would take turns flipping the tire down the course, cross the full tire over the end line, and then their teammate would flip it back. Each team's time was calculated toward their total score.

■ **Relay Run** One teammate started by doing 5 pullups with correct form. Upon finishing the pullups, he or she jumped on a teammate's back and raced to the other end of the course. That teammate then performed 10 pushups with correct form, while his or her teammate waited in plank position. They then grabbed that teammate's legs and wheelbarrowed them down the course until both teammates crossed the finish line. Each team's time was calculated toward their total score.

■ **The Soitec Power Plus 2 Dueling Bench Press** Members of each team worked together in sets of two to complete as many reps as possible in a one-minute time period. The amount of weight on the machine was calculated at 70% of the combined weight of the two team members, rounded to the nearest 5-lb increment. Strict form was enforced for the safety of the competitors and to promote a fair competition. The final count of each pair was tallied toward the team's total score.



## SCHOLARSHIPS

The top-winning male and female athletes were awarded a \$1,000 college scholarship.

# DYMATIZE®



## a shoutout to our sponsors and friends

Event sponsors Dymatize Nutrition and Marked Nutrition understand that programs like the Ultimate Teen Challenge can help to foster a healthy lifestyle in young athletes. The UTC not only encourages teen athletes to challenge their physical prowess, but also spends time educating participants, their coaches and parents on the value of proper nutrition and exercise, both inside and outside of organized sports.

Of course, we had many other great supporters. Along with Dymatize and Marked, we'd like to thank, GNC, BarnDad Innovative Nutrition, *Muscle & Body* magazine, Amino Up, Maypro, Aminogen, Ostrim, The Fitness Store, Supro, Hollywood Imprints, Ganaden Biotech, PowerPlus 2 and Soitec Lighting.

All athletes received BarnDad Innovative Nutrition gift bags filled with awesome sports-nutrition products and apparel from the sponsors, as well as a 2014 UTC T-shirt.

Also, special thanks to Soitec Lighting for their generous gift of awarding their high-quality lighting products to the winning team's school weight room.



### THE "A" TEAM!

We'd like to thank 1996 Olympic gold medalist and TNA superstar Kurt Angle, IFBB pro bodybuilder Andy Haman of Team Dymatize, and NFL Hall of Famer Lynn Swann, who handed out awards and spoke with the teens about health, nutrition and fitness. Ms. Figure Olympia Erin Stern of Team Dymatize was also in attendance, signing autographs and watching the events.



## the winners

### Men's Overall TOP 3

1st Place: Tyler Crane  
2nd Place: Daniel Turner  
3rd Place: Jeff Bauman

### Women's Overall TOP 3

1st Place: Carrie Maderia  
2nd Place: Becca Crane  
3rd Place: Olivia Taylor

### Men's Team Winners

1st Place: Eli Harris and Andrew Soulis  
2nd Place: Mike Thomas and Cole Weaver  
3rd Place: Byron Whitaker and Tanner Luck

### Women's Team Winners

1st Place: Carrie Maderia and Ciera Thompson  
2nd Place: Devon Martin and Alyssa Pope

### Men's Dueling Bench Press Winners

Byron Whitaker and Tanner Luck with 38 reps

### Women's Dueling Bench Press Winners

Carrie Maderia and Ciera Thompson with 4 reps

### Exciting Tiebreakers

The UTC had two tie-breaking events: one for our best men's tire-flip (ages 17–19), and one for our best men's Power Plus 2 dueling bench press.

■ In the tire-flip tiebreaker, Jeff Bauman and Andrew Soulis were neck and neck until Jeff won by decision when Andrew's tire entered Jeff's lane in the last 10 feet of the course.

■ The second tie-breaking event was decided by a military-style pushup competition to failure. Each member of the team had to do pushups with perfect form on a "down/up" command until only one member of one team was left. After more than two minutes, Team Byron Whitaker and Tanner Luck were crowned the winners, and they also won new lighting for their school's weight room, thanks to Soitec Lighting.

The UTC is already scheduled for March 7, 2015, at next year's Arnold Sports Festival. Visit [theultimateteenchallenge.com](http://theultimateteenchallenge.com). **MB**