

John Shields started his powerlifting career at the age of 15. He is a 3 time State qualifier and placing 2nd his senior year. He competed at Teenage and Collegiate Nationals placing 4th his junior and senior year. Currently, he holds the Master 1A squat record set in 2013. In high school, he also competed in Olympic Weightlifting and 2 time qualifier at AAU Junior Olympics.

John Shields started judging his junior year in college and proud to see how high school powerlifting has evolved and grown over the years. He enjoys judging to help keep the integrity of the sport and has a front row seat on all the competition.

John Shields likes to thank all the people that have helped him over the years and WI High School Powerlifting Association for this award. He especially likes to thank his high school coach and mentor Dick Mintken.