

# Lifter name: **Jon Lang**

## **Bio:**

Jon Lang was on the Neenah Powerlifting Team from 2006-2010. He won first place in the WHSPA state meet in 2008, 2009, and 2010 in the 153 pound weight class. In 2010, he set a state record for squat at 565 pounds as well as a state record for total at 1,320 pounds. He won first place in the USAPL high school nationals meet in 2009 and 2010 in the 148 pound weight class. In 2009, he competed with the USAPL sub-junior world team in Ribeirão Preto, Brazil and received third place in the 148 pound weight class. He would like to thank his powerlifting coaches Jessie Betzinger, Alyssa Hitchcock, and Dan Williams for all the help and advice they gave him as a lifter. He would especially like to thank his powerlifting coach Joe Lewis for the incredible work he has done with the Neenah Powerlifting program and for being a great role model.