

STATE POWERLIFTING COMPETITION

SDSU Campus ♦ BROOKINGS

MARCH 7, 2026

Schedule of Events

8:00a Delegation Registration

8:00a - 9:00a Weigh-ins & Rack Heights

9:00a Competition Begins

ATTENTION!

Competition Location:

Miller Wellness Center

1440 N Campus Dr - SDSU Campus

Parking:

> NE of the Miller Wellness Center

> Overflow at the Dana J Dykhouse Stadium

Awards:

Presented following the completion of all lifts

Other:

> All Athletes must be available for 8am Weigh-ins

> The warm-up area will be shared with the public

> Protein drinks will be available for purchase

> Competition will be on a rolling schedule

Thank You!

We would like to recognize those responsible for the success of this competition... *You're the best!*

South Dakota State University

Andrew Priebe

Jacob Heidenreich

MWC Classic Powerlifters

The Cove Nutrition

Games Volunteers

Family Members



STATE BASKETBALL TOURNAMENT

LOVE OF THE GAME

MARCH 28 & 29 MITCHELL

Without VOLUNTEERS, we would not exist as an organization.

Volunteers are not paid, they are just generous. We ask you to be respectful, and most of all, please be kind.

If you feel an error has been made, seek out staff so we can problem solve. Thank you!



Please Join us!



LAW ENFORCEMENT TORCH RUN

POLAR PLUNGE

Mar 6	Huron	Mar 21	Pierre
Mar 14	Brookings	Apr 18	Sioux Falls

ROSTER

Brookings

Armstrong, Katie
Ater, Christina
Bever, Zackary
Delaney, Colin
Greeneth, Colleen
Ingalls, Tyler
Maag, Drew
Nagel, Saphira
Pedersen, Cole
Sylvester, Joseph
Timmerman, Cowden
Trimble, Robert
Wetzel, Cody

Mitchell

Goldammer, Scott
Kelly, Anthony
Krouse, Aaron
Leonard, Jamin
Reichelt, Tayler
Steele, Caleb
Tuschen, Zachary

Sioux Falls Fireworks

Anderson, Matthew
Brenden, Joshua
Bridges, David
Bruce, Nathan
Charbonneau, Joshua
Christensen, Christina
Dissing, Drake
Godwin, Tyler
Golas, Brandon
Hays, Caiden
Hilla, Chris
Hope, Wyatt
Jacobson, Jason
Leonhardt, Zane

Nolmans, Stephanie
Roe, Russell
Smith, John
Tschetter, Misha
Twedt, Travis
Wagner, Sylvester
Wendel, Xavier

Sioux Falls Lancers

Forrest, Austin
Gentile, Jason
Humke, Zane
Johannsen, MacKenzie
Keiser, Christopher
Keiser, Jaren
Kouri, Brayden
Lutzwick, Quentin
McCaulley, Jeremiah
Townley, Christian-James

Sioux Falls United

Baumiller, Wesley
Bowar, Rigley
Bumgardner, Noah
Deauville, Jaleel
Kjergaard, Tristian
Lemke, Cameron
North, Adam
Roberts, Anna
Swenson, Sonja

Spearfish Peaks

Bowers, Eric
Fontenot, Stephen
Hines, Keoanna
Krebs, Kourtney
Krebs, Kyle
McCauley, Natalia
Paland, Jason

Schoch, Oe
Steinhauer, Josh
Tridle, Trevor

Watertown

Fish, Jesse
Hansen, Carter
McElhany, Kaiden
Neitzel, Jody
Schaack, Jeffrey
Tetzlaff, Casey

Yankton

Davey, Nolan
Harts, Mike
Podzimek, Carson
Sherman, Kaden



DIVISIONS

F01

Swenson, Sonja Sioux Falls United

F02

Ater, Christina Brookings

F03

Hines, Keoanna Spearfish Peaks

F04

Christensen, Christina Sioux Falls Fireworks
McCauley, Natalia Spearfish Peaks

F05

Nagel, Saphira Brookings
Roberts, Anna Sioux Falls United

F06

Greenseth, Colleen Brookings
Schoch, Oe Spearfish Peaks

F07

Krebs, Kourtney Spearfish Peaks

F08

Johannsen, MacKenzie Sioux Falls Lancers
Neitzel, Jody Watertown

F09

Armstrong, Katie Brookings
Nolmans, Stephanie Sioux Falls Fireworks

M01

Podzimek, Carson Yankton

M02

Fish, Jesse Watertown

M03

Hope, Wyatt Sioux Falls Fireworks
Jacobson, Jason Sioux Falls Fireworks
Trimble, Robert Brookings

M04

Bowers, Eric Spearfish Peaks
Bumgardner, Noah Sioux Falls United
Wagner, Sylvester Sioux Falls Fireworks

M05

Baumiller, Wesley Sioux Falls United
Kjergaard, Tristian Sioux Falls United
North, Adam Sioux Falls United

M06

Timmerman, Cowden Brookings

M07

Charbonneau, Joshua Sioux Falls Fireworks
Deauville, Jaleel Sioux Falls United
Hilla, Chris Sioux Falls Fireworks
Schaack, Jeffrey Watertown
Wetzel, Cody Brookings

M08

Tschetter, Misha Sioux Falls Fireworks

M09

Forrest, Austin Sioux Falls Lancers
Keiser, Jaren Sioux Falls Lancers
Kouri, Brayden Sioux Falls Lancers
McCaulley, Jeremiah Sioux Falls Lancers
Townley, Christian-James Sioux Falls Lancers
Tuschen, Zachary Mitchell

M10

Gentile, Jason Sioux Falls Lancers
Ingalls, Tyler Brookings
Krebs, Kyle Spearfish Peaks

M11	
Bridges, David	Sioux Falls Fireworks
Davey, Nolan	Yankton
McElhany, Kaiden	Watertown
Sherman, Kaden	Yankton

M12	
Bowar, Rigley	Sioux Falls United
Bruce, Nathan	Sioux Falls Fireworks
Hansen, Carter	Watertown
Keiser, Christopher	Sioux Falls Lancers
Kelly, Anthony	Mitchell
Reichelt, Tayler	Mitchell

M13	
Lutzwick, Quentin	Sioux Falls Lancers
Maag, Drew	Brookings
Steele, Caleb	Mitchell
Steinhauer, Josh	Spearfish Peaks

M14	
Anderson, Matthew	Sioux Falls Fireworks
Bevers, Zackary	Brookings
Dissing, Drake	Sioux Falls Fireworks
Golas, Brandon	Sioux Falls Fireworks
Hays, Caiden	Sioux Falls Fireworks

M15	
Humke, Zane	Sioux Falls Lancers
Pedersen, Cole	Brookings
Wendel, Xavier	Sioux Falls Fireworks

M16	
Delaney, Colin	Brookings
Goldammer, Scott	Mitchell
Harts, Mike	Yankton
Krouse, Aaron	Mitchell
Twedt, Travis	Sioux Falls Fireworks

M17	
Lemke, Cameron	Sioux Falls United
Leonhardt, Zane	Sioux Falls Fireworks
Paland, Jason	Spearfish Peaks
Roe, Russell	Sioux Falls Fireworks

M18	
Brenden, Joshua	Sioux Falls Fireworks
Fontenot, Stephen	Spearfish Peaks
Godwin, Tyler	Sioux Falls Fireworks
Smith, John	Sioux Falls Fireworks
Sylvester, Joseph	Brookings
Tridle, Trevor	Spearfish Peaks

Please show your love for Special Olympics by nominating the deserving people in your life for an SOSD Outstanding Award!

[Spirit of a Champion](#) (Outstanding Athlete)

[Don Baker Award](#) (Highest Honor)

[Outstanding Family](#)

[Ron Stewart Award](#) (Outstanding Coach)

[Lyle Farrand Award](#) (Outstanding Volunteer)

[DJ Mertens Champion Award](#) (Outstanding Business or Organization)

[Unity Award](#)



***Voting closes
May 21, 2026***

***Electronic Nominations
only will be accepted***

Contact Us

800 E. I-90 Lane
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Fax: 1.605.331.4328 www.sosd.org

Board of Directors

David Herbster - Sioux Falls (Chair)

Eric Tillman - Spearfish (Vice Chair)

Brooke Harms - Sioux Falls (Sec)

Steve Schacht - Rapid City (Treas)

Jason Alley - Rapid City

Monica Burgess - Rapid City

Joe Burmeister - Rapid City

Joe Carlson - Canton

Tasia Dass - Sioux Falls

Nick Davis - Rapid City

Trevor Hayes - Aberdeen

Peggy Heermann - Aberdeen

Chris Lather - Castlewood

Nancy Lehner - Jefferson

Jill Maliske - Rapid City

Amy Pipke - Rapid City

Duane Popham - Watertown

Paul Schmig - South Shore

Jeff Sheehan - Hayti

David Tanner - Rapid City

Jessica Weitschat - Pierre

Thank you for your service!


www.sosd.org

A Note To Our Volunteers

Volunteers do everything there is to do for Special Olympics and more. You are fundraisers, cheerleaders, administrators, chauffeurs, chaperones, trainers, coaches, policy makers, trash collectors, referees, food servers, score keepers and everything in-between.

You serve without salary, without recognition, without honors or awards. Special Olympics could not do without you - your dedication, your work, and your love.

You represent the highest values of the human spirit and we are grateful for your service!

Thank You!

Special Olympics South Dakota
Newsworthy:
timely. important. interesting.

STAY INFORMED!

Athletes, Coaches, Family Members, and anyone else with an interest in Special Olympics South Dakota, please sign-up to receive our weekly newsletter

NEWSWORTHY. This is your most efficient way to stay up to date on SOSD news, events, and information.



Newsworthy is published every Tuesday afternoon by Constant Contact.

THE WELLNESS CENTER & USD PHYSICAL THERAPY PRESENTS: **RYAN HANKS LIFTATHON**

April 11, 2026 at the USD Wellness Center
Competition starts 9 A.M.

**Powerlifting Fundraiser for the South Dakota
Special Olympics, All Lifters Are Welcome!**

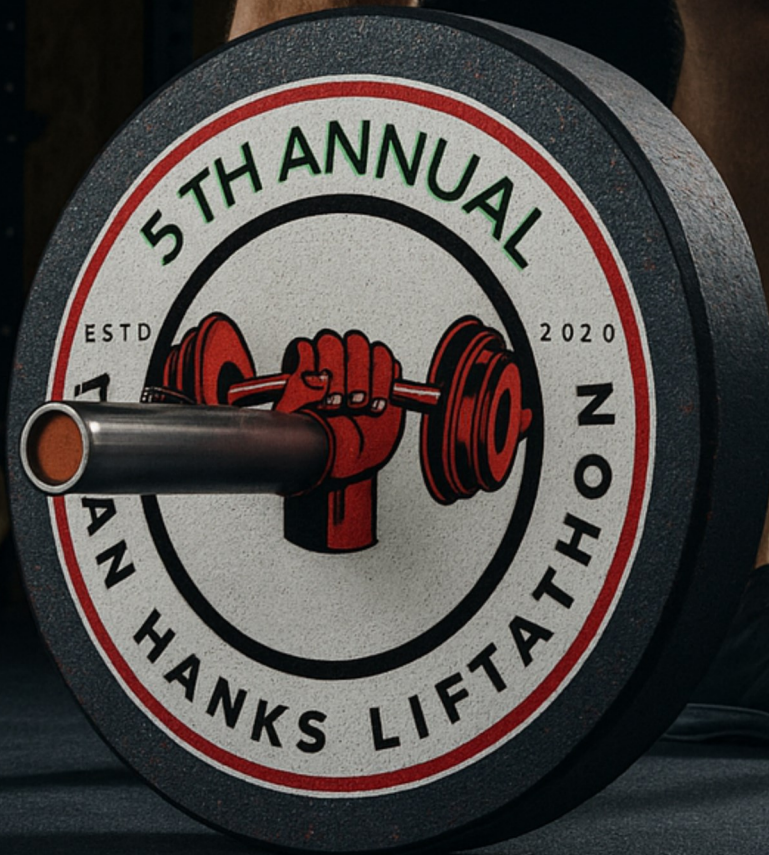
REGISTER AT



OR AT
[BIT.LY/LIFTATHON26](https://bit.ly/liftathon26)
CASE SENSITIVE

DEADLINE:
April 1, 2026

No entry fee, only
agreement to donate



UNIVERSITY OF
SOUTH DAKOTA

**RULES AND EVENT
INFORMATION:**



[BIT.LY/LIFTATHONINFO](https://bit.ly/liftathoninfo)

Refreshments by:
HyVee

If you are a person with a disability and need a special accommodation to fully participate, please contact the Office of Accessibility at least 8 hours before an event. Students and the public can contact the Office of Accessibility at 605-658-3745 or accessibility@usd.edu. Faculty and staff should contact Human Resources at 605-658-3660.

Schedule of Events 2026

March 7	State Powerlifting	Brookings
March 28 & 29	State Basketball	Mitchell
April 24	BH Area Track & Field	Rapid City
April 24	NE Area Swimming	Watertown
April 24	SE Area Swimming	Sioux Falls
April 25	SE Area Track & Field	Brandon
May 1	NE Area Track & Field	Milbank
May 2	BH Area Swimming	Spearfish
May 14-16	State Summer Games	Spearfish
July 11	West River Equestrian	Rapid City
July 18	East River Equestrian	Watertown
August 15	SE Area Softball	Sioux Falls
August 15	BH Area Softball	Rapid City
August 16	SE Area Bocce	Sioux Falls
August 22	BH Area Bocce	Rapid City
August 23	NE Area Bocce	Lake Norden
September 18	Fall Classic (Bocce)	Rapid City
September 19 & 20	Fall Classic (Softball)	Rapid City
October 8	NE Area Unified Doubles	Brookings
October 9	NE Area Singles	Aberdeen
October 9	BH Area Singles	Rapid City
October 10	BH Area Unified Doubles	Rapid City
October 10	SE Area Singles	Sioux Falls
October 11	SE Area Unified Doubles	Sioux Falls
November 6-8	Traditional Bowling	Aberdeen
November 14 & 15	Unified Bowling	Sioux Falls

ATTENTION ATHLETES!

Your State Basketball dance theme is I Hate Winter



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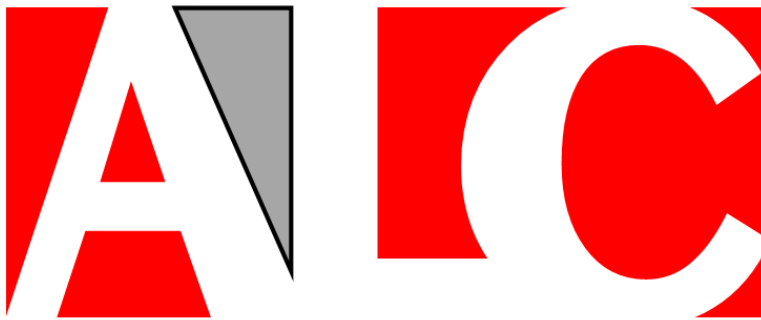
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ATHLETE LEADERSHIP COUNCIL

What is an Athlete Leadership Council?



We are a group of athletes who meet using a well-thought-out agenda to discuss Special Olympics topics important to us. We then make recommendations to program leadership. We have been organized and meeting since 2013. Three members of the ALC also serve on the SOSD Board of Directors.

Fellow athletes, if you have an idea or concern, talk to one of us... let's work together!

Meet your ALC members. We are here to serve YOU!



Zach Bevers
Brookings Area



Ashley Clark
Sioux Falls



Jamie Davey
Rapid City Flame



Trevor Hayes
Aberdeen Area HCE



Melissa Heckel
Spearfish Peaks



Grady Heffner
Huron Heartland
Hunters



Kyle Hegge
SESDAC Vermillion



Chris Hilla
Sioux Falls
Fireworks



Mari Ibis
Sioux Falls Lancers



Jaren Keiser
Sioux Falls Lancers



Natalia McCauley
Sturgis-BHSSC



Cody Menzel
Madison Area



Colton Miles
Pierre Wildcats



Nick Mills
Sioux Falls
Fireworks



Derek Smith
Sioux Falls
Fireworks



David Tanner
Rapid City Storm



Correna Templar
Rapid City Patriots



Trevor Tridle
Sturgis-BHSSC



Jessica Weitschat
Pierre Wildcats



Lorraine Whiteman
Spearfish Peaks

SPECIAL THANKS TO THESE STATEWIDE PARTNERS



VFW Ladies Auxiliary



VFW



High School Coaches Association



American Legion Auxiliary



American Legion