

# DAMAN'S STRENGTH TRAINING

Newsletter: August

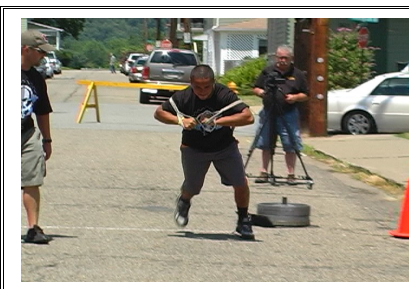
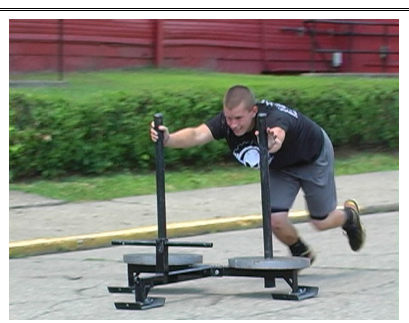
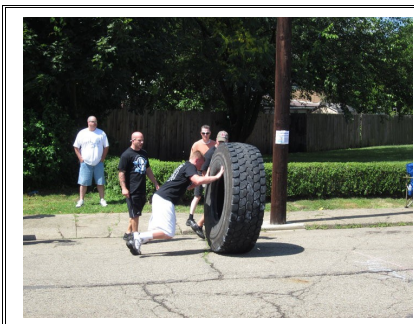


Dear DST Members,

July was a great month for our gym. We have been working on putting together a strongman event since May. We decided to choose the Epilepsy Foundation of Western/Central Pennsylvania. Back in May I contacted Bill Utterback from The Beaver County Times and invited him to visit DST. We talked about helping promote our fundraiser and doing an article about the athletes and the gym. The weekend before our Strongman Fundraiser The Beaver County Times published this article: [DST](#). Our event helped raise \$1,330.00 for a 6 year old little girl Makenzie Sarver and Epilepsy. The athletes competed in 4 events: 450lb and 600lb Tire Flip, Farmers Walks, Hand Over Hand Rope Pull with Prowler Sprints and we finished with Sled Drags. There was a High School Division and a College Division. The street was blocked off, the DJ was pumping some out good music and the crowd was there to support our athletes. To view some video of the DST Strongman Fundraiser click here: [Strongman Fundraiser](#)

**College Winner Denny Delauter/ Makenzie Sarver/ High School Winner Jesse Battaglia**





***"Be brave. Take risks. Nothing can substitute experience"***

## **AUGUST**

### **DST ATHLETE OF THE MONTH**

**DREW HOWARD  
HOPEWELL HIGH SCHOOL  
KENT STATE WRESTLING**

Drew Howard is our August DST Athlete of the Month. Drew first came to DST in December on Christmas break. From the minute he walked in I knew this kid was ready to work. His approach to training is relentless. Drew trains about 5 days a week. In May he weighed in at 161 lbs and last week stepped off the scale weighing 171 lbs. He will be entering his sophomore year at Kent State where he wrestles. Drew currently holds the College Trap Bar record at DST by hitting 445lbs. We are expecting a big year for Drew at Kent State!! I will have a follow up of Drew through out the wrestling season. Click the link below to see Drew in action...

[Drew Howard...](#)



## **DST ANNOUNCEMENTS & EVENTS**

Summer is coming to an end and I wanted to reward these athletes for their commitment, hard work and dedication over the past few months. On Friday August 6<sup>th</sup> we will be traveling to PNC Park to watch the Pittsburgh Pirates vs The Colorado Rockies. There will be 28 DST members attending. We will all have our DST shirts on and we will also get recognized on the scoreboard during the game. Pretty cool!!! Yeah I know, the Pirates are not the best. But, PNC Park is amazing and a great place to see a game. We will be grilling out, playing bean bag toss and hanging out as a family. These athletes have built friendships in our club and this is going to be a blast!



### **New Athletes at DST**

Deshawn Boyd (Beaver Falls & Cheyenne Football)

**Please take the time to forward this newsletter to friends/family. Referrals through the newsletter will help me accomplish my goals while we work together accomplish yours.**

**Thank you,**

**Rick Daman**

**Visit DST at [www.damanstrength.com](http://www.damanstrength.com)**

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