



Name: Darren Barnes
Sport: Weightlifting

Biography:

My name is Darren Barnes. 2012 marked the eleventh year of my competitive lifting career and my last year of high school. Being a full time student and a full time athlete was never easy, but I still managed to graduate with a 4.0 GPA. With that being my motivation, I went into the World Junior Championships- in May- not as an average athlete, but as a champion. I finished 5th overall, 15 spots better than the previous year, breaking a total of 6 national records (both junior and senior). Later that year, I moved to New Jersey with Coach Victor Gallego, who helps become a better athlete. Having been in New Jersey for only 3 months, there was a pretty swift increase in all of my lifts. I won the East Coast Gold Classics and set 6 more (unofficial) national records- 107kg snatch, 133kg clean and jerk, and a 240kg total. In December 2012, I competed and won at the American Open. I set two national records with a 105kg snatch and qualified to go to World Junior Championships in 2013. Earlier In 2012, my twin and I were featured on Nickelodeon as Olympic hopefuls for the next Summer Games. I have also received countless awards for being the best student/athlete from my school district. As I always say, I may have not made all my goals, but my goals have made me.

