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### AAU Sisters Compete in Powerlifting

Most young girls aren't dreaming about winning an AAU Powerlifting competition. However, two sisters have come to compete at the AAU Junior Olympic Games. Thirteen-year-old Caitlin Miller and eleven-year-old Kendra Miller arrived in Detroit from hometown Plainwell, MI with the goal of winning an AAU Junior Olympic Games Powerlifting championship. Not only did these sisters win their respected divisions, they combined to break eight AAU Powerlifting records.

The girls began their powerlifting careers by simply hanging around a high school gym with their dad. Tod Miller, dad and coach to both girls, also happens to coach the Plainwell High School Powerlifting team. Caitlin and Kendra became interested by watching the other high school lifters and began to lift themselves. Both have now powerlifted for three years while competing in world and many AAU events. Below is the breakdown of the girls' AAU Junior Olympic Games Powerlifting record scores for their divisions.

Caitlin Miller 13/12 year old 97lbs Class		Kendra Miller 11/10 year old 77lbs Class	
Squat:	122.5 kilos = 270.1 lbs	Squat:	100 kilos = 220.5 lbs
Bench:	60 kilos = 132.3 lbs	Bench:	52.5 kilos = 115.7 lbs
Deadlift:	127.5 kilos = 281.5 lbs	Deadlift:	90 kilos = 198.4 lbs
Total weight:	307.5 kilos = 677.9 lbs	Total weigh:	235 kilos = 518.1 lbs



From left, Kendra stands with her dad, Tod and sister, Caitlin at the AAU Powerlifting competition.