



St. Mary's sophomore qualifies for Powerlifting Nationals

St. Mary's Catholic School sophomore Alyssa Brewton won the Powerlifting America Louisiana State Meet back on November 23 in Youngsville, Louisiana to qualify for the 2025 Powerlifting America High School Nationals April 10-13 in Brookfield, Wisconsin in the 148.9-165 weight class.

With the help of T-Bird Smith, she was able to raise her deadlift to over 300 pounds, squat 270 pounds and bench 143 pounds and deadlift 303 pounds for a total of 716 pounds. Smith was able to change Brewton's technique from to help her from having lower back pain.

Brewton is ranked fifth in the state and 12th in the nation in this new organization.

"We can't thank T-Bird and Tara (T-bird's wife) enough," said Alyssa's mother Nikki. "T-bird and Tara have spent so much time with Alyssa and have brought her to a whole another level and I'm thankful for their guidance and passion in this sport."