

Local Athlete Breaks World Kettlebell Record



by Grant LaFleche

It's not likely to make national news, given the relative obscurity of her sport, but St. Catharines-based personal trainer Jennifer Hintenberger became a world kettlebell record holder.

In a cloud of chalk, the St. Catharines kettlebell trainer and competitor smashed a record by hauling a 16-kilogram weight over her head 738 times for 60 minutes straight. She broke the old record held by an Australian athlete who completed 545 repetitions.

Hintenberger set the new record at a charity competition to raise money for disaster relief.

“This is such a great feeling,” Hintenberger said. “It's a great sport and allows me to engage my competitive spirit. I cannot play rugby anymore. I've got three screws in my shoulder and had eight concussions. I have had figure skating injuries. So this is something that is a challenge and I can still be competitive.”

Kettlebells is a sport that mirrors more traditional weightlifting using weights that, despite the name, look more like cannonballs with a fused handle than kettles. The primary difference between the two sports lies in the objective: where weightlifting competitions are won by the person who lifts the heaviest weight, kettlebell competitions are decided by who lifts a particular weight the most times within a time limit.

Most competitions involve 10-minute events, but this one was called a “long cycle,” or marathon, in which competitors perform a single-arm lift—they can switch hands as often as they like—for an hour without setting the kettlebell down.

Adapted from "Local Athlete Breaks World Kettlebell Record," by Grant LaFleche, published in the *St. Catharines Standard*, October 31, 2011. Reprinted with permission of Sun

Question 1: Which word is closest in meaning to "obscurity" as used in the sentence below?

Selection 1 from drop-down menu:

- benefits
- difficulty
- popularity
- uniqueness

Question 2: In what way is kettlebells similar to weight lifting?

- a) in the number of lifts
- b) in the types of weights used
- c) in the importance of strength
- d) in the length of the competition

Question 3: What is a good sub-heading for each of the following paragraphs?

Drag and drop your THREE answer choices into the correct boxes.

- An opinion about kettlebell
- Fact about kettle bell as a sport
- Comparisons between kettlebell and another sport
- The history of kettlebells as a sport

Paragraph 4	Paragraph 5	Paragraph 6

Question 4: What skill would contribute most to an athlete's success in a long-cycle kettlebell competition?

- a) balance
- b) accuracy
- c) flexibility
- d) endurance

Question 5: What does the phrase "smashed a record" refer to in paragraph 2?

- a) fundraising
- b) an accomplishment
- c) the length of the event
- d) the number of competitors

Question 6: What makes kettlebells a challenging sport? Use specific details from the reading selection to support your answer.

*****ANSWER KEY:*****

1. uniqueness
2. in the importance of strength
3. para 4: an opinion; para 5: comparisons; para 6: facts
4. endurance
5. an accomplishment
6. See below 100 word response below

100-Word Written response example:

There are a couple of reasons why lifting kettlebells is a challenging sport. First, aside from being heavily weighted and hard to hoist off the ground, athletes have to lift kettlebells repeatedly in a given amount of time. For example, in paragraph five it reads, "kettle competitions are decided by who lifts a particular weight the most times within a time limit." The time limit makes the sport difficult. Secondly, as they compete, they have to stay in one place for the length of the event. They can change their arms, but they can't move their bodies. Staying in one place takes determination. In conclusion, these elements make kettlebells challenging.

Content analysis of sample paragraph:

- Has introductory sentence
- Uses transition words
- Supports 1st statement with 1 pull quote
- Supports 2nd statement with supporting details from text paraphrased
- Ends with concluding sentence
- 100 words (only a few over)