



Hall of Fame

James Messer

Norristown, Pennsylvania

Inducted in 1992

Jim Messer was an active participant in wheelchair sports (weightlifting) from 1954 to 1984, lifting during this era while coaching the majority of the country's top weightlifters, including Lou Rosini, Jon Brown, John Patton, Eddie Coyle, John Martin and Bill Hens.



Jim was the weightlifting coach for the USA wheelchair teams from the earliest years of international competition. Along with Lou Rosini, Jim established the wheelchair weightlifting rules in the mid 60's. The two men also teamed up to design the weightlifting bench and build most of the benches that are currently in use around the country. That design is still the basic standard in use to this day. Until 1989, he made the only domestically built para bench. Jim was an original member of the Weightlifting Technical Subcommittee from its formation in 1978 until 1983.

All time spent on the training of wheelchair weightlifters was donated, as was all the gym time at the Holy Savior Club, the weightlifting club Jim ran in Norristown. His personal commitment extended to paying his own way on trips with the USA teams, even when not officially on staff, so he could be there to help with the coaching duties.

Jim served as a weightlifting official and referee at the Pennsylvania and Tri-State regional games until 1980. To promote the sport and educate the public, he conducted numerous demonstrations, exhibitions and presentations of wheelchair weightlifting throughout his years of involvement.