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Graphics/Layout In Jo Lambert
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TABLE OF CONTENTS

- Volume 17, Number 8 - March 1994 -

DRUG TESTING METHODS Pt. II.....Dan Wagman MA, CSCS.....6	WOMEN'S TOP 20 RANKING.....E. Jean Lambert.....10
TAMARA RAINWATER-GRIMWOOD...Terry Grimwood.....12	TRAINING FOR TEENAGE GIRLS.....Andrea Sortwell.....16
LESTER MASLOW STORY.....Steve Elgin.....20	TOP 100 198 LB. LIST.....E. Jean Lambert.....21
WORKOUT OF THE MONTH.....Al Gerard.....22	USING THE TRAP BAR.....Louie Simmons.....23
FOR REVIEW.....Mike Lambert.....24	ALL TIME 165 SQUAT LIST.....Herb Glosbrenner.....26
WHAT IT TAKES TO COACH.....Barbara Miller.....27	SOCIOLOGY AND SUCCESS.....Judd Biasiotto Ph.D.....33
JIM BENERITO INTERVIEW.....Bob Gaynor.....36	MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....38
MENTAL ASPECTS OF POWERLIFTING.....Doug Daniels.....39	THE "SECRET WEAPON".....Greg Reshel.....40
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....42	CRACKING THE 1000 BARRIER.....Linda Jo Belsito.....43
UNCLASSIFIED ADVERTISEMENTS.....59	USPF REGISTRATION APPLICATION.....62
NASA REGISTRATION APPLICATION.....68	ADPPA REGISTRATION APPLICATION.....69
APF REGISTRATION APPLICATION.....71	BULLETIN BOARD.....Mike Lambert.....73
ADPPA TOP 20 BANTAMWEIGHTS.....E. Jean Lambert.....76	COMING EVENTS.....Flo Lowe.....85

ON THE COVER..... Tamara Rainwater-Grimwood (Lambert)

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POWER-RESEARCH

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A Review of Drug Testing Methodologies as Implemented in Powerlifting

Part II, by Dan Wagman M.A., C.S.C.S.

URINE ANALYSIS

A discussion of urine analysis cannot take place without discussing International Olympic Committee (IOC) standards. The International Powerlifting Federation (IPF) has adopted these standards and procedures, as has the United States Powerlifting Federation (USPF). The only difference is that the USPF does not test for all the substances banned by the IOC, but rather only for those drugs that are most likely to display performance enhancing properties in our sport (e.g., anabolic androgenic steroids (AAS), stimulants, etc.). The IOC has conducted an enormous amount of research in an attempt to derive at the most efficacious, reliable, valid, and undisputable way to test athletes for performance enhancing drug use. In the words of Prince Alexandre de Merode, Chairman of the IOC's medical commission: "The sports bodies must understand they must have perfect rules regarding the law and the human rights. With the medical commission, we are making a review of all procedures, all regulations that we have, so we are sure we will be in a position when it will be impossible to find any failure against these rules" (Foughton, 1992).

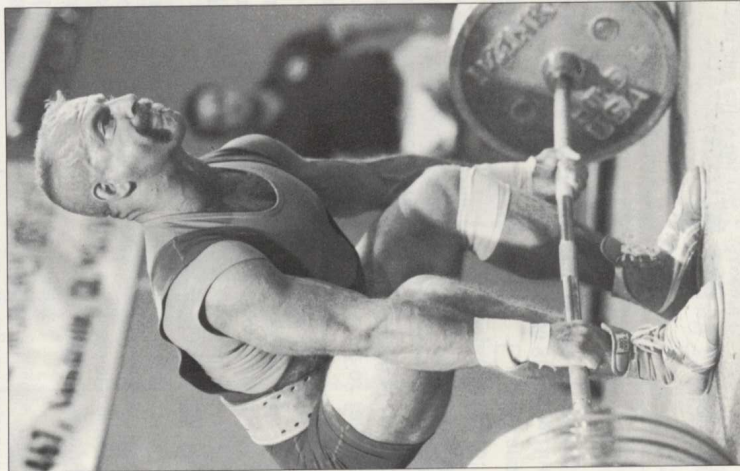
This commitment to excellence has resulted in the following five categories of drugs and related compounds that are currently tested for by the IOC (DIPasquale, 1984):

1. Psychomotor stimulants
2. Sympathomimetic amines
3. Central Nervous System stimulants
4. Narcotic analgesics
5. AAS

The first step in identifying an athlete who has used an illegal substance is the collection of the sample. Proper collection procedures become important, especially should a case go before a court of law where an attorney will attempt to create an aura of doubt and suspicion about the authenticity of the sample. Therefore, the IOC has developed specific procedures that must be followed at all times. This includes documentation undergone with the sample. This is termed a chain of custody and will include controls and documentation in the following areas (Willette, 1992):

- A. Specimen Collection
 1. Separate specimen accessioning area
 2. Collection and shipping container
- B. Transport to the lab
 1. Shipping log and signed receipt
 2. Secured courier
- C. Handling in the lab
 1. Separate specimen accessioning area
 2. Transfer of specimens
- D. Reporting
 1. Control of data recording
 2. Review of evidence
- E. Records
 1. Validation of accuracy reports
 2. Transmission security
 3. Secure storage

Rob Wagner... has set world records under both IPF (Junior World Record Squat at the USPF Seniors) and WDPFF test ing conditions.



2. Retrievable for review

3. Complete
This is obviously a very detailed process. Additional precautions include witnessing all athletes giving the sample, after often drying the toilet bowl water blue, testing urine ph to eliminate the possibility of dilution or initial tampering, informing athletes of their legal rights regarding the testing process, protocol, appeals, etc., and sealing and coding of samples following strict procedures (Voy, 1991).

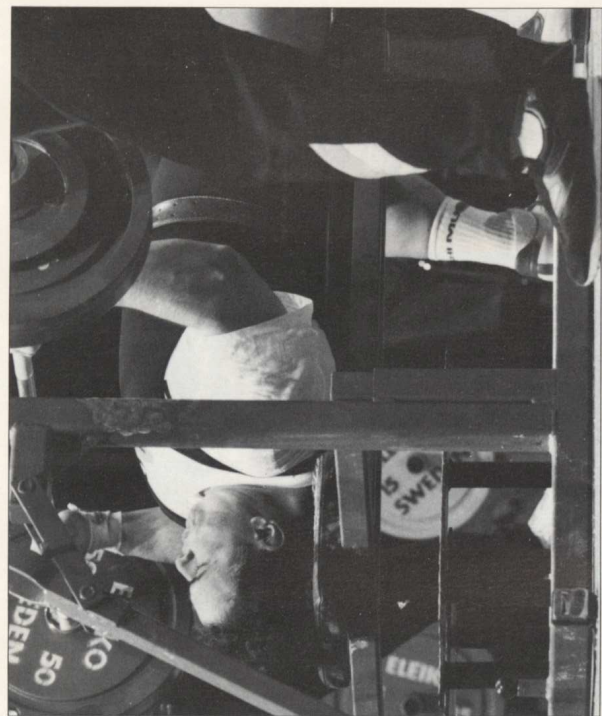
Using urine for analysis has many advantages. One of the advantages is that it is a homogenous dissolution where conservation and protection is very simple. Urine may be conserved with no additives and without a need for refrigeration. Additionally, urine specimens can be used directly in immunoassays and preparation and purification for analysis is minimal (Repetto, 1992).

Doping control labs use various scientific tests to expose traces or metabolites of banned substances when analyzing an athletes sample (Voy, 1991). These tests can include any one or combination of the following methodologies (Cook, 1992): Paper chromatography (spot tests), thin layer chromatography, gas chromatography and gas liquid chromatography (GC, GLC), mass spectrometry (MS), immunoassay, radioimmunoassay, enzyme immunoassay (EI), and fluorescence immunoassay (FI). Which test is actually used depends on many different variables. Sometimes a suspect sample may hint at a presence of an illegal substance and different tests may need to be conducted in order to make a positive identification. Sometimes it also depends on the laboratory. For screening purposes, as an example, one may employ radioimmunoassay. This is a technique that utilizes specific radioactive antibodies to identify substances (DIPasquale, 1984). This is a relatively complex process and many laboratories are not equipped to work with radioactive materials. Gas chromatography, on the other hand, can separate out the individual constituents of the urine one by one without the use of radioactive antibodies (DIPasquale, 1984). This is a delicate, in conjunction with MS is the most often used and 100% reliable way to analyze a sample. The \$30,000 GC screens a small portion of the sample via a stream

of helium that sweeps the urine as it passes through a long tube. A detector registers a peak on a graph whenever it spots molecules that contain nitrogen or phosphorus. These components are present in almost all banned drugs. The time that a given substance requires to pass through the tube is represented as a peak on a readout. This peak also indicates what the substance may be. If the peak is representative of a banned substance, the \$200,000 mass spectrometer is employed. This machine fragments the molecules via ion bombardment into a specific fragmentation pattern that is unique for each drug molecule. Typically these differences appear as peaks at various wavelengths on a chromatogram (Benello, 1992). The confirmation of a substance resembling a banned drug is achieved by comparing its mass spectrograph with those that are present in computerized banks. These records contain the mass spectrographs of all banned substances. These data banks are also being constantly updated (DIPasquale, 1984). When the fragments of a banned drug the test is said to be positive (deJong, Ketzer, & Maes, 1990; Voy, 1991). These results and spectrograph patterns are 100% accurate and unquestionable in terms of validity and reliability (Cook, 1992; DIPasquale, 1984). This process is also so detailed that the results can withstand scrutiny by any court of law in the world (Voy, 1991).

Of major concern in our sport is the use of AAS. The current detection methods allow for most accurate detection of AAS. Liquid chromatography and mass spectra analysis are able to detect the most minute presence of AAS metabolites. GC/MS can detect and identify banned substances by molecular weight at a level of one part per billion (Voy, 1991). Although the basic structures of AAS are similar, the differences that do exist (e.g., an additional methyl substituent at C-17 for methandrostenolone, methyl testosterone and fluoxymesterone versus an ethyl substituent at this position for danazol) are quantifiable, 100% identifiable, and are ultimately responsible for proper recognition of the AAS (Noggle, Clark, & DeKuitler, 1990).

Often, though, the confirmation of an illegal substance is hampered. But what sets IOC doping control apart from other much less scientific means is the ability to employ any number of resources until there is indisputable identification of the sample. As an example, when confirmation is hampered by



IOC Style Urine Analysis is the highest standard of drug testing around the world at this time. From Olympic lifting, where Bulgaria's Evgeny Popov started out to Powerlifting, where he competes now (above) at the World Championship level, this type of testing remains the 'Gold Standard' of world sport

allows for accurate detection even when the detected amount was only 3% of the administered stanozolol. Moreover, by incorporating an enzymatic hydrolysis the majority of stanozolol can be detected and accurately identified (Chao, et al., 1990).

Unfortunately, the use of exogenous testosterone cannot be recognized over endogenous testosterone. This is why the IOC adopted the ratio of urinary testosterone to epitestosterone (T/E) as the sole test for testosterone doping. Adoption of this testing rationale was based upon a theory developed by Dr. Manfred Donike (DIPasquale, 1992a). He found that epitestosterone concentrations in the urine remained constant regardless of the level of a person's testosterone. The normal ratio was determined to be between 1:1 and 2:1 in both men and women (DIPasquale, 1992a). The IOC, however, has set the upper limit of this ratio at 6:1 and stated that "...for testosterone the definition of a positive depends upon the following: Administration of testosterone or the use of any other manipulation having the result of increasing the ratio in the urine of T/E to above 6" (DIPasquale, 1992a, p. 4). This statement indicates that the IOC will consider an increased ratio

above 6:1 as a deliberate attempt of the athlete to artificially enhance performance. This may or may not have included the use of exogenous testosterone. Hence many athletes, their representatives, national sports bodies, and researchers have voiced concern over this policy. Mainly because it is thought that the 6:1 ratio was arbitrarily set without enough conclusive evidence to suggest that 6:1 or greater is abnormal. In response some researchers have suggested the inclusion of a second ratio when testing for exogenous testosterone use, namely the testosterone/urineizing hormone (T/ LH) test. LH also has a constant excretion rate in the urine, and this new and additional way to test for testosterone doping would make standards for banning of an athlete stronger because two relevant urinalysis are used instead of one (Klman, Brooks, Collier, Cowan, Nanjee, Southon, & Wheeler, 1990). From what I have read it is highly probable that the combined indices of T/E and T/LH will be used in the immediate future for proper exogenous testosterone identification.

How long a drug such as an AAS or stimulant can be detected may depend upon the half life of the drug. If the half life of a certain is one day, then approximately 50%



Female Lifters face the same challenge as the men - which is the best kind of testing, and the fairest competition to be found. Bettina Altizer has competed at the Nationals in both the U.S.P.F. and the A.D.F.P.A.

of the drug will pass through a system in 12 hours. In another 12 hours another 50% of what is left, i.e., 25% of the original will have cleared the system (Voy, 1991). Injectable AAS have usually long retention periods. Most are detectable for months after discontinuation. As an example, one of the longest detection periods has been recorded for Decadurabolin (Nandrolone) which is detectable from 12-18 months (Voy, 1991). Most oral AAS, on the other hand, could clear the system and possibly be undetectable after several days of discontinuation (DIPasquale, 1992b). Amphetamines, on the other hand, can be detected up to 48 hours after use.

In addition to the drug's half-life one must consider how long a drug's metabolites remain detectable. After a conversation with the director of the IOC accredited lab in Indianapolis, I learned that a given drug's metabolites are present long after the drug's half-life would indicate that the substance has been eliminated from one's system. The rate at which a drug's metabolites will pass through a person's system is very hard to predict as it depends on the individual's metabolism, particular excretion rates, the type of metabolite the drug has been changed to, etc.

In order to overcome problems that a false negative or a false positive would entail, the International Amateur Athletic Federation drafted a paper entitled "Requirements for Accreditation of Laboratories and Standardization of Analytical Methods." The IOC's medical committee adopted these standards and expanded upon them for the 1980 Games. In addition to eliminating the possibilities of false negatives/positives, these accreditation standards aid in eliminating international distrust by competing nations (Ben-Shakker & Furedy, 1990; Donike, 1992).

The validation of IOC techniques occurs by comparison of suspect samples to pure compounds and by qualitative control of the drug assays. This is of paramount importance because it will allow for an absolute minimum of false positives/negatives. Elaborate procedures are followed to ensure accuracy: 1) specimens containing no drugs are tested first to verify that there is no interference from normal urinary constituents; and 2) an internal standard is added in constant known amounts for purposes of comparison. This internal standard is subject to the same criteria as the sample, i.e., extraction losses and volume measurements (DIPasquale, 1987). The next concern is quality control. This is ob-

of mishandling in the process of sample collection one can also be certain that these mistakes will not remain unnoticed. It is therefore of extreme importance for the athlete to ascertain whether qualified personnel will be in charge of sample sealing, and mailing to the labs or not. Do not be afraid to ask for qualifications and do not be afraid to let it be known when unqualified personnel or poor procedures are used. Do not accept whatever a meet director of federation presents to you without finding out more whenever you suspect that something is not kosher.

FURTHER CONSIDERATIONS
Part I of this article reviewed USA and the poligraph for purposes of identifying illegal drug use in powerlifting competition. The bottom line in regard to USA is that it is completely and unequivocally worthless as a means for doping control. This is not opinion but rather scientific fact. Therefore, there is no justification whatsoever to use this instrument. In addition, any meet or federation that claims to be drug-free, or claims to drug test via the USA is NOT providing a fair environment for the lifter.

The poligraph, on the other hand, has been an instrument of controversy for many years. This controversy has spanned from the private sector to the federal government and directly to our sport. The fundamental concern remains the same: Can the poligraph accurately and repetitively indicate whether a person is lying or telling the truth? Research has clearly demonstrated that only under the best of circumstances, i.e., a highly qualified and educated examiner who will take anyone between two to four hours to question an individual will the accuracy of detecting a lie approach 80-90% range. But then, of course, there remains the other fundamental question: What is actually being detected - anxiety, arousal, fear, nervousness, a lie? In other words, the common approach of poligraph testing that takes place at most powerlifting competitions is highly suspect in its ability to reliably detect doping.

Part II dealt with an in-depth analysis and review of urine analysis. Clearly and without any doubt this means of detecting performance enhancing substances has emerged as the most effective agent. The success rate of identifying an illegal drug is 100%. The only area of concern is that of proper adherence to the procedures required between sample collection and sample analysis. However, with strict adherence to these steps, as outlined by the IOC, the possibility of a false positive/negative is about zero

percent.
So, now you know everything there is to know about how the main drug testing methodologies employed by the US based powerlifting federations work. What is your next step? First of all, you need to ask yourself how important it is for you to compete in a drug free environment. If it is important for you to be ensured that your competitors are "clean" you must find out which organization tests for performance enhancing substances. You can do this by simply calling the federation or by asking the meet director. The next question should concern the means by which this organization tests for drugs. If the answer is USA, hang up. If it is the poligraph, you need to ask more in-depth questions as to the process of poligraph testing and the examiners qualifications. If the standards employed do not meet those required as outlined in Part I of this article for the highest possible standard, you need to call the next federation. Now, your search should be limited to the federation(s) that test via urine analysis. Once you have identified that organization, you once again have to dig deeper. You should ask about whether a qualified medical specialist is in charge and oversees the sample collection, whether an accredited laboratory analyzes the

samples, what guidelines are being followed from sample collection to the reporting of the findings, etc. Also, do not be afraid to ask for records of your tests or the lab report. This will be proof that your sample and that of the other competitors were actually tested. Believe it or not, it has happened in the past that samples were collected and never analyzed.
I realize that this involves quite a lot of work. But if you, the lifter, really want quality, fairness, and drug controlled competition, then these efforts will be well worth their time. Also, make your desires known to the powerlifting community because everyone's opinion is important. If the lifters unite in the quest for a truly effective way to test for drugs then all these organizations that use sub-standard means for doping control will fall by the way side, and we will be one step closer to unification and dare we dream - Olympic recognition.

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POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

Tamara Rainwater-Grimwood as told to Powerlifting USA by Terry Grimwood Jr.

In a recent article by World Powerlifting Congress President Kieron Stanley, Tamara Rainwater-Grimwood was dubbed, "Powerlifting's Golden Girl." When asked exactly what he meant, considering Tamara's coal black hair and American Indian ancestry, he simply replied, "she always brings back the gold!"

There is no disputing that fact. Tamara has been competing since 1989 and has never lost a powerlifting event, even those solely judged by formula. Tamara Rainwater-Grimwood is the current W.P.C. World Champion at 181 lbs. as well as earning the Women's Overall Best Lifter Honors. She is also the A.P.F. National Champion two years running. Tamara has competed in the A.D.F.P.A., U.S.P.F., A.P.A., and A.P.F. and does not discriminate against any particular organization to avoid competition. Recently, she has decided to concentrate her lifting in the A.P.F. and will direct her energies as PA co-chairperson.

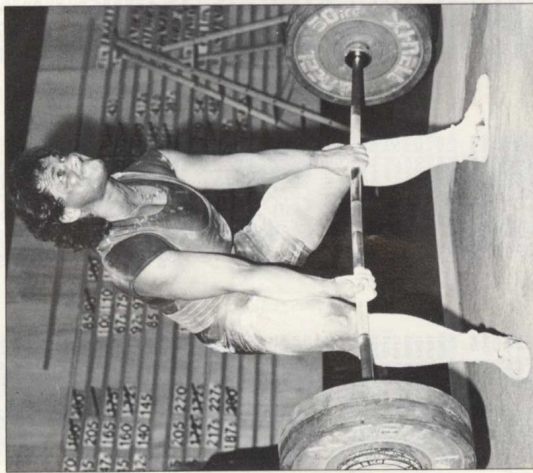
Tamara was born in upstate New York and resided there until she entered the United States Marine Corps after college. She began lifting weights while stationed at Marine Corps Air Station, Kaneohe Bay, Hawaii. There, she competed as a bodybuilder and placed third in Hawaii's Paradise Cup. After almost eight years of active duty, Tamara was awarded an honorable discharge and began her civilian lifestyle. She is co-owner of Grimwood's Power Plant Gym and is pursuing a career as a private

investigator. Over these past four years, powerlifting has provided Tamara with the rewards of both travel and friendship. Tamara encourages beginner lifters to compete and to search out whatever it is that they desire from life.

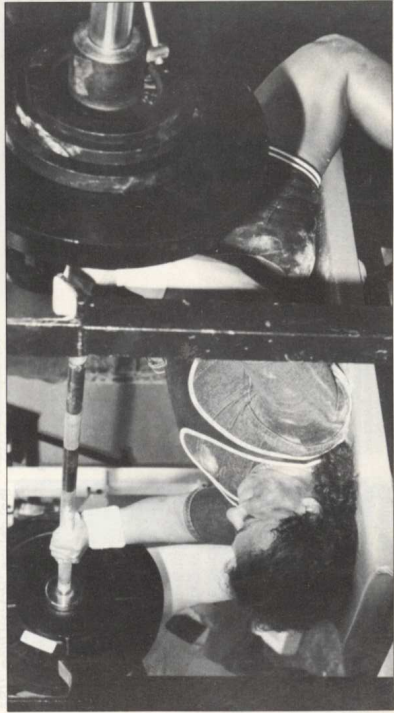
In 1990, Tamara underwent knee surgery and took the year off from powerlifting. Many doubted that she would ever be able to compete again, but they didn't know much of her time helping others. Whether it's in the gym or on the street, Tamara's heart is as big as her lifts. If she could, Tamara would have me list everyone that has ever helped her aspire and dream and believe in herself. She would want to give them all of the credit and all of the recognition. That is just the way she is, and I never want her to change. I am her husband, and she is in every sense of the word, a champion.

I would like to take this brief moment to sincerely thank PL USA for allowing me to express these thoughts, and everyone involved with powerlifting for making this sport so enjoyable and rewarding. I am truly grateful.

Terry Wm. Grimwood, Jr.



Determination. Tamara finishes off a 9 for 9 day at the World Powerlifting Congress Worlds in France (photo by James Benbow).



Tamara didn't get proper credit for this 347 lb. bench in the results of the 1993 A.P.F. Senior Nationals

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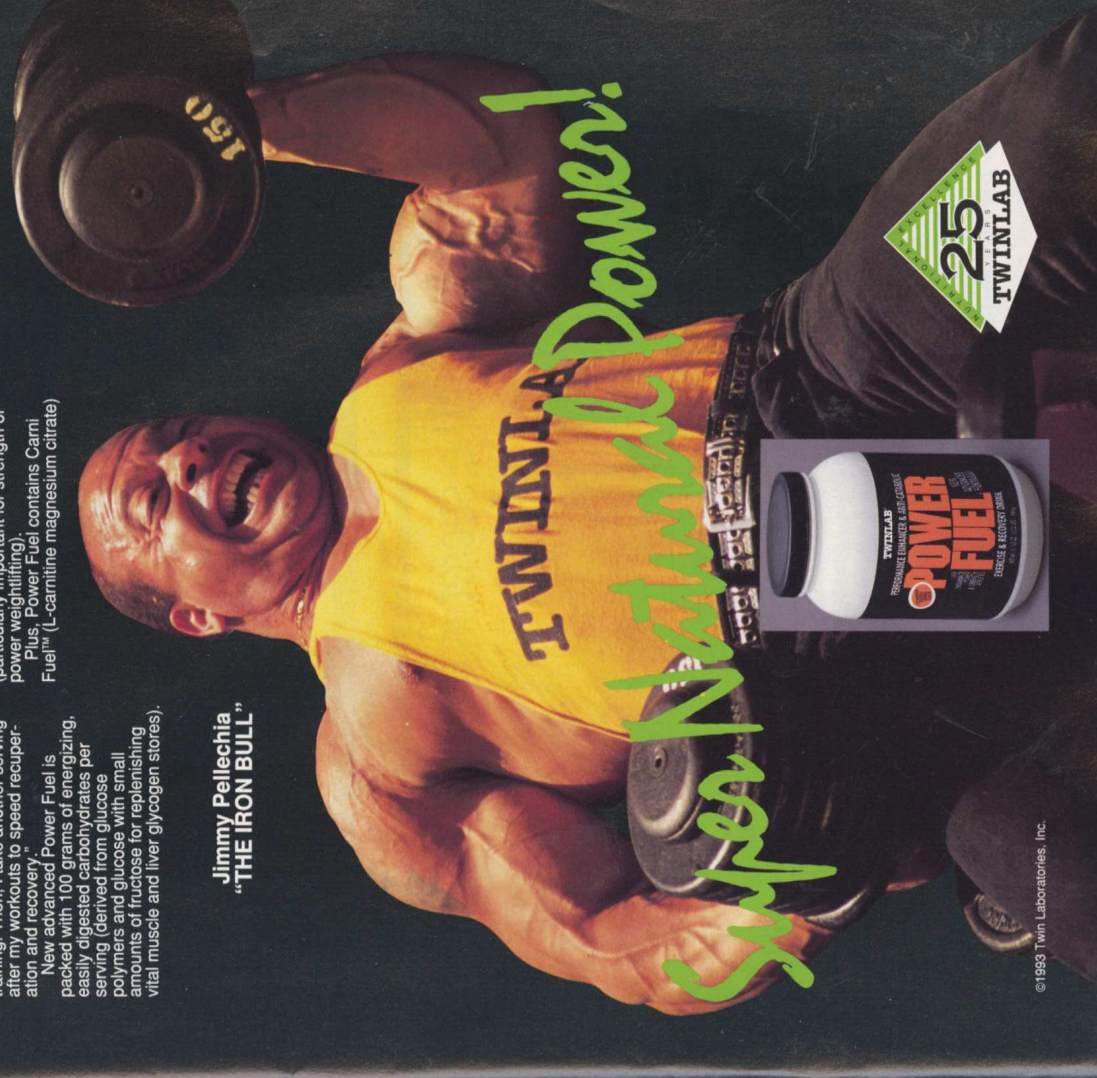
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STARTIN' OUT

A special section dedicated to the beginning lifter

Training for Teenage Girls as told to Powerlifting USA by Andrea L. Sortwell

Over the years I have had the opportunity to train with and coach several female teenage competitors, including two of national caliber. In addition, I have observed many more young lady lifters at both local meets and nationals. The following is a list of suggestions that will aid in the training and meet preparation for these lifters. Many of these suggestions may also apply to male teenagers, as well as some novice lifters; if so, you will realize this as you read my explanations. For those of you who are thinking that you don't train with any young ladies at the present time, don't forget that that can always change. Who among us could resist the opportunity to help a young lady who had enough interest and desire to approach you in the gym and say "I was wondering if you could help me... everyone keeps telling me to try bodybuilding, but I just want to be strong, and lift heavy weights". This kind of statement will touch the heart and soul of any powerlifter, as it has for me in the past.

1) The first thing to bear in mind is that poundages are relative. Remember that a 15 year old benching 70 or 80 pounds would not be able to make even 5 lb. training jumps each week. Therefore, if she is benching 50 for 8 repetitions, a jump to 55 the next week would be a 10% increase, and could be compared to a male lifter repping with 300 lbs., and moving to 330 the next week for the same number of reps. I have found that the easiest way to work around this is to order 1 1/4 pound plates and utilize smaller incremental increases. This way training cycles can be designed around 2 1/2 pound increases. These plates are available, however you may have to call around for them. In the absence of these small plates, you can use 1 or more extra spring collars on each side. The ones at my gym weigh about 1 1/2 pound, and two or three spring collars on each side will work.

2) As with all novice lifters, learning proper technique is crucial. Most high school age lifters, if they are lucky enough to have a high school team, compete very often during a three month period, as there tends to be a powerlifting season. Therefore, coaches and lifters are often caught up in trying to determine a lifter's maximum capabilities before each meet, which means that there is less time to work on fundamentals and to use proper training poundages. Further, even if proper techniques are learned with lighter weights, any experienced lifter knows how easy it is to lose your form if you jump too heavy too soon. I suggest that maximum attempts be reserved for meets only, departing from this only when a lifter needs a buildup of confidence, should be corrected before they are allowed to attempt heavy weights. There is nothing worse than watching a young lifter's knees almost touch as they try to complete a squat, yet I have seen it a number of

weights, any experienced lifter knows how easy it is to lose your form if you jump too heavy too soon. I suggest that maximum attempts be reserved for meets only, departing from this only when a lifter needs a buildup of confidence, should be corrected before they are allowed to attempt heavy weights. There is nothing worse than watching a young lifter's knees almost touch as they try to complete a squat, yet I have seen it a number of

times in competition. Repetitions concentrating on controlling the weak joint, or accessory exercises designed to strengthen muscle imbalances are the best way to correct these types of technique problems. Certainly, allowing a lifter to try repeated maximums is not the answer to deficiencies in form.

3) Many young ladies seem able to walk right in and lift with little or no warm-up. This makes us older lifters cringe. Even if they feel that stretching isn't necessary, a basic stretching routine before each of the powerlifts should be followed. Stretching not only limbers you up, it also is reported to send a signal to your brain to prepare for exertion. Also, the young lifter should be taught to vary their training, making sure never to work the same large body parts or lifts two days in a row. Just because a young female doesn't feel sore doesn't mean that her body and strength won't benefit from a day or more of recuperation. Lifters should be taught that powerlifting is different than most sports, in that they don't train the same movements day in and day out.

4) The psychological aspects of lifting are very important to girls. I remember a first meet for a young lady whose training was going very well. Unfortunately, she bombed in the squat. Her comment to me afterwards was that when she looked at the weights on the jackracks they looked much bigger than the ones in the squat rack at the gym. She had psyched herself out before she even lifted. Lifters should try to reach a meet if possible, before competing in one. Before the meet point out to her the possibility that different equipment may be used, and that the width of plates varies, even though they weigh the same. One way not to psyche-out is to look only at the bar, and not the weight on it.

Any novice lifter would be well-advised to study the rules before competing. Knowledge of the basics, i.e., squat depth, referee signals, attempt selection and lifting order should be emphasized. If you are a high school or college coach, why not give a test on the rules in conjunction with gym class? Lifters should also familiarize themselves with kilos if the meet is to be held using these weights. If they like math, teach them how to translate pounds into kilos and vice versa. If dealing with math during a meet is overwhelming to them, at least make sure they understand how to use the conversion chart properly.



Jennifer Moser is an example of a well-trained young, female powerlifter. She has competed in the United States Powerlifting Federation Sr. Nationals and recently pulled a 319 lb. deadlift, weighing 112.5 lbs., at the age of 15

5) A teenager may have many more opportunities to compete than an older lifter. In addition to considering open competitions, there may be many high school or collegiate meets to consider. The coach and lifter should weigh the pluses against the minuses of competing in many consecutive meets. If a lifter has the dedication and ability to compete at the national level, she should be encouraged to pursue this. At this time, both the ADPPA and the USPF offer teenage girls nationals, either in conjunction with the women's open, or with the boy's and collegiate nationals. There are also high school and collegiate nationals. Sometimes the meet advertisements for nationals are unclear as to whether they will include divisions for teenage girls. With so many associations these days, the best advice I can give is to contact your state chairpersons, if they are reliable, or the national presidents, to inquire as to the various opportunities their association offers for teenage girls at the national level. American, national and even world records are also now recorded, therefore if you are working with a young lady of this caliber, you should research these records also.

6) Making weight and selecting the appropriate weight class are a consideration for any lifter. Again, remember that weight is relative and 5 lbs to lose is a lot for a 110 pounder. The trainer and lifter should evaluate the lifter's bodyweight and determine the appropriate weight class well ahead of the meet. Also, some associations use different weight classes for women, particularly the ADPPA. Research and know the weight class options ahead of time, for every meet being entered. If the lifter could stand to lose a few pounds, then she should be told to follow a healthy diet, but not a crash diet. Many teenage girls tend to follow crash diets. These are very detrimental to anyone training with weights. Ideally, a weight loss schedule should be set, and weekly weigh-ins should be required. Last minute water-loss should be reserved only for important meets, and for a lifter who has experience. Even then only a few pounds should be allowed. Make sure that the lifter doesn't get nervous and over-diet. An accurate scale can help avoid these problems. Remember that a teenage girl is still growing, and there will come a time that a move-up in weight class is called for. Muscle gains will add to any normal weight gain, so let her know that moving up a weight class is OK under these circumstances. Powerlifting offers a unique opportunity for larger young ladies to compete and excel in strength. They can utilize their natural size with them that powerlifting will help enhance a large healthy body.

7) There are certain pieces of equipment that are necessary, even for the beginning lifter. Others are optional, but should be utilized when necessary and beneficial. The most important piece of equipment is probably the belt. A power belt is preferred, versus a waist with a thinner waist. Many young girls' waists are so slim that a powerbelt may feel uncomfortable, especially if it is not broken in. I suggest that abdominal exercises be utilized to thicken out the waist muscles, so that the powerbelt can be effectively utilized. Emphasize that any waist size gain from muscle is not the same as a "fat waist". Also try using a broken-in belt. If a lifter will be competing, a suit is necessary. Custom ordering of suits may be necessary for the smallest lifters. Be

aware of the fact that many young ladies are shorter-waisted than their male counterparts, therefore make sure you know the torso length measurement of the lifter when ordering. The suit may require a customized torso length, a smaller waist area, or perhaps only a slight shortening of the straps, which may be possible with a little sewing. Two manufacturers that can accommodate custom orders are Inzer and Titan. Reef has a line of suits for women. Other companies may also be able to help. As the lifter advances, careful attention should be paid to proper fitting shoes, heel height, knee wraps, bench shirts, and the proper use of chalk and baby powder.

The use of blocks when benching is particularly important for shorter females. Most women use an arched back in their bench position. Blocks of varying height may be necessary to take advantage of this form. The lifter or coach should confirm with the meet director that blocks will be available. Plates may make a suitable substitute for blocks, although the footing may not be as good. Also confirm with the meet director that the jackracks will go low enough for a short lifter.

Obviously, the proper use of knee wraps and bench shirts can aid in the lifter's capabilities. I personally believe that young lifters are relying on this equipment too much too soon, particularly in training. This supportive equipment should be used in training only when heavier poundages are dictated. In regard to the bench shirt, care should be avoided not to over use it in training. Over reliance on wraps and shirts in training will only keep the lifter from strengthening these bodyparts. The lifter should be encouraged to train without wraps and bench shirts when light and moderate poundages are used. Of course the lifter will need to use these aides in training to get used to them, but they should be used sparingly. I suggest using looser wraps as the weights begin to get heavy, and gradually using tighter wraps as the meet nears and the poundages increase. The lifter needs to learn to wrap herself and not rely on others to wrap her. I have seen lifters insist that "so and so" has to wrap them. If "so and so" isn't around, then they seem paralyzed to do it themselves. Certainly, if a coach is available and qualified to wrap at the meet, then this can be done, as long as care is made so that the wraps are not too tight, as injuries can result from too-tight wraps.

A world of opportunity awaits those young ladies who are serious about powerlifting, and they should be encouraged at every opportunity. It can be very beneficial to invite experienced lady lifters who are good role models to become more interested in their meet other women who are competing. As in all aspects of life, a mentor relationship can make all the difference in the world, and can help these young female athletes to visualize an adult life which includes powerlifting. The teenage girls who take advantage of proper training and commitment to the sport at this early age will probably be those who set the records in the future. Many of the top women powerlifters of today did not begin until they were adults, as powerlifting was not common among women until the late 1970's. Today's teenage girls will have the added advantage of many more years "under their belt" when they reach their full potential as adults.

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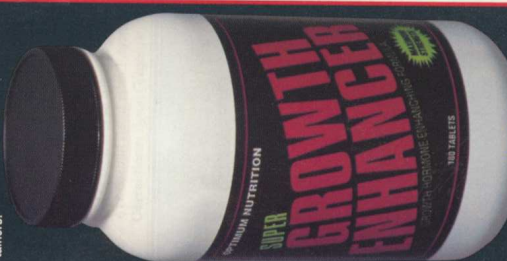
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POWER PROFILE

The LESTER MASLOW Story as told to Powerlifting USA by his friend Steve Elgin

Because of the relative obscurity of Powerlifting, few top level lifters receive the credit due to them. One of those top level lifters is Lester Maslow. Lester has been competing for over 10 years. The following are some of his accomplishments: IPF PAN AM Champion, APF Senior National Champion, USPF National Champion, USPF Junior National Champion, and NASA Regional Champion. He has totaled 1590 at 165 lbs. This was achieved without a bench shirt or groove belts. Even with this impressive resume, Mr. Maslow is not well known.

Lester was a collegiate track and field athlete. This has affected his training today. He stretches before and after workouts. Aerobic work is done several times a week. He does not eat junk food or processed sugar products. The fats are kept to a minimum. The only supplements he uses are carbs, proteins, and vitamins. Lester uses sound training principals and techniques. Technique is stressed to insure good lifts in a meet. Lester treats himself as a

strength athlete and not just a weightlifter. Over the years Lester has had many influences. Some of these have come in the form of training partners. They have helped him reach his lofty position as a top level lifter. He has trained with one world champion and several national champions. A majority of his other training partners have been nationally ranked. These lifters have formed successful teams and Lester has lifted on them. Currently he lifts on the "Small and Weak Power Team". The many successful training partners aided Lester in the climb to a national level.

Lester believes in helping powerlifters. He puts back into the sport. Fellow lifters are encouraged to follow. If assistance is needed, Lester is there to lend a hand. He will do anything from spot to design a lifting cycle for peaking. Lester

is serving by one organization. There are many setbacks in powerlifting. A great deal are injury related. Injuries have occurred in Lester's ten year lifting career. The latest injury was a torn hamstring. A picture of this injury appeared in a recent PL USA. Lester believes many injuries are caused by poor nutrition, a large weight loss at meet time, and poor technique. Lester tries to prevent these weak points and hopes to strengthen them as much as possible. Lester listens closely to his body. If possible, he trains around an injury. If not, he rests the injured body part. Lester also hopes senior training and good form will assist in injury prevention. He spends a great deal of time after an injury to find the cause. That way a similar injury can be prevented.

Powerlifting should not be discouraged. Ten years of successful powerlifting is to be commended. Ten years of national caliber lifting is to be applauded. Lester Maslow is a true asset to the sport of powerlifting. If you ever see Lester at a meet, take a moment to speak with him. I am sure you will agree.



Les Maslow competing at the APF Sr. Nationals

a detailed PL USA look at some of the best lifters in the world

pass all aspects of one's life. Lester adheres to this philosophy. There are many weeks he works 60 to 70 hours. His training is fit in where time permits. Other sport activities are added for diversity. He regularly swims and plays tennis. Lester also fits his community volunteer work into his light schedule. Lester is a very busy person.

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TOP 100

For 198 lb./90 kg. USA lifters competing in results received from January 1993 through December 1993.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	777 Bell, G. 6/18/93	555 Lewis, P. 9/11/93	766 Anderson, S. 6/18/93	1978 Bell, G. 6/18/93
2	771 Cooney, R. 11/16/93	555 Sherman, R. 11/16/93	766 Anderson, S. 6/18/93	1973 Anderson, S. 6/18/93
3	760 Anderson, S. 6/18/93	515 Lamb, A. 12/18/93	722 Bell, G. 6/18/93	1912 Cooney, R. 11/16/93
4	760 Anderson, S. 6/18/93	515 Lamb, A. 12/18/93	710 Harris, A. 10/17/93	1879 Schupp, S. 3/13/93
5	760 Anderson, S. 6/18/93	515 Lamb, A. 12/18/93	710 Harris, A. 10/17/93	1795 Font, D. 5/26/93
6	750 Fiedt, D. 6/26/93	507 Burt, R. 8/29/93	715 Maljoko, T. 6/18/93	1862 Maljoko, T. 6/18/93
7	730 James, S. 3/20/93	501 Ludy, R. 8/7/93	715 Maljoko, T. 6/18/93	1845 Sherman, H. 5/15/93
8	730 James, S. 3/20/93	501 Ludy, R. 8/7/93	705 Wagner, D. 10/19/93	1845 Harris, A. 10/17/93
9	715 Roberts, S. 4/25/93	500 Mann, J. 8/26/93	705 Wagner, D. 10/19/93	1820 Roberts, S. 4/25/93
10	715 Roberts, S. 4/25/93	500 Mann, J. 8/26/93	705 Wagner, D. 10/19/93	1818 Cooney, R. 11/16/93
11	710 Bughes, D. 7/24/93	500 McMillan, D. 7/24/93	700 Wilson, Z. 4/93	1800 James, S. 3/20/93
12	710 Bughes, D. 7/24/93	500 McMillan, D. 7/24/93	700 Wilson, Z. 4/93	1800 James, S. 3/20/93
13	710 Ludy, R. 8/7/93	495 Herring, G. 6/18/93	690 Balimore, M. 12/4/93	1800 James, S. 3/20/93
14	705 Watts, S. 2/27/93	485 Herring, G. 6/18/93	690 Balimore, M. 12/4/93	1795 Font, D. 5/26/93
15	705 Watts, S. 2/27/93	485 Herring, G. 6/18/93	690 Balimore, M. 12/4/93	1795 Font, D. 5/26/93
16	705 Watts, S. 2/27/93	485 Herring, G. 6/18/93	690 Balimore, M. 12/4/93	1795 Font, D. 5/26/93
17	700 Roy, E. 4/25/93	475 Torrance, J. 3/21/93	670 Borstlein, D. 7/24/93	1775 Jones, G. 6/17/93
18	700 Roy, E. 4/25/93	475 Torrance, J. 3/21/93	670 Borstlein, D. 7/24/93	1775 Jones, G. 6/17/93
19	700 Maljoko, T. 6/18/93	475 Genser, C. 11/20/93	670 Borstlein, D. 7/24/93	1775 Jones, G. 6/17/93
20	699 Bell, D. 11/16/93	470 Bingham, B. 3/14/93	666 Brookes, J. 3/14/93	1752 Hall, D. 2/27/93
21	699 Bell, D. 11/16/93	470 Bingham, B. 3/14/93	666 Brookes, J. 3/14/93	1752 Hall, D. 2/27/93
22	690 Gearhart, J. 12/11/93	470 Cahill, M. 8/14/93	666 Brookes, J. 3/14/93	1752 Hall, D. 2/27/93
23	690 Gearhart, J. 12/11/93	470 Cahill, M. 8/14/93	666 Brookes, J. 3/14/93	1752 Hall, D. 2/27/93
24	683 Holmes, D. 6/18/93	460 Stewart, J. 11/16/93	661 Walden, J. 4/17/93	1741 Barakian, S. 3/27/93
25	683 Holmes, D. 6/18/93	460 Stewart, J. 11/16/93	661 Walden, J. 4/17/93	1741 Barakian, S. 3/27/93
26	683 Holmes, D. 6/18/93	460 Stewart, J. 11/16/93	661 Walden, J. 4/17/93	1741 Barakian, S. 3/27/93
27	680 Hitchcock, K. 1/19/93	465 Vignasuit, R. 7/10/93	660 Price, K. 1/31/93	1740 Capozzi, L. 6/5/93
28	680 Hitchcock, K. 1/19/93	465 Vignasuit, R. 7/10/93	660 Price, K. 1/31/93	1740 Capozzi, L. 6/5/93
29	677 Vinson, M. 10/23/93	462 McGinn, J. 6/18/93	655 Kraus, J. 7/10/93	1730 Vinson, M. 10/23/93
30	675 Martinez, M. 4/24/93	460 Stone, J. 3/16/93	655 Kraus, J. 7/10/93	1730 Vinson, M. 10/23/93
31	675 Wilson, Z. 4/93	460 Stone, J. 3/16/93	655 Kraus, J. 7/10/93	1730 Vinson, M. 10/23/93
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36	666 Hooks, S. 2/26/93	460 Arnold, G. 12/14/93	650 Maxwell, C. 8/7/93	1700 Hitchcock, K. 1/19/93
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38	666 Hooks, S. 2/26/93	460 Arnold, G. 12/14/93	650 Maxwell, C. 8/7/93	1700 Hitchcock, K. 1/19/93
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100	628 Ferrel, E. 6/12/93	435 Ferrel, E. 6/12/93	625 Booth, T. 5/22/93	1699 Berggren, R. 7/17/93

NEXT MONTH... TOP 220s

Corrections: Byron Gregory should have been credited with a 475 bench press on the TOP 100 list. Tom Schott should have been credited with a 903 squat to go along with his 440 bench and 555 deadlift, which produced a 2000 total as an ADPPA Superheavyweight. Art Ramsey should have been listed among the ADPPA's TOP 20 listing of Superheavyweights also, for his bench press of 490 lbs. lifted on October 2nd, 1993 at the California ADPPA Bench Press Championships. In reference to Chris Confessore's new sponsor in the report on the Malibu Classic IV in the February edition of POWERLIFTING USA, the spelling of the product line name was incorrect - it should read "TRINETICS". Though we strive for accuracy, there have been many errors made over the years on our ranking lists, and there will likely be in the future. We certainly apologize for any errors - some are our own fault, some due to results sent in without bodyweights or weight classes indicated, and some lifts because we do not receive the results from the meet director. Please let your meet director know that you hope and expect that they will make sure you get credit for their lifts on our future ranking lists, by sending in the results. Send any corrections you find in the magazine to: "ERRORS", P.O. Box 467, Camarillo, California 93011. We are sorry about any and all errors and hope to publicly correct them for you.

WORKOUT of the Month

After reading a previous issue of POWERLIFTING USA, I felt compelled to put in words a workout that all of these training articles seem to describe; a training regime that uses the scientific as well as speculative principles that I have been reading about.

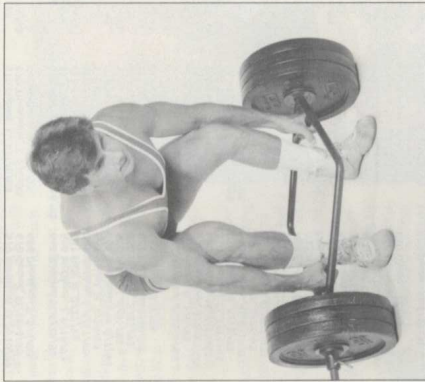
Because of my engineering position, the past couple of years really have not given me much time to train. In fact, my training was hit and miss, mostly missed. Then, this wonderful tool called a computer, that I had used so much in design work, said, "Use me to put together 'THE' training program." So, with some help from my computer specialists, a program was written and installed in the computer at work. Next, all the information from many years of articles in muscle magazines and strength journals was entered. I really like the workout that came out.

My favorite part of the program was the simple workout day and

rest day layout. Fred Hatfield once wrote an article that discussed the way to train heavy all of the time by giving the body enough time to recuperate between sessions. This workout does just that in prescribing four to six days between squats and deadlifts and ten days between squat workouts and ten days between deadlifts.

The bench can be done every four days. The body really likes the idea of a regular routine and the mind enjoys the changing of the exercise that is scheduled for that particular day. Look at the following example:

Week 1:
Sunday - off.
Monday - deadlift & assistance.
Tuesday - off.
Wednesday - bench & assistance, Thursday - off, Friday - squat & assistance, Saturday - off.
Week 2:
Sunday - off, Monday - bench & assistance, Tuesday - off, Wednesday - deadlift & assistance, Thursday - off, Friday - bench & assistance, Saturday - off.
Week 3:
Sunday - off, Monday - squat & assistance, Tuesday - off, Wednesday - bench & assistance, Thursday - off, Friday - deadlift & assistance, Saturday - off.



Al Gerard with his unique invention - The TRAP BAR.

on the info entered, it showed best strength and size gains with intensities in the 70% range if reps were used in the following manner. On squat day the lifter warms up and progresses to the 70% of 1RM (1 REP MAX), you know, if you can squat 500, then 70% of 500 is 350. The lifter now performs as many reps as possible in ten (10) minutes. These reps are 5's and 3's and 2's and whatever adds up for the total in ten minutes. We are talking real clean-low good squats. Have your spotters ready! Or do your squats in a power rack. You will probably rack the weight eight to twelve times in the 10 minute span.

The deadlift is done in the same way. Perform as many reps as possible with 70% max in 10 minutes, no bouncing, use strict form and start each rep like a competition deadlift.

Now the bench day is more what you are used to doing. The lifter does about six sets of 8 reps with the last set being around 70% max.

This 70% max is great off-season.

I have enclosed the computerized workout that I have described above. This program is seven weeks for the building and five weeks for the peaking. The maximum lifts assumed are: 500 lb. squat, 300 lb. bench, 600 lb. deadlift.

In conclusion, this workout uses much of the information that we all have accessed from time to time, but the 10 minute "killers" will build size and strength beyond your expectations! I am trying to include biohythms into the information to show in even more detail when to push and when to back off. If you have access to a computer or want more info on computerized workouts, contact me as I will be more than willing to help: Al Gerard, 207 Holyoke Dr., Washington, NC 27889.

Week 1: Monday - Block Stifflegs 215x8, 225x8, 240x8, 265x8; Trap Bar deadlift 395; Partial Deadlifts 285x12, 295x12, 315x12, 345x12. Wednesday -

Bench Press 150x8, 175x8, 190x8, 210x8, 220x8, 230x8; Narrow Bench 135x8, 145x8, 155x8; Hammer Curls 75x8, 80x8, 85x8, 90x8; Incline Dumbbells 100x8, 100x8, 100x8, 100x8; Safety Squat 180x8, 190x8, 205x8, 220x8; Power Squat 35x8; Partial Squat 405x12, 405x12, 405x12, 435x12; Leg Press 330x12, 355x12, 370x12, 390x12; Ab Machine 60x12, 60x12, 60x12, 60x12. Friday - Bench Press 165x8, 190x8, 205x8, 210x8, 220x8, 140x8, 150x8, 160x8; Hammer Curls 80x8, 85x8, 90x8; Incline Dumbbells 100x8, 100x8, 110x8.

Bench Press 150x8, 175x8, 190x8, 210x8, 220x8, 230x8; Narrow Bench 135x8, 145x8, 155x8, 165x8, 175x8, 185x8, 195x8, 205x8, 210x8, 220x8; Narrow Bench 125x8, 130x8, 135x8, 145x8, Hammer Curls 70x8, 75x8, 80x8, 85x8, Incline Dumbbells 95x8, 95x8, 95x8, 95x8. Friday - Safety Squat 165x8, 175x8, 190x8, 425x12, Power Squat 325, Partial Squat 400x12, 400x12, 400x12, 425x12. Leg Press 320x12, 320x12.

Week 2: Monday - Bench Press 155x8, 185x8, 195x8, 205x8, 210x8, 220x8; Narrow Bench 125x8, 130x8, 140x8, 150x8; Hammer Curls 75x8, 75x8, 80x8, 85x8; Incline Dumbbells 95x8, 95x8, 95x8, 95x8; Wednesday - Block Stifflegs 220x8, 235x8, 250x8, 275x8; Trap Bar Deadlift 420x; Partial Deadlift 300x12, 315x12, 330x12, 360x12. Friday - Bench Press 155x8, 180x8, 195x8, 200x8, 210x8, 215x8; Narrow Bench 130x8, 135x8, 140x8, 150x8; Hammer Curls 75x8, 75x8, 80x8, 85x8; Incline Dumbbells 95x8, 95x8, 95x8, 105x8.

Week 3: Monday - Safety Squat 175x8, 185x8, 200x8, 220x8; Power Squat 345x, Partial Squat 405x12, 405x12, 405x12, 430x12; Leg Press 330x12, 330x12, 330x12, 350x12; Ab Machine 55x12, 55x12, 55x12, 60x12. Wednesday - Bench Press 160x8, 185x8, 200x8, 205x8, 215x8, 225x8; Narrow Bench 130x8, 135x8, 145x8, 155x8; Hammer Curls 75x8, 75x8, 80x8, 85x8; Incline Dumbbells 100x8, 100x8, 105x8, 105x8. Friday - Block Stifflegs 230x8, 240x8, 260x8, 290x8; Trap Bar Deadlift 405x; Partial Deadlift 310x12, 325x12, 345x12, 375x12.

Week 4: Monday - Bench Press 165x8, 190x8, 205x8, 210x8, 220x8, 230x8; Narrow Bench 135x8, 140x8, 145x8, 155x8; Hammer Curls 75x8, 80x8, 85x8, 90x8; Incline Dumbbells 100x8, 100x8, 100x8, 100x8; Safety Squat 180x8, 190x8, 205x8, 220x8; Power Squat 35x8; Partial Squat 405x12, 405x12, 405x12, 435x12; Leg Press 330x12, 355x12, 370x12, 390x12; Ab Machine 60x12, 60x12, 60x12, 60x12. Friday - Bench Press 165x8, 190x8, 205x8, 210x8, 220x8, 140x8, 150x8, 160x8; Hammer Curls 80x8, 85x8, 90x8; Incline Dumbbells 100x8, 100x8, 110x8.

Week 5: Monday - Block Stifflegs 215x8, 225x8, 240x8, 265x8; Trap Bar deadlift 395; Partial Deadlifts 285x12, 295x12, 315x12, 345x12. Wednesday -

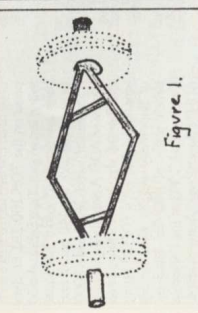


Figure 1.

A recent search of the U.S. Patent Office shows nine (9) recent patents that are classified identical or cross-referenced to the TRAP BAR! Write for more info or Send \$119.95 plus \$14.95 UPS/S&H OLYMPIC STYLE TRAP BAR

TO: FITNESS COMPLEX
207 HOLYOKE DRIVE
WASHINGTON, NC 27889
PATENT # 317,641

STILL THE ULTIMATE IN OVERALL BODY STRENGTH DEVELOPMENT!
ACCEPT NO IMITATION

When I heard about Al Gerard's trap bar, I thought to myself, here is a center-of-mass bar that has little value to the lifter. After I stated so in Powerlifting USA, Mr. Gerard sent me a letter, letting me know how he felt about my statement. We agreed and disagreed, and finally he told me he would send us a bar to try for ourselves. After testing it on all of our lifters, doing various types of squats and deadlifts, it became quite apparent that the bar did overload and isolate the legs, especially the quads, on our lifters who were not suited for the deadlift, myself included. When I say not suited for deadlifting, I am referring to those with short legs and long backs who have a sticking point on the floor. Those individuals must build a very strong lower back to compensate for lack of leg drive. I found the trap bar was a lot harder than a conventional deadlift. After pulling 745 in the gym with a sumo style deadlift, I was only able to lift 605 with the trap bar because it overloaded and exposed my weak link, my quads. The deadlift to trap bar weight ratio held true for all of our lifters with body structure similar to mine.

It was clear to me that it was quite valuable to lifters who are not suited for deadlifting. After rupturing my patella tendon, I found that it was very hard to build my leg strength and size up to where it once was. Being such a back and hip squatter, I was back to a 510 below-parallel box squat within 6 months of my mishap. But my problem was that I found myself leaning to the right, my good leg side. I decided to cease all back squatting and deadlifting for 4 1/2 months. Upon resuming training, I pulled a 605 deadlift and squatted 600 off a parallel box after only four workouts. During my time off, I only did abs, reverse hyps, and the trap bar. I found the latter was very instrumental in rehabilitating my knee. The trap bar also is a lot easier on my lower back, mainly because of a straight back position. The trajectory of the trap bar is a straight line, unlike a conventional bar, which must be pulled toward the center of the body, causing you to lean forward, which places a lot of stress on the lower back. We also found that it helped our lifters with good deadlift structure - long legs and arms and a short back. These lifters could lift more with the trap bar than with a straight bar. These lifters normally have a hard time locking out, but were now locking out 70-100 lbs. more than before. Naturally, this is due to the hands being in line with the center of the body. This makes a deadlift easy where once it was hard or impossible. There was little overhead here, but the value was in

our hips and glutes. I realized this in 1975 and added belt squats to supplement our squat and deadlift workouts. Then years later the trap bar was invented, so we mixed the old with the new, a common occurrence with our lifters. If you have read our methods or seen our training tapes, you are familiar with our changing heavy assistance exercises at regular intervals to stimulate muscle growth and provide a method of training hard all year round without staleness.

The trap bar is a lot safer to use for athletes of all types. For example, football players can't afford to be injured off the field. They must get the most out of a little effort while training. This bar will do this. Westside Barbell would advise you to obtain a trap bar. Remember, the trap bar will assist, not replace, a straight bar; but it certainly has a place in leg and back training. For the novice or advanced lifter, the trap bar is a valuable piece of equipment that we're sure will advance your training.

We really like to overload a particular area, so in the same workout we will include belt squats for about 6 sets of 8 reps. We will do this for 3-5 weeks, then move on to another set of exercises. Our quads are normally our weak link at Westside Barbell, because of our continued use of box squats, which build

The TRAP BAR

as told by Louie Simmons, Westside Barbell

the starting position. Where they were strong before, they were now stronger. Building more speed enables one to pull through his normal sticking point. One great benefit is that with less leaning of the trunk, there is less pressure on the spine. Because of a very upright position, it does overload the knee and hip extensors and work the muscles that do the deadlift - legs and upper and lower back. It helps a sumo deadlifter as well. We have seen that a lifter's sticking point is the same regardless of deadlift style, sumo or conventional. If you are weak off the floor, you will be so with any style. However, you may be a lot stronger with one style or the other.

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LOUIE SIMMONS PRESENTS

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Columbus, OH 43223

In Dedication.....



Jack Barnes Dies..... the sad news of Jack's passing has been relayed to us by Myers Badura, who also gave us some background on Jack's achievements, since Jack attended Myers' Legends of Powerlifting/Fuducker Classic Meet last June: Jack was 1968, 1971 and 1972 Sr. National Champion, and he was World Champion in 1971. One of his most famous lifts was a 710 squat at 181 to break the record of Tom Overholzer. At 45 years of age he squatted 749 1/2 lbs. in the 198 lb. class. His personal record in the bench press was 440 lbs., and he had deadlifted 670 lbs. at 198, and 650 lbs. at 181. He was a 17 time Arizona State Champion, who over 100 first place trophies in his career, 35 of them at 198. When he died, reportedly from complications from a recent operation, at age 57, he had over 40 years of weight training under his lifting belt. (photograph by Gary Menaker).

USPF President's Message

I'd like to begin my message by welcoming all the new members and new state chairmen. I sense a new loyalty to the USPF I haven't felt in a long time. Our drug testing policies are lined up with the IPF and our penalties are lined up with the USOC and IOC. This is a great stride forward for the USPF.

Before I became the USPF President, I was asked by the USPF Executive Committee to work on unification. Dr. Larry Miller and myself agree that we need some feedback to see if the USPF and ADFFA could possibly merge. If you'd like to write with some suggestions, changes and solutions I would be glad to hear from you.

I feel bad the ADFFA President, Al Siegel, has resigned. They will be losing a great leader. My prayers are with the new president, Bob Gaynor. I talked to Joe Pyra and he said the lifters, meet directors and officials have to work together. I couldn't agree more. I will be trying to contact Bob and get his feedback. Then all your feedback I will give to him to present to his executive committee.

My thrust this year has been to regain a better working relationship with the IPF. This began at the Nationals and continued with the executive committee and was helped by Peter Thorne going over and meeting with IPF officials in person. My thanks to all of you for this effort. The IPF and the USPF are reunited in a new way. The IPF now has more than 70 countries involved which makes it the largest international organization by far.

I've also strived for programs to be activated for growth in the USPF and recognition of those dedicated to this growth.

I also feel communication with state and regional chairmen has been so important. I've tried to mail out state chairman responsibilities and information so they can better run their states and assist meet promoters. There are so many people who can't wait to point out your mistakes, instead of helping you be the best you can be. I challenge every member, potential member, official and meet director to be the best you can be. Talk positive about your organization, be willing to take part at meets and meetings. JOIN IN AND QUIT THROWING STONES.

For Review..... the new edition of POWERLIFTER Video Magazine, the Winter/94 issue, is now available. It starts out with the familiar faces and muscle to the IPF classic edition, however, your host Chuck Valentin is now joined by Vito Hembry, formerly known in information PL circles as Viki Gagni. First up is the lifting of Chris Confessore at the **Maibou Classic** (it's his 662 success, he cracks "I'm going to Disneyland") followed by Scott Werner's attempt at the same meet to crack Chris' 181 lb. all time record. Other celebrities like Paul "Quadrella" DeMavo and Jim Hermeyre try to break Chris' record on **AMERICAN GLADIATORS**. Also on tape are Ritchie's attempts at 502 in the bench. Scott Werner and Chris Confessore follow up with some training tips for your benching pleasure. Lots of wide angle shots in this issue. Ned's camera crew must be trying to blow us away. Next coverage is of the colorful "Night of the Living Dead" Halloween contest, and then there's a look at Anthony Clark's slick, new television commercial for National Health Products. Franco Columbu is interviewed and mentions best lifts of 650 squat, 525 bench press, and 750 deadlift along with tales of how he and Arnold used to train. Franco doesn't like yelling or loud music in the gym when he trains, by the way. John liner shows the clever way to get on a tight lifting suit, and then there is a record of 739 at Rick Key Dale Crain's meet in Oklahoma. Anthony also comments on regular grip versus reverse grip technique in the bench press. Bernie Gagliardi talks about assistance exercises in Coach's Corner, and there is a review of the Paul Anderson video, along with footage of the ADFFA training and competition, see their ad on page 25 of this edition of PL USA. A classic lifter Ron Fedkiw, who'd like to challenge Ed Coan. For from 1965 to 1972 there ran an exceptional series of training articles in **STRENGTH & HEALTH** Magazine, written by John McCallum, under the heading "Keys to Progress". A wide variety of training ideas were covered, and examples of how training should and should not be done were illustrated by coach-lifter conversations, interspersed by pertinent comments about the news of the day, etc. These articles were like pearls of gold, eagerly awaited for in each new issue of the magazine, and read over and over again afterwards. The resourceful Randall J. Strossen Ph.D. of IronMind Enterprises has managed to reprint the entire collection of these articles in one volume "The Complete KEYS TO PROGRESS". It's available for \$17.95 plus \$3.00 postage and handling from IronMind, Box 1228, Nevada City, CA 95959. When asked to comment about the "keys" we responded to Randall "Has there ever been a physical culture scribe who crafted a richer bond of understanding and identification with his reader-ship?" another book referred to us by Randall Strossen is "POWER TRAINING FOR FOOTBALL" by David F. Armstrong. This is a concise volume that applies weight training to the game of football, mainly utilizing the Olympic lifting background of Coach Armstrong. There is a comprehensive array of training charts, workout examples, tables of reference material, diet recommendations, etc. The book is available from Power Training Concepts, 713 Sunnyside Avenue, Aurora, IN 47001, at a price of \$19.95 plus \$3.10 shipping. (personal check or money orders only)

USPF National Headquarters Message

The National Headquarters would like to wish you a great 1994! The USPF can look forward to a fantastic year.

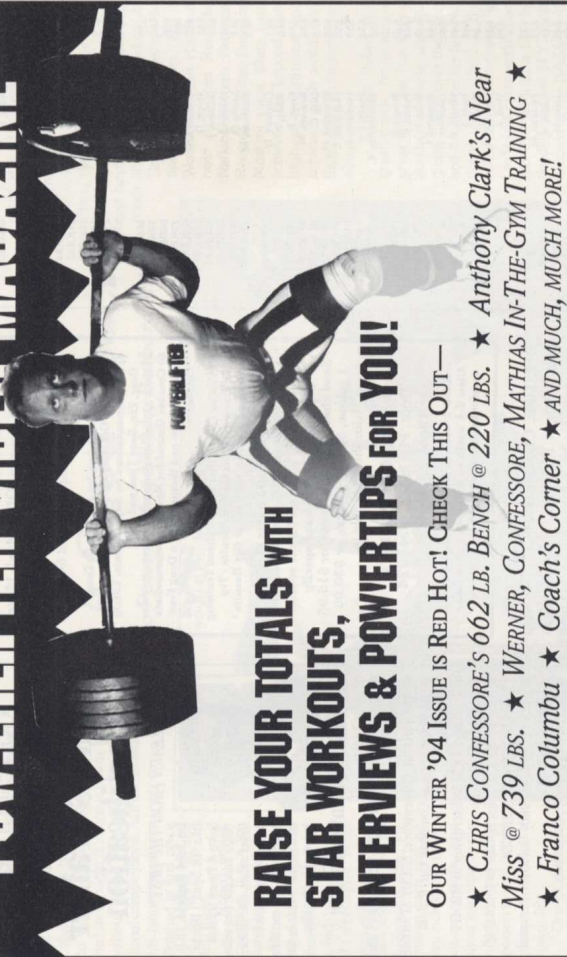
Peter Thorne, with the help of Marlene and Sam Pardue, convinced the IPF that the USPF is genuinely committed to bringing our drug testing policies in line with the IPF. Please remember to call or write the National Headquarters office if you have questions, or would like to have a copy of the USOC's "Guide to Banned Medications".

We have had feedback from several meet promoters regarding the lifters' response to drug tested meets. It seems that participation in the meets has far exceeded past years' participation and comments from the lifters has been most favorable. One state chairman has even sent in signed affidavits from lifters in favor of drug tested meets.

Peter Thorne has been doing some business travelling the past several months. After attending the World meets, as the USPF delegate to the IPF, in Sweden and Budapest at his own expense, it was necessary to devote some time to the business end of his life. Peter has been in regular contact with the headquarters office and can be reached with any questions or concerns through the Headquarters office. Peter has also been promoting the USPF and the sport of powerlifting in his travels. Peter has proven himself as an effective mediator and the sport of powerlifting would be fortunate to now have him work toward uniting all powerlifters in the United States.

It is time to begin planning for the 1994 National Committee meeting in Houston, Texas. Please have any agenda items you wish to place on the agenda to the National Headquarters office no later than June 15. If you wish to have a bid packet to bid on 1994 national meets please write the National Headquarters office.

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TRAINING

What It Takes To Be A Good Coach

as told to Powerlifting USA by Barbara Miller



The DUKE... Robert Corbellini...the Coach as Lifter-in-NASA Competition. (T. McCowan)

There are several attributes that make a good coach. A good coach is a respected leader that is able to motivate a team, inspire them to greatness, and teach them the need for self-discipline which will enable each and every lifter to achieve his/her goals.

Robert "Duke" Corbellini is one such leader. He is a well-respected and fearless coach that is known on the powerlifting circuit for the excellent teams that he has coached to victory. Throughout the years, he has brought numerous teams to various State, Regional, and National competitions. At these meets, his team has always finished in first place or, at worst, in the top three.

Robert enjoys coaching. It is a joy for him to see the relation on a lifter's face after that person has made a tough lift which he didn't know if he could do. What makes Robert unique as a coach is that he knows his lifter. He knows each and every individual's flaws, strong points, and most importantly the key to motivating that person to enable that person to make a tough lift.

One of the highlights of Robert's coaching career was in 1992 when NASA asked him to coach the Women's World Team at their Grand National/World Competition in Las Vegas. His team consisted of the "underdogs"; those lifters that had finished in second place (or below) at NASA's Nationals that year. By calling the proper attempts, particularly on their third lifts, Robert was able to coach his team to victory.

Another highlight was in November '93 at the N.A.S.A. Regionals in Charlottesville, Virginia. Robert put together a team from the club where he is a personal trainer, Metrol Athletic Club in Pelham Manor, New York, and succeeded in taking the first place team trophy at this Regional Qualifier. Between himself and his lifters, a total of nine (9) Regional Records and seven (7) American Records were claimed. Rich Peters, President of NASA, joked with Robert asking him if the name of his team was "Duke's Misfits." Perhaps this is because the team consisted of a variety of lifters: experienced lifters, as well as first time lifters/clients of

On the third day, he was squatting, broken toes and all. Some people reading this article might be thinking "that's crazy." However, if you knew the person, you would understand. Robert has always set goals for himself, as well as his lifters, and he felt that if his lifters were going to become the great lifters he felt they could be, it was necessary for him to play an active role in their training. Throughout the years, Robert has coached a great number of lifters, teaching all of these lifters (true beginners) from the ground up and helping them to become top-notch lifters. He has coached Jr. National Champions, and a National Champion, and a World Champion. His lifters hold American Records, National Records, Regional Records, and State Records. Most of these lifters have achieved far beyond their highest aspirations and only achieved goals which only their coach knew were possible.

Although Robert is a great coach, he is also a great lifter. He has won a number of State and Regional meets over the years and finally won his first National title in 1992 at the NASA Grand Nationals in Las Vegas. He recently squatted 615 lb. with a 610 lb. deadlift and set N.Y. State records at the N.A.S.A. 1993 NY/NJ State Meet. In Charlottesville, Virginia this year, Robert set NASA Regional Records with a 617 lb. squat, 308 lb. bench, 611 lb. deadlift, and 1536 lb. total.

What he didn't realize was that when he put the bar down, he was going to put it down on his toes. 505 lbs. came smashing down on his left foot. Robert didn't know at the time, through all the scraped skin, blood, and toe nails hanging off, was that one of his toes was partially severed. He banded up his toes as best as he could to stop the bleeding and continued his workout! He stayed two to be sure that his team got the rest of their workout in. After everyone was done deadlifting, and two hours after his mishap, he finally allowed another lifter to take him to the hospital. It was there that an orthopedic surgeon worked for one hour on that one mashed toe to try to reconstruct it and make it look like a toe. Four of his toes, with the exception of his big toe, were broken in several places.

Robert was back at the gym the following day, training his clients, and two days after his deadlift accident he was working out himself.

Robert's that wanted to experience the sport of powerlifting and see what a meet was all about. Robert considers coaching this team one of the most pleasurable experiences he has had as a coach because the lifters demonstrated "heart power" by putting a total effort into their lifting and making some lifts that were truly incredible. These lifters believed in their coach which enabled them to lift with their hearts and souls; they have seen Robert work through some difficult times and overcome his own personal difficulties to get to this meet. For some, it was a "payback" to their coach for all he has given them.

Recently, Robert encountered some difficult times where he didn't know if he would be able to continue as a lifter, or as a coach. In August this year, four days before his 43rd birthday, Robert was deadlifting sums style with a very wide stance. While performing the last rep of his workout, his left foot slipped, making his stance even

wider. What he didn't realize was that when he put the bar down, he was going to put it down on his toes. 505 lbs. came smashing down on his left foot. Robert didn't know at the time, through all the scraped skin, blood, and toe nails hanging off, was that one of his toes was partially severed. He banded up his toes as best as he could to stop the bleeding and continued his workout! He stayed two to be sure that his team got the rest of their workout in. After everyone was done deadlifting, and two hours after his mishap, he finally allowed another lifter to take him to the hospital. It was there that an orthopedic surgeon worked for one hour on that one mashed toe to try to reconstruct it and make it look like a toe. Four of his toes, with the exception of his big toe, were broken in several places.

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ALL TIME COMMENTARY... The very first issue of POWERLIFTING USA in June and July 1977 featured a young man on the rise destined to become one of the greatest, if not the greatest USA Middle-weight Powerlifter of All Time. He went on to become a multi-national champion as well as IPF World Champ. Even today, though he is now a master - turning 40 last year, Ricky Dale Crain possesses the greatest squat on record. His 755 set three and one half years ago, shadows even the likes of some of powerlifting's greatest - Alexander, Inzer, Bridges, Perez, and Gaugler. For all practical purposes, we can say that 10 men have reached the 700 barrier, with Wahl's 317.5 kg - actually 699.97 lbs. - being close enough. Only four men survive the 70's on this list. Toledoan George Crawford's oak tree legs enabled him to become the first to officially and legitimately surpass the 300 kg barrier with his 662 back in 1979. His squatting power at 165 superseded all his peers during the Seventies. Only three others make this list from that decade. California's Duane Bitner, legendary Walter Thomas, and Illinois' Mike Zielski. It took 280 kg (617 lbs.) just to make this TOP 100 Who's Who of Squatting Proponents. Neatly that many more surpassed the 600 barrier. One final word on Crain. Our illustrious leader still remains on top of the heap SEVENTEEN years after he burst upon the scene, which makes him, in my opinion, the greatest of the Great.

Herb Glossbrenner

USA All Time TOP 100 Squatters - 1969 compiled by HERB GLOSSBRENNER

755	Cain, R.	05UN90
754	Inzer, J	02UN89
744	Bridges, M	16JUL88
722	Wahl, R	19APR80
711	Caulfield, R	13MAR82
700	Calmece, A	28SEP91
700	Grider, W	27MAR93
699	Wahl, R	08JAN83
694	Toms, F	05JUL80
688	Gay, D	05APR87
688	Bell, C	23JUL83
672	Strating, G	07JUL84
675	McCarty, J	16FEB80
672	Roy, M	15SEP85
670	Finch, J	21DEC92
670	Finch, J	12FEB84
670	Trees, A	26JUN93
666	Rush, J	10DEC92
666	Ricks, D	03DEC92
666	Crawford, G	22JUN91
661	Hipps, D	01JUL79
661	Jackson, J	03DEC86
661	Sauby, D	28JUN86
661	Sauby, D	06JUL01
661	McCorm, M	23NOV91
661	Guzman, Q	30MAY93
660	Albery, F	08JAN83
655	Beavers, M	27JAN90
655	Dahl, C	01MAY92
655	Hollquist, C	04JUN84
650	Hollquist, C	11OCT86
650	Hollquist, C	01NOV86
650	Bennett, R	14FEB88
650	Bennett, R	10JUL03
650	Brown, R	06DEC86
644	Prima, R	20MAR81
644	Prima, R	10MAY81
644	Rowland, L	21NOV91
640	Gaulther, D	04NOV89
640	Smith, R	05JUN84
640	Nichols, S	25SEP90
640	Krnicny, R	20FEB93
639	Fleming, H	09JAN82
639	Well, R	23JUL85
635	Nulman, A	28FEB91
635	Facteau, M	10MAY81
635	Troy, M	24MAR82
635	Troy, M	18MAR89
633	Keo, L	06AUG82
633	Davis, J	03DEC84
633	Davis, J	03DEC84
633	Brady, T	06DEC86
633	Guidry, A	18FEB87
633	Denton, T	03APR83
633	Denton, T	18JUN93
630	Blinn, D	08SEP84
630	Chellin, B	23APR88
630	Farmy, J	10MAY92
628	Ellis, R	13AUG83
628	Ellis, R	05FEB83
628	Black, R	02JUN85
628	Hampson, N	02JUN85
628	Mueller, A	07JUN86
628	Prece, J	10JUN86
628	Prece, J	06JUN89
628	Olson, G	17JUL88
628	Cavaller, B	02APR89
628	Prece, J	06JUN89
628	Dawson, G	06JUN89
628	Murray, L	24JUL91
625	Thomas, W	75
625	Hicks, T	16FEB85
625	Smith, R	17MAR85
625	Wassener, N	27APR90
622	Zielski, M	26AUG78
622	Rouse, J	08NOV80
622	Phillips, M	23JUL83
622	Phillips, M	02JUN84
622	Esteman, Y	02JUN84
622	Carrasco, J	02FEB86
622	Memoriza, J	28JUN86
622	Cope, J	09JUL88
622	Kolow, S	03DEC88
620	Whitaker, A	03DEC88
620	Whitaker, B	26NOV83
620	Brehm, D	10MAY90
620	Brehm, D	15APR89
617	Stamper, S	27MAR92
617	Austin, D	11DEC92
617	Randolph, A	09FEB91

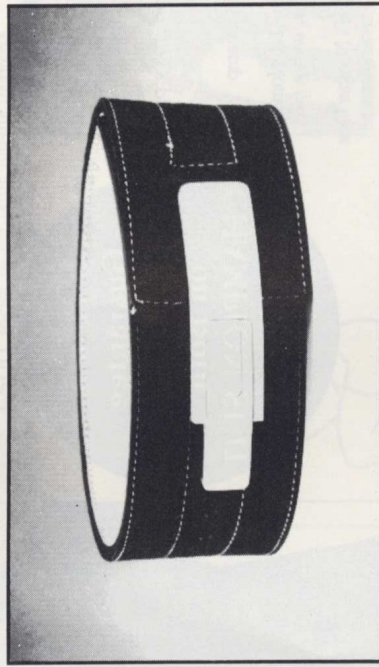
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You are what you think you are. Unfortunately, what you think you are is seldom what you could be. Demented, but correct. You see what you think you are and/or what you are is a large extent contingent upon your environment. In fact, many social psychologists believe that the difference between a winner and a loser is their environment. If you've had the good fortune to be raised in an environment that cultivates and nurtures winners, there's an excellent chance that you'll come out a winner.

Conversely, if the opposite is true, there's a good chance that you won't perform to your optimum level. In fact, there's a good chance you will probably fail. Interestingly, it's been scientifically proven that the major difference between a genius and the average *homo sapiens* is not physiology, but rather sociology - meaning primary environment, family and friends.

In essence, the difference between Albert Einstein and Gomer Pyle was that Einstein was treated as if he possessed a special kind of genius that was worthy of love and respect. Gomer received no such reinforcement. It just might be that simple.

Perhaps Barbara Sher says it best in her award-winning book *WISHCRAFT*. "It's hard for us to believe in ourselves if no one has ever believed in us, and it is almost impossible for us to stick to our own vision in the face of overwhelming discouragement. And we cannot so much as build a bookshelf if no one ever told us we could do it, gave us the materials, and showed us how. That's our nature. That's how we are."

Clearly then, to be successful you need to be nurtured in an environment that breeds success. Unfortunately, most of us have not had that kind of opportunity. Now don't go home and slap your mom and dad up-side the head because they didn't provide you with an environment that creates winners. It's not their fault or anyone else's for that matter. Chances are your parents haven't been raised in a success-oriented environment either, and most likely they don't have the slightest idea how to create such an environment. Good news!

I am going to show you how to create this environment. But before I show you how to create a winning environment, let's first take a look at why a positive environment is so important to your successful development.

I'm sure you've heard the old cliché, "birds of a feather flock together." Well, it's true. The env-

Dr. JUDD

Sociology and Success

by Judd Biasiotto Ph.D., World Class Enterprises



A Winner... Doctor Judd knows how it's done

Environment that creates winners is almost always made up of winners. That's not to say they are all Superstars, Einsteins, or All Pros. But it does consist of people who are productive, positive and self-assured - people who are committed to what they are doing, who are open, vivacious and content. People who are not threatened by the success of others, but rather who are pleased to see others succeed. These people are winners and they can help you become the same.

Unfortunately, an environment full of winners is not easy to find. In fact, most people grew up surrounded by those who are not comfortable about the prospect of someone else's success. From my experiences, I've noticed that it is not uncommon for an individual with world class potential and aspirations to be "shut down" by parents and friends before he even gets started. Sher points out that many times the underlying motive for the "put-down" is love. That's right - love.

In an attempt to protect us from failure and disappointment, loved ones who are not success-oriented will attempt to lower our expectations and aspirations. By doing this,

tance is easily generalized to other psychological feelings such as worthlessness and inferiority. It is important to note that we will react to what we believe to be true, whether it's actually true or not. Again, we tend to perceive ourselves by looking through the eyes of others.

For the aforementioned reasons, it is very important to surround yourself with people who are not only positive, but with people who will treat you positively. In other words, surround yourself with winners who will support and encourage your dreams - who will genuinely applaud your success, who want you to win, and who are pleased when you do.

With that said, let me now give you the building blocks for the construction of a winning environment. 1. As mentioned, surround yourself with positive people. Train at a gym comprised of positive lifters who will provide you with the needed support.

Perhaps we could all learn from former heavyweight champion Muhammad Ali. Ali always surrounded himself with people who rounded him for success. His cronies were constantly telling him "you're the greatest", "you're the best", "you float like a butterfly and sting like a bee", etc. Surely any athlete would flourish in such a positive environment.

2. Be positive yourself. We tend to reap what we sow. If you are positive with other people, they will tend to be positive with you. There is a definite feedback loop here, with one positive behavior reinforcing another. Avoid idle gossip. Like your mother always says, "If you don't have anything nice to say, don't say anything at all." In short, just rid yourself of all negatives from your environment.

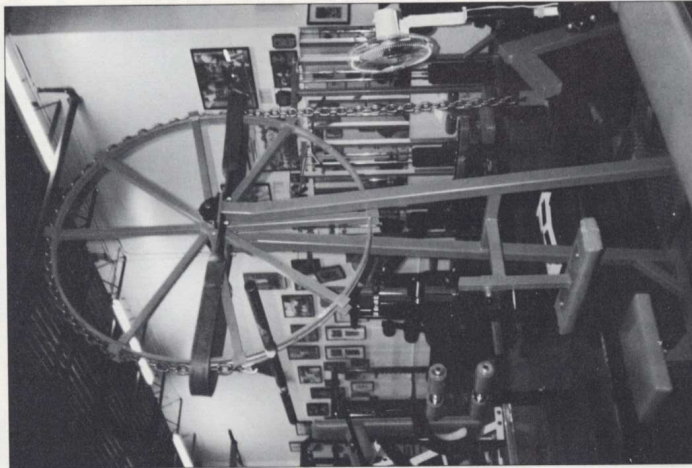
3. Be environmentally conscious. Be aware that some people are negative. You can either avoid these people or ignore their input. 4. Select your environment. Train at a gym which will support your goals and aspirations.

For example, the original Gold's gym in California is probably the perfect environment for hard-core lifters because most lifters there have the same goals and aspirations. Also, select a training partner that has similar goals and desires. Your partner must provide you with consistent encouragement and support, as you must do the same for him. Remember, champions breed champions.

5. Go first class in everything you do. Remember, your environment and your place in it may determine whether you stand above the best, or sit with the rest.

Dr. Judd Biasiotto

More From Ken Leistner



Shades of Zver's Gym... and all the wild training gadgets that he had for lifters to work with. Dr. Ken and Jim Sutherland have designed and built "The Big Wheel" Lat Pull machine for Dr. Ken's Iron Island Gym

My involvement with strength training came as a result of a desire to become bigger and stronger. As an adolescent, the sport of football held a special fascination for me, and the lack of strength training information did not prevent me from realizing that the utilization of barbells could fulfill my need to add size and speed.

One of the advantages of being a teenager interested in strength training in the early 1960s was the fact that training information was limited. While this might not, at first glance, seem like an advantage, I can unequivocally state that the relative lack of information and equipment made it necessary to train extremely hard on a few very basic exercise movements. After years of research, pseudo-research, commercial bombast, and the establishment of a body of training folklore and myth, it is obvious to me that the most effective way for the average man or woman to become larger and stronger is to work at a very high level of intensity, utilizing a brief training program consisting of basic exercises. Basic, multi-joint exercises that do not require expensive or high tech equipment provide growth stimulation to large muscle groups, and this, not scientific ruminations, is the key to progress. Training in an era that did not provide a gym or health club in every town nor the availability of chromed equipment was not an impediment to increasing one's muscular size and strength.

Most of my training was done at home, in the garage. Despite the winter's unbearable cold, the summer's stifling heat, the lack of space and general ambience, I was consistent in my dedication and succeeded, in time, to increase my bodyweight from 148 to 230 pounds at a height of just less than 5'6". With that increase in muscular bodyweight, came a tremendous increase in strength and sprinting speed. While it may seem incredible that one could gain more than eighty pounds of muscle, my gains in functional strength were much greater and stunning.

One of the advantages I had during my early training period, was the fact that powerlifting was not yet an officially recognized sport, nor was it known beyond the confines of a few gyms. The three competitive lifts, the squat, bench press, and deadlift, are more importantly, three very effective exercises for overall growth stimulation. If done properly, these three movements provide growth stimulation for almost all of the major muscular structures of the body. Thus, incorporating the three movements, in conjunction with a few others in my

Just about every article you read consists of exercises, sets, reps, breakthrough methods, miracle supplements and the like. Seldom does the mental side of power get addressed. The mind is overlooked in its huge importance in the development of strength and size. I'd like to start off by saying, I'm not Freud and this won't be an article about the id and ego and paranoia. What I'd like to share with you are some of the best common sense methods you can apply to your training that may add up to better long term and more consistent gains. There are a few mental-oriented aspects I'd like to deal with, but the first and probably the most important consideration concerns mental preparation.

The end goal of powerlifting is to lift as much as possible in the 3 powerlifts. This would logically imply that in order to do this, you'd have to lift more than you were capable of before. To many lifters, this is an extremely threatening proposition. This can involve any one or all three of the powerlifts to varying extents. The strange thing is at the beginning of your lifting career you were exceeding previous highs just about every week. Something funny happened on the way to that 500 pound bench press.

Remember the first time you benched 135 pounds? Chances are the bar was loaded with one 45 pound plate on each side. That was probably the first milestone you encountered. The next milestone was either 200 pounds or the infamous 225, with two 45's on each side. That may have been followed by 300 or 315 with three 45's on each side. As you can see, most of the milestones revolved around round numbers (lbs. or kilos) or pairs of 45 pound plates. Loading the bar this way made it very evident what weight was being attempted. It created the specter of a never lifted before weight. It's not uncommon for a lifter to have easy success with 295, but to suffer a dismal failure with 300 pounds. Was the weight lifted that much more? No, but it was loaded to one of those "obvious" milestones. This type of mental barrier must be conquered.

Great champions deal with barriers far more difficult to break. Ed Coan, who is widely acknowledged to be the best powerlifter ever, only competes with the world records he set the previous meet or even on his previous attempt in the same meet. Vasily Alexeev, from Russia, broke countless Olympic records in the 60's and 70's and was the first to clean and jerk 500. These men deal with these barriers like we deal with the garbage. Some records are relative to a certain situation. Recently, the great Russian pole vaulter, Sergei

(article continued on page 58)

TRAINING

Mental Aspects of Powerlifting as told to Powerlifting USA by Doug Daniels



Is She... or Isn't She... Cindy Morrison lifts the front of a 1924 Duessenburg, with a little assistance. To make any sort of lift, weight lifters must master the mental aspect of preparing for their effort.

Bubka, broke the 20 foot barrier, just for the Americans', since measurements in feet are meaningless from the ordinary and force you to accept a new mind set. If your next barrier to break is 275 and those two 45's and one 25 on each side make you uneasy, put a 2 1/2 on each side. This is just one example I hope you can see the logic behind a move like this.

A method we have used with some success is to purposely misload the bar for a partner's attempt in training by 5 pounds. For example, if his attempt is 270 and he fears the movement, as in barbells or resist the downward path of the weight, as in negatives. These methods also can make your full range on a regular full range rep, I'm not a big fan of either of these methods, especially for drug free lifters. By using heavier weights, the lifter hopes to overload a specific part of the movement, as in barbells or resist the downward path of the weight, as in negatives. These methods also can make your full range lifts feel "lighter" because you have handled more weight than you would normally. With that come some problems. One is the increased potential for overtraining, the second is an increased chance for injury because you are handling more weight than your muscles, ligaments, and tendons are used to, and they could be overstressed. If you use these methods, keep this in mind -

(article continued on page 57)

lifters display better proficiency with reps than with single, max sets. For example, a lifter could get 3 reps with 290, but get crushed by 300. On the basis of 3 reps with 290, 300 should be a matter of fact. There may be some credence to the belief that some lifters can perform rep sets better than these single reps sets, due to difference in ability to activate muscle fibers and all that neat physiological stuff. But sometimes it's just plain mental.

A good rule of thumb I use to determine a lifter's single max based on his rep lifts are: best 2 rep set x 1.06 equals best single; best 3 rep set x 1.12 equals best single; best 4 rep set x 1.15 equals best single; best 5 rep set x 1.18 equals best single. Again, this is just a general rule of thumb. This formula will not be right for everyone for every lift, but it can serve as an educated guess.

A method to help a lifter who does not excel at singles, which is what powerlifting is all about, is sort of a 'get acquainted' approach. About 6 weeks prior a meet, the lifter should start doing more singles in training. Start with about 80-85% of his max and do 3-4 singles with it. Add 5-10 pounds or 3-5% to it every week. This gradual adding of weight to his top workout single will allow the lifter to develop his confidence with less than maximal weights. It will also provide an excellent opportunity to hone his lifting technique. The strength may actually already have been there, but the confidence was not. I must state clearly that I do not think that doing a lot of singles is the best way to develop size and power. A combination of reps, etc, can best accomplish this, but to break a mental barrier like this, a different approach may be necessary.

Another method that is used by some lifters, but can be overcome, is the use of partial lifts and negative reps. Both these methods allow you to use more weight than you could on a regular full range rep.

A method we have used with some success is to purposely misload the bar for a partner's attempt in training by 5 pounds. For example, if his attempt is 270 and he fears the movement, as in barbells or resist the downward path of the weight, as in negatives. These methods also can make your full range lifts feel "lighter" because you have handled more weight than you would normally. With that come some problems. One is the increased potential for overtraining, the second is an increased chance for injury because you are handling more weight than your muscles, ligaments, and tendons are used to, and they could be overstressed. If you use these methods, keep this in mind -

The athlete's quest for a "magic pill", "secret weapon", or "instant success" is as old and as earnest as the quest for the Holy Grail. In our sport we are always looking for whatever will give us an edge to better our personal best lifts or win titles. One way is to find out what is the common thread that characterizes the performance of all the great powerlifters of the past and present times - male or female regardless of the weight class or lifts accomplished. People like Don Reinhardt, Bill Kaarmaier, Anthony Clark, Jon Cole, John Kuc, Jim Williams, Rick Gaugler, and Dawn Sharon - to name a few. All the above lifters excelled in all 3 lifts at an all-time-best level. What is one common secret of their success? Obviously, argument can be made that all the above athletes are genetically gifted with leverage, ability to build and maintain muscle-mass, and recovery rates that allow phenomenal work volume. All the above lifters possessed phenomenal back development that enabled them to develop freakish strength and that strength is internally incorporated into the form and mechanics of their lifts.

In general, we can identify two groups of lifters by their training philosophy. The first group likes to "keep it simple", almost taking for granted the edge that they have on their competition, and they get away with setting world records without paying extra attention to further build and strengthen their backs. The second group doesn't leave these things to chance and pays close and detailed attention to their backs. The second group trains their backs from a multitude of angles in a disciplined attempt to create the greatest foundation of back strength and versatility. The difference between the two groups is considerable. Athletes from the first group tend to have either short careers or they peak early in their careers, allowing their genetic gifts to determine their top level of performance. The second group has the opportunity to enjoy a long career with slowly but con-

tinuously evolving levels of performance. Any athlete looking for a legal edge on the competition cannot ignore the potential benefits of increased leverage and strength through back training. Before we get down to what you need to do to develop your full back potential, let's find out what we have to deal with. The musculature of the back is much more than ligaments and traps! In this article we will attempt to logically break down the musculature of the back into groups. We will then outline key movements that can be employed to train these groups to a level where we can break through our plateaus and chase our dreams. Do not be frightened by the technical terminology. Try to add key movements into your training to strengthen your weak points. Call us at Power Excel

if you have any questions! This article is devoted to exercises that work muscles of the first two groups and how they can be used. At Power Excel we frequently divide back training into upper back and lower back. If you work out two to four times per week you will probably find it efficient to work these first two groups, the upper back, together with chest and shoulders. As I previously stated these groups stabilize movement of the upper arm and shoulder blades and will be getting serious work in any chest and shoulder workout. Lats are primarily worked in Lat Pulldowns, Chins, and Rowing motions. The shoulder rotators are worked with pressing movements of all types, dips, lateral raises, front raises, shrugs, and upright rows. The key again is to employ a variety

of functional groups of the back in muscle. These groups serve to stabilize and locate: 1. The upper arm (humerus), 2. The shoulder blades (scapula), 3. The hips and thighs (pelvis and femur), 4. The rib cage, 5. The spine and neck. The first group is comprised of the muscles of the back that function to stabilize and locate the upper arm. This first group includes the lats (latissimus dorsi), and the shoulder rotator muscles: the subscapularis, supraspinatus, infraspinatus, teres major and teres minor. These are all back muscles that should be worked religiously, both separately and in different compound movements. The second group is made up of the traps (trapezius), the rhomboids (rhomboides major and rhomboides

minor), and levator (levator scapula). All of the muscles of the first two groups are situated in your back and work together, as a team, to locate, coordinate, and stabilize all movements of the arms and shoulders. In powerlifting, all three powerlifts are performed with the aid of these two groups of muscles working as stabilizers. A bar will feel light on your back as you walk out a squat when these groups are well developed and conditioned. Watch a deadlifter round their shoulders forward and miss a lift and you will know that these two muscle groups are not strong enough to hold proper leverage as he drives through his lift. A bench press is well coordinated, properly timed, and in the groove when these two groups are properly balanced in strength and execution. The key is proper balance of strength, size, and range of motion. You need to practice training movements that work in a variety of planes of motion and maintain proper alignment of shoulder blades throughout these movements to create the conditions where you will see dramatic changes in your ability to perform the big three powerlifts. Working simple and heavy will only work if you have tremendous luck and genetic gifts. No one can find their true peak performance without paying their dues in accessory movements.

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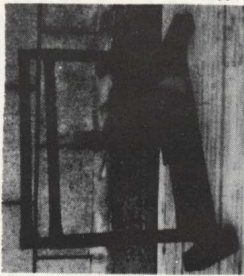
TRAINING

The "SECRET WEAPON" to Succeed in Powerlifting as told to PL USA by Greg Reshel, Power Excel

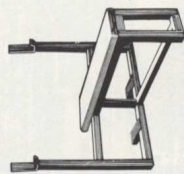


Don Reinhardt was one of many true strength stars who possessed great back strength (Pope)

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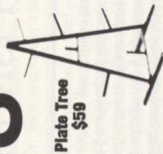
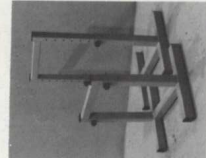


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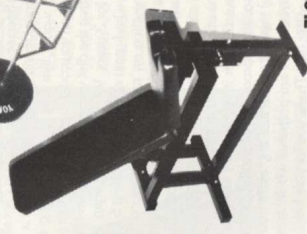
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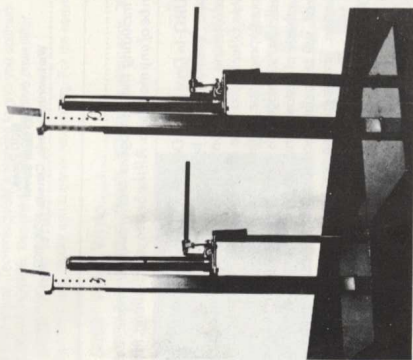
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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I have recently been re-reading the article in Flex about your high fat diet. I have been considering giving it a try. I have a few questions about the diet that I would like ask. I would also greatly appreciate any additional information you could supply. First, is there any specific body type or age group that the diet works best for? I am almost 20 and have been bodybuilding for 3 years. When I initially began, I was a solid 150 lbs. Since then I have had great difficulty in gaining 5 lbs. in a year. I am naturally thin, so putting on mass is my prime concern. Second, the article mentions that you greatly reduce fruit and vegetable intake on the high fat diet. How do you keep from restricting major vitamins, like vitamin C & D, etc. Do you get them primarily from supplementation or is there some other source that can be used? I would also ask the same question about Calcium intake. Last, I would like to know if there is any specific type of lifting program that works best for this diet? In conclusion, once again, I would appreciate any extra info you would care to add. I shall also stress that I am prepared wholeheartedly to follow any specific indications of this diet. Thank you for your help. P.S. I am a student planning a medical career. I am interested in how you've combined your medical career with powerlifting and bodybuilding.

Sincerely, Tim

DEAR TIM: Enclosed is a recent copy of my high fat diet. It should answer most of your questions. You might be interested in my new newsletter *Drugs in Sports*. I covered this diet in the November, 1992 and February 1993 issues. If interested in subscribing to the newsletter, see ad in Powerlifting USA or call 1-705-924-2341. Ways to maximize muscle mass and decrease body fat are covered in the August '92 issue of *Drugs in Sports*. I think you'll be able to figure out the best life-style and exercise program to follow to maximize muscle gains. It wasn't difficult to combine my medical and athletic careers since both my work and play involved similar activities. Much of what I do revolves around bodybuilding, powerlifting, and research on drug and supplement use by athletes. I specialize in nutrition and sports medicine and have a private practice. I am also an assistant professor at the University of Toronto and lecture on performance enhancement. As well, I am involved in research on endogenous

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Edited by Mauro G. Di Pasquale, B.S.C., M.D.

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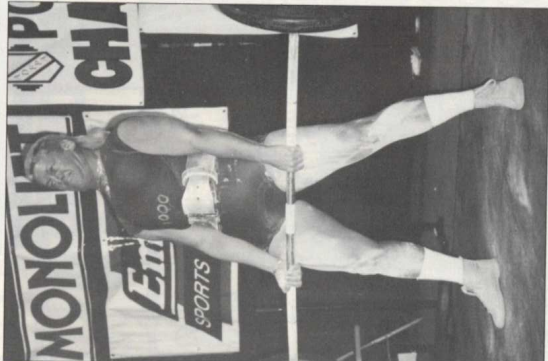
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hormones, including the androgens and growth hormone. Let me know if I can be of any more help. All the best in your training. Mauro

DEAR MAURO: In *Drug Use & Detection in Amateur Sports* on page 78, you state: "(Tamoxifen) is being used to increase endogenous testosterone production". However, in *Anabolic Steroids Side Effects*, you state on page 29 that "tamoxifen may be counterproductive in that it has been shown to decrease testicular steroidogenesis (and) that tamoxifen reduced the synthesis of testosterone." My question is: if used solely by itself, will tamoxifen increase endogenous testosterone production. Thanks for your response in advance. Kurt

DEAR KURT: The overall effect of tamoxifen in most males is an increase in serum LH and testosterone. The effect of tamoxifen on the hypothalamic pituitary axis seems to overshadow any effect tamoxifen has on the testicles. In order to find out just how it works with you have a serum LH and testosterone done before you begin taking it and then after using it for a few weeks. If you go this route, be sure and let me know how you responded. Sincerely, Mauro Di Pasquale M.D.

Cracking the 1000 lb. Barrier as told to Powerlifting USA by Linda Jo Belsito



Linda Jo wrote "1000" across her suit at the ADFFPA New York State Meet and that is what she totaled.

In the years that I have been involved in powerlifting, I've been lucky enough to compete in three different organizations; I've been lucky enough to know the joy and experience of winning State National, and World Championships and set many records. My purposes not to boast about my achievements but to send a message to the numerous individuals who doubt their ability to compete unless they feel they can win or place. This year was one of great challenge and success. I had a successful Women's Nationals and performed well in the lifts that were once my greatest nemesis, the squat and deadlift. Over the years, I've gone into many meets and challenged myself beyond my capabilities and wound up performing below expectations, although with improvement from past meets.

As I grow older, my energies are focused on more attainable goals. The reason for lifting is not to win first place and Best Lifter awards at every meet, but to demonstrate improvement. Since adopting this philosophy it seems like the pressure is off and I can now lift and truly enjoy it.

This past October, I achieved a goal that many dream of. At the NY State ADFFPA Championship I totaled 1000 pounds. While many others have done this, I believe it is a fine accomplishment for a thirty six year old female who trains two and sometimes three times per week, who has been drug free for a lifetime, and who must devote many, many hours to a demanding career.

I try to teach those that I train with and whom I coach that personal goals must be

realistic and that it is ridiculous to avoid participation in meets because one can't place in the top five. All lifters have to get meet experience. I enjoy working with my trainees at the Iron Island Gym because Ralph and Dr. Ken encourage clients to participate in gym meets and challenge themselves and get the experience they need to perform well at larger meets down the road. I have had the opportunity to work with a lot of great individuals and to watch them grow and excel in the sport. This has been more exciting than my own achievements. I guess my point is that powerlifting is a sport for each individual. "You can only do what you can do and if Godzilla shows up, there ain't a damn thing you can do about it." If you focus energy on your own lifts and do your best, then it doesn't matter where you place because you've given it your best shot.

I hope that this article can inspire those of you who wish to compete, to come out of your gym and into the competitive arena. A meet is something you will never forget and the experience can only enhance your lifting career and help you strive for a higher total. For those who know me, you know that I have received so much from the sport especially the support of friends and family. I want to thank Dr. Ken, Ralph, Beth, Frank, Brian, Kenny, and numerous others who have stood by my side every step of the way! For those who have not yet taken that first step, I encourage you to do so. I know you will never forget that first squat signal. Once that happens, I assure you that it won't be your last.

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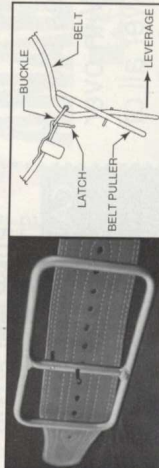
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Women Master 2/SHW	240	165	390	705	M. Jackson	475	365	520	1360		D. Harrow	250	200	300	750
Women Master 1/SHW	240	165	390	705	D. Dudley	475	365	520	1360		D. Harrow	250	200	300	750
Women Master 2/SHW	240	165	390	705	R. Bell	430	345	490	1265		D. Harrow	250	200	300	750
Women Master 1/SHW	240	165	390	705	D. Bussey	430	345	490	1265		D. Harrow	250	200	300	750
Women Master 2/SHW	240	165	390	705	B. Busard	355	250	470	1075		D. Harrow	250	200	300	750
Women Master 1/SHW	240	165	390	705	S. Miller	340	235	425	1000		D. Harrow	250	200	300	750
Women Master 2/SHW	240	165	390	705	S. Miller	340	235	425	1000		D. Harrow	250	200	300	750
Women Master 1/SHW	240	165	390	705	A. Marin	245	275	365	855		D. Harrow	250	200	300	750
Women Master 2/SHW	240	165	390	705	R. Jensen	275	365	585	1595		D. Harrow	250	200	300	750
Women Master 1/SHW	240	165	390	705	J. Pendore	275	365	585	1595		D. Harrow	250	200	300	750
Women Master 2/SHW	240	165	390	705	R. Trindley	275	365	585	1595		D. Harrow	250	200	300	750
Women Master 1/SHW	240	165	390	705	D. Gannon	570	330	590*	1490*		D. Harrow	250	200	300	750
Women Master 2/SHW	240	165	390	705	R. Oshon	465	325	485	1290		D. Harrow	250	200	300	750
Women Master 1/SHW	240	165	390	705	R. Oshon	465	325	485	1290		D. Harrow	250	200	300	750
Women Master 2/SHW	240	165	390	705	S. Dempsey	505	275	485	1265		D. Harrow	250	200	300	750
Women Master 1/SHW	240	165	390	705	E. Esparza	335	315	455	1105		D. Harrow	250	200	300	750
Women Master 2/SHW	240	165	390	705	E. Esparza	335	315	455	1105		D. Harrow	250	200	300	750

NASA Reunion Classic
13 Nov 93 - Shawnee, OK (kg)

Bench Press	205	132.5	197.5	532.5	Stakes	205	132.5	197.5	532.5
Barbell	205	132.5	197.5	532.5	Briggs	245	152.5	245	642.5
Deadlift	205	132.5	197.5	532.5	Miller	255	130	227.5	612.5
Women Master 1/SHW	205	132.5	197.5	532.5	Master 2/165	205	112.5	212.5	530
Women Master 2/SHW	205	132.5	197.5	532.5	Master 1/242	205	112.5	212.5	530
Women Master 1/SHW	205	132.5	197.5	532.5	Dipangi	205	112.5	212.5	530
Women Master 2/SHW	205	132.5	197.5	532.5	Dipangi	205	112.5	212.5	530

NASA Louisiana Regionals
23, 24 Oct 93 - Alexandria, LA (kg)

Bench Press	280	160	250	690	Whitlock	280	160	250	690
Barbell	280	160	250	690	Whitlock	280	160	250	690
Deadlift	280	160	250	690	Whitlock	280	160	250	690
Women Master 1/SHW	280	160	250	690	Whitlock	280	160	250	690
Women Master 2/SHW	280	160	250	690	Whitlock	280	160	250	690

ADPPA Southern Delaware Bench
13 Nov 93 - Rehoboth, DE (kg)

Bench Press	320	200	300	820	Stakes	320	200	300	820
Barbell	320	200	300	820	Stakes	320	200	300	820
Deadlift	320	200	300	820	Stakes	320	200	300	820
Women Master 1/SHW	320	200	300	820	Stakes	320	200	300	820
Women Master 2/SHW	320	200	300	820	Stakes	320	200	300	820

Washington State Corrections
Winter 93 - Monroe, WA

Women	220	180	250	650	Stakes	220	180	250	650
Men	220	180	250	650	Stakes	220	180	250	650
Women	220	180	250	650	Stakes	220	180	250	650
Men	220	180	250	650	Stakes	220	180	250	650

Powerlifting Paraphernalia

Ammonia Inhalant Capsules-10 count/box	\$4.99
Cramer O.D.A. - Quick Dry Adhesive Spray-8 oz	\$6.99
Cramer Red Hot Analgesic Ointment-3 oz tube	\$6.99
DMR- 3 oz. Roll-on	\$9.95
Cramer Cloth Backed Tape - roll	\$2.99
NOSE TORK Smelling Salts - bottle	\$5.99
Sleep Aid - 50 mg / Diphenhydramine HCL - 100 tablets	\$9.95
Chunkey - 8 - 2 oz blocks / 1 lb	\$11.95
Pool Room Cone Chalk-Talc	\$13.95
Ephedrine - HCL - 25 mg - 100 tablets, 1 Get 1 FREE	\$9.95

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STYLE #1 (Leather w/ Webbed Back)	\$9.99
STYLE #2 (Spandex Cabretta Leather)	\$15.95

Personalized Training Routine

Nylon Head Harness	\$49.95
Training Straps Style #2 (1 1/2" - 2")	\$5.99
Crain's Muscle World Cap	\$5.99
Power Dip Belt - Style #1 (full dip belt w/ chain)	\$29.95
Power Dip Belt - Style #2 (loop w/ chain)	\$19.95
Bumper Sticker - Powerlifting's Greatest Sport	\$4.94
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Crain's Muscle World Towel	\$19.95
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Conway Tri-Back Bumper	\$22.98
Conway Weight Belt	\$22.98
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Conway Mighty Grip	\$29.95
Conway Multi-Strap	\$7.95
Conway Multi-Strap	\$14.95
Conway Safety Spotters	\$24.95
Conway Wire-Tripot Blaster	\$22.95
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Radgrip-Color Coordinated Lifting Socks (see back for list) - each	\$5.99

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program. The monolith squat racks combined with the new Elite Squat Bar system make for some great pharmaceutical and nutrition programs, which we are testing here at Lewishburg. There are still too many failures in the lift per se here at USF. Six of the sixteen lifts were failed. A big thank you must be extended to the lifters and officials who worked hard for the lifters throughout the meet, for sponsoring the meet. (The results provided to POWERLIFTING USA Magazine courtesy of Tim Tassou and Greg Canyon)

LCI Meet

Open/144	SQ	BP	DL	Total
Bowen	425	245	430	1100
162	325	185	415	925
Tate	555*	310	615*	1480*
Poole	475	300	50	01290
Pinger	475	300	50	1275
Neiger	505	260	48	1175
Wray	485	285	440	1210
Parish				
185	315	550	1440	
Hard	575	325	505	1405
Henderson	575	280	490	1345
Markley				
Swartz				

11 Dec 93 - Lima, OH

Open/144	SQ	BP	DL	Total
Williams	650	315	575	1540
Nichols	600	285	550	1435
Stullmeier	550	315	545	1410
Jones	600	375	685*	1660
Houston	400	235	505	1140
162				
Master	400	215	565*	1180*
162				
Cunningham	495	260	440	1155
Bealy	350	185	450	1000
Novice/162				
165	140	315	725	
185	135	225	445	
Phillips	445	295	465	1205
Martin	365	305	505	1175
162	375	225	400	955
Young	280	250	480	930
King	325			
165				
McGinn	445	295	465	1205
Reams	375	225	425	1025

*Veteran lifters. Reams, Hays, Jones, Light-Tate. LCI held another well directed powerlifting competition. We'd like to thank all the organizers - Al Lotus, Terry Schider, Junior Brown, 1069 Lee, A.7/10/93, 1069 Lee, A.7/10/93, 1030 Southernland, J.8/21/93, 966 Meyer, M.5/1/93, 955 Allward, J.2/3/93, 900 Olson, A.2/26/93, 890 Jones, R.9/1/93, 854 Fackwock, C.3/13/93, 848 Arciden, A.10/2/93

TEXAS POWER BAR

Manufactured by Buddy Capps of Texas, the original manufacturer of Texas Power Bars since 1980. Shaft is black pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it and the sleeves are one piece of construction and rotate around the bar on a bronze bushing. Used at virtually all championship meets in the USA since 1981. It has held up to 1000 pound squats on at least six occasions without bending.

\$185.00

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Manufactured by Buddy Capps of Texas, the original manufacturer of Texas Squat Bars since 1980. Shaft is black pre-stressed high alloy chrome molybdenum steel that has a tensile strength of 150,000 PSI. The bar has a center knurl on it and the sleeves are one piece of construction and rotate around the bar on a bronze bushing. Used at virtually all championship meets in the USA since 1981. It has held up to 1000 pound squats on at least six occasions without bending.

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NASA Northwest Illinois

19 Sep 93 - Dixon, IL

Masters 1	SQ	BP	DL	Total
198	440	360	440	1240
220	480	275	475	1230
Masters 2	400	355	415	1170
242	750	345	690	1785
275	400	250	500	1150
J. Olive	450	305	520	1285
220	380	375	440	1200
M. Chisholm	625	380	640	1645
R. Jones	680	365	690	1735
Pure Novice	420	290	450	1160
181	510	350	520	1380
M. Glicker	605	345	570	1520
220	375	350	450	1175
J. Schmidt	430	320	400	1150
Tennage	345	205	280	830
N. Levario	155	110	200	465
Women	200	170	230	600
148	120	100	115	335
165	150	120	145	415
Women Masters	200	170	230	600
SHW				
Og				
Women (average)				
165				
S. Lampert				

(Thanks to David Greenwald for providing results)

USP Lewisberg Meet

Dec 93 - Lewisburg, PA	SQ	BP	DL	Total
Marquez	410	240	410	1060
Torres	300	335	515	1350
198	325	290	425	1040
Campos	600	360	640	1600
220	600	385	570	1555
Manley	640	365	650	1655
Epis	575	350	510	1435
Serrano	425	315	510	1250
220 Master 40+	640	365	650	1655

This was the first meet in which used the monolith squat rack it was well received by the lifters and expedited the squat portion of the

From FELICIA MANGANIELLO, ADFPA Publicity Chair and Athlete's Representative: The purpose of this message is to address the entire organization, from the National Governing Committee, to all card carrying lifters. Since 1990 I have held this chair exclusively. While I am proud of my accomplishments as representative of this committee, I now feel that it is time to step down and let someone else take over. I am a business approach in promoting our organization. We have accepted the status quo for too long. I believe it is time to market our most valuable assets - our lifters and our commitment to drug-free athletics. With this in mind, the following is my agenda for calendar year 1994. First, I am pleased to announce three new additions to the Publicity Committee: Robert Wagner, current World Champion and prominent collegiate strength coach, Steve Scaldi, two time World Champion, and Eli Stern, assistant coach of the Power Pt gym. They will assist me in implementing the promotional goals of the ADFPA. Their fresh and innovative ideas will be of great help in the growth of our organization.

The following list are some ideas we will be working on and considering in the upcoming months: 1. Campaigning the mainstream sports media for magazine coverage and television air time. 2. Distributing press releases to national media. 3. Direct marketing and advertising of the ADFPA through fitness magazines. 4. Producing a promotional video for release to television talk shows and cable sports networks. 5. Providing nationwide powerlifting seminars. 6. Fund raising techniques, including funding for the World Team (Open & Masters). 7. Promoting membership. 8. Creating a 1-900 telephone line featuring training tips from ADFPA Champions. The Publicity Chair is also looking for volunteers who would be able to assist in the following areas: 1. Graphic arts. 2. Photography and video. 3. General business, secretarial and research skills. 4. Leads to media sources, potential sponsors, etc. Any individual willing to help is encouraged to call me at (718) 379-9823. The end of year report will be ready for the Women's National Committee meeting in May, and the Men's National Committee Meeting in July.

A final idea I would like to start as soon as possible requires some assistance. I want to publish a National Directory of ADFPA coaches and gyms which will ultimately be distributed to all members. This will provide a means for unaffiliated lifters to join a drug-free gym or team, and in turn, help promote your facility. I am asking a fee of \$3.00 at this time to be listed in the ADFPA Powerlifting Directory. If you are interested, please send your gym or team name, address, and telephone number to: Felicia Manganiello, ADFPA Directory, 1763 Arrow Avenue, Bronx, New York 10469.

In closing, remember that positive change does not happen by itself. It takes ideas, cooperation, dedication and persistence. Don't leave it to the other guy. Let's work together. I strongly welcome your ideas and opinions, as well as your suggestions and criticisms. With your help, we can spread the message to all strength athletes that we are the best drug-free organization for the lifter. May your 1994 year be strong, powerful and healthy. Sincerely, Felicia Manganiello, Publicity Chair

ADFPFA

TOP 20 56 kg 123 lb.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1. 473 Pope, W. 2/27/93	355 Gonobaski, J. 3/13/93	507 Pope, W. 2/27/93	1266 Pope, W. 2/27/93
2. 435 Depp, D. 2/27/93	297 Kinser, R. 2/27/93	462 Weiss, D. 7/10/93	1135 Weiss, D. 7/10/93
3. 405 Sans, S. 10/23/93	286 Lee, A. 7/10/93	450 Durandis, T. 5/15/93	1100 Anderson, T. 11/13/93
4. 400 Anderson, T. 11/13/93	275 Pope, W. 2/27/93	440 Anderson, T. 11/13/93	1075 Depp, D. 2/27/93
5. 396 Weiss, D. 7/10/93	275 Weiss, D. 7/10/93	425 Allward, J. 2/3/93	1069 Lee, A. 7/10/93
6. 380 Durandis, T. 5/15/93	260 Collins, C. 5/15/93	424 Kinser, R. 2/27/93	1030 Southernland, J. 8/21/93
7. 374 Kinser, R. 2/27/93	260 Antonino, T. 11/13/93	410 Burris, R. 7/11/93	1030 Southernland, J. 8/21/93
8. 358 Lee, A. 7/10/93	259 Bonzelli, B. 7/10/93	407 Adams, L. 5/1/93	955 Allward, J. 2/3/93
9. 347 Gilling, J. 7/10/93	240 Stubbs, C. 3/6/93	402 Southernland, J. 8/21/93	900 Olson, A. 2/26/93
10. 347 Gilling, J. 7/10/93	236 Meyer, M. 5/1/93	395 Scott, S. 10/23/93	895 Jefferson, K. 9/11/93
11. 336 Vermer, J. 3/27/93	230 Thomas, G. 12/4/93	391 Fackwock, C. 3/13/93	890 Jones, R. 9/1/93
12. 332 Adams, L. 5/1/93	225 Southernland, J. 8/21/93	385 Bonzelli, B. 7/10/93	854 Fackwock, C. 3/13/93
13. 320 Jefferson, K. 9/11/93	220 Olson, A. 2/26/93	369 Meyer, M. 5/1/93	848 Arciden, A. 10/2/93
14. 315 Olson, A. 2/26/93	214 Depp, D. 2/27/93	364 Grey, A. 11/20/93	

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NI: (Grey)--Branch chain amino acids used for repair of muscle tissue after exercise and recovery from injury

66 grams---\$25.00 150 grams---\$47.00 300 grams---\$89.00

FU: (Gold)--Aids in weight gain by improving body's ability to digest food.

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HUAN: (Red)--Aids in weight loss and utilization of fats as an energy source, assist with liver function.

66 grams---\$22.00 150 grams---\$42.00

CHEN: (Green)--Provides "instant energy" converting ADP to ATP.

66 grams---\$22.00 150 grams---\$42.00

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RECOVERY: 1 Teaspoon NI (Grey) immediately after training.

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			Total	

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3rd Upper Austrian Bench Press

13 Nov 93 - Scharnstein (kg)

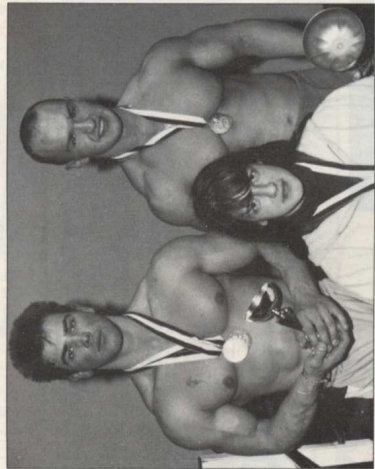
Women/52	W. Radauer	190
M. Braun	F. Stadler	135
S. Krebs	R. Stullberger	100
67.5	J. Schindl	100
75	I. Schmidt	150
M. Ecker	H. Weidinger	110
82.5	M. Weller	100
Men/56	P. Pfluegmayer	185
F. Oberlininger	R. Pokorny	165
M. Wimmer	L. Weigert	105
G. Reiter	H. Winkhofer	105
R. Leitner	H. Willingereder	190
C. Lauer	R. Siller	212.5
H. Peterzopf	J. Neudorfer	150
C. Pichmuller	S. Weisemann	147.5
75	F. Oberlininger	97.5
C. Piesendorfer	M. Ziegler	140
P. Loik	C. Pichmuller	87.5
82.5	H. Weidinger	110
P. Luettinger	Junior	165
M. Ziegler	F. Dallinger	171
T. Lottebberger	E. Cunenyl	140
E. Cunenyl	R. Leitner	120
K. Vogl	K. Vogl	107.5
90	Master 50+	150
C. Pichmuller	J. Schmidt	150
A. Schillinger	J. Schmidt	150

(Thanks to Karl Auer for providing these results.)

Saskatchewan Provincial Champs

20 Nov 93 - Moose Jaw,

Men/67.5	87.5	140	327.5	
K. Czerniewi	172.5	172.5	457.5	
R. Bergland-mb	122.5	65	140	327.5
D. Young	122.5	115	165	402.5
J. Cooper	227.5	167.5	240	635
W. Cormier	232.5	150		



Young and Strong Record Holders from the Upper Austrian Bench Press Championships include, left to right, Ferdinand Dallinger (junior - 171 kg), Thomas Schedlberger (200kg), and, front, Daniela Pfluegmayer (junior - 95 kg). Photo provided courtesy of Karl Auer

m-Master III (60+); n-Novice (first time); J-Junior national qualification totals; John Cooper missed (14-23); b-Blind; Best Overall Lifter: John Cooper, hitting his alter having a bad day on the squat. Announcer: Joseph Stockinger; Time keeper: Brian Wayne Cormier, a senior lifter, failed to get a lift on the bench press. Platform: Chris and Gregory; and Wayne Johnson. Platform Workers: Steve Lavallee and Darrel Studnyk. Canadian lifters just wouldn't go up. The SAsA would like to thank our event sponsors: Safeway, Bloomingdale, Nord, Northern Lights Fitness Products, Best Sport, Store & Weider Foods, Wayne & Lavallee's Pizza & Steak House, Old Fashion Foods, MI Union 242 Hospital, Ottawa Real Estate, Gentle Hands Realty, Brewster Brew Pub, SASK Sports Medicine Council, Subway ESSO, Best Western Heritage Inn, SASKATEL, Marathon Sports, Fitness Warehouse, (Thanks to Sandy Ellis for providing these results.)

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285	C. Stirling	442	200
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G. Bradley	Overstreet	227	225
165	Over 40		
165	Over 40		
W. Yoder	I. Zwick	151	300
J. Bach	R. Huang	154	320
181	T. Hicks	157	300
G. Wilkins	S. Braz	405	430
H. Sherman	R. Reid	197	315
555	220		
390	R. Routh		
242			
450	O. Johnson		
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275	L. McGinnis		
300	O. Johnson		
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