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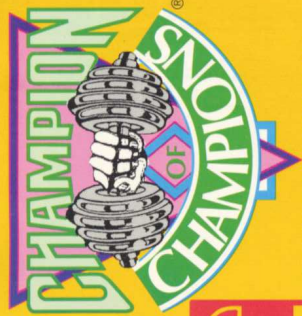
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 Sports Medicine Editor William Taylor MD
 Subscription Services Jean Lambert
 Graphics/Layout In Joe Lambert
 Statistician Herb Glasser
 Publisher Mike Lambert

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ON THE COVER..... Craig Tokarski at Gus Rethwisch's Budweiser World Record Breakers Meet (photograph by Allured)

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USPF National Collegiates

as told to POWERLIFTING USA by Dr. Billy Jack Talton



Women's Team Champs for 1984, 1985, 1986, and now 1994, Louisiana Tech, with the most team points ever scored in USPF Women's National Collegiate competition. Outstanding lifter Jennifer Rey of Tech holds up the trophy (photograph courtesy of Dr. Talton).

The Aerobics Center on the campus of Oral Roberts University in Tulsa, Oklahoma was the setting for the 26th renewal of the USPF Collegiate National Championships held March 26-27, 1994. Meet Director, Ricko/Dale Crain, a past Collegiate National Champion, had the lifting area well arranged for the one platform meet. Computer scoring was utilized along with overhead projectors providing lifters with information on attempts. The meet did lack judges and supporting personnel at times, but stayed on schedule.

The 14th Women's Collegiate Nationals opened with Louisiana Tech's

rookie lifter Amy Norred, winning an unopposed first place in the 97 lb class with a 441 lb total. The defending National Champion from the U.S. Military Academy made their intentions known to keep the national title as they claimed 21 points with first and second places in the 105 lb weight class from Cynthia Chung and Tanya Tolles. Rene Young made her presence known as the Louisiana Tech freshman won the 114 lb class and tied the 733 lb total record set by Pauline Hoehn in 1983. The Army gained 9 points from Theresia Kamper and 8 points from Stacy Matzusk. Louisiana Tech's Jennifer Rey ended her four year collegiate career with a first place in the 123 lb class after finishing second twice and fifth in the three previous meets. Jennifer also bench pressed 183 lbs to set the record formally held at 171 lbs by Katie Haynes of Ohio State University, set in 1985. Jennifer was also recognized as the meet's outstanding female lifter based on an 810 lb total. Dana Allmond moved up one notch to second place from last year's meet and was joined by teammate Heather Schurebler in fourth place to gain 16 more team points for Army. The U.S. Naval Academy scored 8 third place points from Franchesca Matzahn.

Louisiana Tech's Cheryl Dorsey moved up to the 132 lb weight class winning first place after finishing second last year in the 123 lb class. Cheryl deadlifted 375 lbs to break the 353 lb record set in 1982 by Utah State's Mary Hetzel. Teammate Gina Riak repeated as the second place winner in the 132 lb weight class. Navy's Debra Burton also repeated as the third place winner in the 132 lbs.

The only female lifter from Texas A & M, Raquel Sims, made her presence felt in her first national meet winning first place with a 832 lb total and setting the bench press record of 193 lbs set previously by Susan Fyfe of Lafayette College and 187 lbs. Navy took second and third places in the 148's with Michelle Lobitz and Tina Valdez. Melissa Mazur took fourth for Army with a 639 lb total.

In the 165 lb class, the U.S. Naval Academy, 4th-16 lbs class, the U.S. Naval



Megan Gerstenfeld of the U.S. Naval Academy. (Linda Finnegan)

Academy won the second place with Megan Gerstenfeld's 755 lb total but lost ground when teammate Michelle Nakanuma bombed by failing to make a bench press. At this point, Louisiana Tech took over the record 114 team points and the national title.

First places were taken by Louisiana Tech's 165 lb Vanessa Jones, 181 lb Rachel Davis, 198 lb Brandy Parr, and SHW Sherbina Smith. Aloisa Sellers, also of Louisiana Tech, took second place in the SHW Women's National Championship won by Louisiana Tech marks the first time for them to win the title since 1986. Louisiana Tech had not defeated the Navy since 1986. The 114 points were earned from eight first places and two second places, the most team points ever scored by a women's team in the 14 year history of the event. Special recognition was given to Louisiana Tech's Jennifer Rey for Outstanding Lifter and Bench Press, and Tech's Leslie Tidwell Outstanding Squat, and Tech's Cheryl Dorsey for the Outstanding Deadlift.

The five year reign of the West Point women as National Champions ended as they slipped to second place with a 61 point total. Navy lost its four year hold on second place and fell to third place with

the men's second session saw the 165-198 lb lifters participate. A shift in team points favored Louisiana Tech as five lifters scored 46 points to give them a 70 point total. Navy slipped to second place behind Louisiana Tech scoring 29



Lance Mays - is he the next Todd Suttles? (Finnegan photograph)

42 points. Texas A & M won fourth place marking the first time to make the top four since 1985.

The men's first session included the 114-148 lb weight classes. The four new reign as National Champions of the U.S. Military Academy showed vulnerability as the U.S. Naval Academy scored 25 pts, Louisiana Tech 24, Texas A & M 16 pts and the two designated Army lifters failed to score due to not reaching the qualifying totals for their respective weight classes.

The 114 lb and 123 lb weight classes only had one lifter in each class. Both lifters, Texas A & M Dean Yamada and Army's Davis Kirman failed to reach the required qualifying totals. The 132 lb class was left open to an heir after the graduation of four time National Collegiate Champion Todd Suttles. A worthy replacement arrived from Louisiana Tech, Lance Mays. Last year as a freshman, Lance set three of the four records in the 123's. This year, Lance did not break any of Suttles's records, but he was named the

Academy won the second place with Megan Gerstenfeld's 755 lb total but lost ground when teammate Michelle Nakanuma bombed by failing to make a bench press. At this point, Louisiana Tech took over the record 114 team points and the national title.



Eugene Orlanes of the U.S. Naval Academy won the 198 pound class with a big start in the squat, 666 lbs. worth. (Linda Finnegan photo)

the last session was highlighted by an uncharacteristically strong finish by Louisiana Tech in the heavyweight divisions. Two Tech football players won first and second in the 220 lb class as they lifted in their first national meet. Carlos Bolton took first with a 1,741 total and teammate Todd Sumrall took second with 1,493 lbs. Army's Brad Smith fell only 11 lbs short of reaching Todd Sumrall's second place total. Brad's teammate Ethan Nevenschwand failed to score because of missing the qualifying total.

The first two places in the 242's were taken by lifters that were the only representatives from their schools. The first place winner was Billy Ellis from Second College with a 1,674 lb total. Second place went to Gene Oklahoma's Chad Chappell with a 1,576 total. Louisiana Tech's Jesse Payne scored 8 third place points as he failed to close the 32 lb lead held by Chad.

Jacksonville State's William Mitcham won the 275 lb class for the second year of the year.

VIDEOTAPES

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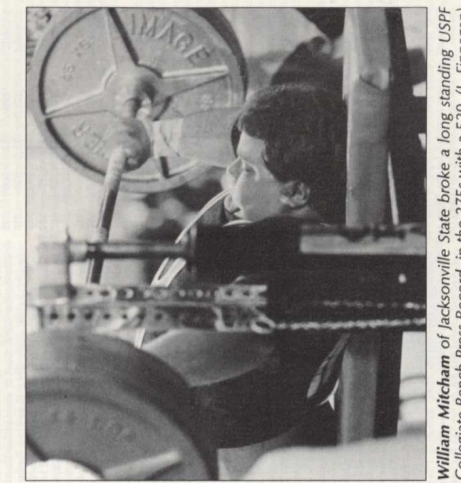
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Carlos Bolton lifted big & weighed only 213. (Linda Finnegan photo)

in a row highlighted by a record breaking 529 lb bench press. Second place went to William Maloney of Chemedeta Community College. Jon Magendie was unchallenged in the SHW class and took advantage of the situation to lift 1,521 lbs and win 12 team points for Louisiana Tech.

This meet marked the end to four straight wins in the men's division and 5 straight wins for the women's division by the cadets of West Point. Louisiana Tech roared into first place with a record 114 points for the women and 111 points for the men. It was the first national title for Louisiana Tech in 8 years when both the men and women won in 1986. The Navy men moved into 1988. The Navy women slipped to third place for the first time since 1990. Louisiana Tech was designated as having the Outstanding Progress Program and Outstanding Coach of the Year.



William Mitcham of Jacksonville State broke a long standing USPF Collegiate Bench Press Record in the 275s with a 529. (L. Finnegan)

ADFP Military Championships

19 Mar 94 - Ft. Polk, LA

as told to POWERLIFTING USA by Johnny Graham



Team Champions - Fort Hood - 1st row, Tracy Sciammeaux, Stephanie Riley, Joanna Walker, Chandra Hartung, Michael Smith; 2nd row - Ricco Martinez, Gene Alesna, Michael Potts, Steve Currier, Robert Bryant, Charles Barley, Johnny Graham, Team Coach (John Graham)

Military Championships were held on the beautiful Louisiana Recreation Center at Fort Polk, LA. 43 lifters showed their military might - the largest number of contestants for these championships ever. They can not only deadlift, as he also broke the meet record by lifting 650 lbs. The Fort Hood team record being 650 deadlift helped him edge out teammate Turner for the Best Lifter award in the lightweight division. Ronald Ayers came to rewrite the record book in the 275 lb. class. He set a new record when it comes to this lift. He opened with an easy 425 lb. lift, then went to an even easier 455. He then went for a new American record 470 lb. lift. With great form he fought the lift with steady

and total standards. The afternoon session started off with Nathan Andrews, one of the best 181 lb. deadlifters in the country, take this class. This lift for the great price on the rooms, Sabine State Bank, Merchants & Farmers Bank, Allied Motors, and the Louisiana State University. The Louisiana Association of the United States Army, and Subway of Leesville, LA for the great sandwiches. The Drug and Alcohol Department of Fort Polk, all drug tests testing being conducted. If there was anyone else I may have forgotten, please forgive me, but thank anyway. To all the military lifters of the ADPPA, please keep me and stay clean! Johnny A. Graham, ADPPA, US Army, Meet Director

Women

S. Riley	150	80	180	410
W. Parker	225	105	275	605
C. Hartung	220	135	260	615
L. Walker	215	95	255	565
L. Hargett	165			

L. Williams	275	225	365	860
R. Bryant	230	210	310	845
R. Coleman	375	295	430	1080
J. Johnson	380	325	355	825
P. Miller	250	225	260	735
M. Smith	425	355	420	1010
B. Parker	425	355	420	1090

C. Turner	550	340	590	1480
R. Martinez	405	305	500	1210
C. Johnson	400	300	425	1125
R. Martinez	435	230	405	1070
W. Parker	18			
N. Andrews	575	370	640	1585
D. Wallace	565	385	525	1375
M. Jackson	465	325	575	1365
W. Dennis	450	300	440	1300
S. Allard	400	270	500	1175

J. Johnson	470	330	500	1300
M. Dyer	365	265	350	960
C. Alesna	290	250	350	860
J. Reape	605	350	515	1470
M. Jackson	575	355	515	1405
S. Weatherly	365	315	405	1085
C. Currier				
W. Dennis	525	355	500	1380
S. Allard	465	325	575	1365
W. Dennis	450	300	440	1190
S. Allard	400	270	500	1175

J. Johnson	620	365	655	1670
P. Boyd	650	375	600	1550
B. Barjett	575	375	500	1450
L. Wright	550	330	620	1500
R. Cooper	625	435	550	1610
C. Barley	480	355	505	1340
M. Smith	265	205	265	735
J. Joseph	165			

S. Riley	80	105	105	390
B. Didlake	340	305	340	1025
C. Turner	350	300	350	1000
R. Johnson	18			
J. Martinez	135	105	135	472.5
J. Pruitt	120	95	120	330
D. Kennedy	95	95	95	285
R. Miller	95	95	95	285
S. Weatherly	123			425
L. Williams	225	220	220	665
R. Jackson	355	325	355	1035
K. Carzater	275	275	275	825
J. Bonneau	235	235	235	705
P. Miller	225	242	242	709
R. Miller	225	242	242	709
B. Parker	325	275	325	925
R. Cooper				425

Team Ft. Hood 76-93, 29 Palms, CA-71, Ft. Polk LA 68, Redstone Arsenal, AL 63. The 1994 National



Brother Bennet flanked by Charles Barley, 2nd at 275 lbs., and Chandra Hartung, 1st in the 139 lb. class (courtesy of Johnny Graham)

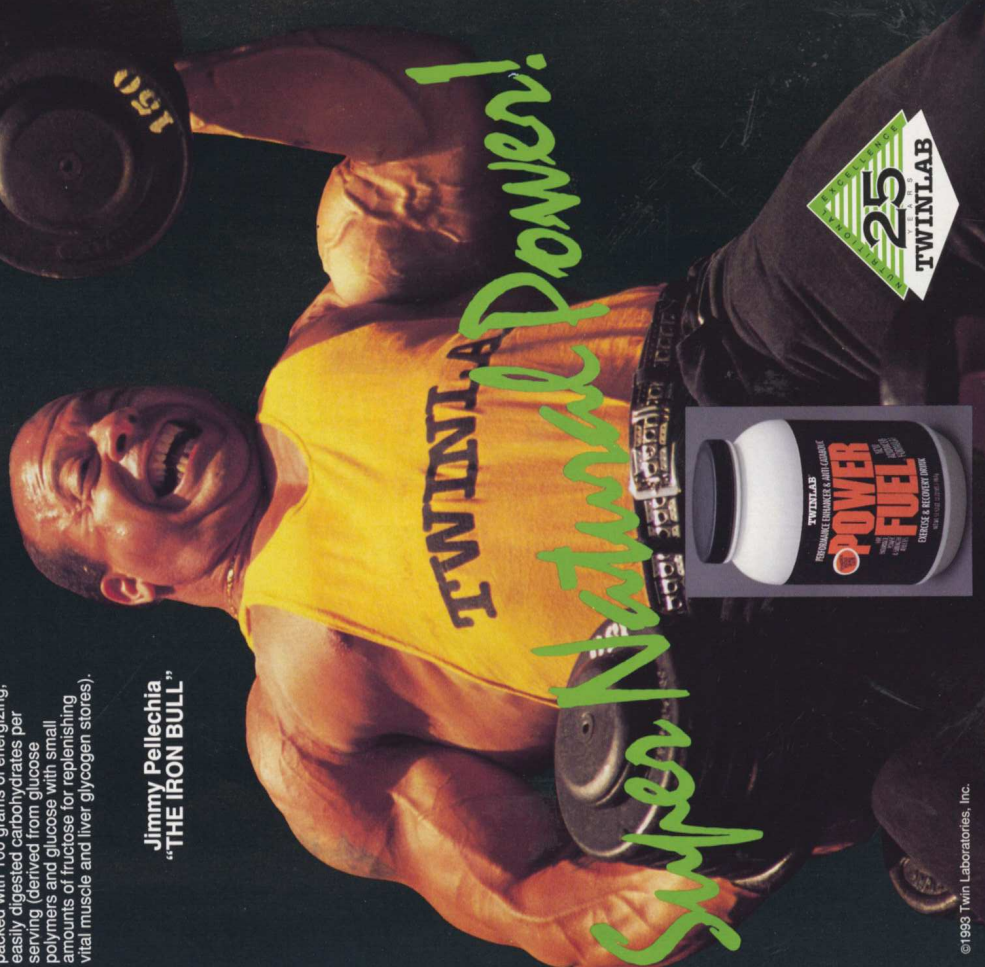
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Anthony Clark tried a 738 and was close with it (Allured photos)

use of a truck for four days. Mike lined up spotter-loaders who included Tom Honeycutt, Jeff Conley, and Rick Perez. Rick also helped sell t-shirts. Darren Hamlin did an excellent job of M/Ging and his wife Connie and Tracy Mayoral were the scorekeepers. Giorgio of Giorgio's Gym provided the use of a world class bench. May Hayes and Chuck Bender of Columbia Basin Kacquet Club were also very helpful. They provided spotters, Amber, Dan and Scott Harchette of Gold's Gym in Kennewick, Ray Mitchell and Roger Kuebler were a sponsor and provided weights, excellent judges, as well as Roger's brother Jim. Jim Johnson brought an excellent team of lifters from Portland. Johnny Cooper and his wife Lynda also were very helpful in many ways. Johnny



Wes Williams, 78, with a masters record bench of 203 in the 1980s.

VIDEOTAPES

Budweiser Record Breakers
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Craig Tokarski, signing autographs after his new WPC World Record in the bench, 308 lb. class, weighing only 277 pounds

helped with the weigh-in which was long and tedious with 120 lifters. Ross Phillips and Greg Phillips brought weights and equipment up from Pendleton, Oregon. Ross and Greg have brought equipment to my meets on at least six occasions. Also, I want to thank my sponsors who made everything possible - Skip Sandberg of Tri-City Fence, Rich Sandlin of DASH Products, Pete Alaniz of Titan, John Inzer of Inzer Advance Design, Doug Casey of Power Development, Mike Lambert of Powerlifting Concepts, Barry Reutert Club, Angelo Harchette of Gold's Gym, Don Latham of Lampton Crane, Rickey Crain of Crain's Muscle World, Scott Safe of Safe Shoes, Mike Lambert of Powerlifting USA, Emeric Dekeg of Body Ammo who make liquid creatine from Bulgaria. The results speak for themselves. Charles Stewart set a teenage world record in the 18-19 age group with 501. Wesley Williams at 78 benched 203 for a world record in the 198 lb. class, Bob Hubbard, at age 65, set a world bench mark of 429 in the 475 lb. class. Anthony Clark was the 2nd best lifter in the 275 lb. class. The Texas State Championships only a week earlier, but he still came close with 738. Then there was Craig Tokarski - four explosive bench presses at a bodyweight of only 277 - 622, 644, 661 and 683. He is the bencher of the future and that future is only about six months away. (thanks to Gus Rehwisch for results)



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WORKOUT of the Month

JAY ROSCIGLIONE SQUAT WORKOUT PROGRAM



The squat has always been one of my favorite lifts and my most consistent. Only recently did I break the 700 lb. barrier after 17 years of competition. At the 1993 A.P.F. Nationals I made 3 good squats ending with 711 as a middleweight. I attribute this recent success to smart training and, unfortunately, to knee surgery.

By smart training, I mean knowing your body and realizing when you are losing strength by over training. After knee surgery I had to be very careful, not knowing what my limits would be, and of course, not wanting to overtrain my knee. I also wanted very much to compete again on a world class level or... not complete at all. So I cut out the extra sets and reps that I would normally do prior to my injury. It was one full year before stepping back onto the platform and squatting 688 and 4 months later at the nationals 711.

Jay Rosciglione has been one of the best squatters in the lightweight/middleweight classes for almost two decades. Here he is at the 1982 IFF Worlds in Germany, competing against the likes of Eddie Pengelly

Since my knee surgery I am very cautious so I wear a loose fitting suit in the off season and tighten up the fit as I get close to the meet. Before I used a tight wrap with double goldlines, now I wrap myself booster with single goldline wraps. I wrap from 500 lbs. on up and I do not put my straps up until I start my singles, which is about 3 to 4 weeks from the meet.

In this squat routine we squat once a week and concentrate on one top set for the day. The set just before the top set is done for a single just to feel the weight and get you ready for the work set. I will set a realistic goal for the competition and work back 12 weeks... this gives me my starting weight.

We will base this routine on a 600 lb. squatter and bring him up to 630 by the end of the cycle. All squat and deadlift workouts are followed by 5 sets of 10 on leg curls and 16 sets of 15 to 20 on calf raises. Stretching out and squatting in front of a mirror until you are at least breaking parallel is a good way

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- x.3. Week 9 ... 135 x warmup, 245 x 5, 335 x 4, 425 x 2, 480 x 1, 530 x 1, 585 x 2.
- Week 10 ... 135 x warmup, 245 x 5, 335 x 4, 425 x 2, 495 x 1, 540 x 1, 600 x 2.
- Week 11 ... 135 x warmup, 245 x 5, 335 x 4, 425 x 2, 500 x 1, 550 x 1, 615 x 1.
- Week 12 ... 135 x warmup, 245 x 5, 335 x 4, 425 x 2, 505 x 1, 565 x 1, 630 x 1.

The last squat workout before the meet would be around 485, which would be the last warmup before your opener. If the meet is on a Saturday, the last squat workout would be done the Sunday before. At the contest your opener would be... 556, second attempt ... 600 - 606, and your third attempt ... 628.

This routine may not seem like much work, but it is designed to improve strength in squatting, increase intensity and above all, not overtrain you!

Remember, you should also be deadlifting or some pulling movement once a week, which can take away from your squat. So that is why I feel this routine is ideal for the intermediate or advanced lifter.

In closing, I would like to emphasize the importance of good training partners, with which I must say - I am blessed with. They are Shawn Alberson, Mike Houston, and Ron Serra. Without them I would have not overcome the injuries that I suffered in the last two years. For this I am very grateful.

For any other information on workouts, diet, weight loss, advanced routines, send \$25 check or money order to: (Jay) John Rosciglione, 3951 Triple Crown Dr., Florissant, MO 63034, 314-921-8040

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So Long, SUPERMAN

DAVE JACOBY: AN APPRECIATION

as told to Powerlifting USA by Marty Gallagher

It is always sad when an all-time great hangs up their cleats, racket, glove or lifting belt. Dave Jacoby was an all-time great in the sport of powerlifting. For close to a decade Dave was unbeatable, the best 242 pound lifter in the world. Maybe the best ever. Dave beat 'em when he was healthy and he beat 'em when he was sick. He beat 'em when he was on top of his game and he beat 'em when he was injured. He always found a way to beat 'em though.

Jacoby's swan song was the 1992 World Championships held in Birmingham, England. None of us knew it at the time, but this was the last opportunity any of us would see the Quiet One lift. Jacoby went out with a bang instead of a whimper (not as so many all-time greats do, staying a little to long at the dance), absolutely devastating the competition in winning his eighth World Title.

Jacoby was a quiet, unassuming guy who walked around with a target on his back. Thor Kritsky, Willie Bell, Steve Goggins, Kirk Kanowski, Joe Ladnier and a long, long list of foreign lifters all tried to shoot a kill shot through that target - none succeeded. Jacoby would plan-like; always steady and consistent, letting the competition take their best shots and always returning fire in excess of what he got.

I had occasion to work with Dave when I was a coach for the United States at the 1991 World Championships. It was one of the highlights of my involvement with powerlifting.

Going into the competition, Jacoby's main concern was teammate Steve Goggins. Goggins, the fearsome, shaven-headed terror, had training lifts that, if he could duplicate on the platform, would prove untouchable. Dave opened with 804 in the squat and Goggins with 832. Dave made a strong success and Goggins was turned down 2 to 1.

Dave was always quiet and reserved - until he went out on the platform. During his psyche up prior to an attempt he would undergo a transformation that had to be seen to be believed. He would stride to the platform and turn to his coach, "OK, let's go!"

He would look at you and his eyes would get big behind those oversized professional glasses he always wore. He would begin to bellow and snort and his body would begin to shake. He would stare at you with the eyes of a psycho and he literally began to charge you. You, his coach, would deliver a double armed shiver to his chest. Hard!

Like Jim Lachey holding off

on a second attempt bench press the barbell collapsed on Dave's chest. He looked at me as he walked off platform and said, "I think we got a problem..." He held his left arm at the elbow with his right, his face contorted with pain. Dr. Dick Herrick confirmed what we knew; torn pec. Swollen, angry red blood blotches were visible beneath the skin. Scully and I looked at each other and said "I'll go tell the scorer's table." Scully nodded.

"Wait! Jacoby sat up from the examining table, clutching an ice pack. Through clenched teeth he hissed, "Load 135 ... Let me try a deadlift!" Scully and I exchanged quizzical looks. Dr. Herrick was shaking his head side-to-side. We loaded 135 and Jacoby pulled it. Once. With pain.

"Load 450 and drop my opener to 688."

We did. Jacob pulled the warmup and then deadlifted 688 for three white lights. He dropped to one knee as he came off the platform. The second place Icelandic content until this point to take second to the great Jacoby, sensed something was amiss and saw his opportunity. His made his opener and forced us to take 705 on a second attempt to regain the lead.

"This is crazy; I'm calling it off!" I blurted. "NO!" said coach Scully. "He said he could go so let's GO!" "Damn right!" Jacob bellowed.

Somehow he managed to pull that 705 to regain the lead. The Icelandic pulled a tough second attempt to move ahead once again. We needed 722 on Dave's final lift to get back the lead. The bar was loaded and the Swedish crowd, unaware of the behind-the-scenes drama, but fully aware of the on-the-platform lifting drama, rose to its feet and cheered. Up, up, up the bar went. Two inches from lock-out the barbell stalled and crashed to the platform. The Icelanders, ten feet to my left and watching with their hearts in their mouths, erupted into cheers, wild back slapping and much leaping around. Their man had won the world title from a power immortal and they went crazy. Jacoby walked very slowly off the platform. Hurting, depressed and desolate. I didn't know what to do or say... I hugged him.

The next year a proud and vengeful Jacoby rode into Birmingham, England, and retook that which was his, the world title. He smote and laid low friend and foe alike, crushing all who stood in the way of his mission.

Then, exhausted and satisfied, he returned to Canton, Ohio, never to be seen on the national or international platform again.

We will miss him.

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THE BENCH

Training By Percents, Part I as told to PL USA by Louie Simmons, Westside Barbell

lb. bench press. He had a good 10 lbs left in him, so we took 65% of 500, or 330, and he achieved 545 in a USPF meet. As of January 1994, we are maintaining his training at 65%, or 350. We fully expect him to do around 580 while still a teenager.

His training is divided into two days: regular bench press on Sunday and special exercises on Wednesday. On regular bench day, 65% is used. Out of 200 lifts at 65%, about 20 are performed over 65%. This means taking an occasional max, but with his weakest grip. For most, this would be a close grip, in which the fingers just touch the smooth part of the bar. If your triceps are adequate, you should be able to do 90% of your contest max, without a shirt. For example, a 450 lb. close grip is 90% of a 500 lb. meet max. On bench day, 65% is performed for 8-10 sets of 3 reps. You must use compensatory acceleration. The bar should increase in speed as it nears completion, or else valuable muscle work is lost. After the triples, a modified bench press is performed, known as a

So you ask yourself, is there a better way? The answer is yes. It is less stressful on the mind, and although taxing on the body, it is much safer and certainly less boring than what you are currently doing. First, I will relate to you, through my training diary, the progress of Jerry Obrodovich, a teenager who went from 400 to 545 (in a meet) in 12 months. Training with 65% of 400, or 260, netted him a 430 bench; 65% of 430, or 280, netted him a 462 bench; 65% of 462, or 300, netted him a 480 bench; 65% of 480, or 315, netted his first 500

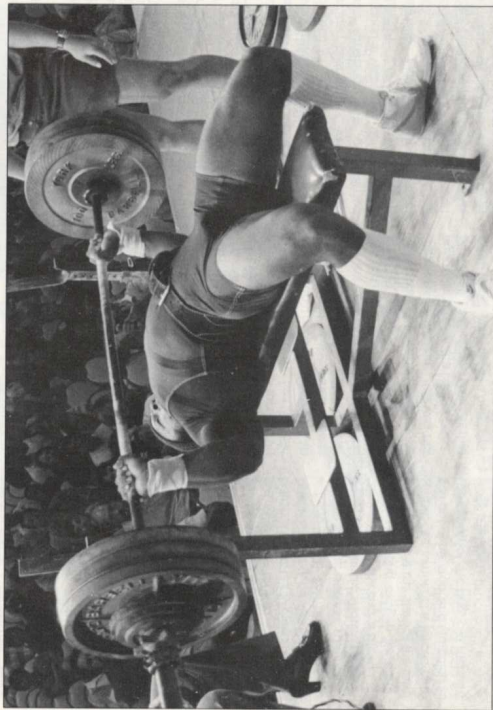
ods of time. As a matter of fact, they must drop assistance exercises a month or so before a meet. Just to be able to handle the heavy triple or double is all they feel is required to produce a high standard on meet day. However, more times than not they will fail for two reasons: (1) they reduce their volume too much by doing fewer sets and reps and (2) they neglect exercises, such as triceps extensions, delt raises, lat work, and so forth, that made it possible to press a new max in the first place.

Paul Dicks press. With a moderately close grip, the bar is lowered straight down to about 2 inches above the nipples, then raised straight up. It must be performed in the following manner. As the bar nears the chest, the elbows are raised slightly forward and up. This stops the shoulders from rotating, thus placing about 70% of the stress on the triceps. Raise the fists first. That way you ensure that the arms are doing the majority of the work. Do 3-5 sets of 3-5 reps. As a guide, 75% of your best contest bench press for 5 reps is extremely strong. That's what Paul Dicks could do. I managed 3 reps with 385, with a meet max of 530. This is followed by triceps extensions done to the throat or lying on the floor with the bar behind the head. These are done for 5-8 reps, increasing the weight each week, if possible. Dumbbells are used as an alternative. Again add weight when possible. Then we do plate raises, 5-10 reps, always adding weight when possible. Don't settle for 100 lb. plates if you could add to it. We chain plates together to add weight. Then we do side delt raises with dumbbells or a cable. We finish with hammer curls and maybe some straight or lat work. This is all done in 50 minutes.

Remember, your max bench press is not gauged by your best triple. Rather, you must do a prescribed volume of weight at the correct percentage. How do you increase on this program? Jerry does a total volume of work, with a 462 max, of 280 x 30 reps, or 8400 lbs. His total volume at 490 is 9000 lbs, 300 x 30 reps. Training at 330 x 30 reps equals 9900 lbs. Currently, in February 1994, he is using 350 for 10 triples, which equals 10,500 lbs. This shows how gradually the work load is increased over the course of his training. The work load is never overtaxing, and you never underwork the lift. You will notice that he achieved about a 5% gain with each volume increment. The bench press is a lift that normally takes some time to achieve a high standard. But by using this system, our 20 year old 181 lb. bench 457; his name is Joe McCoy. He does not specialize in bench pressing. He has earned two Elite rankings. Jerry Obrodovich has done 1890 at 242 as a teenager. I could go on and on about the success of our lifters.

Next, I will reveal an equally important factor in our training - special exercises - in Part 2 of this series.

Westside Barbell, 1469 Demorest Rd., Columbus, OH 43228, 614-276-0923



Paul Dicks, above in Hawaii, came on the scene hard and fast, to inspire Louie Simmons and others.

Dr. JUDD

Bad Mother.... Bad News

by Judd Biasiotto Ph.D., World Class Enterprises

most guys were there just to kick ass or for the one thousand dollar prize, but Ski was there because he had to be. "I have a wife and kids," he said, "and I need that thousand dollars. I wish things were different, you know, but that's the way life is. I'm not afraid because I have plenty of skill, but I wish there was an easier way to make this much money in this short of time."

After talking to Ski for only a few minutes, I knew that he was the favorite to win, but I wasn't naive. Good guys usually finish last in Bad Mother competitions. In order to win the elimination tournament, each "Bad Mother" had to fight a series of bouts consisting of three- to five-minute rounds until only one man remained unbeaten. The guy who was unbeaten, of course, was dubbed "the Bad Mother." For Ski to win, he would have to fight five times. From where I was standing, Ski didn't have a snowball's chance in hell. First of all, Ski was just too good-looking. There's an old axiom in fighting: don't ever fight anyone who's ugly because they don't give a damn. More importantly, though, is that he didn't appear to have that type of killer instinct that he needed to compete against those lower life forms. On the bright side, the fact that Ski was the only guy who resembled an athlete. Most of the other fighters were fat and sloppy and those that weren't, were relatively small. One guy couldn't have weighed more than 150 pounds.

Anyway, the action started. One thing was for certain - this was not entertainment for the faint of heart. First of all, the ring was so small that every match resembled a hand grenade fight in a phone booth. Although several of the competitors



Dr. Judd Biasiotto, author of World Class Enterprises

there was a make-shift fence around the place, supposedly to keep non-paying customers out, or maybe it was to keep Bad Mother competitors in. I really don't know which.

The contestants were also a real piece of work. They were 16 of the meanest, ugliest guys I've ever seen in my life. They came in all shapes and sizes from all walks of life. There were bouncers, farmers, weightlifters, karate experts, boxers, and factory workers. One guy, who called himself Rambo, even claimed to be a mercenary and a trained killer in hand-to-hand combat. Amazingly, the guy carried around a wallet full of pictures of dead Viet Cong that he had personally killed. Another competitor who stuck out like a diamond in the rough, was a guy named Steven "Ski" Niesowski. Although he was a bruiser by anyone's standards at 6'4" and 240 lbs., he was unusually handsome and well-mannered. Now

claimed that they knew the rudiments of boxing, no such skills were evident. In fact, just about every bout looked like a fight in the high school lunch room.

As luck would have it, Ski's first bout was against Rambo - you remember, the Warmonger from LA to be a fourth degree black belt, but if anything, he was a fourth degree redneck. Rambo was going from the moment he entered the ring, although he was disappointed when he found out that he was required to wear gloves.

As I expected, the fight was over in a heart beat. What I didn't expect though was that Rambo departed the ring feet first as Ski delivered two vicious blows to the top of his head. As they carried him by, he was wearing one of those trout looks, you know, a dazed, open mouth look. So much for the finer skills of hand-to-hand combat. The rest of the first round bouts and/or brawls were relatively uneventful. There were a few bloody noses, a few small cuts, and one guy did dislocate his shoulder, but besides that, everyone left the ring with what the good Lord gave them (or didn't give them).

Ski was pitted against Harold "Wildcat" Hastings, the smallest competitor in the competition at 153 pounds. When I asked Hastings why he got in the tournament, he told me that he wanted the money so he could get his wife a frontal lobotomy. It was no surprise that Ski pummeled "Wildcat" into submission in less than 40 seconds of the first round. I will say this, "Wildcat" showed an overwhelming amount of good sense by conceding while his remaining brain cells were still intact.

Ski's third bout (by this time I wasn't paying much attention to the other bouts) was against a 305 pound lumberjack who looked like he could knock the bad breath out of you with one swat. The fight started out like gangbusters, with both Ski and the lumberjack exchanging blows that would kill most mortal men. One thing was certain, Ski may have looked like a choirboy, but he certainly didn't fight like one. If anything, he was fighting like a fairly well-skilled boxer. By the middle of the second round, the lumberjack started showing signs of fatigue and by the end of the round, he was sucking oxygen for all he was worth. At the start of the third round, the lumberjack forced himself out of his stool and stumbled to the center of the ring. Ski met him there and then proceeded to issue him the BTMS treatment - Beat the Mother Senseless. The next

thing the lumberjack knew he was lumbering slowly, but purposefully, into the twenty-first century - know what I mean?

Ski's fourth bout was against a guy who looked like Jimmy Carter with long, greasy hair except the hair was more teeth than Carter, at least until Ski kicked three of them out with a minute left in the first round. As it was, Jimmy met the same fate as his teeth shortly thereafter.

In the finals, Ski went up against one of the meanest looking black guys I have ever seen in my life. Talk about ugly, this guy made Leon Spinks look like Billy Dee Williams. What am I saying? He made Don King look like Billy Dee Williams. He had a tooth - that's right, one tooth in the entire mouth. His hair was braided, jet-curled and froed all at once - I think. Worse yet, at least on Ski's standpoint, he was built like a Brahma bull. He also had the perfect name for a Bad Mother competition - Danon "Death" Dawkins. "Death" for short.

As soon as the bell rang, "Death" went right after Ski, swinging punches from every angle imaginable. It was obvious from the start he didn't know what he was doing, but he did it very well. I'd venture to say that, within the first minute, "Death" threw close to one hundred punches with the majority of them landing square on Ski's face. Amazingly, Ski just stood there and took everything that "Death" delivered. Even the crowd,

which was nearly comatose from acute alcohol toxicity, was more active than Ski. Then like a light bolt from the heavens, Ski threw a right cross that hit "Death" square between the eyes. Death went down like a sinnerized brick.

Incredibly, though, he somehow managed to get back on his feet before the count of ten. From where I was sitting, it was obvious that he was still on weed street. Any referee with an ounce of sense would have stopped the contest right then and there. Unfortunately, the referee in this case didn't have as much to work with. What transpired next was the closest thing I've

ever witnessed to legalized murder. Skimovet in, trapped Death on the ropes, and then proceeded to smash Death's face into a bloody mess. It was horrifying, like something right out of Friday the 13th. Even more horrifying was the fact that the crowd was cheering Ski on. In fact, the fans were seeing red - wild-eyed, excited, and bloodthirsty. After about thirty unanswered blows to the face, "Death" finally slithered in the canvas. George Foreman, and the list goes on. I accepted the evidence and went about incorporating violent tactics into my style of play and worse yet, my life. My basic philosophy of sports was "thrustash smash competitor." Interestingly, I was positively reinforced for such behavior not only by my teammates, but by my coaches and local supporters. In short, I was bred for violence, and consequently, I became very good at it.

There is something substantially wrong when the major criterion for success in an athletic event is one man's ability to punish another. Why would a father or a coach create an ideal for a boy in which destroying an opponent is the ultimate goal? As previously indicated, such behavior seems to reflect the inherent violence of our society. According to the national statistics, last year alone there were over 5,000 murders committed in America. Let me put those statistics into perspective. Per capita, Americans kill thirty-five times as many victims as Englishmen as Englishmen.

The city of Tokyo, with a population of close to 15 million, produces less than five killings a year. New York, with a population of 10 million, produces well over 500. In our schools last year, there were over 20,000 instances in which students beat up their teachers in the classroom. There are also 7,000 cases of rape in washrooms, and about 100 murders during school hours.

If the real stuff isn't enough for you, we have an abundance of the make-believe stuff. Violence is produced, packaged, and distributed via television and movies. It has been estimated that a normal child growing up during the 1970's and early 1980's would have witnessed more than 15,000 killings and at least 25,000 incidents of violence on televi-

tures, packages, and sells violence. It's a way of life. Like most red-blooded Americans, I was brought up to believe that violence was an integral part of sports. I was repeatedly told that if an athlete couldn't accept violence and brutality, or dish it out, he would never reach the heights of greatness. For proof, I had only to look at the careers of Dick Butkus, Jack Lambert, Roberto Duran, George Foreman, and the list goes on. I accepted the evidence and went about incorporating violent tactics into my style of play and worse yet, my life. My basic philosophy of sports was "thrustash smash competitor." Interestingly, I was positively reinforced for such behavior not only by my teammates, but by my coaches and local supporters. In short, I was bred for violence, and consequently, I became very good at it.

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by the time he or she was 15 years old. That was before Rambo wiped out the entire population of Vietnam. Any novice psychologist can tell you that the majority of research suggests that watching violence is potentially dangerous in that it serves as a model for such behavior, especially in children. In other words, children use adult behavior as a model for their own behavior. If a child watches Mr. T or Hulk Hogan beating the neighborhood out of Mr. Rogers to get what he wants, is there not a good chance that the child will use that same type of behavior to get what he wants? The answer, unfortunately, is yes.

Now I know it's been argued, mostly by the movie makers, that by watching violence on the tube, aggressive energy can be drained off. This concept sounds good in theory, unfortunately, research consistently indicates that this is not the case. Violence does not reduce the tendency towards violence; violence breeds more violence.

I'm not trying to suggest that violence is simply a social-psychological phenomenon. There really is no single cause for violence. In my opinion, behavior is determined by a vast number of factors. Our thoughts and actions are certainly affected by our biological inheritance, our past experience, and our present environmental interactions. To overlook any of the aforementioned factors would certainly bypass our understanding of human behavior. Still, our social environment is one factor that can be altered. If we are going to do away with a society that promotes peace, stability, and positive interpersonal relationships, one place to start would certainly be with sports, both in the way they are played and in the behavior of the spectators. Of course, the way things are going in the world of sports, the probability of such an about-face seems exciting. Perhaps, as Michael Jackson suggests, if you want to change a good place to start is with the man in the mirror - I'm certainly going to try.

Dr. Judd Biasiotto

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TOP 100

For 242 lb./110 kg. USA lifters competing in results received from March 1993 through February 1994.

SQUAT	BENCH	DEADLIFT	TOTAL
1 903 Leslie, S. 8/7/93	600 Thompson, G. 3/27/93	804 Gagliano, S. 6/18/93	2171 Gagliano, S. 6/18/93
2 810 Bordin, D. 8/17/93	589 Brownfield, K. 1/22/94	775 Whitley, J. 2/20/93	2121 Farmer, ... 11/27/93
3 584 Leslie, C. 10/21/93	570 Wilson, R. 5/16/93	775 Pharr, T. 3/15/93	2020 Pharr, T. 3/15/93
4 800 Stanton, A. 2/25/93	570 Wilson, R. 5/16/93	760 Lark, D. 11/6/93	2020 Pharr, T. 3/15/93
5 800 Stanton, A. 2/25/93	570 Wilson, R. 5/16/93	755 Dindick, M. 3/27/93	2000 Vogelplough, C. 10/2/93
6 800 Stanton, A. 2/25/93	570 Wilson, R. 5/16/93	755 Dindick, M. 3/27/93	2000 Vogelplough, C. 10/2/93
7 800 Stanton, A. 2/25/93	570 Wilson, R. 5/16/93	755 Dindick, M. 3/27/93	2000 Vogelplough, C. 10/2/93
8 800 Stanton, A. 2/25/93	570 Wilson, R. 5/16/93	755 Dindick, M. 3/27/93	2000 Vogelplough, C. 10/2/93
9 800 Stanton, A. 2/25/93	570 Wilson, R. 5/16/93	755 Dindick, M. 3/27/93	2000 Vogelplough, C. 10/2/93
10 800 Stanton, A. 2/25/93	570 Wilson, R. 5/16/93	755 Dindick, M. 3/27/93	2000 Vogelplough, C. 10/2/93

11 770 Dindick, M. 3/27/93	550 Les, G. 4/3/93	745 Bitts, S. 3/13/93	1973 Pharr, T. 3/15/93
12 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	740 Vogelplough, C. 10/2/93	1970 Stanton, ... 4/25/93
13 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	738 Borden, D. 8/7/93	1960 Bitts, S. 3/13/93
14 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	738 Borden, D. 8/7/93	1960 Bitts, S. 3/13/93
15 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	738 Borden, D. 8/7/93	1960 Bitts, S. 3/13/93
16 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	738 Borden, D. 8/7/93	1960 Bitts, S. 3/13/93
17 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	738 Borden, D. 8/7/93	1960 Bitts, S. 3/13/93
18 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	738 Borden, D. 8/7/93	1960 Bitts, S. 3/13/93
19 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	738 Borden, D. 8/7/93	1960 Bitts, S. 3/13/93
20 770 Dindick, M. 3/27/93	550 Brunet, E. 11/2/93	738 Borden, D. 8/7/93	1960 Bitts, S. 3/13/93

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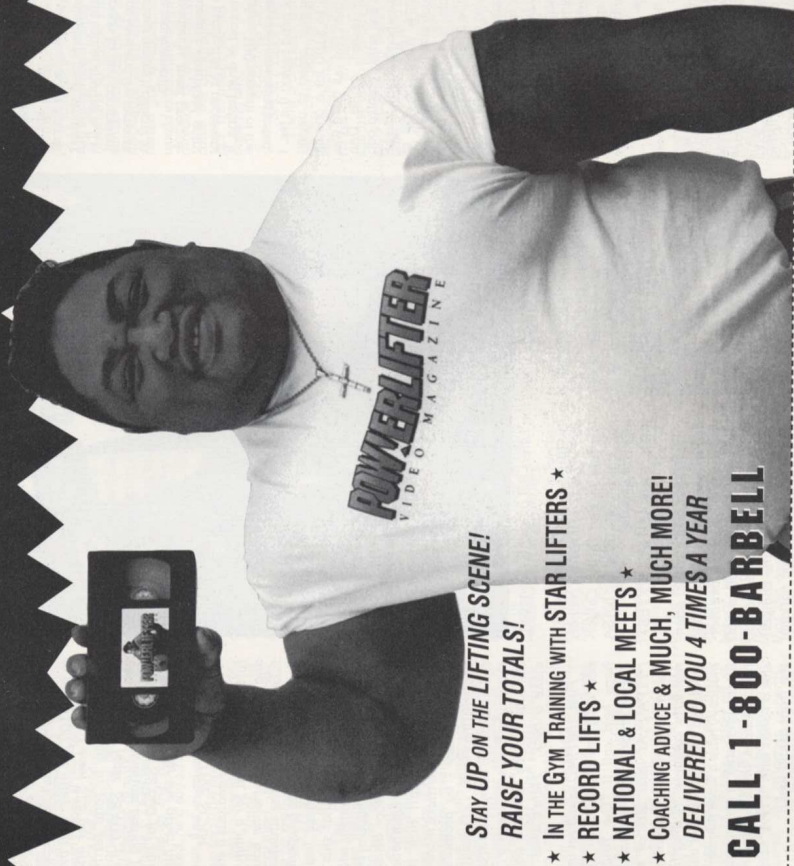


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NEXT MONTH... TOP 275s

Corrections: Le N. Le should have been credited with a 180 lb. bench in the 114 lb. division on the Women's TOP 20 listing. Craig Terry was not credited with a 700 lb. deadlift and 1625 lb. total on the TOP 100 198lb. listing. Sherril Klopman should have been credited with a 255 lb. lift on the 105 lb. class Women's TOP 20. Rachel Mathias's bench should have been 298 rather than 303. Anita Tallarico's lifts of 292 192 391 876 were not included in the completion of the TOP 20 Women's 165 lb. class. W. Payne's lifts should not have been on the ADFFA TOP 20 123 lb. class listing, and Dave Weiss's total of 1145 was not reflected there. Susie Leland's 275 deadlift in the 105s was not on the Women's TOP 20 list. Vicki Steernord's bench of 303 and total of 1162 should have been credited to the 165 lb. class, rather than 148, on the Women's TOP 20. Jan Lentz did a 275 world bench press record, Masters 181, at the Championships of the Americas. Roy Maxwell was not credited with lifts of 550 720 520 in the results of the ANPPCUS Championships. Charles Wodraska's 622 squat should have been credited on the All Time 148 lb. squat listing. Dennis Wright should have been credited with an 804 squat on the TOP 100 198 lb. class rankings. Toni Koziak's 700 total was not included in the Women's TOP 20 ranking. Last month's ADFFA listing was mislabeled as 123s when it was 132s. Send future corrections to "ERRORS," P.O. Box 467, Camarillo, California 93011.

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More From Ken Leistner



NASA Lifters will operate under the Lifters Bill of Rights (Finnegan)

The proliferation of numerous powerlifting organizations is viewed as positive by some, as it offers numerous opportunities for competition, national titles, and exposure to different lifters. Others, myself included, see this as negative with a dilution of talent, meaning less titles that are won with suspect judging, and the confusion of most grass roots lifters. Let's face facts, competition and titles are meaningless if the judging criteria are so varied that what passes for a squat at one organization's meet, wouldn't get one white light at another's. It is difficult enough to find competent judges at any level and the increase in organizations makes it difficult to standardize requirements.

As importantly, meet promoters are charging exorbitant entry fees. They justify this as necessary to cover the cost of drug testing. If testing involves 100 percent of the competitors, and I was being tested, I would not mind paying the fee. I would, however, object to paying up to \$75 to \$100 for a one lift meet and then find out that I was not being tested, or as Dan Wagman's line article pointed out, the testing was bogus at best, fraudulent at worst. When the cost of testing is such at any lab in the U.S. that the entry fees could not possibly cover the cost of testing, what really is going on? Others have had the same questions and I received a great letter from attorney and lifter Brooks Kubik. If one takes the time to read it, they can be protected against any lifting ripoffs related to testing, and definitely upgrade the sport. It is so complete, that no further comment is necessary by me.

Dear Ken:

I am writing to you because I know that you care very deeply about the sport of powerlifting and because you are able to reach more powerlifters through your monthly column in Powerlifting USA than any other person I know.

The concerns expressed in this letter are, I believe, matters which need to be brought to the attention of all lifters, meet directors, coaches and gym owners involved in drug-free powerlifting competition. They involve matters that bother me because I am both a competing powerlifter and a practicing attorney. As a lifter, I hate to see bad things happen to other lifters, and as an attorney, I hate to see folks/flamartists take money from jocks whose only crime is a momentary lapse of common sense.

DRUG TESTING RIP-OFFS
As you know, more and more

half of them by urinalysis, the cost for the urinalysis testing would be \$5,900 if you used Nichols Institute and \$8,500 if you used Smith Kline Beecham. Then add the cost of performing 100 polygraph or voice-stress examinations, and you have an awfully big chunk of change. I just called a polygraph examiner in Louisville, where I live, and asked for a quote on polygraph testing for a group of "50 or so powerlifters." I was told to expect to pay \$100 per lifter. That may be high, but even \$25 per lifter would add up to total testing costs of at least \$8,400 (i.e., \$5,900 for urinalysis testing for 100 lifters and \$2,500 for polygraph testing for the other hundred).

A LUCRATIVE SCAM
Now carry the analysis a step further. Be cynical for a minute and think how someone could take advantage of the situation. I'm not saying this has happened (although I do of us have heard stories), I'm saying that this is something that is definitely, without a doubt, going to happen this year or in the not-too-distant future. Suppose a Hypothetical Meet Director (call him the "HMD") wanted to promote money-lifting meets. Let's assume the HMD doesn't care at all about things like honesty, integrity, or the law. All he wants to do is make a buck. Here's what he might do.

First, the HMD would set up a new "drug-free" organization. Perhaps he'd call it "The Totally Tested Powerlifting Association" (TTTPA). At least, 50% of the powerlifters in the United States regularly compete in drug-free meets, so the HMD would automatically have a large number of lifters interested in his organization. (Besides, think how impressive a t-shirt with "TTTPA" across the front would look!)
Next, the HMD would do his best to differentiate the TTTPA from other drug-free powerlifting organizations. He would market the TTTPA as being absolutely committed to mandatory drug testing for all lifters at all meets. He would try to convince as many people as possible that mandatory testing for all competitors at all meets is the only way for a drug-free organization to operate. After that, the HMD would find out what other drug-free organizations are charging for their entry fees, and add 15 or 20 bucks to the entry fee for TTTPA meets. He would tell the lifters that his entry fees are un-

usually high, but that the extra money was necessary to cover the cost of testing for all lifters. Finally, the HMD would go out and start holding a bunch of TTTPA sanctioned powerlifting meets. At every meet he held, he would test all of the lifters by urinalysis. When the meet was over and all the lifters had gone home, the HMD would step into the men's room for five minutes and dispose of every urine sample he collected. (Remember, the scam doesn't work if the HMD actually sends the urine samples to a laboratory for testing, because the lab will charge him at least \$59 per sample.) Then he'd take all the money to the bank. If anyone asked, he'd say all the lifters were clean and everyone passed the drug test with flying colors. Or, if he were daring, he would arbitrarily "flunk" 2 or 3 lifters at every meet - just to make it look like he really was testing.

OTHER WAYS TO

RUN THE SCAM
The HMD might consider other methods of testing: polygraph or "voice-stress analysis," for example. But there's a problem with those types of tests. In most states, it's illegal to perform a polygraph exam without a license. In some states, you need to be licensed to perform voice-stress analysis. Other states won't license voice-stress examiners - they believe that voice stress analysis is so unreliable that they make it illegal. So, if your HMD is smart, he'll stay away from voice-stress testing.

The HMD doesn't want to have to pay a certified polygraph examiner to do polygraph testing - too expensive - and he doesn't want to go to jail for using unlicensed examiners or an illegal method of testing. After all, it would take one lifter who (1) calls the state board of polygraph examiners, the attorney general, the FBI or the local police department, (2) finds out that he was tested in an illegal manner and (3) files a criminal complaint or sues for fraud. No, the best thing for the HMD to do is stick to urinalysis testing.

COULD IT REALLY HAPPEN?
Is there anyone reading this who doesn't believe that some variation of the shell game detailed in the preceding paragraphs has not actually occurred to people out there - people who are going to be putting on powerlifting meets in the coming year and for as many years afterwards as they can get away with it? Is there anyone out there who doesn't believe that such a scam would

destroy the credibility of all drug-free contests and all drug-free organizations? Is there anyone out there who doesn't believe that the credibility of every drug-free lifter in the country is on the line? Is there anyone out there who doesn't believe that you could find yourself labeled as a drug-user even if you are a 100% lifter? Any such lifter has the right to contact regulatory or law enforcement authorities in his state to verify, whether the examiner who performed his or her test is licensed and whether the examiner performed a type of test permitted by state law.

HOW TO AVOID BEING A VICTIM
Fortunately, powerlifters can easily avoid falling victim to this type of scam. Here's how all powerlifters can work together to assure honesty and integrity in drug-testing in our sport. Every lifter who competes in a drug-tested competition should demand that the organization and all officials in it honor the following rights for lifters:

1. Any lifter who is drug-tested by urinalysis is entitled to the name, address and telephone number of the laboratory used to analyze his or her sample, and type of screen performed, and the cost of the test.

2. Any such lifter is also entitled to call the laboratory used by the person performing the drug test and independently verify that his or her sample was actually received by the laboratory.

3. Any such lifter is further entitled to a written copy of his or her test results.

4. Any lifter subject to polygraph testing or any similar type of testing is entitled to the operator's business card, the cost of the exam, the operator's professional qualifications (including education, experience, number of years involved in polygraph testing, licenses, and certifications), written confirmation that the operator is licensed to perform such testing in the state

where the meet occurs, written confirmation that the examiner is someone not associated with the meet director or lifting organization, and written confirmation that the method of testing used by the operator is legal in the state where the test is administered.

5. Any such lifter has the right to contact regulatory or law enforcement authorities in his state to verify, whether the examiner who performed his or her test is licensed and whether the examiner performed a type of test permitted by state law.

6. Any lifter who is subject to any form of drug testing and who is denied any of the foregoing rights is entitled to an immediate refund of his or her entry fee, no questions asked, and also has the right to seek additional damages or sanctions through all litigation, criminal charges for business fraud or formal complaints to government agencies charged with consumer protection.

7. Any lifter who is denied any of the foregoing rights has the right to publish that fact to all other powerlifters by sending a letter detailing the relevant circumstances to the editor of Powerlifting USA.

NASA'S EXAMPLE

At least one powerlifting organization, NASA, has chosen to honor the foregoing Bill of Rights in full. Effective March 1, 1994, any lifter who is tested by urinalysis at any NASA meet may call Nichols Institute (which does all of NASA's drug testing) at 1-800-446-4728, to independently verify whether his or her sample was actually received by Nichols Institute. NASA also will provide the lifter (free of charge) with a copy of his or her test results. NASA has decided to take these steps because doing so is the only way to demonstrate that, although NASA does not test all

lifters at all meets, those who are selected for testing are actually tested. As of March 1, 1994, any lifter subjected to polygraph examination at a NASA meet will be given the information detailed in paragraph 4 of the Lifters Bill of Rights. (Note: NASA does not perform testing by "voice stress" analysis because it does not believe that it is a reliable testing method and because voice stress testing is illegal in some states.)
Hopefully, NASA's example will encourage all drug-free organizations to adopt the same or similar standards to assure full disclosure to all lifters who are tested for anabolic steroids. I would expect any legitimate meet director or organization to welcome the opportunity to assure fair treatment for all drug-free powerlifters.

KEEPING OUR SPORE LEGITIMATE

There is one way, and one way alone, for lifters interested in honest, legitimate drug-free competition to protect themselves against unscrupulous promoters who charge big bucks for "July tested meets" but who do little or no actual testing. The way for lifters to protect themselves is to insist on being provided with the information set forth in the foregoing Bill of Rights for Lifters.

Any meet director who is performing honest, legitimate drug testing will be more than happy to provide this information to lifters. If a lifter goes to a meet and the meet director refuses to provide this information, his refusal speaks for itself.

Ken, both of us have seen plenty of frauds, swindles, scams and rip-offs over the years. If lifters don't keep their eyes open, drug testing scams will become THE rip-off of the 90's. But drug-testing swindles don't need to become a major problem in our sport. All it takes is for all lifters, in all drug-free organizations, to insist on their legal rights - and to contact the proper authorities if they believe that they have been conned. One lifter with one complaint of business fraud is enough to put a con-man out of business - or behind bars. And don't think it would be hard to make the charges stick. If a lifter catches a meet promoter who claims to do extensive drug testing but who can't produce the information detailed in the Lifters Bill of Rights, proving a fraud claim would be like shooting fish in a barrel, only easier.

Yours very truly, Brooks D. Kubik, Sites & Harbison

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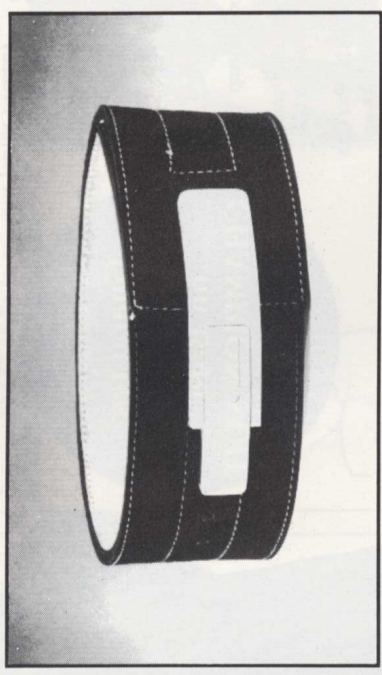
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Let me start this article by saying I'm not a big fan of either incline or decline presses for powerlifting. What I'd like to do in this article is to point out how you can perform these moves more efficiently and suggest some alternatives with the powerlifter in mind.

Incline presses are a very popular exercise in bodybuilding circles. The main benefit that is sought is developing the upper or clavicular portion of the pectoral muscles. The trouble is that many lifters do not perform inclines in an effective manner. First of all, if the angle is over 30 degrees, more of the lifting is done by the delts, not by the chest. Another flaw many lifters practice when they incline, is that they raise their butt off the bench, in essence making the incline press a flat press. This actually takes away the emphasis on the upper pecs, which were the target area. This is usually done to lift more weight or get more reps.

Declines are also popular. They tend to stress the lower or sternal pec. The biggest execution flaw is that lifters may start out hitting the

"Inclines can be a good choice on your light bench day to the exclusion of regular flat benches."

nipple area, but as the weights increase, the bar tends to hit closer and closer to the waist area, with many lifters doing a 'belly bounce.' This shortens the range of motion considerably. Perhaps this explains why some lifters claim to actually press more doing declines than with regular flat benches. Less range of motion means that more weight can be lifted.

Many lifters may want to work their upper and lower pecs, but don't have access to incline or decline benches. For working the upper pecs, I suggest a wide grip bench to the neck or high chest area. If the elbows are kept at right angles to the body, the chest is emphasized even more. These really stress the upper pecs and I feel these movements are more effective than inclines. Be careful when starting to use this exercise, if you proceed too fast too quickly, you can easily pull a muscle. Start with lighter weights and warmup and stretch slowly. This stretching of the pecs and shoulders is a drawback to this exercise. If you experience any pain or soreness, either do not go as high in weight as you were or drop the exercise.

To get the lower pec area, try

the opposite of the previous example. Try hitting the bar lower on the chest, slightly below the nipple. Also as in the previous example, maintaining your elbows at right angles to the body will also aid in developing additional pec strength. Since the regular flat bench already works the sternal or lower pecs hard already, I really don't see much need for this exercise. I also can not think of any top benchers that use declines.

Working any of these assistance exercises into your routine is last. Inclines can be a good choice on your light bench day to the exclusion of regular flat benches. Of course, benches high to the chest most, if not all, assistance work for the bench during the last 6-8 weeks prior to a meet. Concentrate on assistance work prior to this and during your off season period. Dumbbells can be used instead of barbells for variety and stressing the stabilizing musculature. Skip declines and toss in some low chest benches during this period also if you feel the need.

Inclines and declines are two of many assistance exercises available to the powerlifter. As with any assistance exercise, remember their purpose is to increase the powerlifts. Use proper form and you will derive optimal results from them.

STARTIN' OUT

A special section dedicated to the beginning lifter

Inclines and Declines as told to Powerlifting USA by Doug Daniels

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TRAINING

Upper Back Training for POWERLIFTERS

by Greg Reshel and Asher Sharon of Power Excel

Last month's article mentioned that the muscle groups that stabilize the upper back are important for all three powerlifts and by strengthening them you will indirectly cause all three of the powerlifts to move forward. Deep foundation in upper back training will allow you to achieve a much higher potential in your sport. Simply, you will be capable of much higher lifts and totals. Do not neglect to introduce upper back training into your routines. Last month we described a deep off-season upper back training routine. This month we will present one of the upper back bodybuilding routines that we use to increase mass in the upper back stabilizers. This increase in mass will normally provide better leverage for handling the big weights in the three powerlifts. This mass building program is designed for intermediate level lifters, especially those lifters that have not had a lot of variety in their training routines. Without this variety, most athletes will not maintain mass and condition in the many small muscle groups of the upper back and shoulders.

A power "bodybuilding" program of this type will produce, restore, and enhance upper back size, strength, and conditioning. Master powerlifters need to pay close attention to programs of this type. After the age of 33 we all move through a Growth/Hormone "menopause" that signals a dramatic de-

crease in GH and IGF-1. We all will tend to drop bone mass, drop muscle mass, and store more bodyfat after this point. The GH menopause causes a cascade effect that triggers a large and varied number of "aging clocks" that gradually decrease metabolic function in a number of areas. Bottom line is that lifters over the age of 35 need to perform increasing levels of work at the 30% - 60% of their max effort. This low load work is designed to increase joint tissue, ligaments, and tendons at the 30% - 40% level and increase and maintain muscle mass at the 50% - 60% level. "Bodybuilding" style workouts of this type, low load and fast pace, will greatly increase the cardiovascular condition, local muscle endurance, and mass/leverage related stability of master

Power Bodybuilding for the Upper Back

Note - This workout is designed to be accomplished as quickly as possible. Do not use heavy weights, but rather strive to find a weight that requires concentration but one which will not be so heavy that you are in danger of missing any reps! The key is to work this routine in

your schedule once a week for 6-8 weeks. Each time you perform the routine you must work faster, with less break or rest between sets, performing the required work in less total time. The first time you do the workout it may take you 60 minutes to complete it. After 8 weeks of practice you should try to complete the same amount of work with the same weights in 25-35 minutes. The upper back muscle groups that we are targeting with this workout need greater size, endurance, and stronger attachments as much as absolute strength to increase our potential in the powerlifts. When you perform the workout with moderate weights and consistently excellent technique in significantly less time you are creating endurance and stamina foundation in the upper back muscle groups as well as increasing their size and attachments.

1. Smith Machine Upright Row - 4 sets of 8 reps - How to do Smith Machine Upright Rows - Use a 8" 12" grip. Stand with back straight and shoulders back at all times while maintaining a 15 degree forward lean at the hips. Pull the bar up to the collarbone by raising elbows out to the sides. Keep the bar close to your torso at all times. Lower the bar slowly to arms length. Begin with a light weight, and increase weight each set.

Note - Superset the following two exercises. After completing the

first two sets of the first exercise move immediately into the first set of the second exercise without resting. Following the first set of the second exercise take a short (30 - 60 second) break before continuing through another round of both exercises without resting between the first and second exercise. Continue this way until all sets are completed.

2. Partial Front Overhead Press - 5 sets of 10 reps - How to Perform Partial Front Overhead Press - Stand or sit with a 24 - 32 inch grip on a straight bar held chin height about 4 inches in front of your face. Keep your back flat and stomach tight at all times to stabilize your spine. Rotate your elbows forward so that your forearms are nearly vertical and the elbows are under the bar. Press the weight vertically upward so that it stays in front of your head and does not travel rearward to a position over your head. You will stop several inches before lockout with your elbows just slightly bent. Lower the weight slowly to the start position at chin height. This is not an explosive exercise, do not cheat by using your legs or leaning back while performing the exercise. You should feel a lot of effort in your shoulders, shoulder blades, and your mid back as your mid back must stabilize the motion. You will greatly improve your squat and deadlift with this exercise.

3. Behind the Back Upright Row - 4 sets of 8 reps - How to Perform Behind the Back Upright Row - This exercise is not a shrug where most athletes would be tempted to drive their shoulders up and forward. Rather, it is a vertical rowing motion where you attempt to raise the bar to the level of your lower back by raising your shoulders vertically and bending your elbows to lift the bar behind you. Keep the bar close to your body at all times. Do not lean forward but you will be more comfortable and stronger if you look down and move your head forward to allow your traps to work more efficiently. Always lower the bar slowly and with control. ATTENTION: for the lifters that have a large backside like Asher and me, you may elect to use a cambered bar sometimes called a "MacDonald Bar" to allow a greater range of motion.

4. Standing Lateral Raises (Roll-roads) - perform 2 sets of circuits. Each circuit involves the following work: 10 reps at 10 lbs., 6 reps at 15 lbs., 6 reps at 20 lbs., 5 reps at 25 lbs., 3 reps at 30 lbs., 5 reps at 25 lbs., 5 reps at 20 lbs., 5 reps at 15 lbs. That's right, you perform all the sets listed in one group with no rest. Wait 1-5 minutes and then perform all the sets listed again.

You will hate this exercise but you will love the results in strength, size, and stamina.

5. Cambered Bar Lateral Rows - Lying Face Down on a Flat Bench - perform 6 sets of 6 reps increasing weight each set - How to Perform Lateral Rows - Lay on a flat bench face down. Position a cambered bar under the bench at right angles to it so that you can grip it properly to perform a rowing motion. Raise the bar by lifting your elbows directly out to the sides so that at the top, when the bar is near the bench, you will be in a position similar to a face down bench press with your upper arms at right angles to your body and your forearms vertically above the bar. Lower the bar slowly to your arms length. Focus on squeezing your shoulder blades together as you raise the bar. Try to keep your chin off the bench as you lift the weight and also keep your traps and neck long as you pull your shoulder blades together and down toward your hips.

6. Standing High Pulley Straight Arm Pulldowns - 5 sets of 12 reps - How to Perform Standing High Pulley Straight Arm Pulldowns - This exercise is best performed using the high pulley from a cable crossover apparatus but will work acceptably well from a lat pulldown machine. Face the machine and grab a straight bar attachment with an overhand grip, shoulder width or a little wider. Keep your back flat and your shoulders pulled back at all times. Bend your elbows slightly and then lock them in that position for the entire exercise. Keep the bar at arms length as you sweep the bar in a smooth arc to your legs. Raise your chest as you bring the bar against your legs. Slowly return the bar to the top position, about forehead height.

Remember to take as little time as necessary to rest after each set and to work with a moderate weight that will challenge you, but will not be so heavy as to risk missing any repetitions in good control. Cheating these exercises will not help your upper back stabilizing muscle groups as cheating will only put the stress on different groups and will not stimulate the upper back stabilizers to grow.

If you need further explanation or you have any questions please contact us at Power Excel - 2809 S. Superior Street - Milwaukee, WI 53207 - phone # (414) 769-1211 or (414) 769-1760. Give the routine a try and let us know how it works for you. Remember, you can overcome many genetic limitations through hard work with moderate weights and fast pace. It is all up to you and how hard you are willing to work!

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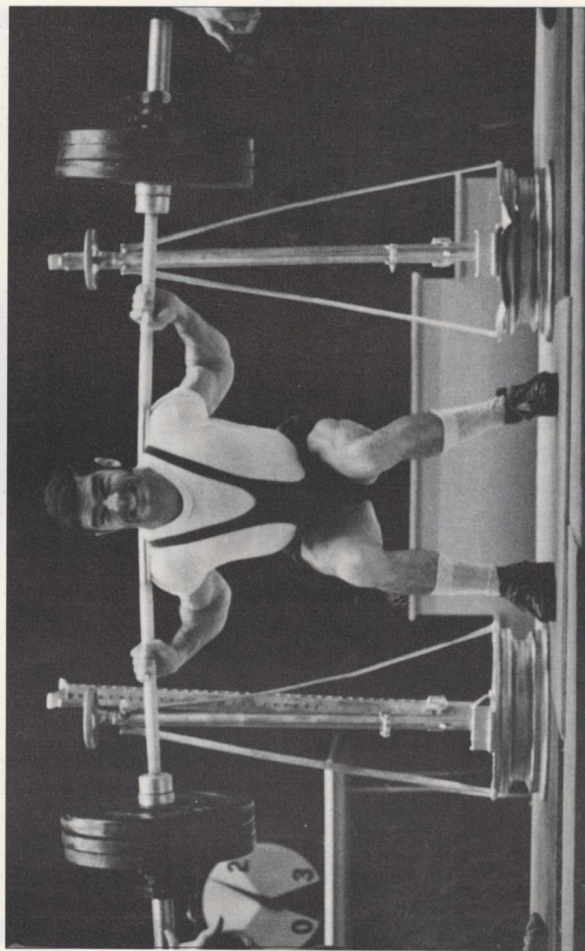


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Upper Back Training was part of the 'raw strength' that early stars of PL possessed, like Enrique Hernandez at the 1973 Worlds (Jim Pope)

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 am a student at the University of Toronto and was very interested in the lecture you gave the third year PHE students. I have been working out for the last six years and was wondering if you would mind helping me with my work out program. I am 5'10" and weigh 185 lbs. I feel I am carrying about 5 lbs. of fat around my midsection. I am happy with my muscle size, but I know if I had a chiselled stomach, it would highlight my entire body. My waist size is 32", and it seems that the fat that I do have is the spare tire around my stomach. I know you are probably very busy so I will try to be short and concise. I would like to lose the existing fat that I do have, and increase my weight to a defined 195 lbs. I work out 3 days on and 1 day off. The first day I do chest and triceps; the second day I do legs and shoulders; and the third day I do arms and back, and about every other day I do stomach. I take Perfect 1100 after my work outs, and every other day I try to do aerobics. I think that you would be interested to know that I am starting my own company selling protein mixes, amino acids etc. My mother works at a pharmaceutical company and I have been planning this for a long time. Knowing that I have access to such items, I was wondering if you could suggest what amino acid that I should take, to give me the look that I am looking for. I would also be interested in purchasing some literature that you might sell. I hope you do not mind doing this for me. It is greatly appreciated. I know that you possibly even charge people for this service of planning fitness programs etc. so if you do that is no problem. **John S.**

DEAR JOHN: I am constantly working on trying to determine which supplements are useful for athletes and how athletes should use the various supplements (type, time synergistic effects, etc.). For example, the November issue of DRUGS in SPORTS has an extensive, well-referenced article on protein and the amino acids. You might find the newsletter worth subscribing to as I'll be covering various supplements in each issue. For subscription information, see the ad in this issue of POWERLIFTING USA. Enclosed is a copy of a high fat diet that is now being used by some advanced bodybuilders and strength athletes. The theory behind my high fat diet is also covered in the November issue of

DRUGS in SPORTS, while the February issue has many particulars on the high fat diet that are not in the enclosed diet sheets. Unfortunately, I don't have the time to set up individual training programs. However, if you have specific questions, feel free to write (please don't expect a lengthy reply). All the best in your endeavors. **Mauro Di Pasquale M.D.**

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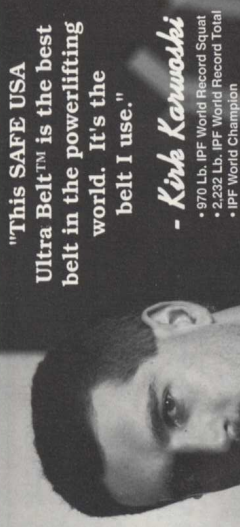
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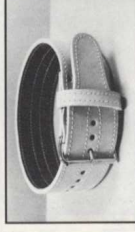
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Fluids and the Weightlifter

by **Thomas D. Fahey, Ed.D., Exercise Physiology Laboratory, California State University, Chico**



My coach always told me to think of things at their most basic level. Several years ago, I attended a lecture on skin diseases at the University of California Medical School. The lecturer said, "Next time you see a member of the opposite sex who really turns you on, remember that everything you're looking at is dead." What he meant by that was that the outer layer of skin is dead. At the most basic level, you can think of the human body as a large volume of water contained in a dead sack. Approximately 72 percent of the body is water. If this volume varies only slightly, your health and performance will be in great jeopardy.

All of your cells are bathed in water. Chemical reactions that make muscles contract, store energy, transmit nerve impulses, and build muscle and other body proteins ultimately depend on adequate stores of body water. Body water is also critical for maintaining body temperature and blood volume. Water is also a vehicle for introducing or transporting substances important to your body, such as fuels (i.e., carbohydrates), hormones, and electrolytes.

Little has been written about water requirements in weightlifters. Most studies of fluid balances in athletes have emphasized endurance sports, such as running and cycling. Fluids are a very important issue for these athletes because their sweat rate is so high. Dehydration in these athletes decreases performance and can lead to life-threatening conditions such as heat exhaustion and heat stroke. Fluids are also critical to weight lifters:

* Dehydration in weightlifters saps energy that can ruin workouts and competitions.

* Fluids are an important vehicle for taking in calories and electrolytes during and after your workout.

* Fluids are of critical concern if you're trying to make weight for competition.

Dehydration and the Weightlifter

Dehydration is defined as a 2 percent decrease in body water. At that level, you will feel thirsty and you may experience an energy drain. This is not a good condition for training or competition. When

drated? In the lab, we have total body water measuring systems, where we infuse substances like heavy water or alcohol and measure how they mix in your body. These are complicated procedures, even in the laboratory. Two simpler methods are urine concentration and bodyweight.

Urine concentration is a great way to determine if you're low on body water. If your urine is a dark yellow color, chances are you're dehydrated. Color can be deceiving. Taking a lot of vitamins can make your urine turn darker. We are currently developing a method that can distinguish between dark urine caused by dehydration from dark urine caused by excreted vitamins. The method involves placing a small drop of urine on a test strip and observing the color change. If you're dehydrated, the stick will turn a dark green color. Using a color bodyweight chart, you can determine how much water you need to drink to put you in water balance. This new product should be available some time soon.

To summarize, you can't tell if you're dehydrated by thirst alone. Get in the habit of drinking water regularly during the day. If your urine is concentrated (a dark yellow color), chances are you're not taking in enough water.

Fluids, Electrolytes and Energy

You use carbohydrates at a very fast rate when you do any kind of high intensity exercise. Unless you're fasting, you won't experience low blood sugar during weightlifting. However, repeated intense weight training sessions can deplete your muscles of vital glycogen that is critical for powerful, energized workouts. Many research studies show that repeated high intensity workouts progressively deplete glycogen in your muscles and liver. Eventually, you will not recover sufficiently to make good progress. You will never achieve those monster workouts necessary for big gains in strength and muscle size. Taking a high energy drink during and after your workouts can help you stem this energy drain that comes from training intensely week after week.

Your body gets carbohydrates from your diet, stored glycogen in your muscles and liver, and by turning

rapidly replenished spent carbohydrate stores in your muscles and liver.

You should also replace electrolytes with your fluid replacement beverage, particularly when you are training heavily during the summer, late spring, and early fall. Most athletic fluid replacement beverages contain some electrolytes. The ideal electrolyte content is 80 meq per liter. In plain English, that means "a pinch of sodium and potassium." Electrolytes help you maintain blood volume and prevent cramping during periods of heavy sweat losses.

Making Weight For Competition

Powerlifting is a weight class sport which allows fair competition between athletes of different weight. However, if you can lift in a slightly lower class, you might be able to compete much better than if you stay at your current weight. Ideally, you should make weight by carrying only a small amount of bodyfat and as much muscle as you can pack on your frame and still make the division. Let's face it, that's not always easy to do. There is always the temptation to try to lose just 5 more pounds so you can make the next lowest class.

Can you lose 2-5 pounds for a

contest without affecting your performance? The answer appears to be yes. As long as you only lose about 2% of body weight, there does not appear to be any health or performance consequences. However, if you try to lose any more weight than that, then performance will deteriorate rapidly. You also become more susceptible to heat illnesses, such as heat stroke, heat exhaustion, and heat cramps. These problems may be particularly serious if you are taking drugs, such as diuretics or anabolic steroids. Guidelines for making weight include:

** Try to make weight by minimizing bodyfat. This is achieved by exercise and eating a low-fat diet.

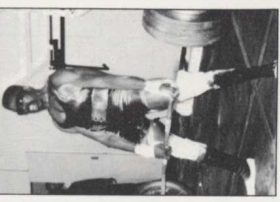
** Make weight gradually. Plan on making a competitive weight over many days - not three days before the competition.

** If you must lose a small amount of weight in a hurry, dehydrate using a rubber suit and mild exercise. Keep an eye on your body temperature (measure it orally or rectally). Look for signs of heat illness, such as dizziness, flushness, and rapid heart rate.

** Don't lose more than 2-3% of your normal bodyweight trying to make weight. Your health is not worth the glory you'll get from the contest.

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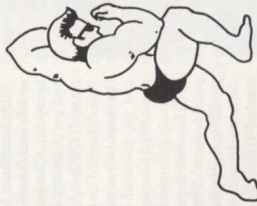
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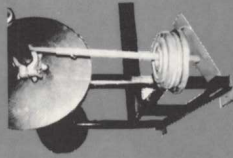


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Diagram 1

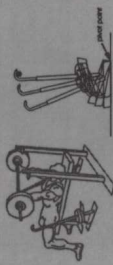


Diagram 2

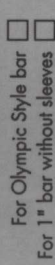


Diagram 3

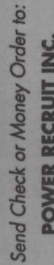


Diagram 4

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INTERVIEW

Personal dialogue between
PL USA Magazine and the
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SANDI BRADY as interviewed for Powerlifting USA by Bob Gaynor



Sandi Brady at the 1992 ADFFPA Women's Nationals in Santa Rosa

(The following interview was conducted with Sandi Brady in early 1994. Sandi is a competitive lifter, meet director, and administrator. She has some very interesting points of view.)

BG: Sandi, give us some personal information on yourself.
SB: I was born in Michigan and grew up in the small town of Niles, Michigan. After receiving a degree in education, specializing in visually impaired, I moved to Chicago and began teaching at Bell School where am now teaching a second grade gifted class. My second job is being co-owner of B & W Gym. With my partner and husband, Dennis Brady, I am a co-meet director of several meets a year, including at least one national competition every year. This year we will be running both the men's and women's national championships. Of course, we only run ADFFPA sanctioned contests. I also coach powerlifters and bodybuilders, choreograph bodybuilding routines and am a physique judge for the AALJ. I recently became a certified scuba diver in West Palm Beach, Florida and began taking horseback riding lessons this summer. My other hobby is country western dancing; my dance partner and I have won a couple of two-step contests and recently represented our club in the Chicago city finals. I mention this only because it is so typical of my involvement in activities; they start out as these innocent hobbies and end up as these innocent hobbies and end up somewhere along the line turn into competitions.

BG: How did you get started?
SB: In 1981 I was an overweight coach potato. One of my best friends was working out at a gym in my neighborhood and talked me into trying it. At the same time I started a diet. This was a gym, not a health club; we worked with free weights. It was just by luck that the owner knew the basic lifts and incorporated them into our workouts; we started with deep knee bends, then graduated to squats; we did benches and deadlifts right from the start. Because I was able to work out every day, I was alternating body parts and because I went right to the gym from school and did not have a chance to hit the couch or the refrigerator, my diet began working quickly. As I lost weight, muscles began showing—a novel concept for someone 32 years old whose only ath-

leisure wraps the next, then tight wraps, a loose suit down, loose suit up, finally a tight suit with all equipment. I try to avoid the equipment until I really need it. I think the real strength gains come from when I'm supposed to do 5, 3 or 2 reps, I always try to do as many reps as I can; sometimes I can get quite a few more than the required set, but towards the meet time I usually get only what is written down for that workout.

The bench ratio follows 5 weeks of 10's and 5 weeks of 5's on the heavy day. The main set is touch and go, followed by 3 sets of 5 and paused. The last five weeks are a little different. Five weeks out from the meet I do one set of 5 touch and go, followed by a set of 1 paired at 5 pounds more than the first set, followed by another set of 1 touch and go at another 5 pounds more. This continues in following weeks but the first set decreases by one; 4 weeks out it is a set of 4; then 3 weeks out it is 3 sets. On light day in the bench I do three sets of pauses at about 15 pounds less than the main set of the heavy day. Bench sets increase in weight 2-1/2 pounds week to week.

Deadlifts are done once a week after light squats. Light squats are very light, done with speed and in the process of cutting down to 135-155—3 sets of 10. The deadlifts are done sumo style, one set as many as I can do, increasing in weight each week. After the main set, I do 3 sets of back ups regular style.

BG: How long have you been training and competing?
SB: In 1982 I entered my first bodybuilding contest, the Nucleus Illinois and placed 4th. About this time I started reading about powerlifting and comparing my lifts to those I saw listed. I thought I could be competitive and through the head of the Illinois AAU bodybuilding chairman was put in touch with the Illinois state powerlifting chairman, Dennis Brady. The 1983 USPF Women's Nationals were scheduled for Chicago and Dennis thought I could be competitive. I began to train one day a week at B & W for a qualifying meet. After qualifying at the first drug tested powerlifting meet in the Midwest run by Pat Malone at Purdue, I went on to compete in the USPF Nationals. I placed 8th

out of 15. Fortunately the ADFFPA was formed soon after and I competed in the first ADFFPA Women's Nationals in Boston in 1983 placing 2nd. For a while I competed in both bodybuilding and powerlifting and placed fairly well; I won my class in the Central USA in 1983. After the advance of drugs into women's bodybuilding before there were natural contests I switched over to competing solely in powerlifting. In 1991 I won the ADFFPA Women's Nationals and placed 2nd in the WDFPR Worlds in Australia. I have won the Masters Nationals several times and the Masters Worlds in 91 and 93. Although I won the Masters Nationals in 92, I was unable to attend the 92 Masters Worlds in England because I was co-director here in Chicago on the same weekend. I have competed in every ADFFPA Women's Nationals; I believe I am the only ADFFPA lifter to have done this.

BG: What are your best competitive lifts?
SB: At what weight class? I tend to cruise the weights, having competed in each class from 111 to 139. My biggest lifts were at 139; a 347 squat in Florida in 1992, a 170 bench at the same meet, a 363 deadlift at the 1993 Masters Nationals and an 870 total, also in Florida. But my best formula total to date is still a 793 at 116 in Australia in 91.

BG: Sandi, what are your future goals?
SB: I would like to be able to perform my best lifts from the heavier weight classes at 116. I am in the process of cutting down to 116 to qualify for this year's nationals.

BG: Share with us your views on steroid use.

SB: I was fortunate to begin my powerlifting career with a coach who was adamantly opposed to steroid use. With Dennis's guidance I learned of the dangerous side effects and the often hideous physical transformations that steroid using females undergo. Aside from this, and maybe even more importantly, steroid use for athletic achievement is WRONG!! It is illegal; it is unethical; it is cheating. It is really important for anyone beginning any sport to get the facts on steroid use and not just follow blindly any coach, fellow lifter or gym owner. Get the facts; if you are a half way intelligent rational human being you will chose not to use steroids.
BG: What do you feel about current drug testing?
SB: I have been with drug tested several times, both with urinalysis

and polygraph. I realize there are problems with both tests. As hard as we are working to perfect the drug test on our side, the other side is working furiously to beat it. I do catch people and the probability of being subjected to either test deters some drug takers from entering our meets. We must also pursue out of contest testing to deter those athletes who stack and mask their drugs prior to an announced test.

BG: What advice would you have for beginners?
SB: Get into a meet. Most women who work out at least bench, if not squat and deadlift. There are plenty of bench meets around yet few women enter. Many women think they have to be at a certain level to start competing, but this is not true. There are enough meets and opportunities that any woman can go into a meet and gain experience without being embarrassed by her totals. If they wait until they think they are "good enough" they will never enter a meet and will miss out on a lot of fun and a great learning experience. Another piece of advice: analyze the advice you get at the gym and pick a coach wisely. The best coach may not always be the biggest guy at the gym or the one who talks the

most. The best coach could even be that quiet woman who does not try to force her views on anyone. She is too busy getting better at her lifting to bother with the gym chatter. Take a look around, stay off drugs, and lift consistently at the gym and in meets.

BG: What are the duties of an ADFFPA State Chair?
SB: The most important duty of an ADFFPA state chair is to promote membership in the ADFFPA. Besides selling cards at meets and signing meet sanctions, a state chair can accomplish this by assisting at meets as a judge, announcer, scorekeeper, etc., or attending meets as a coach, lifter or spectator. We also keep state records and see that a state championship is run every year. We answer questions from lifters about the ADFFPA, qualifications for meets, schedules of upcoming meets and drug testing. Finally, we attend the National Committee meeting every year to represent our lifters' interests in the decisions making of the ADFFPA.

SB: The last time I ran and lifted in the Women's Nationals was in 1991 and I won. I would never recommend this to anyone; it is extremely stressful. However, I am lucky enough to be surrounded by wonderful meet staff who did everything in their power to keep me focused on the lifting and to solve problems before they got to me. I also had no time to dwell on the importance of the meet and psyche myself out—there was just too much to do! (Now that The advised against lifting in one's own meet, I am about to do it again at the 1994 ADFFPA Women's Nationals in Chicago. Hopefully all the stress will be worth it and history will repeat itself. Of course, if I don't lift well I have a built-in excuse!)

BG: Are there any other comments you would like to make?
SB: Powerlifting has been and continues to be a fulfilling activity for me. Through this sport I have met and become friends with people from all over this country and the world. I have felt a sense of achievement as a lifter, as a meet director, and as an administrator for the ADFFPA. My voice as a meet announcer on video tapes from meets all over the country, and internationally, has been on local Chicago television and in POWERLIFT VIDEO. I've seen my name in results from 60 meets. Lifters I have coached have won national meets. It has not been without pain and loss along the way both physically and emotionally, but I wouldn't have missed it for the world. Although I am not running for the position of Women's Chair in 1994, I will continue to be active as a lifter, coach, state chair and any other way I can participate in powerlifting.

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USA All Time TOP 100 Squatters- 198
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871	Bell, G	07/19/81
870	Walden, J	21/04/87
869	Herring, G	10/04/91
868	Wagner, J	08/08/80
826	Person, P	08/08/80
821	Bridges, M	29/10/90
820	Kellum, J	14/02/80
		23/10/90
807	Mangalardi, S	13/02/80
805	Chorpenning, J	02/08/80
804	Bryant, C	22/11/89
803	Wagner, R	07/11/89
799	Wagner, R	05/11/89
798	Beas, W	03/11/89
797	Beas, W	07/08/81
777	Northcutt, M	05/10/83
		24/11/83
776	Payne, M	13/02/86
775	King, C	05/08/83
771	Saenger, C	10/02/85
770	Pittman, R	16/01/86
771	Johnson, R	16/01/86
770	Siler, C	02/08/87
765	Estep, R	10/02/87
		13/02/88
765	Kamand, A	11/02/83
760	Rizza, J	31/11/82
760	Smith, Y	18/01/80
760	Emiliano, J	15/04/88
755	Parker, R	24/04/81
755	Bellin, R	14/02/86
755	Velka, C	26/09/87
		08/09/89
755	Roy, M	18/02/85
750	Duke, B	16/02/86
749	Fralto, A	06/09/85
749	Fralto, A	27/02/86
749	Barnea, J	22/11/80
749	Johnson, P	23/02/85
749	Corelli, D	01/02/85
749	Mortelli, E	08/10/86
		17/11/88
749	Bloom, G	14/04/79
744	Siders, J	22/02/80
744	Johnson, J	08/04/83
744	Parigan, G	30/04/83
740	Ashby, M	28/04/81
738	Confessore, C	29/10/80
735	Wilkinson, D	13/02/85
735	Uhas, S	07/11/87
		26/10/93
735	Adone, P	06/04/82
733	Miller, L	08/11/84
733	Mulla, L	08/11/84
733	Magno, M	11/04/84
733	Fineman, M	31/02/86
733	Fineman, M	05/08/89
733	Fineman, P	27/10/89
732	Atkinson, D	30/09/88
		13/04/88
730	Painter, P	13/04/83
730	Miller, E	30/04/82
730	Wolfe, R	17/04/88
730	Mosley, E	17/04/88
730	Scalpi, S	30/02/88
730	Fessenden, M	06/04/90
730	Boucher, D	07/02/91
727	James, L	20/04/89
727	Sevelle, B	12/08/87
		13/04/88
725	Woods, R	13/04/83
725	Susco, P, D	18/11/88
725	Patge, X	29/05/90
725	Beaudette, R	10/09/90
722	Ernst, B	12/11/81
722	Borden, D	09/04/82
722	Stoneman, R	23/04/82
		23/04/82
722	Caplan, M	06/10/82
722	Leslie, C	14/02/85
722	Phillips, S	07/08/86
722	Collie, E	07/08/87
720	Drab, V	26/04/83
720	Ko-ho, Y	26/04/84
720	McPherson, W	10/04/88
720	Garity, J	10/04/88

ALL TIME COMMENTARY... Gene Bell occupies the top spot. His 865 at the '91 Hawaii Record Breakers actually weighed 871. This beat the mark set 6 years earlier by levathan Ed Coan. Note that Bell still holds the top spot on the latest **POWER-LIFTING USA TOP 100** list, with a result that would have ranked 23rd here. Note that Bridges is 8th instead of 5th because his 826 face value was 821 on the scales. The Great White Gorilla - Jerry Jones - is 17th with his world record from 1980. What could he have done in his prime with today's suits? He might have still been Number One. The list includes former world champs Walter Thomas and Ernie Frantz. Bench Press experts can squat too - note Confessore and Huggy Sherman among the ranks. Oldest performance on the list is the superative 749 in 1972 by Tony Fratto - the true claimant to the title Italian Stallion. Late greats Jack Barnes' and Chip McCain's lifts will remain on this roster for a long, long time. Jack Siders, the Ohio Powerhouse, never tried to do me in with a microphone cord like Mike Lambert once printed, but he did lay to rest a 744 squat, 52nd on this elite list. His lift goes back into the late Seventies. Three others scored 720, but were just off the list: Athey, P - 06 MAY88, Ferrantelli, M - 14MAY88 and Hottendorf, F - 15MAY88. Next month we list the TOP 220 pounders. Prepare for a trip into Coaland.

Herb Glossbrenner

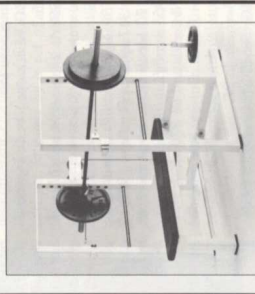
From A Reader... When Ed Coan's article came out a couple of months ago with the negative comments directed at my training partner of 11 years, Tony Kamand, I immediately fired off a letter of protest to Mike Lambert. When the next issue came out with only Tony's letter and mention that others had written in support of Tony, I called Mike to ask who he stated to me that it was between Ed and Tony and there was no reason to get others involved. While I didn't like it at the time, I accepted it. Now that he has allowed Ken Lain to respond, I hope Mike will allow me this opportunity to speak as I was at Tony's last squat workout before that meet and his 845 was no surprise to me. Mr. Lain states that Tony got personal while Ed did not. I don't know where you're from, but accusing a man of cheating after he accomplishes one of his life's goals (World Record) is mighty personal around here. Whatever equipment Tony used, and the way he weighed in, were in strict accord with the rules of the organization he was lifting in that day. He is not the one who lifts in an organization that bans anabolic steroids and then fails the test at their World meet, showing that he clearly is the one who cheats the rules of the governing body. Those who lift their glasses houses really shouldn't throw stones, so to speak. It does not surprise me that you didn't know who Ed was referring to, but most powerlifters did (since you seem to be only a bodybuilder who happens to have a big bench). Why didn't Ed refer to Anthony Clark's great performance that day, or John Florio's great 905 squat, or Susco's 840. No, he didn't mention Tony by name, he only said the 181 lb, who squatted 845 for a WR and looked huge. How many others at that meet fit that description? No one can ever take away the greatness of Ed Coan's lifting, but why is it that we never heard a word from the man until he started selling

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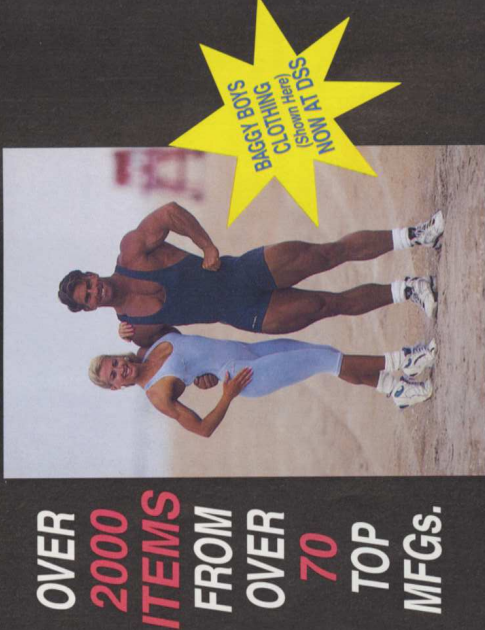
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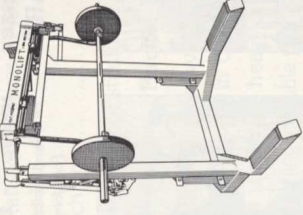
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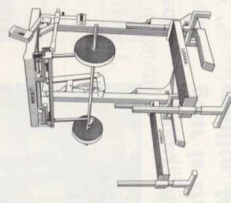
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ADFFA Mississippi State 5 Mar 94 - Hernando, MS	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100																																																																			
Women	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300

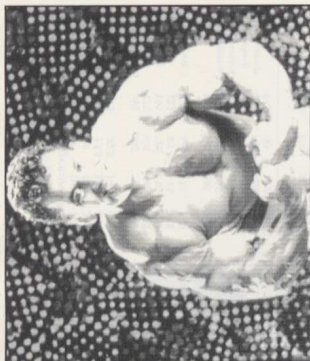
Coach Grant Egley of Aberdeen, MS, broke the existing state squat record in this eventful fashion. The existing record in the master 40-44 division in the 220 lb. class, and Mr. Foster broke the existing record in the master 45-49 division in the 275 lb. class and came within 10 lbs. of breaking the existing record in the 181 lb. class. Norm did a squat of 650 lbs, which broke the state record of 75 lbs. My thanks to Coach Oakes, Walker for their support of drug free powerlifting. A special thanks to Bilan's Fitness and Karate Center in Southaven, MS, for it continued support of drug free powerlifting. Competition results were provided by Bill Gilllette.

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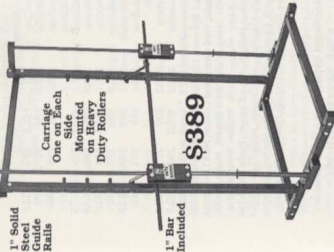
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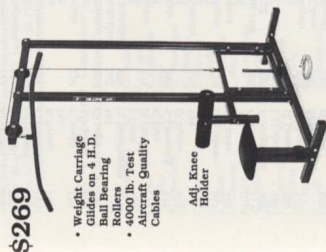
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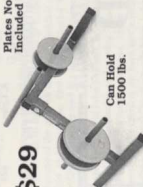
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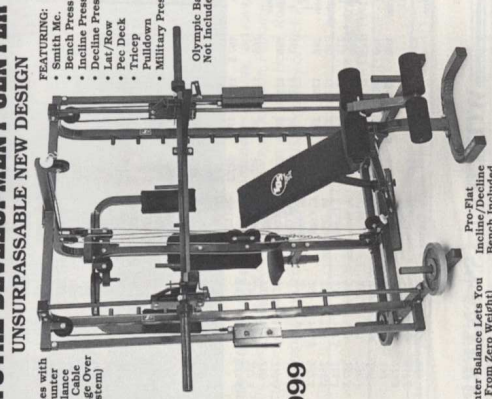
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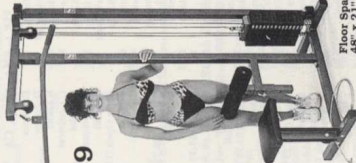
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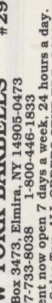


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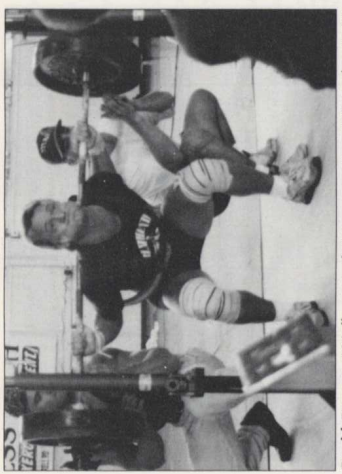
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David Dewey, 198 lb. teen division, squatting 300 at the NASA Arkansas State Meet at LRAFB. (photo courtesy of Larry Kye).

Table with 3 columns: Name, Weight, and Lift. Lists athletes from the NASA Arkansas State Meet, including names like B. Taylor, D. Johnson, and M. Woodson.

Table with 3 columns: Name, Weight, and Lift. Lists athletes from the ADPPA Colorado Classic, including names like Teenage Boys Light, Collins 125, and Barnett 164.

Table with 3 columns: Name, Weight, and Lift. Lists athletes from the US Forces Volksworld Championships, including names like W. Green, G. Goodman, and Y. Condit.

Table with 3 columns: Name, Weight, and Lift. Lists athletes from the King of the Bench Press Tour, including names like 148 Class, B. McDaniel, and M. Lee Brown.

Stockholm-Helsinki Meet 30 Jan 94 - Stockholm, Sweden (kg)
Anderson 74.2 257.5 142.5 245 635
Lundstrom 102.7 270 190 280 740

GI/N. Grafton JCs Meet 23 Jan 94 - Grafton, OH
Whitcher 335 250 400 985
H. Koponen 81.9 170 115.5* 162.5 427.5

USA Powerlifting & Bench Press Championships 15 Jan 94 - Vogelweh, Germany
W. Green 245 157.5 250 652.5
G. Goodman 227.5 137.5 232.5 577.5

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Application for Registration in Natural Athlete Strength Association. Includes fields for Last Name, First Name, Date of Birth, and Address. Also contains a membership information section.

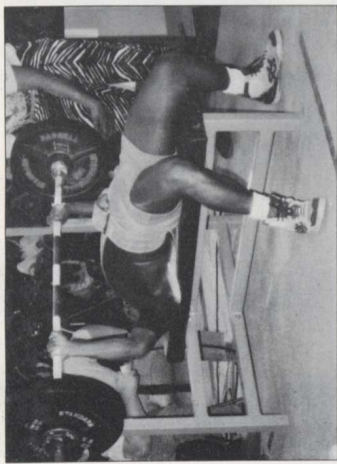
Tasmanian Devil Bench Press 4 Dec 93 - Fresno, CA
Men Open
B. Gargano 190 125 182.5 430

USA Powerlifting & Bench Press Championships 15 Jan 94 - Vogelweh, Germany
W. Green 245 157.5 250 652.5
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USA Powerlifting & Bench Press Championships 15 Jan 94 - Vogelweh, Germany
W. Green 245 157.5 250 652.5
G. Goodman 227.5 137.5 232.5 577.5

NASA Big 3 (Oh., Ky., Ind.)



Claudio Garcia with a Pure Junior NASA American Bench Press Record of 332.2 lbs. in the 181 lb division. (photo courtesy Scholl).

Table of bench press results for various lifters and divisions. Includes names like E. Chadee, M. Moore, S. Mount, etc., and weights in pounds.

Table of bench press results for various lifters and divisions. Includes names like M. Moore, J. King, A. Wooten, etc., and weights in pounds.

one of the coldest with temperatures of 15-20... were eager to lift just to stay warm... This year's meet site again was Northeastern High School in Springfield, Ohio. The school is an excellent choice for a variety of good food. TV's wide variety of good food. TV's wide variety of good food.

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NASC Indiana State		29 Jan 94 - Indianapolis, In (kg)	
Women's Pure	114	257.5	275
Smith	181	287.5	287.5
McAtee	181	287.5	287.5
Women's Sub-master	175	370a	215
Shiomi	275	855a	275
Women's Master	175	65	127.5
Berry	275	257.5	65
Men's Pure	175	47.5	127.5
McAtee	275	47.5	127.5
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Junior's 14:15 yrs
Masters 40:44

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Open Men 171 M. Sizar 198
181 lbs. 181 lbs.
AC Drake 265
181 lbs. 237
181 lbs. 275

Best Lifter Open - Sherman Wilcox. Best Lifter 181 lbs.
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181 lbs. 181 lbs.
AC Drake 265
181 lbs. 237
181 lbs. 275

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181 lbs. 275

Best Lifter Open - Sherman Wilcox. Best Lifter 181 lbs.
Open Men 171 M. Sizar 198
181 lbs. 181 lbs.
AC Drake 265
181 lbs. 237
181 lbs. 275

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29 Jan 94 - Bend, OR

Bench Press	120	85	190	395	455	275	500	1220
132	140	130	200	470	425	250	425	1100
140	145	100	265	510	275	245	315	835
150	280	165	330	775	500	300	485	1285
160	340	360	610	1345	500	300	485	1285
170	375	305	875	1230	500	300	485	1285
180	310	175	340	825	445	285	500	1230
185	275	145	365	785	450	285	500	1230
190	145	125	250	520	450	285	500	1230
195	435	220	470	1125	450	285	500	1230
200	350	220	380	950	410	300	550	1400
205	245	140	325	710	410	300	550	1400
210	220	135	320	695	410	300	550	1400
215	380	180	370	930	415	250	420	1085
220	240	150	380	670	525	400	530	1655
225	310	200	415	925	500	330	500	1450
230	225	115	300	640	500	330	430	1260
235	360	200	415	925	415	265	400	1080
240	240	150	380	670	550	330	540	1525
245	380	180	370	930	550	360	600	1565
250	240	150	380	670	575	350	640	1685
255	310	200	415	925	660	425	600	1685
260	250	160	340	755	645	355	620	1520
265	290	190	370	850	685	370	725	1780
270	405	230	480	1115	680	390	615	1685
275	365	275	455	1095	695	320	520	1355
280	225	380	985	220	505	320	520	1355
285	315	240	370	875	505	320	520	1355
290	285	145	340	770	440	345	480	1265
295	325	160	430	915	465	260	525	1240
300	655	330	540	1525	460	230	405	1095
305	375	195	305	875	530	315	595	1440
310	415	240	385	1050	535	300	405	1055
315	315	250	315	865	555	300	375	1230
320	250	220	365	835	440	270	475	1185
325	380	260	440	1080	440	260	440	1080
330	220	180	405	805	380	260	350	910
335	325	325	375	1025	220	180	405	805
340	325	325	375	1025	325	325	375	1025
345	510	320	405	1235	510	320	405	1235
350	320	225	380	985	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			
355	310	225	380	985	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			
360	285	145	340	770	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			
365	325	160	430	915	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			
370	655	330	540	1525	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			
375	375	195	305	875	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			
380	415	240	385	1050	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			
385	315	250	315	865	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			
390	250	220	365	835	Team: 1. Mountain View High School, 2. Oregon City Gym, 3. Seaside Fitness, Best Lifters: Open We-Regional, Central Oregon We-Regional			

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- Custom Stated
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- Double Prong Buckle (one color/ 5 rows of stitching) \$57.99
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- Competition Tested
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- XXXL.....\$29.99
- Lycra - available in 5 colors
- XS,S,M,L,XXL.....\$24.99
- XXXL.....\$34.99

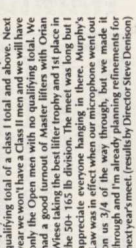
Wrist Wraps

- 3" x 36"
- Cotton/ Polyester Blend
- With Thumb Loop & Self Adhesive Closure.....\$9.99/pr.

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- With Thumb Loop & Self Adhesive Closure
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Chalk 1 lb./ 8-2oz. blocks\$9.99
Ammonia Caps 10/box\$4.99



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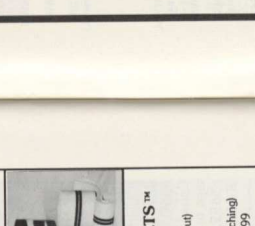
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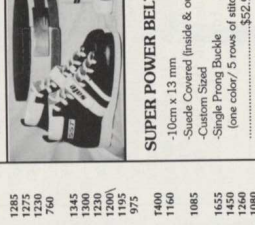
2" Adjustable Upright Power Bench \$149



Super Gripper \$65



Deadlift Helper \$79



Preacher Curl \$119

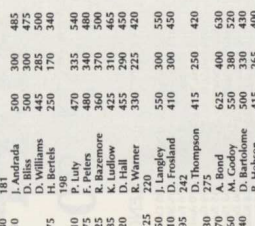
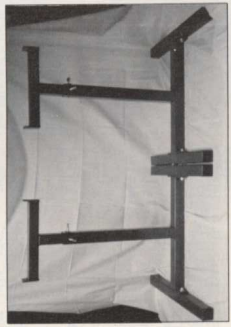
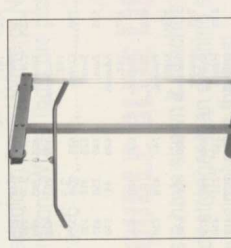


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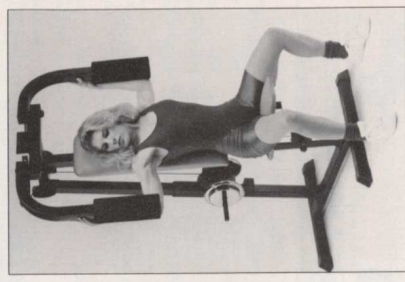
"BARS" PA Power Bar \$149

Cambered Olympic Bar \$149

Trip Bar \$129

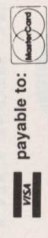
Olympic EZ Curl \$75

Olympic Dumbbell Handle \$89 pr



Pec Dec - 2 machines in 1 - isolate the pecs or the posterior deltoids \$279

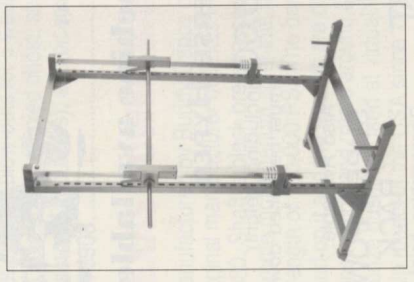
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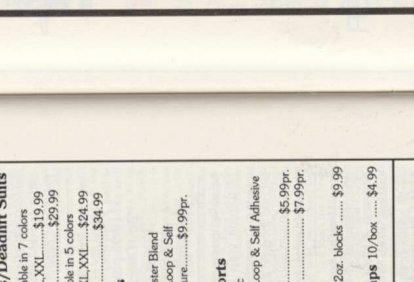
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why? BIG BENCH

APF/USPF MIN State
Feb 94 - Roseville, MN

Bench Press	240	240	240	240	240	240	240	240	240
T. Jacobsmeier	275	275	275	275	275	275	275	275	275
C. Stewart	140	140	140	140	140	140	140	140	140
K. Benning	380	380	380	380	380	380	380	380	380
J. Kaczor	315	315	315	315	315	315	315	315	315
J. Syrovacka	270	270	270	270	270	270	270	270	270
D. Robinson	165	165	165	165	165	165	165	165	165
G. Dulick	148	148	148	148	148	148	148	148	148
M. Techida	450	450	450	450	450	450	450	450	450
L. Trinn	225	225	225	225	225	225	225	225	225
M. Mitchell	440	440	440	440	440	440	440	440	440
T. Minkowicz	332.5	332.5	332.5	332.5	332.5	332.5	332.5	332.5	332.5
R. Miller	340	340	340	340	340	340	340	340	340
M. McGee	300	300	300	300	300	300	300	300	300
R. Voong	290	290	290	290	290	290	290	290	290
M. Lindberg	275	275	275	275	275	275	275	275	275
Women	500	500	500	500	500	500	500	500	500
K. Baker	470	470	470	470	470	470	470	470	470
C. Stewart	225	225	225	225	225	225	225	225	225
M. Lundquist	400	400	400	400	400	400	400	400	400
BP	325	325	325	325	325	325	325	325	325
D. Current	275	275	275	275	275	275	275	275	275
K. Peterson	440	440	440	440	440	440	440	440	440
Master	500	500	500	500	500	500	500	500	500
D. Dulick	320	320	320	320	320	320	320	320	320
G. Dulick	148	148	148	148	148	148	148	148	148
S. Magnuson	198	198	198	198	198	198	198	198	198
J. Juntor	165	165	165	165	165	165	165	165	165
G. Dulick	320	320	320	320	320	320	320	320	320
BP	395	395	395	395	395	395	395	395	395
D. Moore	510	510	510	510	510	510	510	510	510
R. Housen	480	480	480	480	480	480	480	480	480
D. Moore	510	510	510	510	510	510	510	510	510
K. Peterson	440	440	440	440	440	440	440	440	440
Open/148	320	320	320	320	320	320	320	320	320
G. Dulick	148	148	148	148	148	148	148	148	148
D. Green	340	340	340	340	340	340	340	340	340
J. Klien	480	480	480	480	480	480	480	480	480
J. Donscher	510	510	510	510	510	510	510	510	510

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SAFELY With The
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190 142.5 192.5 525
187.5 120 192.5 500

190 137.5 255 582.5
148 142.5 192.5 525
205 102.5 202.5 510
187.5 120 192.5 500

157.5* 90* 182.5* 430*
157.5 157.5
202.5 150 220 572.5
217.5 125 200 542.5

290 145 265 700
207.5 130 217.5 555
165 125 197.5 487.5

185 110 175 470.5
305* 170 300* 775*
307.5 187.5 270 765

235 135 250 620
230 102.5 197.5 535
182.5 152.5 205 540

110 Open and Collegiate
302.5 167.5 247.5 717.5
92.5 82.5 135 310

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A new tougher fabric, now guaranteed against blowouts and runs. The same great cut and design as previous Elite Suits plus wider straps for greater comfort.

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ADPFA Arizona Open
26 Feb 94 - Tempe, AZ

Women	SQ	BP	DL	TOTAL
Brandon	325	160	355	840
Villalobos	425	250	405	1080
Adams	370	250	450	1070
McDonald	400	285	425	1110
Onal	525	320	575	1420
Zorn	440	250	455	1145
McDonald	480	285	425	1190
Onal	525	320	575	1420
Zorn	440	250	455	1145
Adams	370	250	450	1070
Paterson	460	275	580	1315

190 142.5 192.5 525
187.5 120 192.5 500
190 137.5 255 582.5
148 142.5 192.5 525
205 102.5 202.5 510
187.5 120 192.5 500
157.5* 90* 182.5* 430*
157.5 157.5
202.5 150 220 572.5
217.5 125 200 542.5

290 145 265 700
207.5 130 217.5 555
165 125 197.5 487.5

185 110 175 470.5
305* 170 300* 775*
307.5 187.5 270 765

235 135 250 620
230 102.5 197.5 535
182.5 152.5 205 540

110 Open and Collegiate
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92.5 82.5 135 310

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Tests have shown it stretches further and comes back stronger than anything else on the market—Quite simply, it is the best.

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Disassembles, holes every 2 inches, guaranteed to hold even Matt Dimmel

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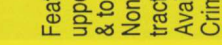
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- * Made in the USA from the highest quality leather, suede, and materials available
- * Six rows of heavy duty stitching
- * 100% Guaranteed against normal wear and tear for the life of the belt
- * The highest quality workmanship available
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Reversible-2 suits in 1- Give height and weight. As shown red or blue with white trim.
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NI: (Grey)--Branch chain amino acids used for repair of muscle tissue after exercise and recovery from injury

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FI: (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.

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

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

GROWLING DOG ENERGY MIX (Purple)--designed for high powered energy, mixture of ATP, Creatine & Inosine.

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SAMPLE PROGRAMS

MUSCLE GAIN: 1 Teaspoon KUAN (Yellow) mid-morning and again, mid-afternoon (these are the times when the stomach is usually the emptiest)

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

ENERGY: 1 Teaspoon CHEN (Green), or Growling Dog (Purple) 15 minutes before training.

FAT LOSS: 1 Teaspoon HUAN (Red) upon rising and again upon retiring.

** All amino acid products work best if taken on an empty stomach. This excludes Shin Ho (Thunder & Fire)

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Product/color	Size	Qty.	Price	Ext.
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Total				
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St. Louis, MO 63132					
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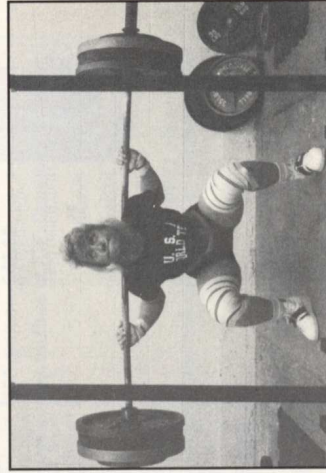
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All Titan suits now feature our new H.P. leg design to prevent leg slippage. Results . . . You'll squat more in a Titan Suit!
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THE GUARANTEE
From the "inventors" of the performance guarantee Nobody, but nobody, has ever matched, let alone surpassed, the Titan performance guarantee. And we dare them to try! No ad. hype here . . . total satisfaction guaranteed: 6 months croch blowout; 1 year run guarantee + \$50.00; 3 cause of blowouts) = replacement. Applies to months miscellaneous replacement. Applies to Victor and Custom Suit A and B.



Lea Ann Adams, 123 lb. Nat'l & World Champion, Nat'l & World Record Holder, 347 sq. 407 dl

CUSTOM TAILORED SUIT

Only Titan provides you with custom tailoring and world class performance. Each suit is meticulously handcrafted and tailored from the finest materials to fit only one lifter. . . YOU!
So, while the competition tries to push their "one style suits all" products, we recognize your unique needs and provide you with an equally unique suit. Proven on World Records, backed by **The Performance Guarantee.**

- Now Available in Black, Royal Blue & Red**
- Fits:** **Regular** - snug fit for new lifters or for passive support
Meet - light, supportive fit for training and competing
Competition - tightest fit, not recommended for new customers
- Styles:** **Sideseam A** - strongest commercial side seam . . . \$38.50 each
2 for \$68.00
Sideseam B - our original handmade 3 cm side seam . . . \$40.50 each
2 for \$73.00

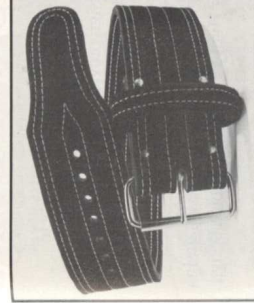
High or Low Cut

THE VICTOR

WORLD-RECORD setting performance in a standard size suit. Same materials and construction as the Style A Custom Tailored Suit, but in standard size. Used the world over and backed by **The Performance Guarantee.**

- Colors:** Black, Royal Blue & Red
Sizes: Even sizes 20 - 56. Fill out tailoring information, if unsure of size.
High or Low Cut . . . \$36.00 each
2 for \$61.00

POWER LIFTING BELTS



Competition thickness and width. American made from the finest leathers and suedes. Unique features such as USA buckles, nickel rivets and 1" hole spacing provide maximum support.

Don't be fooled by cheap imports. Black, Royal Blue, Red \$60.00

RED DEVIL WRIST WRAPS



Don't be fooled by cheaper versions! We guarantee this is the strongest, best-made wrist wrap ever! Features Titan stitching. (not inferior straight stitching). Red Devil Material, thumb loop and military grade Aplix (30% stronger than Velcro!), 6 months guarantee!

- Standard length 2 pr. \$15.90
Mild Length 24" 1 pr. \$9.95
Full Length 36" 2 pr. 13.95

RED DEVIL KNEE WRAPS



You'll squat MORE in a pair of Red Devils! Guaranteed #1 in performance. Money back guarantee.

- 1 pr. \$14.95
2 pr. 24.90
- Also available: Mega Wrap Ten, Mega Wrap Three & Mega Wrap. Call for prices.

SAFE'S SQUAT SHOES



Designed & manufactured exclusively for powerlifting. . . not a converted high top. Features top grade leather, totally flat crepe sole for maximum weight disbursement & slippage resistance. Cambrelle lining and Texon sockliner for max. moisture wicking plus strap w/metal buckle. Made in USA!

Contender: Standard 3/4" heel, D width (average.) Black with white trim. In stock delivery. \$99.00

New Products

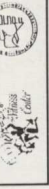
- T Shirts:** "Titan #1 in Performance" (2 color logo) \$8.00
"Team of the Americas" US & Canadian flags w/ Titan logo on back (3 color) \$11.00
- Deadlift Slippers:** Call for colors. Based on shoe size. \$25.00
- Titan Power Singlets:** Stretch suits designed for lifters not wrestlers. Black, Royal Blue, Gold (add \$2.50 for side stripes) \$9.50/lb.
- Chalk:** Superior quality for maximum grip \$7.95
- Briefs:** They're here! Titan quality and performance. 6 month guarantee. \$15.50
- Dual Quad Briefs:** Designed to complement dual quad suits or to boost regular suit performance. 6 month guarantee. \$25.00

ORDER FORM

Name: _____ Address: _____

ITEM	Color		Size	Quan- tity	Price
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Repeat Customer?	Hi or Low Cut				Shipping & Handling \$4.50
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presents
3rd Annual Beach Bench Blast-Off
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Saturday, July 16, 1994
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Beth Hinkle
1-800-627-9002



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29 May 1994
APF Iron Island Bench Press Blowout and Barbecue
Iron Island Gym
3465 Lawson Blvd.
Oceanside, NY 11570
516-594-9014

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4 Dec 94 - Newfoundland, Canada
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St. John's Open (kg)
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ADPEA Minnesota Senior State
12 Feb 94 - Bloomington, MN
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MEET DIRECTORS... there are HUNDREDS of meets for readers of PLUSA to choose from each month. Put an ad in POWERLIFTING USA to make your meet stand out. Call Mike Lambert at 805-482-2378 for details. We even do the typesetting for you - FREE!

10,11 SEP, USA, Ohio Region (Chesapeake, VA)
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THE 1994 APF MENS AND WOMENS SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

1994 APF 1st ANNUAL WRIGHT MEMORIAL BENCH PRESS NATIONALS and FRIDAY, JULY 1, 1994

NEW RECORDS ESTABLISHED * NO BENCH SHIRTS OR TIGHT FITTING SHIRTS ALLOWED

MEET DIRECTOR - Ernie Frantz, 60 S. Broadway, Aurora, IL 60505 (708) 892-1491
DATE: Friday July 1 * Saturday July 2 * Sunday July 3, 1994
PLACE: Holiday Inn Express, 933 South Rte. 83, Elmhurst, IL 60126
708-279-0700 * Fax (708) 279-0131
TRAVEL: Complimentary shuttle from O'Hare Airport to the meet site
ENTRY FEE: \$50.00 ENTRY DEADLINE: June 10, 1994 - late entry \$75.00

(Free meet t-shirt with entry)
RULES: Strict APF Rules will apply
WEIGHINS: Thursday - 7pm - 8 pm Bench Press Nationals Only
Friday - 10am - 12 noon (24 hour weighins for all women)
2pm - 3 pm (24 hr weighins for Men's Classes 114-165)
7pm - 9pm (All Women's & Men's Classes 114-165)
Saturday - 8am - 9:30am (All Women's & Men's Classes 114-165)
10am - 12 noon (24 hr weighins for Men's 181-220)
2pm - 3pm (24 hr weighins for Men's 242-UNL)
7pm - 9pm (All Men's Classes 181-UNL)
Sunday - 8am - 9:30am (All Men's Classes 181-UNL)
Friday - 10:00am (All weight classes Bench Press Nationals)
Saturday - 10:00am (All Women) 2:00pm (Men's 114-165)
Sunday - 10:00am (Men's 181-220) 2:00pm (Men's 242-UNL)

We will accept qualifying totals (Done within 1 year of this meet) from other organizations
QUALIFYING TOTALS:
Mens 114 123 132 148 165 181 198 220 242 275 308 UNL 1935
807 1003 1100 1329 1450 1603 1703 1810 1870 1906 1921
Women 97 105 114 123 132 148 165 181 198 SHW 880
493 526 694 806 822 840 855 870 875 880

HOTEL INFORMATION: \$69.00 per night including full breakfast for two. Lunch Buffet will be provided each day at lifter's cost. Reservations must be made by June 1994 to receive these rates

ENTRY FORM

In consideration of my entry, I hereby waive and release all rights and claims against the APF, Frantz Sports, Holiday Inn and all their associated bodies, agents, employees, assigns by reason of injury or damage which may incur while participating in this competition.

Qualifying Total _____ When _____ Where/Meet/Org. _____ Weight Class _____
Name _____ Age _____ Phone _____
Address _____
Signature _____ circle category - Sr. Nationals Bench Nationals

defending champion Tom Weeks who equaled a masters and open record of 705 lbs, a lift that many thought was the highlight of the day, Tom...
1 Meek 525 370 530 1425
High School Team: Littleton - 43, Nashua - 12, Portsmouth - 7, Open team: Andrews Gym - 50, Handbodies - 16, Casey - 31, Outstanding Lifter (Women) - Sue Pike, Outstanding Lifter (Men) - Joe Romano. The 1994 NH State Championships were a huge success. With 60 lifters competing, the meet...
181 lb 200 200 880
A. Rosen 240 415 950
R. Ward 295 305
K. Carlin 320
R. Rogers 350 325 610 1485
J. Romano 710 400 665 1775
I. Kubish 610 430 600 1640
J. Smullen 560 340 540 1440
G. Jewell 510 350 500 1400
D. Audeit 465 315 460 1240
T. Weeks 705 380 600 1685
J. Price 550 275 400 1225
P. Drono 500 325 330 1355
C. Dawson 415 305 425 1145
W. Andrews 665 350 600 1615



QUALIFY NOW!!!

THE 1994 ADFPA MENS NATIONAL CHAMPIONSHIPS JULY 16 & 17 CHICAGO, ILLINOIS

- First place finishers to represent U.S. at 1994 World Championships
• Travel and expense reimbursements to class winners and best lifters
• Custom, unique awards including 3 best lifters, best squat, bench and deadlift awards
• \$30 entry fee includes meet shirt
• Both polygraph and urinalysis testing, with minimum of top 3 in every class to be tested

FOR MEET PACKET OR SPONSORSHIP INFO CONTACT:
B & W GYM
5920 N. RIDGE BLVD.
CHICAGO, IL 60660
312-561-9692

Table with 4 columns: CDFPBC Winter Open (kg), 20 Jan 94 - Chilliwack, BC, 90 kg, 18-19, N. Fryer, 79, 63.5, 117.5, 260*, 67.5 kg, up to 16, 99.5*, 43, 124.5, 267*, 75 kg, 161*, 106.5, 183.5, 4518, 75, 156, 99.5, 217.5, 473, 82.5, 156, 102, 170, 428, J. Thurston, 161, 104, 229, 494, 40-44, H. Ward, 210.5, 138, 190.5, 539, 50-54, 125, 204, 151.5, 233.5, 589, Special Olympians, 82.5, K. Upholt, 68, 156, 224, R. Haas, 67.5, 102, 169.5, L. Isaac, 45, 83.3, 128.5, *CDFPBC record, Best Squat - Hugh Ward, Best Bench - Dan Labrie, Best Deadlift - C. Dawson, *Byron Ward. (Thanks to CDFPBC for the results)

ADFPFA New Hampshire State 5 Mar 94 - Milford, NH TOTAL
High School 5Q 8P DL
Women 201.25 155 95 205 455
S. Harriman 148 80 195 415
Mens 132 345 245 300 790
R. Bourque 295 185 305 785
R. Dawson 250 180 310 740
J. Radack 200 125 280 605
T. Hobbs 150 135 255 540
198 198 290 175 295 760
P. A. Berneri 230 125 370 725
220
N. Pincio 420 190 470 1080
Women Lightweight 136.25 136.25 275 165 370 810
Masters 103 103
M. Moisis 165 125 200 490
215.75 275 170 330 775
M. Burda
T. Scroggin 245 445 1055
J. Lawton 169.5 365 275 350 1225
R. PETERS 192.75 590 109 310 740
SubMasters 109 310 740
C. Sutilife 131.5 440 195 440 1075
C. Jewell 113.25 510 350 550 1410
M. Burda 143.75 365 280 365 930
Masters 275 170 330 775
T. Weeks 445 1055
Reynolds 510 525 330 600 1455
M. Burda 325 480 1245
Allright 193 440 325 480 1100
E. Silk 177.75 355 265 480 1100
Simmons 180.75 405 225 435 1065
Grand Masters 370 275 330 995
Makarawicz 239 540 370 540 1450
Loomis 212.25 350 300 410 1060
Gallagey BB 315 145 360 820
1100/160.75 235
C. Sutilife 440 195 440 1075
R. Bourque 295 185 305 785
J. Pantelides 440 305 425 1170

BULLETIN BOARD... this is the place to look for organizational news and notes - "NACACI (North American, Central American & Caribbean Islands IPF Federation) is now accepting proposals from meet directors who wish to hold either a 12 nation NACACI regional meet or hold a competition involving another region, i.e., the South American, European, Oceanic or Asian Region to join ours in a friendly competition. The 1994 NACACI Bench Press Championships are scheduled to be held in Curacao, Netherlands Antilles and the 1995 Pan American Championships will be held in Mar Del Plata, Argentina in conjunction with the XII Pan American Games and will be held at the same venue as Weightlifting. The following are NACACI established categories, however, if you have another idea, we're open to investigating the feasibility of the event. NACACI Invitational World Cup, NACACI Bench Press Championships, NACACI Men's & Women's Championships, NACACI Master's Men's & Women's Championships, Pan American Men's & Women's Championships, Pan American Master's Men's & Women's Championships. We have been approached for sanctioning a "developmental meet" and an all out "Champion of Champions Meet". If there is an interest in either of these please write or FAX your feedback. All communications are to be directed to Stella Herrick, NACACI President, P.O. Box 4160, Opelika, Alabama 36801-4160; FAX 205-749-6224." - **Paul Sutphin**, the very active official and lifter is making some changes, resigning his USPF West Virginia Chairmanship effective 21 March, the 1st official day of spring. Paul was appointed successor to Vince White in September 1989 by the late former U.S.P.F. President Conrad Cotter. It is speculated that John Messenger of South Charleston will be elected as the new WV Chairman on April 1st, however this is unconfirmed. Paul's plans are to compete intensely for the remainder of 1994 and especially in 1995 in various federations. Administratively, he will assist Greg Van Hoose with the WV NAWA program and "insure the development of a new powerlifting agenda in the state." He has also resigned from the U.S.P.F. Executive Committee, but will remain WV Records Chairman.

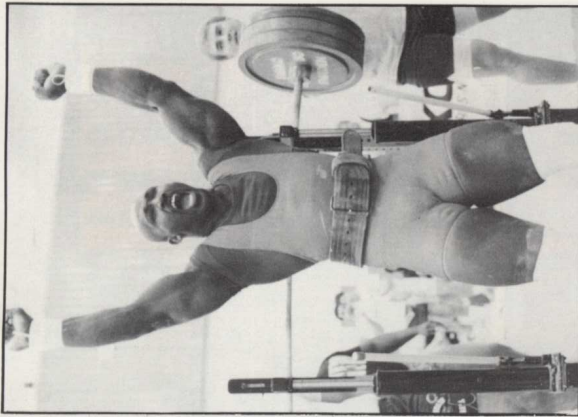
"DRUG TESTING AT THE 1993 MENS AND WOMENS WORLD POWERLIFTING CHAMPIONSHIPS. The following lifters were tested and found to be positive: - Phillip Farmer (USA) - testosterone, Dan Austin (USA) - ephedrine. Both lifters are suspended from international competition and setting records for a period of three years, commencing 30th, November 1993. The following lifters were tested and found to be negative: N. Janet FRA, C. Cognac FRA, G. Cristobal ESP, E. Fomina RUS, E. Tanakova RUS, J. Mikic CRO, C. Miller NZL, J. Trujillo USA, M. Thill LUX, V. Nelubova RUS, C. Boudreau USA, I. Wohlholzer GER, A. Ostini ITA, N. Rumunantseva RUS, L. Gaidukhenko UKR, U. Herchenheim GER, A. Stanaszek POL, S. Bhaskaran IND, H. Isagawa JAP, P. Richard GBR, R. Hypolite GBR, J. Vitanen FIN, E. Coan USA, D. Gjomann GER, Y. Gustavsson SWE, J. Gunnarsson ISL, K. Karwowski USA, H. Zerhoch GER." (this information from the International Powerlifting Federation Newsletter 5/94)

DISABLED SPORTS ORGANIZATIONS, Member Organizations of the United States Olympic Committee: American Athletic Association of the Deaf (AAAD), Shirley Platt, 3701 Harrison Blvd., Ogden, UT 84403; Dwarf Athletic Association of America (DAAA), Lew Swaisch, President, Michigan Rehabilitation Services, 608 W. Allegan, 4th floor, P.O. Box 30010, Lansing, MI 48909, 517-373-1004, Janet Brown, Executive Director, 418 Willow Way, Lewisville, TX 75067, 214-317-8299. The DAAA provides competition in 11 different sports with competition nationally and internationally. The WORLD DWARF GAMES were held from June 30th through July 6th in Chicago last year. This group used to be The LITTLE PEOPLE OF AMERICA; National Handicapped Sports (NHS), Kirk Bauer, Executive Director, 451 Hungerford Dr., Suite 100, Rockville, MD 20850, 201-217-0960. The NHS will provide you with information concerning competition available to athletes with amputations. The NHS will

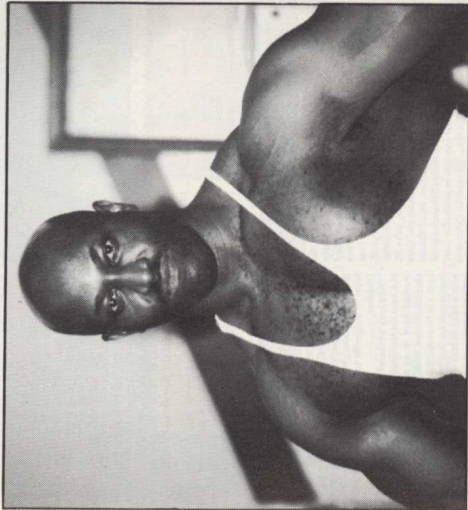
also provide you with information concerning the INTERNATIONAL AMPUTEE ATHLETIC ASSOCIATION; National Wheelchair Athletic Association (NWAA) Paul DePace, President, Pat Long, Operations Manager, 3595 E. Fountain Blvd., Suite L-1, Colorado Springs, CO 80910, 719-574-1150, FAX 719-574-9840. The NWAA provides competition in 6 different sports including weightlifting which is limited to the bench press. Competition is available at the following levels: local, state, regional, national, international. The NWAA includes all classifications of physical impairments including non-wheelchair athletes. The NWAA is becoming the largest organization of athletes with disabilities in the U.S., serving over 5,000. **Special Olympics International (SOI)** Thomas B. Songster, Director of Sports and Recreation, Special Olympics Inc., 1350 New York Avenue, NW, Suite 500, Washington, DC 20005, 202-628-3630. The SOI offers powerlifting competition along with many other sport activities. There is a movement to increase the current SOI competition from Bench Press and Deadlift to include the Squat event. Contact the Director of Strength and Conditioning/Powerlifting: **United States Association of Blind Athletes (USABA)** Charles Huebner, Executive Director, 33 N. Institution St., Brown Hall #015, Colorado Springs, CO 80903, 719-630-0422, 719-630-0616. The USABA provides competition in 9 different sports including powerlifting. Competition is available at the following levels: state, regional, national, international. Athletes are evaluated by eye doctors and placed in one of 3 different categories of visual impairment ranging from less than 20 degrees of vision to not being able to discern light in either eye. Powerlifting was presented to the USABA athletes and coaches during the 1981 National Championships. At that time Roger and Judy Gedney presented them with a demonstration and training clinic followed up with seminars on how to organize meets. Starting in 1982, the USABA offered full powerlifting competitions in all levels of competition including international competition. In Canada, contact: The Canadian Blind Sports Association, 333 River Rd., Ottawa, Ontario, K1L 8H9, 613-748-5609; **United States Cerebral Palsy Athletic Association (USCPAA)** Grant Peacock, President, 34518 Warren Rd., Suite 264, Westland, MI 48185, Mike King, Executive Director, 500 S. Ervey #452B, Dallas, TX 75201, 214-761-0033, FAX 214-761-0035; **United States Olympic Committee Disabled Sports Services** - Jan Wilson, Coordinator, One Olympic Plaza, Colorado Springs, CO 80909, 719-578-4818; **United States Les Autres Sport Association (USLASA)** David Stephenson, President, TIRR Sports, 1475 W. Gray St., Houston, TX 77019, 713-521-3737. The PARALYMPIC GAMES provides Olympic competition for any type of disability including spinal paralysis, cerebral palsy, blindness and amputations. You may have viewed the Seoul PARALYMPIC GAMES in October of 1988 where 4,000 handicapped athletes competed from 70 different countries. A magazine is available to people interested in gathering more information concerning activities for disabled athletes. **PALAESTRA**, The Forum of Sport, Physical Education and Recreation for the Disabled, is published in cooperation with the United States Olympic Committee on Sports for the Disabled. A one year subscription (4 issues) is \$18.00; a two year subscription (8 issues) is \$32.00. Send your name, address, phone number and payment to: Circulation Department, Palaestra, P.O. Box 508, Macomb, IL 61455. Ross Catalano offers his **CHALLENGE Magazine** free of charge to handicapped subscribers. This publication was advertised by Joni Erickson. Tada who works nationally and internationally with various handicap-awareness organizations. For more information, contact Ross at: Challenge Magazine, 2117 Buffalo Rd., Rochester, NY 14624, 716-546-7710 - looking for potential participants from the United States wishing to compete in the famous **World's Strongest Man** competition is Dr. Douglas Edmunds, who resides at 23 Kittichside Road, Carmunock, Glasgow, Scotland, and his phone number in the United Kingdom is as follows: 41 644 4823.

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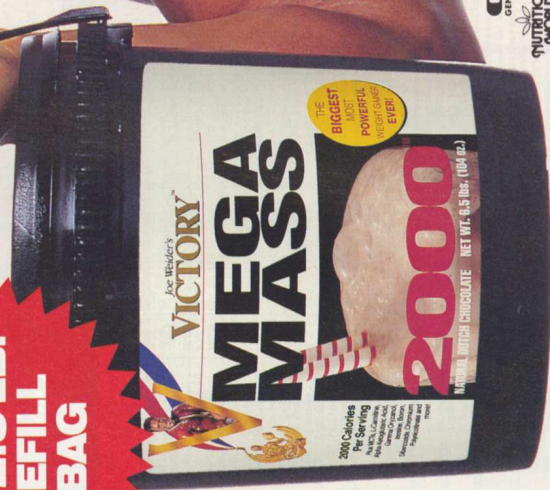
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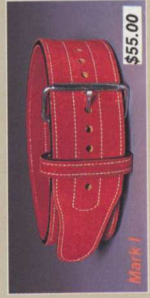
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