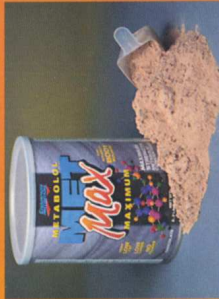


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ON THE COVER... Ohio's Hoss the Boss dedicated his lifting at the APF Senior Nationals to his departed friend - MATT DIMEL

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APF Sr. Nationals

as seen by Powerlifting USA Editor Mike Lambert

the years, were joined by some new ones, and they lifted with the collective memory of their fallen comrades in steel in mind. One of the new faces was NFL Rams center Brad Fichtel, out of nearby Oswego High School, who served as loadmaster for the platform.

31-year-old Ann Lacombe came up from Florida to find the 97 lb. class title waiting for her. In the 105s Elaine Kunkel, in her first national competition, had a nice day, but she saw what the top of the crop looks like in Doris Simmons, who gave triple bodyweight plus lifts in both the squat and deadlift goodrides. Doris is the wife of lifting guru Louis Simmons, and it's great to see her back in the sport's spotlight.

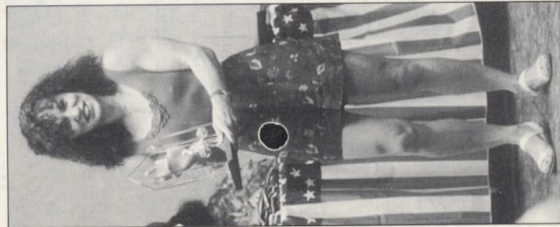
Anna Blakely lifted alone in the 123s, at 120 bodyweight, but still came away with the Best Lifter award for the lighter women's classes. She is tall and muscular, and benches with a very wide grip. Seems like there will be more big lifts to come from her in the near future.

The classic battle of the women's championship took place in the 132s, where Ashley Boyce of Pennsylvania - a hard training veteran of this competition - was up against Ohio's Tonya Myers. Tonya calmly rolled up 6 for 6 to subnational 611, but Ashley used her big bench to come up with 622. As their competition progressed, every attempt assumed greater and greater significance. Ashley's final miss with a 396 deadlift allowed 24-year-old Tonya to go 407 and secure the win. Immediately afterwards, the 'game faces' were off and both lifter and coach sincerely congratulated each other.

The familiar faces - both on the platform and helping out around it - that have made up this meet over



Psyching Up... Jan Van De Weghe helps Stephanie get ready to lift.



Doris Simmons... back on top

This annual get-together of the APF family was a somber one, as the original meet director for the APF Seniors, Jeff Wright, died of pneumonia on March 6th, at the age of 30. APF President Ernie Franz took over the task with the help of newly relocated lifter Sunil Bhojwani who happens to be associated with the meet hotel, the Holiday Inn Express in Elmhurst, IL. In addition, there were the deaths of 1000 lb. squatter Matt Dimel and masters legend Larry McCauley to deal with.

The familiar faces - both on the platform and helping out around it - that have made up this meet over

Tonya Myers went over 400 in both the squat and deadlift to take the competitive women's featherweight classification.



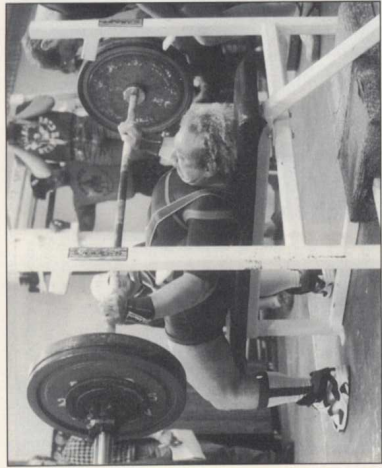
much. Nevertheless, she was the Best Lifter for the heavier divisions. SHW Maris Anne Sternberg, who has a new job as conductor of the Northwestern Alumni band nowadays, says that she "waves at the gym when she drives by" and doesn't train like she used to, but she still comes up a winner on the platform, and her announcing, etc. is a special treat.

In the men's competition, David "Super Dave" Butterbaugh is a new discovery of Ernie Frantz's and he darned near got a WPC world record squat of 530 and tied a fabulous 364 world record bench on that unsuccessful 4th attempt. That 1168 total is a fine one in the 123 lb. class.

In the 132s, the APF's MR.



Tamara Rainwater-Grimwood is the big star for the A.P.F. women



Lifter for the lighter divisions in convincing fashion with a better total at age 41 than he had done back in his twenties. The big squat of 766 was a bit off balance, but he feels confident with the weight. Rick, in fact, believes he still has the "Todo" Beninato had a super day in 2nd place, missing only a tough 391 final attempt deadlift.

Long, tall Nick Parczkowski, just out of the teenage ranks, was the lone entrant in the 148 lb. class and, with the support of his fellow Wisconsinites, had a fine 879 day to take this APF national title. Rickey Dale Crain earned Best



Bill Busby ended up with a broken left ankle as a result of this mishap.

Middleweights were loaded - with Angelo Berardelli finishing up next to Rickey with a line 752.5 kilo total. No fear lifting by John Wood got him 3rd, and 20 year old Ryan Celli of Pennsylvania looks like a real prospect for the future with 1559 total. Thomas Denton of Illinois almost went 6 or better in both the squat and deadlift.

In the 181s, another Westside Barbell stud - name of Joe McCoy (21) - marched to the win, with a Junior World Record bench of 479 on the way. Lou seemed like he was helping more than just his team members. Arnold Coleman proved to be as strong as he looked in 2nd. Rudy Rosales of TEAM POWER had a fine day, especially considering he has only a few meets under his belt, and Anthony Succarotte was back to do battle with him, but Pat Harvey missed the 573 deadlift he needed to challenge both of them.

The 198s were very competitive, but a big lift performance by Oklahoma's Hugh Duragan put him on top. Some lift deadlifts by Hugh kept him ahead of tough Dave Bornstead of Massachusetts and total 1900. He almost tossed up a 413 bench - an exceptional poundage for him personally, and though 677 was not there for him, he feels the operation on his hand to repair a busted tendon will not keep him from getting back up to take this APF national title. The 700 range eventually. The

The 220s looked like a class that was going to bust out with big lifts all over, but bad things happened almost from the start. Bill Busby, former Mr. America contender and one of Ernie Frantz's most stalwart supporters, took his opener 722 squat down and started up with it when there was a loud rip - whether it was the lifting suit or his own tissue - or both! - it was a sickening sound that could be heard well into the audience. 911 was dialed and pathway was cleared in the audience to allow the paramed-

ics to do their job. Bill left the meet site on a stretcher, to the ovation of the crowd, pumping up both thumbs. Later the report came in - torn quad, torn tendon, broken left ankle, etc. Ernie Frantz immediately announced a change would take at the busy pizza concession. All pizza from then on would be free, with all donations offered for pizza to be sent to Bill to take care of his hospital expenses. Willy Wesells took the long delay to deal with Bill's injury in stride and smoked his opener, but 843 on a 3rd proved to be too much. A lean Mike Hales unsuccessfully took the highest opener of the class - 804 - to a bombout, but Paul Urchick of Michigan made 3 nice ones - all the way up to 793 to keep on Willy's trail. Urchick made three more benches, but Willy sealed his own first place fate with a line 556 on his last attempt. Lee Nauman was the third Oklahoma to do well at the meet, as he benched and deadlifted his



Focusing in on Willy Wesells.



Tom Waddle talked the talk, after he walked the walk at 308.

way into 3rd over Robert Rigert, who lifted so well representing Terry Dargerfield's gym.

In the 275s, Curtis Leslie rose to the top, like cream on milk. He is just about as strong in each lift as that incredible physique of his would make you expect. We heard that his final squat was actually overloaded, but he was too wiped out from the effort to take the correct weight over again, and his final bench at 600 was not too far off. Louie Simmons' protégé Chuck Vogelwohl is a fierce contender, who has moved up in all the lifts steadily, but there was little he could do at the end but try a too heavy 837 for the win. Muscular Nick Lavitola met with frustration in the squats, but surged forward after that, making all his benches, and all his deadlifts - even a fine 804 that he was very eager to tackle - only to see his magnificent biceps tear away from the bone as he returned the bar to the platform. He got his trophy early and headed for the hospital. School teacher John Bott made his 1st 7 lifts, before a 622 deadlift stalled him out on two attempts.

In the 275s, it was Scott Warman - and then the rest of the pack. Scott is such a class act. While others are huffing and puffing, there he is - tucked away in a corner, quietly preparing for the biggest weights of the contest. Scott is as great a sportsman as he is a lifter - the bar was dumped and had to be reloaded before his 942 squat, and



NO FEAR... Chuck Vogelwohl gave an 837 deadlift everything he had, and it wasn't that far off. All of Louie Simmons' WESTSIDE BARBELL guys seemed to do well - his often non-traditional methods do work!



600 Soon... Best Lifter for the Heavier Divisions, Curtis Leslie, is steadily approaching this magical mark

would only partially cooperate with him.

2nd was Brad Stevenson, who only weighed 243.1, but he still toughed out an extreme squat of 832. His final deadlift try with 749 was so explosive that he lost his balance with it. Later on, in a considerate gesture, Brad literally gave Matt Sternberg the shirt off his back in exchange for his trophy. Doug Borden, going for his Elite classification in his 5th weight class, was next up, finishing over hard luck Paul Hatfield, who didn't get many attempts to the good on the board.

In the APF's 308 lb. class, nobody came in closer than 19 lbs. to the class limit, but they all moved quality weight on the platform. Westside Barbells' Tom Waddle and Tennessee's Kenny Malchow had a heckuva battle for the title, which came right down to the last couple of deadlifts before a winner could be found. Mark Govoni of Massachusetts barely weighed over the 275 limit (278.4) and used brute force of manhandle his attempts. Another Westside Barbells product, Jerry Obradovic, got 2 WPC Jr. World Records in the bench, before 600 stopped the 20 year old. He was intensely agitated before each lift - and dedicated his performance to Matt Dimel. Matt Israelson, who owns Union Street Gym in Portland, Maine, got hurt in the squat and just tokened out a total in the deadlift.

There were plenty of true

373. Hoss the Boss - a fixture of Ohio powerlifting for many years - showed the same fire he's always had in urging his competitors, the crowd, and himself to "get wild". Hoss dedicated his lifting to his close friend, Matt Dimel, but had to leave the meet to catch his plane before he could try a final deadlift. The biggest of the Big Boys, at 383 pounds, massive John Ketchum gave 920 a brisk ride in the squat - but headed down before getting the squat signal, on his first attempt, and then he dumped it on his 2nd and had to withdraw from the meet. The team title went to the Westside Barbells, which was an awesome group, and they were very serious about taking the title. Ernie Frantz's attempt at humor, when he said "I figured out the team points in my head, and it's the Frantz team" almost got taken the wrong way, until he noted he was just kidding.

Held on Friday, prior to the Sr. National meet, was the Jeff Wright Memorial Bench Press Championship, where competitors were not allowed bench press shirts. All the top lifts are considered world records under those conditions.

The lift by lift stats and the written report of the meet don't tell the whole story. There were lots of familiar faces just on hand to watch and help out where they could.

Felicia Almy was there with her husband Mark and their beautiful 14 month old baby, Laura Dodd was on hand, as well as APF co-tender Amy Weisberger, Garry and Susie Benford (who will be doing the WPC Worlds this year) came on down. Ed Coan took the 40 minute drive to check out the action. [Ed was weighing 230, but had cut down to 228 in preparation for the USPF Seniors in 4 weeks - no injuries to report]. Superfan Lee Gesbeck made it down as well.

All the camaraderie and line lifting was dropped with the memory of others who had been part of this same family - Jeff Wright, Matt Dimel, Larry McCauley, etc. - who were missed this year and who will be missed in the future. For that reason this will always be a Seniors to remember.

[Editor's Note - the APF will be accepting bids for the 1995 Sr. Nationals, 1995 Jr. Nationals (Sr. Qualifier), and the 1995 Teenage/Master/Submaster Nationals. Deadline for submission of bids is October 1st, 1994 to Frantz Sports, 60 S. Broadway, Aurora, IL 60505, 708-892-1491. The 1994 Jr. National meet will be as follows: Jr. Nationals (23 and under), Sr. Nationals Qualifier. If you will come to qualify for Sr.]

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132 lb.	363 391 402
A.Bowers	358 386 385
C.Kidder	314 341 363
148 lb.	451 485 496
M.Liggett	264 284 281
V.Lewis	192 214 236
S.Vandeweghe	429 457 473
K.Ford	341 380 418
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198 lb.	349 248 275
M.Sternberg	137 146
123 lb.	435 501 530
D.Butterbaugh	316 358 380
132 lb.	435 485 529
D.Heath	314 363 391
148 lb.	435 473 501
S.Beninato	746 716 766
A.Berardielli	611 644 644
J.Wood	589 647 647
T.Dillon	562 606 606
181 lb.	633 683 710
J.McCoy	440 479 504
A.Coleman	435 457 461
A.Succarotte	584 609 611
P.Harvey	678 672 672
H.Perone	55
188 lb.	590 549 589
H.Dunagan	683 740 710
R.Bornstein	677 727 749
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K.Fedlow	798 733 733
W.Wesels	727 804 843
P.Urckich	733 771 793
L.Naumann	677 740 772
K.Rigert	705 798 819
B.Bushy	732
242 lb.	843 881 903
C.Leslie	746 799 799
N.Liggett	699 733 755
J.Bott	413 435 457
275 lb.	892 942 955
S.Warman	479 501 512
D.Brownson	815 865 865
P.Hatfield	473 501 548
D.Tate	699 744 746
308 lb.	810 843 884
K.Malchow	771 826 826
M.Govoni	469 490 523
J.Obradovic	534 573 600
M.Israelson	424 451 462
J.Voronin	624 621 611
S.Brodsky	749 804 837
W.Lewis	733 843 884
Hoss the Boss	926 926 793
Jeff Wright Memorial Bench Press/1 Jul 94	
SHW	187 198 205
Men	
231 248 248	
396 434 440	
358 385 402	
242 lb.	
325 402 424	
406 469 499	
330 362 362	
440 473 473	
407 425 435	
407 434 429	
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INTERVIEW

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PAULA SUZUKI as interviewed for Powerlifting USA by Bruce Citerman

BC: Where do you live?
PS: Honolulu, Hawaii
BC: What is your occupation?
PS: I am a student. I would like to pursue body building or power lifting as a career if sponsorship would become available.
BC: What is your athletic back-



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ground?
PS: I played softball for a short time in the 7th grade and I also played racquetball for a few years in high school.
BC: How old are you?
PS: 26 years old.
BC: How did you get into weight lifting?
PS: I started weight training in the 8th grade. I wanted to become stronger because I was such a terrible "team" sport player. I can't shoot a basketball, I can't spike a volleyball, I can't catch a football and I have a terrible throwing arm for softball. I just loved the idea of being stronger than everyone else.
BC: What powerlifting/bodybuilding titles have you won?
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BC: What is your on-season and off-season bench press routine?
PS: My workout routine is the same year round. Only the amount of weight and reps used is varied between mass and shaping movements. I train 3 days on - 1 day off. It looks like ... Day 1 - chest, shoulders, triceps (light); 2 - back, biceps (light); 3 - hams, quads (heavy/hams, light quads); 4 - REST DAY; 5 - chest, shoulders, triceps (heavy); 6 - back, biceps (heavy); 7 - hams, quads (heavy hams, heavy quads); 8 - REST DAY; 9 - repeat cycle.
Light days - 10 reps for mass movements, 15 reps for shaping.
Heavy days - 10 reps for mass movements, 12 reps for shaping.
Because I also compete in bodybuilding, I like to stick to basic mass movements year round (bench, deadlifts and squats).
BC: What about supplements?
PS: While training, whether it be for bodybuilding or powerlifting, I take supplements year round. I rely heavily on Anabol, Natural Amino Acids. I also take calcium and beef liver supplements, vitamins A and C, a one-day multivitamin and digestive enzymes.
In addition to my usual supplementing, I also took MUSASHI Amino Acids while preparing for my world record bench. They came highly recommended by a friend and I feel they enhanced my performance while training for the World Record Breakers.

to take smaller jumps in weight before I get to my top set.

Light/Heavy days for bench cycle:
Week 1: (heavy) 2xbarx15/20, 2x135x10, 1x165x8, 1x180x6, 1x195x4, 1x205x2, 2x220x8. (light) 2xbarx15/20, 2x135x10, 1x155x10, 1x175x10, 1x185x10, 1x200x10.
Week 2: (heavy) 2xbarx15/20, 2x135x10, 1x165x8, 1x185x6, 1x200x4, 1x215x2, 2x230x8 (light) same as Week 1.
Week 3: (heavy) 2xbarx15/20, 2x135x10, 1x175x8, 1x195x6, 1x210x4, 1x225x2, 2x240x6. (light) same as Week 1.
Week 4: (heavy) 2xbarx15/20, 2x135x10, 1x150x10, 1x190x8, 1x215x6, 1x230x2, 1x250x6. (light) 2xbarx15/20, 2x135x10, 1x160x10, 1x180x10, 1x200x10, 1x215x10, 1x170x10, 1x195x6, 1x225x4, 1x245x1, 1x270x4. (light) same as Week 4.
Week 5: (heavy) 2xbarx15/20, 2x135x10, 1x205x6, 1x230x4, * 1x250x2, 1x170x10, 1x200x10, 1x220x10, 1x175x8, 1x215x6, 1x240x4, * 1x260x2, 1x280x1 1x310x2. * Use competition bench shirt. (light) 2xbarx15/20, 2x135x10, 1x165x10, 1x185x10, 1x195x10, 1x225x10.
Week 6: (heavy) 2xbarx15/20, 2x135x10, 1x180x8, 1x220x6 (shirt) 1x250x4, 1x275x2, 1x305x1, 1x325x2. (light) same as Week 7.
Week 7: (heavy) 2xbarx15/20, 2x135x10, 1x170x10, 1x205x6, 1x230x4, * 1x250x2, 1x270x10, 1x290x4. * Use bench shirt one size bigger than competition shirt. (light) same as Week 4.
Week 8: (heavy) 2xbarx15/20, 2x135x10, 1x175x8, 1x215x6, 1x240x4, * 1x260x2, 1x280x1 1x310x2. * Use competition bench shirt. (light) 2xbarx15/20, 2x135x10, 1x165x10, 1x185x10, 1x195x10, 1x225x10.
Week 9: (heavy) 2xbarx15/20, 2x135x10, 1x180x8, 1x220x6 (shirt) 1x250x4, 1x275x2, 1x305x1, 1x325x2. (light) same as Week 7.
Week 10: (heavy) 2xbarx15/20, 2x135x10, 1x170x10, 1x205x6, 1x230x4, * 1x250x2, 1x270x10, 1x290x4. * Use bench shirt one size bigger than competition shirt. (light) same as Week 4.

POWERHOTLINE... is the twice a month bulletin of the Iron World. It comes out quick, via FIRST CLASS MAIL, so it reaches you with the news when it still is 'new'. Maybe you've heard top powerlifters at meets or in the gym, discussing some exciting bit of lifting news and they say 'I read it in the HOTLINE', and you wonder what the HOTLINE is. POWERHOTLINE gets you flash results of the major contests - just when everyone is hungry for that information, late word on training lifts of the top lifters, rapid insight into rule changes, etc. from the various lifting organizations, last minute notices of contest date changes, etc., and details of the big stories (drug test failures, etc.) of the day. Many of the top lifters, high level administrators, meet directors, and true inside fans of the sport subscribe to POWERHOTLINE so they don't miss a beat of what's happening in the World of Weights. You, too, have this opportunity to become the 'Man in the Know' about Powerlifting and related strength sports. A one year subscription to POWERHOTLINE, 24 issues - each sent out via FIRST CLASS MAIL (not 2nd class mail like magazines use, which can take weeks for delivery) - is only \$28.00, payable to Powerlifting USA, Box 3238, Camarillo, California 93011 (\$39.00 US for foreign, Air Mail subscriptions), DO IT NOW! DON'T DELAY!

Example of PAULA SUZUKI's Light/Heavy chest, shoulder triceps workout for the 1st week of 10 week power cycle:

CHEST (light) Bench - 2x45x20, 2x135x10, 1x155x10, 1x175x10, 1x185x10, 1x200x10; Incline - 1x135x10, 1x155x10, 1x175x10, 1x175x10; Flat. Flies - 4x45x15; Pec Dec - 4x5x15
SHOULDERS (light) DB Presses - 4x15 (25, 30, 35, 35); Side laterals (seated) - 4x15x15; Upright Rows (cable) - 4x100x10; BB Shrugs - 6x10 (135, 225, 315, 365, 385, 405)
TRICEPS (light) Rope Pressdowns - 5x50x15; Seated Cable Overhead Ext. - 5x80x15; Close Grip Bench - 5x15 (45, 65, 85, 95)
CHEST (heavy) Bench - 2x45x20, 2x135x10, 1x165x8, 1x180x6, 1x195x4, 1x205x1, 2x220x8; Incline - 4x10 (135, 155, 175, 180); Flat Flies - 4x12 (40, 50, 55, 55); Cable Crossovers - 4x12 (60, 70, 80, 80); Pullovers - 4x15 (35, 40, 45, 50)
SHOULDERS (heavy) BB Presses (behind neck) - 1x45x15, 1x75x10, 1x95x10, 1x105x10, 1x115x10, 1x135x10; Side laterals (standing) - 4x12 (15, 20, 25, 25); Rear laterals - 4x12 (15, 20, 25, 25); DB Shrugs - 4x10 (130, 140, 150, 160)
TRICEPS (heavy) Cable Pressdowns - 4x12 (100, 110, 120, 130); Rope Extensions - 4x12 (70, 80, 90, 90); 2 Arm DB Ext. - 4x12 (55, 65, 75, 85); Bench Dips - 4x12.
I do warm-up sets for every exercise. On heavy days, towards the middle to the end of my cycle, I do more sets on my bench because I like

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ADFFA Women's Nationals as told to Powerlifting USA by Sandi Brady

ADFFA Women's Nationals
Teenage Girls Nationals
7-8 May 94 - Chicago, IL (kg)



Yueh-Chun Chang got a new American Squat Record (Bert Wagner)

Wt	SQ	BP	DL	Total	
97 lb	110	52.5	162.5m	330	
S. Schellinger	110	65	132.5	327.5	
J. Godfrey	120	67.5	132.5	320	
C. Ulfert	102.5	52.5	135	290	
B. Grater	117.5	57.5	95	270	
P. Kouachik	132.5	70m	142.5m	347.5m	
S. Hartwig	132.5	70	125	327.5	
N. Prince	140	57.5	140	317.5	
T. Michaud	122.5	55	120	297.5	
T. Melcher	102.5	50	110	262.5	
111 lb	160m	82.5	162.5	410m	
L. Balchschiede	142.5c	65	125	332.5	
116 lb	145	77.5	165	387.5	
J. Davis	137.5	82.5	157.5	377.5	
D. Madonny	132.5	75	152.5	360	
M. Robbins	132.5m	75	142.5	355m	
S. Raor	120	62.5	130	312.5	
C. Budd	120	62.5	130	312.5	
D. Vera	127.5	55	122.5	305	
C. Debra	105	55	135	295	
R. Lombardi	160	65	165	390	
B. Beckins	105	62.5	150	317.5	
R. Beckins	112.5	70	105	287.5	
J. Levi	105	100a	178.5a	482.5a	
D. Nollite	132.5	85	167.5	382.5	
S. Brady	152.5m	70	157.5m	380m	
F. Thomas	132.5	57.5	165	352.5	
K. Kuhn	165	77.5	175	417.5	
W. Keller	125	75	145	345	
139 lb	195a	72.5	200a	467.5	
M. Stevens	145	85	172.5	402.5	
K. Smith	187.5	100	192.5	480	
L. Bekko	187.5	100	192.5	480	
D. McDaniel	182.5	95	192.5	470	
C. Trooper	182.5	90	192.5	465	
A. Kowalchik	155	87.5	167.5	410	
L. Kowalchik	155	87.5	167.5	410	
A. Sommerlin	137.5	67.5	177.5	382.5	
R. Weidling	145	77.5	157.5	380	
T. Brandon	132.5	75	150	377.5	
150 lb	205	110	195	512.5m	
R. Ohanen	187.5	100	192.5	480	
L. Bekko	187.5	100	192.5	480	
D. McDaniel	182.5	95	192.5	470	
R. Ohanen	187.5	100	192.5	480	
T. Rykowski	180m	85m	167.5m	432.5m	
A. Perri	175	85	165	425	
K. Kuhn	165	77.5	175	417.5	
H. Stevens	165	77.5	175	417.5	
198 lb	160	70	170	400	
N. Avey	180	82.5	182.5	445	
N. Avey	180	82.5	182.5	445	
A. Johnson	162.5	85	167.5	415	
J. Dorfner	170	65	170	405	
S. Right	172.5	87.5	175	435	
S. Walz	200a	132.5	182.5	515	
C. Regan	192.5	135	170	497.5	
M. Lutz	182.5	82.5	165	430	
D. DeGroot	162.5	85	167.5	415	
M. Lutz	147.5	85	145	377.5	
Teen Results					
111 lbs 18-19 yrs	107.5	50	145	300	
T. Schillinger	77.5	37.5	107.5	222.5	
116 lbs 14-15 yrs	110	55	145	310	
M. Sarris	110	55	145	310	
16-17 yrs	110	65	120	295	
T. Gallagher	105	47.5	125	277.5	
A. McCallan	115	52.5	102.5	270	
18-19 yrs	87.5	40	105	232.5	
122.5	16-17 yrs	90	47.5	115	232.5
M. Lewis	72.5	47.5	125	245	
M. Reagan	72.5	47.5	125	245	
129 lb 16-17 yrs	92.5	45	132.5	270	
130 lb 14-15 yrs	110	50	92.5	252.5	
L. Klein	130	55	120	305	
154 lb 14-15 yrs	130	55	120	305	
18-19 yrs	122.5	62.5	151a	335	
L. Colman	130	57.5	130	317.5	
K. Keenan	132.5	55	132.5	320	
K. Keenan	132.5	50	107.5	285	
K. Roushling	127.5	50	107.5	285	
176 lbs 16-17 yrs	172.5	62.5	172.5	517.5	
T. Simmons	115	60	115	290	
M. Keen	115	60	115	290	

The 12th ADFFA Women's Nationals were held in Chicago once again by B & W Gym. This was the fourth Women's Nationals run in Chicago, and the 10th National meet run by B & W since 1985. Overall, the meet ran smoothly, probably due to the wealth of experienced help available. Saturday's



Bettina Alitzer with another powerlifting great - Ed Coan (Wagner)

ing section. It was a sweet win for DeGemmaro who has lost several close battles in the past. First time national lifter Carla Trooper left no doubt that she'll be heard from in the future. Another unbeatable lifter is Betsy Ojanen who coasted to another easy national championship, getting a new record total A, bulked up and psyched up Linda Jo Bekisto fought her way into second place over Tracy McDaniel with Doris Wilson not far behind. For the first time, the 198 pound class was contested and several lifters moved up or down the day of the meet to put 5 lifters in the class when only 2 were originally entered. Nikki Avey was in control from the word go, putting up a big squat and then coasting over Cathy Martin and Ann Johnson. The seventh new champion was crowned when Julie Schultz put together a great day to easily outdistance master lifter Cindy Regan. When Julie Schultz hit her squats and Cindy didn't, the meet was pretty much decided. New lifter Michelle Lutz just edged out Marie DeGroot for third.

ner, Felicia Maganiello. Only 85 pounds separated 1st through 6th place; but in the end it was superior deadlifting of Jacqueline Davis that pulled out the victory. Second place finisher Donna McKinney actually finished with a better coefficient total than Jacqueline, being the lighter lifter. Third place finisher Lori Synder failed to get the big deadlift she needed for the win. The 122 class turned into one of the surprises of the meet, when reigning champion Leann Adams didn't appear. Just like Yueh-Chun Chang, Leann's expected presence scared away most of the lifters, and when meet director Sandi Brady failed to make weight, it was an easy victory for Samara Brown. Samara coasted to victory over Bridgette Perkins and Judith Levit. Despite the presence of superstar lifter Bettina Alitzer, six lifters did appear to do battle in the 129 class, although none were in the class of Bettina who set American records across the board in an awesome display of power, winning the class by over 200 pounds. The real battle in this class was for second, between experienced national lifters Deanna Nollette and Sandi Brady. Deanna overcame Sandi's subtotal lead with the bigger deadlift to take second. Just like several of the lighter classes the 139 class had few lifters, this time only two. I guess most lifters have decided Michelle Stevens is unbeatable and, despite not having her best day, she had more than enough to handle second place finisher Kim Beckwith. If the 116 class was the best show of the meet, the 154 was a close second. Multiple national and world champion Andrea Sortwell fell to second this year despite a valiant effort. But Michelle DeGemmaro and Carla Trooper were just too much for her on this day. Trooper and DeGemmaro fought it out to the last deadlift, with Michelle's experience finally winning over Carla's enthusiasm and large cheer-



Sandi Brady... competing, announcing, copromoting, etc., etc.

The Teenage division saw little actual competition with most classes uncontested. There were, however, several outstanding performances. These were best lifters (14-15) Maria Sarris, (16-17) Candice Berner, setting multiple national and American records and Tracy Schillinger (Best lifter 18-19) big deadlift. Other notable lifts were the big squats of Alexia Houser and Tammy Simmons. As expected, Bettina Alitzer walked away with the most awards: Best Squat, Best Bench, and Best Lifter. Yueh-Chun Chang and Michelle Stevens were runners up for best lifters while Shirley Schellinger was easily the best deadlifter. In team competition, Pacific Power scored an impressive victory while Cutting Edge took home the Teenage Team Trophy. The Meet Directors would like to thank all of the people who helped put on the 1994 Women's Nationals. We look forward to seeing you at the Men's Nationals July 16 and 17 and at the Masters Worlds, August 13 and 14.

(Thanks to Dennis Brady & Sandy Brady for the results.)

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TOP 100

For 114 lb./52 kg. USA lifters competing in results received from June 1993 through May 1994.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	501 Dunbar, C. 6/18/93	314 Dunbar, C. 6/18/93	468 Tram, V. 3/12/94	1173 Dunbar, C. 6/18/93
2	446 Bourque, K. 7/10/93	290 Terry, K. 1/13/93	446 Tram, V. 3/12/94	1151 Terry, K. 1/13/93
3	435 Young, G. 8/16/93	275 McCormick, 9/25/93	425 Stanford, F. 12/14/93	1096 Bourque, K. 7/10/93
4	418 Tram, V. 3/12/94	314 Dunbar, C. 6/18/93	418 Thompson, R. 8/7/93	1050 Sull, K. 3/19/94
5	270 Le... 10/23/93	259 Nelson, J. 3/5/94	413 Bourque, K. 7/10/93	1008 Young, G. 8/16/93
6	380 Stanford, F. 12/14/93	248 Klire, B. 6/5/93	410 Le... 10/23/93	1005 Stanford, F. 12/14/93
7	374 Kennedy, 9/25/93	245 Sull, K. 3/19/94	380 Leonard, A. 4/15/94	975 Kennedy, 9/25/93
8	370 Sull, K. 3/19/94	239 Weis, D. 7/31/94	380 Leonard, A. 4/15/94	970 Terry, K. 1/13/93
9	365 Anderson, C. 1/15/94	235 Hokans, J. 6/6/93	374 Kennedy, 9/25/93	953 Oshorn, D. 4/24/94
10	345 Washington, H. 3/19/94	235 Hokans, J. 6/6/93	374 Davis, J. 5/14/94	925 Angone, J. 1/20/93
11	345 Washington, H. 3/19/94	235 Hokans, J. 6/6/93	369 Chung, Y. 5/7/94	903 Chung, Y. 5/7/94
12	336 Radford, J. 3/12/94	230 Shank, R. 7/11/93	358 Dunbar, C. 6/18/93	887 Leonard, A. 4/15/94
13	335 Wilson, M. 12/11/93	225 Watson, M. 12/11/93	358 Dunbar, C. 6/18/93	876 Davis, J. 5/14/94
14	335 Wilson, M. 12/11/93	225 Watson, M. 12/11/93	358 Dunbar, C. 6/18/93	876 Davis, J. 5/14/94
15	330 Flaherty, R. 8/14/93	225 Watson, M. 12/11/93	358 Dunbar, C. 6/18/93	876 Davis, J. 5/14/94
16	330 Flaherty, R. 8/14/93	225 Watson, M. 12/11/93	358 Dunbar, C. 6/18/93	876 Davis, J. 5/14/94
17	330 Flaherty, R. 8/14/93	225 Watson, M. 12/11/93	358 Dunbar, C. 6/18/93	876 Davis, J. 5/14/94
18	330 Flaherty, R. 8/14/93	225 Watson, M. 12/11/93	358 Dunbar, C. 6/18/93	876 Davis, J. 5/14/94
19	330 Flaherty, R. 8/14/93	225 Watson, M. 12/11/93	358 Dunbar, C. 6/18/93	876 Davis, J. 5/14/94
20	325 Davis, J. 5/14/94	220 Turner, G. 8/8/93	354 Dawson, 8/14/93	870 Cabert, A. 10/31/93
21	325 Davis, J. 5/14/94	220 Turner, G. 8/8/93	354 Dawson, 8/14/93	870 Cabert, A. 10/31/93
22	325 Aragon, J. 8/14/93	218 Kennedy, 9/25/93	352 Hahn, D. 4/1/94	865 Radford, J. 3/12/94
23	325 Aragon, J. 8/14/93	218 Kennedy, 9/25/93	352 Hahn, D. 4/1/94	865 Radford, J. 3/12/94
24	325 Aragon, J. 8/14/93	218 Kennedy, 9/25/93	352 Hahn, D. 4/1/94	865 Radford, J. 3/12/94
25	319 Long, C. 4/15/94	200 Lott, 1/11/93	350 Nade, M. 5/15/94	845 Green, R. 10/23/93
26	319 Long, C. 4/15/94	200 Lott, 1/11/93	350 Nade, M. 5/15/94	845 Green, R. 10/23/93
27	319 Long, C. 4/15/94	200 Lott, 1/11/93	350 Nade, M. 5/15/94	845 Green, R. 10/23/93
28	319 Long, C. 4/15/94	200 Lott, 1/11/93	350 Nade, M. 5/15/94	845 Green, R. 10/23/93
29	314 Leonard, A. 4/1/94	198 Aragon, J. 11/20/93	340 Payne, D. 8/14/93	815 Long, C. 4/15/94
30	314 Leonard, A. 4/1/94	198 Aragon, J. 11/20/93	340 Payne, D. 8/14/93	815 Long, C. 4/15/94
31	308 Berrich, G. 5/25/94	198 Leonard, A. 12/12/93	340 Luc, P. 5/15/94	815 Long, C. 4/15/94
32	305 Lott, 1/11/93	195 Miller, L. 11/13/93	336 Allison, S. 11/20/93	810 Bierra, G. 6/8/93
33	305 Lott, 1/11/93	195 Miller, L. 11/13/93	336 Allison, S. 11/20/93	810 Bierra, G. 6/8/93
34	305 Lott, 1/11/93	195 Miller, L. 11/13/93	336 Allison, S. 11/20/93	810 Bierra, G. 6/8/93
35	303 Payne, D. 8/14/93	195 Miller, L. 11/13/93	336 Allison, S. 11/20/93	810 Bierra, G. 6/8/93
36	303 Allison, S. 11/20/93	192 Turcotte, D. 10/10/93	325 Smith, D. 10/31/93	795 Payne, D. 8/14/93
37	303 Allison, S. 11/20/93	192 Turcotte, D. 10/10/93	325 Smith, D. 10/31/93	795 Payne, D. 8/14/93
38	300 Hahn, D. 4/1/94	190 McGeehan, P. 5/15/94	325 McKinney, D. 4/10/94	766 Oshai, C. 4/10/94
39	300 Pruzinsky, 11/11/93	187 Tronper, C. 4/23/94	319 Huang, E. 3/19/94	749 Prince, N. 11/6/93
40	292 Tidwell, K. 3/26/94	187 Tronper, C. 4/23/94	319 Huang, E. 3/19/94	749 Prince, N. 11/6/93
41	292 Tidwell, K. 3/26/94	187 Tronper, C. 4/23/94	319 Huang, E. 3/19/94	749 Prince, N. 11/6/93
42	286 Moore, J. 10/31/93	185 Pruzinsky, 11/11/93	319 Lott, C. 4/1/94	740 Nade, M. 5/15/94
43	286 Moore, J. 10/31/93	185 Pruzinsky, 11/11/93	319 Lott, C. 4/1/94	740 Nade, M. 5/15/94
44	286 Moore, J. 10/31/93	185 Pruzinsky, 11/11/93	319 Lott, C. 4/1/94	740 Nade, M. 5/15/94
45	286 Moore, J. 10/31/93	185 Pruzinsky, 11/11/93	319 Lott, C. 4/1/94	740 Nade, M. 5/15/94
46	286 Moore, J. 10/31/93	185 Pruzinsky, 11/11/93	319 Lott, C. 4/1/94	740 Nade, M. 5/15/94
47	286 Moore, J. 10/31/93	185 Pruzinsky, 11/11/93	319 Lott, C. 4/1/94	740 Nade, M. 5/15/94
48	286 Moore, J. 10/31/93	185 Pruzinsky, 11/11/93	319 Lott, C. 4/1/94	740 Nade, M. 5/15/94
49	281 Heang, E. 3/19/94	180 Lipnack, M. 3/26/94	308 Konachik, P. 11/20/93	727 Sano, C. 7/10/93
50	281 Heang, E. 3/19/94	180 Lipnack, M. 3/26/94	308 Konachik, P. 11/20/93	727 Sano, C. 7/10/93
51	281 Heang, E. 3/19/94	180 Lipnack, M. 3/26/94	308 Konachik, P. 11/20/93	727 Sano, C. 7/10/93
52	281 Heang, E. 3/19/94	180 Lipnack, M. 3/26/94	308 Konachik, P. 11/20/93	727 Sano, C. 7/10/93
53	275 Tadej, B. 11/13/93	176 Long, C. 4/15/94	305 Smith, R. 9/11/93	715 Pacheco, F. 2/19/94
54	275 Tadej, B. 11/13/93	176 Long, C. 4/15/94	305 Smith, R. 9/11/93	715 Pacheco, F. 2/19/94
55	275 Tadej, B. 11/13/93	176 Long, C. 4/15/94	305 Smith, R. 9/11/93	715 Pacheco, F. 2/19/94
56	265 Washburn, K. 3/5/94	175 Pacheco, F. 2/19/94	303 Lott, C. 4/1/94	705 Herzig, S. 4/1/94
57	265 Washburn, K. 3/5/94	175 Pacheco, F. 2/19/94	303 Lott, C. 4/1/94	705 Herzig, S. 4/1/94
58	265 Washburn, K. 3/5/94	175 Pacheco, F. 2/19/94	303 Lott, C. 4/1/94	705 Herzig, S. 4/1/94
59	259 Swain, 10/24/93	170 Thibault, R. 3/19/94	300 Phillips, J. 10/10/93	700 Mauds, V. 2/19/94
60	254 Swain, 10/24/93	170 Thibault, R. 3/19/94	300 Phillips, J. 10/10/93	700 Mauds, V. 2/19/94
61	253 Sabin, C. 7/10/93	170 Luc, P. 5/15/94	300 Crowley, L. 11/7/93	683 Lott, G. 10/31/93
62	253 Sabin, C. 7/10/93	170 Luc, P. 5/15/94	300 Crowley, L. 11/7/93	683 Lott, G. 10/31/93
63	253 Sabin, C. 7/10/93	170 Luc, P. 5/15/94	300 Crowley, L. 11/7/93	683 Lott, G. 10/31/93
64	253 Sabin, C. 7/10/93	170 Luc, P. 5/15/94	300 Crowley, L. 11/7/93	683 Lott, G. 10/31/93
65	250 Sabin, C. 7/10/93	165 Tamura, L. 6/5/94	297 Bacon, S. 11/13/93	683 Tidwell, K. 3/26/94
66	250 Sabin, C. 7/10/93	165 Tamura, L. 6/5/94	297 Bacon, S. 11/13/93	683 Tidwell, K. 3/26/94
67	250 Sabin, C. 7/10/93	165 Tamura, L. 6/5/94	297 Bacon, S. 11/13/93	683 Tidwell, K. 3/26/94
68	248 Noel, K. 1/23/94	165 Allison, S. 11/20/93	286 Oshai, C. 4/10/94	677 Carpenter, H. 7/10/93
69	248 Noel, K. 1/23/94	165 Allison, S. 11/20/93	286 Oshai, C. 4/10/94	677 Carpenter, H. 7/10/93
70	248 Noel, K. 1/23/94	165 Allison, S. 11/20/93	286 Oshai, C. 4/10/94	677 Carpenter, H. 7/10/93
71	245 Pacheco, F. 2/19/94	160 Bevanour, D. 8/28/93	286 Stine, A. 8/7/93	665 Jones, C. 2/94
72	245 Pacheco, F. 2/19/94	160 Bevanour, D. 8/28/93	286 Stine, A. 8/7/93	665 Jones, C. 2/94
73	245 Pacheco, F. 2/19/94	160 Bevanour, D. 8/28/93	286 Stine, A. 8/7/93	665 Jones, C. 2/94
74	242 Kamey, T. 3/26/94	159 Moore, 8/14/93	286 Payne, G. 3/12/94	665 Jones, C. 2/94
75	242 Kamey, T. 3/26/94	159 Moore, 8/14/93	286 Payne, G. 3/12/94	665 Jones, C. 2/94
76	242 Kamey, T. 3/26/94	159 Moore, 8/14/93	286 Payne, G. 3/12/94	665 Jones, C. 2/94
77	236 Cooke, D. 3/19/94	159 clancy-Lovell, S. 10/2/93	286 Oshai, C. 4/10/94	650 Siddons, J. 4/2/94
78	236 Cooke, D. 3/19/94	159 clancy-Lovell, S. 10/2/93	286 Oshai, C. 4/10/94	650 Siddons, J. 4/2/94
79	236 Cooke, D. 3/19/94	159 clancy-Lovell, S. 10/2/93	286 Oshai, C. 4/10/94	650 Siddons, J. 4/2/94
80	236 Schillinger, T. 3/17/94	159 Clup, L. 4/30/94	275 King, V. 6/5/93	644 Frankman, L. 3/12/94
81	225 King, V. 6/5/93	155 Woodell, T. 7/29/93	275 Galt, M. 8/7/93	639 Merfeld, A. 4/23/94
82	225 King, V. 6/5/93	155 Woodell, T. 7/29/93	275 Galt, M. 8/7/93	639 Merfeld, A. 4/23/94
83	225 King, V. 6/5/93	155 Woodell, T. 7/29/93	275 Galt, M. 8/7/93	639 Merfeld, A. 4/23/94
84	225 King, V. 6/5/93	155 Woodell, T. 7/29/93	275 Galt, M. 8/7/93	639 Merfeld, A. 4/23/94
85	225 Nelson, J. 3/5/94	155 Kim, H. 2/24/94	275 Dorsey, 12/3/93	625 King, V. 6/5/93
86	225 Nelson, J. 3/5/94	155 Kim, H. 2/24/94	275 Dorsey, 12/3/93	625 King, V. 6/5/93
87	225 Nelson, J. 3/5/94	155 Kim, H. 2/24/94	275 Dorsey, 12/3/93	625 King, V. 6/5/93
88	225 Frankman, L. 3/12/94	154 Smith, D. 10/31/93	275 Smiley, J. 4/15/94	615 Toppratt, T. 6/17/93
89	225 Frankman, L. 3/12/94	154 Smith, D. 10/31/93	275 Smiley, J. 4/15/94	615 Toppratt, T. 6/17/93
90	220 O'Connell, R. 3/19/94	154 Ballochmeide, L. 3/12/94	270 Sutin, D. 12/11/93	611 Bevanour, D. 8/28/93
91	215 Phillips, 10/10/93	154 Woodell, T. 7/29/93	270 Bevanour, D. 8/28/93	611 Bevanour, D. 8/28/93
92	215 Phillips, 10/10/93	154 Woodell, T. 7/29/93	270 Bevanour, D. 8/28/93	611 Bevanour, D. 8/28/93
93	215 Phillips, 10/10/93	154 Woodell, T. 7/29/93	270 Bevanour, D. 8/28/93	611 Bevanour, D. 8/28/93
94	215 Phillips, 10/10/93	154 Woodell, T. 7/29/93	270 Bevanour, D. 8/28/93	611 Bevanour, D. 8/28/93
95	209 Galt, M. 8/7/93	150 Joann, A. 10/31/93	270 Hall, M. 3/26/94	608 Bell, R. 4/15/94
96	209 Galt, M. 8/7/93	150 Joann, A. 10/31/93	270 Hall, M. 3/26/94	608 Bell, R. 4/15/94
97	209 Galt, M. 8/7/93	150 Joann, A. 10/31/93	270 Hall, M. 3/26/94	608 Bell, R. 4/15/94
98	209 Galt, M. 8/7/93	150 Joann, A. 10/31/93	270 Hall, M. 3/26/94	608 Bell, R. 4/15/94
99	203 Swain, J. 4/15/94	148 Houghton, T. 10/31/93	260 Toppratt, T. 6/17/93	585 O'Connell, R. 3/19/94
100	203 Swain, J. 4/15/94	148 Houghton, T. 10/31/93	260 Toppratt, T. 6/17/93	585 O'Connell, R. 3/19/94

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Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual number ranking in your class. The price for this documentation of your achievement is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$15.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that you name appeared on. Send \$5 per certificate or \$18.95 for certificate and plaque. Payment should be made to Powerlifting USA, Box 467, Cananillo, CA 93011. (CA residents - 7 1/4% tax).

NEXT MONTH... TOP 123s

Corrections: Chris Young's lifts of 650/462/2213/4/275 were not reflected on the TOP 100 list for the 275 lb. class. Craig Terry's lift of 570/320/675/1565 was included on the ADPPA Top 20/181 lb. class compilation. Tony Diak's name was misspelled on the bulk of the National list. Mr. D. Mallard's name on the TOP 100 list was not noted. Roger Charles' deadlift of 630 was incorrect on the 275 lb. list. Tom Wilcox's 644 lift of 275 was on the list. On the All-Time Squats list for the 148 lb. class, Scott Schilinger should have been added with a 556 lb. lift. Dan Kouzes had a 600 lb. bench press as a SHW that did not make the TOP 100 list for that division. Frank Wolskovich should have been credited with his 565 bench at 242 lb. The TOP 100 Donal Roberts 450 bench at 165 was not reflected on the ADPPA Top 20. Please send future corrections to "ERRORS," P.O. Box 467, Cananillo, California 93011.

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POWER

Welcome to our second column following the comings and goings of the powerlifting world, and our favorite people, you powerlifters. Since our last column, last month



Chris Confessore's Powerlifting Family. Father-in-law Bob Balletta, wife Dianne, Chris, brother Neil. (all photos courtesy of Ned Low)

that is, the 400 lb. Bench Press barrier for women has been broken. Not by Kym Allen, whom we wrote about last time, but by Tamara Rainwater-Grimwood, who did an amazing 402 LB. BENCH at the Iron Island Gym's Bench Press Blow-out - Incredible!

At the same meet, Chris Confessore was in top form, and blasted a 662 LB. BENCH, at 222 lb. bodyweight. Chris isn't the only lifter in his family, though. Far from it. Four members of the Confessore family competed at the Iron Island meet. Is that a record for one family? They could form their own team.

Chris' brother Neil is a pretty serious lifter himself, having done a 535 lb. bench, a 720 squat, and a 680 DL. Wife Dianne, a former bodybuilder, made this her first powerlifting contest, and banged out a 124 at a 110 lb. bodyweight. Dianne's father, Bob Balletta, has been weight training most of his life, and has come back from a heart attack and triple bypass surgery in 1989. Bob has hoisted 355 in bench press competition, and done 390 in the gym.

Chris himself is planning to take a few months off from competition, and then get going and come winter. Time for some business planning in the mean time.

As for Kym Allen, she recently hit a 340 Bench at a 181 lb. body

SCENE

Nationals this summer. Ron is currently going for his Ph.D. in Advanced Computational Mathematics at UCLA. His specialty is compressed liquid flows, with a focus on applications for rockets.

And John Arenberg works and travels for TRW as an engineer, when he's not lifting. (Actually it's the reverse of that.) John's been to the USPF Nationals twice, and has represented the U.S.A. at a powerlifting meet in Russia. Right now he's gearing up for the USPF Nationals in the 132 lb. class. Unless he skips his diet, in which case he'll be competing at 148.

Another powerlifter who trains at Gold's in Venice, CA is Kurt Elder, who isn't training for the USPF Nationals, or working as a rocket scientist. But he is studying for his exams in psychotherapy, and building a pretty impressive physique. At 220, Kurt has done 727 in the squat, 436 in the bench, and 661 in the deadlift. Kurt's looking to squat 800 late this year.

Up in Northern California, John Ford is still working at organizing a big Strongman (and women?) contest for next Spring.

Down in Texas, USPF Executive Secretary Peter Thorne saw our piece in POWERLIFTER Video last year where Jimmy Palechcia did an "assisted" bench press. Peter thought that was pretty humorous, so he decided to do the same thing himself, only with an even higher weight. (Jimmy had done 1015 lbs.) Peter went for 1245 lbs. and we've got the video footage.

One big bench presser who hasn't been lifting as heavily lately is Scott Werner, the first man to break the 500 lb. barrier at 165. Scott's also a pretty fair softball player, and was thinking softball was pretty safe. Hal. An aggressive tag on Scott's knee, and his tendon popped, and Scott's kneecap went up to his thigh. Whoa! Scott's on the recovery trail, but he can't get that little bit of leg push he likes, at least not for a while.

On the media front, Chris Confessore is beginning a powerlifting column for *MuscleMag* (nfl), magazine, so our sport will be getting some more exposure there.

And *MuscleMag* writer Steve Neece is preparing something on Ron Fedkiw for one of his upcoming columns. Ron does some very heavy duty training and it causes quite a scene at the gym. Very heavy weights, some very loud yelling. Steve was impressed enough to check it out, and that's how he



Kurt Elder looking very sculpted found out about Ron. Our current issue has a star workout with Ron going through one of his "insane" bench workouts.

Finally, we ran across an interesting guy recently at a local bench meet. Joe Grifo is 4'3", and 104 lbs., and he may be small, but he's quite a lifter. Little Joe was a silver medalist at last year's World Dwarf Games in powerlifting, and has benched 215. Joe has also won medals, gold medals in fact, in the discus, shot put, and, yes, basketball, at the Games.

In his spare time, Joe acts and does stunts, having appeared in movies, TV, and commercials. There's no limit to what powerlifters can do. And on that note we say goodbye "til next time. See you on video.

NED LOW



Joe Grifo with Denver Bronco linbacker Karl Mecklenberg.

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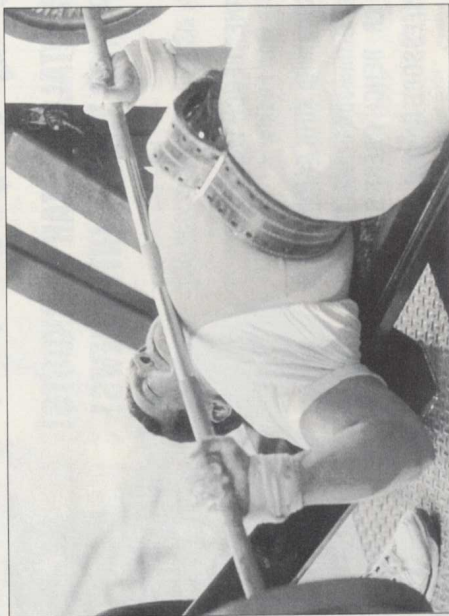
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THE BENCH

ED COAN, AND "THE BENCH PRESS VIDEO"

as told to Powerlifting USA by Marty Gallagher



Ed has improved his bench as much as any of his lifts over the years (Finnegan photo)

ignore the training and the philosophy that has produced the great champions in favor of the clever writers who dazzle us with catchy phrases and reflected knowledge.

Training the Bench. Ed's approach to upper body strength looks like this:

Wednesday: bench press, after warmup, 2 work sets. Narrow grip, no warmup, 2 work sets (60 pounds less). Incline, no warmup, 2 work sets (50 pounds less). Points to ponder: in so far as poundage, if Coan performs 2x5 with 500 in the conventional bench press, he would then perform 2x5 with 440 in the narrow grip bench press and finish with 2x5 with 410 in the 45 degree incline bench press. He feels that his competition style benches serve as sufficient warmup for his narrow grips which in turn allow him to incline without any warmup. All told, Coan performs a total of 6 work sets. Not very many when you think about it.

Thursday: Press behind-the-neck, after warmup, 2 work sets. Front lateral raise, after warmup 2 work sets 10-12 reps. Side lateral raise, 2 sets 10-12 reps. Bent over lateral raise, 2 sets 10-12 reps. Points to ponder: Coan is a big believer in heavy, specific-shoulder training. So much so that he trains them on a separate day from his bench. Coan inadvertently adds to his own legend by proceeding to (on the video) perform, not just one, but two sets of 5 reps in the P.B.N. with 375 pounds. Then, just for giggles, he cranks off an effortless single with 400. Each rep was lowered to the bottom of his ears before being slammed to lock-out. Could he do a legitimate, double bodyweight, P.B.N. with 440? Has anyone every done a legitimate 440 pound P.B.N. regardless of bodyweight?

Saturday: Light bench, no warmup, 2 sets 8-10 reps. Light dumbbell flys, no warmup, 2 sets 8-10 reps. Tricep push-downs, 3 sets 8-10 reps. Dips, 1 set 8-10 reps. Preacher curls, 2 sets 10-12 reps. Points to ponder: This is a light weight muscle flushing, chest workout. Ed does a couple of percent sets with a weight about 60 percent of his max (340x10) with his feet on a bench. A few sets of light flys and he is ready for triceps. Comically, Ed needs two guys to stand on his toes to prevent him from being launched like a rocket as he cranks out high rep sets with 240 pounds in the tr-

Ed Coan has an approach to weight training that is classic and timeless. Unfortunately, from a marketing vantage point, it's easier to sell exotica than plain vanilla. This is due in large part to the fact that great champions are not great trainers; conversely, great article writers are seldom (if ever) great powerlifting champions. Periodically, a great article writer and the great Ed Coan were standing side by side at a powerlifting meet. I know exactly which one I'd want to talk to!

The point is: most writers deal in abstract thinking, reflected knowledge, not direct knowledge. Most dependent on reading, studying, researching to develop their concepts. Most have never squatted 600, much less 1000. This is not to say that their viewpoints or theories are worthless. On the contrary, truth is truth and no one has the market cornered when it comes to the truth. And a great powerlifter is not necessarily a great trainer. There is an old football adage, a great player does not necessarily make a great coach. On the other hand, let's not

peccable pedigree stands out like a bright moon on a pitch black night. While not as trendy-sexy as newer models, this is the most effective system of strength building ever devised. Period.

The Coan upper body video tape needs to be on the shelf of every serious weight trainer - and I don't mean just powerlifters. The Coan system is an expressway to usable athletic strength and anyone who feels the need to work with weights should purchase the tape. Period.

Now I have to address some unpleasantness. I, ill-advisedly, published an open letter from Wayne Campbell (Wayne's World) that quizzed Ed on the satanic cattle skull that appeared in Ed's deadlift video; a hailstorm of protest and media criticism resulted. Then, and without warning, Ed was maliciously (and falsely) accused of being an unindicted co-conspirator in the House of Representatives Post Office scandal.

Ed, it was rumored, was involved with Dan Rostenkowski in some sort of elaborate swap-for-payola scheme. The Satanic Skull was supposedly a gift from the indicted Congressman to Coan after the former's visit to a South American voo-doo ceremony held on Chicago's Southside last December. After heated denials and

counter-charges (law suits are never pleasant), things simmered down... until the release of the bench video. Unbelievably, the cattle skull that caused all the uproar was again predominantly displayed throughout the freestyle chat portion of the tape. Was this Coan's way of thumbing his nose at Diane Sawyer? Was this Coan's way of saying, "Up Yours, Bryant Gumbel!" It should be noted that both Coan and Rostenkowski lashed back at the media simultaneously. Coordinated media counterattack? Weird coincidence? Coan's inner circle seem to be circling the wagons. Coan's minister of Finance, Dave De'oung, summed up the mid-set in the Coan camp.

"Get rid of the voo-doo cattle skull? Ha! We just might stick it on a pole and walk it out in front of Ed as he goes out to take his lifting attempts at the national championships! We're Chicago guys; we don't turn the other cheek; we counter-attack with rabid pit bulls and ginzu knives."

Coan confides to his inner circle that he would consider selling the skill, but not to any South American military juntas or outlaw governments unfriendly to the United States. We'll keep you posted. Bids are still being accepted. Include a resume.

push-down. Weighted, paused, dips with 150 to 200 pounds are no big deal for the Great One.

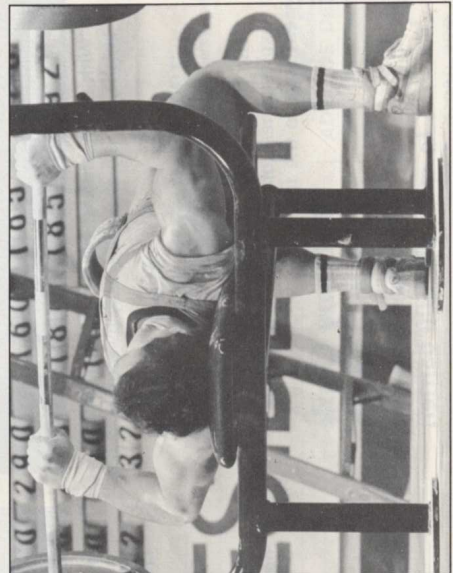
Cycling, by definition, is concentrating on different repetition ranges at differing times over the course of the training cycle. Ed uses cycling on his major exercises movement. Here are his cycling repetition guidelines: Week 1-2 - 10 rep sets. Week 3-4 - 8 rep sets. Week 5-8 - 5 rep sets. Week 9-10 - 3 rep sets. Week 11-12 - 2 rep sets. Week 13 - 1 rep set. Week 14 - 1 rep set.

Remember those two work sets Ed does on all his major exercises? This is the weekly rep strategy for those work sets. This is called cycling and is designed to peak strength. Each week he adds 15 pounds to the previous weeks workload. 15 pounds represents a small jump, done consistently and spread over a long 14 week cycle, adds up to big increases. Small weight jumps coax strength and power gains from the body. Week after week, the body is acclimated to slightly heavier loads. Exercise technique is simultaneously refined. Everything is done to develop momentum. This is a classic and timeless strength strategy. Compared to the army of arm-chair muscle gurus, Coan's conservatism and im-

Ed Coan designs a cycle for you. We asked Coan to apply his cycle logic to a hypothetical 270 pound bench who wanted to break the 300 pound barrier: "We can do it; but it'll take a thirteen week commitment from the lifter." Here's the breakdown:

- Week 1, 190x2x10,
- Week 2, 190x2x10,
- Week 3, 200x2x8,
- Week 4, 210x2x8,
- Week 5, 220x2x5,
- Week 6, 230x2x5,
- Week 7, 240x2x5,
- Week 8, 250x2x3,
- Week 9, 260x2x3,
- Week 10, 270x2x2,
- Week 11, 280x2x2,
- Week 12, 300x1.

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The world's leading exponent of powerlifting, Ed Coan, has, in conjunction with Quads Gym, released a video tape on improving the bench press. In this third, and (presumably) final installment of Coan's Powerlifting Trilogy, Mr. Coan covers every aspect of his approach to building upper body size and strength.

This tape is a blueprint for improvement. Anyweight-trained athlete intent on gaining size, strength or power should purchase and study it. Actually, this video tape should be titled "The Upper Body Video" as "The Bench Press Video" is too confining - this tape is a complete system and for building and strengthening every muscle in the human torso. In this regard and with this stated purpose, Coan has no peer.

Ed Coan is the greatest strength athlete in the world. With a 975 pound squat, 900 pound deadlift and 585 pound bench press (all at a minuscule 220 pound bodyweight), Coan is athletically unapproachable in a fashion that puts one in mind of strength-sport legend Paul Anderson or Soviet Olympic lifting behemoth Vasily Alexeev. To be totally accurate in assessing Coan's impact, you would need to go outside the strength world to find the proper analogy. Coan is a combination of Bob Beamon and Walter Payton. Coan possesses records as equally stratospheic as Beamon's eternal long jump mark and a longevity and durability to rival Payton's legendary 13 year career.

Coan is an articulate champion and video is the optimal format in which to relate to him. Coan's training is plain vanilla, straight ahead, no chrome or embellishments. Ed uses common tools to achieve uncommon results: basic exercises, lots of rest, brief and intense training sessions, small poundage increases over long periods, conservative self-assessments, never missing training sessions, never failing in achieving target training poundages.



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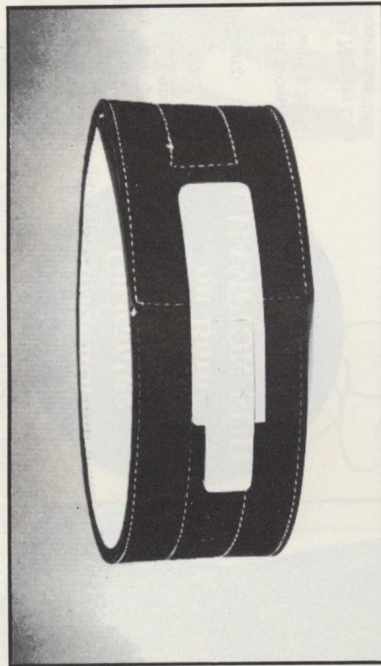
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I realized as far back as 1974 that I needed more leg strength. I would visit Ohio State University to use a leg press and a thigh extension machine. After a few months of experimenting, I realized these exercises did little. Having the money to waste but not the time, I gave up on machines and started looking at old Iron Man magazines. I saw Bill Good doing hip lifts with enormous weight. Gary Sanger and I made a belt, but found that we constructed it wrong for our purpose of obtaining a record squat. We had not

TRAINING

Supplemental Leg Training told by Louie Simmons, Westside Barbell Club



Stealing from the Strong to Give to the Weak?... Louie Simmons has wide experience working with Powerlifting stars like Mike Bridges.

placed the stress in the right place to simulate squatting. No wonder Mr. Good and others could use such heavy poundages - increased leverage. In our opinion, this was the same problem with leg presses. So with some thought, we fastened the weight hook in front so the weight would force us forward like regular squatting, while decreasing the amount of stress placed on the back. It still works the lower back, but in a manner that doesn't aggravate it. In fact, these belt squats seem to stimulate the lower back by stretching and pumping blood into the hips and glutes, without the constant compression of regular squatting. Any stance can be used, including doing them on an incline to overload the quads or on a decline, which will heavily involve the glutes. To do the decline version, you must have flexible ankles, and watch the Achilles tendon. To do belt squatting, you must use a special belt like the one we sell (a dip belt will not work), and you need a platform to stand on. Two benches will work, with a third in front to place the weight on; however, this system may be a bit precarious. We use and manufacture a platform that is approximately 28 inches high, 5 feet wide, and 8 feet long. For any training facility, this system is a must. The reps for an advanced squatter are 4-6 for about 6 sets,

with weights between 65 and 85% of your best set of 5 reps. For example, 500 lbs. for 5 reps for a max set would translate to 440 for sets of 4 reps, 325 for 6 reps would be light (65%) and would build explosive power.

Now, I will discuss a method for building size and real power in the quads. Being open to other people's techniques to help my lifters, I got the idea of incline squats from Holly Ewert. Looking through Iron Man, I came across an article entitled "When Your Back Says No. But Your Legs Will Go" by Mr. Ewert. It basically talked about doing squats on an incline. Not to be confused with elevating just the heels, these are done by placing the entire foot on an incline of about 30 degrees. They are done like regular squatting except you don't lock out your legs. The reps should be 8-15. This is a size builder; it will leave your legs paralyzed!

It is my job to put a few pounds of muscle on Mike Francois, a pro bodybuilder, in his off-season. Having Mike do 3 or 4 sets for 15-20 reps left him a clump on the floor. If you have seen his legs, you know they are pillars of muscle.

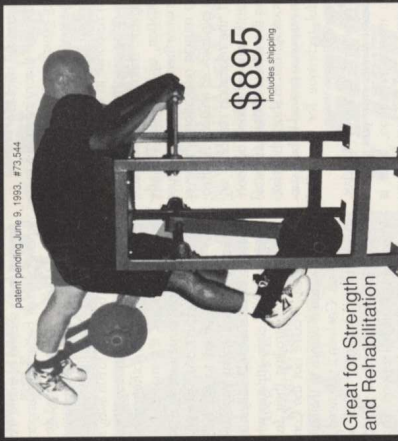
Of course, call work is a must. I recommend seated call work for the most part. Doing call work will help protect the knees from injury, which no one wants to experience. Well-developed calves will also help one to rebound out of a deep squat. We perform high reps (4-5 sets of 20 reps).

Don't forget to stretch! Stretching will keep you healthy as well as help maintain your explosiveness.

As I stated earlier, our quads were always behind our hips and glutes. In addition to belt squats, incline squats proved to be a real squat saver. If there is a key to success, it is building your weak area. I travel all over the U.S. to meets, and I always ask questions of great lifters, quizzing them on their particular outstanding lift, picking up valuable pointers, and then utilizing the new found secrets on my lifters, with the hopes of defeating the very ones who gave me the information. Yes, it's true. I steal from the strong and give to the weak. I would always talk to Larry Pacifico about benching, Vince Anello about deadlifting, and Mike Bridges on technique, as well as many others. With my own innovative methods accumulated over the years and with the help of many Westside members, I hope to shorten your trip to the top of powerlifting.

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Dr. JUDD

Understanding & Controlling Fear, Pt. II

as told by Judd Biasiotto Ph.D., World Class Enterprises



Great Athletes all experience fear on the platform, but have the ability to overcome it.

In a sport like powerlifting, risk taking is part of the game. In fact, there is one thing I am certain of: if you don't have the 'guts' to put yourself on the line now and then, your chance of success is limited. I firmly believe that in order to reach the top, an athlete has to know how to live on the edge. He has to enjoy the element of risk and danger just a bit ... but what do you do when fear strikes? When you are really afraid? Does it mean that you've lost your courage and confidence? Is there any hope of rectifying the situation? Can you learn to face your fears? Well, I have good news for you. Not only can you learn to face your fears, you can learn to manage them too. Here's a few tips that will help you do just that.

Be realistic. - Try to think of fear as a barometer of readiness. Generally if you are afraid, I mean really afraid, chances are you're not prepared - either physically or psychologically - for the challenge at hand. If this is the case, back off. When an athlete is well prepared for competition he may experience anxiety, but it's doubtful that he'll experience debilitating fear. Be honest with yourself. If you're afraid - don't deny it, rather use it as a sign that you need to take stock of the situation. Look at fear as a warning that you might not be ready to deal with the task at hand. At times you're better off to run away so that you can come back and fight another day. In time, as you improve your skill level and gain confidence, the same stressful situation will be easier to handle. In fact, in life most of our fears are desensitized through gradual exposure to them.

Learn to focus. - If I had to point to one thing that saw me through the difficult times in powerlifting, it was my ability to fuse my mind and body into each and every lift that I attempted. When your mind becomes totally focused on a lift and/or the task at hand, all fear and doubt is pushed aside. In short, you will cease to experience a body that is inhibited by the mind. During this single minded focus, the will to lift is transmitted into the act of lifting. At that moment the mind is totally immersed in the performance. There is no room for fear; consequently, there is no fear. Of course, by focusing, you're really not eliminating fear, but simply

aggressive relaxation. Find the method that works best for you and then - just do it.

Think Positive. - Research has consistently shown that athletes who are confident think and act significantly different than athletes who lack confidence. Confident athletes, athletes who believe in themselves, not only love to compete, they love to compete against the best. Athletes who are confident believe they can do anything - and often do. They never quit, they constantly see themselves winning - never losing. They focus totally on the positive, and never minimize their abilities. Oh yeah, and they experience less fear and anxiety. In short, athletes who think negatively generally fail, whereas athletes who think positively usually succeed. Simply put, what an athlete thinks and/or believes is critical to his or her performance.

For this reason it's imperative that every word thought and action you make is that of a positive nature. Of course, the more frequently you bombard your brain with positive affirmations, the more positive you'll become. In all candor, I use positive thinking every day. When I awaken each morning, I tell myself that I feel strong, powerful and happy. I also tell myself that I can do anything. Then throughout the day, I constantly reinforce these concepts, always suggesting that I'm great - a bit best.

And guess what? I believe it! You can learn to believe too.

Know when to say No! - Sometimes, despite all your mental and physical preparation, fear still gets in the way. When you aren't up to a challenge, when fear grips you, it's best to just back off. Don't ask anyone for a second opinion. You know yourself better than anyone else. If you're not ready, don't do it and don't let anyone talk you into doing it. Like I said before some time you're better off to run away so that you can come back and fight another day. There's nothing wrong with that, in fact, it's smart.

Get Help if you need it. - If you find that you can't deal with your fear don't be afraid to get help. Believe me, as a sports psychologist, I've worked with literally hundreds of world class athletes who had trouble controlling their fear and anxiety. You're not the Lone Ranger when it comes to this kind of problem. Get help if you need it. A sports psychologist, coach or even another athlete can provide important emotional support. They can also teach you physical and mental skills that will keep you from getting into a situation that's over your head.

Pray. - It always works for me.

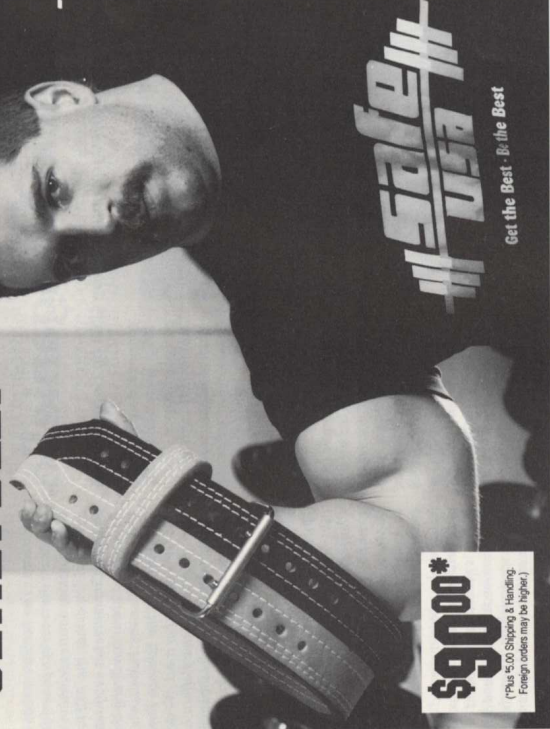
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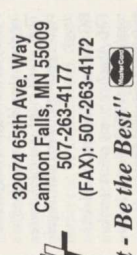
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INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

Felicia Manganiello as interviewed for Powerlifting USA by Bobby Gaynor



Felicia wants to improve the sport's image

BG: Give us some personal information on yourself.
FM: My name is Felicia Manganiello. I'm 36 years old and I work as a special delivery messenger for the U.S. Post Office. In addition, I am a licensed cosmetologist and certified croupier. I also operate the only hard-core powerlifting gym in the Bronx, New York, where I train 36 lifters. When I'm not lifting, I stay closely involved with the ADFPA as a National Referee, Athletic Representative and Chairwoman of the Publicity Committee.

BG: How did you get started?
FM: I never touched a weight until I was 29 years old. At the Post Office I met Frank Caramico, coach of the Wrecking Crew team. He told me I had great genetics and could go far in the sport of powerlifting. I began training with Frank, and from Day One I was totally committed to lifting. I read every magazine, attended every meet, memorized rule books, studied physiology and took advantage of opportunities to train under movement specialists and Olympic coaches like Marc Chasonov and Arthur Drescher.

BG: How long have you been training and competing?
FM: I have been training for 7 years and competing for 7 years.
BG: What are your best lifts?
FM: My best competition lifts at 114 lb. bodyweight are 314 squat, 187 bench and 341 deadlift. I was 1993 ADFPA National Champion in 116 lb. class and have competed in four World Championships. I currently hold 14 New York State records, 3 American Masters records and 6 National single lift records in various weight classes.

BG: What are your future goals?
FM: My main goal is to see each of my lifters improve. I'd like to see each one move up at least one classification by December, and I would also like to entice my gym to accommodate my lifters. My work with the ADFPA is very important, and my goal is to help bring powerlifting into the mainstream. As for personal goals, it would be nice to be the first woman to total 900 lb. in the 116 lb. class. With Steve Sciapi coaching my deadlift, 900 keeps getting closer and closer. I'd also like to assist Steve in promoting his new deadlift video. Another goal which the Publicity Committee

consume about 20 gr. fat, 100 gr. protein and 150 gr. carbohydrates a day. I supplement with chromium picolinate, creatine monohydrate, stress formula, vitamins E and C, and calcium. Off season I'll add in a little chocolate, cookies or cake - my weaknesses.

BG: Would you give us a breakdown of your training program?
FM: My training is really quite simple. I workout Monday, Wednesday and Friday. No fancy machines or too many isolated movements. Free weights and track work are my bag. I'll train 65-75% of season, 75-85% mid season and 85-95% at contest time. My reps never go over 8-10 off season, 6-8 mid and 3-5 before a meet. I work 1-3 body parts each workout depending on where I am in my cycle. My cycles can last anywhere from 4-5 weeks long.

BG: What advice would you have for beginners?
FM: First and foremost, to have fun. Not only should you enjoy the time you spend inside the gym, but also the anticipation of going to the gym on the days you train. More specifically, find a good coach or gym to work with. Keep your training simple. Never work alone. Ask lots of questions. Only train 2-3 days a week. Don't compete in more than 1 or 2 meets a year. Learn and practice the rules and regulations of your sport. Don't do drugs. Set reasonable goals and compete only with yourself. Most of all, have fun!

BG: How do you feel women powerlifting are doing?
FM: Given a chance, I think women carry the sport of powerlifting in. Over two-thirds of the lifters in my gym are women. They are so dedicated - not only do they lift in meets for me, but they introduce their friends to the gym, and bring a huge audience to their competitions. They have great role models such as Altizer, Chang, Gedney and Adams. But the women's angle is rarely

promoted. You hardly ever see a woman on the cover of a powerlifting magazine, or interviewed in a feature. I hope that the ADFPA Publicity Committee has its agenda item passed about combining the Mens and Womens Nationals as one meet, and the Teenage Boys and Girls as another meet. We desire to lift on the same platform as the men, and be seen by the same audience. Once that happens, I can see women becoming even more involved in powerlifting.

BG: What do you feel is needed to make powerlifting work?
FM: Bob, I thought you would never ask. My experience as Publicity Chair has been that growth in the sport has always been handicapped due to lack of funding. It's difficult to reach new members when you can't get the word out. Someone has to make a bold move and aggressively try to market this sport. If that is successful, we would receive more media coverage and corporate sponsorships. Then, these outside entities would be promoting our sport for us. Picture this: the "Chevrolet National Powerlifting Championships" or "Betitina Altizer for Nike squat shoes". After that, the sky is the limit. But it won't happen unless someone steps forward and takes a chance.

BG: Are there any other comments you would like to make?
FM: I am so glad I have this opportunity to thank my coaches, training partners and supportive friends. But first I would like to thank our Lord for giving me a second chance after three major cancer and colon surgeries, to be alive and able to lift again. Next, I want to thank Frank Caramico, Steve Sciapi, Rob Wagner, Linda Jo Belisio and Beth Michelle DeGennaro, Pete Gisondi, "Slice" Weiss, Bettina Altizer, Greg Norman, Judy and Roger, Lisa and Craig, Beth Grater, and Pete from Titan. But most of all, my right hand man, assistant coach, Publicity Committee member and very dear friend, Eli Stern. Also, my mom for putting up with me; my Power Pit lifters for helping me grow as a person and teaching me patience; Dr. Robert Reiss; Dr. Daniel Miller; Abbie, and my friend and training partner, Morris, may you rest in peace.

If anyone needs additional information, Felicia can be reached at 1763 Amow Ave. Bronx, NY 10469, or by calling (718) 379-9823.

M.E.P. Fit For Life MENTALLY, EMOTIONALLY & PHYSICALLY FIT FOR LIFE: An innovative educational opportunity for high school athletes which utilizes powerlifting as the focus of the program's counseling treatment

by Spero Tshontikidis, M.Ed., New Challenge School, 16529 Joppa Avenue, Port Charlotte, Florida, 33948, (813) 625-0080

around a generalization process which utilizes powerlifting as its foundation. Youth are counseled as a team prior to and after each workout. Emphasis is placed on goal setting prior to training, and the reinforcement of success performance after the workout. Furthermore, each youth is counseled during the academic day to discuss individual goal setting strategies, performance, to afford each youth the opportunity to express concerns of a personal nature, and to continue to develop positive rapport with each team member. Although both individual and team counseling sessions are focused on strength and conditioning, the M.E.P. Fit For Life Life counseling strategy works to encourage the participants to see the relationship between the difficulties they might be having in their strength program to problems they are encountering outside of the weightroom. The generalization process requires the counselor to focus the youth toward the realization that the same kind of incremental success involved in their powerlifting program can also help them accomplish goals in other areas of their lives.

The encouragement of youth to realize the importance of incremental success in the strength training environment is a major facet of the counseling strategy. Each athlete involved in the M.E.P. Fit For Life program is encouraged to understand that it is only through his/her own efforts that goals can be reached and success realized. Once youth become aware of the positive action necessary to succeed, and powerlifting becomes a lifestyle as opposed to a daily activity, the generalization strategy discussed earlier can be implemented. Generalizations which are utilized in the M.E.P. Fit For Life program include drug free strength training to a drug free lifestyle, tenacity and success in the weightroom to tenacity and success in the class-

room, and self-discipline in powerlifting to self-discipline in life. Although M.E.P. Fit For Life is one of the most unique and innovative educational programs for high school students, the positive benefits associated with drug free strength training are no secret to the readers of Powerlifting USA. Coaches across the United States have been finding great success in the utilization of athletics to build positive self-esteem, positive self-discipline, etc. in young men and women, and M.E.P. Fit For Life is a testament of their efforts and accomplishments.

Although M.E.P. Fit For Life is headquartered at the New Challenge School in Port Charlotte, Florida, the program will be hosting drug tested powerlifting events for high school athletes, sponsoring scholar athlete competitions, and recognizing high school coaches for being effective role models of the M.E.P. Fit For Life philosophy on a national level.

M.E.P. Fit For Life affords high school powerlifting coaches an opportunity to share ideas, compete with their athletes, and introduce high school powerlifters to an athletic arena which also focuses on academic excellence and community service. In an effort to allow coaches and athletes to share ideas and help promote drug free powerlifting at the high school level, M.E.P. Fit For Life will publish a newsletter every four months to coaches and athletes who participate in contests hosted by M.E.P. Fit For Life. Moreover, M.E.P. Fit For Life will also host an annual coach's meeting which will be held at the High School National Championships. At each M.E.P. Fit For Life sponsored contest, a separate division for coaches of high school athletes will be offered to afford coaches the opportunity to compete with their athletes; flights will be structured so that coaches will have the ability to compete without conflicting with their coaching responsibilities. Finally, M.E.P. Fit For Life will recognize the efforts and accomplishments of both high school athletes and their coaches through scholar athlete competitions and coaching awards which M.E.P. Fit For Life will sponsor at the High School National Championships.

Coaches and/or teenage strength athletes interested in learning more about the M.E.P. Fit For Life program, upcoming contests, and scholar athlete competitions can do so by referring to the advertisement on page 95 of this issue of Powerlifting USA Magazine for more information.

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Pro.....

On December 1, 1993 I was fortunate enough to be present in Jonkoping, Sweden to witness a historic decision that has changed the practice of our sport worldwide. I say fortunate, because I had the opportunity to listen and watch the debate concerning the new IPF bench press rule. Very simply, there are no more audible press commands.

I've heard many lifters (and have even heard of national referees) who are offering incorrect interpretations of this new rule. The problem here is not with those who are unfamiliar with the new rule and are honestly trying to make heads or tails of it. The problem is with those who feel that this new rule allows for a manipulated interpretation, justifying touch and go benches or even worse, bounces.

When I first heard of this rule I have to admit that it sounded like a screwy idea. From the time I started in the sport, back in the AAU days, I was accustomed to receiving either a clap or an audible press command. However, I feel I have a responsibility to help set the record straight on the new rule for one simple reason: I was there and I heard and saw first hand how the new rule is supposed to work. No

guessing, no creative interpretations, just fact. (verifiable by the IPF offices).

an audible "start" command. The lifter would lower the bar to his chest until motionless (just like the old rule) and then press to a complete lockout. The lifter would then wait for the "rack" signal, SIMPLE. What's different about this method compared to the old method? With the exception of the "start" command, nothing. If the lifter also needs an audible press command it can be given by a coach, but the bar must become motionless on the chest.

I've heard some very creative interpretations. Among them is the one concerning the basketball. This interpretation claims that is you bounce a basketball against a wall at some point the forward momentum will come to a stop before the ball springs back. There's one major problem. What is just talked about is defined in anybody's book as a bounce. Ever heard of Charles Barkley forward motioning a ball to the head of an opponent upon which the ball momentarily dead stopped and returned at an acute angle to the floor? In plain language, Sir Charles just pegged another victim by bouncing a ball off his head!

Another argument concerning this rule is the one that says "Yeah, but we're the largest powerlifting nation on earth. We should have the final say so, etc., etc." Wrong again. It's this type attitude that brought the USPF to the brink of expulsion from the IPF in 1993.

The last major argument I've heard is an important one that we need to address. Typically it goes like this, "It's an amateur sport that we do for fun. Why should the rules be strictly enforced?" The answer is short and simple...this is an athletic event. Yes, you should have fun. Most of us who have competed did it because we loved the sport. However, it is a COMPETITION. And regardless of what the prize is there has to be a fair way to determine who is the strongest man on that particular day. If you don't agree then here's a suggestion for the deadlift. Allow the lifter to take the bar off an adjustable rack so that the lift can be started from a standing position. Then the lifter can touch the floor back up to a standing position. The same creative logic used on the bench would apply nicely here.

Do we have to follow the rule? Yes. Can we adjust? Yes. There is precedent. At the congress I learned that at one time, in the early days of our sport, there was an up command given on the squat. Imagine the controversies that occurred

about it. But we have to cut the talk

The New IPF Bench Press Rule

and do the one thing most important to eventually being accepted into the Olympic community...be like Olympians. Here's a case in point. The Olympic lifters from the beginning have pointed to our entitling as being fake lifting. Our rules were created to insure just the opposite. If we resort to parallel squats, touch and go or bounce benches and incomplete deadlift lockouts then we fuel that argument. And then our Olympic counterparts would be right to keep us out. After all, when an Olympic lifter clean and jerks a weight what can be pointed to in order to argue that he's cheating? The rules are simple. Clean the weight to a standstill position and then jerk it over your head. Simple. Do we really want to open our sport to the criticism of cheat bench presses? How many times have you heard about Cousin Jed who has benched 700 lbs. in his garage? If we endorse touch and go or bounce benches then we relegate ourselves to the ranks of Cousin Jed...a definite regression.

There's one other point that needs to be made here, if you want into the Olympics someday then we need appreciation and support. Appreciation is the result of clean simple rules an audience can follow and apply themselves. Remember, even though potential audiences may not be educated about our sport, if you explain the bench rules it doesn't take a genius to notice flagrant rule violations.

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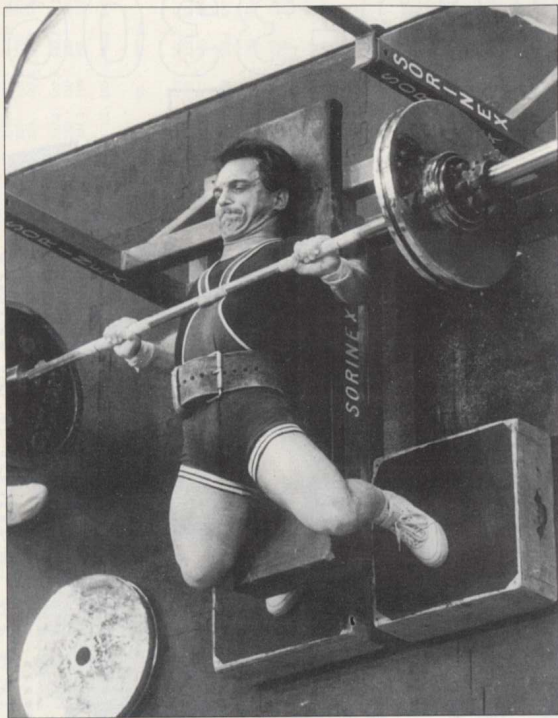
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Has the Good Ol' Bench Press become the most controversial movement in the sport of Powerlifting?

Con.....

The International Powerlifting Federation, in a fit of impetuous lampering, has radically changed the rules, procedures and judging of the bench press. The IPF has tinkered with the least controversial lift and transformed the bench press into a judging nightmare chocked full of complications and interpretations. In the initial meets at which the new rules have been used, confusion and chaos has reigned.

The new bench press rule has left the lifter taking the hand-off and waiting for the verbal signal to lower the weight. Once given the go-ahead, the lifter lowers the weight to his chest, pauses it, presses it upward at his discretion (no verbal press signal) and awaits the "rack-it" command.

The controversy revolved around the "pause" portion of the lift. It now involves guess work on the lifter's part. In the old days the head judge was the arbiter of the pause. The head judge scrutinized the lifter and when the critical "motionless" phase had been achieved he told the lifter to "press".

Under the old rules, the pause portion was a subtle interplay between the lifter and the head judge. Unless the lifter beat the press signal, which was as apparent as a naked super-model walking down 5th avenue, that aspect of the lift was black and white.

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Now, it's grey. Now, we get to engage in a three way judging quagmire where every judge on every attempt gets to put his two cents in regarding the proper length of a bench press pause. In the old days this subjective nit-picking was between the head judge and the lifter.

Now, everybody gets a chance (and easiest to judge) of the three lifts and transformed the bench press into a judging nightmare chocked full of complications and interpretations. In the initial meets at which the new rules have been used, confusion and chaos has reigned.

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TRAINING

In categorizing lifters, I've broken them down into two groups. The first group are those that excel in the gym. They prepare themselves emotionally and physically to lift those weights that will bring them a first place or personal record at the meet they're preparing for.

This group of lifters will go to the meet, open 50 lbs. lighter than what they are capable of doing and barely get their lifts. The second group of lifters are those that are great lifters. They make steady gains in the gym but at the meet they lift more than expected.

Having competed for 13 years, I spent the first 10 years in the first group of lifters I discussed. The last 3 years I have graduated to the second group, which is much more rewarding.

As a National Judge, when I go to meets, I observe the different personalities and nuances of each lifter. As I sit and wait for the lifter, I can get a pretty good idea of how that individual will make out. Some lifters show a great deal of confidence when they compete while others are very unsure of themselves.

My Sport Psychologist and I

as told to POWERLIFTING USA by Larry Miller D.D.S.

During my first 10 years of competition, I approached meets with a very poor attitude. My attitude was that I just wanted to get the meet over with. I would pack my gym bag with food that I hadn't been able to eat while dieting down for the meet. I was more anxious to eat something tasty than I was to lift. I was busy worrying about who was there and who I'd be competing against. I didn't know what to do with myself while waiting to lift. Should I talk to anyone, should I go out for breakfast, will I have anyone there to help me, etc.

A few years back, a friend gave me the name of a Sport Psychologist, Dr. Jack Lesyk of Beachwood, Ohio. I was looking for someone to hypnotize me so that I'd be able to bench press 4 times my body weight. After our first meeting, I realized that although he couldn't hypnotize me into doing superhuman feats of strength, he could help me in some other important areas.

The first thing we worked on was relaxation. You really don't want to drain yourself mentally and emotionally at a meet. You need to stay relaxed until you are ready to lift. There are many different ways to teach yourself to relax. The technique I remember most is to visualize your body as a sand castle. Lie



Visualization of Success is a very important pre-lift practice. Here Darrell Weems, National Bench Press Record Holder with a 551 lb. lift in the 275 lb. class, does his mental homework before (W. Schaffer).

down on your back with your knees slightly bent and your arms at your side. The exercise begins with your extremities slowly emptying of sand. The sand drains from your knees down to your feet and to the palms where it empties. Then your arms drain, down to your hands and out your fingers. Next the head empties and then the torso from the center out to the sides. After hours and hours of practice you'll learn how to relax prior to the meet and even at the meet.

Now that you're relaxed, you've got to learn to focus in on what you're doing. There are a lot of things going on at a meet most of which serve as a distraction. The exercise Dr. Lesyk used for focusing was to envision myself in a large theatre with numerous activities going on. My concentration would shift from the activities in the theatre to a small white light on stage. Nowadays when I lift, I don't hear anybody in the audience, my partner lifting off and sometimes I don't even hear the judge. I am totally focused on the lift.

Visualization is extremely important in lifting. In practicing visualization, we went over step by step what I do when I compete in the bench press: how I approach the platform, where I set up on the bench, my hand placement, my feet placement, etc. During the week between our sessions, I'd go over the lift hundreds of times while relaxing with my eyes closed. I'd visualize every aspect of the lift over and over again. Going over the lift in your mind can greatly enhance your lift on the platform.

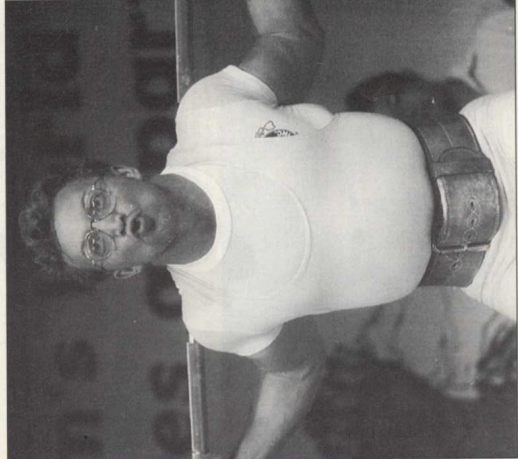
Another area we focused on was the time period immediately before the lift—energizing time—the time when you sharply focus and create a positive environment for achieving your lift. Dr. Lesyk would have me feel the energy entering my body from my feet, my hands, my back, my chest and all other body parts. I'd go from a very relaxed state to a very intense state.

Nowadays when I lift at a meet, I remain very relaxed. I enjoy meeting and talking to people. I don't worry about my lift until warm ups. As my opener draws close I begin to concentrate and energize. I'm sure you've heard people tell you how lifting is 90% mental and 100% physical. Well, I'm not sure about the percentages, but I do know one thing. If you have not prepared yourself mentally then all the physical preparation will be wasted. Make sure to train your brain as well as your body.

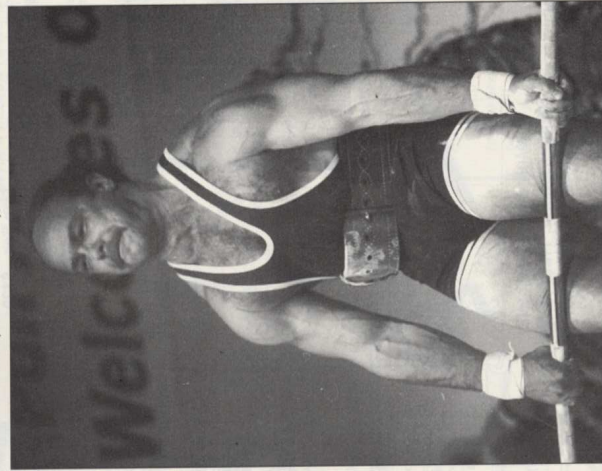
If you're interested, give Dr. Lesyk a call. Maybe he can make you a cassette tape to help you get stronger mentally. (216)575-6175.

IS THERE LIFE Outside Competition?

as told to POWERLIFTING USA by Joe Walden



Joe Walden, above, competing in the 1982 Hawaii Invitational Powerlifting Championships and, below, a friend and fellow competitor at the same meet, Kevin McClavery, who later committed suicide.



Sometimes I have to wonder if the average powerlifter has a life outside of the gym and competition. And what is wrong with a sport that has individuals that can't seem to be able to acknowledge someone else's accomplishments?

The selling point over the years for me in pushing the sport of powerlifting has always been the camaraderie of the lifters at the large meets. I've always viewed the sport as being unique in that at most meets that I have attended or lifted in the competitors always seem to be cheering for the success of their fellow lifters. Of course, there are always a few that take pleasure in seeing someone else miss a lift or bomb out. However, I must make it very clear that I have never seen this attitude at National level meets.

Recently, though, I have seen this type attitude becoming more prevalent among lifters that I have come in contact with. I find this trend to be concerning. Perhaps, in most cases, I should consider the source of the negativity and disregard it.

I really started noticing this attitude in the last several years. There have always been the lifters that refuse to admit that they were not as strong as the guy or girl that won. This is part of the ego thing that drives some lifters. How many times have you heard, "He must be juiced to lift that kind of weight" or "If I took what he took I could lift that much too". This attitude will continue as long as people lift weights competitively, either on the platform or in the gym. This attitude fits into the mold of the sore loser. Although I contend that any lifter that has the dedication to train for a meet and lift in front of a crowd is a winner, think about the number of "gym" lifters that would never dream of lifting in a meet—people might find out that he/she is not as strong as they claim they are.

The attitude that is so concerning is the one where lifters just can't seem to acknowledge that another lifter may be as good or better. This was extremely evident in recent weeks at my local station in Germany. The local paper did an article on my lifting career and accomplishments. And although, unlike some articles about "unknown" lifters that have surface recently, everything in the article was factual and documented, some local American lifters cried "B—S—!" Others went on to brag about how good they were and that perhaps I should train with them and they would show me real lifting.

One lifter even told my wife

that could be a lot better if I trained at night with him. He then went on to list all of his accomplishments and told the people in the office how much better he was. There was also the never ending allegations of drugs. It seems no discussion of lifting can be held without this subject coming up. As long as lifters make this allegation about other lifters the sport will never get the recognition it deserves. This guy could not seem to understand that there were more important things in life than to be in the gym all the time and that training in the morning and at lunch time allowed me to spend time with my family.

This attitude coupled with the inability to say "nice article," started me thinking. I remember when the Number One priority in my life was lifting. I wish now that I could have that time back to do things differently. My whole life revolved around the gym; my year was planned around the "big" meets. Then, perhaps in part due to a comment in PL USA by Mike Lambert that I should stop putting so much pressure on myself, I realized that lifting was supposed to be fun.

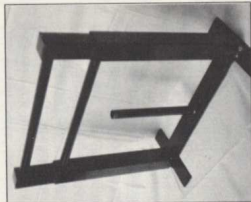
This revelation also came as a result of re-writing my definition of success. Instead of viewing each lift as a do or die situation and each meet as a failure if I did not win, I started lifting for fun. Maybe it was the death of Kevin McClavery, tearing my hamstring for the second time, or the look on the faces of the Special Olympians when they completed a lift—I don't know—but I realized that the only real competition I have on the platform is myself. Now, if I come in first, I'm extremely happy. If I come in second or third, it's not the end of the world. You are probably saying "sounds like the attitude of someone no longer capable of coming in first place trying to justify his lifting." In actuality, since adopting this attitude over 6 years ago, I have finished less than first only twice.

As lifters, we have to realize that there is life outside of the gym and the lifting platform. It's important to remain focused on the goal of "winning" but it is even more important to be able to enjoy lifting and if the other guy or other girl does better or gets the headlines, then give them the credit for being stronger on that particular day and continue to strive to do better the next time out.

Is there life outside of powerlifting competition. YES! And once you discover that, life inside powerlifting competition will become much more fun.

JOE WALDEN

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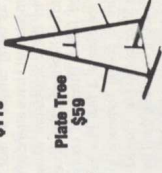
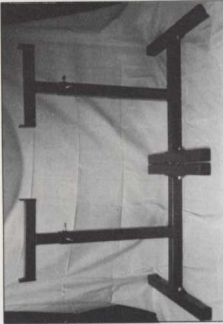


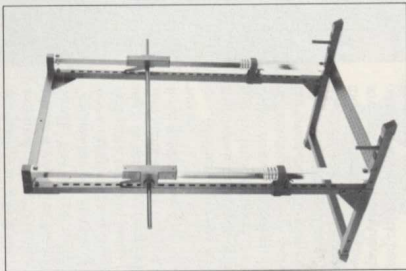
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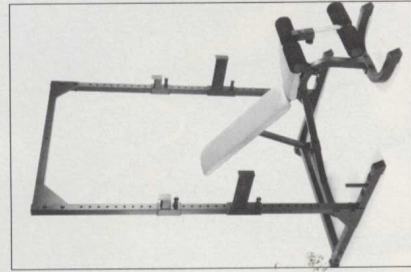
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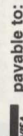


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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your questions send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro DiPasquale MD, 23 Main St., Workworth, 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 master drug free lifter, 280 lbs., 6' 3", and 54 years of age, training for 4 years and competing for 2. At my last meet in June of 1993, on my 3rd deadlift, I was pulling 450 lbs. (which I had pulled in February 1993) and my right hand would not maintain its grip. I attributed it to fatigue, however, while training for the ADFPA Nationals, I had progressed to 405 lbs. for reps, and on my first pull, I could not maintain my grip in my right hand again. Also, the following day, I had numbness in my right arm in the tricep, lower forearm and the pinky and ring finger of my right hand.

I've had 2 chiropractic treatments, which included electric acupuncture and trigger point therapy, and am still unable to maintain my grip at the 400 lb. level, and still have some numbness as well as some dexterity loss in my right hand.

I have a history of chronic pain in my right deltoid, pec, and bicep tendon, which generally responds to massage.

I've had no injury and the only incident was four weeks prior to this latest grip failure, when I noticed a sharp pain in my back, just below the neck area while doing shrugs, but this passed within a couple of days. Your thoughts and recommendations would be appreciated in a personal response. Respectfully **Ray S.**

DEAR RAY: From your description of motor and sensory impairment, it sounds as if you're suffering from a form of thoracic outlet syndrome. For some reason you are getting some compression of the brachial plexus, a group of nerves that runs from your neck area into your arm. It's possible that the deadlifting, by further compressing the tunnel through which these nerves run, is aggravating the condition or at least making it noticeable.

There are several causes for this syndrome and I strongly suggest that you see a neurologist for an accurate diagnosis and subsequently proper treatment.

Let me know how things work out or if I can be of any more help. Sincerely, **Mauro G. Di Pasquale, M.D.**

DEAR MAURO: I am writing you about a new drug called Dehydroepiandrosterone or DHEA. I understand that this is not an anabolic steroid, although as a supplement it is supposed to have an anabolic effect. I was wondering if you have heard of this supplement

Introducing DRUGS in SPORTS a New International Newsletter

Edited by Mauro G. Di Pasquale, B.Sc., M.D.

DRUGS in SPORTS is a new quarterly newsletter that brings you the most up to date information on the use of drugs in sports. All information is thoroughly researched and is presented in an objective manner without commercial bias. If you want to know what drugs and supplements are currently being used by athletes, and want to explore drug free ways to increase strength and lean body mass, then this newsletter is for you.

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and if it could be considered to be anabolic, and also are there any side effects to it. Also, if this is a safe supplement what dose would you recommend. I appreciate your help on this matter. **Dave R.**

DEAR DAVE: First of all, dehydroepiandrosterone (DHEA) is a natural hormone produced mainly in the adrenal glands and found in both males and females. It has both endocrinological activity *per se* and also acts as a steroid precursor for both gonadal and peripheral estrogen and testosterone production. Although DHEA is actually a weak androgen, it has been invested with almost a cult status and is wrongly believed to be a wonder drug against cancer, aging, obesity (1), and as an ergogenic compound. It is not an anabolic.

In any case, I'm preparing an in-depth look at DHEA for the next issue of **DRUGS in SPORTS**. As soon as it's ready I'll send you a copy of the article. If I slip up and don't send it to you please write me and remind me. All the Best. Sincerely, **Mauro G. Di Pasquale, M.D.**

(1) Kent S. DHEA: miracle drug? Geriatrics 37 157-158, 161 Sep 1982

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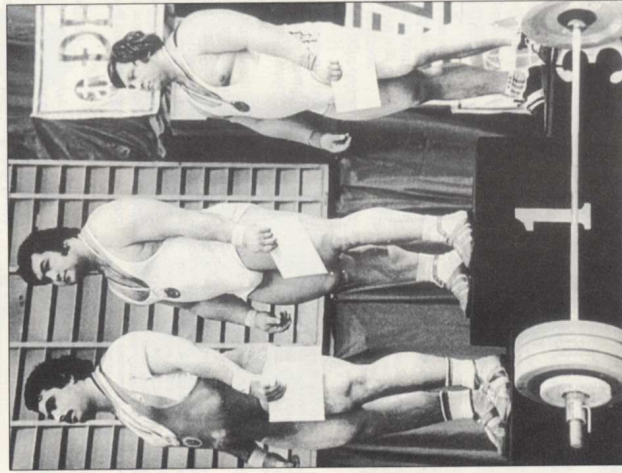
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INTERVIEW

Personal dialogue between the
PL USA Magazine and the
Sport's Greatest Names.

EVGENY POPOV of Bulgaria as interviewed for PL USA by Mike Golden



After winning the 1981 World's Strongest Man contest, Bill Kazmaier was asked how he felt Soviet and Eastern Bloc athletes would fare in contests like this one. Kaz replied "In their lifts they are the king, and in my lifts I'm the king." Truer words have never been spoken. Nestled amongst the ranks of the World's Superheavyweight Powerlifters is a man who is to be a king in their lifts, and he is on his way to becoming a king in ours. His name is Evgeny Popov. Interested? Well, read on, for this interview may open your eyes to a lot of things you always wanted to know about communist athletes but were afraid to ask. This is not an interview about his training routines, diet, or what color shoes he wears. This is about the real life struggles of politics, achievements, misconceptions and hardships of a former iron curtain athlete. This interview was conducted by USA Assistant Coach Mike Golden following the 1993 IFF World Powerlifting Championships in Jonkoping, Sweden.

MG: Mr. Popov, for starters, how old are you?

EP: That depends.

MG: Depends?

EP: In which context are you asking? My biological age is 38 years old, but the age I feel is the target of many debates.

MG: Oh, I see, so you feel younger than 38.

EP: Younger and older.

MG: Please explain.

EP: I have been in the sport of "weightlifting" since Jan. 10, 1975, if we count all the years that have passed, all the bruises, pain, disappointments, happiness and disappointments that are hidden in them, I am probably some biblical Methuselah. On the other hand, the happiness that I get from participating in competitions gives me the feeling of when I was a teenager, when I was the age I dopt. Even in the gym where I work out, I get mixed responses. Some people say "Excuse me, Sir," and others, "Hey, man, I cannot figure it out."

MG: You have been lifting weights and competing for almost 20 years! How did you get started?

EP: I was first acquainted with heavy sport by way of the shotput. I was the biggest, but by no means the strongest, of my classmates. The first day that they trained us with weights for the shot, I was

one becomes a sportsman in my country. I have no idea how this image was formed, but it is no way reflects the whole truth about the way of schoolboys to the Olympic medal. Instead of searching for reasons, I'll give you a concrete example - the school of Mr. Karushkov in Plovdiv, the second largest city in Bulgaria. [Readers note - Mr Karushkov's gym has graduated some of the greatest weightlifters of all time, many times European and World Champions, along with Olympic medal holders]. Getting into a gym and being coached by this caliber is a long process, usually taking a few years. Children around 8 or 9 years old are given extensive physical tests including half of the general events of track and field, athletic and gymnastic exercises for flexibility, and exercises for special strength. Anthropometric measurements that are used for weightlifting are used, such as the length of the middle finger of the hand correlating with the future height of the child. They are also given extensive psychological tests to study the steadiness and purposefulness of their attention to the sport.

MG: With 8 and 9 year olds I know 9 year olds who's only exercise is running after the ice cream truck after it misses their stop.

EP: I know it seems like a lot, but secondary education in Bulgaria is obligatory and gratuitous, hence every child has the possibility to graduate. But in a sport school the state also takes the expenses for boarding, books, traveling, equipment, extra medical care etc. This is a great financial concession for many families, especially those who live in the smaller towns and villages where there are no colleges and where they have to send their children away into big cities to go to school. Also playing an important part is the ambition of the parents to see their children as champions after a few years of studying in a sport school. In short, the state provides the conditions to attract the children to the sport schools.

MG: It seems to me that it is like the scholarship program we have in American colleges; the athlete competes for the school and is given a free education.

EP: That is exactly what it is like, but the sportsmen here get a lot

more than just a free education. Everything from the food they eat down to the last T-shirt on their backs are gratuities.

MG: So if a child does well in these tests, he is then recruited by a school and goes to learn how to lift?

EP: No. A class is now made from the results of these tests, and the children study and live together and train general physical exercises with different trainers for 2-3 years. This is done to see how everyone develops and whether the child and his parents have profound interest in the sport.

MG: So, it is then that they are recommended to the higher level coaches?

EP: Right! Only after this 2-3 years of general conditioning are they looked at by coaches such as Mr. Karushkov who, according to his own experience, chooses some of them. Others are sent to train in some other sport, and at last some are rid to study in ordinary schools.

MG: Now that the student is in the school, what happens?

EP: Once the students are in the school, they are taught technique almost without weights. When these boys get to be 12-13 years old they have already built up their motor habits on how to most economically and successfully lift up the bar. From there, all that is left is the not-so-easy task of increasing the load.

MG: What if an athlete is not strong enough to win medals?

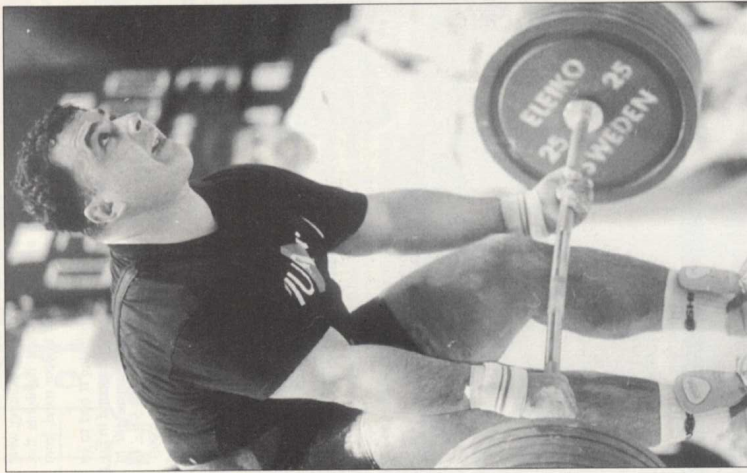
EP: They usually become trainers or teachers in physical education, and some also go on and graduate from different schools.

MG: You were trained by Mr. Abadjev and competed for Bulgaria as a weightlifter at your peak. What was it like to be supported by an entire country?

EP: As a successful weightlifter in Bulgaria, I was given the best of everything. This included preparation in the training camps (up to 340-350 days a year), full financial insurance, and profound medical control on all phases of the training process: medical, physical and psychological. Being at this level also allowed me to work on a team of such high caliber that it made us all better.

MG: What were your best lifts as a weightlifter?

EP: During a competition in 1980 I snatched 418 lbs. and clean and jerked 517 lbs. for a total of 935 lbs. In a mock competition following that one, getting ready for the Olympics, I snatched 440 lbs. and clean and jerked 533.5 lbs. for a total of 973.5 lbs. The world record of the time was held by the great Aleksseev of Russia at 979.



Now, in Powerlifting. Evgeny Popov is steadily rising to the top again.

MG: You were only 6 1/2 lbs. off his record! How did you do against him in the Olympics?

EP: I didn't. Twenty-six days before the Olympic games in Moscow, my name was on the team list sent to the Olympic Committee. You could not imagine how happy I was, in peak shape and going to compete for my country for the gold medal. Then, during one of our maximal training sessions, I was doing a snatch of 429 lbs. x2, and I lost control over the weight. I sprained my right shoulder's muscle, tore the capsule of the bone, and broke off a piece of my scapula. I "participated" on the Olympic platform with a plaster cast in front of the T.V. When I saw what type of politics possessing excellence, any people became medalists doing weights that were easy for me in the gym... I still think about how I felt, and it motivates me to this day when I train. It took me two years of medical treatment and rehabilitation following that accident!

MG: And you could not get revenge at the 1984 Olympic games because...
EP: Of the boycott! That was already a dirty stab in the back! Somebody with only one scratch of the feather strikes out another four years of hard work from my life without asking me what I think, what I feel. Since that moment on I cannot listen calmly to the noise of the bar when it falls on the platform. * have not tried to see what I can lift as an olympic lifter since 1984.

MG: You have never done an olympic lift for 10 years?

EP: No. By then I had had enough of politics. I should have known that in a country in which sports are turned into a rank of state politics possessing excellence, any person became medalists doing weights that were easy for me in the gym... I still think about how I felt, and it motivates me to this day when I train. It took me two years of medical treatment and rehabilitation following that accident!

MG: Did you find the changeover to powerlifting?

EP: No. From 1984 until 1990 I worked on just trying to stay in shape by skiing, lifting, running, and swimming. I then started powerlifting in October of 1990.

MG: Did you find the changeover

physically difficult?
EP: At first, yes. Weightlifting requires fast, explosive power done over a short period of time. The strength in weightlifting is a multifaceted quality. The direction, gradient and rise of power is changed many times over a very short period of time during a particular lift such as the snatch. This is a great task for the nervous-muscle apparatus as a whole because it is trying to coordinate all the muscles into that one very fast movement. But you must remember that it is done very quickly, which is very different from the movements in powerlifting. The maximal strain in powerlifting is displayed for a longer period of time, probably 10 times longer. This is the big difference to the central nervous system. The central nervous impulse from the brain to the muscles must be carried out for a few seconds, putting your nervous system under enormous strain. It would be interesting if someone could measure the mind power of Ed Coan when he lifts 900 lbs! So, you can see that the changeover from olympic lifting to powerlifting was not an easy task.

MG: What about the change in terms of governmental support? You were a professional in the biggest sport of your country. What does it feel like now that you are lifting in the rather obscure sport of powerlifting?

EP: Obscure isn't the word! We do not even have a powerlifting bar in all of Bulgaria! If I say everything is 100% different, then I'll be correct. I have trained as a complete pro, and now I am training as a complete amateur. I train alone, with no partners, consultants or trainers. I feel as though I can progress at a much more rapid rate, but unfortunately I am not moving along as quickly as I would like. I am working out in darkness when it comes to training, but the most important thing is that I still have the same goal in mind: to keep working my way up to an eventual medal.

MG: What are your best lifts in powerlifting?

EP: They were done this morning (he lifted 8 hours before). I had 797.5 lbs squat, a 484 lbs. bench press and a 770 lbs. deadlift for a total of 2051.5 lb. total. It was very close to my training form, but in my last workout before coming to Sweden, I sprained the medial ligament of my knee. I had to squat 770 lbs. for 2 reps in a gym where the temperature was 3 degrees Celsius. Obviously a re

(continued on next page)

A.P.F. Teenage/Junior/ Masters Nationals

APF Teen/Jr./Master Nationals
20, 21 May 94 - Nashville, TN

Women	SQ	BP	DL	Total
13-15 yrs. 132 lbs.	285	110	245	650
148 lbs.				
J. Richardson				
Men 18-19 yrs.				
110	235	600		
A. McCullion	255			
18-19 yrs. 165 lbs.				
135	285	705		
M. Patterson	285			
Men 13-15 yrs.				
140	245	630		
A. Johnson	245			
132 lbs.				
S. Kovackiz	365	175	300	
198 lbs.				
S. Guldard	125	95	225	
242 lbs.				
B. Creel	365	360	610	
M. Binkley	370	345	715	
M. 16-17 yrs.				
425*	215*	495*	1135	
A. Zimmer	500	385	515	
114 lbs.				
S. Pickelmer	265	145	285	
123 lbs.				
J. Olschager**	160		160	
165 lbs.				
J. Ehtman	475	185	415	
168 lbs.				
M. Placek	535	295	550	
1380*				
(4th Attempt)	550*			
198 lbs.				
P. Battle	455	280	550	
198 lbs.				
S. Lukaso	500	340	440	
170 lbs.				
J. Zales	500	265	450	
275 lbs.				
M. Tosaw	600	385	145	
308 lbs.				
J. Simmons	350	205	400	



Laura Dodd squatting 418 lbs. at a bodyweight of 146. She came out of retirement after two years to win her age group (45-49) at a new, lower bodyweight. She had a lifting goal: have certainty changed in the last couple of years, as well as her appearance. (photograph by Bunacevich)

R. Peery	405	255	455	1115
181 lbs.				
B. Sharp	450	400	475	1325
198 lbs.				
J. Kurkovic	520	375	515	1440
220 lbs.				
V. Berglund	500	350	475	1325
132 lbs.				
D. Deliere	540	480	510	1530
242 lbs.				
D. Zenzen	535	335	500	1370
148 lbs.				
R. Cornett	770	470	145	1385
308 lbs.				
M. Candler	650	480	625	1755
148 lbs.				
M. Gardner	745	505	670	1920
198 lbs.				
J. Gilt	300	175	375	850
132 lbs.				
M. Cross	440	260	480	1180
148 lbs.				
J. Addy	315	155	365	835
165 lbs.				
D. Lather	400	300	505	1205
181 lbs.				
J. Kiser	430	265	420	1115
181 lbs.				
C. Olson	650	345	590	1585
D. Smith	515	345	685	1545
C. Wambaghs	590	345	600	1535
C. Joseph	530	315	520	1370
C. Grandstaff	540	305	510	1355
198 lbs.				
D. Hopper	450	250	450	1150
220 lbs.				
P. Craig	390	345	1470	1825
M. Nichols	370	360	1470	1825
L. Hasler	380	445	600	1645
242 lbs.				
C. T. Vigus	540	320	550	1410
625	360	605	1590	
S. Stewart	620	380	615	1615
308 lbs.				
B. Weck	695	490	670	1855
D. Cilt	145	145	145	435
Masters 44				
L. Pucka	455	290	590	1335
O. Zanca	475	300	335	1110
Men 50-54				
165 lbs.				
J. Wells	425	315	400	1140
L. Cramer	385	250	350	985
181 lbs.				
F. Dungefield	555*	345*	610*	1510*
E. Angstrom	440	330	450	1220



Tom Bauers got out of a hospital bed to win his APF National Masters title, a meet he had dedicated to his late friend and training partner, Larry McCauley. Tom has had numerous heart attacks, open heart surgery, and rotator cuff surgery, and after discovering a hernia the night before the meet, he still pulled a record deadlift of 625. Tom is a friend and trainer to many at the Power Pit gym in Philadelphia, PA. Every morning he starts stretching to get ready for the day, and never complains about the obvious pain he is in. According to his buddy Robert Liss "We all here at the Power Pit Gym love and respect Tom and feel that courage of this type should be an inspiration to all of us in this tough sport." (Bob Liss)

198 lbs.	630	430*	605	1665
220 lbs.				
B. Frye	570	380	550	1500
275 lbs.				
J. Irvine	700*	300	550	1550
H. Lee	475	315	425	1215
308 lbs.				
L. Browning	500	435*	500	1435
148 lbs.				
D. Maier	380	190	440	1010
181 lbs.				
L. B. Baker	400	355	500	1255
H. Morgan	490	260	550	1300
S. Spaulding	500	270	430	1200
L. Gibson	545	320	505	1370
D. Yezbick	550	300	475	1325
C. Stevens	400	265	450	1115
242 lbs.				
J. Bauers	460	335	625	1420
181 lbs.				
R. Phillips	491*	240	485	1216
E. Frantz	680*	325	600	1605*
242 lbs.				
C. Walker	510	375*	540	
P. Rudy	515*	335	535	1385
D. Sakin	400	315	450	1165
Mens 65-69 yrs				
N. Kawasaki	335	205	400*	940
162 lbs.				
R. Rasmussen	350	250	460	1050
181 lbs.				
W. Dicklee	35	55	500	610
220 lbs.				
M. Huff	420	250	475	1145
Men 70-75 yrs				
M. Richards	440*	335*	460*	

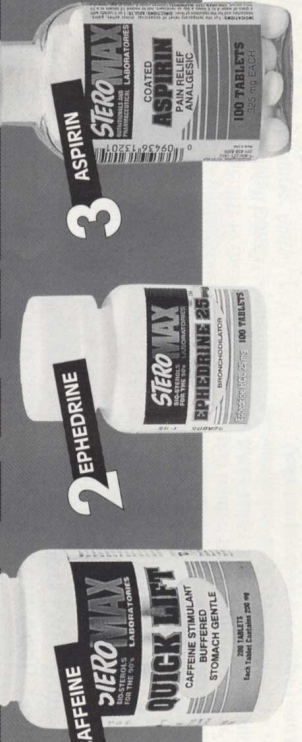
World Records, + - National Records, + - Wheelchair Athlete, 28 World Records, 4 national records. Best Lifter - 1st day - Mark Rowland, 2nd day - Ernesto Milan. All winners qualify for World Championships in Columbus, Ohio. For more information contact the one who helped my wife, Mary, Coach Tom Crawford, Billy Brewster, Josh Simmons, Renee Leverette, Rose Kovackiz, Mike & Avis Stone, Christy Stone, Announcer - Sandy Ellis, Terry Brazzell, Physician Assistant, Dr. Robert Dobrowski, Chief of Physical Therapy - Dr. Cong from Franz & a Big Thanks to Gary Baum from Norris, IL (Thanks to Meet Director Troy K. Hicks for providing the results of this meet.)

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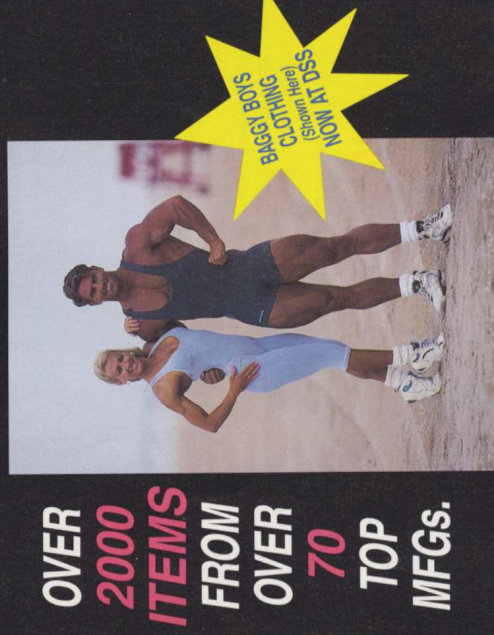
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138	360	300	450	1110
139	320	215	465	940
140	500	375	485	1360
141	475	280	500	1255
142	630	300	505	1435
143	530	285	505	1320
144	505	315	505	1300
145	500	340	420	1260
146	405	280	500	1185
147	625	305	540	1470
148	525	360	525	1410
149	480	475	450	1405
150	350	265	400	1015
151	285	290	405	980
152	525	325	425	1275
153	575	360	645	1380
154	405	350	485	1240
155	505	300	575	1380
156	475	245	550	1270
157	550	350	485	1385
158	465	245	475	1185
159	375	275	455	1055
160	520	300	550	1370
161	525	315	525	1365
162	300	175	290	765
163	360	175	370	905
164	560	280	570	1410
165	365	180	400	945
166	525	240	530	1295
167	225	105	315	645
168	245	120	245	610
169	235	120	245	600
170	148	148	240	540
171	305	145	325	775
172	320	135	315	760
173	320	135	315	760
174	240	275	385	1000
175	340	320	360	1020
176	300	300	360	960
177	315	315	360	990
178	265	148	265	688
179	365	165	165	695
180	410	181	160	751
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201	465	245	475	1185
202	375	275	455	1055
203	520	300	550	1370
204	525	315	525	1365
205	300	175	290	765
206	360	175	370	905
207	560	280	570	1410
208	365	180	400	945
209	525	240	530	1295
210	225	105	315	645
211	245	120	245	610
212	235	120	245	600
213	148	148	240	540
214	305	145	325	775
215	320	135	315	760
216	320	135	315	760
217	240	275	385	1000
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250	225	105	315	645
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254	305	145	325	775
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323	520	300	550	1370
324	525	315	525	1365
325	300	175	290	765
326	360	175	370	905
327	560	280	570	1410
328	365	180	400	945
329	525	240	530	1295
330	225	105	315	645
331	245	120	245	610
332	235	120	245	600
333	148	148	240	540
334	305	145	325	775
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339	300	300	360	960
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341	265	148	265	688
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361	465	245	475	1185
362	375	275	455	1055
363	520	300	550	1370
364	525	315	525	1365
365	300	175	290	765

POWERLIFTING USA BACK ISSUES

SEND \$4 FOR EACH ONE AND SPECIFY YOUR ALTERNATE CHOICES. Sep/90... AFF Seniors, WDFPF Worlds, AFF Juniors, ADFFA TOP 20 148s...

NASA North Carolina State (kg)

Table listing names and weights for various categories: Women's Pure, Men's Pure, Women's Mixed, Men's Mixed, etc.

USPF NATIONAL HEADQUARTERS MESSAGE

As most of you know, these past few months have been a very busy time for the National Headquarters office. There have been many, many meetings around the country, and judging from the number of membership cards that have been issued, these meetings have been very successful.

ADFA-Cesar Chavez Bench Press

Table listing names and weights for ADFA-Cesar Chavez Bench Press: Men's Open, Men's Novice, etc.

USPF PRESIDENT'S MESSAGE

On May 9th, 1994, at a called meeting of the Executive Committee, John Black resigned as President of the USPF. John expressed his love of the sport and his intentions to continue working on behalf of the USPF...

Japan National Bench Press

Table listing names and weights for Japan National Bench Press: Disabled Women, Men, etc.

ADFA Power Day

Table listing names and weights for ADFA Power Day: Bench Press, Squat, etc.

ADFA Power Day

Table listing names and weights for ADFA Power Day: Bench Press, Squat, etc.

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR

Table listing names and weights for training safety guidelines: Bench Press, Squat, etc.

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Fred Koch
developer of
the IRONMAN
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System

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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.

Designed to give the maximum possible where it counts most- the hips and thighs. Unlike other suits, it does not restrict your breathing, making it the most comfortable and supportive suit on the market!!! Sizes 20-40 in black or royal blue. Give height & weight.

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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.

1 pair \$17.95
2 pair \$31.95

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Designed to aid and support your bench press throughout the entire range of motion. Guaranteed against blow-outs for 5 weeks. When ordering give size of relaxed chest, shoulders (around chest and shoulders), and biceps. US Patent 4473908.....**\$38.00**

TEXAS POWER BAR

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

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MUSASHI

FINALLY--AMINO ACIDS THAT WORK!!!

Are you tired of taking amino acids that really never seem to work? MUSASHI AMINOS are supplied in powder form so they can be quickly and efficiently utilized in the body. Each product has been designed to target a specific metabolic function. Suggestions for programs are listed below. More detailed information is supplied with each order and upon request.

KUAN: (Yellow)--Used for muscle growth, to combat stress, and general health.

66 grams---\$23.00 150 grams---\$44.00 300 grams---\$76.00

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

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

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

66 grams---\$23.00

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

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

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

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

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

66 grams---\$29.00

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)

Powdered Aminos-The best!

Powdered aminos offer several advantages over tablets or capsules. Powdered aminos are purer, and are absorbed quicker. Because of this less may be taken and the dosages are easily adjusted to satisfy your own personal needs. For best results the powder should be deposited under the tongue and allowed to dissolve. If necessary they can be mixed with fruit juice or water. The key here is that amino acids absorbed through the mouth bypass the liver and go straight into general circulation in the body. You only pay for the aminos-not for fillers & binders.

Product/color	Size	Qty.	Price	Ext.
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- Arginine-Pyrogliumate/Lysine 100g \$15.00
- Colostrum 36.75 grams \$13.50
- Ephedra Extract 100 dose 41.7g \$8.50
- Guarana Ext. 100g 17.5% Caffeine \$7.75
- MET-MAX by Champion Nutrition \$50.00
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- Yohimbe Pwd. (potent) 100 grams \$8.00
- MCT Oil 16 oz. \$6.50
- Iron Exchange/Why Protein 95% 2lb \$27.00
- "Low Heat" Why Protein 80% 2lb \$13.50
- Arginine/OKG 2.1 300 grams \$28.75
- GABA 100g/250g \$12.50/\$25.00
- Vanadyl Sulfate 10mg 150 tabs \$12.00

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Only one suit has ever earned a U.S. Patent because of its ability to significantly increase performance over conventional designs - the Centurion! Our patented Dual Quad design provides a harness system within the suit to produce more support, safety and performance than any other suit ever made!

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And every Centurion now features our new High Performance leg design to prevent leg slippage as well as a new High Performance crotch design for bigger squats than ever!

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Your satisfaction is guaranteed and backed by the performance guarantee. And it's offered by the people who invented performance guarantees. Six months crotch (1st-3rd mo. = \$50 back + new suit; 4th-6th mo. = new suit); One year run guarantee = \$75 + new suit; 3 mo. misc. = new suit. Legal in all U.S. organizations and most international. Also available in Custom Tailored Dual Quad.

Colors: Navy Blue, Royal Blue & Burgundy. Combination

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Available in High or Low Cut

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Coming Events

717-761-3843
13 AUG. Greene County Fair Strongest Man/Woman, Blue Ridge Classic, Central Va. rep BP, JohnShifflett, Box Ext. 118, 117, Fair Oaks, NY 10940, 914-343-0412
13 AUG. USPF Pacific Coast Open/Novice, Bob Packer, 4487 N. Thorne, Fresno, CA 93726, 209-224-4245 or before 9pm
13 AUG. 4th Endless Summer Bench Press (teen, men, women), 3017A, West Coast, San Francisco, CA 94118
13 AUG. ADPPA Region 12 (CA, NV - men, women, master, teen) Martin Drake, 21745 Twin Canyon Dr., Nuevo, CA 92567, 310-334-6240
13, 14 AUG. WDFPF Masters World Championships, B&W Gym, 5920 N. Ridge Ave., Chicago, IL 60660, 312-561-9692
14 AUG. ANPPC Drug Free Atlantic Coast Bench Press (teen, women, men, master) Power & Fitness Gym, 4970 W. Atlantic Blvd., Margate, FL 33063, 305-936-6100
14 AUG. USA Drug Tied/Lemon Bay Classic, Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200
20 AUG. Central Pennsylvania Raw Power (non-sanctioned, lifting belts only, men, women, master) Staged Engraving, 304 Daesy St., Clearfield, PA 16830, 814-765-3214 (24 hr)
20 AUG. USPF Nevada State (Fallen - no formula) Dave & Debbie Kuzman, 475 W. 8th St., Carson City, NV 89703, 702-885-1886
20 AUG. 9th Iowa State Fair Drug Free Powerlifting and Women's, 1150 S. Blvd., 3604 SW 12th St., Des Moines, IA 50315, 515-280-8275
20 AUG. NASSA South Texas Regional PL/BP (Beaumont) Rich Peters, Box 735, Noble, OK 73068
20 AUG. APA Prison Postal Summer Powerlifting (men, jr., submaster, master, grandmaster - 2 weeks notice in advance), Freddy Liasis, Muscle Mill, 226 Rear Bemis Rd., Fitchburg, MA 01420, 508-342-4048
21 AUG. ANPPC Drug Free New England Bench Press (teen, women, men, master) Hardboiled Gym, 45 High St., Clinton, MA 01510, 508-365-6197

GET PSYCHED!!!! for the 3rd annual ADPPA EAST COAST CHAMPIONSHIP December 10 and 11 Men/Women Masters/teens Send SASE to: Craig Saitran P.O. Box 4065 Bayside, NY 11360

27-28 AUG. U.S. Military Bench Press and Law Enforcement Bench Press, Vt. Elliot, 794 Champlain Ave., Huntington Bldg., 10000, 10000, 10000
 27-28 AUG. ADPPA Florida (rest-dents only, open women, master, women) Tom Trecewah, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804

31 AUG. - 4 SEP. International Paralympic Committee World Powerlifting Championships for the Disabled (Uppsala, Sweden) Swedish Sports Federation, S 123 87 Farsta Sweden, FAX 46 8 724 85 40
3 SEP. WPA World Record Breakers Bench Press, Jean Marie Bergeron, 1083, Adelaire, Megoo, Quebec, Canada J1X 3S1, 819-843-6384
5 SEP. USPF Open Bench Press Classic (no formula) Highline Classic P.G. Plaza Community Center, 6600 Adolph Rd., Hattiesville, MD 20782, 301-864-1612 SASE
5 SEP. NASSA Florida Regional (Jacksonville), Rich Peters, Box 735, Noble, OK 73068

3 SEP. 5th Michigan Bench Press Challenge, Lee Hasler, 13564 Terry Dr., Ulca, MI 488315
4 SEP. ADPPA West Coast Open, Rich Mezzoff, 10104 31st Ave. SW, Seattle, WA 98146, 206-932-7081
4-5 SEP. 15th Temple Hills Open (non drug tested, open, drug tested, open, women, men, master) Challe's Gym, 868 Old Silver Hill Rd., Montgomery, MD 20746, 301-425-8888, FAX 301-423-5831
10 SEP. 2nd Palatka Athletic League Bench Press (Lakeland Mall, 14 & Hwy 98) Rick Weil, Box 40332, St. Pete, FL 33743, 813-579-4782

10 SEP. ADPPA Washington State Open, Tyler Malejko, Jangle Gym, 122 Railroad Avenue South, Kent, WA 98032, 206-852-2442
10 SEP. ADPPA Minnesota Masters & Hawk Country Open & Bench (men, women, teen) BI Ornandum, 4063 Uigard Rd., Hermantown, MN 55811, 218-729-9500
10 SEP. USPF Lucky Lady Bench Press, (no formula) (men, jr., submaster, master, teen) Coach, 5346 E. Tyler, Fresno, CA 93727, 1-209-251-4239

10-11 SEP. NASSA Ohio Regional (Cincinnati), Rich Peters, Box 735, Noble, OK 73068
10-11 SEP. NASSA National Police/Firefighters and Armed Forces, John Shifflett, Box 303, Quinque, VA 22965, 804-985-3932 before 9pm
11 SEP. USPF Prison Postal Meet (out-side guests welcome) Don Wilson, Box 43, Norfolk, MA 02056, or Paul Cruz at 617-668-0800 ext 115

11 SEP. NASSA Florida Regional (Jacksonville), Rich Peters, Box 735, Noble, OK 73068
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M.E.P. FIT FOR LIFE PROUDLY PRESENTS ITS 1994-95 DRUG FREE CONTEST SCHEDULE:
 November 19 & 20, 1994
1994 APA MEN'S & WOMEN'S DRUG TESTED FLORIDA STATE POWERLIFTING CHAMPIONSHIPS
 February 18 & 19, 1995
1995 APA MEN'S & WOMEN'S DRUG TESTED WORLD RECORD BREAKERS MEET
 1995 APA WOMEN'S DRUG TESTED NATIONAL CHAMPIONSHIPS
 March 18 & 19, 1995
1995 APA MEN'S & WOMEN'S DRUG TESTED SUBMASTERS & MASTERS INTERNATIONAL CHAMPIONSHIPS
 May 20 & 21, 1995
1995 APA MEN'S & WOMEN'S DRUG TESTED HIGH SCHOOL NATIONAL CHAMPIONSHIPS
 10 YEAR DRUG TESTING PERIOD! ALL LIFTERS WILL BE TESTED!
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 (813) 625-0880



Yadkinville, NC 27055, 910-679-8660
22 OCT. ADFP Ohio State PL/BP (6r, Jr., teen, master, women) Dave Ogan, 29511, High, Chillicothe, OH 45601, 614-777-2200
22 OCT. ADFPA Gold's of Manchester Bench Press Classic (open, women, teen, masters, grand masters) Bob Rogers, 49 West St., Milford, NH 03055, 603-673-0522
22 OCT. Berkshire Nautilus Fall Open BP/PL (open, women, teen, novice, master) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217
22 OCT. 6th Indian Summer PL (open, drug tested, women, teen, master) Smoker's Iron Works, 30174 Wolf, Elkhart, IN 46516, 674-6683
22 OCT. Fall Bench Press Classic, Dr. Charles L. St., Charleston, IL 61820, 317-395-3303
22-23 OCT. NASSA Texas Regional (Dallas) Rich Peters, Box 735, Noble, OK 73068
29 OCT. Drug Free Cain Classic, Steve Speyer, Box 841, Sunset, LA 70584, 318-662-3034
29 OCT. NASSA North Carolina Regional (Burlington), Rich Peters, Box 735, Noble, OK 73068
29 OCT. NASSA United States Bench Press, John Shifflett, Box 303, Quinque, VA 22965, 804-985-3932
29 OCT. USFP Monster Bench Press, Sherry Houston, 15128 Firestone Blvd., Woodbridge, VA 22191, 703-594-1308
29-30 OCT. ADFP Connecticut Women's Classic (novice, open, women, masters, teen, BP) Bill Holland, 7914 Hwy 80 West, Ft. Worth, TX 76116, 817-244-9696
29-30 OCT. 12th ADFPA Central PA (open, women, class I, teen, master - 1st 60 applications each day) Siegel Engvraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 (24 hr)
29-30 OCT. WDFPF World Bench Press, S.P. Kozlowski, 34-500 Zakopane, ul. B. Czecha 1, Poland
29-30 OCT. USFP Pine Tree State Open/Women's Classic (open, women, teen, BP) Jeff D'Amico, ADFPA Hometown Deadlift (master, teen, women, novices, coaches allowed) Lexdi Weinstein, YMCA of Stamford, 909 Washington Blvd., Stamford, CT 06901, 203-357-7000
30 OCT. CDFPA BC Provincial Championships, Rick St. Pierre, Eagle Fitness, #1 - 3150 St. John's St., Pt. Moody, BC, Canada V3H 2C3, 604-461-1231
29-30 OCT. ADFPA Maryland State PL/BP (1st 60 residents only) East Coast Power Inc., Box 20042, Baltimore, MD 21284, 410-944-2866 6:30-7:30pm
OCT. WNF - Pennsylvania State

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4239
 5.6 NOV. USFP drug tested Ultimate PL Extravaganza (teen, Jr., submaster, master, men, women, police/fire, novice, special olympic) Hardcore Promotions Inc., 227-0335 Westport, CT 06880, 203-227-0335
 5.6 NOV. NASSA WV Regional PL/BP, Greg Van Hoese, Rt. 1 Box 386D, Fairmont, WV 26554, 304-363-4345
 5.6 NOV. ADFPA National Masters, (men 40 & up, women 36 & up) Tom Trevozh, 411 Belmont Dr., Palatka, FL 32177, 904-328-4804 or Louis Kaitz, All American Gym, 118 S. W. 14th St., Lakeland, FL 33801, 813-687-6268
 6 NOV. USFP West Coast Bench Press, Gold's Gym Sports Club, 3710 West San Jose, Fresno, CA 93711, John Masmanian, 209-268-6496 or 424-4764
 12 NOV. MDSA Bemidji State University (open men, women, men & women masters, submaster, boys & girls teen) Darwin Vince Moser, 1711 Hewitt Ave., Everett, WA 98201, 206-259-3797
 12 NOV. 2nd ADFPA Southern Delaware Bench Press (open, lifETIME, novice, teen, master, women) Jeff Plummer, #1 Fox Creek Drive, Hahoboth, DE 19971, 302-227-0819 or 644-2727
 12 NOV. Omni 41 Classic, Omni 41 Fitness, 221 South Rte 41, Schererville, IN 46175, 317-866-6930
 12 NOV. 21st annual and/or USA vs Mexico (women, open, teen, masters) Press Backs (open, teen, masters) Manuel Villarreal, 895 N. Baxshore Rd., W. San Jose, CA 95112, 800-484-9879, ext 6363
 12 NOV. APA South Carolina Open/Novice Bench Press, Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200

6th Annual Canal Celebration
 Bench Press Competition
 presented by
 Little Falls Family YMCA &
 YMCA of the Mohawk Valley
 Saturday, August 13, 1994
 (women, men, teen, submaster, master)
 Meet Directors: Tim Liddon/Marchell Scarano
 315-823-1740
 Little Falls Family YMCA
 15 Jackson Street
 Little Falls, NY 13365

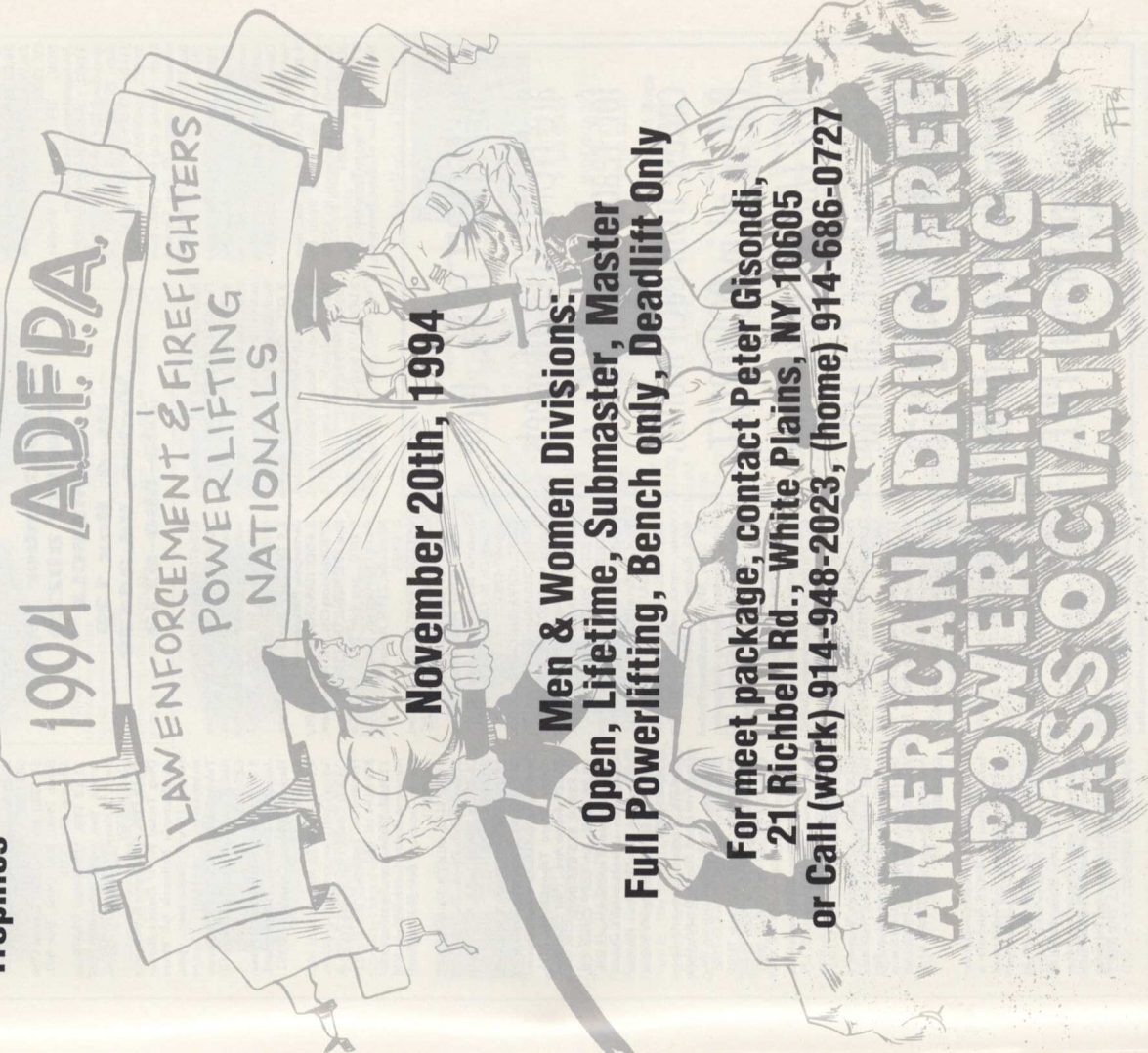
3 in 1 Meet
 Region 7/Mid-America Bench Press
 Extravaganza/ADFFA Iowa State
 (3 year drug free, lifetime drug free, master, submaster, teen, women, novice, collegiate, special olympics)
 3 FOOT TROPHIES
 Lifetime Fitness
 4041 11th Place
 Des Moines, IA 50313
 515-246-1224

12.13 NOV. NASSA Virginia Regional (Charlottesville), Rich Peters, Box 735, Noble, OK 73068
 13 NOV. USFP Pine Tree State Submasters/Masters (1st 50) Russ Barkley, RED2 Box 480, Greene, ME 04236, 207-946-7601
 13 NOV. ADFPA Outlaw Bench Press Meet, John Ford, 452 A St., Daly City, CA 94014, 415-992-1114
 13 NOV. CPA Open Deadlift/Open Bench Press, Ray Carey, 4770 Foster C.P., 1810, Waterloo, Quebec, Canada JOE 2N0, 514-539-4999
 13 NOV. Power Excel Fall Classic Bench Press Open, Power Excel, 2807 S. Superior St., Milwaukee, WI 53207, 414-769-1211
 19 NOV. UNFP Georgia Championship (Atlanta), Tom Ford, 6560A, 404 College Park, GA 30349, 404-907-4795
 19 NOV. Fall Open Bench Press Classic (open, master, Jr., women) John Webster, Rolling Crest-Chillum Comm. Ctr., 6120 Sargent Rd., Hyattsville, MD 20782, 301-853-2005
 19 NOV. ADFPA All States BP/DL (men & women divisions: open, lifETIME, teen, collegiate, submaster, master, armed forces, special olympics, novice) Peter Gisondi, 21 Richbell Rd., White Plains, NY 10605, 914-948-2032, 914-686-0727
 19 NOV. Australian Bench Breakers (WPC) in Australia, Carl Smith, Schomberg Rd., 2277, 8010 Gratz, Austria 01143316 817683
 19 NOV. ADFPA Longhorn Open, Jan Todd, Gregory 217, University of Texas, Austin, TX 78712, 512-471-4890
 19 NOV. USFP Drug Tested Atlantic States Open/Eastern States Novicemen, grandmaster, masters, submasters, women, junior, teen, special olympic), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm
 19 NOV. APA Men's/Women's Drug Tested Florida State (all lifters tested - 10 years clean, teen, open, submaster, master) Spero Ikonikidis, NCS, 16529 oppa 625-0188 Fort Charlotte, FL 33948, 813-19-20 NOV. NASSA Iowa Regional (Des Moines), Rich Peters, Box 735, Noble, OK 73068
 20 NOV. APF New Jersey State (men, women, masters) Fitness 2000, 179 Van Zile Rd., Brick, NJ 08723, Russ Smith 908-840-5393, Tony Kamand 908-288-9758
 20 NOV. 5th ADFPA Ohio BP/DL (Open, women teen, masters) King's Gym, 24748

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November 20th, 1994

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21 JAN, USPF Louisiana State/All South
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Reno, NV, 70817
11 FEB, USPF 1st Annual Dead of Winter
Outdoor Deadlift Contest (Reno/Sparks -
dmg tested, Special Olympics, teen, mas-
ter) open - all divisions men & women - no
formula) Dave & Debbie Kuzirian, 475
W. 8th St., Carson City, NV 89073, 702-
885-1886
11 FEB, 6th Drug Free Central Ohio
Bench Press, Matt Croak, Box 601,
Johnston, OH 43031
11,12 FEB, USPF New York State
(women, teen, master, submaster) Mark
Becht, 18 Marne Rd., Buffalo, NY 14215,
716-85853
18,19 FEB, WPA Men's & Women's
Drug Tested World Jr. & Women's
Championships (all lifters tested, 10 yrs.
experience, Nationals, all lifters
tested, 10 yrs. master)
Spero
submaster, NCS, 16529 Joppa
Ave, Port Charlotte, FL 33948, 813-
625-0080
4 MAR, WPA World Bench Press,
Jean Marie Bergeron, 1083 Adelaide,
Magog, Quebec, Canada J1X 3S1,
819-843-6384
4,5 MAR, ADPPA Massachusetts High
School Open (men, women) H. Waldron,
Soyle & Cassidy/Hyatt, Worcester, MA
02125, 508-753-1100, 02/80/308-
8294564, 800-
11 MAR, MDSA Super Squat Nationals/
Minnesota Monster Bench (Willmar, MN)
MN 56201
11,12 MAR, ADPPA National High
School Bench Press, Joe Pura, 25
Daytona Beach, Troy Ford, 2560A
Peadar Cir. N., College Park, GA 30349,
404-907-4795
18,19 MAR, APA Men's & Women's
Drug Tested Submaster/Masters In-
ternational (all lifters tested, 10 yrs
experience) Sperto Thontokidis, NCA,
16529 Joppa Ave., Port Charlotte,
FL 33948, 813-625-0080
25,26 MAR, 6th USPF Carson City
Championship (dmg tested, special olympics, teen,
master, submaster, women, men, women,
no formula) Dave & Debbie Kuzirian,
475 W. 8th St., Carson City, NV 89073,
702-885-1886
15 APR, Dungenoo Powerworks Open
Drug Free Bench, Slam or Deadlift, Mark
Mellinger, 15681 Featherstone Rd.,
Constantine, MI 49042, 616-435-7586
29,30 APR, NWSA WV State P/BP
(WV State Closed/Out of State Open)
Greg Van Hooser, Rt. 1 Box 386D,
Fairmont, WV 26554
20 MAY, 2nd Fitness 2000 Bench Press
(men, women, master) Fitness 2000, 179
San Zile Rd., Bick, NJ 08723, Russ
Smith, 946-549-9393
20,21 MAY, USA High School Nationals
(all lifters tested, 10 years clean FR,
SO, JR, SR, Coaches division) Sperto
Thontokidis, NCS, 16529 Joppa
Ave, Port Charlotte, FL 33948, 813-
625-0080
P.S. when writing a meet director for
information ALWAYS include a
S.A.S.E. (Stamped, Self-Addressed
Envelope), (except for Canadian/for-
eign meets) for the meet director to
return an entry blank or other infor-
mation to you, and if you decide to
telephone a meet director for infor-
mation, please note if he has indi-
cated a DO NOT CALL THE MEET
DIRECTOR COLLECT.

1994 UNITED STATES POWERLIFTING FEDERATION DEADLIFT NATIONALS

18 September 1994 TOMMY BUZZO BIOMUSCLE Rt. 4, Box 126 Vinton, VA 24179 703-890-9713

Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200
3 DEC, ADPPA Mass State PL/BP (men, grandmasters, masters, submasters, women, junior, teen), Greg Kostas, Box 483, Whitman, MA 02382, 617-447-6714 8-10pm
3,4 DEC, IPF World Bench Press, Jarvenpaa, Finland
3,4 DEC, NWSA Nova Scotia Nationals PL/BP (all lifters tested, 10 yrs. master), P. Peters, 800-484-9979
4 DEC, NWSA 6th annual Bench Press (women, men, teen, master) Mike Collett, 214 N. Ashland, Peuk Ridge, IL 60068
4 DEC, CDFPAC BP/DL, Hugh Ward, 45873 Wellington Ave., Chilliwack, BC, Canada V2P 2C8, 604-461-1231
4 DEC, WNPF Florida Championships (Daytona Beach), Troy Ford, 2560A Peadar Cir. N., College Park, GA 30349, 404-907-4795
5 DEC, ADPPA West Coast Open, Toby Hugler, 1210 Auburn Way N., Suite 175, Auburn, WA 98002, 206-735-8840
10 DEC, NWSA 8th annual women, men, women, NO BENCH, R. E. 11, Bowdoin, ND 58721, 701-377-5604
10 DEC, Greater Buffalo Super Heroes Deadlift (men, women, teen) Mark Becht, 18 Marne Rd., Buffalo, NY 14215, 716-894-8583
10,11 DEC, ADPPA East Coast (men, master, women, teen) Craig Saffran, Box 4065, Bayside, NY 11360
11 DEC, APA Open/Drug Tested Teenage Nationals, (Cheraw, SC) Men, Women, Master, Submaster, Scott Taylor, Box 1393, Englewood, FL 34295, 813-475-4200
11 DEC, CPA Quebec Notice PL/Est-ern Townships BP, Marcel St. Laurent, 37, rue de la Montagne, Quebec, Canada J1E 5E2, 819-346-946
11 DEC, K&I Island GYM Bench Press, Ralph Baskis, 3465 Lawson Blvd, Oceanside, NY 11572, 516-594-9014, SASE
11 DEC, NWSA Northern States Regional (Cobleskill, NY), Rich Peters, Box 735, Noble, OK 73068
11 DEC, 3rd ADPPA Coal County Clas-sic BP/DL (separate contests, open, women, teen, master, spec. olympian) Siegel/Engwing, 304 Dais/St., Clearfield, PA 16830, 814-765-3214 (24 hr)
11 DEC, WNPF New Jersey State (Edison), Troy Ford, 2560A Peadar Cir., College Park, GA 30349, 404-907-4795
17 DEC, 5th Christmas Bench Press Classic John Shifflett Box 303, Quince, VA 22965, 804-985-9932 before 9pm
17 DEC, MDSA Northern Nationals Bench Press and Deadlift Nationals (Grafton, ND) Darwin Jacobson, Box

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11 FEB, USPF 1st Annual Dead of Winter
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dmg tested, Special Olympics, teen, mas-
ter) open - all divisions men & women - no
formula) Dave & Debbie Kuzirian, 475
W. 8th St., Carson City, NV 89073, 702-
885-1886
11 FEB, 6th Drug Free Central Ohio
Bench Press, Matt Croak, Box 601,
Johnston, OH 43031
11,12 FEB, USPF New York State
(women, teen, master, submaster) Mark
Becht, 18 Marne Rd., Buffalo, NY 14215,
716-85853
18,19 FEB, WPA Men's & Women's
Drug Tested World Jr. & Women's
Championships (all lifters tested, 10 yrs.
experience, Nationals, all lifters
tested, 10 yrs. master)
Spero
submaster, NCS, 16529 Joppa
Ave, Port Charlotte, FL 33948, 813-
625-0080
4 MAR, WPA World Bench Press,
Jean Marie Bergeron, 1083 Adelaide,
Magog, Quebec, Canada J1X 3S1,
819-843-6384
4,5 MAR, ADPPA Massachusetts High
School Open (men, women) H. Waldron,
Soyle & Cassidy/Hyatt, Worcester, MA
02125, 508-753-1100, 02/80/308-
8294564, 800-
11 MAR, MDSA Super Squat Nationals/
Minnesota Monster Bench (Willmar, MN)
MN 56201
11,12 MAR, ADPPA National High
School Bench Press, Joe Pura, 25
Daytona Beach, Troy Ford, 2560A
Peadar Cir. N., College Park, GA 30349,
404-907-4795
18,19 MAR, APA Men's & Women's
Drug Tested Submaster/Masters In-
ternational (all lifters tested, 10 yrs
experience) Sperto Thontokidis, NCA,
16529 Joppa Ave., Port Charlotte,
FL 33948, 813-625-0080
25,26 MAR, 6th USPF Carson City
Championship (dmg tested, special olympics, teen,
master, submaster, women, men, women,
no formula) Dave & Debbie Kuzirian,
475 W. 8th St., Carson City, NV 89073,
702-885-1886
15 APR, Dungenoo Powerworks Open
Drug Free Bench, Slam or Deadlift, Mark
Mellinger, 15681 Featherstone Rd.,
Constantine, MI 49042, 616-435-7586
29,30 APR, NWSA WV State P/BP
(WV State Closed/Out of State Open)
Greg Van Hooser, Rt. 1 Box 386D,
Fairmont, WV 26554
20 MAY, 2nd Fitness 2000 Bench Press
(men, women, master) Fitness 2000, 179
San Zile Rd., Bick, NJ 08723, Russ
Smith, 946-549-9393
20,21 MAY, USA High School Nationals
(all lifters tested, 10 years clean FR,
SO, JR, SR, Coaches division) Sperto
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