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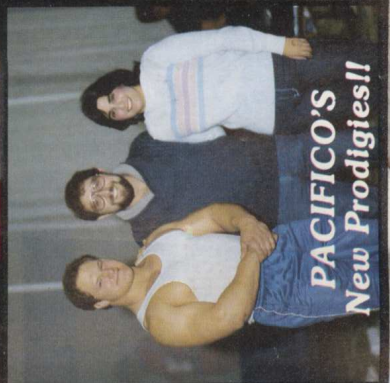
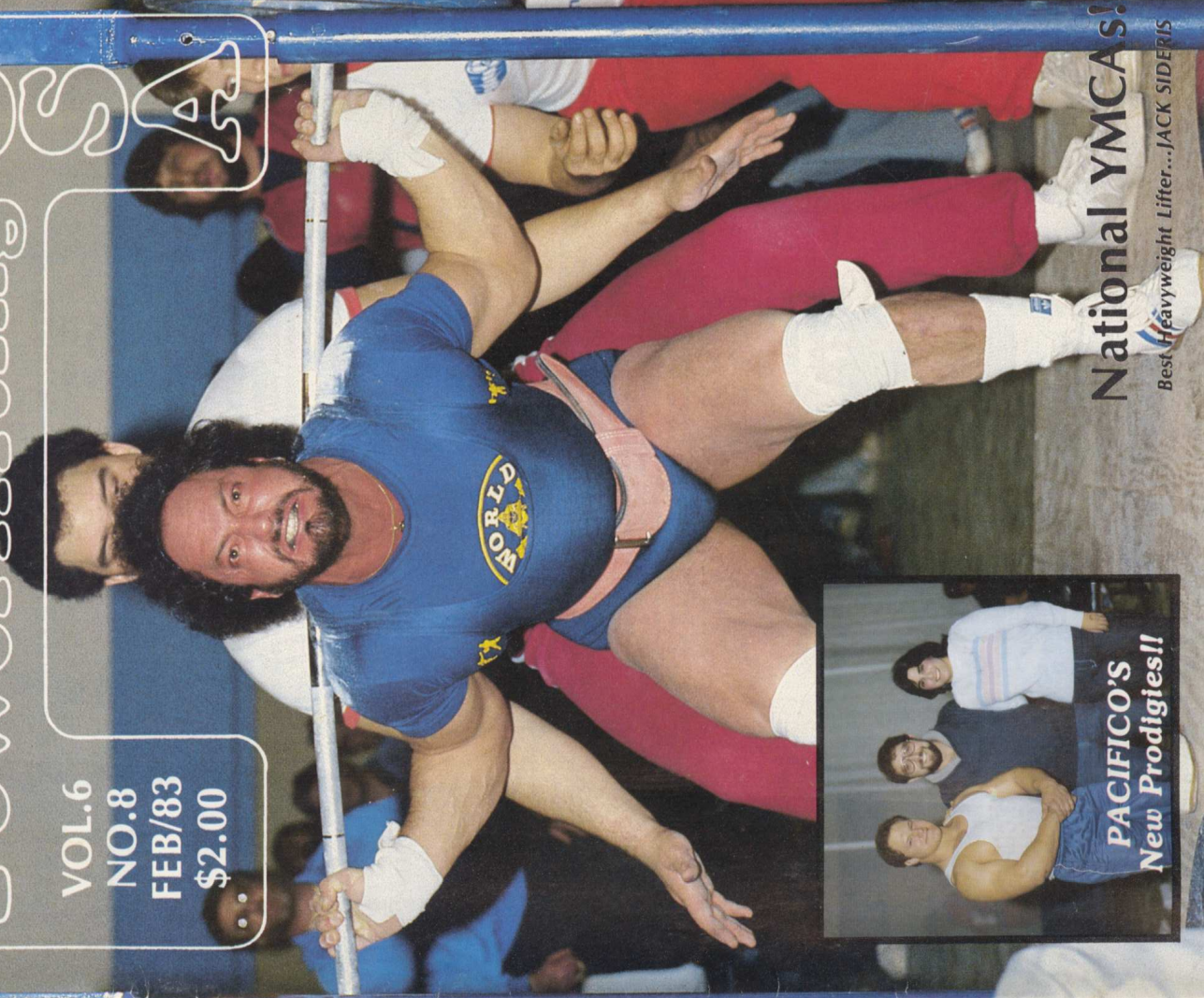
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Powerlifting-U.S.A.

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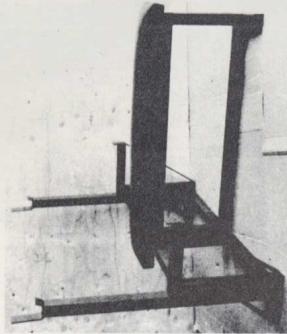


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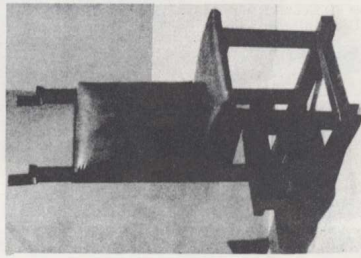
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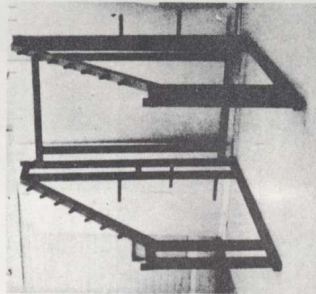
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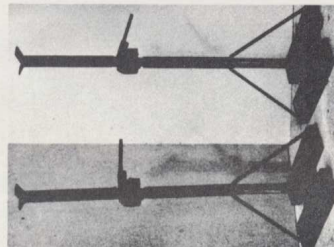
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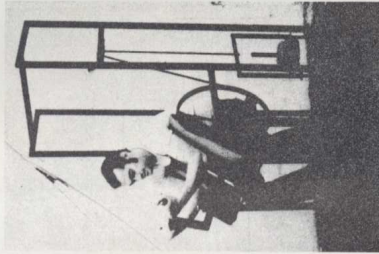
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February, 1983

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ON THE COVER...Jack Sideris won a tough 220 lb. class at the National YMCAs, and Larry Pacifico introduces you to 2 of his new lifting prodigies from the Power Elite team.

NEXT MONTH....the Women's National Championships

Powerlifting-U S A

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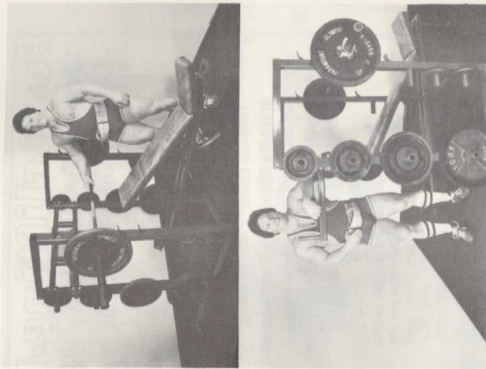
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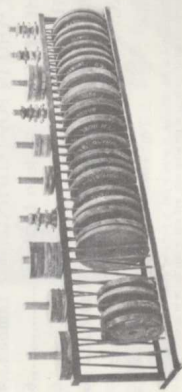
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The National YMCA Championships, under Gary Benford's direction, simply gets better and better. This year he made a major improvement by moving the contest from the dependable old Central YMCA location in downtown Columbus, Ohio to the North Branch, a very new and well equipped facility, which had a lot more room, better lighting, etc. The warmup area had several platforms and was very close to the competition platforms, so lifters could hear and see what was going on. Occasionally there got to be a crowd around the heavy platform that had to be cleared before the meet could go on, and the fans (800 bought tickets) in the back resorted to standing up in order to see over the people in front, but these are details that can easily be handled next time. Gary is planning to bid on both the Senior National Olympic for 1984, Senior National Power and the Senior National Olympic for 1984, with this same facility in mind for both contests, with the possible addition of bleacher seating, etc. By the way, the t-shirts commemorating the 1983 Y Nationals sold out rather quickly, but they can still be ordered if you're interested. They cost \$8 each, checks payable to Walt Sword, c/o Gary Benford, 40 W. Long St., Columbus, Ohio 43215.

Women lifters had a strong presence at this year's meet, adding scope to the competition and why not; they represent a considerable number of the registered lifters in the USPF now, 700-800 nationwide. Several of the girls were coached by Pat Malone and represent new, upcoming talent. Katie Haynes of Delaware, Ohio got her name and photo in the next days paper off her teenage record bench. Janice Johnson was especially impressive with great power and further potential in all her lifts. Her father related that she saw where she was standing



Ralph Caputo, was carried offstage by team members Dino Darbenzio and John Gentile after his win.

NATIONAL YMCAS

by Mike Lambert, Powerlifting USA



Tim Martin...roared up with his squats and took the 275 lb. title by storm. In the Women's TOP 20 list in the last issue of PL USA and that inspired her to go for some lifts to move her up in the rankings. A record holder Hiro (Isagawa) with 1,000 plus total and try at a massive 473 in the deadlift were indications of her quality as a lifter.

In the Men's Divisions, there were none of the normal 114ers, so the 122s started things off. Ralph Caputo had a great cheering section and really shocked some people with his great lifting. He was carried off the platform on the shoulders of his training buddies when he picked up that 1st place award. Doug Heath was very strong and will do better and better in the 122s if he stays there. He loudly questioned the lifting gods "WHY???" after missing his final deadlift, but it wouldn't have caught him up to rugged Ralph anyway. Freddie Higgins, who reminds one of Al Hart...the sensational bench of a few years back in both the 122s and 132s, had some problems in communication when his name was called, and ended up with another

Teenager Jerry Sylvia showed he's not just a deadlifter, with some balanced lifting sans competition in the 132s, and in the 148s Jim Finch did not have a lot of competition either, except with the record book, as he had been plotting to exceed both the squat and total marks (there was no IPF Drug testing in effect at this meet), but when he had to take his 1st squat attempt over that pretty much ended the quest to exceed both marks. Jim looks more muscular, stronger, and has an even greater aura of determination about him that at last year's Seniors. Whoever tangles with him at this



Jim Finch...was in great meet shape. Seniors will have an awesome problem to deal with. Pulizzi made some steady lifts, but the man who could have done battle with him, a lean and functional-looking George Niesvly, left early due to a squat bomb out.

In the Middleweights all the big names that were supposed to show up did not all show, but Robert Wahl was there, looking massive and extremely powerful, ready to show his stuff in this new weight class after cracking the World Record in the squat officially at the Mountaineer Open just a few months earlier. The World Record exceeding 727 squat that he tried came up a ways, and he seems to have a lot more potential at this weight, so 727 and more should succeed next time he goes out seriously for the record. His other lifts were well up as well, but Bob didn't win because he ran into an absolutely phenomenal teenager by the name of Ed Coan. His friend Bob Chetlin filled me in on some of the details about this relatively unknown lifter, who took the Illinois Jr. State title in 1982 with near 1500 and got 2nd in the Teenage Nationals with a ten times bodyweight total. He had



Jerry Sylvia...with a good attempt.

Drug Test Suspensions

Arnold Boström, Secretary of the International Powerlifting Federation, reports in a letter dated 31 December 1982 that the following lifters are confirmed as positive on the drug tests conducted at the 1982 World Championships: Y. Haatanen (Finland), S. Kierovaara (Finland), R. Darnell (Canada), S. Wulisse (Netherlands), R. Ekeroom (Sweden). They are, by decision of the 1982 IFF Congress suspended from international competitions in powerlifting for 18 months, from November 4, 1982. With these lifters being suspended the results of the 1982 World Championships have also been modified, with the biggest news for USA lifters being that Dave Schneider is now moved up to 2nd place in the 242 lb. class, and Finland is now placed 4th after Sweden in the World Team Championship standings.

Top 20 Corrections...L. Bertram should have been credited for a 270 deadlift and 585 total in the 105 lb. division, and Gayle Hall's 254 squat should have been listed in that class as well. Mick Everts reports that her bench of 181 in the 105-class has never been recognized by the IFF as a World Record, however it was set in May of 1981, outside the period covered by the TOP 20 list just published. Alys Johnson's lifts of 352 203 424 981 should have been on the list at 165. She was in a motorcycle accident that shattered her lower right leg, but is recovering and able to walk now.

Obituary...Jan Todd reports that veteran Iron Game writer, Dave Willoughby, recently passed away. It was also reported that Jan made lifts of 429 181, 462 in a recent meet, weighing 156.

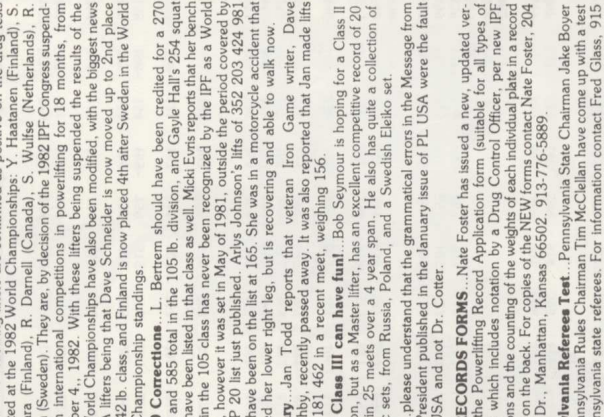
Even a Class III can have fun! Bob Seymour is hoping for a Class II total soon, but as a Master lifter, has an excellent competitive record of 20 awards in 25 meets over a 4 year span. He also has quite a collection of Olympic sets, from Russia, Poland, and a Swedish Eileiko set.

Errors please understand that the grammatical errors in the Message from USPF President published in the January issue of PL USA were the fault of PL USA and not Dr. Cotter.

NEW RECORDS FORMS...Nate Foster has issued a new, updated version of the Powerlifting Record Application form (suitable for all types of records) which includes notation by a Drug Control Officer, per new IFF regulations and the counting of the weights of each individual plate in a record attempt on the back. For copies of the NEW forms contact Nate Foster, 204 Harvey Dr., Manhattan, Kansas 66502. 913-776-5889.

Pennsylvania Redefers Test...Pennsylvania State Chairman Jake Boyer and IFF Pennsylvania Rules Chairman Tim McClellan have come up with a test for Pennsylvania state referees. For information contact Fred Glass, 915 Greenleaf St., Allentown, PA 18104

The COMEBACK of John Kuc!



His last lift... John Kuc pulls up his World Record 870 pound deadlift at the 1980 World Championships in Arlington, Texas.

PRESS RELEASE...I am sure 1983 will be another great year for Powerlifting. One of the events that will help it be so will be the return of the legendary John Kuc to the lifting platform.

What this four time World Champion has already accomplished borders on the unbelievable. He is the only man in either Power or Olympic lifting history to win World Titles in both the Super Heavyweight and 242 lb. class. John has not been defeated since 1971. He has set numerous World Records. He has held the 242 lb. class Deadlift record since 1974. When you think of the rapid turnover in records today you begin to understand the significance of his accomplishment.

What could inspire this man to compete again? He has already captured his place in powerlifting history. What words are left for him to brag? Only a challenge of unbelievable magnitude could lure him back.

John has found that challenge. To understand this, it is important to know why he retired. There were a variety of reasons that led to his retirement. Some weighed more than others, but the decision to do, his life situation was not where he would have liked it to be. These reasons all played a part in his decision, but the major reason for his retirement was the drastic increase in drug usage. What just a few years ago amounted to 10 to 20 milligrams a day for six weeks has escalated into unreal proportions in too many cases. It became increasingly more difficult for him to condone this abuse, especially when he feels it is not necessary. John truly believes that today's lifter does not need all of the drugs that some are taking. The sincere wish to prove this has led to the retiring desire that has motivated him in the past.

Sometime in the latter part of 1983 John will lift again. What will be unique about this is that he will lift without drugs of any kind. Testing will be conducted to validate this.

John will not be satisfied with just competing. His goal is to prove forward for the sport of Powerlifting. It will prove you do not need to endanger your health in order to be successful. Instead of drugs, John will substitute nutrition, supplementation and his own unique, hard training method.

The time and place will be announced with enough notice so that anyone wishing to be part of this event can do so. I am sure that all will join John the best of luck in his endeavor.

Bob Gaynor

POWER PROFILE

Larry Pacifico's New Prodigies Joe Ladnier and Christina Papalios as told by 9 time World Champ, LARRY PACIFICO



First it was the Bionic Man, then came the Bionic Woman, then the Incredible Hulk, then Superman, then Bridges, then came the World's Strongest Man contest, then the Strongest Man in Football, and of course, Powerlifting has been around for men since before 1963, and now there's Powerlifting for women. There is also now the Teenage Nationals for both sexes which brings this story to its beginning.

Joe Ladnier and Christina Papalios could be the strongest teenagers in the country. I would have said World but no official world records for teenagers are kept. Joe has won the teenage title three years in a row, once at 165 and twice at 198. Christina won it twice and was the champion of champions twice. Both times she was 123. We hope she stays 123 but Joe is going 220 for sure, in fact, he's 220 at this moment and doing unbelievable things here in Dayton. That's right, both Christina and Joe train at our Power Elite gym. I asked Joe to move here after the Seniors. He works three days a week in Richmond, Indiana (40 mile drive) for New Life Fitness Centers and three days a week at the P.E. Gym. Joe was training back home in Pascagoula, Mississippi with Larry Plumlee. Larry's fine coaching was an asset to Joe as his form is quite good. In fact, Joe holds the teenage BP record at 451, and total of 1807, in October he did a record of 457 at 220. Joe has the basics, all we can really do for him is to add atmosphere. We have plenty of that here. Some Joe's recent lifts include 678x5 SQ, 416x4 BP, 738 DL, 2 inches off the floor. And yes, folks, he's clean (no steroids)...many of you won't believe that, but I don't believe that Joe or Christina fear a test, any time, any place. I will put Joe in the top five in the world right now, and he just turned 19 years of age. Christina, I would say, is in the top five in her class, and she just turned 18. We are keeping Christina in the top five of the Women's Nationals this year. Two reasons. First she has a stellar injury and second she should be in a big league lifting team. At the Teenage Nationals in August she took home two titles, 292 and a record of 314. She did 335 ten days before but I stopped her there as we were expecting a big DL. In

the BP she hit all three, 132, 148 and 159. The 159 was a record for 2 minutes until Sheila Ward did 165. Then came the DL, 303 and a record 331, but missed 352 at the knees. Two weeks later she did a nice 345. Anyways her 804 total was a teen total record and that equaled the winning total at the women's worlds last year. Christina is a Senior at Wayne High School in Dayton and has a 3.91 academic average. She plans on either medicine or computer science for the future, and she plans to stay with powerlifting for at least another year.

Joe, on the other hand, plans to stay with lifting a long time. I expect him to be World Champion within three years or less. He's got a super attitude and is bright. He has made friends with several of the lifters here in Dayton and is moving along well in the spa business. Joe and Christina both train the same, only the weights are different. Currently they are squatting Sundays and Wednesday doing 10-8-6-5x5, 10. They bench the same on Friday 10-8-6-5x4, 10. DL comes on Fri-



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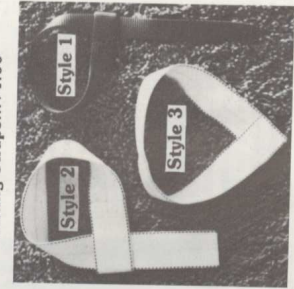
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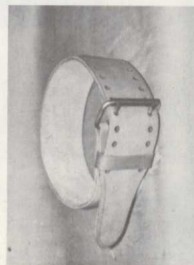


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TRAINING

TO DO SINGLES OR NOT TO DO SINGLES
 by Jon Smoker



Mike MacDonald, uses near max singles to check strength during his cycling weight classes. The single I will be shooting for at the end of my next cycle will be what I made at the previous meet plus the fifteen more I felt I could have made, plus fifteen for the extra body weight I will be picking up. The point is, the lifts made at the previous meet, especially if they exceeded previous bests, are, strictly speaking, reference points and only if all factors are equal will they be the lifts to hit at the end of a cycle. With a gym lifter one would have to devise some other way to pick the final lifts in a cycle, although after a while a pattern would emerge, such as a particular athlete consistently hitting twenty pounds less in competition than in the gym, so his final singles should be twenty pounds more than what they want to hit at the next meet.

Initially I would do a single every week, but even though they were not maximums, it did become a mental chore. Remembering what I had read in a British journal, that the body peaks and can therefore withstand a heavy workout every ninth day, I began doing singles every nine days and eventually it became every other week. The off weeks I hit a heavy triple on each lift among other things and as long as they are increasing, it gives me the confidence that my next singles will be there, that workouts are going good, and that my strength is increasing. Of course, this is not the only system for doing heavy singles in a cycle and one should shop around to see what is most comfortable for them. For example, Rick Gaugler has mini-cycles of four weeks within a bigger cycle, so that at the end of four weeks he hits singles heavier than the ones at the end of the previous four weeks. (When I first talked to Rick in 1977, he favored heavy triples, and I am not sure why he has switched to singles since then). Whatever system is chosen for doing singles within a cycle, it has to be flexible. If they begin to feel heavy, or God forbid, I should even miss one, then I tend to adjust the way Bridges does when he misses a heavy single: I crank my

Whether or not to do singles in training is an issue in powerlifting that has die-hard proponents on both sides. Those who are against them believe that they cause physical burn-out because they require a maximum output from the body with no physical gain. They argue that singles do not build strength and that if one persists in doing them, the body will just be repeatedly torn down with no chance for replenishment. Inevitably, the singles will lead to mental burn-out, or an aversion to lifting big singles. Far better, they say, to save that big stroke for the meet and shoot your wad all at once. Then you can gradually build yourself back up again as you take aim at your next meet.

Well, it is a free country, so I elect to demur with the preceding, as I do singles in my training and also have the lifters I coach do them. However, the singles we do are not maxes and there is a crucial difference. I think the aforementioned does have a lot of validity if one is talking about testing out maxes all the time. The singles we do are part of an ever-increasing cycle, and if everything is going according to schedule, they will always be ten pounds or more below the maximums we would actually be capable of on that given day. The cycles last sixteen weeks and singles are done on each lift every other week, or eight times. A reasonable goal is picked on each lift to be attained at the end of the cycle and the remaining seven are calibrated backward from that final single. Generally speaking, the jumps between the first few singles are bigger as one is merely adjusting to heavy weights that have been lifted before and smaller jumps are employed as one gets toward the end and is coming close to their previous maximums. The singles we shoot for are based on the previous meet's performance. Because the athletes I train, and myself as well, tend to be meet lifters (i.e., we hit bigger lifts in competition as opposed to the gym), we will be shooting for are the maximums we made in our last meet. I reason that when you hit that big lift 'code' is imprinted in the mind, and with enough work, that 'code' can be called forth in training. And, at that point, you are in a position to go beyond that and establish a new 'code' in competition when you have other factors going for you not present in the gym, like increased adrenalin secretion. By following this system, one can gradually inch their way upward. Of course the system is not built strictly on the weight handled at the prior competition as there are other factors to be considered such as, is the athlete gaining weight, did the previous cycle lift on the platform, etc. So, for example, my last meet I felt certain I could have done fifteen pounds more in the squat and I was still a couple of pounds shy of the weight limit. (I am in the process of changing

leaning forward a little on my heavy squats. I know it is time to step up abdominal work. In the bench press, more chest work is indicated if there is not enough initial drive, and if I am sticking at mid-point, then more tricep work is needed. In the deadlift, the drive good off the floor, is the lockout from the knees there, is the grip holding? If not, then adjustments must be made in the workout schedule, i.e., more rack work and shrugs to improve a poor lockout. 'Why not do triples or doubles to detect weaknesses?' someone might ask, which brings me to the second reason I advocate doing heavy lifts in a way that I do not believe triples and doubles can. Moreover, I have found that more injuries occur with triples or doubles because there is always that tendency to get a little sloppy.

So to get back to the original criticisms of doing singles: with my system, does one experience physical and, ipso facto, mental burn-out? No - because one is not doing maxes all the time and the singles that are done occur only every other week. To answer the other main criticism, the big stroke IS saved for competition. I realize that whether or not one should do singles is going to continue to be a debated topic, so I am not pretending them at all, someone might ask? The number one reason is that problem areas are immediately detected and can be corrected. If I notice myself

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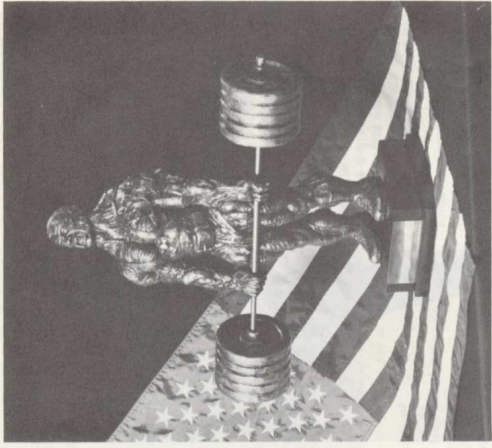
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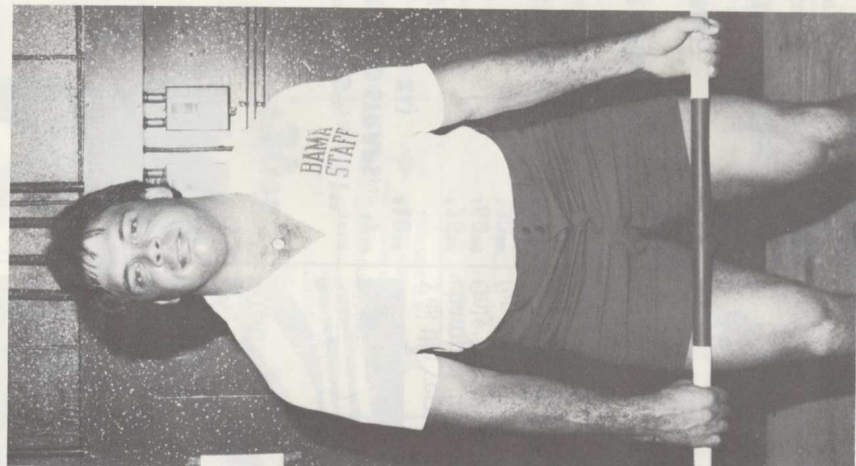
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POWER PROFILE

Richard Sandlin...Power Plus a PL USA Power Profile by Vines Turk



The Senior Nationals are without question the most emotional contest of the year for powerlifters. Larry Pacifico's Dayton meet was a prime example of such emotion. Not only does this meet provide excitement, it also excites those who paid the price and became known as the ones to look out for.

Richard Sandlin is such a lifter. To say Richard entered some heats in Dayton is an understatement. While many of the biggest lifters were busy huffing, puffing and showing their 21 inch arms off, Richard was busy racking up a 2083 total. The smallest man in the class (age 23). In fact, Richard looked more like a big 242 man than a 275. More and this is a credit to Richard who believes in efficiency, efficiency, and more efficiency when it comes to lifting.

I recently spoke with Richard and discussed with him his history and training system. Richard started training for powerlifting for over 10 years ago as a student at the University of Alabama in Tuscaloosa. As a student lifter Richard became obsessed with getting stronger at each power meet he entered. Along the way he found his studies fighting his way he found the bulk of his daytime hours in his intense system of Richard's training was born. What this system boils down to is this:

1. Train on Monday, Wednesday, Friday only. Workouts are short and intense.
2. Train smart - use your common sense to make gains.
3. Train very hard when a heavy day is up. No excuses. A heavy day is just that - heavy.
4. Avoid at all costs the more is better syndrome when working out.
5. Eat only lean meats, fruits and vegetables.
6. Take supplements only as they are meant to be. This applies to both vitamins and protein. Modest amounts are far more than the body ever truly uses.
7. Get your rest daily and on a clockwork basis. Rest is critical for gain.
8. When not training use your spare time to develop an intense positive attitude toward your lifts. Don't just dream about those big numbers.
9. Treat your body as a sacred system. Treat it with respect as it has a limited supply of energy off which to live and train on. Contrary to what many lifters think, the body can and will wear out when abused. Overtraining is the number one factor involved when this occurs. For a lifter to think he can train a different bodypart each day and still make gains in unwise, Richard feels the only thing a lifter gets out of those daily blasting sessions is a disappointing total come contest day. Obviously, this is nothing fancy, just a lot of com-

Rich and Vines Turk are planning a book on strength training. Turk photo mon series, meshed perfectly with precise training regimen. I found Richard to be very academic about training. His workouts are well planned and executed to perfection. How else could a guy only 23 obtain such tremendous lifts.

Another factor I noticed in Richard is his make personality in regard to lifting. He takes things in stride and makes allowances for those off days. I honestly believe the Monday, Wednesday, Friday system Richard uses is as smart as it is effective. I myself have made some dramatic changes in my training (per the advice of Richard) and my lifts are up to show for it.

As we all know lifters are famous for talking big and delivering much less on the platform. Richard doesn't make predictions. He trains and lifts to win. Physically, he is very muscular and stands 6 foot 2 inches tall. His average bodyweight is 235-260 lbs. Rich also had the rare ability to pick the right parents as Mike Menzer would say. That's right, Rich has top quality genetics ala Larry Pacifico - Mike Bridges, Bill Kazmaier to name a few.

So what else is needed? Time. In a very short period of time you will be hearing a lot from this man as he is on the move. Don't expect yells, screams and wild theatrics. All you

A - Only for the past ten months. Previous to that I experimented with various programs most of which were haphazard, etc.
Q - You don't eat a lot for a man of your size - why?

A - I've never been a big eater. I only eat when I'm hungry. However, I do eat a fair amount of carbohydrates with each meal. I just can't gorge myself.
Q - How are you able to lift so heavy so often?

A - I like to train heavy all the time. I do not train at maximum capacity ever. I may train up to 90% but not over it. This way I don't over train. Over training is the No. 1 reason for not being able to lift often. The joints simply can't take it. Training heavy does not mean maximum poundage each workout.
Q - You do a lot of mental preparation to lift - could you explain how it works?

A - Sure, all it is, is the making of your mind to pay strict attention to your objective. The objective is to lift heavy weights, 9 out of 10 lifters are not mentally prepared to train let alone compete. You must concentrate in a controlled state off the platform. On the platform you simply let the energy level release and go for it. For example, you are attempting to squat 700 lbs. You've never done it before. So you get an element of doubt in your mind as to your ability to do it. So, what do you do - you simply think of it the same way it felt the first time you squatted 600 lbs. Thus because you made 600 lbs and surpassed it you can do the same with 700 lbs. People

Big Squatter... Rich burrows out from under a heavy one at the Seniors.

ple make the big lifts hard on themselves. All you have to do is concentrate.

Q - What about vitamins and supplements?

A - I use very little of these items because I doubt their ability to increase lifts. Supplements are meant to be an aid not a cure.

Q - What are your plans for competition?

A - I'll enter three to six contests between December 1982 and the next Senior Nationals.
Q - Do you employ any bodybuilding exercises in your program as many lifters seem to know?

A - Yes, I love the short, intense program far more than any other

known.

SQUAT & BENCH CYCLE

8 week back cycle -- 2 workouts/week; weight moves up each week.

WEEK 1 - Monday - 7 sets of 10 (10-10-10-10-10-10-10) - Sounds like a lot, I know but we're building a base to peak at the end of the eighth week. Athletes need work and now they're getting it.

Aux. exercises:
1. Close grip bench - 3 sets of 5 ascending weight. EX: 150x5, 175x5; 225x5.
2. Tricep pushdowns - 3 sets of 10 ascending weight. EX: 80x10; 90x10; 100x10.
3. Double chest - 3 sets of 10 ascending weight EX: 10 platesx10; 12p x 10; 15px10. Friday - repeat Monday.

WEEK 2 - Monday
10-8-6-6-6-6. Back down to sets of 6 but up the weight substantially. Increase weight on each set of 6. Aux. exercises: Same as WEEK 1.
Friday - repeat Monday.

WEEK 3 - Monday and Friday - same as WEEK 2.

WEEK 4 - Monday and Friday.
10-8-6-6-6-6. The first 3 sets are your standard warm up but the 3x4 should increase with each set.

pause on the last rep of each set of the 3x4.
Half way point...

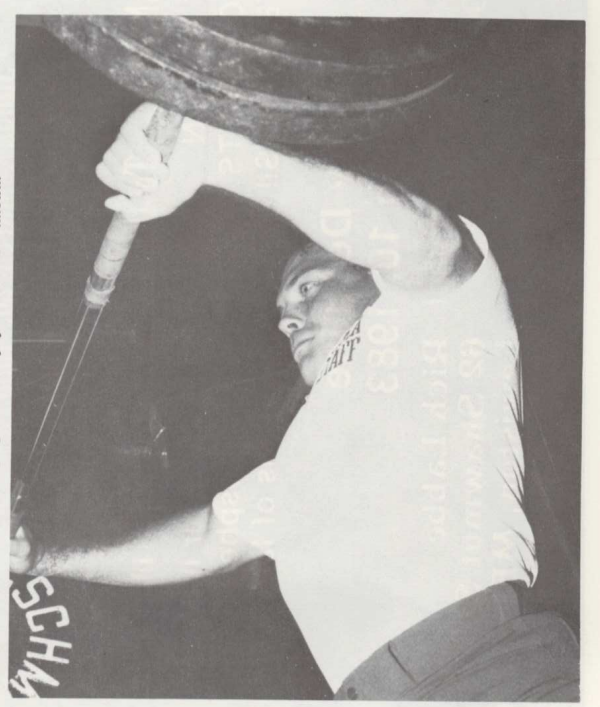
WEEK 5 - Monday and Friday
10-8-6-6-6-6. Increase weight on each set of 3x3. Pause on the last rep of each set. Aux exercises: Same.

WEEK 6 - Monday and Friday.
10-8-6-6-6-6. We're now peaking and should be ready for heavy weights on the doubles. Aux exercises: Same, except drop the weight on double chest to a maintenance and stretch level; set 2 reps same.

WEEK 7 - Same as WEEK 6

WEEK 8 - Monday and Friday.
10-5-3-1-1-1. This is it; the peak. First first 3 sets are warm ups. The 4th should be at least 85% of your competition's anticipated EX: 135x10; 225x5; 315x3 (400 lb bench); 340x1 (85%), 380x1 (95%), 400x1 (100%); then the new max, generally running 3%-4% over the max (old) 410-415x1. After maxing out, come back down to first set of 1 and do a set of 4 and a set of 3 then 225x5 and something like this: 340x4; 340x3, 225x5.

Benching... Rich pumps out a rep or two for the camera of Vines Turk





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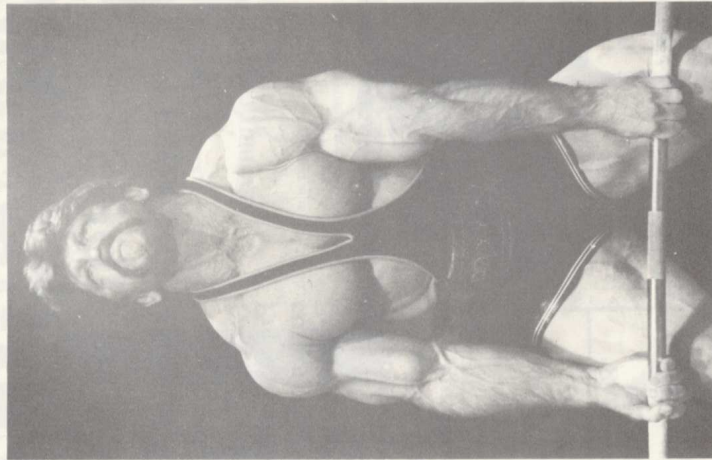
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FEAR AND LOATHING ON THE CONTEST TRAIL (GRISLY SAGA OF A FIRST MEET EXPERIENCE)

by David Anderson



It was the time of the morning between dark and dawn when it's very difficult to see. Everything was a dull gray-orange color. The head lights didn't seem to help so I switched them off. I cranked up the radio a little more. So what if it wakes everyone else up. Let them drive if they don't like it.

I cracked my window. It was warming up and I needed some fresh, cool air. I guess we're still on the right road. This is supposed to take us to a little town just southwest of Dallas where the Class III powerlifting championships of the world, or whatever it's called, is being held.

There's always one guy who's been to every city in the United States and knows just how to get there. Right now he's dead asleep in the back seat with his face pressed against the glass. Guess I won't wake him. He looks kind of pitiful with his face all contorted like that. After all, he has to lift today and he's been up since 4 a.m. Wait a minute, I have to lift and I've been up since 4 a.m. too. There are 6 of us in the car (I've got bad tires). My clutch is slipping.

So it's difficult for me to turn around, wake him but finally manage to. Are we still on the right road? He raises his head, leaving drool and a grease spot on the windshield. Checks one eye and mumbles something like for 'yes', then goes back to sleep with a thud of head meeting glass.

We're at the gym at 5 a.m. The guy that knows I said it was about 3 by the way, says it's 8:30. We should be at least half way there because I've been driving a half an hour and it's an hour and a half. A little more volume on that radio is what I need.

I wish now we had driven down the night before and stayed in a motel. Oh, I forgot, they make you pay to stay in the things. Besides, I don't think there is a motel where we're going. Town's too small. More volume on that radio.

We finally arrive and find the place after asking at every gas station in town (I think it was an Exxon). All right you mullers, pile out and get your gear out of the trunk. Let me sleep. I don't want to lift. After a little coaxing and some name calling, we all make it inside.

Everyone makes weight except one. He pines, craps, pukes, spits, squirts, heaves, spews, gags and gives himself a nose bleed and finally makes it. Let's get some grub.

We find the only place in town open this early. There are 1,200 powerlifters of every size, shape, color, creed and religion standing in a line outside. We file in and finally get to eat sometime later. I have 7 pancakes, (carbs are good), 4 cups of coffee (I have to wake up), a glass of juice (Vitamin C, you can't get too much) and down enough supplements to make even Bill Starr fall back in amazement.

As we're loading up to go to the meet site, one of the guys says 'Hey, I know this theater back in Dallas that shows 3 Stooges flicks every Saturday morning. My little cousin talks

the group (on the squat). Oh well, we needed someone to watch our stuff and re-roll our traps. I find out the meaning of the word 'pause'. While pausing under my first back attempt, I didn't time to reflect back on 'nause'. One of our guys does a stiff legged deadlift on his first attempt. We assumed he knew how to do deadlift, properly. After a crash course in the warm up room, he gets three good pulls on his second and third attempts.

All in all, we were a big success. Our 'bar' placed 5th out of 6 (we weren't best). Tucked out of the place and some of us came real close. I went 9 for 9. Boy, does a suit and wraps actually help the squat, don't they? We had no injuries except one bad case of wounded pride. We even took a 'warm' photo. Wait til the bunch back home see this. They'll be green with envy. What a line up of beasts!

The drive home is a lot more pleasant than the drive to the meet. I need some grease. We stop in some small town and we each eat a huge soy burger, fries, an RC, a moon pie, a frozen banana, a shake, and a cherry spate. Then I take a bunch of C. (you can't get too much).

We talk about all the 'what ifs' and 'if I had on's' and what we thought about the judges ('God's mercy on us' walked one guy before the meet', 'Red light Rodney' is head judge'). There were the usual comments about all those other guys' being on gorilla hormones.

I think we all gained a lot of valuable knowledge and experience and a small sense of pride and accomplishment. We did our best. Few of us placed but we got our feet wet and now had a meet under our belts. Muller? Me? Are you kiddin'? I'm a POWERLIFTER! Lots of volume on that radio.

It's going to be hard to be humble at the gym now. I plan to train like a beast and I vow that one day, my name will strike fear into the hearts and souls of Class IV powerlifters and competitors everywhere.

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First Meet even the greatest lifter has to start somewhere. Roger Estep's 1st meet, the Junior Ohio Championships, was in 1973 and he went 1520 weighing 193.

It's a very long meet, well run; but it takes time for 1,200 people to lift. We only have one bomb out from about it a lot. Let's blow off the meet, buy some beer and drive back to Dallas and check it out. First meet jitters.

We get back to the meet site and get in line for the bathroom behind the 1,200 powerlifters from the breakfast place. The bathroom at a powerlifting meet is a vile and inhuman place.

O.K. Let's get started. I've been nervous too long. I'm ready to lift and get it over with. Everyone starts trying to figure out how much he 'declared' for his openers. At the time all we were concerned about was food. Most of us found we were 'kilo crippled'. One guy found he was opening with 1,603 lbs on the squat. We got him straightened out before the lifting started. 'Boy, these kilos are for the birds'. 'Yeah, chalk another one up for communism!'

I'm a little confused. 'I tried to tell you guys to familiarize yourselves with kilos but no-o-o-o!' O.K. Let's hit the warm ups. It's about 10 or 10:30. Most of us won't lift for quite some time. We wonder why we're the only ones in the warm up room. One of our guys has actually been to a meet before. He finds us, drags us out of the warm up room, and tries to explain to us about 'spacing' our warm ups. Huh?

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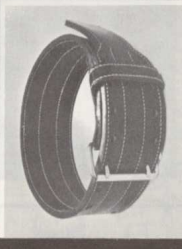
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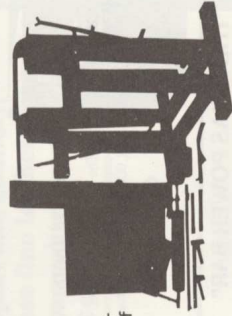
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165	1625	1455	1322
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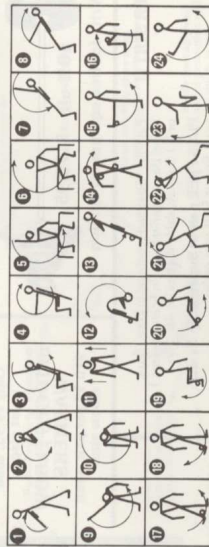
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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

by Jud Bياتotto, Ed.D. and Ed Ritter, Ph.D.

people do not try to lift heavy weights and not being able to budge a mere three hundred pounds in the deadlift is of no consequence to them.

To the extent that you're similar to most people, such rating scales like the SRRS can be helpful in analyzing your level of stress, but problems arise when you have very special interests and needs. In this sense, most serious weightlifters are quite special, and it is not unusual for the non-lifting population to think you're weird for worrying about your 'total'.

Therefore, it will be up to you to help analyze the types of situations which are particularly threatening to you. In other words, you have to know what's really important to you, as well as learn how to achieve these goals and protect yourself. If you're known as 'Dr. Squat' then maybe you don't care so much about what you're doing in the bench press so long as your squat is fantastic.

One very interesting result of attempts to categorize the types of life events which cause stress is the discovery that 'good' events are also stressful. Getting married, winning contests or even large sums of money and other rather 'positive' events can change your life in very significant ways and require you to make adjustments that are very stressful.

Reactions to Stress

With respect to the second way of looking at stress--the reactions of individuals, Dr. Hans Selye, the 'father of stress research', has determined that there is a predictable sequence of reactions to stress. All serious stressors, when prolonged, cause the individual to go through three stages which Selye calls the General Adaptation Syndrome (GAS). The first stage is called the alarm reaction. In this stage, the body's defenses are called upon to counteract the effects of stress. The autonomic nervous system is excited, the heart rate increases, more adrenaline is secreted, and the level of acid in the stomach also increases. These arousal reactions strain the body's resources.

If the stress does not subside, the individual enters a second stage called the stage of resistance. During this stage, the body attempts to repair the damage or imbalance that was caused by the excessive activity of its own defense mechanisms, but at the same time, the individual continues to try and make an adequate adjustment.

During the first two stages, the sympathetic nervous system is the primary line of defense. However, if the stress continues for too long, all of the energy sources of the individual may be utilized, and an overwhelming counter-reaction may occur in which the parasympathetic

response that strains the resources of the individual. So whether or not an event is stressful depends not only on the nature of the event itself, but on the abilities of the individual and his resources. The manner in which the individual attempts to deal with stress can determine whether or not he goes through the three stages of the GAS. Hopefully, you are already using effective coping techniques to solve your problems or at least mitigate the stress before you enter the third stage. However, some attempts to cope with stress are maladaptive and produce additional risks to health. For example, the lifter might increase his use of steroids or other drugs to the point where they are counterproductive.



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BOOK REVIEW

Bench Press, formally titled *The Theory and Practice of and Training for Power in the Bench Press* is just out and in reviewing a copy, I'd like to say first off that it has a unique, no questions asked guarantee policy. 2nd, it is written by someone who has been grinding away in the gym for years, and tried a lot of things and finally found a system that created his bench twenty per cent in one year without increasing (in fact, LOWERING) his bodyweight. There is an excellent discussion about positioning oneself on the bench, hand position, and other technique matters. The cycle described for benching is based on 7 stages, and is easy enough for anyone to understand. Key assistance exercises are examined in a subsequent section of the book, as are steroids and nutrition. Ron says his book is not for the beginner, but more so for the lifter who has trained for some time and never gotten the bench up to where it seems it should be and/or someone who has 'run stuck' at a plateau for weeks, months, even years at the same weight. To someone in that category, I would recommend the book, especially since there is a money back guarantee. Mike Lombert.

POWER PROFILE

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

Hideaki Inaba his training and future plans by Susumu Yoshida

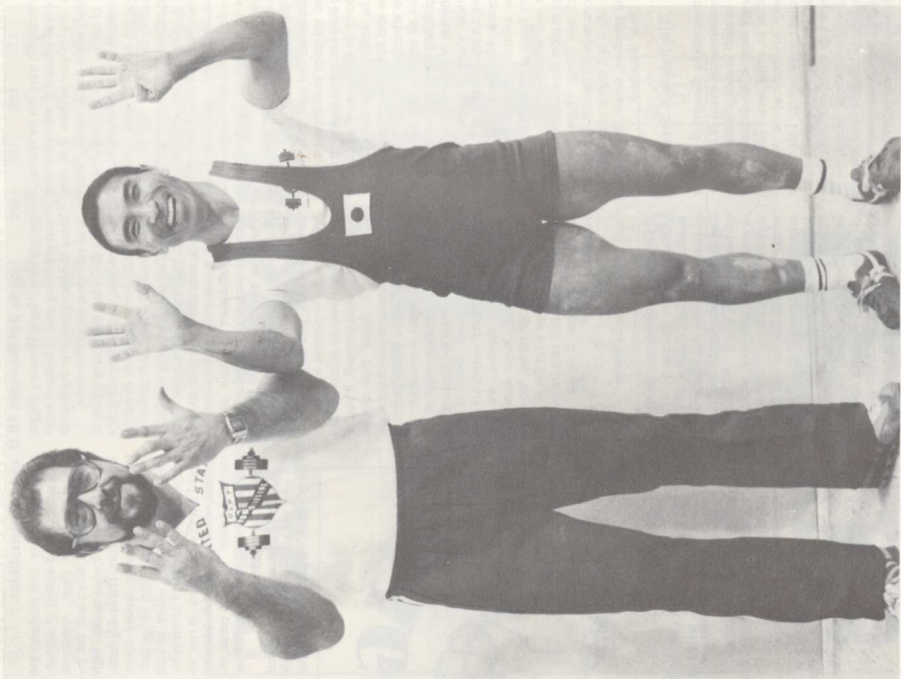
In 1982, Hideaki Inaba won his 9th World Championship title, the same number of world titles as America's Larry Pacifico. This is quite an accomplishment, but now he has a new goal, to win his 10th World Championship title. Since the beginning of Powerlifting history no one has won 10 championships, but that is what he is aiming for in 1983.

In the fall of 1982, Inaba's condition was very good. At the Japanese World Team selection meet in September, he squatted 233 kilograms at a bodyweight of 53 kilos. On October 3rd at the meet in South Africa, he made 227.5 kilos, and again on October 17th, at the Japan Cup, he succeeded with 237.5 kilos in the squat. 2 days before leaving for the World Championships in Munich, he squatted 245 kilos. Inaba thought that Joe Culos might be competing for the United States in Germany (his world record is 242.5 kilos), and he felt good because he can usually do 5-10 kilos more at a meet than he does in training. However, when I met Inaba in Munich, he was disappointed. Inaba and his team makes off to Germany, he told me that he had just been sick with fever and vomiting had not been able to eat anything. He understood that at this year's World Championships there would be drug testing, so he couldn't take any medicine for his ailment.

Right... Larry Pacifico and Hideaki Inaba, each show how many times they've won the World title.

After the championships I had an international telephone call from Mr. Inaba and he told me that he had won the competition with 225 110 217.5. He told me that the victory was wonderful, but his sickness was still not completely well. He told me that Dunbar had been his biggest competitor. On November 13th I met Inaba back in Japan and he talked about the meet. He felt sorry that his condition wasn't the best. Even though he felt he did not do well, he still wants to win the 10th World Championship. He told me several times "I will... I will... I will make the 10th World Championship." Dunbar and Culos are both very strong, but Inaba will never give up.

In the coming year, he plans to total 580 kilograms. Powerlifting is his joy of life. It gives him much happiness and through Powerlifting he can make lots of friends all over the world. He loves Powerlifting deeply inside of his heart. He showed me a picture taken with Pacifico with 9 fingers showing (for each World Championship), with Ken Leistner and John Gamble, his new friend. He really enjoys Powerlifting deeply.



TRAINING YEAR SCHEDULE

Dec-Jan-Feb... Long Layoff because after 2 months of practice, he is not in the condition yet. But after the Japanese National Championships he trains continuously for the World Championships.

TRAINING WEEK SCHEDULE

Sunday... at his home, light assistance work with his family.
Monday... at the gym, heavy benches 10-15 sets, light squats and deadlifts 5 sets.
Wednesday... at the gym, heavy squats 10-15 sets, light benches and deadlifts 5 sets.
Friday... at the gym, heavy deadlifts 10 sets, light benches 10 sets, light squats 5 sets.

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2-3 years ago he only lifted weights at home, but now he trains at Kodaira training center, squat and bench press and deadlift 3 times per week, heavy, day 10-15 sets. On Sunday he spends time with his wife and kids, and does assistance work with them. Except Sundays, he doesn't do any assistance work just powerlifting. When he starts his training, he does light weight repetitions, many repetitions, but when the competition gets close he does heavy maximum singles. When he practices, it lasts about 2 hours.

He changes his workout according to his condition. He will do 10 sets on a light day, and 15 sets on a day when he wishes to work hard.

Regarding his nutrition; he likes traditional Japanese food. He doesn't like Western food, hardly eating it at all. In the morning, he eats soybean paste soup, Japanese style cabbage pickle, and rice. For lunch at work, he eats at the cafeteria, the same as his coworkers. For dinner he eats at home, and his most favorite is raw fish (sashimi), and sushi. He likes a lot of raw fish. He doesn't like steaks, like Western weightlifters. When he went to South Africa, I heard every night in the bedroom "Oh, I want to eat sashimi, or... I want to eat Japanese style soup," always I heard these comments. I think it strange, as a powerlifter, for Inaba not to like meat dishes. After his victory in Munich, they looked all over the place to eat sashimi in a Japanese restaurant. He does not eat protein powder or vitamins. He wants enough of what he wants, that's his diet plan.

His usual bodyweight is 54 kilograms. He is thinking to go up to the 56 kilogram class, after winning his 10th World title, but that is not sure yet.

HEAVY SQUAT WORKOUT

(at the start of a cycle), 120kg 2 sets of 8 reps, 140kgx2x6, 160kgx2x4, 180kgx2x3, 190kgx2x5, 130kgx2x7.

(in the middle of a cycle), 140kgx2x6, 160kgx2x4, 180kgx2x3, 200kgx2x1, 170kgx1x4, 150kgx1x8.

(before competition) 120kgx2x8, 140kgx1x6, 160kgx1x4, 180kgx1x3, 200kgx1x1, 210kgx1x1, 220kgx1x1, 230-245kgx1x1, 130kgx1x8

HEAVY BENCH WORKOUT

(at the start of a cycle), 60kgx2x10, 80kgx2x8, 100kgx2x6, 70kgx2x6, 60x2x10 (in the middle of a cycle), 60kgx2x10, 80kgx2x8, 100kgx2x4, 110kgx2x1, 90kgx1x6, 80kgx1x8, 70kgx1x10, 60kgx1x10.

(before competition), 60kgx2x10, 80kgx1x8, 100kgx1x3, 110kgx1x1, 115kgx1x1, 117.5-120kgx1x1, 100kgx1x5, 90kgx1x8, 80kgx1x10, 70kgx1x10, 60kgx1x10.

HEAVY DEADLIFT WORKOUT

(start of the cycle), 150kgx5x4, (middle of the cycle) 150kgx2x4, 180kgx2x3, 200kgx2x2, 170kgx2x4, 140kgx2x4.

(before competition), 150kgx1x4, 170kgx1x3, 190kgx1x2, 210kgx1x1, 215-230kgx1x1, 190kgx1x3, 170kgx1x4, 150kgx1x4.

(Translated from the Japanese by B.N. Liu and In Joo Lambert).



Inaba's Family...wife Toshie and sons, Hideki and Yukio (Yoshida photos).



Training for the deadlift and (below) with a 594 partial squat attempt.



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NATIONAL REFEREE CERTIFICATION PROGRAM

The process of re-certifying all national referees was explained in the October, 1982 issue of this magazine. Referees not having been re-certified by March 31, 1983 will no longer be registered as national referees. A listing will be made in PL USA of all certified referees shortly after April 1, 1983. Again, those not appearing on the list will no longer be considered national referees.

At this point 63 card holders have re-certified. For the size of our Federation, there surely are many more who would wish to validate their cards. I believe it is important that we not only re-certify as many national referees as possible, but encourage those with the requisite time (2 years) as a national referee, to take the Category II test. New rule changes make it more important than ever to have qualified Category I and II referees.

Let us once again review the process:

- All national card holders who received their cards prior to July 1, 1982 must be re-certified. Even those receiving their cards after that date should apply for a control number to make sure they are on the final list.
 - To accomplish this, send your referees book or a photocopy of the pertinent information on the first two pages to John F. Luthy (5034 Tinker, Boise, Idaho 83709). I will issue a control number, register you on the official national referees list and issue a validation sticker which must be placed in your book on the inside back cover. Should you send your book, it will be stamped, signed and returned to you properly validated. There is normally only a 24 hour turnaround for this process. Remember, I need your name, current address and phone number for the registration.
 - Those having cards issued prior to January 1, 1979, must enclose a check for \$4.00 payable to the USPF to help defray the cost of renewal.
 - To be valid all national referees cards should be signed and have a photograph as well as address, telephone number, etc.
 - Once completed, the National Referees Register will serve as the Federation's official referees list. From this point forward re-certification will be done every 3 to 5 years (still undecided). I should hope that all State and Regional chairmen will also have copies of the Referees Register.
 - Category II and II International Referees do not need to be re-certified in this process, but will be listed on a final USPF registration.
- The process is fairly straightforward and takes only the decision to remain a certified national cardholder. Those having lost their books must apply to Mr. Frank Wilmoth, 1101 S. Missouri, Liberty, Missouri 64068, who is responsible for issuing cards and patches. Re-Certification cannot be accomplished without a card or photocopy of a card's pertinent information. At this point the process is proceeding well. If you have any questions or if I can help in any way please call or write. Let's get everybody re-certified and have as many as are eligible take the Category II International Referees exam. We can then get back to doing what we do best - setting records.

To powerlifting, John F. Luthy, Certifications Coordinator

Monster Lift. Jim Caldwell relates that Jess Wood handled as much as 1005 for 2 reps in the squat in training, weighing 205, back in 1978. When rules were changed on wraps, etc. way back when, Jess protested, and I believe did not compete in an organized meet again, but continued to make periodic exhibition lifts with enormous poundages. Jim Caldwell himself was benching 530 at 240 bodyweight, at 42 years of age, in 1978.

Dollar per Entry. The rule that was passed back in 1978 that a dollar from each entry fee should be sent in to the U.S.P.F. will be implemented beginning 1 January 1983. In the absence of television revenue, this is the best way to raise money to send the U.S. teams to Australia and to Sweden.

Jim McCarty. was in the hospital for over 10 days, with pneumonia and blood poisoning. This setback has affected his lifting as well as his mail order business, but he hopes to get everything back together real soon.

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High blood pressure is dangerous and should be dealt with immediately. Never mind what I'll do to your total; it may bomb you out of life! In this month's Nutrition Corner, I'd like to deal with some recent findings about diet and hypertension.

Aside from your eating practices, elevated blood pressure may be affected by smoking, your genetic heritage, your weight, race and the amount of mental stress you endure.

For lifters, the physical stress of increasing poundages also adds to the elevation of blood pressure. Research studies are now showing that a person's body weight may be the single most important factor in the etiology of hypertension. The point of the story is caloric intake and its direct effect on blood pressure.

(edema). The National Academy of Sciences, the Department that sets the daily dietary guidelines, suggests not to consume over 2000 mg of sodium (equivalent to about 5 grams of salt) on a daily basis. I do believe, however, that sodium is a vital nutrient. Sodium is necessary for the maintenance of blood volume and cellular osmotic pressure. It is required in a somewhat greater amount according to the amount of exercise performed and the resultant amount of perspiration. Therefore, it is recommended that the use of table salt be restricted, so one can rely on the variety of vegetables consumed daily to supply the necessary amount of sodium you need. Believe me, three reds for salt tablets!

Another interesting and somewhat puzzling finding indicated that cardiovascular conditioning, without the benefit of lowered sodium intake or a lowered caloric intake, would result in the decrease of elevated blood pressure. It is safe to say then that both diet and exercise play vital roles in the control of hypertension.

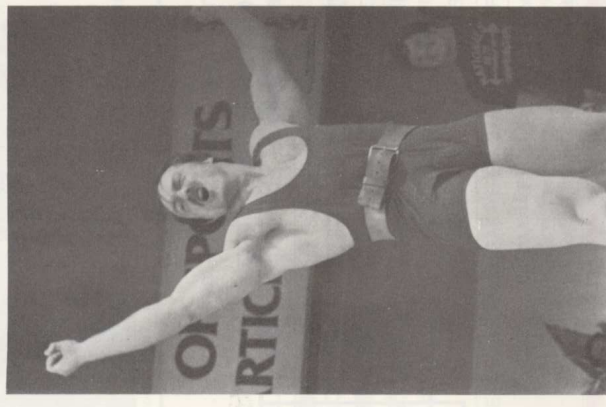
After review of all the studies involved, I am convinced that we as weight trainers and competition

lifters, as well as the rest of the US population, consume excess sodium. The excessive use of sodium is a learned taste which is nutritionally unnecessary and potentially dangerous. It is attributed to involvement in elevation of blood pressure and to the retention of excess fluids (edema). The National Academy of Sciences, the Department that sets the daily dietary guidelines, suggests not to consume over 2000 mg of sodium (equivalent to about 5 grams of salt) on a daily basis. I do believe, however, that sodium is a vital nutrient. Sodium is necessary for the maintenance of blood volume and cellular osmotic pressure. It is required in a somewhat greater amount according to the amount of exercise performed and the resultant amount of perspiration. Therefore, it is recommended that the use of table salt be restricted, so one can rely on the variety of vegetables consumed daily to supply the necessary amount of sodium you need. Believe me, three reds for salt tablets!

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both water and sodium excretion from the kidney are somehow regulated through the prostaglandins.

Protein has recently been investigated regarding its effects on hypertension. It is suggested that too much protein may increase the likelihood of vascular disease. It is also viewed that excessive protein promotes hypersecretion of calcium from the body. Over-protein like over-training can do more harm than we realize.

It is well documented that alcohol may increase blood pressure. Moderate levels seem to vary in response as to the degree of effect, if any. However, the heavy, consistent alcohol abuser with a subsequent lack of nutrition will consistently show elevated blood pressure.

Finally, the micronutrients such as zinc, chromium, copper, cobalt, manganese, vanadium, molybdenum and selenium all serve as vital co-factors in the regulation and balance of body fluids. It is well to remember them that a balanced, varied diet ensures proper nutrient supply.

In conclusion, most of us link on-ly sodium with elevated blood pressure. In reality however, other factors such as calcium intake, potassium/sodium balance, protein intake, fatty acids, alcohol, caloric level and cardio-vascular conditioning may all play a vital role in the regulation of normal blood pressure.

Why not take a few minutes and stop in at your local health clinic and have your blood pressure checked.

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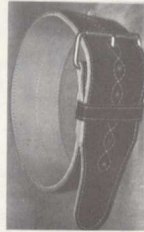
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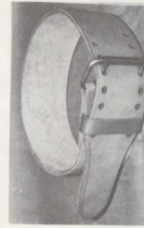
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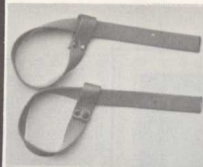
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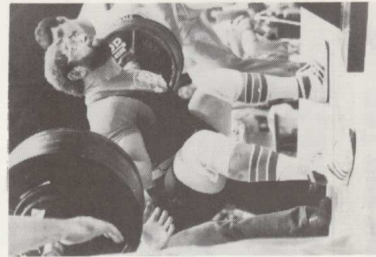
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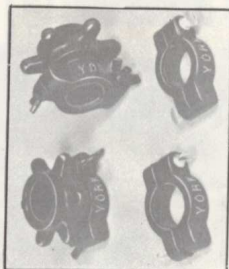
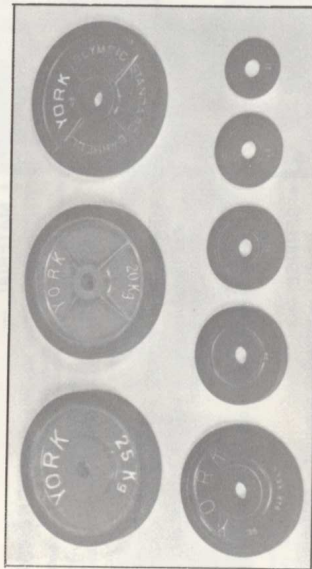
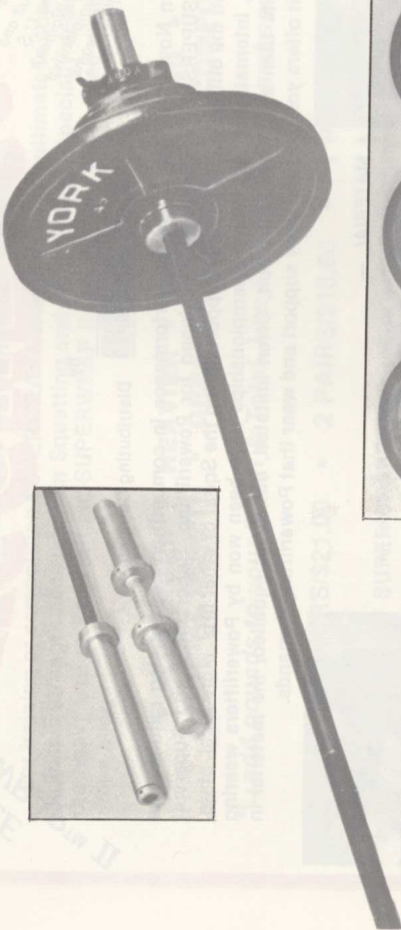
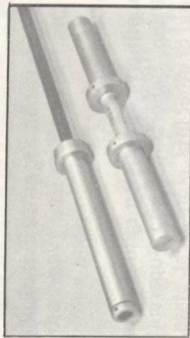
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STARTIN' OUT

A special section dedicated to the beginning lifter

Timing Your Warmup Sets At The Contest...by Brad Salter

Often, warming up at a contest is a haphazard and difficult task simply because a lifter is unsure how to time his warmups correctly. If he is warm too soon or of he doesn't finish all his warmup sets and is still cold, it will hurt his performance on the platform. Also, if his mind is preoccupied with timing his warmups correctly, then he is unable to concentrate on the primary matter at hand, specifically his attempts on the platform.

Anyone who has ever kept score, expedited or announced a powerlifting contest knows what a headache it can be when lifters are constantly looking over their shoulder and asking, "How many attempts before I'm up?" If each lifter does that only a few times during the meet, it can add up to several hundred interruptions in the flow of the contest. It also becomes confusing when other lifters are trying to give their next attempt.

After becoming frustrated at several contests as both a lifter and an official, I came up with a simple, efficient manner of timing warm up sets. John Pettit's team at Duncanville Athletic Club has been using this system for over a year at all levels of competition from Class II up through National. Believe me, it works. It saves the lifter and the meet officials time, energy and aggravation.

In order to use this method the meet director must provide a complete scoresheet or expeditor sheet with all the lifters and their first attempts. A good meet director will have at least one copy of this list for the lifters to look at. Note that it is not necessary to see the second and third attempts. You or your coach will only have to make one trip to the scorers table before the meet begins to determine when to take all your warm up sets for the entire meet.

The lifter must know two things before he looks at the expeditor sheet: (1) How much time he wants between each warm up set and (2) How many warm up sets he will take before each lift. I will use myself as an example of how to determine when to warm up for the squat.

(1) On a piece of paper, I will use for each warm up set. For example: 1. 135, 2. 245, 3. 355, 4. 440, 5. 530. 1st attempt - 600.

(2) I go to the scorers table and find my name on the expeditor sheet with my starting squat attempt. Now I will count the three starting attempts

before he looks at the expeditor sheet. Remember each starting attempt counted back from your opener is worth about 3 minutes, so if you prefer 5 to 6 minutes between warm ups etc., then count only 2 starting attempts back. If you prefer more time, count back another one or two for each warm up set.

Obviously, the timing isn't exact, but it is so close that it doesn't have to be monitored. Also you and/or your coach don't knock yourselves out running back and forth to the scorers table. You are able to relax in between warm ups and concentrate on your attempts.

Why not just warm up by watching the progress on the platform without ever looking at the score sheet? When you warm up according to the weight on the platform without checking first attempts, the timing will be off. There may be many attempts at one weight or some big jumps in between weights and you have no way of knowing this without seeing the score sheet. It takes very little effort to go through the expeditor sheet at the beginning of the contest compared to the time and footwork you'll save as the meet progresses. I have found from experience that not having to worry about when to warm up allows me to concentrate on the matter at hand and always adds a little extra to my total. You may need that bit of energy you spent running to the scorers table for that last big pull on the bar.

Virginia State Records Chairperson is Beth Bommer, who can be reached for info on records at 3208 Franklin St., Hopewell, Virginia 23860.

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To The Editor...I competed in the 1981 Women's World Powerlifting Championships in Hawaii, where I won the 181 lb. class with three world records. I would like to say how much I appreciated the assistance of my new suit by 'Strong-Lon' of California. I had not worn this suit for any lifting prior to the championships, however, I found it easier to get on and off, much less painful to wear than my previous suit, especially around the legs, and finally and most importantly, far more supportive around the gluteal area. I had never worn a suit for deadlifting, however the Strong Lon suit was so comfortable and supportive, that I also wore it for my deadlift. Both my squat and deadlifts in the world championships were personal best lifts. I would recommend anyone to try out the Strong-Lon suits and I shall certainly be wearing one in all my future competitions.

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MESSAGE FROM THE PRESIDENT

Dr. Conrad Cotter, United States Powerlifting Federation
A friend of mine turns fourteen this month. Under our rules he is now eligible to compete in USPF-sanctioned meets. Examining powerlifting through his eyes, and the eyes of his parents, what might they see as he stands at the threshold?

They might first wonder where and how he is going to train. Although powerlifting stresses individual accomplishment rather than team effort, generally we do not work out alone. Safety and a constant need for critique make training partners indispensable. Additionally, man is a social animal. My friend will come to treasure the lasting friendships he will make in this sport.

This city is typical: there is no USPF club registered therein. Nevertheless, there are a number of very fine, responsible lifters who train regularly no more than a mile from his home. Sadly, they will probably remain strangers. The "health club" to which they belong charges \$450.00 to join with no further expenses until after three years, at which time one pays \$52.00 per year for one's membership. It helps to have a wealthy and indulgent father.

Turning to the YMCA, of which there are several branches in his town, he will find as I did upon phoning, that he is not welcome in the weight room for at least another three years, unless accompanied by his father. Theirs is an "adult fitness" program. I was told, and a young person would feel in the way.

At the Pensacola YMCA another excuse was proffered. Their insurance does not cover unaccompanied persons under eighteen in the weight room, they said. Yet I had no trouble securing both accident and liability insurance covering fourteen-year olds at our sanctioned contests.

Perhaps, in desperation he will turn to his coach at school. There he may well be informed, as many have been, that squatting will destroy his knees, and that lifting, in general, will slow his reflexes and impair his speed.

What a pity that we have continued to shut him out and to misinform him, for the world we are thus denying him is both an oasis and a refuge where he would be pushed to develop his full potential. Let me illustrate this by imagining for a moment that he was the son of one of the Pensacola YMCA Powerlifting team members. I do this not because the lifters in his town are in any way lesser people, but solely because of my intimate knowledge of my team mates.

First, he would learn our values, which would reinforce those he learned at home and at church. He would learn that above all we prize character; that we expect one to be upright and that we are plain spoken. We do not shrink from red-lighting one another, though friendships may thereby become temporarily strained. We believe that gains come from hard work and that the gains achieved by cutting corners are illusory. We learn to set goals and persevere, blocking out distractions and refusing ourselves the luxury of indulging in despair.

Second, we develop and gain control of our bodies. We learn the specialized vocabulary of anatomy and nutrition. We learn to live with pain and our infirmities and to accept things like our genetic limitations which we cannot alter. Thus we become stronger and mature.

Third, we discover there is a considerable "transference value", that what it takes to become a good student or a successful professional. Surely it cannot be coincidental that the members of the Pensacola YMCA Powerlifting team have so many degrees. A diligent lifter is not apt to be a sloughy student.

Fourth, we form and learn to nurture lasting friendships. Over the years the wives and girl friends have often remarked with never-fading amazement that in their many circles of acquaintances, the powerlifters are the one which is "family". We are indeed family, and the bonds we have forged transcend vastly disparate backgrounds, race and religion.

Perhaps some other sport can offer him all these things, but I doubt it. I would love to extend to my friend the hand of fellowship. I only wish I knew how.

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- Athletes Representative Election... the top five finishers in the election held through PL USA at the direction of the National Committee were as follows: Larry Pacifico, Julie Thomas, Tony Fitton, George Hummel, and Vince White. Our thanks to all the people who took the time to vote.

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HEAVYHANDS FOR POWERLIFTERS

as told by John R. McKean



John Kolb...proved convincingly at several World's Strongest Man competitions that he was one of the greatest strength athletes in the world.

Any one of you who has seen the good doctor in People magazine or on one of the TV talk shows the effect of Heavyhands is further evidenced by his phenomenal physique. Upper arms, eye popping neck flexibility and body fat levels (4.8% without dieting) claim to eat like a horse! Hard to believe this guy has not pumped the heavy iron, but maybe he's built himself a "better mousetrap". Heavyhands may well prove to be the ultimate adjunctive training system for powerlifters. An important aid to achieving vast improvement in muscular efficiency, it is also stimulating, offers interesting variety and is basically non tiring. As Dr. Schwartz points out in his chapter on applications for strength specialists, Heavyhands trained lifters will be able to maximize the benefits per unit time derived from their power workouts while adding a startling boost to their cardiovascular values. So don't miss a good bar run (maybe even while swinging light dumbbells) to your local bookstore and pick up a copy of this exciting new work!

Practically every muscle is worked, especially pumping those used specifically for powerlifting. A 15 minute Heavyhands session offers a superb warmup before power training; the rapid blood flow flushing away any muscle stiffness, lubricating the joints, and creating that important "wide awake" mental alertness. On off days, home use of a pair of these pound dumbbells can provide an excellent "active rest" to enhance muscle tone and speed up recuperation.

At this point I know what you're thinking. "Three pound dumbbells? NO weight? I'll just start this aerobic stuff with those puny 2.5s the mullies use and go up from there." Good luck. Remember, we're not talking 10 or 20 reps, or even 50...more like 1000, and eventually many more continuous movements. No matter what your strength level, if the initial heaviness of your hands is excessive you'll defeat the purpose and possibly cause joint and tendon problems.

A little example may place dumbbell weight in proper perspective. I'm sure you've seen Pittsburgh Steeler great Jon Kolb finish near the top in several "Strongest Man" con-

Aerobic training of one variation or another is an important aspect of athletic conditioning and, I've noticed lately, a frequent conversation item among powerlifters. Most of us realize that the hours of super intense effort devoted to benching, squatting, and deadlifting actually do little for our heart and lungs. However, since powerlifting is proving to be a long term activity, allowing for more years of participation than most sports, achieving total fitness is essential if one is interested in maintaining competitive form over a lifetime.

Perhaps with this in mind, and some concern for general "good health," many powerlifters of all ages have sought an acceptable endurance oriented training supplement. The trouble is that spending the time necessary to reap benefits from such activities as jogging, cycling, swimming, or rope skipping usually proves quite enervating and, eventually, boring. Additionally, there's always the gnawing fear that any vigorous outside program will detract in some measure from the ability to handle continuously heavier lifting poundages.

Allow me to introduce you to a man who has found the way to make aerobics practical and very beneficial for powerlifters, and many other people. Dr. Leonard Schwartz, a Pittsburgh Psychiatrist, has developed a CONCENTRATED AEROBIC SYSTEM which requires little time, is deceptively easy to perform and goes way beyond achieving TOTAL BODY endurance, strength, and muscle tone. Offering complete, well documented research in his thick, fascinating book called **Heavyhands**, Dr. Schwartz proves that certain simultaneous arm and leg exercises can yield far higher workload than standard leg dominated aerobic sessions.

Now, if you have visions of the arm flapping, prancing antics of TV instructors forget it. Determining that the arms should fight gravity just as the legs do, Dr. Schwartz found that ultralight dumbbell movements (thus "heavy" hands) provided the resistance necessary to create even arm fatigue while significantly elevating one's pulse rate and oxygen consumption. In fact he was amazed as carefully monitored tests indicated that the arms, thus weighted, are superior in their contribution to aerobic power than the legs! When both sets of limbs, then, are in motion via Heavyhands techniques one actually has the capability to achieve higher fitness levels than most marathon runners obtain. Since most of us weight lifters were practically weaned on various dumbbell movements, we have, at last, a reliable old friend to help give our cardiovascular systems a much needed jolt.

Essentially Heavyhands training revolves around the use one to ten pound dumbbells to pump out a variety of curls or lateral raises. These exercises are performed in unison with such leg movements as walking or jogging in place, knee dips, trunk

More From Ken Leistner

I remember the plane ride well, too well. "Man, we're gonna crash," I shout up. "I'm gonna be sick, I'm gonna be sick, I'm gonna be sick." As we hovered above the Arkansas pine woods, the light 12 seater almost brushing the treetops, some of the best powerlifters in the country were filling air sickness bags with remarkable consistency. If I ever survive this, I won't be able to total anyway, so I may as well crash! The scene was the 1980 Junior National championships held in El Dorado, Arkansas, a lovely community that could be reached only by light plane charter if one chose to fly. Although that situation has been altered, and commercial charters now service the town, the ailments coming into El Dorado for the big meet were subjected to unexpected travel stress. On my return trip to Memphis, I was at least prepared for the worst, having barely survived the trip in. My seatmate seemed cool and collected and clutched his massive trophy gleefully, not with trepidation. The trip was terrific, due less to the pilot's skill than to the interesting conversation I had with the fellow next to me, George Parigian of Somerville, Massachusetts. We discussed all aspects of the sport and I knew that we would talk again.

Talk we did, as George would occasionally call my office for a tip or two. I was impressed with his dedication to the sport of powerlifting, his commitment to excellence and his desire to seek out answers and advice. I told him that he had a viable shot at the 1981 National title, gave him what advice I could and then set back to enjoy the news that he had indeed triumphed, taking the title in the top 3 for 181 pounders. It has been a long, hard road for George, and will be a top contender for the next ten years. Ten years? Considering his long range, intelligent approach to training, he'll be around for another ten years easily.

Spurred on by his relatively small stature and quiet nature, George began training at fourteen years of age, pounding away with his 110 pound barbell set. His training soon became the focus of his self-expression, and proved to be a constructive substitute for typical school athletic activities. He did throw the shot put as a senior and enjoyed the competition so much that he looked towards competitive powerlifting as a means of fulfilling this newly discovered desire. His first meet, the 1973 Massachusetts State Championships saw him total 1220 at raw-boned 174 pounds, and this was the start of his climb. His studies at Northeastern University (B.S. Degree) took some time from his training, but George kept pushing, kept growing, and kept his strength levels spiraling upwards. It was during this period of time that he formed many of the training tenets that became the cornerstone of his present philosophy. Diet is a primary concern for all lifters, contrary to the barbs thrown by many bodybuilders and George

Squats: 135x10, 225x6, 315x3; 405x1, 450x5 for two sets; Good mornings and stifflegged deadlifts as described above, reps and weight dependent upon which point of the cycle he is in. Abdominal work finishes the workout.

A typical bench workout would go: Flyes-3 sets of 8-15 reps, as a warmup and tissue builder. Then is on to the bench for 135x10, 225x6, 305x5 for two sets. He then does close grip bench press, 250x8-10 reps. His arms are worked with lying triceps extensions and dumbbell curls, 4x6-8 reps for each. George does his assistance work right up to the meet, but goes lighter then, putting most of the emphasis on the competitive three. Lat work is done once per week on a day separate from other training. He'll do 4x8 in the lat pulldown, DB row and strugs. One could probably sum up George's training by saying that he believes in variety, limited amounts of work, heavy basics, and consistency in the gym, and these are all winning items in George's routine.

George has some pertinent comments regarding the treating of injuries, considering that he often has to train around a troublesome elbow. At times the amount of work needs to be reduced, or perhaps eliminated, and his response is to substitute one exercise for another. Aspirin and ice following a workout has also helped in the past and he has tried DMSO with some success. Proper chiropractic care has helped in the treatment and prevention of his injuries and George is sure to get periodic adjustments, even when he is feeling 100%, noting that this contributes to the avoidance of problems. Solid vitamin/mineral supplementation is a must during recovery, and he has tried fasting to speed recuperation from various inflammatory injuries.

George has worked exceedingly hard to succeed at this sport but he is quick to give credit to others. Fred Hatfield, originally from the New England area, has had a dramatic effect on George, and many of their training philosophies coincide. As mentioned previously, the author has made one or two suggestions that George has found to be helpful, and open, always willing to offer advice. Larry Pacifico has been friendly and Area lifters Ernie Fackelt, Marty Joyce and Linc Gotschalk (coach of the Temple University teams) have all aided him in one way or another, helping him build his life and his self confidence. Most of all, George has been blessed with a close knit family that has given him all the support one could ask for. His parents have encouraged him in every way possible, and they, more than anyone else, have been responsible for George's rise. Of course, one thing that George neglects to mention, nor surprisingly considering his morning nature, is that he has worked long and hard, harder than most trainees I have seen, to achieve his measure of success. The hackneyed story about a shy, quiet youngster who grows big, strong, confident, friend-

procedure applies to the bench with comparative weights. He does much less for the deadlift, feeling that he is already warmed up from the other lifts and that his back fatigues quickly. For the same reason, there is no attempt to psych for any warmup attempts.

George's general meet philosophy is in keeping with his common sense approach to the rest of his program. Because he has a good deadlift, he often lifts conservatively in the squat and bench press, feeling that he can make a big deadlift to pull out a close contest. Being a back squatter, a hard squat sometimes takes away from his deadlift, thus, he would rather take the conservative approach, go 9 for 9, and make the big deadlift. All of his openers are weights that he could do more than one rep with under the worst of conditions, guaranteeing a total in every meet.

His training philosophy revolves around building strength in the muscles that are directly involved in the three competitive lifts. George utilizes competitive technique only during limited phases of his overall cycle, preferring to try, at various times, different forms of each lift; ones that give more involvement of the necessary musculature. As an example, he will squat utilizing a close stance and a very straight back, the bar high on the traps, and follow this with leg presses, giving more direct work to the quadriceps. The bench is performed with elbows at right angles to the chest (as opposed to his competitive style in which the elbows are tucked closer to the body) and he includes flies in the program. Good mornings and stifflegged deadlifts off of a block give work to the erectors. As these examples provide more direct work for his lifting muscles, George feels that he can get maximum results with limited work. After a brief warmup, he will do 2-3 hard sets of 8-10 reps in most movements. As the meet gets closer, he'll grind out 3-4 sets of five reps and the final three weeks has him hitting heavy triples, in competitive style. One of his newly adopted approaches has proven to be most beneficial. After discussion with this author, George limited the number of sets and reps per lift, saving most of his push for one or two heavy sets. For deadlift work he might do two sets of five in the good morning with 300 pounds and follow with 345x3, 450x2 and his top set of 550x5 in the stifflegged deadlift; again, saving his strength and energy for the "major set of the day."

He trains squats and deadlifts on the same day, something many lifters are doing in an attempt to aid recuperation time. A typical day looks like this: Stretching, a warmup of leg extensions and leg curls;

ly, and respected as a result of his training applies here. Hackneyed but accurate, a youth grows into manhood, earning the admiration of all around him; his physical prowess channel all of his aggressiveness into expression on the lifting platform, being quite reserved the rest of the time.

His only complaint lies with the lack of notoriety that powerlifters and erectors others in the respect he snows for them. This too, extends to

as any other world class athlete, yet receives little or no recognition for his outstanding accomplishments outside the realm of Power fans. Yes, it's frustrating, especially when compounded with all out training while employed in a responsible, full time job; yet George continues to pursue the sense of challenge and the feeling of accomplishment that gives meaning to lifting while in the haze of obscurity. Like so many others,

George would eventually like to win the Senior and World championships and perhaps set a world record in the process. Unlike many others, he has the physical tools, the drive, the intelligence, and the confidence to someday fulfill those dreams, and by then, all in the sport will know better this fine individual.

George Parigian, seen below in his latest competition, the V Nationals, with a 744 squat in the 198 lb. class.



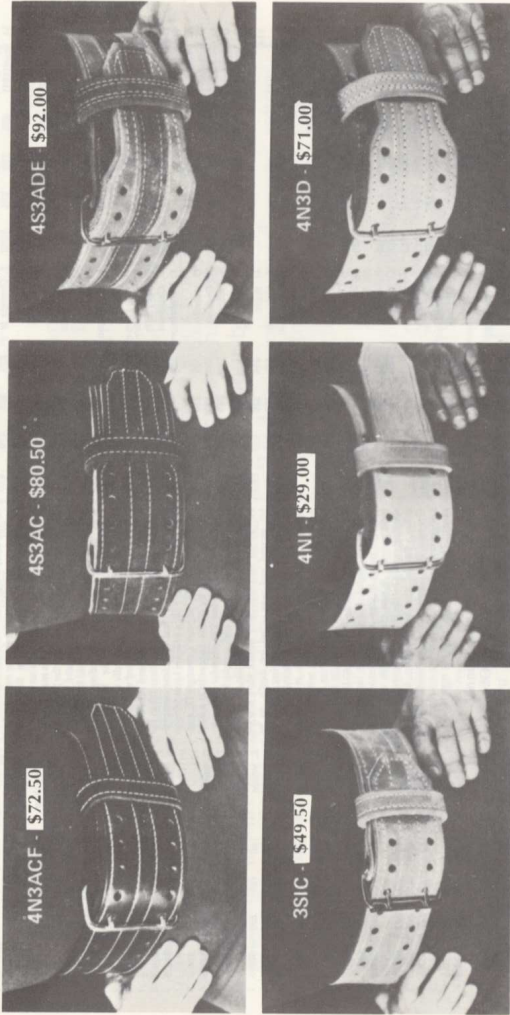
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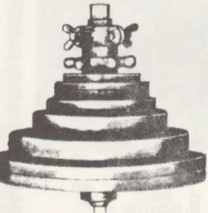
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T. McCall	264	187	319	771	380
T. Cunningham	220	148	369	738	380
A. Sharp	385	231	385	1003	385
R. White	440	347	473	1163	440
T. Ringannon	424	264	462	1151	424
B. Miller	424	264	435	1124	424
T. Hall	308	264	455	1102	308
G. Capps	402	264	424	1091	402
T. Springer	369	275	396	1069	369
C. Dawson	402	264	402	1052	402
R. Balaban	352	231	424	1008	352
R. Hill	325	253	413	982	325
M. Wiczenogowski	314	231	374	906	314
B. Humphries	297	209	418	925	297
D. McHughes	231	148	369	749	231
I. Bourdonnais	424	303	556	1284	424
T. Hill	424	292	534	1218	424
D. Baker	462	353	501	1218	462
R. Hill	501	380	582	1444	501
K. O'Brien	440	353	501	1195	440
S. Bortolami	446	281	402	1140	446
L. Loran	385	220	462	1069	385
M. Bortolami	391	225	402	1036	391
R. Smith	540	330	622	1493	540
P. Roberts	529	314	594	1427	529
P. McNally	488	270	501	1256	488
M. Lites	418	319	501	1256	418
R. Trueblood	451	270	501	1240	451
D. Danahy	424	314	473	1212	424
P. Clark	402	314	418	1135	402
J. Hankins	391	253	457	1085	391
D. Faulk	374				374

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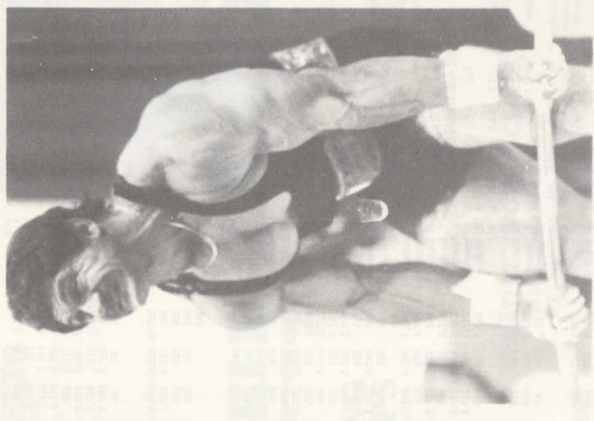
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Confection Bob Wahl of Toledo, Ohio informs that his lifts were not correctly listed in the results of the Mountaineer Open, published in the December Powerlifting USA. The correct amounts are 654 squat, 314 bench, 1558 total.

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Virginia Open 11/20/82-Standardsville, VA			
OPEN DIVISION	SQ	BP	DL
E. Campbell	245	175	355
M. Igar	335	170	370
R. Shifflet	240	200	325
R. Atkins	285	190a	385
J. Bready	210	95	260
J. Ringi	470	280	440
T. Connelly	375	245	485
M. Thompson	365	195a	400a
B. Snoddy	315	195	375
J. Nichols	385	235	410
M. McDowell	325	265	420
M. Alize	315	245	310
B. Beaman	280f	170f	290
B. Beam	280f	170f	290
D. Wolf	335	285	365
A. Marchiano	505	290	535
G. Crockett	525	290	535
B. Harker	540	280	595
B. Foley	430	285	465
B. Hart	300f	140f	345f
J. Walden	625	440f	650
D. Kowalik	520	335	505
D. Island	500	300	500
J. Lange	450	270	305
L. Lee	420	315	435
S. Murdoch	665	320	640
P. Goddell	535	360	465
V. Trone	510	275	395
J. Felt	495	300	375
J. Walker	450	250	350
T. Hearnbach	450	250	350
B. Walker	670	380f	700f
M. Bassett	380	240	450
M. Knight	550	350	620
J. Davis	500	420	600
M. O'Connor	550	345	600
J. Hoffman	550	290	595
M. Link	530	290	595
M. Wilkox	550	280	575
P. Shecker	480	345	385
P. Patton	475	275	325
P. Ringer	640	485	675
C. Smith	380	400	630
D. Colangelo	810	470	720
B. Brandon	630	470	650
T. Hutton	600	365	605
D. Mays	500	405	500
SHW	750	500	725
U. Over	545	285	535
NOVICE DIVISION			
T. Campbell	245	175	355
R. Ransier	250	145	370
J. Shifflet	240	200	325
J. Lee	240	170	325
T. McClanahan	160	105	220
J. Marinelli	235	120	285
L. Lucero	185	165	255
D. Nichols	385	235	430
M. McDowell	325	265	420
J. Duran	350	200	400
M. Mize	315	245	350
A. Atkins	300	200a	300
P. Simonson	275	190	315
B. Harker	420	285	505
B. Foley	430	285	485
T. Shifflet	425	320	425
D. Smith	335	260	420
L. Lopez	345	255	405
C. Nodding	325	230	445
B. Harker	380f	140	345
D. Island	500	300	500
J. Lange	450	270	305
J. Brotherton	430	255	430
W. Lee	460	240	470
J. Hearnbach	325	225	410

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North Coast Bench Press 12/82 - Wadsworth, OH			
NOVICE DIV	SQ	BP	DL
L. Baab	105	70	140
P. Giugola	120	80	160
F. Gennell	132	90	174
B. Wise	110	70	140
R. Roves	320	132	320
S. Monya	315	132	315
T. Talbott	310	148	325
M. York	265	105	265
W. Baird	225	85	225
G. Chambers	200	75	200
M. Long	200	75	200
McCrank(60)	170	60	170
S. Lament	355	135	355
F. Sidari	350	130	350
F. Halman	340	125	340
L. Newman	280	105	280
M. Mattivi	260	95	260
B. Williams	390	145	390
R. Stephanoff	360	135	360
R. Wells(16)	365	140	365
R. Eckel	325	125	325
R. Brennan	275	105	275
R. Klobe	210	105	210
M. Marzich	445	165	445
M. Aronch	400	155	400
L. Black	345	135	345
T. Brennan	295	125	295
B. Heimbach	290	120	290
C. Stevens	270	105	270
D. Weems	350	135	350
B. Thompson	375	140	375
Bart Smith	350	135	350
C. Gillan	430	160	430
D. Blinn	340	125	340
K. Stuller	330	125	330
D. Hakenson	385	145	385
W. Gihen	405	155	405
L. Cheney	400	150	400
L. Williams	350	135	350

Sponsored by the Exercise Shop of Wadsworth, Oh, Wadsworth, Oh 44281. Meet director Chuck North; Thanks to Chuck North for results.



Allan Roberts, won the 181.5 at the Kinderhooks Elks Opens. He is a school teacher at Glens Falls High School. Thanks to Allan for photo.

Kinderhooks Elks Open
12/11/82-Valatie, NY (kilos)

NAME	SQ	BP	DL	T
D. Gunter	92.5	52.5	142.5	287.5
C. Boffo	82.5	65	107.5	235
M. Roke	192.5	95		
M. Houston	137.5	105	172.5	415
D. L. Plant	107.5	70	132.5	330
J. Merrill	107.5	70	132.5	330
D. LaPlant	187.5	132.5	222.5	542.5
J. Fortino	170	122.5	220	512.5

West Virginia Challenge Cup Open
1/9/83 - Beckley, WV

NAME	SQ	BP	DL	T
D. Dye	200	100	205	505
M. Rose	190	80	175	445
M. Ryan	305	200	345	850
J. Sizmore	420	310	475	1205
M. Hiko	385	240	445	1070
D. Jeffrey	555	335	505	1295
J. Simon	420	310	475	1205
J. Sizmore	420	310	475	1205
D. Hall	615	360	570	1545
D. Hall	615	360	570	1545

WOMEN'S DIV

NAME	SQ	BP	DL	T
D. Dye	200	100	205	505
M. Rose	190	80	175	445
M. Ryan	305	200	345	850
J. Sizmore	420	310	475	1205
M. Hiko	385	240	445	1070
D. Jeffrey	555	335	505	1295
J. Simon	420	310	475	1205
J. Sizmore	420	310	475	1205
D. Hall	615	360	570	1545
D. Hall	615	360	570	1545

TOP 20 Corrections/Additions

NAME	WT	DATE	LOCATION
Luanne Thornton	114	11/14	253
Carol Ann Armatout	123	11/14	253
Carol Ann Armatout	123	11/14	253
Carol Ann Armatout	123	11/14	253
Carol Ann Armatout	123	11/14	253

...Luanne Thornton's lifts at 114 (253) and 578 total. Mariah Liggett's name was spelled incorrectly and her lifts of 330 192 424 946 should be listed at 132. Judy Averbach was mistakenly credited with the lifts of another person in her weight class at a meet in May, (results which we did not have at the time the list was compiled) and should be credited with 225 135 303 660 in the 123 pound class. Barbara Harrell also lifted at the All South meet and her lifts of 275 150 290 685 are high ranking 114 pound class marks.

1982-83

NAME	SQ	BP	DL	T
J. Harris	370	235	435	1035
D. Currence	545	330	580	1455*
A. Stratham	485	325	515	1325
T. Russell	450	315	460	1225
M. Davis	460	275	480	1215
D. Hall	650	340	565	1485
D. Childers	425	265	440	1130
B. Fox	425	250	425	1100
M. Hiko	385	240	445	1070
D. Jeffrey	555	335	505	1295
J. Simon	420	310	475	1205
J. Sizmore	420	310	475	1205
D. Hall	615	360	570	1545
D. Hall	615	360	570	1545

*The meet was a success considering there was no meet. Debbie Dye broke into the top 20 in the 97 lb class and Mary Ryan set an unofficial world BP record. Ed Cangemi had an exp 515 110 200 500. Be the best, his 260 BP also prove tremendously. Ed also should easily pull over 500 in the DL by March. In the 242 lb John Harrison has the potential to be awesome. All did a great job as meet director. * state record. Champion of champions. Team champs: Body image etc. Thanks to Donna Farley for results.

...Luanne Thornton's lifts at 114 (253) and 578 total. Mariah Liggett's name was spelled incorrectly and her lifts of 330 192 424 946 should be listed at 132. Judy Averbach was mistakenly credited with the lifts of another person in her weight class at a meet in May, (results which we did not have at the time the list was compiled) and should be credited with 225 135 303 660 in the 123 pound class. Barbara Harrell also lifted at the All South meet and her lifts of 275 150 290 685 are high ranking 114 pound class marks.

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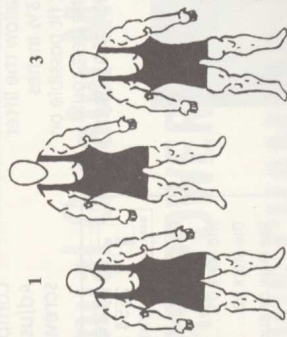
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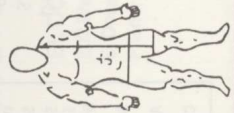
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M. S. DIV	114	B. Marmora	40
F. Garvey	185	J. Desjone	40
B. Ward	65	B. Nicol	30
S. Polke	305	B. Foster	30
C. Pittomano	305	M. Gulla	475
B. McLaughlin	235	J. McKenna	400
J. Loo	225	J. Bennett	380
M. Miller	145	B. Robertson	365
J. Shavak	320	D. St. Clair	400
A. Earnst Jr	300	C. Kelly	325
D. Spinger	285	H. Ricci	395
D. Mas	260	I. Billman	275
B. Rosindelli	415	H. Ricci	395
R. Gervais	310	F. Riglos	415
S. Green	310	R. Shaw	410
B. McGowan	305	S. Leonard	480
L. Ascar	390	B. Hertz	350
I would like to thank everyone for supporting the meet and would thank John Falconio, John Wade, Dave Mayor for their assistance in helping out, and the coaches and lifters at the Northeast Coast BP championships will be held at Depford HI School, Depford, NJ. 242 trophies will be awarded to top 5 places in each category. Thanks to Mike Charnik for results.	320	A. Hill	375
	330	R. Posten	510
	370	D. Edwards	475
	460	I. Dunham	460
	495	L. Dunham	505
	400	B. Jones	400
	430	C. Jones	400
	300	D. Latch	260
	300	M. Love	260
	300	D. Latch	260
	400	C. Warkick	400
	400	S. Boaz	400
	400	B. Hill	400
	400	L. Raffill	400
	400	L. Raffill	400

10/11 Dec 82 - Jasper, AL (kilos)
 NOVICE DIV SQ BP DL T SHW
 114 D. Spaeth(BL) 95 42.5 117.5 260 L. Schroder
 123 D. Upton 82.5 42.5 97.5 222.5 123 L. SCHN DIV (kilos)
 B. Spates 132.5 107.5 137.5 382.5 C. Warkick
 132 97.5 47.5 115 260 B. Jones
 148 B. Lindsay 162.5 110 182.5 455 S. Boaz
 B. Spates 185 120 207.5 512.5 B. Hill
 B. Lindsay 142.5 70 192.5 405
 B. Spel 117.5 97.5 177.5 392.5 L. Raffill

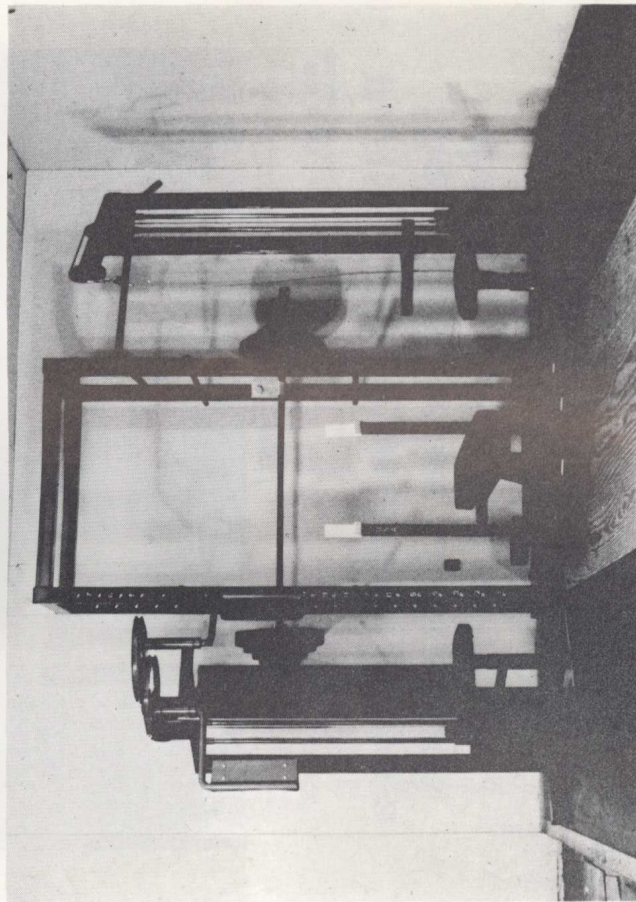
1982 WWHHS Christmas Invitational
 12/18/82-WV. Monroe, LA (kilos only)
 610* Dickens 181
 585* Woods, L 1015
 580 Yarborough 990
 170 Pender 970
 1320 Murray 880
 670 Murray 800
 595 198
 920* Murray 1070
 915 Mitchell 1030
 870 Holland 1025
 860 20
 920* Jacobs 1165*
 915 Mitchell 1140
 915 Royce 1120
 855 247ch 890
 755 Bowers 1080*
 680 Loring 945
 Team scoring: WWHHS: 58; OHS: 38; CAU: 24; Yarbrough, 101-SHW: 16. Jordan: a total of 15. Yarbrough, and meet record on his opener with 832 lbs. and 1st place on his opening in the 120 lb. class and later hitting the 500kg-again. A lifter that like feed for results.

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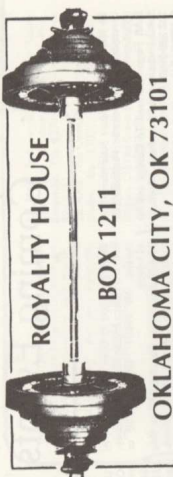


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U.K. Interdivision Team Contest Gloucester, England (kilos)-11/28/82

SQ	BP	DL	T
SOUTHEAST			
A. Kerr (137.86)	352.5	240	382.5
Manning (59.86)	220	130	225
M. Barry (67.3)	145	225	575
GREAT BRITAIN			
N. Bhairo (55.2)	215	122.5	210
E. Penningly (71.2)	257.5	155	272.5
Gough (65.64)	230	130	237.5
M. Kerr (75.28)	240	130	290
C. Poole (108.84)	330	170	300
M. Barry (67.3)	215	137.5	220
Buchanan (89.79)	282.5	320	785
Savage (107.83)	295	175	340
Monaghan (106.62)	270	140	235
MILWAUKEE			
A. Singh (64.85)	195	115	220
P. Singh (89.34)	245	147.5	250
Morman (80.72)	215	135	225
GREAT BRITAIN			
S. Wade (76.10)	225	140	215
K. Sanders (58.96)	160	105	190
A. Watts	455	190	455
EAST MIDLANDS			
A. Rose (73.92)	207.5	140	245
S. Ramsey (63.49)	100	90	210
C. Giddens (62.21)	170	90	212.5
D. Walsh (82.54)	232.5	127.5	240
D. Dalen (58.5)	165	80	190
Hutley (62.99)	210	132.5	242.5
R. Roberts (54.87)	155	107.5	160
Dunbell (65.75)	200	100	175
L. Holton (70.75)	190	95	202.5
WILMOUTH			
T. Long (78.45)	215	125	220
M. O'Rand (65.76)	180	100	175
B. Haines (84.78)	230	110	190
S. Bains (74.87)	200	110	230
R. Clark (75.23)	145	97.5	240
J. Kelly (71.65)	137.5	100	200
SOUTH MIDLANDS			
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