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Sunday, July 8th at 10:00 a.m., competition will begin for the 220 and 242 lb. weight classes. After the intermission lifting will continue at 3:00 p.m. for the 275 lb. class and the super-heavy weights. Each event will close with a spectacular selection of awards to mark the end of one of the most exciting championships in powerlifting history... the year of the comeback!

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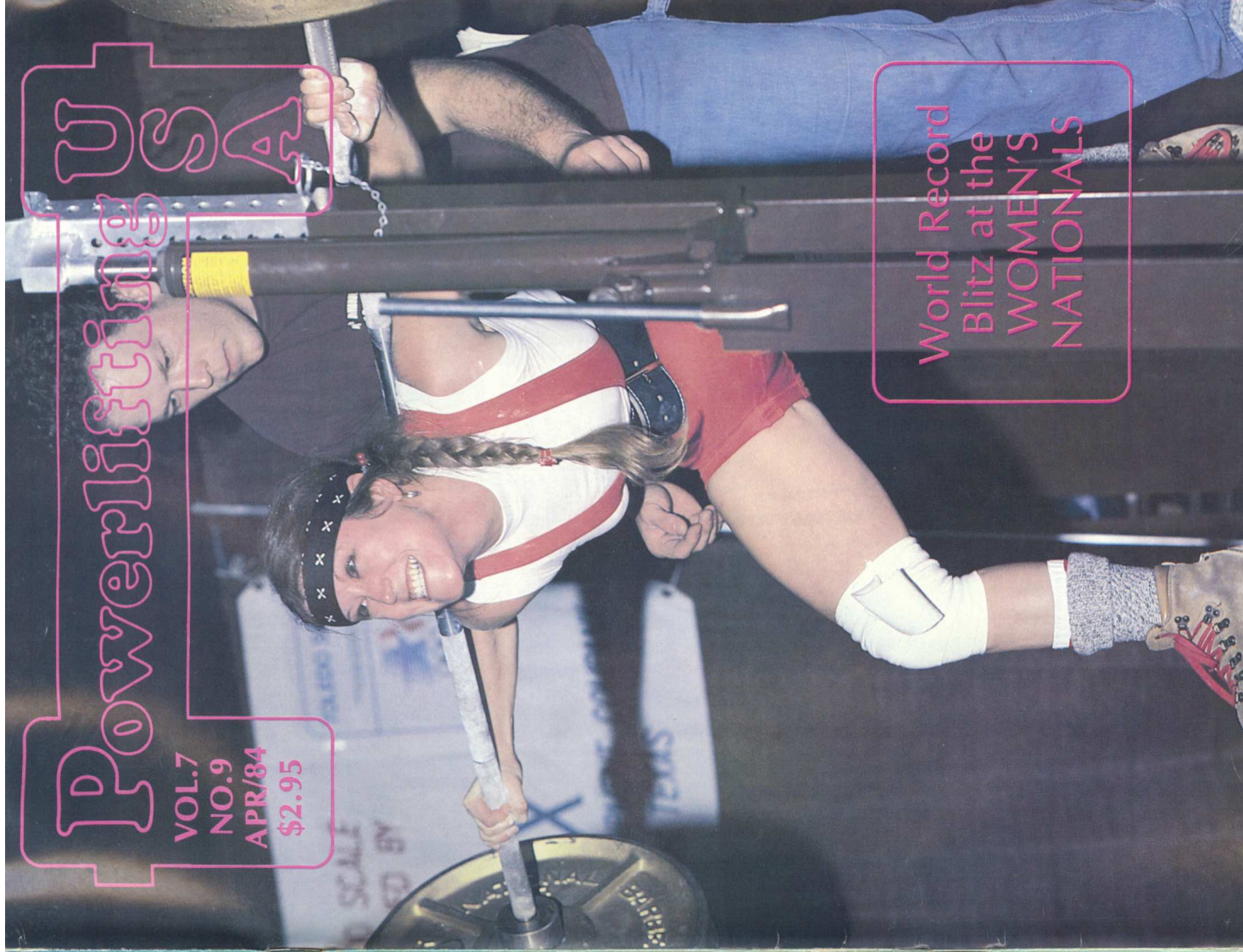
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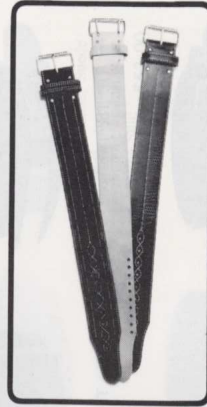
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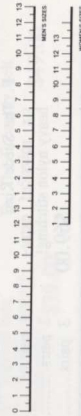
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**POWERLIFTING USA** (ISSN 0199-6536) is published monthly for \$21 per year. The office of publication is 1568 DAPLE AVENUE, CAMARILLO, CA 93010. 2nd class postage paid at Camarillo, CA 93010

**POSTMASTER:** Send change of address notices to POWERLIFTING USA, Box 467, Camarillo, California 93011

**Subscription rates: (US funds only)**  
USA & Canada, 1 yr. ....\$21.00 US  
USA & Canada, 2 yr. ....\$39.50 US  
(First Class Mail, 1 yr. ....\$36.00  
Foreign, surface mail.....\$28.00 US  
Foreign, air mail.....\$50.00 US

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April, 1984

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ON THE COVER....Ms. Box, who competed in the 114 pound class, typified the fighting spirit of the lifters at this year's Women's National Powerlifting Championships.

NEXT MONTH...Powerlifting Immortal and Former World Superheavy weight Champ says LET'S BAN THE SQUAT!

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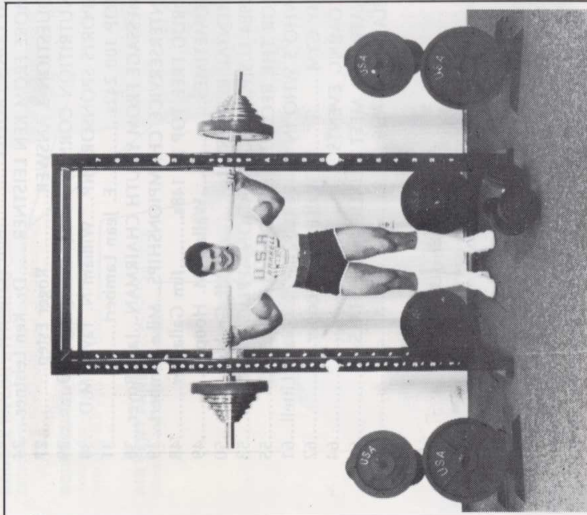
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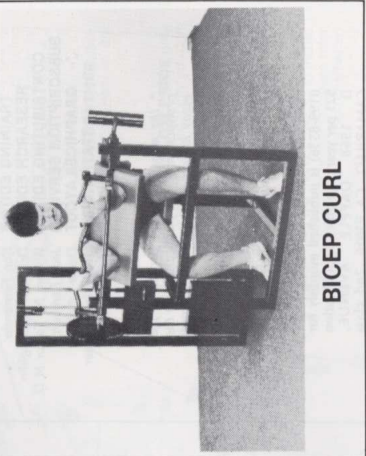
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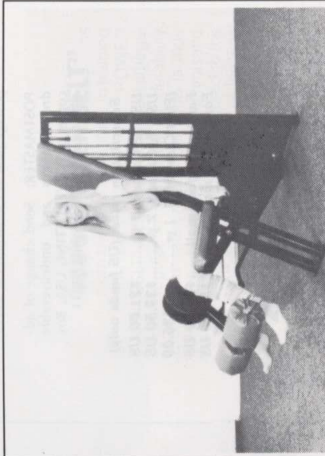
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People outside the world of Powerlifting are in for an awesome dose of future shock; they just don't know it yet. The results of this year's Women's Nationals not only proved that women can be stronger than anyone ever thought before, it proved that they already are! This was a fully drug tested competition, with winners, world record breakers, and some lifters at random from each class being selected to provide a urine sample for testing at the newly approved I.O.C. level testing facility at the University of California at Los Angeles. (Early, though incomplete, results indicate no one has failed the test so far.) Under these, the strictest of conditions available when it comes to lifting without the aid of strength inducing drugs, the women came through with a over a dozen World Records, with several of them opening up with a world record exceeding poundage and finishing up with perhaps 20 kilos more on their 3rd attempt. Unfortunately, this meet was not taped for later rebroadcast to the national television viewing audience, and that is definitely their loss. Thus, there will be nothing to prepare the unsuspecting public for the image shattering performances that these and other women will put on in subsequent contests that are televised. When we first came out with POWERLIFTING USA back in 1977, it was quite a novelty to see a woman's name on a TOP 100 list. Now, it is past the novelty stage, and Diana Rowell pulled a deadlift that would place her FOURTH on the last TOP 100 list we compiled for that class. Ruthi Shaler made a squat in the 148s that some very good, title winning, male lifters in that same weight division can not match. These women are shattering physical and psychological barriers in a manner that is unsurpassed in any other sport

## U.S.P.F. Women's National Championships

by Mike Lambert

I can think of when the American public gets wind of what has been happening. Powerlifting should end up with a lot more attention and appreciation than it has had in the past. Veteran Cheryl Jones probably expected a rough tussle for the 97 lb. title with Judy Gedney unofficially exceeding the world record total in this class and being so improved overall in her lifts. Cheryl has done some impressive lifting of her own in the meantime but at this contest she had some troubles in the squat, her best lift, as she missed a world record day and ended up 33 pounds behind after the first lift. Both girls were perfect in the deadlift, and Judy, the newly elected Chairperson of the United States Powerlifting Federation Women's Committee, kept on going, getting a beautiful 4th attempt, that actually weighed out to 310 and change, for a new World Record success, but the action was not over yet. Shirley Scheffler, a police officer who works in a jail facility up in San Francisco, showed that the tremendous 330 deadlift she made earlier in the year was no misprint, as she easily made a 319 attempt, and came fairly close with 330, despite having to follow herself so quickly. She plans to get that 330 at a drug tested competition later this year. One of her training secrets is to have a nice supply of energy throughout the meet.

The perfect model of quiet determination, Majik Jones, came well prepared to the 105 lb. competition. She rocketed up a world record squat and at deadlift time, she snapped up and leaned way back with a barrier busting 402 deadlift for a World Record in that lift, and simultaneously, another one in the total. Pam Booth of Ohio led the rest of the pack, followed by Liberty Winter, a name from the early national meets in the sport, who found reward for her persistence in a trophy winning third place finish. Debbie Spach proved that Danny Morantes long time faith in her ability was no fluke. Danny himself showed up at about 40 pounds less than his Jr. National 220 lb. title winning days. Gayle Hall has done it all during the past year, bodybuilding, olympic lifting, and powerlifting, and has decided that all three is a bit much after this particularly tough session on the platform.

Diana Rowell moved up a class, as did a number of big name lifters, and the result was a tremendous showing. With arms and shoulders that would knock some socks off in a women's bodybuilding contest, she smiled up a record breaking squat, did some good benching, and unveiled a mind-boggling new capability in the deadlift. She opened with a world record and then just kept on going and going, ending up with a smooth 424, and that wasn't even enough. Her 4th attempt (actual weight 434 lbs.) was a gut buster that is going to make some men wake up and take notice. She is now qualified for the Senior National Championships in Dayton, Ohio off this lifting. Along with a couple of other girls who are planning to qualify as well, Diana is set to enter and compete in

what was formerly a completely male domain. Mary Ryan was one of the first record breakers in the bench press in women's powerlifting, and in recent years has put a lot into bringing her other two lifts up into the quality range. With that task accomplished, her bench is now soaring again. At least this year's meet she solidly blasted up 210.98 (actual wt.), almost the same as she made at the YMCA Nationals lifting the next class up. There was another kind of "first" in this class as well. Connie and Inez Fuentes from Texas are mother and daughter, and although Connie bombed, they both tried national records, Inez as a teenager and Connie as a Master lifter, with the same weight, and on successive attempts. Stick that in your likelihood computer and see what comes out.

After her perfect, 9 for 9, record blasting performance in the 123 lb. division, Vicki Sleenrod didn't know how to act. She had always wanted to lift like this, but had always encountered some sort of difficulty in previous contests, either bombing out, or struggling to get one good attempt out of three. Now in her glory time, it seemed to good to be true. Her squats were extremely strong, and rumors were that she had handled a whole lot more in training than she tried here. Her bench was also way up from her performances in the 114 lb. class. Only in the deadlift did the weight seem to match her ultimate capability for the day. She just missed qualifying for the Senior Nationals and hopes to do well enough at the Women's Worlds in May to make the necessary 1074 total. Her squat actually weighed 420.8 and her deadlift was 424.8. In a newspaper story back in her hometown of Albuquerque, New Mexico after the meet, she was



Majik Jones won her class by a 168 lb. world record breaking margin.



Diana Rowell stunned the world with a 434 deadlift on a 4th attempt.



Shirley Scheffler with her new World Record 319 deadlift at 97.



Cheryl Jones took another title with new Chairman Gedney (left) in 2nd





**Lou Ann Smith was another of the title defenders from last year's meet.**

'BEST' awards were distributed. Ruth Shafer took the place for Best Squat, Mary Ryan the Best Bench Press award, Diane Rowell had the Best Deadlift, and the overall Best Lifter was Ruth Shafer. In the team competition, it was announced that the meet that Olympic Champion Chip was the winner with 57 points, with Ruth being 2nd with 43, and the England and Women's Gym a fine 3rd with 37 points.

When the judges discovered that Black's Health World had paid their entry prior to the meet, but that fact had been lost in the shuffle, and the entry was put in the Black's group in 3rd place. Still, the New England Women's Gym lifters have something to boast about. They were awarded the 1985 Championships, which are tentatively set for the end of January, beginning of February time period. In the Boston area.

The Women's Committee meeting was a sometimes stormy affair, we hear, mainly when it was brought out that no penalties had been defined for any women who did not pass the drug screening, and after much discussion, it was decided to put it to the U.S.P.F. Executive Committee to decide the punishment for such an offense. By the way, this definition will dictate what the testing is going to cost. The U.C.L.A. lab charges a fee that is considerably less than what we've been able to get from other I.O.C.-approved laboratories for "informal" testing. For "formal testing" where the results will be used to formally discipline someone, additional testing steps are taken and the price is higher, and for testing where the offending substance must be precisely identified the price is higher still.

I have to say something about meet director Chip McCain. He has

jumped into meet promotion in a big way, what with the Seniors last year, the Women's Nationals just concluded, and the Men's World Championships upcoming in Austin this November, and the problems of putting on big meets without the benefit of television have gouged out some new wrinkles on his brain. For financial reasons, Chip had to move the contest from the meet site of the Seniors (a large Boat Show had the site tied up anyway) to a facility just a block away, and he still had to cut corners to make ends meet, including the unpopular policy of having officials pay for their tickets to the meet. Plus, he had the battle of the women who didn't like his meet t-shirt design, and other assorted complaints. For national and international meets, other than the U.S. Senior Nationals and perhaps the Men's and Women's Worlds, the demands are heavy and the returns usually disappointing, but it is good that we have people willing to take the gamble and put in the long hours of work necessary to make a big meet come off. Chip had the fabulous computerized scoring system that was used at the Senior Nationals last year, and he's in operation, with all three attempts results updated and projected for the use of the audience, and plenty of copies of the official results available right after each session, and the discount package at the meet hotel represented some very real savings over their regular rates. Chip will be moving to another hotel and having the meet right on the grounds to avoid the problems that might occur with foreign lifters managing transport to and from the meet site. Dick and Stella Herrick did a very fine job of managing the tough job of getting the drug test samples, even to the extent of staying up to all hours of the night to wait for dehydrated

girls to provide a urine specimen and to prepare the samples for shipment to the analyzing laboratory. Chip, tractor Dr. Thomas Hyde, was also on hand to help those in need. Many U.S.P.F. officials lent their capable hands to insure that the meet went well. President Conrad Cotter was there for part of the meet, and Nate Foster kept the judging and recording smoothly. Bill Decker seemed to judge every session, but that's the way he likes it. Rickie Dale Crain, Inzer Suits, Ellie Sales, etc. were all on hand to supply lifters needs at their sales tables and a fine banquet was held after the meet for the benefit of the lifters, sponsored by George Zangas's Marathon Distributing Company.

Many things are taken for granted in a meet like this, and many go un-thanked or unrecognized, but



**Annette Bohach showed awesome power in her lifts (right), as did Annie McElroy who didn't seem to know just how strong she was. At bottom right we have the winning Olympic Health Club team.**

hopefully the success and pride that the women showed on the platform will rub off on everyone involved. They really showed their stuff, and when High Bar Productions, the new exclusive bargaining agents for the U.S.P.F. in television matters, latch on to the right network, the world will know the magnitude of what is happening in this sport and women's athletics in general...it's a Revolution in Performance!

**P.S.**, it was reportedly announced at the post meet banquet by former Women's Committee Chairperson Jan Todd that the USA Team for the World Championships in May would not be selected until the results of the drug testing were known. Thus, the winners do not know for sure if they are on the team at this writing and backup lifters for any who don't pass the test are also uncertain, as late as 12 weeks prior to the Worlds.



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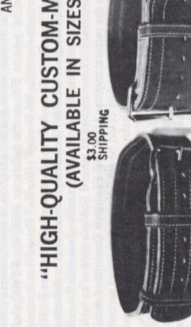
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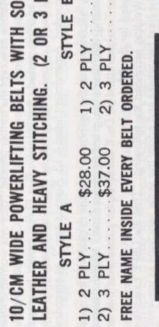
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# Women's Corner

**Hello Ladies and Gents:**  
There seems to be so much for me to cover this month that I hardly know where to start. First off, I would like to eat a couple of pieces of hum-burger, because the team from California (Olympic Health Club) took another team title, even though I thought the girls from my area might. Secondly, my predictions regarding the winners of the Nationals were off due to people changing weight classes (including yours truly). One thing was true. We did see many changes and several new champions crowned, but the majority of the returning champions all kept their titles, even if it was in different weight classes. There were some notable absences and that did play a role in who won what. Wendy Sander stayed in California due to an injured knee and Angie Ross felt the cost was too extreme to allow her to make the trip. Debbie Dewitt-Poston cancelled at the last minute due to prior commitments and two time World Champion Julie Thomas felt she needed a rest from the grind while she works on a bodybuilding career. With all these big names missing, it changed the outcome considerably. As you read the results that are shown in this edition, you will note not only the new names at the top, but some increased totals, despite the mandatory drug testing. As I recall, there were only a couple of classes in which the winning total was down a bit. With world records falling like rain, one could assume that Women's Powerlifting still has a way to go in the big weights department. The biggest difference seemed to be in the area of the deadlift, with 114 pound Diana Rowell having a lift exceeded by only a few of the heavier girls. Then again, the meet on Sunday lasted at least 10 hours and by the end of the deadlifts, many of the women were fat burning. I know it is tough to stay up for that length of time. At any rate, it will be interesting to show up in L.A. with some new faces on the team. Of course, your old faithfuls like Diana Rowell, Vicki Steenrod, Ruth Shaler, Lou Ann Smith, and Cheryl Jones should once again be representing you to the rest of the world. It was a real coup for many of these ladies to be able to set so many records and win their classes WITH drug testing. Maybe this will shut up the folks who have been trying to take all the credit away from them for the last several years because there were no testing done. They went AGAIN! Perhaps this will end some of the excuses that have been used by other women about why they cannot win and encourage them to go for it. We saw barriers broken that were labeled 'impossible,' yet it was done with ease and with style! Ladies, we are on the verge of something BIG! I think we did ourselves proud.

Unfortunately, I must cover the unpleasant aspects of this contest, though I truly wish there were none to talk about. My dream is to have a nationals where the lifting and friendships amongst the lifters takes

precedence over a 'vote' or 'key position'. At this writing we have not reached that, but I have faith that it is coming soon. As I assumed, the Women's Committee meeting was similar to last year's in the way it was run and the overwhelming majority of votes went on ALL the issues. I am truly amazed at the ideas brought forward by some. To start off, it was proposed that all world records set in a 'vised meet' be given the choice of whether they wanted to submit to the test or not. Do they assume it's fun, or that we automatically don't count? In my indignation, I had to oppose this when you think about the double talk involved. It is appalling, Sue Elwyn, a big promoter of drug tested meets, actually stated that if a world record setter does not win, they should have



Ready to represent the United States in the Women's World Championships is Ruth Shaler, as she did here at the 1983 world meet in Australia.

to you or was worthless for you to attend because you could not speak or add your suggestions. I became more convinced than ever that we need a way to include each and every one of you in our political process. I promise you that I will continue to try to bring that about. I learned a very important lesson this year. Never send agenda items, unless they are by registered mail. All of my ideas regarding teenage, collegiate and masters programs were not heard due to the 'mix up' about the mailing. Don't worry, I will continue to work for the Olympics and equal say by all lifters. I will just have to save your letters and ideas until next year. With all positions being up for re-election this year we saw the biggest change of leadership ever in our history. We certainly cannot be accused of lacking 'new blood'. The Executive Committee is made up of fairly young lifters and most are new to the administrative process. Gone are some of the originators of Women's Powerlifting, such as Mabel Rader, Nate Foster, Bud Mucci, and Pat Malone. The new group in their place seem ready and eager to go to work and try to make things happen. With Judy Gedney at the helm it will be interesting to see what she intends to do it. I know while she was a member of the Executive Committee things were stifled but now she has a free hand and can look for some good things in the future. From what she relayed to me, Judy would like to build a much better base of communication between ALL lifters, and listen to their ideas as well. I heard a few of her thoughts on the subject and in my opinion we are headed towards the right goal. -- equal participation by all lifters. That would be a first.

I would like to recognize some very influential men who put out time and money to make the meet and future USA World team a success. First of all, George Zangas of Marathon Products financed the entire banquet for the lifters, and I might add that it was a good way to end a tough and trying day. George, we do appreciate it. I would suggest that those of you out there who participated in this undertaking, drop him a note of thanks to let him know we in Women's Powerlifting recognize and like what is being done by the business men and women. Interestingly enough, the hard work done by the 1983 world team has paid off. All our 'door to door' solicitations for gear, shoes and money for suits have paid off in 1984. Before the meet was over, I was approached by several businessmen who wanted to be a part of the sponsorship it takes to put a well dressed team together again. Ricky Crain made the comment that 'the women showed their appreciation far more than any men's teams that have been sponsored.' With the time that was taken to write a 'thank you' ed in Powerlifting USA, and the individual thank you notes from each and every team member, it left an impression on those business

people. What a treat to have them come to us with the supplies, instead of calling and calling to get it all arranged. We are fortunate to have such interested folks within our sport. Please keep it up. The Women's Nationals boasted the presence of a few big names from the Men's side of Powerlifting. Among them were World Champions Ricky Crain and Mike Bridges. This signifies the up and coming importance of Women's Powerlifting within the strength world.

I know it meant a lot to many of the women to see some of the best of the world of male powerlifting has to offer. I foresee the day when there will be as many men present at our nationals as there are women at the Seniors. This brings me to perhaps some of the most exciting news to hit Women's Powerlifting. This year in Dayton, Ohio at the Senior Nationals there will be women competing. 114 pound Diana Rowell qualified at the Nationals, 123 pound Vicki Steenrod hopes to make up the extra few pounds she needs to qualify at the Worlds, and I will drop down to 132 to hit the qualifying total. That will bring out three women to compete against the men for the first time ever. Although there are a few men who are less than enthusiastic about it, the overwhelming majority support the idea. One good reason may be the return of TV to the biggest and best powerlifting meet of the year. It is about time. To clear up any questions some of you may have about how and why women may compete in the Seniors, it is because the meet is officially named 'The Senior Nationals' and the title is the word 'Men's' mentioned. After 21 years, Dayton will make a first.

After the close of the meet the majority of the women felt very good about what we had tried to accomplish and some of the progress that was made. Perhaps the biggest disappointment was the announcement by Jan Todd that no world team would be selected until the drug testing results could be received. Knowing that this could take weeks, it leaves your world team athletes in the dark, not knowing if they are even to be considered. It would be nice to see some faith shown in our women (after all, none have failed with the task of preparing for the WORLDS and, of course, the larger task of winning back our team trophy from the Australians. As it is, the athletes could spend precious training time waiting for the hierarchy to give them the go ahead. By next year, I hope we can have this problem ironed out so the women can get straight to the task at hand. Next month, I will bring you some recent developments in our Women's Collegiate program and hopefully name your world team representatives. Until then, keep training hard and congratulations to all who participated in Austin. I think we've come a long way.

Ruth Shaler  
4067 NW 1st, Gresham, OR 97030

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# WORKOUT of the Month

Like the finer aspects of any sport or any competitive lift, the deadlift, when performed correctly, should be considered an art. Too many times I've heard our most important lift oversimplified into just 'picking it up off the ground'. Remember, this is the lift that wins contests and the likes of Inaba, Gant, Crain, Bridges, Thomas, Cash, Gamble and Kaz have all hosted record lifts. An interesting note is that Inaba, Crain and Bridges are squatters by body build, but through correct form and training have excelled in the deadlift. In the following I will explain correct training for the deadlift given the different body structures, which lead to the implementation of either conventional, deadlift form or the sumo style.

It is safe to say most people should use conventional form. The ideal body structure is that of Lamar Gant: long legs, long arms, short torso. A great deal of back is used in the lift complemented by the quadriceps, glute, and hamstring. Even the powerlifter of non-optimum 'average' build should not forget that the back muscles are, as a group, the strongest in the entire body. Don't be afraid to use your back; the key is conditioning and foundation.

Before structuring your training routine, we have to analyze the biomechanics of each style and the muscles involved. Correct execution of conventional form has the lifter pulling off the ground with legs bent to 30 degrees above parallel, back slightly rounded, and head forward. There should be initial flexion of the hamstrings and as the pull starts the only contraction should be with the glutes, hamstrings and to a degree, the quads. This makes the movement 'appear' to be a leg lift to the knee ALTHOUGH IT IS PAST THIS POINT THAT THE ERECTORS TAKE OVER ALMOST TOTALLY TO LOCKOUT. The two most common mistakes we see that deviate from this form are pulling in stiff legged position below the knee and trying to shrug lockouts. The first is caused by lack of leg and back strength to keep correct form up to the knee and an appropriate comment on the other is that, to a large degree, we do not even use the lats and traps isotonically in the deadlift.

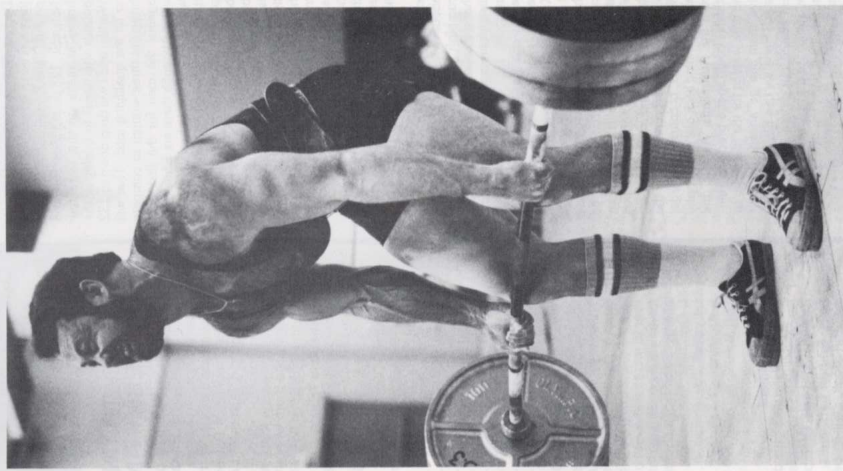
An example of a ten week training cycle in conventional style follows. We are assuming a max of 570 pounds going into the program and the goal is 600 in the meet.

- Week 1** - 460x6 reps x 4 sets. Iso shrugs and cable rows.
- Week 2** - Light deadlift week 405x8x4 sets. Shrugs and tee bar rows.
- Week 3** - 490x5x3 sets, 470x6 reps for 4th set. Iso shrugs and cable rows.
- Week 4** - Light deadlift week 405x8x4 sets. Shrugs and tee bar rows.
- Week 5** - 520x4x2 sets, 500x5x2 sets. Iso shrugs and cable rows.
- Week 6** - Light week, 405x8x4. Shrugs and tee bar rows.
- Week 7** - 545x3, 530x3, 515x3, 500x3. Iso shrugs and cable rows.

**Special Shoes** are just one of Chip's tips in this deadlift workout of the month here. Shrugs and tee bar rows. **Meet** - 600 for one rep.

This routine is very basic for peaking. The key is in the assistance work you do, the optimum stress load you

## CHIP McCain on DEADLIFTING



apply (keeping in mind your squat workouts) and keeping correct form. The first 'tell tale' of going stale are bad technique and the weight feeling dead off the floor.

Let's look at the textbook 'Assistance Movements' and how we will modify them for the deadlift.

1. Shoulder shrugs - are incorrectly done by pulling shoulders in a circular motion. The deadlift modifies this to a stretch down to the knee and the contraction back to the lockout position. There should be no up or rolling movement. Do as if simulating a deadlift. Your traps will grow thicker, not taller with this variation.
2. Iso shrugs - Put the bar on the rack 6 inches from lockout. The objective here is to pull your traps up and back as far as they will flex, dip under the bar and with an arched back, lift the weight with just your legs. This is an isometric exercise for the traps. The traps finally can't maintain their flexed position and drop. This is excellent for strength.
3. Cable rows - Best on the low pulley, use a deadlift width grip and pull low, to the belt buckle. This pre-empt the biceps and isolates the lower lats for thickness, and also in the critical deadlift position.
4. Tee bar rows - Crouch down into the deadlift position for this one and maintain the bent body position during contraction. Pull low to the belt also.

5. Lat pulldowns. Although fine for bodybuilding, this exercise is irrelevant for deadlifting. You do not pull deadlifts down; you pull them up.

The greater emphasis here is on the assistance work, which isometrically involved muscles. The target muscle training, i.e., for the erectors, glutes, hamstrings, comes directly from the powerlift itself. Because lower back burnout is our weak link, it is best to use fewer heavy sets of deadlifts, greater workload volume on assistance work, AND MAINTAIN CORRECT FORM AT ALL TIMES.

The sumo style deadlift is for the specialized lifter. Give or take few exceptions, this is recommended for a person who is built for wide stance squatting, outweighs his deadlift, and whose lower back is, relatively, the weaker link of the muscle groups involved. Mike Bridges executes this stance brilliantly. Reflecting back on Bridges, Inaba and Crain, these men all set world records in the squat long before they broke records in the deadlift. (Poor Michael - only an American record) They have helped to pioneer the sumo stance, but the layman should be careful to note their unique specialization.

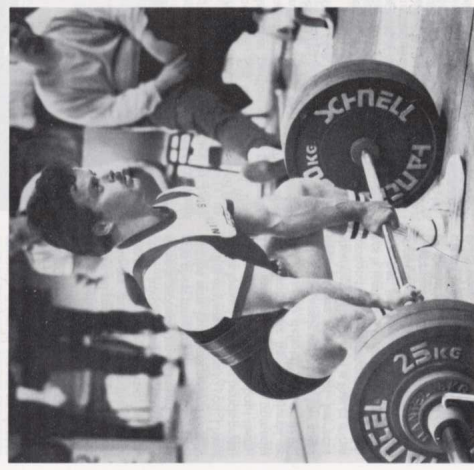
The object of the sumo stance is to use your strong points of the squat and minimize your weaknesses (for whatever reason they exist) in the deadlift. With feet wide and toes out, the hands are usually placed half on the kneeling and half off. The lifter will then arch his back, head looking up, and squat down to about 30 degrees above parallel for the pull.

Correct back position must be maintained throughout the lift. The muscles being used are the glutes, hamstrings, adductors and to a small extent, the quadriceps. Here, the erectors are used only in an isometric capacity, just like the wide stance squat. The most common mistake we see here is failure to maintain an arched back throughout the lift. This is usually caused for two reasons. One, is that the person should be using the conventional style instead, with this stance unknowingly giving him poor biomechanical leverage. The other is the 'anxious lifter syndrome'. With sumo form, the slowest part of the lift is to clear the ground. A sacrificed body position at the expense will get the bar going, only to experience failure at the knee.

Here's an example of a ten week training cycle using the sumo style with the same max goal as before: 10 week peak

- Week 1** - Regular deadlift 400x10x4. Isometric shrugs and cable rows.
- Week 2** - Regular deadlift 420x8x4. Same assistance work.
- Week 3** - Regular deadlift 440x8x4. Same assistance work.
- Week 4** - Regular deadlift 460x6x4. Same assistance work.
- Week 5** - Regular deadlift 480x5x4. Same assistance work.
- Week 6** - Wide stance light day 405x6x4. Same assistance work.
- Week 7** - Sumo style 450x3, 475x3, 500x3, 525x3. Same assistance.
- Week 8** - Wide stance, 555 for double, 530x3, 500x4x2 sets. Same assistance work.
- Week 9** - Sumo style 585 for single, 405x6x4 sets. Same assistance work.
- Week 10** - Bodybuilding only - no deadlifts proper. Shrugs and tee bar. Meet - 600 single.

Even though you are best suited for the sumo style, you should not train sumo, only peak that way. The



Mike Bridges is one of the most successful sumo style deadlifters around.

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reasoning is such: If all you do are wide stance squats and sumo deadlifts, then you really never work your erectors, which we have analyzed as your weakest link. My philosophy is this: You lose off your strong points, but you win off your weak points. So train the deadlift conventionally for reps, getting that foundation where you need it. Peak the way you are biomechanically superior, keeping in mind, however, that your back is not being worked isotonically. Also take a light day in the fourth week transition when you change styles; not only is there a technique adjustment, but there is a deadlift psychology.

Here are a few tricks of the trade that may help you also. For the conventional style deadlift, I recommend an even tighter suit than you squat in. Picture this: The squat suit gives its support at parallel but we only drop to the 30 degree mark for the deadlift. By taking your same squat suit and shortening only the inseam, the suit will then 'catch' you sooner for that support. Some people comment that they can't get their shoulders up with a tight suit but as we discussed, there is no shoulder 'shrug' involved, if done correctly. Another trick is to spray antiperspirant on your palms before you warm up. If you've ever dropped an important one, this will ring a bell. Lastly, I wear a special shoe that has its heel built up in the front. This shifts the center of gravity backward, through the torso, which with the hinge effect of the body reduces the stress on the lumbar area.

I hope this is of help in determining your optimal approach. Remember, sumo is great, but most people should not use it. Don't overtrain the deadlift, but rather put emphasis on strength assistance work and always maintain good form. Good luck.

Chip McCain



# POWER-RESEARCH

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## ASSISTANCE EXERCISES Developing the Chest and Lats

In recent years the bench press has become of all the training exercises. Go to any gym in the U.S. and you will likely see more people bench pressing than doing any other single exercise. This lift is typically the major upper body exercise in most weight training programs. I can remember years ago when "weight training uneducated" people would ask you, "how much can you press?" ... now it seems the typical question is "how much can you bench press?" Football players, and other athletes today are recruited and rated by their bench press maximum.

No doubt the widespread popularity of the bench press is due to a number of factors, but the fact that it is probably the most comfortable lift you can do is not of minor importance. If we could also squat, deadlift, etc. somehow on nice cushy benches, our sport of powerlifting would explode in popularity overnight (is this why "bench squats are big with some lifters?"). By the way, did you know that nearly as many benches are sold as free weight sets in the US marketplace?

It is important to realize that a competition style bench press is an extremely technical lift, and is, in fact, a skill event not much unlike sports often considered more complicated, like pole vaulting, for example. To improve one's bench press it is important to optimally develop the component muscles involved in the lift. It's my feeling, however, that one also needs to do competition style bench pressing regularly as well, both for technique development and in order to help integrate any individual strength developed in the individual component muscle groups. The amount of technique work on the bench press should increase throughout a training cycle so that the greatest amount of technique work occurs just prior to competition.

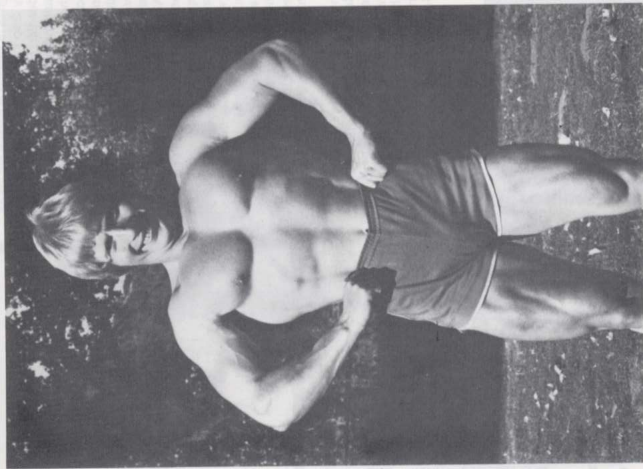
In past articles I have discussed at some length the biomechanics and training concepts involved in optimal training for other muscle groups involved in the bench press (see PL USA 4/82 on biceps and elbow flexors, 5/82 on triceps, and 7/82 on shoulders). This month I will add to the group of major muscles involved in bench pressing and look at chest and lats.

### A. The Pectoralis Major:

The key muscle of the chest is the pectoralis major, which for reference can be easily palpated and is superficial enough to be clearly seen on most people (or refer to any anatomy text). This muscle has two muscle fiber groups: (1) The Clavicular por-

EMG) was evaluated as the subject went from flat bench pressing to increased angles of incline bench pressing. The most amazing result was that after about a 25 to 30 degree incline, the activity of the large sternal portion of the pectoralis major virtually dropped off entirely. At inclinations above this incline bench positions, the clavicular portion worked in concert with the anterior deltoid and triceps to perform what became essentially a predominantly arm/shoulder motion. What is interesting is that I have observed frequently over the years that most powerlifters and bodybuilders "feel" this reduced sternal involvement of the pectoralis major when doing inclines (and most inclines are usually at least about 60 degrees in gyms around the country). What they end up doing to involve more chest (sternal) involvement is hypertextend the back in order to get the chest flatter relative to the horizontal (or floor). Basically, they end up doing a contorted and less comfortable flat bench press.

Consequently, to involve the large sternal fibers (that provide most of the chest input or drive in the bench press) one should primarily work the bench press from flat to low incline angles (low incline angles can be used for variation). No matter what angle you use the clavicular portion will still be heavily worked, and I don't really think much additional specialized training is necessarily needed for that portion of this muscle. To really develop the pectoralis major, as most people are aware, using a wide grip is probably the best approach. Additionally, based on more recent research, it would appear prudent to vary the position where you touch the chest with the bar when doing wide grip bench presses. For example, you might begin a set with reps hitting higher up on your chest and as the set progresses, hit progressively lower (but not below the base of the pectoralis major). Also, as far as chest involvement is concerned, there is probably no real need in wide grip chest movements to totally lock the arm. But, personally, I usually do this anyway. It's up to you. I have never looked at decline bench presses, so I can't say much about them. Their usefulness to me is primarily when someone has an injured or sore anterior deltoid. In fact, doing either low angle inclines or low angle declines are great relief for sore shoulders. The reason is that in either motion the torque about the shoulder is less than in flat benches since the bar is more directly over the shoulder joint. Finally, I am not overly impressed with dumbbell chest flys or similar movements. These movements are really not much different than wide grip barbell or dumbbell bench presses.



Heavy Upper Chest Development is seen on Big Bench Mike MacDonald prior to his still standing World Record of 562 at 198, set back in 1980.

tion - whose fibers originate from the clavicle and insert via the common tendon in the sternum (upper arm bone), and (2) The Sternal portion - whose fibers originate in the sternum and also insert via the common tendon on the humerus. It is important to note (relative to the bench press) that by far the most important group of fibers in the pectoralis major is probably the sternal portion. I say this because the sternal group of fibers constitutes the largest number of fibers in the pectoralis major muscle and also is a portion of the muscle that horizontally adducts the arm (which is involved in the upward

phase of the dumbbell press, and fly motions). On the other hand, the clavicular portion of the pectoralis major acts primarily much like the anterior deltoid to cause shoulder flexion (which looks like the upward phase of a lateral raise). Some years ago, when I first began studying the bench press, I performed a series of experiments looking at the muscle activity of both the sternal and clavicular portions of the pectoralis major during bench pressing and incline pressing (see ref 1). The muscle activity (as monitored with surface electro-myography or

### B. Latissimus Dorsi

One of the major muscles of the back is the Latissimus Dorsi (or 'lat' for short) and again I refer to you an anatomy text or the hypertrophied back of your choice to refresh your knowledge of this muscle location. From an origin that spans a large portion of the lower to and middle spine, the muscle inserts at the upper portion of the humerus (upper arm bone). The major roles of the lat are to adduct, internally rotate and extend the humerus. Basically all 3 of these motions can be seen in a simple chin up type action in which the latissimus dorsi is the major muscle involved. The function that this muscle has in the 3 powerlifts is not easy to see, but it is nevertheless valuable to develop, especially for the bench press.

Unlike the pectoralis major and several other muscles that have distinct fiber groups with unique characteristics, the lat is somewhat simpler. Despite many myths that abound about this muscle, some exercises do not necessarily work different portions of the muscle. There are, however, several interesting features about lat exercises that I discovered through studies over the years (ref 1, ref 2).

Perhaps the best exercise for this muscle is the classic chin up/lat pull down motion. Of studies that I have done to determine the "best" of this class of exercises, several points should be made: (1) the wider the grip, the greater the lat involvement; (2) the narrower the grip in a pulldown the chin, the more the elbow flexor (biceps), etc. involvement; (3) the lower the position of the bar relative to the chest or neck, the greater the lat activity, reaching maximum activity at the lowest position of any exercise. This may be due to the reduced elbow flexor involvement in these positions; (4) Pull-downs behind the neck involve less latissimus activity than pull-downs to the chest. The outward rotation of the arm needed to pull the bar to the neck makes the pull-down to the neck much more of an elbow flexor exercise.

Further, I found that pull-downs to the chest performed where the upper body was inclined back about 30 degrees or so from vertical works perhaps the best movement for eliciting lat involvement. Additional observations include: (1) Some people pull too much with the arms, and need to learn to pull using the lats primarily. They should try to bend the arms only when the arms have to bend; (2) Similarly, using straps is a good way to de-emphasize the elbow flexors and involve the lats more during these pulling motions; (3) Chin ups, etc. done on a fixed bar are probably more difficult than pull-downs since the body must be maneuvered around the fixed bar (where the opposite occurs during pull-downs). Also, body weight flys from day to day can often complicate progress in chin ups; (4) If possible, being able to pull the arms all the way into the sides of the body (usually possible only on machines)

or with one arm pull downs appears to be a desirable motion for the lats.

The other major movement used for lat development is really more of a combination upper back exercise that develops a lot of other muscles in addition to the lats. I'm talking about bent rowing and its variations, even extending to sitting cable pulls (which are quite similar). While doing any of these movements a wide grip will provide more lat involvement, as before, although a medium grip is probably desirable for the pull involvement of all the muscles involved. However, the major problem with any bent row type motion is low back aggravation. In a low flexion position the flexion-relaxation phenomenon (see PL USA 1/82) is invoked and the erector spinae muscle group of the back is largely relaxed. Consequently, the load you are trying to lift plus the weight of your upper body during the bent rowing motion (especially when the person's upper body is near horizontal) must be borne largely by the ligaments of the low back and the hamstrings. This is why a lot of lifters have back problems, coming from bent rowing or seated low cable type pulling movements. It is important to keep the upper body at a higher angle of flexion, or brace the upper body over a high bench and do dumbbell bent rows or similar movements.

Well, let me end this month with a brief note about a study that reaffirms what many of us have noted over the years. Two researchers from the University of Florida (ref 3) recently presented data that strongly suggests that it is advantageous for powerlifters to train for strength at the same time of day as they will eventually perform in competition -- of some particular importance in my mind, for lifters in the lighter weight classes who typically must compete in the early hours at meets. So, train early if you must lift early or train late if you must lift late.

Finally, I have noted that this month marks the fourth year I have been writing for PL USA. To me, the growth of Powerlifting and PL USA have been inter-twined over the years. Both have come a long way, and Mike Lambert has done a great job on the magazine and a lot more for our sport, as a stabilizing force in troubled times, and as a forum for open exchange of ideas (not single company propaganda). It's been great. I, for one, am grateful, Mike. Support powerlifting by supporting PL USA - tell your friends about it. Best of lifting to you.

Reference 1: McLaughlin, T.N., Garhammer, J., and Madson, N., Biomechanical Analysis of a Multi-Station Weight Training Apparatus, unpublished research report, Diversified Publications, Inc., 1980.  
Reference 2: McLaughlin, T.N., Madson, N., McCleod, W., Biomechanical Analysis of Neck Sequence Exercise Equipment, unpublished research report, Diversified Publications, Inc., 1982.  
Reference 3: Hill, D. W., and Bauner, C. W., Time of Day as a Factor in Training for Strength Development, paper presented at the annual meeting of the Southeastern Chapter of the American College of Sports Medicine, Auburn, Alabama, Feb 1984.

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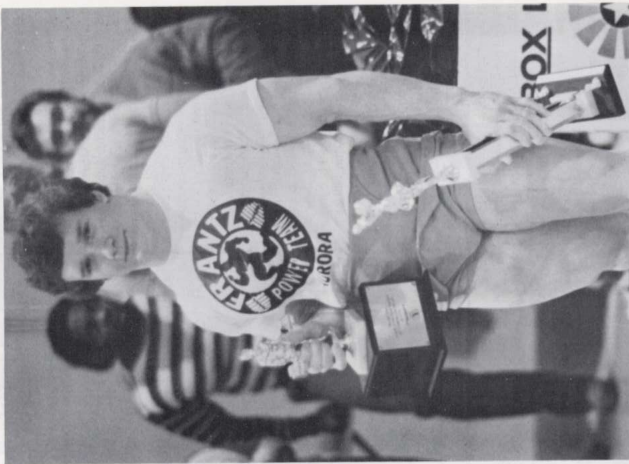
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# POWER PROFILE

## Ed Coan The Wonder of Nature

By Ron Fernando



Ed Coan...with his best lifter award at the YMCA Nationals.

Twenty-five years ago on a dreary, drizzling, fall evening in Goiky Park, Russian weightlifting fans saw a sight that stunned them - the defeat of their famed champion Medvedev at the hands of a previously unheard of American. So complete was this American's victory, that the Soviets nicknamed this gargantuan young man a "chudo prirodny" - literally translated - a wonder of nature. This young man went on to other lifting accolades - and we know him as the legendary Paul Anderson. Anderson was blessed with a tremendous amount of natural size and strength that no scientific analysis could second guess. Happily, history has an unusual way of repeating itself in many different manifestations, including weightlifting.

One year ago in Austin, Texas, a quiet young man from Illinois made his debut on the Senior National platform. Unbeknownst to many, this young man had been fighting a losing battle with his ever-increasing bodyweight. For the prior three days he was swathed in a multitude of water extracting paraphernalia (reminiscent of the arakene and their "sillits" in the science fiction novel *Dune*) to shed those last few grams of weight. He looked drawn and rather weak the night before, but was still a couple of kilograms over the 75 kg limit. I remember getting a call at 6 a.m. from him asking whether it would be advisable to draw blood, so he could make the weight limit. After having recovered from this shock, I learned that he had drained himself of every gram of water through diuretics and was as muscularly defined as any Mr. Olympia contender. Well, he failed to make the necessary weight limit and chose to lift against the invincible Mike Bridges in the 82.5 kg weight division. While Bridges was once again demolishing the weights, our friend went an astonishing 9 for 9 and finished with a whopping 1857 total - weighing just over the 75 kg limit! Realistically, if he had made weight, he could have sent Rick Crain to the showers and quite naturally would have gone on to garner the World title in Gothenburg, Sweden. This young man has since, once again, set the lifting world back on its collectively caloused heels with an astonishing 1945 total at 181, and for my money, is the man to beat this year at either 181 or 198. His name...Ed Coan.

Ed is probably the "hottest pistol" in the powerlifting arsenal today. His rise in the ranks with a mere 3 years of training leaves many people with jaws agape and lots of comparisons drawn to the meteoric rise of Paul Anderson. After the 1983 Seniors, Ed ate...and ate...and eventually put on about 30 pounds. He normally trains at approximately 10 pounds over his current weight class which

on depth. His light days see him going as high as 650 for 5 reps (without a suit); 135, 245, 335, 425, 505, 600, 650x5. The 600 will be for a single (to get the feel of the weight) and the final set is an all out attempt. His best for 3 is 705. Personally, I can see him breaking the World record in the squat within one year. He finishes his leg training with leg extensions, leg curls (2x8 each - done once per week) and heavy seated calf raises for 5x12. Again, he feels that too many lifters do not listen to their own body's rhythms in the squat, which involves many major muscles, and ignore the basic principles of cycling.

**Tuesday, Friday:** Back, Shoulders, Abs. Eddie is a great believer in the use of heavy, heavy weighted chinups - as he said "I do not do any rows or pulley moves because my back has responded well to the chins..." He does 3x8 reps with up to 100 lbs. around his waist. Additionally he will alter the seated press with dumbbell work for the delts. He will also work his traps with some "light" (600 for 3x8) shrugs. His abdominals would make Samir Bannout envious, but apparently he does the barest of exercises - some crunches and leg raises twice per week. By the way, he doubts if he will ever enter bodybuilding because he "hates to do reps..."

**Saturday:** Deadlift. Watching Eddie pull on 800 lbs. (yes, this is his maximum!) using the very tricky

sumo style is a wonder. His hands remind one of the great jazz pianist Oscar Peterson - whose hands and fingers were so large that he was able to do consecutive triplets on the Baldwin grand. Eddie simply does not lose any deadlifts due to lack of grip - he confidently predicts an official 800+ pull at 181 this year (of the Seniors, maybe?). Again, he believes in the reps, but does them in the following fashion - after each rep, he will regroup, then pull again. This allows him to set up each time and restricts him from any bouncing of the weights whatsoever. Again, his best rep weights are as follows: 695x5, 750x3, 800x1, and 640 for 2x5 standing on a two inch block. Diet: In the off season, which by his own definition is any time prior to 12 weeks before a meet, he has no restrictions. Naturally, his 20 year old frame is more resilient and exhibits a higher rate of metabolism than normal, but when he is in training, cuts out the milk and ice cream, red meats and sugars and sticks mainly to chicken, fish, eggs, juices and salads.

Knowledgeable lifting fans are mentally drooling at the prospect of having two athletes from the United States total over 2100 lbs. at 181. This dream could very well reach fruition at this year's Senior Nationals where the great Mike Bridges meets the new "wonder of nature" of the powerlifting world - Ed Coan...  
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a detailed PL USA look at some of the world best lifters in the world

fought him like a cornered animal, he stuck with it and won. Do not count this young man out. Yes, he is young - only 20 years old, but he is blessed with ideal training conditions and supportive parents who, seeing the enormous potential he has, are allowing him his freedom to train without the added pressures of school or work, as well as superb training partners like Rudy Ruessiger, Ernie Franz, and Bill Seno, plus absolutely the finest attitude I have ever seen in an athlete.

What can the novice or intermediate lifter learn from Coan's training system? As previously stated, there is nothing magical about his methodology or dietary habits:

**Monday, Thursday:** Squat and Bench Press. Ed is a firm believer in two basic principles, which can be applied by any lifter, regardless of level: repetitions to form a foundation, and the inverted pyramid scheme on his heavier days. He feels that lifters too often exercise their egos: "...I see guys all the time who are stuck on a certain weight for months, even years...the reason is usually too many maximum attempts...repetitions will condition the body..." With that in mind, he does his squatting and benching on Mondays with an all-out set of 5 repetitions in mind: Bench: 135x5, 245x5, 335x5, 385x1.2 (to get the feel of the weight) and then 420x5. He will often pause the last repetition of this last set. He has gotten as high as 435x4 for 2 sets, when he slightly injured his pec (he still finished the rep) and as high as a 485x1 pause after his heavy set of five! Oh, his heavy day, he will work up to a set of three repetitions, in much the same fashion as on Monday - sizeable jumps, a medium heavy weight to "feel" the tension, then an all-out set for three reps. His best is 445x3 for 2 sets. This means that the 500 barrier is within sight. He finishes each workout day with 2 sets of 6 repetitions in the close grip bench press working as high as 360x6, all with pauses! Explosion off the chest is the key in his bench. As far as auxiliary work is concerned, Ed performs dips with "only" 200 lbs. for 3x8 reps, lying tricep extensions with 2x5 - with a straight bar (ouch!) for 2x8 reps and does some light bicep work in the form of hammer curls and concentration curls.

His squatting set/rep scheme is done in the same fashion as his bench press - light (sets of 5) on Monday, heavy (triples) on Thursday. The 700 I saw him squat at the Seniors was easily 2 inches below the parallel (remember, this was after spending a sleepless night trying to shed weight and weighing only 160 and change). His best squat in training at the YMCA Nationals in Columbia, South Carolina, was 790. His style is excellent, using a slightly offset medium stance (ala Dave Waddington) and again, with no question

an adjunct to his mat work - and found that his bodyweight started sliding up to the point where he could no longer compete in his old weight class. It took him all of six months to nail a 500 lb. squat and he should weigh about 210 on a day-to-day basis. In analyzing Ed's rise to the top, it is very difficult to pick out one single factor that sheds any light on the "how" and "why" of his success. Suffice it to say that he has been blessed with a tremendous amount of power, especially in his hip and lower back region, and is totally unafraid of the weights. Other than that, his routine is not something that looks like a doctoral dissertation in kinesiology, and his diet is very straightforward.

Before delving into his actual training, a word or two about Ed's background is in order: He started as a wrestler in the 98 lb. weight class. Anderson. After the 1983 Seniors, Ed ate...and ate...and eventually put on about 30 pounds. He normally trains at approximately 10 pounds over his current weight class which



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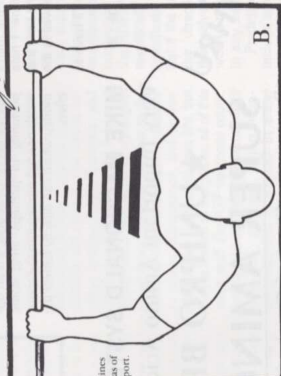
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**A.D.F.P.A. Records Problem**...John Gallo, who Strength and Conditioning Coach at Rutgers University, bench pressed 351 pounds as a Superheavyweight in a recent American Drug Free Powerlifting Association meet (the Pennsylvania State Championships) and happily assumed this meant he had broken the existing record by 22 pounds, however he later received a letter from A.D.F.P.A. National Records Chairman, Tim McClellan, of Arizona, indicating that the record would not be accepted by the A.D.F.P.A. because the meet scale had not been certified, nor had the plates been individually weighed and marked prior to the competition. Mr. Gallo welcomed the appearance of the American Drug Free Powerlifting Association, as he wanted to prove that he had gained his strength and size without the use of anabolic steroids and the like. He reports that two months prior to the competition, he had notified the meet director and an A.D.F.P.A. official of his intention to break the record. Also, on the day prior to his lifting, he informed another A.D.F.P.A. official of his intention. He also noted that this was only his second organized powerlifting competition and he was not familiar with the rule regarding the calibration of the weights. National records chairman Tim McClellan also reports that several other lifters were in the same situation as a result of the non-calibration of the weights at the meet, namely John Kuc, Jeff Henning, and Joe Giandalla, and it has happened at other meets as well. He urges meet directors to take the proper steps at their meets so that records can be accepted, and if anyone has a question about the A.D.F.P.A. policies they should contact Tim McClellan at Apartment A-6, 4540 S. Rural Rd., Tempe, Arizona 85282.

**Powerlifting Memorabilia**...we at PL USA are constantly on the lookout for photos, meet results, old magazines, etc. covering the Powerlifting scene prior to the inception of POWERLIFTING USA in 1977, and encourage anyone and everyone who has such material or knows where it might be found, to contact us at Box 467, Camarillo, CA 93011 and let us know what is available. We're willing to pay for photographic or xerographic copying of such material, so we can keep the information on file in our archives and share with our readers the history of the sport in future issues.

## Question & Answer

**This month, training questions are answered again by Roger Estep, 1979 Sr. National Champion and World Record breaker in the 198 lb. class. If you have a training question, send it to QUESTION & ANSWER, 1413 Hoagline Dr. Anaheim, CA 92802**

**Dear Roger:** I am a sixteen year old powerlifter seeking your advice. I have been training for about two years and am very serious about it but there are drawbacks. My pediatrician told me that full squatting can be bad for my knees, particularly the cartilage that is still in my knees (since I have not stopped growing yet). How great of a problem could this be? Now serious is it? How could it affect me in later life? If I changed my squatting style would it help? Will wrapping my knees help?

**Dear Roger:** I have read many articles concerning your training and there appears to be a great emphasis on singles. Training in this manner would be ideal counterproductive for novice and intermediate lifters. What then, would you suggest as a good off season training routine for lifters not in the advanced class?

**Mike Fitzpatrick**

Your question brings a smile to my face. I guess I do address my answers to the more advanced lifter. Although, I do believe that the intermediate lifter will also benefit from my theories. If a lifter is a beginner then the heavy reps would be counterproductive. My definition of a beginner is the same as John Kuc's, someone who has less than one year of good training.

The basics to my theory is to make your gains slowly, don't get strength crazy. If you plan on a 400 lb. bench press in a work out and it goes easy don't jump to 440 or 450 because this could cause you to become overtrained, so the word is caution.

An alternative to singles for the lifter is sets of 5 or triples. There are many great lifters that use 5's. Steve Wilson, Fred Hatfield, being two of them. But on the other hand you have just as many who prefer singles. The bottom line to power is heavy weight and low reps. The number of reps is up to the lifter and is many times determined by who you train with or who you must make progress with. Heavy weights must be used even for intermediate lifters.

## OUT OF RULEBOOKS

The current edition of the Powerlifters Handbook, incorporating the IPF rules, records lists, etc. has recently sold out. We are preparing a new version, and will hold all incoming orders until the new edition is ready for distribution. Price for the new book will be the same, \$8 (plus \$.54 tax for California residents), payable to POWERLIFTING USA, Box 3238, Camarillo, CA 93011.

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## DO YOU NEED MORE CALCIUM?

A couple of days ago at the gym one of the lifters was saying that his family drinks 3-4 gallons of milk per week. He was complaining how much the milk bill was and how it was just about to break the food budget. I asked how much of that 3-4 gallons of milk did he drink? His reply was "oh, about a glass or two a week." I quickly asked if he ate any cheese, cottage cheese, hard cheese, etc. He said, "once in a while, Jack, man with a couple of cold ones 'ic-down! Here, would you put some chalk on my back, I'm up. Besides, I heard once that adults don't need to drink much milk anyway. Watch me close on this set." His reply was alarming to me. It was made more alarming by the fact that I was spotting him on a 90 percent max squat! In this month of Nutrition Corner, I would like to bring into focus a very critical element in a powerlifter's training program -- calcium. We'll take a look at the roles calcium plays in the body and how these roles are accentuated by both the physical and mental stress of moving the big weights. Then I'll pose some quick questions about your calcium intake and see if you 'do need more calcium?

First let's take a look at calcium and how it works in your body. Calcium is a mineral -- an extremely important one to the powerlifter as well as any weight training athlete. It's role has been extremely well documented and since I agree with Dr. Tom McLaughlin that the best way to treat an injury is to prevent its occurrence, I am convinced that consistent negligence of calcium intake will eventually lead to injury. To check out your injury potential, you must look at two important factors. First, what is your calcium intake and how does it compare to the standard set by the RDAs of 1200 mg per day. If your intake is lower than 1200 mg per day, how long has this been taking place. Both or either can and very probably will lead to injury, or it could affect the time it takes to heal an injury and the extent of the healing that is achievable. So, consider all that massive weight you're holding up when under a squat and what is helping to support it; your skeleton, your muscles and your will. Calcium is vital, absolutely necessary, for all three.

Calcium is associated, classically, with periods of growth and development. For instance, during pregnancy, in infancy, and in the growth spurts of early childhood and adolescence. It is also vital to athletes in anabolic (growth) metabolism. Yet, in the prestigious Ten-State Nutrition Survey, calcium intake was found to be consistently far below the safe range set by the RDAs. This study covered the widest possible range of people. The findings also revealed that the knowledge of what foods were high in calcium as well as what functions calcium served were also below average. How aware are you of calcium's functions and sources? Well, let's take a look.

# NUTRITION CORNER

by Jack D'Angeli

What happens if your diet does not supply adequate calcium to meet this growth need? The body will seek out calcium and withdraw it from existing, stable bone structures. The surface calcium layer is broken down from the existing complex bone structure into several component parts. One of these is the mineral calcium in their body. The remaining one percent of calcium is located in the blood, in the extracellular fluids and with the cells of the soft tissue regulating vital metabolic reactions. The major function of calcium is the formation of bone tissue. The structure of bone is very unique in that a soft protein matrix shell is covered by extremely hard, dense calcium components. These two components are calcium phosphate and calcium carbonate, commonly called hydroxyapatite. Also, the elements, zinc, sodium, fluoride, hydroxyl and magnesium are present. Throughout this bone structure, blood and lymph vessels, nerves and bone marrow bathe these structures, enabling a ready exchange of new minerals.

In the enamel and dentine of the teeth, the calcium crystals are the same in composition as in the bones, but they are much larger. This could be the reason that both calcium and phosphorus are not available for ready exchange. There is very little turnover in the way of calcium to phosphate exchange in the teeth as compared to the constant exchange taking place in the bones, and as you'll soon see, this exchange is absolutely necessary.

Within the bone matrix, there are two distinct calcium components. One component is a non-exchangeable calcium. This type is not readily available for short term regulation of calcium levels with 'regulation' meaning the handling of either short term excess, which could be deposited, or a minor shortage of calcium intake, which could be made up by the existing bone matrix. The other type of calcium component found in the bone is exchangeable calcium. This type, as the term suggests, can be used by the body for any immediate type of short term metabolic need. This exchangeable calcium is generally new dietary calcium and is deposited on the bone surface. This deposition-withdrawal cycle on the bone's surface helps to maintain the blood serum level within the normal range. The body also uses this storage capability as a reserve source of calcium when dietary intakes are low or inadequate for normal health maintenance. The body will store this calcium near the ends of the long bones, called the trabeculae, and in times of growth or stress this calcium is called upon to serve its function. That is, if there is ample calcium available!

As mentioned before, the main function of calcium is in the deposition of bones and teeth, and 99 percent of the calcium in the body is found in these structures. The remaining 1 percent is found in the body fluids and soft tissues. However, don't let that 1 percent fool you into thinking that it is unimportant. That tiny one percent is extremely important. Think of it in these terms. It may take 99 percent of your calcium to hold or support

the weight, but it is that one percent that moves it! Here's the way it works. That 1 percent of calcium is found in a different form than that found in bones or teeth. It is in ionic form, vastly different than the complex component of calcium in the hard structures. This ionic form of calcium is used in the important cycle of energy release. The term is called adenine triphosphate, or ATP-AMP (it's within this ATP-ADP-AMP (it's 3 di-2, mono-1) that the energy is released in order to move the doubles and triples in your workout. If your calcium intake is a bit low, your energy production will be a bit low as well. Also, remember that you're dealing with that fragile 1 percent figure. Start knocking off 1 percent from 1 percent, and believe me, it'll show up in your workout. Maybe not today or next week, but sooner or later, something will suffer. Don't kid yourself, if you neglect calcium, I guarantee you'll only be a matter of time before something gives.

Another very important function of calcium is in the blood clotting process. There are some 54 steps in the body's effort to heal a wound. Let's take for example, an 85 percent max deadlift for reps. You've just squeezed out that last rep and set the bar down. Then you realize that you've torn away part of your hand on the knurling. Here's how calcium begins to heal your hand before your next DL workout. The calcium, in this case ionized, stimulates the release of a structure called thromboplastin from the blood platelets. Later on, in the step by step process, calcium assists in the conversion of thrombin to thrombin. Then thrombin assists in the polymerization of fibrinogen to fibrin. Well, never mind the technical stuff; just remember that healing that torn calcium cannot be effectively done without calcium. If your calcium intake is low, then your hand may not be healed 100 percent by the time the next DL workout rolls around.

Even at the cell level in your body, calcium acts to assist in the transportation of items into the cell. Take all the supplements you want, over the counter or otherwise, and if your calcium level is low, then you can be sure you'll lose a lot of money as well as precious pounds in your total. For the sake of lifting them, I'll just mention a few more vital areas in which calcium plays a role: The release of neurotransmitters at synaptic junctions. Another function of calcium is its involvement in the synthesis, secretion and metabolic effects of protein hormones and the release or activation of intracellular and extracellular enzymes. Again ladies, and gentlemen, calcium is utilized in the absorption and utilization of all those mg and cc's taken. Do you kinda get the picture that calcium is important!

Finally, calcium is involved in the regulation of the heart beat, and in combination with other minerals it helps control muscle tone, and even helps ease off that sharp temper that lifters sometimes get before a meet. (continued next month)

# TOP 100

2425  
(242 1/2 lb./110 kg.)

for USA lifters competing from February 1983 through January 1984



**Steve Wilson** our defending National Champion at 242, and just edged out of the World title in Sweden, led the way on this PL USA TOP 100 ranking, followed closely by the thundering thighs of Doug Furnas. What a great confrontation these two should have at the seniors in Dayton. On a good day, Wilson seems capable of over 2204, the World record total posted by the immortal John Kuc in 1980, and likewise, Furnas seems ready for well over 900 on the squat any time now.

## NEW PL USA TOP 100 Achievement Awards



Our new Powerlifting USA TOP 100 lifting accomplishments, and they are beautiful, printed in Red and Gold ink on exquisite paper, officially embossed with the seal of Powerlifting USA Magazine, and personally signed by PL USA Publisher Mike Lambert. This is a display. Each one specifies your name, your TOP 20, 50, or 100 ranking division, your weight class, and your actual numerical ranking in your class. The price for this CERTIFIED documentation of your achievements is \$5.00, but we have a special offer for you. If you order a rich wood grain finish with unique clear cover for \$18.95, complete with certificate. If you have appeared on a previous TOP 100 listing or have made the list since the last one was published for your weight class, you are eligible to order a second certificate. This is a class, lift, date it was made, and your name appeared on. Send \$5 per certificate or \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, box 467, Camarillo, CA 93011.

|     | SQUAT                  | BENCH PRESS               | DEADLIFT                | TOTAL                     |
|-----|------------------------|---------------------------|-------------------------|---------------------------|
| 1   | 887 Furnas, D 12/17/83 | 585 Samaniego, S 7/16/83  | 821 Bloom, W 6/5/83     | 2143 Wilson, S 7/16/83    |
| 2   | 889 Nichols, B 1/18/84 | 589 Wilson, S 7/24/83     | 804 Kuc, J 7/1/83       | 2067 Smith, D 1/19/83     |
| 3   | 837 Warman, S 7/24/83  | 551 Wilson, M 12/17/83    | 799 Furnas, D 12/17/83  | 2061 Reed, D 3/20/83      |
| 4   | 821 McCooy, D 3/20/83  | 540 McCooy, D 3/20/83     | 788 Wilson, S 4/25/83   | 2054 Davis, B 3/6/84      |
| 5   | 821 Jacoby, D 12/17/83 | 540 Kelly, C 4/24/83      | 775 Atherton, M 6/5/83  | 2039 Chaillet, M 6/5/83   |
| 6   | 815 Smith, C 3/20/83   | 535 Stein, J 3/5/83       | 760 Tullis, R 4/9/83    | 2039 Miller, S 1/28/84    |
| 7   | 815 Smith, C 3/20/83   | 534 Schmitt, S 12/17/83   | 750 Schmitt, S 12/17/83 | 2039 Miller, S 1/28/84    |
| 8   | 810 Dittler, M 7/83    | 534 Schmitt, S 12/17/83   | 740 Dittler, M 7/83     | 2015 Chroniak, B 3/27/83  |
| 9   | 805 Schick, L 2/13/83  | 525 Lieberich, E 11/27/83 | 740 Weib, M 11/27/83    | 2015 Chroniak, B 3/27/83  |
| 10  | 804 Burton, D 6/16/83  | 520 Young, D 5/1/83       | 730 Ponzl, S 12/10/83   | 2011 Clayton, D 2/5/83    |
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### Anabolic Steroids and the Athlete

with a Chapter on Human Growth Hormone  
William N. Taylor, M.D.  
128pp. 1982 \$13.95 (paper)  
ISBN 0-89950-055-2

"The most impressive (and welcome) attribute of the book is (the) clarity and conciseness. And for the first time, a frank cost-study of maintaining a steroid 'habits'. Anabolic Steroids and the Athlete is a highly thought-provoking, controversial blockbuster... Muscular Development; The canetel exploration of the chemistry and physiology of testosterone and its derivatives is a valuable contribution to the knowledge of its much abused bodily substance... must reading for the serious bodybuilder... well researched and scientifically authoritative... a good investment!" — Southern Bodybuilder, "extremely well documented... worth the money" — Track & Field News, "factual and straightforward, using little scientific jargon... recommended" — Library Journal, "invaluable source" — USOC

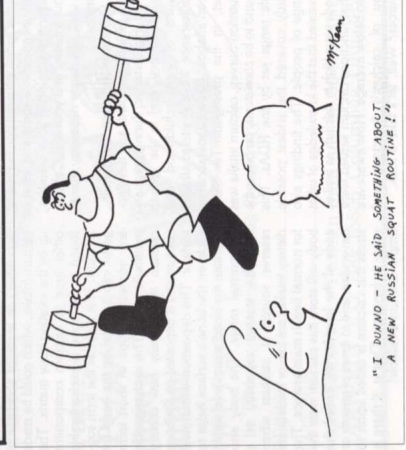
WILLIAM N. TAYLOR, of Palm Harbor, Florida serves as a regular contributing editor for *Muscle & Fitness*, *Muscle Digest*, *Medical Jogger's Association Newsletter*, and other magazines. He also serves as Sports Medicine Editor for *Southern Bodybuilder* Magazine.

Dr. Taylor is an avid bodybuilder and marathon runner and he has major interests in the life fitness and preventive medicine areas of his practice. He is also a noted expert in sports medicine and serves as medical advisor for the American Running & Fitness Association and as NPC Judge for the National Physique Committee.

Dr. Taylor will be presenting his expert advice on anabolic steroids and human growth hormone use in athletes at a seminar speaker at several international sports medicine AMJA meetings including the Honolulu, Boston and London AMJA Medical Meetings as well as the 1984 American College of Sports Medicine Meeting in San Diego where he will be instrumental in the formation of the new policies governing anabolic steroid and growth hormone use in athletes.

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### SPORTS SPONSORSHIP

### Creating the Golden Girl

by William N. Taylor, Contributing Editor

The art of sports sponsorship can be lucrative in times such as these. For the successful sports sponsor, the quest for knowledge regarding the strengths, weaknesses and athletic abilities of an athlete combined with the ability to "promote" this athlete with human growth hormone knowledge through a been business sense often earns them the label of genius. However, as Alexander Hamilton stated in the late 1700s, "Men give me credit for genius; but all the genius I have lies in this: When I have a subject on hand, I study it profoundly."

In 1977 novelist Peter Lear used his ability to study profoundly his deepest interests in athletics to uncover some of the current ethical and moral questions of modern athletics and of modern people. Through his sensitive search and research in his novel *GOLDEN GIRL*, he was able to produce a work of personality flaws and circumstances coupled with the methods of athletic training to warn us in a powerful and credible manner that humans use other humans to gain possession and power. This book is so authentic that the reader feels that if the 1980 Olympics had been held with U.S. participation in Moscow, the novel would have been published as non-fiction.

Essentially, the theme of this novel combines the genius of a medical scientist, the compulsiveness of a coach who himself was an "Olympic hopeful", the persuasive powers of the psychologist, the greed of a pharmacist, the ego of an ultrasuccessful sports sponsor and the genetics of a young girl to create a monster called "Golden Girl". This unique blend of science and medicine, illuminated by the genius of a medical physician scientist injecting human growth hormone (hGH) into his adopted daughter without her knowledge, was her created a super athlete woman with a dependent immature self image. She was "programmed" to win these Olympic Gold Medals during the 1980 Olympic Games in Moscow which in reality was destroyed as far as U.S.A. participation by a political boycott. Actually, she was a "plaster model" to athletic excellence to fulfill the dreams and theories of "Doc", the doctor who adopted her with medical and doctorate degrees in physiology and endocrine glands of human growth. Golden Girl did indeed win these Olympic Gold Medals which she was "trained" for, but she developed diabetes during the last few weeks prior to the Olympic Games. This extreme case of diabetes stemmed from the century before man learned to culture chronic hGH injections, and is a

known disease condition which may be reversibly occur. However, this debate's condition probably "Doc" to reveal the story publicly. His findings literature, weaknesses and athletic abilities of an athlete combined with the ability to "promote" this athlete with human growth hormone knowledge through a been business sense often earns them the label of genius. However, as Alexander Hamilton stated in the late 1700s, "Men give me credit for genius; but all the genius I have lies in this: When I have a subject on hand, I study it profoundly."

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"I DREAMED HE SAID SOMETHING ABOUT 'A NEW RUSSIAN ROUTINE'!"

McFarland

# Interservice Championships

MILITARY INTERSERVICE CHAMPIONSHIPS  
8, 9 Feb 1984  
MCAS El Toro, CA

|                    | SQ(kg/lb) | BP(kg/lb) | DU(kg/lb)  | Tot(kg/lb) |
|--------------------|-----------|-----------|------------|------------|
| 52 kg/114 lb       |           |           |            |            |
| M. Echevarria-USAF | 145/319   | 95/209    | 165/363    | 405/892    |
| W. Jackson-USA     | 137.5/303 | 70/154    | 185/407    | 392.5/865  |
| 56 kg/123 lb       |           |           |            |            |
| K. Westbrook-USAF  | 155/341   | 92.5/203  | 182.5/402  | 430/947    |
| K. Hughes-USA      | 137.5/303 | 82.5/181  | 152.5/336  | 372.5/821  |
| 60 kg/132 lb       |           |           |            |            |
| M. Carr-USA        | 200/440   | 110/242   | 260/572    | 570/1256   |
| M. W. USAF         | 182.5/403 | 115/253   | 215/473    | 512.5/1133 |
| H. USAF            | 160/352   | 102/223   | 197.5/435  | 462.5/1019 |
| O. Jones-USA       | 150/330   | 112.5/248 | 167.5/369  | 430/947    |
| C. Lawson-USMC     |           |           |            |            |
| 67.5 kg/148 lb     |           |           |            |            |
| 260/573            | 145/319   | 267.5/589 | 672.5/1482 |            |
| A. Alexander-USMC  | 230/512   | 122.5/270 | 262.5/578  | 617.5/1361 |
| J. Dawson-USMC     | 210/462   | 132.5/292 | 227.5/501  | 570/1256   |
| C. Bell-USAF       |           |           |            |            |
| 282/5/644          | 190/418   | 292.5/644 | 775/1708   |            |
| S. Anderson-USMC   | 257.5/567 | 150/330   | 285.5/633  | 693/1532   |
| M. Barber-USMC     | 262.5/578 | 147.5/325 | 272.5/600  | 682.5/1504 |
| R. Baxter-USA      | 237.5/523 | 150/330   | 250/551    | 637.5/1405 |
| R. Bendix-USA      | 215/473   | 155/341   | 215/473    | 585/1289   |
| 217.5/479          | 130/286   | 220/485   | 567.5/1251 |            |
| D. Kohlan-USCG     |           |           |            |            |
| 82.5 kg/181 lb     |           |           |            |            |
| 217.5/688          | 107.5/237 | 302.5/666 | 802.5/1769 |            |
| B. Takala-USA      | 217.5/479 | 111/244   | 288.5/637  | 717.5/1571 |
| R. Lohr-USA        | 265/584   | 160/352   | 285/628    | 710/1565   |
| R. Lohr-USA        |           |           |            |            |
| A. Yearby-USMC     | 250/551   | 192.5/424 | 260/573    | 702.5/1548 |
| G. Fessler-USA     | 237.5/523 | 137.5/303 | 272.5/600  | 647.5/1427 |
| 90 kg/198 lb       |           |           |            |            |
| R. Motta-USMC      | 307.5/677 | 215/473   | 312.5/688  | 835/1840   |
| J. Walden-USA      | 282.5/622 | 210/462   | 287.5/633  | 780/1719   |
| E. Lorenzo-USA     | 255/562   | 175/385   | 267.5/589  | 697.5/1537 |
| D. Mott-USA        | 237.5/523 | 170/374   | 282.5/622  | 690/1521   |
| 280/573            | 170/374   | 249/540   | 670/1468   |            |
| 100 kg/220 lb      |           |           |            |            |
| R. Patterson-USA   | 282.5/622 | 215/473   | 300/661    | 797.5/1758 |
| J. Pegues-USA      | 272.5/600 | 170/374   | 332.5/733  | 785/1730   |
| J. Reeves-USMC     | 280/617   | 192.5/424 | 302.5/666  | 775/1708   |
| M. McCurdy-USMC    | 267.5/589 | 185/407   | 300/661    | 752.5/1658 |
| S. Murdoch-USA     | 282.5/622 | 160/352   | 305/672    | 747.5/1647 |
| R. Laird-USA       | 260/573   | 172.5/380 | 215/473    | 647.5/1427 |
| 295/650            | 182.5/402 |           |            |            |
| J. Thill-USMC      | 300/661   | 200/440   | 335/738    | 835/1840   |
| M. McQuaid-USA     | 305/672   | 217.5/479 | 312.5/688  | 835/1840   |
| S. Scully-USA      | 280/617   | 210/462   | 300/661    | 790/1741   |
| A. Larson-USA      | 282.5/622 | 172.5/380 | 272.5/600  | 727.5/1603 |
| J. Wright-USA      | 265/584   | 162.5/358 | 290/639    | 717.5/1581 |
| 125 kg/275 lb      |           |           |            |            |
| C. Ward-USMC       | 305/672   | 192.5/424 | 315/694    | 835/1840   |
| D. Caldwell-USA    | 305/672   | 192.5/424 | 315/694    | 835/1840   |
| Over 125 kg/SHW    |           |           |            |            |
| 325/716            | 237.5/523 | 320/705   | 882.5/1945 |            |
| K. Farber-USA      | 320/705   | 235/518   | 300/661    | 855/1884   |
| P. Parker-USA      | 320/705   | 180/396   | 330/727    | 830/1829   |
| P. Sheedy-USMC     | 307.5/677 | 177.5/391 | 302.5/666  | 787.5/1736 |
| M. Wiley-USA       | 272.5/600 | 180/396   | 312.5/688  | 765/1686   |
| D. Coleman-USA     |           |           |            |            |

Referees: Don Haley, Bud Mucci, Jack Hughes, Bill Hartmann, Scoring: Steve Ward, Announcing: Robbie Roberts.

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\*Overseas orders add 20%

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 Rich Brown  Royal Blue  Purple  Black  Maroon

After a couple of other meet sites fell through, Les Wadleigh, Athletic Director at the Marine Corps Air Station in El Toro, California, took on the task, and after a furious battle with the Army and Air Force teams, the hosts were rewarded with the Interservice Championships. Again, the team powerlifting concept proved exciting, forced everyone to juggle their strategy and watch the scoring closely. The 114 and 123 lb. classes were not scored, due to insufficient entries prior to the competition. Juniors Champ, Carl Lawson, missed a lift at 132 with a 473 squat, but stayed on to cheer his USMC team members strongly. Ausby Alexander was world class at 148, missing a 600 deadlift that would have put him over 1500 in total. The awesome Gene Bell repeated victory for the Air Force, and is heavily primed for another charge at the Seniors title this year. At 181, Bruce Takala has recovered

by Mike Lambert, PLUSA

from his shoulder injury, and is also looking forward to the Seniors title year, while thoroughly enjoying his job as a Physics instructor at West Point. Motta and Walden had a go at 198, both of them seemingly destined for giant totals later in the year. Army cleaned up in the 220s, off Patterson's massive bench, and the massive deadlift of Pegues (a former WHO'S WHO man), who has the frame to go 275. Jeff Thill literally pulled out a victory at 242 over a huge mass of muscle called Mike McQuaid. At 275, Gary Ward built his way to the title, while Dusty Caldwell had troubles in the squat and bombed for the Air Force. 308 lb. Kev Farber won a SHW title for Navy over Perry Parker.

Marine Corps lifter Gary Ward (below) contributed 12 points to his team.



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### ATTENTION ALL REFEREES AND REFEREE'S CANDIDATES!

During the months of December 83 and January 84, the USPF passed sweeping reforms of the standards for all levels of referees in the USA. The revised requirements for taking the National Referees Exam are as follows:  
a. (until July 1987) 5 years experience in powerlifting;  
b. (Beginning now) or 3 years experience as a state referee in good standing;  
c. Approved by the State Chairman in writing, which approval shall include a statement that the candidate has demonstrated a willingness to travel and judge; and  
d. A USPF member.

Requirements to take the International Category II Exam shall be as follows:  
a. Be a National Referee in good standing for at least two years;  
b. Have demonstrated a willingness to travel and judge;  
c. Have written approval by the Regional Chairman; and  
d. Have judged, or been available (signed up to judge) at minimally two National Championships.

Requirements to attain renewal of Category II Cards in the Olympic year are as follows:  
a. Have been in attendance, and available for judging in at least three International or National Championships;  
b. Be recommended by a committee of Category I's formed for that purpose (called the Referee's Committee);  
c. Apply with necessary resume and fees to the USPF for renewal during the Olympic year.

Requirements to take International Category I exam shall be as follows:  
a. Be a Category II Referee in good standing for at least two years;  
b. Have demonstrated a willingness to travel and judge;  
c. Be approved for testing by a committee of Category I's (called the Referee's Committee);  
d. Have judged at two International or National Championships, at which Category I Referees have formally evaluated the Candidates performance; and  
e. Be a member of the USPF.

Requirements to be able to adjudicate as a Referee are as follows:  
a. Be in possession of a validated and current Referee's Card;  
b. Be in possession of a current USPF membership Card, purchased and returned to the Referee prior to the contest;  
c. Be in good standing in both the USPF and the IFF, free from suspensions or pending disciplinary action.

From now until July 1987, a National Referee's Candidate can either have been in powerlifting for a minimum of 5 years, or have been a state referee in good standing for a minimum of 3 years. After July 1987, a candidate must fulfill the second requirement.

In a further upgrade of the refereeing standards, the past practice of covering in detail the essence of the test questions prior to the examination shall be hence forth stopped. The test questions will be instead directed to answer particular, quiet begins in January 1984, and continues until December 1987. Should a referee be identified by the committee as substandard, this will be considered an unexcused in writing with suggestions as to how to solve the problems and a time period of not less than one year granted for the referee to solve the problems and perform up to standard.

What is expected to Referees at all levels is:  
a. Positive attitude, sound leadership, tact and competence;  
b. Proper attire at all times when performing the functions of a referee;  
c. Extensive knowledge of the rules;  
d. Demonstrated willingness to travel and judge;  
e. Helpful and cooperative attitude towards athletes and referees alike;  
f. Responsible, timely and accurate recording of American and World Records applications when acting as Records Processor;  
g. Current in-hand USPF Card and updated valid Referees Card prior to adjudicating at a meet.

Referees Sign Up Sheets, Referees Schedule for National and International meets and Referees Evaluation forms should be sent to the Chairman of the Referee's Committee within 2 weeks after the particular meet at which used.



Chuck Braxton is seen in the middle of the Vanderbilt University, "Commodore" at ballgame during one of their football games this past season. Chuck says that with this type of environment, your lifts can only go one way. UPI/Chuck is on a long term cycle and is already handling more in the gym than he did in his last meet, at 285 lbs. Photo courtesy Chuck.

### Message From The Teenage Chairman

Teenage powerlifters take advantage of this opportunity to keep "YOU" - the best natural resources in powerlifting - Teenage Powerlifting - up to date on the happenings with the Youth Development Program and Teenage Powerlifting.

Enclosed is a list of individuals who volunteered themselves as State Teenage Powerlifting Chairmen. I would like to see someone representing each state that would take a special interest in Teenage Powerlifting. (Anyone interested please contact me).  
I see quite a few states are having high school and state teenage championships. I greatly appreciate your efforts and encourage each state to have a teenage contest. I realize it is a lot more work, but believe me investing in a teenage powerlifter will last a lifetime.  
I challenge myself and all Teenage Powerlifters to keep powerlifting going forward. Remember: "One person with courage forms a majority."

Keith "Jake" Boyer, P. O. Box 356, Lehighton, PA 18235, (215) 377-2158  
Georgia: Tom King, 1130 Brookwood Dr., Augusta, Ga 30909, Buster Brown, Athletic Dept., McRachem High School, 2400 N. Macdon Rd. Power Springs, GA 30023. Ohio: Stephen E. Gaander, Pres., North Coast Power Shop, Inc., 2407 Clark Ave., Cleveland, OH 44109. Missouri: Danny Brown, Galatin School Dist., 602 South Olive St., Galatin, MO 64640. Nevada: Chaparral High School, c/o Bob Jackson, 3850 Annie Oakley, Las Vegas, NV 89121. New Mexico: Butch Stackpole, 7821 Pichardine, Albuquerque, NM 87110. Indiana: Dennis Davis, Center Grove High School, 2717 S. Morgantown Rd., Greenwood, IN 46142.

| San Diego Open  |       | 2/4/84 - San Diego, CA (kilos) |       | Total           |  |       |       |       |
|-----------------|-------|--------------------------------|-------|-----------------|--|-------|-------|-------|
| SQ              | BP    | DL                             | Total | SQ              | BP   |       |       |       |
| 52kg            |       |                                |       | Andy Barancelli | 265  | 195   | 250   | 710   |
| 60kg            |       |                                |       | Pete Russo      | 227.5  | 175   | 272.5 | 675   |
| 67.5kg          |       |                                |       | Shw Wadsworth   | 195  | 182.5 | 250   | 627.5 |
| Brenda Sheldon  | 97.5  | 50                             | 25    | 172.5           | Bombouts: P. Porter, 110kg; B. Packer 110kg;         |       |       | 430   |
| 60kg            | 155   | 112.5                          | 200   | 467.5           | 75. Cullum, 100kg; Bud Mucci, Don Hale, Jack         |       |       |       |
| Monke Caldwell  | 165   | 77.5                           | 181.5 | 425             | Hughes, Bill Hartmann, Tom Eldridge, an              |       |       |       |
| Reed Taylor     | 155   | 137.5                          | 182.5 | 475             | nouncer; Roger Langsam. This year's San Diego        |       |       |       |
| 67.5kg          | 185   | 107.5                          | 215   | 487.5           | open, although still left nothing to be desired as   |       |       |       |
| 60kg            | 185   | 122.5                          | 205   | 512.5           | ed. My sincere thanks goes out to all those who      |       |       |       |
| Dave Ganger     | 170   | 102.5                          | 215   | 487.5           | helped put the contest together...Timers: Kevin      |       |       |       |
| A. Gully        | 165   | 107.5                          | 215   | 487.5           | Sugar and Cathy Wolventon, expeditor: Don            |       |       |       |
| 67.5kg          | 237.5 | 132.5                          | 265   | 635             | and leaders who did such a fine job, as              |       |       |       |
| 60kg            | 205   | 172.5                          | 240   | 617.5           | usual. A sad note however, was that little Bren      |       |       |       |
| Steve Glaser    | 205   | 172.5                          | 240   | 617.5           | da Sheldon broke her collarbone on her last          |       |       |       |
| Chuck Wheeler   | 233.5 | 140                            | 237.5 | 650             | performance lifting the bar in spite of the doctor's |       |       |       |
| 60kg            | 250   | 165                            | 242.5 | 657.5           | orders. Monke Caldwell was much improv-              |       |       |       |
| Brian Laliberte | 192.5 | 165                            | 215   | 572.5           | ed this year and had she gone to the Nationals,      |       |       |       |
| 100kg           | 240   | 157.5                          | 255   | 652.5           | would have placed 2nd. My thanks for the             |       |       |       |
| Jim Smith       | 235   | 170                            | 215   | 620             | a pulled foot. Big Tom Haugh pulled out an easy      |       |       |       |
| 110kg           | 307.5 | 192.5                          | 300   | 800             | victory in the 123kg class. It's good to see him     |       |       |       |
| Jim Moran       | 262.5 | 182.5                          | 270   | 715             | over that lone injury sustained last year. We will   |       |       |       |
| Bryan Meek      | 242.5 | 160                            | 287.5 | 690             | years meet. Thanks to Robbie Roberts for             |       |       |       |
| 125kg           | 295   | 197.5                          | 260   | 752.5           | results.   |       |       |       |
| Tom Haugh       |       |                                |       |                 |  |       |       |       |







Table listing USA-Italian Bench Press records for 12/31/83. Columns include Name, Age, Squat (SQ), Bench Press (BP), and Deadlift (DL). Lists men's records by age group (14-17, 18-24, 25-34, 35-44, 45-54).

Table listing South Jersey Open 12/3/83 results in Class B, NJ. Columns include Name, Age, Squat (SQ), Bench Press (BP), and Deadlift (DL). Lists men's records by age group (14-17, 18-24, 25-34, 35-44).

Table listing USA-Italian Bench Press records for 12/31/83 (continued) for older age groups (55-64, 65-74, 75-84). Lists men's records by age group.

Table listing Newfoundland Jr. Championships 11/19/83 results in Cowhead, Canada (kilos). Columns include Name, Age, Squat (SQ), Bench Press (BP), and Deadlift (DL). Lists men's records by age group (14-17, 18-24, 25-34, 35-44).

BOOKS section featuring a grid of fitness books for sale. Books include 'RIPPED! Part 2', 'STRONG TRAINING FOR SPORTS AND NUTRITION', 'STRENGTH TRAINING FOR MEN', 'ANABOLIC STEROIDS', 'ANABOLIC STEROIDS AND SPORTS VITAMINS', 'POWERLIFTING', 'THE BENCH PRESS HANDBOOK', 'THE DEADLIFT HANDBOOK', 'THE ATHLETE'S KEYS TO SUCCESS', 'MUSCLE BUILDING', 'STRENGTH TRAINING FOR WOMEN', 'TOTAL FITNESS', 'WEIDER'S MUSCLE & FITNESS', 'WEIDER'S MUSCLE & FITNESS: WOMEN'S WEIGHT TRAINING FOR BEGINNERS/REYNOLDS', 'WEIDER'S MUSCLE & FITNESS: CHAMPION BODYBUILDING', 'WINNING WOMEN'S BODYBUILDING', '1982 Men's World Championship', 'RICKY DALE CHAIN', 'CRAIN POWER-PLUS'.

CRAIN POWER-PLUS advertisement featuring a grid of fitness books for sale. Books include 'RIPPED! Part 2', 'STRONG TRAINING FOR SPORTS AND NUTRITION', 'STRENGTH TRAINING FOR MEN', 'ANABOLIC STEROIDS', 'ANABOLIC STEROIDS AND SPORTS VITAMINS', 'POWERLIFTING', 'THE BENCH PRESS HANDBOOK', 'THE DEADLIFT HANDBOOK', 'THE ATHLETE'S KEYS TO SUCCESS', 'MUSCLE BUILDING', 'STRENGTH TRAINING FOR WOMEN', 'TOTAL FITNESS', 'WEIDER'S MUSCLE & FITNESS', 'WEIDER'S MUSCLE & FITNESS: WOMEN'S WEIGHT TRAINING FOR BEGINNERS/REYNOLDS', 'WEIDER'S MUSCLE & FITNESS: CHAMPION BODYBUILDING', 'WINNING WOMEN'S BODYBUILDING', '1982 Men's World Championship', 'RICKY DALE CHAIN', 'CRAIN POWER-PLUS'. Includes a cartoon character and a list of prices.

USA-Italian Bench Press records for 12/31/83 (continued) for younger age groups (14-17, 18-24, 25-34, 35-44). Lists men's records by age group.

Sometimes
A short story by
Wallace M. Hooper
Well, the Big Meet is over and it's
down as well as the gym. All the win-

and sweaty, and my legs may feel
like a hammer, but I feel like the King
of the World. It doesn't matter what
happened yesterday, and tomorrow
won't happen. Today's here and I'm
here, and I'm living, doing what I
want to do and, by God, I love it.
I love the feel of the bar on my back
and in my hands, and I love strain-

creutzburg Invitational Powerlift
11/19/83 - Kreuzburg, W. Germany
WOMEN SQ BP DL Total
Angela Adams 451z Jim Pegues 573 369 710z 1653z
T. Patterson 496 Garnet Boudreau 628 385 639 1653
Mary Deschick 496 Greg Gondoras 523 402 551 1477z
Cenna Draper 490 Ed Bobnar 248 581 330 540 1332
Sheila Brighton 248 Ron Green 487 308 325 936
Cindy Slaughter 253 148 314z 556z
Hilda Melles 396

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intense training.
SUGGESTED USE: As a dietary supplement of natural
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2.2 pounds - \$12.50
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test. Mark Cleveland went 9 for 9 to edge out
the Oregon Gym's George Wise for 2nd. At 165
lbs 19 yr old Erik Norvick went 8 for 9 to lock
up 1st place and the best teenage lifter trophy.
The 17 yr old Erik Norvick went 8 for 9 to lock
up 1st place and the best teenage lifter trophy.
The strong All American power team. At 181
Mike Nakamichi was leading Dave Ohakiki in-
to the DL. However, when the bar hit the floor
Nakamichi to win by 80 lbs. Master lifter Scott
Forest went 9 for 9 to take 3rd place and also
won with the Masters trophy.

Washington Open
1/14/83 - Verdale, WA
WOMEN SQ BP DL Total
R. Patterson 610 425 615 1650
B. Waldron 385 360 580 1310
J. Anderson 500 510 1210
TOTAL
1488 Conyers 730/83
568 C. Wright 730/83
1437 C. Wright 730/83
562 C. Wright 730/83
307 J. Conyers 730/83
1280 M. Shellhamer 121/282
551 D. Shelton 121/282
520 M. Shellhamer 121/282
1255 B. Clayton 1120/83
507 T. Miller 1120/83
1251 J. Guzik 1210/83
1229 L. Simone 730/83
505 A. Gomez 121/282
1222 D. Courville 25/83
500 B. Kline 3/5/83
1217 M. McRae 730/83
490 J. Sunday 3/5/83
1207 T. Miller 730/83
1190 T. V. Smith 1720/83
488 B. Brown 4/21/83
480 D. Courville 2/5/83
463 J. Kline 730/83
1146 J. Kline 730/83
1140 J. Sunday 3/5/83
1135 B. Brown 4/21/83
460 J. Guzik 121/282
1124 P. Vach 1210/83
455 N. Theodorou 10/22/83
455 T. V. Smith 11/20/83
1120 N. Theodorou 10/22/83

Best Lifter at the Washington Open was Rich Woods for the Chriss Tessier photo.
Thanks to Chuck Armsbury, co meet director,
for results.

Table with columns: BENCH, SQUAT, DEADLIFT, TOTAL. Lists names and scores for various lifts across different weight classes.

Table with columns: Washington Open 1/14/83 - Verdale, WA. Lists names and scores for women's lifts.

Table with columns: 6th annual Louisiana Tech Invitational HI School meet 1/21/83 - Ruston, La. Lists names and scores for men's lifts.



# STARTIN' OUT

A special section dedicated to the beginning lifter

## Mental Rehearsal

By Cliff Grubbs

On any level of competition in Powerlifting, concentration and confidence on the lifting platform make a great deal of difference in the total a lifter comes up with. If the lifter is a novice with little or no platform experience the difference in his performance can be dramatic. Such novice lifters may hear more experienced lifters talking about "getting in the right frame of mind to lift," which makes sense, but the novice lifter assumes or is led to think that this type of mental control is an exclusive quality that he will possess only after years of lifting, if ever.

I have come to know that the type of mental preparation necessary for great lifting is called "mental rehearsal". Actually, I used this technique for years before I knew that what I was doing had an "official" name. Bill Starr was the first person to introduce me to this term "mental rehearsal" in his book *DEFYING GRAVITY*. Randy White, the All-Pro defensive lineman for the Dallas Cowboys, also mentioned the term in an interview I caught a while back. He referred to a book on "mental rehearsal" that his college football coach required his team to read. The title of the book was *PSYCHO-CYBERNETICS*, written by Maxwell Maltz. Mr. Maltz claims, and provides supporting research, that by having the mind mentally complete a task, the body and the mind actually become conditioned and prepared for the actual physical completion of the task. Randy White said the book was a great benefit to his career.

The basic idea behind "mental rehearsal" is that the lifter is to create in his Mind's Eye a mental picture of himself successfully completing a lift. This process can be done days or weeks before the lift is to take place in order to build up confidence and a few minutes or seconds before the lift to get the lifter in the correct state

**Corrections** to the TOP 20 Women's list published last issue include updating the list with Laura Dodd's fine 402 squat, 440 deadlift, and 997 total at 148, Tammy Balz's 170 bench press and 370 deadlift at 165, the inclusion of Melody Butts' 121 bench press in the 105 lb. division, Carol Ha's lifts of 285, 195, 385, 855 in the Superheavyweight division, Sheila Ward's bench press of 175 in the 123 lb. class, plus the correction of the misprint of Bonita Laudemann's squat as SHW from 380 to 330, and correction of Treva Slagle's deadlift from 385 to 352 in the 148 lb. class. A correction on the TOP 100 220 pounders list published in that issue would be the inclusion of exceptional bench presser Gary Payne's 520 lb. effort. We also had a couple of errors on the list of NATIONAL YMCA MEET records that should be credited with the bench press record at 181 with his fine 462 effort. Also, Dave Waddington's fine lifts of 910 in the squat, 580 in the bench press, and 2255 in the total were not listed in the Superheavyweight category. These lifts were made in the 1980 meet in Beckley, West Virginia.

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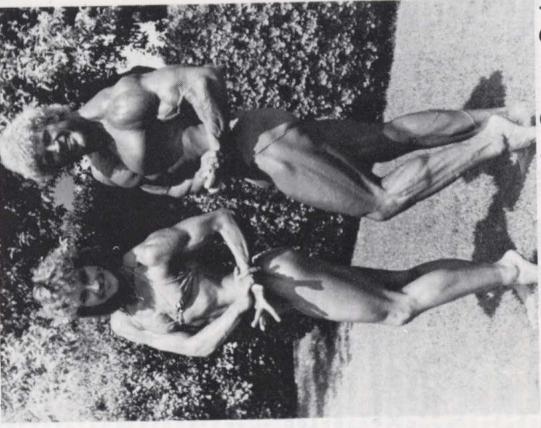
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|                               | 114    | Stentfeld | 63     |
|                               | 114    | Stentfeld | 65     |
|                               | 114    | Stentfeld | 67     |
|                               | 114    | Stentfeld | 69     |
|                               | 114    | Stentfeld | 71     |
|                               | 114    | Stentfeld | 73     |
|                               | 114    | Stentfeld | 75     |
|                               | 114    | Stentfeld | 77     |
| LOUISIANA STATE RECORDS       | 114    | Stentfeld | 59     |
|                               | 114    | Stentfeld | 61     |
|                               | 114    | Stentfeld | 63     |
|                               | 114    | Stentfeld | 65     |
|                               | 114    | Stentfeld | 67     |
|                               | 114    | Stentfeld | 69     |
|                               | 114    | Stentfeld | 71     |
|                               | 114    | Stentfeld | 73     |
|                               | 114    | Stentfeld | 75     |
|                               | 114    | Stentfeld | 77     |
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|                               | 114    | Stentfeld | 61     |
|                               | 114    | Stentfeld | 63     |
|                               | 114    | Stentfeld | 65     |
|                               | 114    | Stentfeld | 67     |
|                               | 114    | Stentfeld | 69     |
|                               | 114    | Stentfeld | 71     |
|                               | 114    | Stentfeld | 73     |
|                               | 114    | Stentfeld | 75     |
|                               | 114    | Stentfeld | 77     |
| LOUISIANA STATE RECORDS       | 114    | Stentfeld | 59     |
|                               | 114    | Stentfeld | 61     |
|                               | 114    | Stentfeld | 63     |
|                               | 114    | Stentfeld | 65     |
|                               | 114    | Stentfeld | 67     |
|                               | 114    | Stentfeld | 69     |
|                               | 114    | Stentfeld | 71     |
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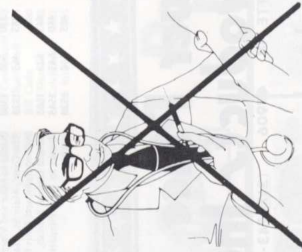
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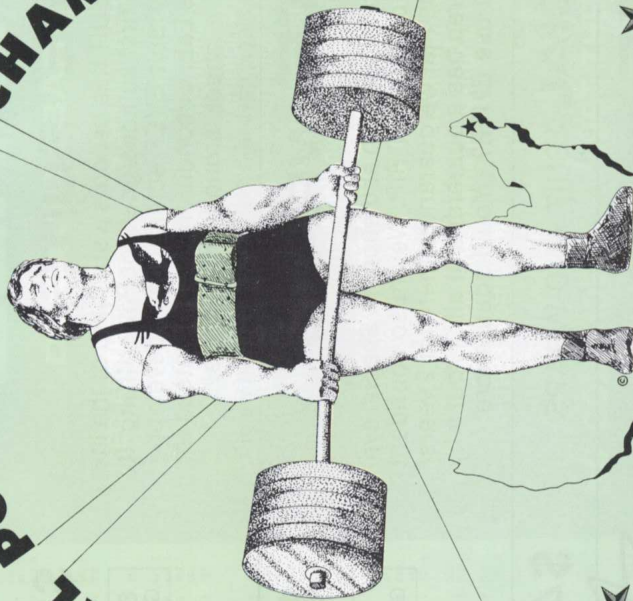
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| Coak(48)                     | 85   | 37.5 | 100  | 222.5 |
| Speed(52)                    | 80   | 42.5 | 95   | 217.5 |
| Siklar(56)                   | 57.5 | 32.5 | 92.5 | 182.5 |
| Mason(60)                    | 77.5 | 40   | 100  | 217.5 |
| 52K8                         |      |      |      |       |

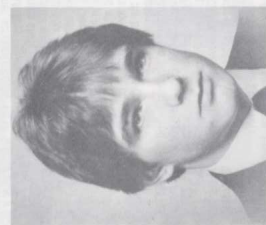
| Bonds  | 125   | 85   | 152.5 | 362.5 |
|--|-------|------|-------|-------|
| Hinch <td>120</td> <td>62.5</td> <td>117.5</td> <td>300</td>     | 120   | 62.5 | 117.5 | 300   |
| 58K8   |       |      |       |       |
| Terry <td>120</td> <td>72.5</td> <td>117.5</td> <td>310</td>     | 120   | 72.5 | 117.5 | 310   |
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| 60K8 <td>100</td> <td>100</td> <td>192.5</td> <td>422.5</td>     | 100   | 100  | 192.5 | 422.5 |
| Caize <td>127.5</td> <td>87.5</td> <td>152.5</td> <td>367.5</td> | 127.5 | 87.5 | 152.5 | 367.5 |
| Rodgers <td>122.5</td> <td>82.5</td> <td>155</td> <td>360</td>   | 122.5 | 82.5 | 155   | 360   |
| Frazier <td>85</td> <td>72.5</td> <td>122.5</td> <td>280</td>    | 85    | 72.5 | 122.5 | 280   |
| 6  |       |      |       |       |

| SEPAHVEDA  | 112.5 |       |       |       |
|--|-------|-------|-------|-------|
| 67.5K8   | 207.5 | 137.5 | 225   | 572.5 |
| Stapleton  | 92.5  | 142.5 | 420   | 655   |
| Morris   | 155   | 80    | 170   | 405   |
| Lawrence   | 132.5 | 90    | 147.5 | 370   |
| 25K8   |       |       |       |       |
| Powers <td>200</td> <td>117.5</td> <td>212.5</td> <td>530</td>   | 200   | 117.5 | 212.5 | 530   |
| Thompson <td>160</td> <td>107.5</td> <td>192.5</td> <td>460</td> | 160   | 107.5 | 192.5 | 460   |

|          |       |       |       |       |
|----------|-------|-------|-------|-------|
| Ewing    | 117.5 | 115   | 162.5 | 435   |
| Roberts  | 157.5 | 100   | 160   | 422.5 |
| Schultz  | 152.5 | 97.5  | 165   | 415   |
| Minard   | 137.5 | 90    | 182.5 | 410   |
| Fernham  | 165   | 165   | 165   | 495   |
| 62.5K8   | 135   | 72.5  | 170   | 377.5 |
| Nash     | 182.5 | 127.5 | 210   | 520   |
| Cobbree  | 182.5 | 120   | 197.5 | 500   |
| Black    | 192.5 | 140   | 232.5 | 565   |
| Ranallo  | 177.5 | 105   | 220   | 502.5 |
| 100K8    |       |       |       |       |
| Chambers | 182.5 | 112.5 | 192.5 | 487.5 |
| 110K8    | 170   | 105   | 172.5 | 447.5 |
| Kuhlman  | 205   | 120   | 217.5 | 542.5 |
| 110K8    | 165   | 92.5  | 195   | 452.5 |
| Hagg     | 147.5 | 95    | 200   | 442.5 |
| Dilleck  | 150   | 105   |       |       |

| WOMEN'S COLLEGIATE DIVISION   | 80      | 167.5 | 412.5 |
|---|---------|-------|-------|
| Burler(75)  | 217.5   | 115   | 212.5 |
| Black   | (75)165 | 85    | 170   |
| Eberhart(82.5)  | 122.5   | 112.5 | 182.5 |
| Magee(85)   | 300     | 175   | 260   |
| Magee(90)   | 300     | 175   | 260   |
| Bundy(90)   | 170     | 127.5 | 195   |
| Gray(110)   | 220     | 145   | 215   |
| 110K8   |         |       |       |
| Barlow(110)   | 180     | 110   | 210   |
| Outstanding HS female lifter: Gibson; male: Standstone collegiate: Magee; Thanks to Brett Ellard for results. |         |       |       |

### ★ WHO'S WHO IN POWERLIFTING ★



Jeff Dorman set the Michigan State Bench Press Record in the 148 pound class for 14-15 year olds with a lift of 265 pounds. Jeff's bodyweight has now gone up to 161 lbs, and he has plans to set the record in the middleweight division also. In preparation, he has already recorded a 300 lb. bench. Photo courtesy of Douglas Dorman.



Lori Verhagen is shown here squatting 325 pounds at the Wisconsin Jr. State Meet on December 17, 1983, where she also benched a state record of 215 pounds. Lori, who is a National Judge and Wisconsin Women's Chairperson, will try for her masters patch in April at the Wisconsin Women's State. Photo courtesy of Jim Verhagen.



"Mountain Man" Sgt. Joseph Coates, who competes in the 275 pound class, has tried out for several professional football teams such as the Washington Redskins. He now has converted his skills to Powerlifting. Placing 1st in eleven meets and 3rd in the All Marines in 1983, Joseph is looking forward to the Senior Nationals in 1988. Photo courtesy of Chuck Demunick.



24 year old James Drensen has been practicing powerlifting for less than one year. With his first competition coming up, he has posted unofficial lifts of: squat - 350 lbs, bench press - 310 lbs., and deadlift - 445 lbs. at a body weight of 165. Jim lifts for the Wisconsin Resource Center. Photo courtesy of Strength Training Instructor Chuck Demunick.

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- 1983 North Americans
- 1983 Hawaii Invitational

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**Kaz Cut** although he reportedly had some assurances that he had made the team with the USFL-Jacksonville Bulls, the management apparently had a change of strategy, wanting their backs to be more like receivers

**Wisconsin Lifters**...there will be a Drug Free (American Drug Free Powerlifting Association sanction) meet in your state on June 23rd and 24th.

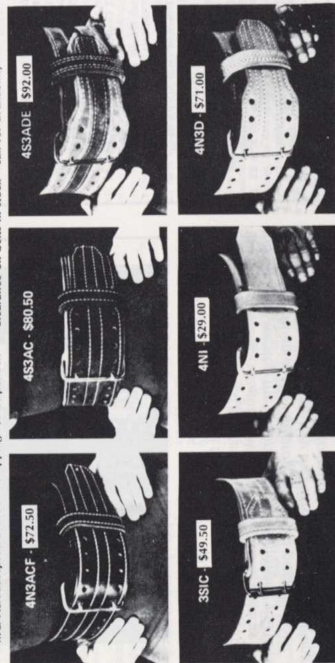
**Upcoming National Meet Qualifying Totals**

|                           | 114 | 123  | 132  | 148  | 165  | 181  | 198  | 220  | 242  | 275  | SHW  |
|---------------------------|-----|------|------|------|------|------|------|------|------|------|------|
| <b>Men's Contests</b>     |     |      |      |      |      |      |      |      |      |      |      |
| 1984 Senior Nationals     | 925 | 1074 | 1165 | 1405 | 1603 | 1714 | 1824 | 1912 | 1956 | 2066 | 2022 |
| 1984 Junior Nationals     | 860 | 1019 | 1120 | 1383 | 1535 | 1669 | 1736 | 1870 | 1900 | 1967 | 1906 |
| 1984 National Collegiates | 799 | 898  | 1036 | 1201 | 1366 | 1477 | 1598 | 1609 | 1631 | 1653 | 1675 |
| 1984 ADPPA Men's          | 835 | 935  | 1030 | 1210 | 1350 | 1460 | 1525 | 1575 | 1620 | 1640 | 1700 |
| 1984 ADPPA Collegiates    | 650 | 800  | 900  | 1075 | 1175 | 1275 | 1375 | 1420 | 1430 | 1440 | 1450 |
| Teenage Nationals 14-15*  | 625 | 720  | 785  | 875  | 925  | 975  | 1005 | 1050 | 1075 | 1100 | 1125 |
| Teenage Nationals 16-17*  | 700 | 795  | 905  | 1050 | 1100 | 1175 | 1250 | 1300 | 1325 | 1340 | 1360 |
| Teenage Nationals 18-19*  | 800 | 875  | 1035 | 1175 | 1300 | 1400 | 1470 | 1480 | 1490 | 1500 | 1505 |
| 1984 YMCA Nationals       | 981 | 1064 | 1146 | 1279 | 1505 | 1565 | 1650 | 1700 | 1755 | 1800 | 1870 |
| <b>Women's Contests</b>   |     |      |      |      |      |      |      |      |      |      |      |
| 1985 Women's Nationals    | 518 | 562  | 606  | 661  | 705  | 744  | 772  | 794  | 808  | 816  |      |
| 1984 National Collegiates | 419 | 463  | 507  | 551  | 595  | 639  | 661  | 683  | 699  | 716  |      |
| 1984 ADPPA Women's        | 463 | 496  | 535  | 568  | 601  | 661  | 716  | 766  | 821  | 865  |      |
| 1984 YMCA Nationals       | 579 | 623  | 667  | 711  | 749  | 827  | 893  | 959  | 1025 | 1080 |      |

\* proposed by Teenage National Chairman, Jake Boyer

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| 4N1              | 1             | Natural          | 7mm                   | 4" Nickel      | None               | A,B,C,D,E         | 29.00      |
| 4N2              | 1             | Natural          | 10mm                  | 4" Nickel      | Style 1            | A,B,C,D,E         | 64.00      |
| 4N3              | 2             | Snake            | 10mm                  | 4" Nickel      | Style 1            | A,B,C,D,E         | 66.00      |
| 4N4              | 2             | Snake            | 13mm                  | 4" Nickel      | Style 1            | A,B,C,D,E         | 77.00      |
| 4N5              | 3             | Natural          | 17mm                  | 2.5 in. Nickel | None               | F                 | 26.00      |
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