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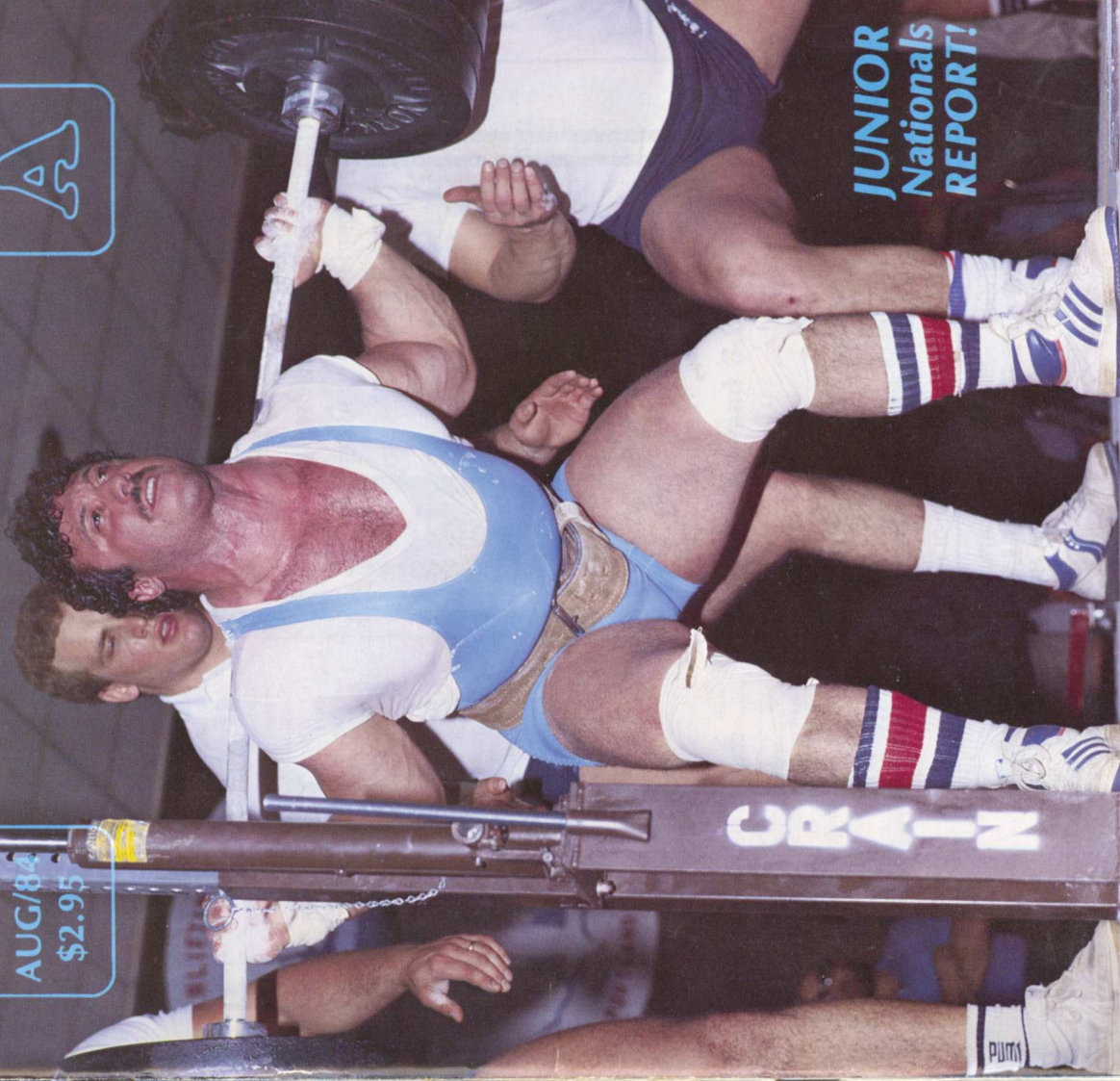
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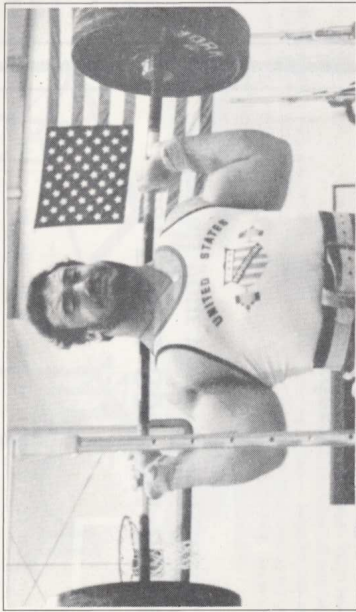
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August, 1984

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ON THE COVER.....Joe Morelli, winner of the 242 lb. class at the 1984 Junior National Championships in Maine.

NEXT MONTH....in depth coverage of the Big One, the 1984 Senior Nationals Championships from Dayton, Ohio.

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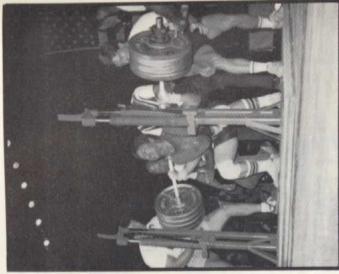
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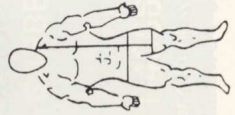
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something memorable in this one. Maybe at the backyard meets and even your state championship, you can plot your course cleanly as far as your competition. The Nationals is different altogether. You never know who is going to show up. You never know who is going to be reader than you, who may never know what hit you.

A strong case could be argued that the Juniors is the most important meet in the United States, when it comes to cultivating the depth that our International teams have thrived on in any other forum of Powerlifting competition, these winning warriors, and those just behind them, are the ones that really deserve your watching. Among these men will be the heroes who will inspire the newcomers who are just sticking their heads into the gym today, wondering how anybody can lift so much weight and deciding that they are going to find out how to do it for themselves.

The first National Champion of 1984 is Joe Catalano, a young man whose strength is just blooming. Strongly committed to drug free lifting and strongly supported by ADF-PA official, Tim McClellan at the meet, he is much improved over last year in a class where improvement is often measured in terms of 10-20 pounds on one's total. Once shy and extremely quiet, Joe's successes on the platform have brought his likable personality to the fore. His squat and bench are moving upward steadily, and his deadlift is too, but he has yet to hit as big a pull in a meet as he is capable of. I hope he doesn't outgrow this class, with continued improvement, he has the chance to represent the US internationally someday. Mitch Echevarria, in 2nd place, was one of the many polished performers of the All-Service team contingent, and I believe that Mr. Jackson was one of that group also. After their point winning performances, they did some very supportive cheerleading for the rest of the team members throughout the rest of the contest.

At 123, Russ Steinhouser was in a pack of faces that were new to one another. He outlifted everybody in each lift, but obviously had a better total in mind. You can always tell a 'puller', they've got lats that start just above their hip ala John Kuc, and that's what Russ has. Timothy Taylor finished 99 pounds back of Russ, but he shined with his own kind of magic. He's only a teenager, and showed solid strength along with a terrific level of concentration and intensity. He reminded me quite a bit of a young Lamar Gant. Brian Vales of Ohio and Vito Giromda of Virginia sorted themselves out in the squat, basically, and that's where the whip-pet lean, local favorite, Maine lifter Jim Shea got an inkling of how things were going to go. Supporters knew him to be good for 460 or so in the squat, but everything that seemed to leave him on the platform, as the deadlift just tied the knot on things.

Marine Corps lifter J.D. Carr also reminds one of Lamar Gant, but



Joe Catalano...the avid drug free competitor won here and is making some big moves in the 114 rankings.



J.D. Carr walked away with the title at 132 for the All-Service team.

the 1984 JUNIOR NATIONAL Report

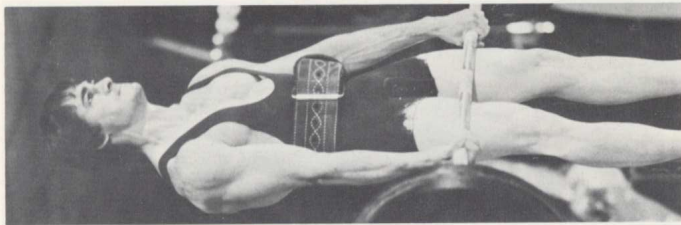
by Powerlifting USA Editor, MIKE LAMBERT

supporters up from nearby Connecticut to help as much as they could in his effort. The leaders were just a tad beyond him this day, but he should look forward to winning this contest in the future. David Lewis was impressive in 5th place, built perfectly for the class. Bill Wong, born in Hong Kong and going to school in Arizona, was another quality lifter who ended up in mid-pack after the Juniors shuffle, he's built like a scaled down Arnold Schwarzenegger. On a pure visual intensity basis, Greg Yamamoto, with his shaved head, was the 'winner' in this class. He's an associate of Pat Brago's from New Jersey.

There were only 5 entries in the lightweight division this year, but that should not be too surprising, as the qualifying total scheme for the



Ausby Alexander...the lean lifting machine crashed the 1500 barrier at 148.



The Pride of Holdrege, Nebraska, Steve Lee has the heaviest barbell in his class, and he knew exactly what use to put it to. Unfortunately, we did not end up with a color shot of Russ.

Walden left to leverage himself into 2nd place. You have to watch this guy; he lays in wait at subratl time (he was in 7th at that point here). Larry Mistic had the attempts to win this meet, but his fierce psyche and undeniable will to succeed went up against obstacle after obstacle in the squat and bench, leaving him with too big of a deadlift nut to crack. Charles Siler was a new discovery, and part of the new Nike Nashville Power team. Bruce Graser dropped a weight class after moving from Pennsylvania to run a gym in Virginia, and showed some intense muscularity, particularly in his leg move, the deadlift. Marshal Peck looks like a great prospect. He even survived the plates falling off the bar due to a defective collar during an attempt in the squat, and he came back to make the weight. Steve Lee helped fellow Iowa Doug Peterson in the 165s, and Doug did the same for Steve in his class. He was very happy about the 3 good squats he made. Steve Mardock squats he made. Steve Mardock consistently one of the U.S. Navy's finest powerlifters, stationed in Virginia, but originally from Maine, was one of the most popular competitors. He's lean but an iron man from the squat and deadlift. Don Heigenberger seemed to be injured coming into the meet,

trouble in the squat, dumping one attempt, but the benches were under his command. After blasting 479 so easy, the cry went up for him to go for 500. I didn't think he would be quite that bold, but he went for it and got it strongly, becoming one of the few, good men who have exceeded that barrier in this weight class.

Joe Walden and Motta mixed it up at the Inter Service Military Championships in February and Ron came out on top there as well. There's nothing wrong with Joe, that getting his 3rd attempt squat in won't cure, though. When Captain Walden, whose "hang loose" Hawaiian salute to the crowd after his lifts shows how he feels about the time he spent stationed there and learning about the sport from the guys in the Power Pt, doesn't put such enormous pressure on himself in the deadlift, the outcome will be different. The deadlift is, of course, the total-builder for Kansas farmer, Mike Feight, and he took advantage of the opening that

struggled through the squats and deads, but showed that he knows how to bench, looking and lifting like an early version of Teddy Acadi. Tim Knauber is from up in Magador country, and he looks like it, with the big arms and classic physique of high school and teenage studs on his way to this meet. He also and is a likely one to be back again at this meet. From Colorado came Eddie Mc... one of the many Texas lifters of the late seventy match- ed lifts, did even look good about Tom Maupin, the railroad worker from Illinois, always on the platform with lifts with class of the 172s. He came up with a excellent lifting George Harring has been hitting that 1900 is within his presents at 181, but things were not far off, and he did at this meet. He made a point of coming up as the awards, pen being ing, presented and asking, half seriously, if I could just take his name from the results of this. His squats were not far off, and he did deadlift well, though. Wally Stamper

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Table with columns: BWT, SQ1, SQ2, SQ3, BP1, BP2, BP3, ST, DL1, DL2, DL3, Total. Lists names and their respective scores across various categories.

ScoreCard

period of near chaos, as lifters were being told they had been timed out before they had even been called to the bar. Eisenman, Panetti, and a few others were affected, but the communications problem was resolved after a bit and the meet proceeded in a normal fashion afterwards.

The 181 pound division was loaded with names I'd either seen here before or heard of elsewhere, and I wanted to see Bruce Takala has been one of the bestest performers in this division for some time now. His upward climb precipitated only recently as a result of a shoulder injury, now seemingly resolved. His 3rd squat put him in the way down, controlled the 27 bar, the way down, then clipped perfectly just before parallel and rocketed out of the box, with much better acceleration than on any of the other attempts.

and limped through 3 courageous but unsuccessful squat attempts. At 220 like the lightweight, there were only 5 entries. Again, the beefy qualifying total for this class had a lot to do with it. Gil Thompson, the Houston firefighter, had the goods to hold off Doug Borden, who thought he could outpull Gil by enough to



Howie Hoffman, (above) knew that he had it won in the deadlift. Bruce Takala (below) erupted out of the hole with a 227 squat, which carried him to the national title.

Last year the 242-pound class was so large as to be unmanageable. The survival of the fittest behavior pattern took over, and a lot of lifters bombed out. Well, it was still large this year, but the issue was not too involved, with the issue was not too many lifters this year. Instead, what was remarkable about this class in 1984 was the exciting finish. Joe Morrell, ably assisted by stock broker and Adidas associate Andy Magna, has been noted as a good squatter, but after only making his opener, it opened up the avenue for other lifters to take the title. Mark Welsh, a masterful benchner who flexes his elbows way out to the side, takes care of business on the other side, lifts as well, leading to an attempt by the team deadlift short of the win with Morrell. Mark's 540 opener BP looked slow and hard, and the 22 pound jump to 562 was too tight for him to handle. Joe's was around 716 opener, great, but he was forced to retreat it back with 738. Joe's controllable jump to 755 put him in the driver's seat and forced Welsh to answer with a big 760, which he did with style. With the pressure back in his lap, but with bodyweight on his side, Joe came in at 766 for a final win, which he had to make to win, and which Welsh force Welsh up against as well. Welsh was ready and gave 771 his all. Only after he had clearly missed the lift, did the lift in his mind turn to smother.

Jeff Eggerton nailed 2000 on the nose in 3rd. I like the way he didn't waste an attempt to exceed his world record. The 589 was the right call on the 3rd attempt. A lot of big benchers would not have that kind of self control. Then Kinsky got a big charge out of his 804 squat success, and he almost got a 2,000 plus total as well. Ted Kurtowicz, who did a lot of judging at this meet, was very impressed and celebrated his squat successes, and almost went into 3rd, if it had not been for a 512 bench which he took over easily. Wayne Bloom is in a class by himself, so tall and so lean who is practically a 220 pounder, all of his lifts are impressive, but the deadlift is where he especially shines. He's not so far off pulling a world record at 220 that he shouldn't have serious thoughts of doing so. Jeff Bortooch reminded me of Dimiduk, and they are both from the Maryland area. After a doing his opener on his final bench, he deadlifted himself just ahead of John Florio, who had a tremendous squatting day, tied for the best in the class, and he was the lightest man among the three. A new California lifter, Mark Salansky, competed for the Elite team and showed that he's going to make a mark for himself in the sport. New Englander Ferrito was right in there with Salansky, but didn't get the breaks in the squat. Ted Rapp was a new face, one of several on Doc Kreis's Nashville Nike team, and looks like he's got a big deadlift in him. Mike Meddough of the United States Air Force had a pair of the best and largest arms ever seen in any Juniors meet that I've been to.



Gil Thompson...the smooth Texan showed that he's got plenty more than just a big bench to offer.

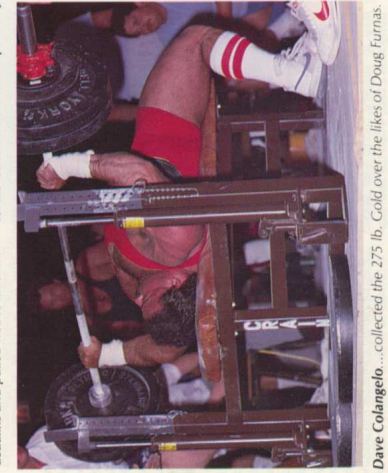
bench, but wrapped things up with some magnificent deadlifting, showing the kind of power control that revealed that he had been confident of victory all along. His 777 deadlift was a smoker and he darn near got the 804 he tried. Colangelo took on one of the most formidable names in lifting, Doug Furnas, and won by a solid margin. He's not that far away from going 2200 and all that total can win a Seniors Furnas stoically finished up with nice 771 deadlift.

The real Scott Palmer did not appear until his 3rd squat attempt. There was some hassle with Scott at the weigh-in, and at one time it sounded like he was going to go Superheavyweight. With 2 made attempts between the squat and bench, the Elite Team lifter settled into the deadlifts and pulled well to finish out

in third. Dave Parks, so muscular and with traps all the way up his neck, looks like he ought to be tossing a discus in the Olympics, but the super athlete wants to get paid for his efforts in the future. He walked into the meet with USFL contract in his pocket. Cracking the 800 barrier in the squat and just missing it in the deadlift will make him one of the most legitimately strong players in professional football. For those who don't know, rules adopted by the U.S.P.F. regarding professionalism preclude only those lifters competing for cash prizes in professional participation in other professional pursuits will not hurt Dave's eligibility. It would be nice to see him on the platform again next year, but the demands of pro football could be too great. Of course, some think that the USFL will not be around to interfere with anyone next season. Joe Carini was another New England lifter of note making his Nationals debut in a fast crowd. Nationals veteran Joe Free didn't press the deadlifts like he is normally capable of, after missing big attempts in the squat and bench.

In the Supers, there was one group of true SHWs and another of lifters just over the 275 limit, and it was one of the lean ones who took the title. Paul Brodeur, tall, tanned, and Texan, barely made an error. New Jersey's Bill Romaniello didn't get the big jump in his big lift, and had to play catchup in the deadlift, where he was not so much in his element. Dennis Arnold was very impressive with a big squat, a bigger bench, and a stirring repeat with 705 out of his 2150 total plans for this year. Almost nothing went right for him. Tough squatter John Newell had problems in the bench, and big young Cecil Peltrey was just getting his feet wet in National competition. The All-Service Powerlifting team won the team title on the first day, essentially, and the Nike Nashville team had no chance to head them off. Following the 2nd place Nike group were the MAC Barbell club

and the Elite Powerlifting team. Best Lifters were, from memory, Ausby Alexander, Bruce Takala, Ron Motata, and Dave Colangelo. Rich and Pam Labbe put their heart and soul down must have taken something out of his 2150 total plans for this year. Almost nothing went right for him. Tough squatter John Newell had problems in the bench, and big young Cecil Peltrey was just getting his feet wet in National competition. The All-Service Powerlifting team won the team title on the first day, essentially, and the Nike Nashville team had no chance to head them off. Following the 2nd place Nike group were the MAC Barbell club



Dave Colangelo...collected the 275 lb. Gold over the likes of Doug Furnas.



"It's Mine"...that's what Paul Brodeur said after his successful attempts.

should have gone for it on his 2nd attempt. Perry Parker, who took the Kentucky state title, is stationed with the Air Force in Alaska, and the trip down must have taken something out of his 2150 total plans for this year. Almost nothing went right for him. Tough squatter John Newell had problems in the bench, and big young Cecil Peltrey was just getting his feet wet in National competition. The All-Service Powerlifting team won the team title on the first day, essentially, and the Nike Nashville team had no chance to head them off. Following the 2nd place Nike group were the MAC Barbell club

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The Man Who Loves To Lift

By Dave Krall



John Black, the Man Who Loves to Lift, accepting the Senior National Team Championship award in 1982, a month after his accident in Oregon.

"Hey, I can get hurt doing this." That thought has likely crossed the mind of each of us at one time or another. We have heard somewhere that "the knee sustains some ridiculous amount of stress just walking up a flight of stairs. God knows how many pounds per square inch of pressure it endures during a lift squat attempt. None of us like to consider the result if our knees quit their jobs under pressure. We have heard the Paul Jordan story once too often, thank you.

Nonetheless, most of us "luck out" even after years of lifting. Our knees may complain now and again, with justification, but they usually hang tough and see us through. John Black is one lifter who wasn't so lucky. During a squat attempt with 722 pounds at the 1982 Junior Na-

tionals in Portland, Oregon, John's right knee abandoned ship. His left knee followed close behind. Those of us who have not experienced such injuries can not imagine the pain. Even worse is facing the prospect of never lifting again. John got through the pain. He casually throttled any despair he felt and recovered.

For over a year prior to the 82 Nationals, John's right patella tendon had been gripping about all the abuse it was getting; too much weight, not enough rest, but John's lifting was going well. The YNCA Nationals in January was the beginning of what seemed to be a great year in the making. He totaled 1884 in that meet. As his training peaked for the Junior Nationals, he had doubled 710 in the squat and felt good for a 750 in the meet, but his patella ten-

don did not. 722 pounds were too much and the tendon ruptured before John ever got set with the weight. The bar stayed with John on the way down, crushing his torso as John's hips hit the deck. The spotters didn't have a chance to do anything; it was too quick. The anterior cruciate and medial collateral ligaments in his left knee were severely strained. The crunch of the massive weight on his torso had torn cartilage in his rib cage. When he got to the airport to be flown home for surgery in Cleveland, the airline gave him a hassle about taking up three seats on the flight. At the hospital, John wanted to give his left leg a try. It buckled, and the resulting fall tore ligaments in that leg as well. On the way to surgery, John was seated upright on a bed, when the back sup-

port broke. He flopped over backwards, and his legs flew up in the air and then crashed back down on the bed. His right leg started bleeding once again. Good Lord, what would happen next? Although he barely made it into the operating room in one piece, once there, John was put right by Dr. Jack Andrish. Andrish describes what was necessary to resurrect John's knees.

"The tendon was pretty much shredded. What you do is sew it back together with stitches. But, because that's not very strong and because there is a tremendous amount of force need to hold the kneecap in position, there are numerous ways of holding it there until the tendon heals. One of the ways is to reinforce it by wrapping some dacron around it (similar to what is used to make ar-

tificial arteries, by the way). That holds up until the tendon heals.

"The ligament is pretty much the same thing. The cruciate ligament is a slow and unpredictable healer. It's one of those that, if it's not surgically repaired, it does not heal, and if it is repaired, it doesn't always heal. If it does, it takes many months. What you do is sew back the ends, but because there is no strength in that you have to back it up with something. What we did was take part of the patellar tendon from the left knee and place it along the anterior cruciate ligament. You staple it to the bone at either end, and that acts as a splint until the ligament heals. The medial collateral is a good healer, and all you do is sew it back together."

Even with the surgery completed, half of the fight John had gotten himself into wasn't over. He still had to spend many months in rehabilitation, although it is hard to think of squatting with 540 pounds fifteen weeks after surgery as rehabilitating.

"Lenny, one of my buddies, was teasing me and I told him, 'I can out-squat you right now.' I just got psych-ed up and did 540 pretty easily," says John. Well, I guess they don't call the gang at Black's the Wild Bunch for nothing.

Eight to ten weeks after surgery, John insisted that the cast be removed from his right leg because he was able to flex his knee sixty degrees, something Dr. Andrish hadn't planned on. The cast was removed as it was more for protection than for support. The sixty degrees of flexion were a result of the atrophy that John's thigh muscles had experienced. Dr. Andrish says that half of the atrophy that occurs when a limb is immobilized happens in the first three days. John's large thigh muscles lost enough size in two weeks to make the cast a sloppy fit.

After eleven weeks, John was out of his wheelchair, supposedly to be on crutches for six weeks. Yeah, sure. He put up with them for five days before tossing them aside and limping instead.

Even with all John's techniques in "creative rehabilitation", his legs seem to have healed well. The first real test of their strength came at the Lake Erie District Championships in January 1984. There, he squatted 725, 3 pounds more than the weight that had seemed to destroy his legs in Oregon. He also benched 430 and deadlifted 700 at 220 and won the Outstanding Lifter trophy. In February, he won the 220s once again in the Ohio State meet, with lifts of 710 410 710. The 710 was an especially fine lift, considering that he missed 670 and 690 on his first and second attempts. After that, John looked forward to doing well at the Juniors, and has plans for the Seniors as well, if he can get the qualifying total at 198 beforehand. He doesn't seem to be worried about suffering another accident, and he isn't planning on limiting his attempts in the future. No one can accuse the man of being easily intimidated.

It is tempting to look at John's recovery and suggest that he was

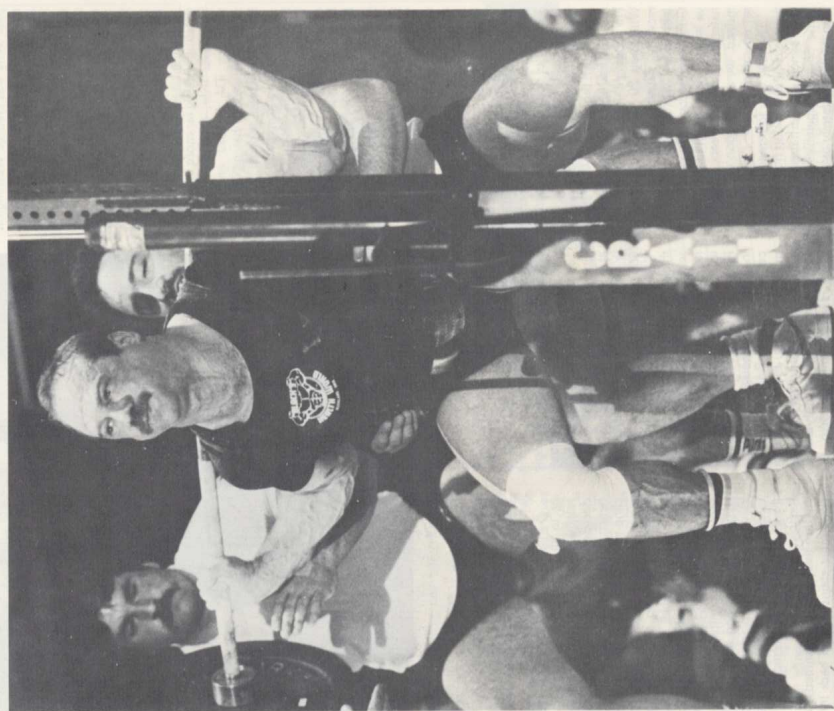
able to rehabilitate so well because his knees were stronger before the accident than the average Joe's. After all, Dr. Andrish points out that complete healing of injuries like John's takes a year, and he was ahead of schedule. Many of us have read that certain kinds of training aid in injury recovery, but there is a fine line between enough and too much.

"There sure is a lot we don't know about what stimulates tendons and ligaments to heal," says Dr. Andrish. "One of the things we do know is that if you just put a ligament or tendon back together and don't stress it, it heads poorly. If you overstress it, it will stretch out, so that the trick is to stress it enough so that it stimulates it to hypertrophy and healing. The limit in all these healing processes are physiological. At the present, we have very little control over them." Dr. Andrish notes that John apparently timed his return to squatting correctly. A good thing, I might add. John not only got his knees back to health, but he also acquired the belief that the Lord had a reason for his accident. For some time before

the accident, John had wanted to start a coffeehouse at home and help get some kids off the streets. He believes that the accident is what spurred him to do so. Now, he is holding coffeehouses every Friday.

John and some of the other lifters in his gym have also been going to various prisons over several states as part of the Master's Hand Conference and Prison Ministry. By going to the prisons through the recreation department instead of the prison ministry, they find that more people show up, and consequently, more hear what the religious members of the group have to say. John points out that the entire team is not involved, nor is every member of the gym. Those who choose to contribute, do so, and those that don't, hang loose. No sweat.

The word 'tough' or the phrase 'intestinal fortitude' could be used to describe John Black, but they both miss the point. John Black loves to lift, pure and simple. All he ever needed to do during his recovery was think about the pleasure he gets from



John Black...on the way back in 1984 at the Juniors in Maine, showing no fear of heavy weights on the bar.

TRAINING

Having a Big Bench Is Like Being in Heaven

By Jeff Everson



Jeff Everson...he's capable of bench pressing over 550 lbs. Photo by Cory.

the scapular muscles taut. I maintain that some of the top benchers now would bench even more if they worked on developing this position. Everyone benefits from a bit of Lamar Gantism.

Another key for most individuals on their way to a big bench is learning to lift with the elbows directed upwards. This position stresses the pectorals because of angle of pull and they have a much greater potential for strength than the deltoids and/or triceps. Mike MacDonald, who by the way, wears a medium t-shirt, is your champion pectoral benchner. Most champions begin their lift with the elbows slightly in and immediately move their arms into a position where the humerus is perpendicular to the line of the lateral chest wall. Bill Kazmaier is again an exception. None of the 620 plus benchers has naturally strong deltoids he has. I believe, to the best of my knowledge, anything near his delt strength.

There are two things that will raise your bench press for sure, benches and eating. The best exercise for the bench press is the bench press. Nothing else is even close. Every one's bench goes up when they gain weight. It always works in a stale period.

Most lifters like to train the bench twice a week, going heavy once and medium once. This lies in the middle of guys like Jim Williams, who sometimes trained his bench five times a week and Jon Cole, who I understand sometimes trained his bench once every seven days. The program I present here is one that I did every fifth day because that's how long it took me to fully recover between training sessions. This routine brought me from 520 to 560 in 12 weeks of training:

Day 1. Bench press (pauses) barx20, 135x20, 225x8, 295x5, 365x3, 405x3, 445x3, 465-510 x3 (this was raised 5 lbs every other workout), 405x12, 365x12, 325x18.
Dumbbell flat benches: 3x25x9/6.
Front Military press: 135x10, 205x5, 265x3, 285x3, 305x3, 325x3, 225x8, 135x20.

Tricep pushdowns: 100x8, 120x8, 140x8, 160x8, 100x20.
Day 2. Incline press: Bar x 20, 135x15, 225x8, 275x5, 305x5, 345x5, 375x5, 390x410x1, 325x10.
Dumbbell flat benches: 4x12, 15x12/6.
Behind the neck presses: 135x8, 185x5, 215x5, 250x5, 215x8, 135x20.
Tricep pushdowns: 120-140x8-10 (4 sets)

Day 3 third chest workout in the progression. Bench press: Barx20, 135x15, 225x8, 315x6, 365x3, 450x8-10. No more benches.
Rest of work out as in day one.

You will notice there are a lot of heavy low reps here and not a lot of heavy low reps sets. This reflects the fact that I now masquerade as a bodybuilder, have always felt high reps with heavy weights were good for strength and never really had a desire to blow my pecs out. Try it, it works.

Sometimes I get ticked off that people forget just how important a big bench press really is. I mean, let's face facts, if more people bench pressed, the world would be a safer place and operate much more effectively.

Hunger in Africa? Easily remedied: get everyone to do benches. What's a few stomach pangs when your bench this 300 pounds? Nuclear fallout? What about it? Who cares when you can double 4 big ones. You think an H-bomb would phase the Kaz? No way, Mae!

Inflation, recession, mushrooming national debt, oversold stockmarket, birth control, sound of soul, shooting rockets to the moon, kids growing up too soon? Big deal. All of this is insignificant when you got a big bench. People should open their eyes and look to history. Why was Lucifer a fallen angel? Man, the guy gave lousy liftoffs. When Moses brought from the mountain the Ten Commandments, the first one read, Thou shalt have no other Gods before me, except Pat Casey. This original message was lost. Casey was dropped. Why was George Washington able to sneak across the Delaware and surprise the British? They were benching in the cold, trying to stay warm, that's why. I really get sick of these historical screwups. Another example. Why did Napoleon always have his hand inside his coat? Massaging a tight pectoral obtained during a tough bench workout the night before.

When all is said and done, bench pressing is easily far more important than your wife, family, kids, job, watching TV football and even religion. Besides, having that big bench is Heaven.

History has erroneously identified the wrong men as great leaders. Doug Hepburn, Ronnie Ray, Chuck Ahrens, Paul Anderson, Marvin Eder, Mel Hennessy, John Molinaro, Bill Seno, Chuck Sipes, Steve Merjanian, Bruno Sammartino, Karl Norberg, Jim Williams, Bud Ravenscroft, Pat Neve, Jon Cole, Tom Hardman, John Kuc, Bill Kazmaier, Joe Bradley, James Rouse, Jeff Magruder, Mike Bridges, Lee Moran, Ted Arcidi, and Mike MacBev Francis is the great woman.

What about Roosevelt, Salk, Einstein, Kennedy, Gandhi and Lincoln? A bunch of nothings with low benches (although Lincoln benched 325 for a double and he did have a long way to push the sucker). What about me, you ask (even if you didn't ask, I'm bringing it up)? Think about this. With only 20 years of training, I recently paused 557 in a meet (although I was allowed to have a Goodyear tire over my chest) and you ya know what? I wasn't even nominated for the Nobel Peace Prize! Yes indeed, we are a nation with badly set up priorities.

The only way to remedy this national sickness is to start now and get your bench up. Perhaps I can help some of you vegetables out there who think your family or some such nonsense is more important than a Big Bennie.

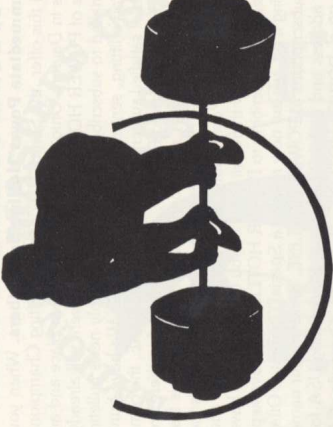
Women's Corner

Hello ladies and gents, the good news for the month as you already know) is that the United States Women's World team did it. They won back the much coveted world team title and in a very convincing way, we as fairness, I must say that our real competitors were not there in full force, but the strength and depth of our team this year would have made it impossible to top. This World Championships brought out some new participating countries and opened our eyes to the ever growing popularity of women's powerlifting in the world. Take a country like India; they brought a team of 7 competitors and took home their first medals in international competition. The Peruvian women were another classic example of women who made the decision to persevere and compete regardless of the consequences in their home country. To me, that symbolizes the true spirit of Women's Powerlifting, a sport growing and changing and determined to earn its spot in all of athletics.

Most of you know that every meet has its flaws, drawbacks and inconsistencies; but, in my opinion, this meet was a disaster waiting to happen from the first day. I wish I could tell you that in the United States left a great impression on all the visiting athletes, but I'm afraid it has been coming to me daily only to confirm my own feelings. To quote Graham Fong, the coach from New Zealand, "the organization, officiating, and refereeing were a cruel joke and an gross insult for the women and their officials and supporters." He went on to stress the point that many young athletes like his young protégé Cathy Millen had scrimped and saved every dime they could get their hands on to just make the trip over for the championship. For Cathy it was doubly hard as she had been struck by a car in Hawaii prior to the meet, so was not in peak shape, but she elected to lift since she and her coach had already spent \$6000 and come a long way.

"What a mistake," said both Grahame and Cathy, "women's powerlifting has been set back many years, and the men have demonstrated just how some of them feel about the women lifters." He goes on to add, "there are now many female lifters, including Cathy, who are wondering whether it's worth while to continue."

From the day the athletes arrived, there were problems. I understand there was no one at the hotel on either Wednesday, Thursday, or Friday to welcome the women and help them become familiar with the hotel and meet site. I stood in the lobby watching lifter after lifter ask the lobby attendant for the information packet on the meet arrangements and the



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1984 MEET Fred Hatfield's 920 squat and his valiant try at 1003. Ted Arcidi's 8 attempts at 666 for those who don't believe it! Lori Okami's 187 bench at 105, Dave Shaw's 848 deadlift, Dave Waddington's 970 squat, plus Joe Laddner at his best...see him come up with his 892 squat.



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STARTIN' OUT

A special section dedicated to the beginning lifter

Building Greater Strength by Developing Antagonistic Muscles as told by Stanley Lampert

Powerlifters are generally aware of the value of working antagonistic or opposing muscles in their training routines. However, perhaps some elaboration is required. For the inquisitive, here are some of my thoughts and observations on the working opposition muscles is the best insurance against muscle injury a powerlifter can have. Any competitive powerlifter, which are a hazard to spine, shoulders and lumbars are caused by an imbalance between the quadriceps and the bicep femoris (hamstrings) is too poor for the competition. This axiom applies to all muscle groups. A mismatch in strength and size between opposing muscle groups probably is responsible for a high percentage of injuries. The thought should also be given to the value of powerful opposite muscles in stabilizing joints and thus your tendons and ligaments.

Weights in general do not have a particular hamstring problem since deadlifting, power cleans and even the squat demand great bicep femoris strength. However, the doctrine of working the opposing muscle group is not limited to the legs. It may even apply to the arms when applying the same theorem. Since this publication is read mostly by powerlifters, let us move on to antagonistic to those used in the three power lifts.

Tridemark, is what John Black has on the double bicep pose seen on his Black's Health World T-shirts. He has had to deal with several infractions on the symbol and warns that he is serious about protecting his rights.

Mystery Order...Pete Alaniz of Titan Suits got a draft no. 4126/047/1870 from Durban Natal, South Africa for 3 suits, one for a litter of 92 kilos, the other 102 kilos, but no other information. Will this party please contact Titan Suits, 921 Rickey, Corpus Christi, Texas 78412 with their name and address.

IPF Stand on Ernie Frantz's World Games...Powerlifting USA received a letter from IPF Secretary Arnold Bostrom, dated May 11, 1984, which read as follows: "At the IPF Executive Meeting held in Fredrikstad, Norway on the 10th of May 1984 your news item pertaining to the forthcoming 'World Games of Powerlifting' as organized by Mr. Ernie Frantz was noted. I have been asked to point out to you that no sanction has been applied for the IPF. In view of the organizations involved, A.P.F. and A.M.P.F., an application for a permit would not be granted. Any IPF or USPF member, lifter or official, found to be involved with this meet will be suspended for two years."

Try these and see whether you can minimize injuries and get much more powerful at the same time. One thing is certain, you will definitely look better.

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Popularizing Powerlifting

by Frederick C. Hatfield, PhD

Editor-in-Chief, **SPORTS FITNESS**

Powerlifting has suffered some staggering blows in recent years from television to the solid scandal that saw the ouster of one of our own from the organization. If it were any other sport, it might have died. Yet Powerlifting lives; by the skin of its teeth.

As most of the powerlifting of the world sees it, we're going to have to do the things to bring our sport to the level it may have enjoyed but it not been for such calamitous circumstances. First, we must have to attract television. We're going to have to go to have to make the sport a bit easier on the

Both can be accomplished without jeopardizing the fabric of powerlifting competition. There is now a way to accomplish this, whose time has come. It's the idea which, as I understand it, is gaining some momentum in Europe via the efforts of Arnold Schwarzenegger, the IFP Secretary. Through the efforts and insight of Bill Hartmann in the United States, the same idea has been adopted and given a new, streamlined look.

Bostrom recognized that television was getting tired of coming to the World Championships to film a three or four day event. That's expensive, friends! The idea struck him that if we could solve TV's problem, we'd solve the spectators' as well. Shorter meets would lure both TV and fans in to watch and enjoy.

Arnold Bostrom's idea was to have the competitors draw lots, and lift in order through each of three rounds of the squat, then the bench and then the deadlift. The loaders would have to be superhuman to accomplish the up and down loading in such a system, but it'd work! The meet time would be reduced by several hours because there would be no more following yourself thereby wasting three to four minutes of Yankee ingenuity! Bill Hartmann knew a good idea when he saw one! His version is outlined below. I would like all of you to think about this system - the implications for generating TV revenue, more fans, better meets and still - through it all - maintain

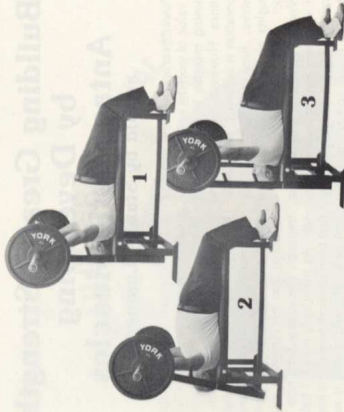
\$8,000,000 Lawsuit... has been filed on behalf of Bill Kazmaier against John Wooden and associated parties regarding his claims of being the World's Strongest Man in a Ford Motor Company commercial that features Mr. Wooden. In a Boston Herald story on the incident Kaz is quoted as saying that Wooden is "someone who claims to be someone he is not".

Charlie Kelly, the exceptional East Coast bench press contender of form in preparation for his first bodybuilding contest some time back, but had to have surgery only two weeks prior to the planned competition. Again this year, he got to go to the gym, but he got into the contest. This time the reason was the opening of his new business - the Power House Gym in South Amboy, N.J. His wife says that maybe next year, he will be able to get into that contest.

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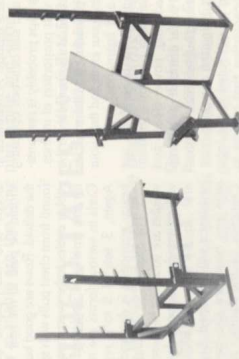
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MESSAGE FROM THE PRESIDENT

Michael J. Murphy, District Director of the Internal Revenue Service, Atlanta, notified the U.S.S.P. on April 12, 1984 that we are exempt from Federal income tax under section 501(c)(3)...

Perhaps we have not been as clear as we should have in explaining the prices of the U.S.P.F. classification patches. For five dollars one receives the patch AND the tab to which one is entitled. Elite lifters are entitled, at no extra charge, to a certificate, provided the application indicates that...

On Saturday, June 9, Arnold Bestrom, the I.P.F. Secretary, informed me by phone that although there will be drug testing paid for by the I.P.F. at the 1984 Junior World Powerlifting championships, drug testing at the 1984 Masters World will be limited to voluntary testing for those who exceed the world record and is to be paid for by the individual lifter or by his federation.

This decision, individually to discriminate against the masters lifters by requiring their federations or themselves to pay for the drug testing at a world championship, is symptomatic of the problems which continue to plague drug testing. First, there is no rational basis for selecting the masters for special treatment. Second, it makes world record setting a function of wealth, either the lifter's or his federation's.

Third, the events requiring drug testing far exceed the resources available for drug testing. We may either diminish the requirements for drug testing or increase the funds allowed there. Any cutbacks, however, should be administered with an even hand. It is not envisioned to treat some of our world champions as step-children. It is not envisioned to test only nine lifters, but allow forty world records to be set, as we did at the first Junior Worlds last December. However random, such a procedure does not guarantee that the world record will be set by a drug free lifter. Rather, drug testing for merely one reason, as that, as our resources diminish, the opportunity for additional funds for testing at this time, with no sponsors in hand, may well require the successful bidders to defray a portion of this cost or to earmark a surcharge on the annual I.P.F. membership fee for this purpose.

I was directed by the Executive Committee on May 9 to determine whether the lifters who tested positive for forbidden drugs at the 1984 Women's Nationals broke any of our rules in so doing. Because the Women's committee had engaged the services of Lucian Gillis, an attorney in Mobile and Category II referee, to determine whether sanctions against these lifters could apply in all aspects of this question, I hired, therefore, Nancy Gilliam, a Penacola attorney and personal friend. Nancy used the term 'swallow' in the first paragraph of Gilliam to Cotter, May 22, 1984, even though she knew that the tests were conclusively positive for only one lifter. Perhaps some among our readers will be pleased to note the care with which her response was framed.

You have asked for my opinion on whether the USPF has properly adopted a rule forbidding the use of specified drugs during USPF Women's meets. I understand several women competitors at the Women's National Championships on January 28 and 29, 1984 in Austin, Texas were tested for drugs following IPF procedures as required by Agenda Items 66 and 67, adopted at the July 22, 1983 National Committee meeting, and several of those tests were positive for the presence of prohibited drugs.

In reaching my opinion, I have reviewed the following documents: IPF Drug Testing Procedure, adopted November 3, 1982; Minutes of the USPF National Committee meeting on July 22, 1983; Minutes of the USPF Women's committee annual meeting on January 27, 1984; the 1979 Bylaws of the IPF; and the Bylaws of the USPF, as amended in 1983.

There are two distinct ideas which are addressed by your question: that of insuring the integrity of the testing process and the sanctions to be imposed against those who test positively. The resolution which addresses the procedure to be followed... Agenda Item 66 as finally adopted at the July 22, 1983 National Committee meeting... provides that the drug tests should be along lines similar to that of the 1984 IPF world championships. The IPF Drug Testing procedure addresses both process and sanctions, although distinct sanctions beyond disqualification from the meet are not discussed.

The IOC regulations apparently detail the chemical analysis to be followed by a laboratory in detecting doping substances. Section 4.8 of the USPF by laws allows each committee to adopt rules for its own management. Although specific sanctions for all USPF competition in 1984 have not yet been adopted, it is apparent that the Women's committee can adopt its own rules. It is apparent that the Women's committee may adopt its own rules. It is apparent that the Women's committee may adopt its own rules.

Ruth Walding, 27, 1984 Women's committee reflect the following: 'Malcolm moved, Ruth Walding advised the following: That the USPF Executive Committee meet within the next two weeks and adopt the same Executive as presently imposed by the IPF (18 months suspension, removal of placings and team points, etc.) and that the Los Angeles laboratory which is analyzing the results of the 84 tests be instructed to carry out their 'for-

Box squat - 375x10 425x8

Week -8 day -2: 475x6 510x5 535x20
Squat - 135x10 225x8 325x6
400x4 430x4 440x4x2
Leg Ext - 3x10, Leg Curl-3x10

NOTE: You have now done 20 reps with the same weight you will single with at the end of the next 8 weeks.
SECON EIGHT WEEKS
Week -9 day -1:
Squat - 135x10 225x8 325x6
400x4 425x3 450x3x3
Calf Raises - 3x15
Week -9 day -2:
Squat - 135x10 225x8 325x6
400x4 440x2 455x2
Calf Raises - 3x15
Week -10 day -1:
Squat - 135x10 225x8 325x6
400x4 425x3 450x3
460x3x2
Calf Raises - 3x15
Week -10 day -2:
Squat - 135x10 225x8 325x6
400x4 440x2 460x2
Calf Raises - 3x15
Week -11 day -1:
Squat - 135x10 225x8 325x6
400x4 430x3 460x3
470x3x2
Calf Raises - 3x15
Week -11 day -2:
Squat - 135x10 225x8 325x6
400x4 440x2 470x2
Calf Raises - 3x15
Week -12 day -1: single week
Squat - 135x10 225x8 325x6
400x4 435x3 470x2
480x2x2
Calf Raises - 3x15
Week -12 day -2:
Squat - 135x10 225x8 325x6
400x4 440x2 460x2
470x2
Calf Raises - 3x15
Week -13 day -1:
Squat - 135x10 225x8 325x6
400x4 440x2 460x2
470x2
Calf Raises - 3x15
Week -13 day -2:
Squat - 135x10 225x8 325x6
400x4 435x3 470x2
480x2x2
Calf Raises - 3x15
Week -14 day -1:
Squat - 135x10 225x8 325x6
400x4 435x3 470x2
480x2
Calf Raises - 3x15
Week -14 day -2:
Squat - 135x10 225x8 325x6
400x4 440x2 460x2
470x2
Calf Raises - 3x15
Week -15 day -1:
Squat - 135x10 225x8 325x6
400x4 435x3 470x2
485x2 500x2
Calf Raises - 3x15
Week -15 day -2:
Squat - 135x10 225x8 325x6
400x4 440x2 460x2
480x2
Calf Raises - 3x15
Week -16 day -1:
Squat - 135x10 225x8 325x6
400x4 435x3 470x2
490x2 510x2
Calf Raises - 3x15
Week -16 day -2:
Squat - 135x10 225x8 325x6
400x4 440x2 460x2
480x2
Calf Raises - 3x15
Week -17 day -1:
Squat - 135x10 225x8 325x6
400x4 430x3 530x20
Calf Raises - 3x15
Week -17 day -2:
Squat - 135x10 225x8 325x6
400x4 430x4 440x4x2
450x4 475x5 500x20
Calf Raises - 3x15
Week -18 day -1:
Squat - 135x10 225x8 325x6
400x4 425x4 435x4x2
440x4 480x1 510x1 540x1
Calf Raises - 3x15
Week -18 day -2:
Squat - 135x10 225x8 325x6
400x4 425x4 435x4x2
440x4 480x1 510x1 540x1
Calf Raises - 3x15

WORKOUT of the Month

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John Kuc... brings you his recommendations on Drug Free Squat Training.

400x4 420x4 430x4x2
Leg Ext - 3x10, Leg Curl-3x10
Week -2 day -1:
Squat - 135x10 225x8 325x6
375x6
Box squat - 375x10 425x8
400x4 425x4 435x4x2
Week -2 day -2:
Squat - 135x10 225x8 325x6
375x6
Leg Ext - 3x10, Leg Curl-3x10
Week -3 day -1:
Squat - 135x10 225x8 325x6
375x6
Box squat - 375x10 425x8
400x4 425x4 435x4x2
Week -3 day -2:
Squat - 135x10 225x8 325x6
460x6 485x5 510x20
Leg Ext - 3x10, Leg Curl-3x10
Week -4 day -1:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Week -4 day -2:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Leg Ext - 3x10, Leg Curl-3x10
Week -5 day -1:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Week -5 day -2:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Leg Ext - 3x10, Leg Curl-3x10
Week -6 day -1:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Week -6 day -2:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Leg Ext - 3x10, Leg Curl-3x10
Week -7 day -1:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Week -7 day -2:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Leg Ext - 3x10, Leg Curl-3x10
Week -8 day -1:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Week -8 day -2:
Squat - 135x10 225x8 325x6
460x6 490x5 515x20
Leg Ext - 3x10, Leg Curl-3x10

The following is a 16 week program for the intermediate lifter. It is based on a 500 lb. squat in your last competition. The goal of this program is to squat 530 to 540 at the end of the 16 weeks. An improvement of 30 to 40 lbs. would be the maximum you would expect. A 20 lb. improvement would be considered good.

When Mike asked me to do this article he wanted me to include my drug free lifting experiences. I have found drug free lifting to be a completely different ball game. When I trained with drugs I could gain and pretty much follow that plan. Without drugs in the daily and weekly fluctuations in strength are much greater, and it is difficult to follow an exact plan. Drug free you must be able to adjust your workouts to compensate for these fluctuations. When your strength level is up you should go heavy, and when it is down you will have to back off. The differences I have encountered are too numerous to include in this type of article. If there is enough interest I would be happy to relate these differences in future articles.

Let's get back to planning our squat workout for the next 16 weeks. Since I am not taking drugs into consideration, you must be able to adjust, when necessary. The bench or box squat will be the key exercise for the lift. A favorite exercise of some of the all-time great squatters. I used this exercise early in my career and had great success with it.

Box squats can be done with boxes or benches of different heights. Touch and go or dead stop can go. I recommend touch and go. Box squats isolate the thighs because they are done with a close stance. Use a close stance regardless of what your normal stance stance is. High repetitions with very heavy weights are the best way to do box squats. The advantage of box squats over other thigh isolating exercises is a poundage equal to or greater than a lifter's maximum single can be used in high repetitions. My use of the box squat is a little different than others. I recommend a rep scheme as follows: 1x20, bench should be slightly higher than parallel. The box squats will be done on your heavy weight and all squating equipment will be worn. The final set of 20 must really tax you. When you finish that set you will be unable to do another.

This squat program is a two day per week program, using Monday and Thursday.

FIRST 8 WEEKS

Every Day: Calf Raises - 3x15.
Week -1 day -1:
Squat - 135x10 225x8 325x6
375x6
Box squat - 375x10 425x8
450x6 475x5 500x20
Week -1 day -2:
Squat - 135x10 225x8 325x6
375x6

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I received quite a bit of comment regarding Hugh Cassidy's "Ban the Squat" article and my subsequent remarks. Wilbur Treeter, the venerable Missouri lifter who has watched our sport grow and evolve over so many years, made some particularly poignant statements, that I would like to share with you because he grasps the absurdities so well.

Wilbur told me that the "rule like to see the squat with some pretension on the artificial aids to performance. After all, elbow bandages were abolished with relatively little trouble, why not knees, belts, and elastic suits. First, I agree that Phosies changes are needed, but it's doubtful that the lifters' egos are going to allow any change like that. Even if it means more even handed competition, and faster moving meets, I don't see it happening. too many "head problems" in the game. I once did an article, perhaps on Curt Mether, who called for the use of elbow wraps, claiming that the knee joint wasn't inherently superior to the elbow, so why not afford the elbows with the same protection as the knees? And his observation that merit. Some have said that this would give the public the distorted (?) notion that the judge bench press PR images being lifted were a result of the equipment. Well, why is the squat different? What kind of television spectacle is being presented when we waddle up to the bar in the midst of a humidity number? If parity is to be had this case, why not stop the use of all wraps? And suits? And belts?

Like the football helmet, I believe the equipment causes more injuries than it prevents. Being primarily a blocking sport, the effectiveness of a well placed helmet shot to the knees or groin. I was convinced that it was weight, trained post, injury allowed me to hit with a injury producing efficiency (you think they called "Mighty Mop" back in the 60's are grinded cheese sandwiches? After a few seasons I realized that my strength was a definite asset, but the minimal number of really heavy, crippling injuries, despite the paper had worked up to the fact that I had learned, albeit subconsciously, how to best use my helmet as a weapon.

Minimizing patella movement during a natural bodily movement, restricting muscle action and breathing ability, and constricting the body has no place in sport. The belts for all its back efficiencies, provides minimal back support. Do you really think that your 500-600 lb deadlift is as compressive as a 500 pound clean or jerk or 400 lb front squat? Most foreign olympic lifters long ago stopped wearing a belt (and a very thin one too) for the snatch, but the belt supporting they get during the C&J is very minimal, and you need it for overhead lifts more than you do while DLing. This is not to say that one lift is more or less stressful on the back of anyone in a division, but the belt won't give you

More From Ken Leistner



Dr. Ken with World Champ Bev Francis in his garage gym. Tuitt photo.

despite the official name change some years ago, had a problem regarding the total length of the lift. He also can't be blamed for what was his account I heard, the most atrocious officiating ever seen at a major meet. Twenty or twenty one consecutive red lights in the squat from one official. Are you serious? man? A number of lifters threatened to walk, if changes weren't made. One of the greatest resources we have are the lifters themselves and some of the advisers serves to bring out the best in sportsmanship and "comrade" Cheryl Jones among others bustled around to find an arena that would accommodate the ladies so that a post meet bash could be enjoyed by those who traveled so far to lift. All of the US women went out of their way to make the foreigners feel comfortable, in an attempt, as one competitor told me, to make up for some of the shortcomings. The hassles and distraction suffered by some due to the television/movie crews who were there for Pumping Iron. It was an affront, although some feel it's the price we must pay for publicity.

Enough of this. I'd like to thank Fred for hosting the World's, the Labbe's for the Nationals. Larry for the Seniors, and all of the other lifters who get little back in return for providing us with the opportunity to lift. I'd also like to thank the Women's team for continuously being gracious enough to publicly thank their coaches and suppliers; the men should take to heart this lesson in common courtesy. On to the Seniors and a great summer.

the lifters that be in reality each competitor should consider adopting the new proposal or should I say suggest it, most. To avoid the long different waits and such, each lifter would take a first attempt before anyone took a second or third attempt. The weight would be called by 2.5 kg increments with lifters taking a weight as it's called. Lighter lifters would proceed heavier ones if called simultaneously, but for strategy purposes, lifters could wait for the last possible moment to call for a given weight before the bar was raised. After everyone got a first attempt, they would drop the bar down again for all the second attempts.

If a lifter missed, for example 501 on his first attempt, he would have plenty of time to prepare for his second attempt with it (as long as it took for all of the lifters after him to take their first attempts, and then the time it took for the bar to get to 501

on second attempts), and there would be no three (really, four) minute wait. You could give a lifter 30 seconds to one minute to prepare after the bar is lowered for the DL. I would think that most lifters wouldn't need the time or would struggle. Before thinking, too feels quick. About the best one feels, even the most used-in-the-world lift, and, after ten or more hours of lifting.

As much as I enjoy stressing the positives, I'd be remiss in my duties if I didn't mention the negative reaction that many participants and spectators expressed regarding the Women's ex World Champions. I had every call and letters that I hadn't shine this one on. I realize that Fred Hatfield did not have any tele-revenue or major sponsorship, but Larry Pacifico has even that you can't see without it for he has consistently put on the best meets to date with his own pocket money than that from his own pockets. In either case, the warm up area was inadequate, especially for most of this status. You cannot expect world class athletes to warm up on a one bar. Another bar was brought in, but there were no collars. There was a mixture of round and kilo plates, confusing many of the foreigners. I understand that no banquet post competition meal was initially planned.

In the plus category, Fred worked off extremely hard to bring the meet off and the platform arrangement was nice. He also can't be blamed for what was his account I heard, the most atrocious officiating ever seen at a major meet. Twenty or twenty one consecutive red lights in the squat from one official. Are you serious? man? A number of lifters threatened to walk, if changes weren't made. One of the greatest resources we have are the lifters themselves and some of the advisers serves to bring out the best in sportsmanship and "comrade" Cheryl Jones among others bustled around to find an arena that would accommodate the ladies so that a post meet bash could be enjoyed by those who traveled so far to lift. All of the US women went out of their way to make the foreigners feel comfortable, in an attempt, as one competitor told me, to make up for some of the shortcomings. The hassles and distraction suffered by some due to the television/movie crews who were there for Pumping Iron. It was an affront, although some feel it's the price we must pay for publicity.

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NUTRITION CORNER

by Jack Diganagi

Making Weight

he's about 228 pounds or 8 pounds over the limit with just three weeks to go before the meet. The first thing he does, as most lifters will do is to stop eating bread, potatoes, rice, noodles, etc. in an effort to cut the pounds. To a certain extent, I agree with this practice. But let's view this from a different, more logical, viewpoint as I think you may find it worthwhile. While foods such as bread, pasta, noodles, etc. are high in carbohydrates, they do supply some valuable vitamins and minerals essential to moving the big weights. As you may remember, carbohydrates have 4 calories per gram. Wouldn't it be better to cut foods that had more than twice the amount of calories? The foods I'm referring to are foods that contain fat. Fat is loaded with calories, 9 calories per gram as opposed to 4 calories a gram for carbs. Now let's take a look at fat in your diet and start off with some basic suggestions and work our way down to some very specific comments and suggestions.

Let me just give you a listing of the foods I would recommend you avoid during this part of the cycle and some alternatives. Nonetheless, fats, like carbs, carry essential vitamins necessary for the lifts, but those fat soluble vitamins can be stored in the body for long periods of time. So don't worry about vitamins A, D, E and I for several weeks. These are unlimited variables which can make the bar seem like there is an extra 50 kilos added on, but one real factor which can bury you is nutrition. In this month's edition of Nutrition Corner, let's take a look at ways and means of selecting and preparing food to get you pretty near your weight limit and how to cut down some weight over a 2, 3 or 4 week period just prior to a meet.

During the last few weeks, the workouts will be, for the most part, very heavy compared to the beginning or middle part of the cycle. Although the work load may appear heavier due to the high percent of near max weight attempts being made, the total pounds in a set of several reps at 70-80 percent will add up to quite a bit more work than sets of 95 percent doubles. For example, a set of 8 with 400 pounds is 3200 pounds lifted, whereas a double with 600 pounds is 1200 pounds. With this in mind, then, the actual energy in calories needed during these last few weeks are less than during any other part of the cycle. Here then, where you can cut some calories resulting in a safer, more stable weight loss without compromising your total.

Let's continue with and say

- RATHER THAN:**
- Milk: whole milk or butter milk.
 - Cheese: any type whether hard, soft, cottage, cream, sour creams, yogurt, etc.
 - Bacon: hamburger, roast, steak.
 - Sausage: hot dogs or any type of packaged meat or canned meats, steaks, chili, etc.
 - Pork: chops or any pork cuts.
 - Fish: fresh, frozen.
 - Fruits: fresh, frozen or packed in its own juice.
 - Vegetables: fresh, frozen or packed in its own juice.
 - Starchy Foods: Potatoes, rice, noodles, pasta bread, hot or cold cereal, rolls, pizza, bagels, pancakes, waffles, cakes, cookies, pies, doughnuts, macaroni, etc.
 - Fats, oils, butter: Any type of oil, butter or margarine, lard, vegetable sprays, salad dressings, etc.
 - Beverages: any type of soft drink, carbonated drink, beer, wine or the more potent liquor.
- TRY:
- Skim milk.
 - Low-fat varieties.
 - Wait until after the meet.
 - Buy the leanest cut you can.
 - Wait—too much salt added.
 - Select the leanest cut and trim all the fat away.
 - Any way but fried.
 - No fruits canned in heavy syrup.
 - When cooking don't add butter, margarine or other fats to the vegetables.
 - Wait!
 - Try using lemon juice.
 - Tea coffee, Kool-Aide type flavored drinks. You can try a little of the sugar substitutes if you'd like.

oranges, orange juice, bananas and dried fruits. Just remember to sip or eat slowly. Don't gulp down a quart of O.J. Sip it slowly, or believe me, it'll run right through you no matter how tight your suit is! Salt is easy to get but it's the potassium we're worried about here. Don't take potassium supplements—too much, as well as too little can cause you serious trouble. Just eat or drink the foods mentioned—but do it slowly.

Let's recap here. If you want to lose weight, then start about a week or ten days ahead and cut out all high concentrated sugar foods and read labels for salt, sodium, etc. If you're going to fast and use a diuretic, then try ice cubes, they help thirst without avoiding it. Weight in time, your body will have had 36 hours to shed some water. It's pretty hard to sit down, know your lifestyle, work, school, climate, age, etc. and predict exactly how much you'll lose, but a 2-6 pound weight loss is within reason. I would recommend that you sip on some tea, either hot or cold, or coffee as these are natural diuretics. Please, don't get dehydrated to the point of feeling like falling out! What you're doing is serious—and it should be taken that way. Again, only you know all of the variable factors and should deal with them with caution.

Being powerlifters, I believe all of us overdo everything concerning our training—and fasting is a dramatic way to do more of the same. So in addition to not eating for 30 some hours, there's some other things you can do to hurry the water out of your system. These are pretty well known and would certainly help. Try a hot bath. Either a sauna or steam whirlpool or your own bathtub. Again, please don't stay too long. A few minutes at a time is fine; any longer, especially in a fasting state, and you're asking for trouble. Other tricks are a plastic suit to increase sweating. Turning up the heating blanket or element in bed and letting go of a few pounds (not the most romantic setting). Chewing gum by the packs and disposing of the moisture (spit) properly. Basically all you want to do is sweat—lots of it. Of course, there's diuretics. We've looked at fasting's effect, now let's see what diuretics will do and how to minimize their effect on the platform.

A diuretic is a drug that will increase the excretion of urine. Both calcium and sodium are lost in large quantities. Potassium, chloride and magnesium levels in the blood are seriously decreased. These electrolytes, if these guys are in short supply on your opening squat, then once you start driving out of the bottom, there may be nothing there. What you need to do is realize that yes, you will make weight, but you'll have to warm ups and adjust your your warm ups and adjust your opener. So as soon as you finish weighing in, grab some potassium rich foods and swallow. The commercial 'sweat replacers' are available about 7 calories per ounce and a little sodium. Not a lot for your money. My recommendation is simply

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- Super Suit II red, n. blue (26-48) \$34

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especially potassium—as soon as you can.

A couple of final suggestions we can borrow from the bodybuilders. Try alfalfa tablets. I suggested it to quite a few bodybuilders and powerlifters and it does help by acting as a natural diuretic. Our workout crew uses about 5-7 grams a day and it definitely cuts that mentioned—but do it slowly.

If you have any remedies you've found that cut weight in a hurry or if you have any questions about your nutrition programs, just simply drop me a line—I'd be more than glad to help. Nutritionally yours,
Jack Diganagi, M.S., R.D.
116 Dopsos Place
W. Monroe, LA 71291



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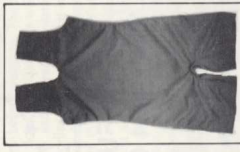
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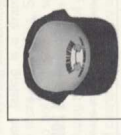
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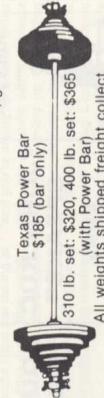
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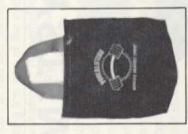
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The Referee's Corner

The sport of powerlifting has become extremely popular during the past few years, and as a result, we have experienced a phenomenal growth rate. As the sport continues to expand throughout the country, more officials and lifters are becoming involved in controversies regarding the existing rules governing the sport. In almost any meet, the same, familiar misinterpretations are occurring and people are finding it difficult to agree on what is really meant by what is written in the rule book. This column has been approved by the USPF and will hereafter serve as the official interpretation of all U.S.P.F. rules which are currently in effect.

Question: When are wraps or material considered two ply? A fairly new type of knee wrap material has evolved and is sold as "Superwrap III", "Dyna Wraps", etc. The material clearly has two different surfaces; a close woven hard finish as the basic material with a loose woven, soft backing. Do the two different type surfaces on the same piece of material necessarily constitute two ply?

Answer: A considerable amount of controversy has evolved from the introduction of the wrap material that is basically a close woven, hard finish with a softer texture woven into one side. In order to properly determine what constitutes two ply, the manufacturer was consulted for textile expertise. As a result of the consultation, it has been learned that according to textile manufacturing standards, any material of more than one ply must be capable of being separated into two or more layers each of which is capable of being classified as an independent layer of material. An unsuccessful attempt to separate the material into two layers resulted in a determination that it should be classified as one ply.

Another controversy regarding multi-ply has arisen as a result of using velcro as a holding device on knee and wrist wraps. The reason for restricting more than one ply is obvious. It places a limit on the amount of support a lifter can achieve from the equipment intended for protection from injury. In as much as velcro offers no additional support to the wraps when used solely as a securing device, the use of it is permitted on this premise. Velcro shall not be used on any other equipment or the lifting costume.

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4 675 J. Danahy 318/84	430 T. Kelly 7/31/83	672 P. Elmore 5/7/83	1715 J. Eason 4/14/84
5 661 B. Giacola 7/31/84	419 P. Elmore 7/31/83	672 P. Elmore 7/31/83	1708 P. Kelly 7/31/83
6 650 S. Edin 7/31/83	419 D. Stancik 1/19/83	650 T. Kelly 7/31/83	1692 L. Kelly 7/31/83
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9 645 C. Perrine 5/7/83	410 G. Black 4/84	634 C. Perrine 5/7/83	1664 C. Perrine 5/7/83
10 628 B. Clattenburg 2/18/84	402 S. Edin 7/31/83	634 A. Oakes 11/19/83	1664 B. Giacola 7/31/83
11 628 B. Clattenburg 2/18/84	402 S. Edin 7/31/83	630 P. Elmore 4/84	1637 A. Oakes 11/19/83
12 628 M. Jones 2/18/84	402 R. Craft 4/24/83	628 D. Ference 7/31/83	1620 D. Ference 7/31/83
13 628 M. Jones 2/18/84	402 T. Pinelli 5/5/84	623 S. Edin 7/31/83	1609 G. Durdan 5/7/83
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19 610 D. Middlebrock 318/84	391 A. Oakes 7/31/83	612 B. Clattenburg 2/18/84	1582 B. Clattenburg 2/18/84
20 601 D. Ference 7/31/83	391 L. Traub 7/31/83	612 B. Clattenburg 2/18/84	1582 B. Clattenburg 2/18/84

Power Bench - Deadlift Meet 4/18-19 Ontario, Canada

Table with columns for Name, SQ, BP, DL, Total. Lists athletes like Greg Walker, K. Schieferlin, Terry Merliaw, etc.

Illinois Teenage Championships 4/15/84 - Chicago, Ill

Table with columns for Name, SQ, BP, DL, Total. Lists athletes like Jim Warren, Steve O'Hara, etc.

U. K. Sports Conference Championships 2/7-8 Apr 84 RAF Wethersfield, England

Table with columns for Name, SQ, BP, DL, Total. Lists athletes like Jim Walker, Tom Bishop, etc.

W. Orange Invitational 3/28/84 - W. Orange, NJ

Table with columns for Name, SQ, BP, DL, Total. Lists athletes like B. Miller, T. McKee, etc.

Arizona ADPPA Championships 4/28/84 - Tempe, AZ

Table with columns for Name, SQ, BP, DL, Total. Lists athletes like M. Johnson, L. Potter, etc.

Power Bench - Deadlift Meet 4/18-19 Ontario, Canada

Table with columns for Name, SQ, BP, DL, Total. Lists athletes like Greg Walker, K. Schieferlin, etc.

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ony 4th this year due to the increase in number and quality of lifters. Kim also made the final lift, but she was disqualified for the Sunday lifting and did a fine job. Another talented teen, Miqna (McKay) Goff was 5th, just 2.5 kg behind Kim.



ADFFA Women's Nationals. Left to right, Brother Benmet, Pauline Stoneking, Andrea Potter, Terry Floren, Theresa Kyskoiki, Gail Condon, Nancy Elberty, Stephanie Clements. Photo courtesy Benmet.

Table with columns: Name, SQ, BP, DL, Total. Lists names like Julie Gedeon, Sherri Kabler, etc., and their respective scores.

148 lb. winners at the ADFFA Women's Nationals. Left to right, Brother Benmet, Pauline Stoneking, Andrea Potter, Terry Floren, Theresa Kyskoiki, Gail Condon, Nancy Elberty, Stephanie Clements. Photo courtesy Benmet.

The 1984 American Drug Free Powerlifting Association had 12,131 lifters. Pat Malone, Shelly Kelly, and Pat Malone...

champion over a lot of competition. Johnny is a two time La State HS champion and is only a year away from competing for the national title.

Even though several of last year's champions didn't return, 3 of them would be going to the World Championships for the first time.

Table with columns: Name, SQ, BP, DL, Total. Lists names like Karen Anderson, Tanya Tallon, etc., and their respective scores.

Sweden Championships Apr 13-15/84 - Nassjo, Sweden. I. Vahakangas 417.5, A. Gustavsson 722.5...

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Swedish Championships Apr 13-15/84 - Nassjo, Sweden. I. Vahakangas 417.5, A. Gustavsson 722.5...

Table with columns: Name, SQ, BP, DL, Total. Lists names like Ernest Basso, John Williams, etc., and their respective scores.

Table with columns: Name, SQ, BP, DL, Total. Lists names like Ernest Basso, John Williams, etc., and their respective scores.

Two newcomers squared off in the 90 kg class. Julie Gedeon and Shelly Kelly. Julie Gedeon won by a very close margin.

The 56 kg class was another large one with 11 lifters. Sherry Kabler, who has been lifting for over a year, won the class.

The 48 kg class was wide open with defending champion Julie Gedeon going to the World Championships.

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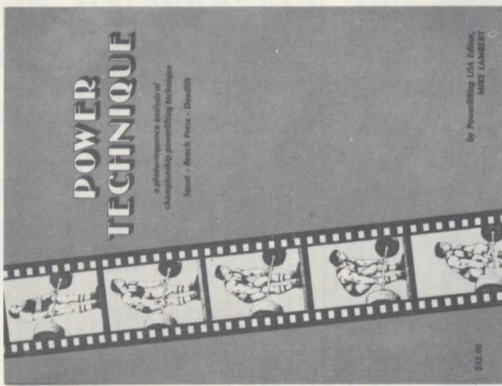
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Corrections in the June issue the lifts published for Randy Smith in the North Carolina Championships should have been 567 325 556 1449 at 165...

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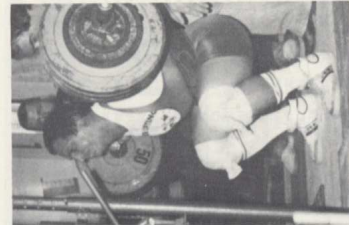
Dr. Judd Biasiotto seen here working on a sculpture in honor of Dick Reno... His new book 2001... 'A Sports Odyssey is due out in July and covers such things as hypnosis, feedback, and behaviour control as they pertain to sports.'

Upcoming National Meet Qualifying Totals

Table with 5 columns: Men's Contests (1984 Senior Nationals, 1984 ADEPA Men's, Teenage Nationals 14-17, Teenage Nationals 18-19, 1984 YMCA Nationals), Women's Contests (1984 YMCA Nationals), and 1984 YNCA Nationals.

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Ab Waddles, one of the big guns at the Dutch Championships this year.

Dutch Championships 1,2 Apr 84 - (kilos)

Table listing names and scores for Dutch Championships: Men (52kg to 90kg) and Women (45kg to 60kg).

Polk County Bench Press May/84 - Lakeland, FL

Table listing names and scores for Polk County Bench Press: Men (135, 150, 165, 181) and Women (52.5, 57.5, 62.5, 67.5).

Tucson Championships 3/14/84 - Tucson, AZ

Table listing names and scores for Tucson Championships: Men (50, 60, 70, 80, 90, 100) and Women (40, 50, 60, 70, 80).

Finnish Deadlift Championships 5/25/84 - (kilos)

Table listing names and scores for Finnish Deadlift Championships: Men (52kg to 90kg) and Women (40kg to 50kg).

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Region VIII Championships
5/12/84 - Wichita, KS (kilos)

WOMEN	SQ	BP	DL	Total
Sheila Ward	132.5	82.5	152.5	367.5
Janice Spier	107.5	55	117.5	280
Janice Hopper	92.5	57.5	115	275
Deborah Moore	92.5	55	120	267.5
Dennis Aleman	165	87.5	182.5	435
Dan Moore	147.5	105	175	427.5
Tom Longtellow	112.5	90	175	377.5
John Lewis	172.5	102.5	192.5	467.5
Galen Denaault	160	105	180	445
Brent Pearce	130	82.5	152.5	365
John Smith	130	82.5	152.5	365
Pat Sparks	130	72.5	137.5	340
E. Hodson	237.5	105	240	582.5
Rob Porter	202.5	120	210	532.5
Cory Ball	175	145	205	525
Jeff Freshford	172.5	105	227.5	505
John Smith	172.5	105	227.5	505
Kevin Walters	142.5	110	182.5	435

Two bits of disappointing news. Many local heroes with big reputations in and gym lifts failed to show, but this is to be expected, that is the nature of the sport. The only one who did show and had a hand in making this meet a great success.

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Freddie Tripp walked off with 4th place awards for best dressed or best tan. Mr. Moss would have been an easy winner. Terry is ever a contender. This contest had 34 competing competitors, with the majority of them lifting in their first meet. Jay Gaslow won honors with a fine 370 BP with a 100kg deadlift. Fredrick Trapp took second. Andre Smith took 3rd. Deborah Moore took 4th. Dan Moore took 5th. Two fine competing champs Dan Wirth found the time to compete, though he could not do better than 5th this year. Dan is leading Iowa Univ next year.

The contest turned out fantastic. As usual there was the pre meet BS and controversy, but the contest was a success. The only one who did not lift was John Lewis. Most every lifter conducted themselves in a manner most conducive to improving the image of powerlifting. The 3 local news networks came to the meet and did a great job of coverage for this gala event. Larry Toomey of Larry Toomey Productions did a fantastic job of announcing and keeping the meet running smoothly. The meet was a success. The only money lost was less than \$300.00. Two bits of disappointing news. Many local heroes with big reputations in and gym lifts failed to show, but this is to be expected, that is the nature of the sport. The only one who did show and had a hand in making this meet a great success.

Special note: Midwest lifters, look for a BP contest sponsored by Lifetime Fitness sometime this fall. The rewards will be bigger and better than ever. The Midwest lifters should be making this meet a great success.

A special thanks to Vern Rash, whose ever present help made the meet a success. Also a special thanks to the staff of the gym for making this meet a great success.

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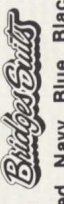
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