

INTERVIEW

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

DAMIAN FRONZAGLIA

as interviewed for PL USA by Bob Gaynor



Damian Fronzaglia is the current WDFPF World Champion at 148.

Champion at 148 lbs., WDFPF World Champion at 148 lbs.

BOB: Damian, What are your future goals in powerlifting?

DAMIAN: I hope to break the WDFPF world record in the bench and possibly the squat. In the distant future, I hope to break 1500 at 148 and compete in the Lifetime Drug Free Nationals.

BOB: Share with us your feelings on steroids and drug testing?

DAMIAN: I'm tired of being falsely and unjustly accused of taking steroids. All throughout college, it was a problem. I was even kept from the track team by the administration who apparently labeled me a user. One faculty member even asked me very demeaningly, "did you get that body from a syringe?". It's ignorance that really hurts. Instead of a pat on the back or a congratulations from my university, I was treated as an outcast. They wouldn't even allow me to be treated by the athletic trainers. It's not very easy to feel good about what your doing or continue to train with that kind of "support." Fortunately, that bad experience is behind me, but I know there are other drug-free lifters who face similar problems. If you look good enough or are strong enough that people are constantly accusing you of using steroids, your hard work has paid

off. I personally give you a pat on the back and encourage you to continue training. I don't feel individuals who test positive should be banned for life. If you ban them for life, they will have no reason to leave the drug alone. A 36 month suspension and a mandatory drug test for every contest they enter after the suspension would be sufficient. The testing done today has gotten better but there is still a lot of room for improvement. I would prefer to see the British system of random testing done here in the States.

BOB: Damian, What kind of diet do you follow?

DAMIAN: I try not to get carried away with my diet, that's for bodybuilders. Once I get close to a meet, I will cut back on calories and fats to reduce my bodyweight. I will also watch my protein intake to insure my muscles are getting enough to recuperate.

BOB: Do you follow any kind of supplementation program?

DAMIAN: Supplements are very important to the drug-free lifter. Your body needs more than the recommended daily requirements while your training heavy. I take Amino Acids, Boron, Chromium Picolinate, and Inosine before heavy days and meets. A multivitamin is also very helpful. I've tried other supplements over the years, but these seem to have the

biggest impact on my strength.

BOB: How do you train?

DAMIAN: I train five days a week for competitions. Monday: heavy squats and assistance work. Tuesday: heavy bench and assistance work, especially tricep work. Wednesday: deadlifts and assistance work. Thursday: light squats with some assistance work. Friday: light bench with some light tricep work. My training routine is by no means etched in stone. I always listen to my body first and follow what is written on paper second. Sometimes less is better, and you have to know when to hang up the belt and pick up the remote control.

BOB: What advice would you have for beginners?

DAMIAN: Patience! Don't compare yourself with the best lifters in your weight class or the best lifter at your gym. Find an experienced lifter or coach and listen to them. Set realistic goals for yourself and compete against your best lifts. Hitting a personal best in competition can be as exciting as breaking a state record. If you're unable to find anyone to help you, read! PL USA is an excellent source of information for the novice as well as the veteran lifter. Also talk to other lifters at contests, especially the master lifters. You will be surprised at how much you can learn in one weekend. Remember, if you want to be successful, you've got to earn it yourself. Above all, HAVE FUN.

BOB: Damian, who are some of the powerlifters you admire?

DAMIAN: I admire all the lifters who are doing it drug-free. Especially one of my training partners, Mike Smith, who would give Tom Platz a run for his money for Best Legs. I also admire Fred Glass's deadlift shoes. Where did he get those?

BOB: Are there any other comments you would like to make?

DAMIAN: I would like to thank my family and friends for all their support. And also the member of Joe's Gym, especially Mike Smith, Eric Willow and my coach Joe Oreglia. And finally, I would like to thank Bob Gaynor and Mike Lambert for this interview. It is truly an honor to be featured in PL USA. If anyone would like to share other information I can be reached at 319 Southgate Drive, Erie, Pennsylvania 16509 or by calling (814) 864-2073.

BOB: Give us some personal information on yourself?

DAMIAN: I'm 25 years old, and I live in Erie, Pennsylvania.

BOB: What is your occupation?

DAMIAN: Currently, I am the executive officer for C Co. 1/112th Inf. PA Army National Guard. I've also recently earned a B. S. degree in Bio Pre-Med, and I'm looking into a few different graduate programs.

BOB: How long have you been lifting and competing?

DAMIAN: I've been lifting weights for close to 14 years, and I've been competing for 8 years.

BOB: Damian, tell us how you got started?

DAMIAN: While in grade school, I was always very accident prone. For that reason, in addition to my size, I was kept from playing football by my parents. During sixth grade, I bought a 110 pound weight set with the money I earned on a paper route. By the eighth grade, my father persuaded my mother to let me play football. Throughout high school, I remained very active in sports participating in football, track, wrestling, and even cheerleading after injury kept me from playing football. My first competition was in September of my senior year in high school. It was a bench press competition. While still on crutches from a broken foot, I pressed 250 pounds at a body weight of 125 pounds. I won first place and outstanding Erie County lifter, and I've been addicted to the sport ever since. At the meet, I met Joe Oreglia who asked me to compete for his teenage team. I accepted his offer, and since that time, he's been my coach and good friend.

BOB: What are your best lifts?

DAMIAN: My best lifts in competition are as follows: At 123 lbs. 355-245-370-960, at 132 lbs. 425-315-468-1180, and at 148 lbs. 550-365-534-1430

BOB: What titles and records do you hold?

DAMIAN: 1984 - PA Teenage State Champion 18-19 and state records in the squat and bench press at 123 lbs. In 1986 - 3rd USPF Collegiate Nationals at 132 lbs. In 1988 - PA Men's ADFPA State Champion and broke the bench press state record at 132 lbs. In 1989 - 2nd ADFPA Collegiate Nationals at 132 lbs. In 1991 - ADFPA Men's National