

INTERVIEW

BILL GILLESPIE as interviewed by Dr. Larry Miller



LM: Bill, how about starting out with some personal information about yourself. Give us your age, marital status, information about your kids and your profession.

BG: I am 46 years old and have been married to my wonderful wife Anita for 22 years. We have two children, including my son Cameron, who is a sophomore here at Liberty University. He plays on the football team as a nose guard, so I get the chance to coach my son through his college career. I was one of the top father/son teams in the world in the bench press. His best was 462 when he was 16. Many people think we are strong because of genetics, but the truth is it's my wife's cooking. I am blessed to have a wife who cooks so well. Our daughter Rachel, who is 16, is the most beautiful young lady with a great outgoing spirit. Many people can't believe she is my daughter, because she is so pretty, until they meet my wife, and then they realize she fortunately takes after mother. She is the pride of her mother and father. I haven't convinced her to participate in a bench contest, yet. I work as a Strength Coach at Liberty University. This my second year back at Liberty University. I went to school here, then stayed on and coached as a track and field coach and later as a strength coach, for seven years. In 1991 we went to Seattle and I became a strength coach at the University of Washington. I coached there for 11 years where I had the chance to work with several great athletes and had the chance to attend several bowl games including three Rose Bowls. After working at UW I had the chance to go to work with the Seattle Seahawks for two years. The NFL was great and truly first class. I had the chance to work with several All-Pro athletes, like Shawn Alexander, Matt Hasselbeck, Walter Jones, Steve Hutchinson and Jerry Rice. Coach Holmgren is a great coach and it was exciting to work under a coach with so much success. I also really appreciated the General Manager Bob Ferguson for taking me under his wing and teaching me so much about the NFL. I often get asked "why did you leave the NFL to go to Liberty?" Liberty is a strong Christian school and it is a very special place. My mentor Dave Williams stepped down as the Head Strength coach and now we work side by side. I have the greatest strength coach job in the world.

LM: What is your sports background and how did you get started in powerlifting? How long have you been competing?

BG: I played football, wrestled and threw the shot while in high

but what you learn along the way.

The great thing about lifting weights is that 100# is 100# today and will be 100# tomorrow. If 100# beats me today, but next week I come back and beat 100#, who got better, I did! 100# didn't have a good or bad day; it is me that has to change. If I took drugs then I wouldn't learn the struggle it takes year after year to continue to make improvement. I have to always be learning what it takes to get stronger and then as a strength coach I can pass this information on to them.

LM: What are some of your lifting accomplishments?

BG: My best lift of all time was May of 2005 in Atlanta at George Herring's WABDL meet when I benched 800 in a single ply shirt at the age of 45, to become the first man ever to bench 800 as a master lifter. I have set over 30 WABDL world records and three IPF master's world records in the bench. I have been 13 time WABDL world champion. I have finished second twice in powerlifting at the ADFPA national championships. In my career, I have set several American and National records in all three lifts. Early in my career I was best at the deadlift with a personal best in competition of 716 and in a workout I once did a triple with 755. Later I became better at the squat and did 800 in the mid 90's at an ADFPA meet. I won Bench America II in the 308 weight class and finished 4th over all. I have finished 4th two years in a row at the IPF Bench Press World Championships.

LM: How did you enjoy competing at the IPF level? Was it what you expected? Did you enjoy competing as a team member?

BG: I wish every lifter could experience the IPF World Championships. You realize you are truly no longer lifting for yourself, but you are lifting for your country and your teammates. It is a totally different approach to lifting in a meet. The bonding you share with your teammates is great and you want them to be successful so you jump in and help in any way possible. You are competing with so many different countries and the lifters from other countries are so friendly and open to talk with you about what they do in their training. It is truly an international affair, also it is great to travel out of the country to see different parts of the world.

LM: What goals do you have in the sport?

BG: Of course, I would love to win an IPF World Championship and set the IPF World Record, but I have some really great lifters who keep me from reaching my

goals. It forces me to evaluate my program and then adapt the workout to make the improvements. I want to continue lifting heavy until I stop getting stronger. I have made gains slowly, year by year, but that makes it even more rewarding when a big surge occurs in your training. The key is to stay healthy and avoid injuries. Like Louie Simmons says, "even an old man will jump if you poke them with a needle." It's all based on how effective our nervous system is and how injuries slow the response of the nervous system. I love lifting heavy weights and will keep lifting as long as possible.

LM: Who are some of the people you've met and learned from over the years?

BG: My Mother and Father, of course, had a huge impact on my life. They taught me to work hard for what I want, and that I would get nothing for free. My wife is a hard working person and I admire her work ethic a lot. I have learned a lot from her about doing things the right way, even if it means that it is a lot harder. My mentor is Dave Williams. He has taught me so much about lifting and life. He is the most humble man I know and I wouldn't be a strength coach without him. I'm lucky to be able to be back together and working with him. I have learned so much from Louie Simmons. As all the information was coming out from the USSR about training in the mid 80's Louie started writing about his training philosophy. Many lifters and strength coaches didn't listen, at first, but I knew we were studying the same facts and I knew he was right. History has proven that he is a leader in the world of strength training and we are fortunate to have him in the US. Kent Johnston and Mike Clark were wonderful strength coaches to mentor me in the NFL and I will always appreciate what they taught me. I also worked with Rick Huegli who was National Strength Coach of the year after we won the National Championship in football in 1991 and his approach of understanding the game of football and what we needed to do was very helpful.

LM: Do you have any favorite lifters that you enjoy watching?

BG: First, I really enjoy powerful athletes, people who make a heavy weight look like it weighs nothing. Second, I really study women lifters because they are very smart with their technique and because they don't have the same strength levels as men they find other ways to lift incredible amounts of weights. I think it's a shame that we study technique and training routines of just the strongest athletes. I know from working with NFL athletes that there are freaks out there who can do things most people only dream about with very little training. It's so important for us to understand that there is a difference between talent and routines. Just because a lifter is talented doesn't mean he knows what he is

doing.

Early in my career I really looked up to lifters such as John Gamble, John Kuc, Paul Wrenn, Doug Furnas, Kaz, Mike Bridges, and Ed Coan. Most of them I had to watch from a distance because they were in a different league than me, but I have had the chance to talk with many of the top lifters and they have all been very friendly and helpful. Now I have met so many great lifters that it is tough to name them all. I would hate to leave someone out. Ryan Kennelly and I came on the bench press scene together and I believe he is truly one of the strongest men I have ever met. Matt Lamarque has put up numbers that just amaze all of us. Tiny Meeker is really on the cutting edge on the bench press. We knew the day Steve Wong learned how to use the shirt that we were all in trouble after watching him do 633 raw at the WABDL Worlds a few years ago. George Herring has impressed me since we were in college and I saw him set World Records at the first powerlifting meet I ever watched. Tom Manno has pushed me each year we competed at the WABDL Worlds. I want to "Thank" George Nelson and Jim Cunningham for teaching all about bench shirts. Priscilla Ribic has some of the best technique and is very strong. Brent Mikesell is one of the nicest gentlemen I have ever met. He is a true hero to our sport. Horace Lane and David Doan are truly incredibly strong and I have enjoyed their friendship at different IPF World Championships. Deb Ferrell and Jennifer Thompson are two ladies that can put up some huge numbers. Larry, I am amazed and encouraged with the success you have had into your 50's. Brian Siders is the best SHW bench presser in America in the USAPL. I love to watch his lifts; the speed is just amazing. There are many lifters whom I have left out, but I really enjoy a lifter who has studied what they are doing, uses a technique that works for them, and then works his butt off to execute a huge lift under strict judging.

LM: Do you have any funny stories you can share with us concerning your sport?

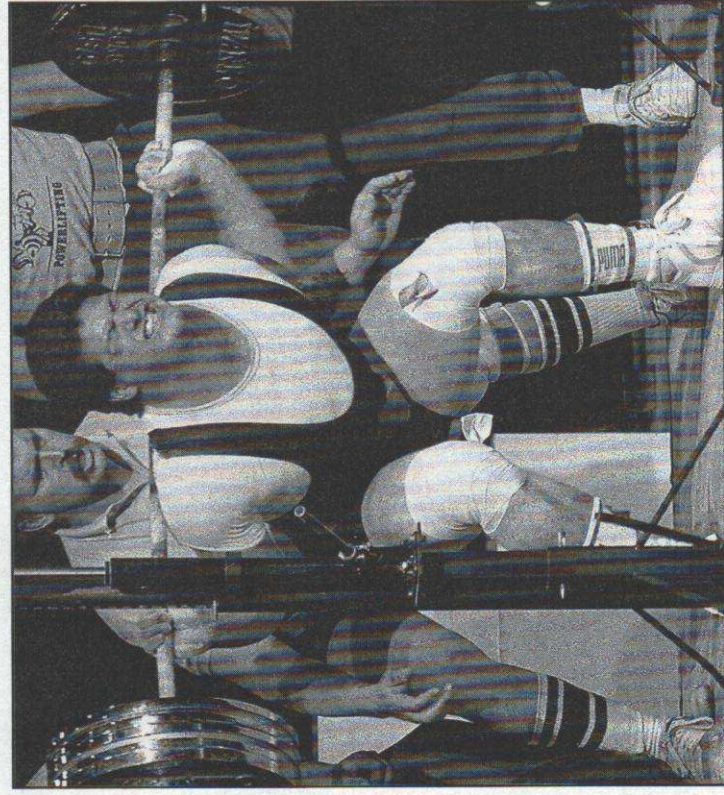
BG: With all the quick fixes in the world of fitness I have been thinking of writing a book on bench press training. There was "8 minute abs", so I thought I would write a book on "How to develop a world class bench press in just 30 short years without drugs".

LM: What has been your employment history as a strength coach? Who have been your mentors in the field of strength and conditioning?

BG: I started out of college working as a track & field coach at Liberty University and by my 3rd year out of college I was named the head track, but it was because of my strength and conditioning background that my team did well. Dave Williams is my mentor and has taught every thing I know about strength training. I worked at Liberty University from 1983 to 1991. In 1991 my family and I traveled across America to the University of Washington. I worked there as an assistant under Rick Huegli where we won a National Championship in football and went to two Rose Bowls. In 1999 I was promoted to Head Strength coach. In three years we had 23 out of 27 of our victories come in the fourth quarter come from behind wins. My second year we were 11-1 beating University of Miami for their only loss and finished 3rd in the polls. We were also able to win the Rose Bowl that year. We had a great group of athletes that competed well and a coaching staff that kept the fire going. After coaching at Washington I went to the Seattle Seahawks. There I had the chance to work under two of my favorite strength coaches, Kent Johnston and Mike Clark. These are great men and they really know what they are doing. I really enjoyed working with the NFL athletes. They are hard working, competitive men and they are incredible athletes. I was amazed at some of the feats of athletic abilities from bowling to strength training. After the 2004 season I left the Seahawks to come back to Liberty to be the head strength coach and work with Dave Williams again. It was a tough decision to leave the NFL and it killed me not to be with the team at the Super Bowl, but I am very happy here. I am able to have a huge impact on the young men's lives that I work with.

LM: To what degree has your career in powerlifting helped you as a strength coach?

BG: Powerlifting has helped me and it has hurt me as a strength coach. The athletes know that I understand what is strong and how to get there. The problem has been that sometimes people are shortsighted in believing you are going to convert all your football players into powerlifters. I remind them that I am training them to be football players and that I benched 800# and the Seahawks never once asked me to play for them. Many people get confused into



Bill was in the middle of things at the 1986 ADFPA Nationals out in California.

(continued on page 90)

studied the leading strength researchers in the world. The lift a lot of weight than they could play in the NFL. What they forget is there is more than just being strong to playing football. Don't get me wrong, I do believe that you need to be very strong to play football. I have had athletes tell me you don't need to be strong to play in the NFL and I ask them "why don't women play then?" Information that is out there that can make you very strong. I change my max effort exercise into training football players, but we train very different. I hear powerlifters who have gotten stronger tell me they want to try out for the NFL and I'll some times ask them why not try out for the PGA. With their new strength I'm sure they could hit after I train the bench. I do mostly 4 to 6 sets of 4-6 reps, maybe not so straight. Also I'll hear about how "weak" some NFL players like doing too many reps because too much fatigue can lead to shoulder and triceps injuries. I asked them is "Have you ever seen how long their arms are?" mostly compound exercises for them. They are all very long armed and the back. I train all my assistant exercises for the bench, but it's very difficult to bench, but most are not in any sense weak. I train the football players to be able to exhibit their strength in a shorter period of time with more power. We can't sacrifice strength develop for flexibility or mobility. LM: What type of equipment do you prefer to use? BG: I thought I had found the secret to benching huge numbers doing it, but I had to choose triceps work and really enjoyed it. I use the Titan Fury and I would strongly recommend all lifters to send in their measurements and have custom shirts made for them. It will change their bench more than any thing I know. Titan is on the cutting edge of fitting gear and I don't know my gear have given me an edge. LM: Do you take any supplements or vitamins? BG: I am very careful of the supplements that I take. About 7 years ago I had some bad problems from using creatine. I backed out 5 times and the last time I was driving my car. Fortunately, I was fine and so that is holding you back the find what exercises will help you improve while holding on to the and Savior Jesus Christ for what he has done in my life. About 15 years ago I fell from 20' and I should've been walking, but I know the strongest part is finding it and creating like everyone else. I am now taking a joint compound that has worked miracles. I now for every meet you enter you compare all my supplements to this supplement; it doesn't work as well as my Sure Fire joint Compound then I'm not taking it. I take some protein after a workout, but nothing fancy. LM: What does your powerlifting program consist of? BG: I am really big on Westside



At the '94 ADFFA Nationals, Bill was competing in the 242 class.

Johnston, and Mike Clark. The they just didn't make very many mistakes. Lessen your mistakes and you will reap the results of the sport long enough to reap your rewards. I still keep thinking you never made it on your own, there is huge group of people that support you. Wedon't do anything by ourselves; give credit at every chance to give back to those that helped you get here. LM: Any final comments you would like to make Bill? BG: I would like to thank my Lord Blaine McCorkle, Brad Bell, Matt Scott, Neil Bryant, John Bear, Nelson, Jim Cunningham, Jeff Horton, Rick Samples, George Cameron, Phil Arroyo, Steve A. DiCiccario 418 Master II 529 C. Rajmayer Senior 529 V. Schipani Senior 529 M. Marrotoffi 264 Master IV 264 M. Ciccione 298 L. Frassati 231 C. Rajmaier 573 Y. Hellho 573 M. Lazerri 474 Senior 188 lbs. 374 V. Sushchak 666 Master III 666 B. Verbeke 705 Master I 518 B. Suzic 518 E. Brusco 518 L. Sanges 231 Equipped 518 M. Ferrati 231 Equipped 518 E. Putirho 187 L. Pacaud 507 Junior 220 lbs. 474 C. Zobach 352 Senior 165 lbs. 606 A. Geitner 242 lbs. Senior 242 lbs. 518 D. Krasna 451 S. Manuelli 451 Senior 276 lbs. 518 L. Russo 440 Master II 440 M. Borcia 248 Senior 182 lbs. 595 M. Armani 496 Senior 496 M. Ortega 496 (Thanks to Neil Thomas for these results)

European Single Lift 12-14 MAY 06 - Varese, ITA

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