

INTERVIEW

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

BOB: Freddie, give us some personal information on yourself?

FREDDIE: My name is Freddie Higgins and I live in Peoria, IL. I am 40 years old and will be 41 years old in October, 1992.

BOB: What do you do for a living?

FREDDIE: I am employed with the State of Illinois as a case-worker with the Department of Children and Family Services during the day. I am in private practice as a clinical therapist in the evening.

BOB: How long have you been training?

FREDDIE: My training dates back somewhere in the vicinity of 15 years in regards to bench pressing, but I have been in competition since the fall of 1981.

BOB: Freddie, tell us how you got started?

FREDDIE: I was a wrestler in high school and my interest in weightlifting began due to the fact that I needed the strength on the mats. Also, a friend of mine named Steve Hopson was built like Mr. Universe, and we began lifting together in my garage. I didn't stay with it and found myself quitting a few times before staying with bench pressing

while wrestling in college. It never occurred to me that I could be competitive with my bench press until I left the Peoria YMCA to join Central Illinois Weightlifting Gym in 1981. The gym was full of great lifters and Mike Bridges had trained in the gym just before I arrived. So I began training with Mike's two brothers Bob and Ed with powerlifting movements. Joe McLeod trained with me on the bench press along with Bob Kuhn, a middleweight arm wrestler.

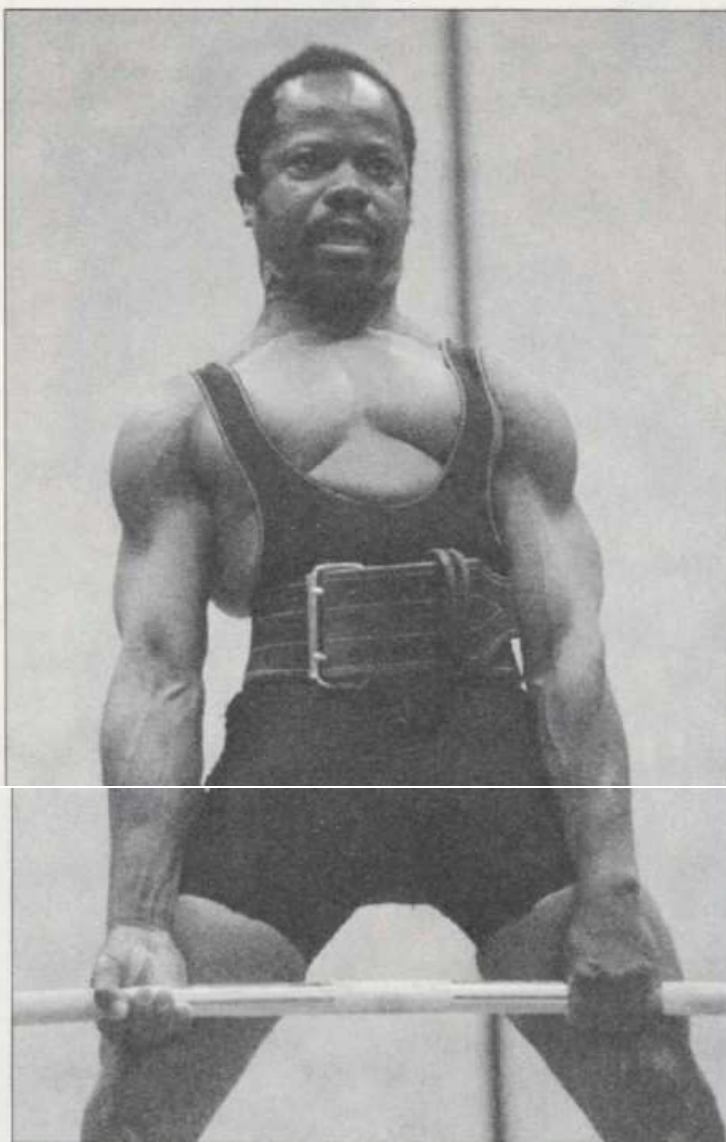
BOB: What are your best lifts?

FREDDIE: My best lifts in the gym have been: Squat 445 lbs., Bench press 335 lbs., and Deadlift 475 lbs.

BOB: Freddie, what are some of the titles you have?

FREDDIE: My titles include: 1982 - USPF Jr. State Champion; 1983 - USPF Senior State Champion; 1983 - USPF Outstanding Lifter in Illinois award; 1983 - USPF - Jr. National Champion; 1984 & 1985 - ADFPA-Men's National Champion 1985, '86, '87, '88, & '90 - ADFPA-State Champion. I have placed 3rd in the YMCA Nationals in 1983 and 3rd in the 1986 USPF Senior Nationals. I have finished 2nd in

Freddie Higgins as interviewed by Bob Gaynor



Freddie Higgins competing at the 1991 ADFPA Nationals in St. Louis

the ADFPA Nationals in '83, '87 & '91. My 3rd place finishes are '86 and '88. I currently hold the National and American ADFPA Bench press record of 319 lbs. in the 123 lbs. division.

BOB: What are your future goals?

FREDDIE: My future goals include winning the ADFPA, USPF, APF and NASA world championship at least one time in the Masters category. I would also like to establish a world bench press mark as well. (NOTE: Freddie has the World Bench Press Record.)

BOB: What are your views on steroids and drug testing?

FREDDIE: I am a drug free lifter and have never taken steroids. I

think drug testing is needed in sports if there is any hope in having drug free athletes competing against one another. I am a Certified Addictions Counselor and in working with individuals who are chemically addicted, they always seek and find ways to try to beat the drug tests. I think the same would apply to athletes.

BOB: Freddie, would you share your dietary views with us?

FREDDIE: My diet includes eating anything that I want in moderation. I particularly eat a lot of chicken, turkey and fish with plenty of vegetables and fresh fruits.

BOB: Do you use supplements?

FREDDIE: The only supplements that I take are vitamins and minerals tablets mixed with a daily Lecithin capsule. I also take a daily supply of vitamin C.

BOB: How are your yearly training programs set up?

FREDDIE: I train just about the same year round with the exception of doing lighter weight during the summer months. During the fall and winter months, my body seems to change towards being stronger automatically. I basically adjust my reps and the number of sets according to the season.

BOB: What advice would you give a beginner?

FREDDIE: My advice to a beginner would be to first believe in yourself and maintain a positive attitude about your training. Be consistent when training working on good form instead of being concerned with increasing your weight as it will come in time. You just have to be patient. And furthermore, have a good training partner. I currently have a good partner in Tony Vaughn. Finally, don't take lifting so serious that it forces you to make decisions that you may regret later because it really isn't worth it in the long run.

BOB: Freddie, who are some of your heroes?

FREDDIE: My heroes include all of the drug free lifters who train every week to be the best he or she can be without the use of artificial means.

BOB: What are your other hobbies?

FREDDIE: I enjoy reading, traveling, shopping and doing some fishing whenever possible. Participating in sports is my all time hobby.

BOB: Freddie, are there any other comments you would like to make?

FREDDIE: I am happy to return to competition again after taking some time away from the sport after the 1988 ADFPA Nationals. On April 6, 1989 my younger brother was killed in a motorcycle accident and it turned my family's life as well as my own upside down. It took all of my motivation away and I didn't want to do anything at all. I have just began to come back together within the last seven months and have decided to dedicate the rest of my lifting career to my brother, Danny J. Higgins.