

# WISCONSIN POWERLIFTING

NOVEMBER 94

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Well, the powerlifting year of 1994 is coming to an end. This has been a good year for the ADFPA in the State of Wisconsin. Our membership has increased compared to 1993, and we have had a few very well run and well attended contests. As a matter of fact, the memberships nationwide should exceed the real totals of 1993. It's nice to know that Wisconsin is a positive factor in this trend. I'm expecting 1995 to be a very big year for both the state of Wisconsin and the ADFPA in general.

The 1994 Hudson Natural will be upon us by the time you receive this newsletter. I'm hoping to see as many of you there as can make it. This year's competition should be the best ever. We've got big squatters, big benchers, and hopefully a few big deadlifters coming to the meet. We are a little disappointed that more Master lifters won't be able to attend, but then they have something much bigger to do that same weekend: The 1994 Master's National Championships. Good Luck to all the Masters competing in Florida!

In this issue of the newsletter, you will receive a power profile of one of the State's most intense lifters: Scott Antczak, and some of the current State Powerlifting records. I hope to include a power profile and lists of current Wisconsin State powerlifting records in each newsletter. We try to keep as up to date and as accurate as we can in record keeping. If you notice a possible error in the current records listing, please notify our state chair, Bruce Sullivan.

I hope that this letter finds you working out hard and your workouts going great!

## Power Profile of:

### Scott Antczak

1. Tell us a little bit about yourself.

*Powerlifting is a passion of mine. I was born in Milwaukee county, June 2nd, 1964 as a son to parents Ralph and Patricia. My occupation is a quality inspector for Accutec. (a sheetmetal fabrication plant that is a major supplier to Allen Bradley) I enjoy Bowhunting, Riding my 1963 Harley Chopper, hard rock music, the month of October, strip-tease bars, and the colors red and black.*

*I have won 6 Wisconsin Senior State Titles in four different weight divisions, Two Collegiate National Championships, Placed 3rd in two ADFPA Men's Nationals, and took a Bronze Medal in the I.P.F. Junior World Championships held in Lima, Peru.*

2. How long have you been a powerlifter?

*I have been Power training for ten years, and actively competing in the ADFPA since 1986.*

3. How did you get started in the sport of powerlifting?

*I started powerlifting following a severe injury when I was in high school. Doctors thought that I would have a 75% chance of losing my right hand.*

*Two surgeries and six months of painful therapy later, I decided to join a gym. The former GYM WORLD which was located in Greenfield, WI in the early 80's was very pro-powerlifting. The owner, Jeff Lepau, a national Bench Press champion, introduced me to powerlifting.*

4. Were you ever, or are you now involved in any other competitive sports?

*Wrestling and Track & Field were high school sports that I competed in. In 1984 I dieted 3 months and won the Jr. Milwaukee Bodybuilding Championships. I'm glad I competed in one bodybuilding contest, but powerlifting is the only game in town.*

5. What are your best lifts?

*My best lifts are a 675 squat, 420 bench, and a 672 deadlift. These lifts were performed in the 220 and 242 weight classes. The squat and deadlift are registered ADFPA lifts in a Senior State and National competitions. The bench press was performed in a bench press only competition.*

6. Do you follow any special diet? Do you take supplements?

*I don't believe in following special diets or taking supplements. I eat a lot of good food with a proper balance of protein, carbohydrates, and fats. Oatmeal, eggs, turkey, chicken,*

*(continued on next page)*

**(Scott Antczak profile  
continued)**

red meat, potatoes, vegetables, and fruits make up a majority of my diet. I also eat my favorites, pizza and ice cream. I believe in order to lift BIG, you have to eat big.

**7. What is the basic outline of your training?**

*SQUAT.... BENCH.... DEADLIFT...., one day per week, in meet order. Duration one hour, one top set, medium-low reps. That's it!*

*My philosophy is "Go Heavy or Go Home", if light workouts worked, I would use them. Proper INTENSITY, then lots of REST are the keys to recovery and GAINS. I am a big believer in; Arthur Jones, Mike Mentzer, Ellington Darden, Mike Bridges, Ernie Frantz and Ken Leistner's theories on BASICS ONLY.*

**8. How many contests do you hit during the year, and how long are your training cycles?**

*I like to compete twice per year. When peaking for a contest, I use the Gaugler cycle on a monthly basis, using low reps(1-4). Recently my training crew and I tried one set of 8-12 repetitions in the three lifts, under one hour duration for the past 8 weeks in our "off season" training. High reps are killers! We can't wait to start hitting lower reps in preparing for the senior state.*

**9. Do you have anyone that you would like to thank for helping you along the way?**

*Good training partners are hard to come by. When I was*

*in Eau Claire with the Westside Gym; Jim "Terrible" Tirrel was an animal, Kane Wienke and big Kevin Olsen were great. Currently my main training partner is Roar O' Hearn. (future SHW state champion). He has really helped my lifting as well as my adjustment to the Milwaukee lifestyle and He is a Harley riding partner. Tom Sherman, Paul Immikus, Bruce Champion, and the rest of the Milwaukee Iron Power team. Blast from the past Mike Saunders and Gary Eckenrod helped me in my early days.*

**10. What are your goals for yourself in the sport of powerlifting?**

*1. Return back to National and World status moving into the 275lb division.*

*2. Promote and help build the Milwaukee Iron Powerlifting team.*

*3. Become certified as an official ADFPA Judge.*

**11. Is there any other comments that you would like to make?**

*Powerlifting is a big part of my life. The Westside Gym which I owned and operated from 1988-1992 was "my dream". Unfortunately the Uniroyal Plant and other large area businesses shut down or announced lay-offs. As a result, the Eau Claire economy had a hard time supporting my business. I still miss the Westside Gym and the life I had in Eau Claire. Now I am happy and settled in the Milwaukee area and feel that my best lifting days are yet to come!*

**Injury Recovery Success**

by Shawn Cain

I had a very traumatic experience during my squat workout on January 5th 1994. I tore a hamstring during warm ups.

The following is a brief summary of how I came back from this injury to successfully squat 683lbs at the 1994 Men's National Championships. Proper stretching and the use of ice really helped my recovery.

**Jan 14...** squat bodyweight only 2x10, Empty bar 3x10

**Jan 19...** squat 45# 5x12

**Jan 21...** squat 45# 3x15, 55# 2x15

**Jan 24...** squat 55# 5x20 Leg ext. 40#x15,50#x15,60#x15, 60#x15.

**Feb 2...**squat

45#x12,65#x12,85#x12, 105#x5,125#x12,145#x12

Leg ext. 60#x12,70#x12, 80#x12,90#x12,100#x12

**Feb 7...** squat

45#x12,95#x12,135#x12, 155#x12,175#x12,195#x12,2

15#x12 Leg ext. 80#x12, 100#x12,110#x12,120#x12

**Feb 16...** squat

135#x12,175#x12,225#x12 250#x12,275#x12,275#x12

**Feb 21...** squat 135#x10x2 185#x12,225#x12,275#x12

295#x12 Leg ext. 100#x12 120#x12,140#x12

(continued next page)

**Mar 2...** squat 135#x10x2  
185#x10,225#x10,275#x10  
315#x12,345#x6

**Mar 7...** squat 135#x10x2  
185#x8,225#x10,275#x6,  
330#x12,360#x6 Leg ext.  
100#x12,130#x12,150#x12

**Mar 16...** squat 135#x10x2  
225#x10,275#x6,345#x12  
375#x6

**Mar 21...** Squat 135#x10x2  
225#x10,275#x6,325#x6  
360#x12,390#x6 Leg ext.  
120#x12,140#x12,150#x12

**Mar 30...** squat 135#x10x2  
225#x8,315#x6,375#x6,405#  
x6

**April 4...** squat 135#x10,  
185#x10,225#x8,315#x5  
375#x12,420#x6, Leg ext.  
120#x12,140#x12,165#x12

**April 13...** squat 135#x10x2  
225#x8,315#x6,390#x12,  
435#x6

**April 18...** squat 135#x10x2  
225#x8,315#x6,375#x3,405#  
x12,450#x6, Leg ext.  
140#x12,160#x12

**May 2...** squat 95#x10,135#...  
x8,225#x6,315#x5,405#x3  
450#x5 sd (suit down),475#  
5 sd,500#x5 sd Leg ext. 140#  
x12,160#x10,180#x10, Leg  
curl, 30#x10,40#x10

**May 11...** squat 135#x10  
185#x10,225#x8,315#x6  
405#x3 sd,475#x6 sd,510#x6  
sd,450#x5 sd-pause. Leg ext.  
140#x12,160#x12,180#x10  
Leg curl, 30#x12,40#x12,50#  
x (too heavy!, leg hurt)

**May 16...** squat 135#x10x2  
225#x10,315#x6,405#x4 sd,  
485#x3 sd,520#x6 sd, Leg  
ext.

140#x12,165#x12,190#x12,  
210#x10, Leg curl, 20#x12,  
30#x12,40#x12x2

**May 25...** squat 135#x10,  
225#x8,315#x6,405#x4 sd,  
495#x3 sd,530#x6 sd,455#x5  
sd pause, Leg ext. 140#x10,  
165#x10,190#x10

**May 31...**squat 45#x10,135#  
x10,225#x8,315#x6,405#x5  
sd,495#x2 sd,540#x6 sd, Leg  
ext. 140#x10,165#x10,190#  
x10

**June 8...** (Ken Patera's Gym)  
squat 115#x10x2,185#x6,  
245#x6, 315#x5,405#x4sd,  
500#x2 sd,550#x1 sd,585#x5  
sd&wraps,460#x5 sd,pause.  
Leg ext. 4 sets on different  
machine.

**June 13...** (Ken Patera's  
Gym)  
squat 115#x10x2,245#x10,  
335#x5,425#x4 sd,515#x2 sd,  
555#x1 sd,600#x5 sd&wraps  
465#x5 sd pause

**June 22...** squat 135#x10,  
225#x8,315#x6,405#x3,500#  
x1 sd,560#x1 sd,620#x1 sd&  
RED WRAPS (I do not like  
the all red wraps ),620#x2  
sd&wraps,475#x2 sd pause  
(\$&\*@! workout!)

**June 27...**squat 135#x10x2  
225#x10,315#x8,405#x5 sd,  
515#x2 sd,605#x1 suit &  
wraps, 640#x2 suit&wraps,

660#x1 suit&wraps.

**July 6...** squat 135#x10,185#  
x8,225#x6,315#x5,405#x4 sd  
515#x2 sd,605#x1 suit &  
wraps, 645#x2 suit&wraps,  
675#x1 suit&wraps

**July 11...**squats ( last  
workout before Men's  
Nationals) 135#x10,135#x8  
225#x6,315#x5,405#x5 sd  
500#x5 sd,315#x10 sd.

**July 17th, 1994**

**Men's Nationals**

**SQUAT**

<b>1ST</b>	<b>644</b>	<b>(GOOD)</b>
<b>2ND.....</b>	<b>666</b>	<b>(MISS)</b>
<b>3rd.....</b>	<b>683</b>	<b>(GOOD)</b>

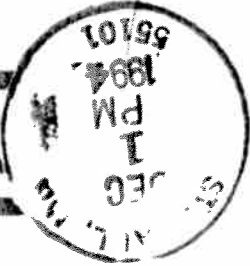
This is not a schedule  
that I made up to look pretty  
on paper! This is the actual  
routines that I did to come  
back from a severe leg injury  
in only a matter of a few  
months so that I could  
compete in this year's Men's  
National Championships.

My leg is still not 100%  
yet, but I continue to  
rehabilitate it the best way  
that I know. Hamstring  
injuries are hard to  
rehabilitate. They can feel just  
fine, and for no apparent  
reason, give out. So far- so  
good! My lifts are going well  
and I am hoping to compete in  
the Badger State Open. This  
workout cycle is not a  
reccomended routine from me  
for rehabilitation either, It's  
just one that worked for me.



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