



AMERICAN DRUG FREE POWERLIFTING NEWS



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PRESIDENTIAL MESSAGE

Intensity. Power. Pride. Can you remember the feeling when you first nailed the lifts you had set your sights on? Maybe the numbers would not impress you now, but if you are like me, an amazing sense of accomplishment rolled over me like a Mack Truck - and I just knew down through my bones that Powerlifting and iron would be a part of my life from there on. That's the same intense realization we have got to have to make more meets happen. There are lifters all around us - training body, heart and soul for the chance to grind out the big lifts on a Drug-Free Platform. The truth is that there are not near enough meets happening to satisfy that hunger. I am not talking podunk - slamathon - no rules allowed - "competitions" - I am talking the genuine article - ADFPA Sanctioned Meets - The best of everything the powerlifting world has to offer. Just call and ask - We will prove it. We need YOU to start to organize that next ADFPA Meet. Help us make sure that pride in the hearts of Drug - Free lifters lives on.

There is an incredible number of things that the ADFPA can do for you once your meet is sanctioned. From your State Chairman: State Records, Sample Entry Forms, Names and addresses of referees in your State/Area, Club Application forms and much more. From your National Secretary/Treasurer: Meet packets, Urinalysis Test Kits, Mailing Labels - Your State/Area of registered ADFPA lifters, Use of The ADFPA Bulk Mail Permit to mail your Entries out (approximately \$0.12 each!)- Membership Applications, Reimbursement Forms (do you know that the ADFPA reimburses up to 20% of Drug Testing Cost?) and much more. From your President's Office: access to anything else available to you from the ADFPA as you put together a sanctioned competition. Organization, Dedication, Commitment - It is no mistake that the ADFPA is the best there is.

Soon, your Executive Committee will be drafting a strategic plan to benefit the future and the growth of the ADFPA. We ask for any and all input from you, as members, because a successful future depends upon our organization's

ability to have a positive impact on each individual drug-free lifter. If you could involve yourself just a little more, there are committees listed inside that could use the strength of your ideas and input. If there are many to do the work, the task is light. Help us grow, Help keep the fire of idealism burning for the future of the ADFPA. LET US GET DOWN TO IT!

ADFPa President Michael Overdeer

attention all adfpa lifters!!

The ADFPA is nothing without members like you. We value your membership and we want to make the Association the best it can possibly be. But this can't happen without your help.

Please tell your ideas on how we can make the ADFPA better. What do you like about it? What don't you like? Do you have any suggestions? We want to know. Don't be afraid to voice your opinion. It's your opinion that makes a difference!

In order for the Association to continue to grow and strengthen, we need to increase the number of meets in your state. You can help us to do this. We are particularly interested in knowing where meets might be held or who might want to be a meet director. Maybe you even want to be a meet director in your state! It's a great way to give back to the Association and maybe even make a little money for yourself! The ADFPA will provide you with everything you need to know on running a smooth meet.

Work with us toward keeping the ADFPA the strongest powerlifting Association in the World!

Send your suggestions to Ned & Mary Cramer, 29 S Orchard Drive, Amherst, MA 01002-3038



HAPPY HALLOWEEN



WORLD DRUG FREE POWERLIFTING FEDERATION CHAMPIONSHIP TEENAGE, JUNIOR & MASTER

SATURDAY 1ST SESSION: WOMEN

104 LBS TEENAGE 18-19

Carley Lindberg USA 231.25 104.50 259.00 578.50

104 LBS MASTER 45-49

Joanne Shear USA 214.75 115.50 264.50 595.00

104 LBS MASTER 50-54

Judith Gedney USA 231.25 121.25 275.50 628.25

111 LBS TEENAGE 16-17

Bianca Oden USA 209.25 99.00 264.50 562.00

116 LBS JUNIOR

Shanda Tschumperlin USA 270.00 88.00 297.50 655.75

122 LBS TEENAGE 14-15

Maria Sarris USA 264.50 110.00 310.85 677.91

122 LBS TEENAGE 18-19

Amy McCallion USA 236.75 117.95 242.50 595.00Allegra Dutzmann USA 220.25 115.50 253.50 589.50

122 LBS MASTER 40-44

Ellen Stein USA 281.00 126.75 343.92 650.25

139 LBS TEENAGE 14-15

Crystal Chapman USA 248.00 126.75 259.00 633.75

139 LBS TEENAGE 16-17

Jill Klein USA 231.25 121.25 297.50 650.25

139 LBS TEENAGE 18-19

Margaret Reagan USA 225.75 115.50 314.00 644.75

139 JUNIOR

Shannon Heany USA 319.50 159.50 330.50 810.00

139 LBS MASTER 40-44

Dara Scott USA 303.00 137.75 358.00 799.00

154 LBS TEENAGE 14-15

Alexia Houser USA 297.50 121.25 314.00 722.00

154 LBS MASTER 45-49

Susan Gill USA 248.00 126.75 330.50 705.25

154 LBS MASTER 55-59

Regina Hackney USA 154.25 83.00 231.25 468.25

176 LBS TEENAGE 16-17

Erin Eisenberg USA 369.25 170.75 402.25 942.25

176 LBS MASTER 45-49

Bernice Gill USA 264.50 148.75 347.00 749.50

176 LBS MASTER 50-54

Karen Duncan USA 325.00 181.75 225.75 727.50

UNL LBS MASTER 40-44

Barbara Vincent USA 303.00 192.75 413.25 909.25

SATURDAY 2ND SESSION: MEN

148 LBS TEENAGE 16-17

Gary Davies NL 275.50 143.25 374.75 793.50

148 LBS TEENAGE 18-19

Luis Conklin USA 347.00 231.25 396.75 975.50

148 LBS JUNIOR

Shawn Llewellyn USA 347.00 248.00 440.75 1036.00

165 LBS TEENAGE 16-17

John Walter USA 473.75 308.50 485.00 1289.50Joshua Decker USA 429.00 242.50 468.25 1140.75Neil Aberly ENG 407.00 209.25 396.75 1014.00

165 TEENAGE 18-19

Jerud Rhen USA 473.75 303.00 518.00 1295.00Jacob Wolter USA 479.50 297.50 512.50 1289.50

181 LBS TEENAGE 16-17

Jacob Dhein USA 440.75 275.50 485.00 1201.50

181 LBS JUNIOR

Jeffrey Baumgart USA 606.25 330.50 573.00 1510.00

198 LBS TEENAGE 14-15

John Stevens USA 369.25 275.50 424.25 1058.00

198 LBS TEENAGE 18-19

Steve Mann USA 551.00 319.50 534.50 1405.25

198 LBS JUNIOR

Matthew Balis USA 611.75 374.75 633.75 1592.75

220 LBS TEENAGE 16-17

Edward Koo USA 507.00 281.00 551.00 1295.00

220 LBS JUNIOR

Marcus Coulter USA 556.50 407.00 589.50 1554.00Andy Hague ENG 529.00 303.00 496.00 1328.25Paul Hague ENG 462.75 275.50 534.50 1273.00

242 LBS TEENAGE 14-15

John Dexter ENG 253.50 165.25 418.75 837.75

242 LBS TEENAGE 16-17

Joshua Butler USA 462.75 281.00 468.25 1212.50

242 LBS TEENAGE 18-19

Adam Stiverson USA 556.50 292.00 551.00 1399.75

275 LBS TEENAGE 18-19

Richard Contreras USA 639.25 319.50 501.50 1460.50

275 LBS JUNIOR

John Haynes ENG 512.50 363.75 562.00 1438.50

UNL LBS JUNIOR

Dennis Hulslander USA 600.75 473.75 600.75 1653.25

SUNDAY MASTERS

123 LBS MASTER 45-49

Michael Blaize USA 286.50 154.25 319.50 760.50

132 LBS MASTER 45-49

Paul Griffith USA 402.25 55.00 363.75 821.00

132 LBS MASTER 50-54

Graham Durdey ENG 319.50 176.25 **429.00** 925.75
 132 LBS MASTER 65-69
 Jack Duffield ENG 259.00 **154.25 396.75 810.00**
 132 LBS MASTER 75-79
 Ron Cluer ENG **177.47 133.38 216.05** 526.90
 148 LBS MASTER 40-44
 Steve Holloway ENG 462.75 253.50 584.00 1300.50
 148 LBS MASTER 45-49
John Martin USA 363.75 231.25 418.75 1014.00
 148 LBS MASTER 50-54
Bob Trujillo USA 358.00 242.50 424.25 1025.00
 148 LBS MASTER 55-59
Ivan Zwick USA 154.25 259.00 176.25 589.50
 148 LBS MASTER 60-64
 Tom Johnston ENG 264.50 176.25 341.50 782.50
 148 LBS MASTER 65-69
Robert Cortes USA **407.00 270.00 485.00** 1157.25
 165 LBS MASTER 40-44
 Graham Hatch ENG 429.00 231.25 440.75 1102.25
 165 LBS MASTER 45-49
Gary Hoxworth USA 303.00 236.75 501.50 1080.25
 165 LBS MASTER 50-54
 Mike Shaw ENG 418.75 242.50 507.00 1168.25
 165 LBS MASTER 55-59
 Ron Jarrett WI 308.50 198.25 396.75 914.75
 165 LBS MASTER 65-69
 Derek Marshall ENG **352.50** 159.50 **418.75** 931.25
 181 LBS MASTER 40-44
Bill Clayton USA 485.00 292.00 512.50 1289.50
 Dave Ottolangui ENG 440.75 264.50 529.00 1234.50
 181 LBS MASTER 45-49
 Derek Ambler ENG 507.00 325.00 529.00 1361.25
 181 LBS MASTER 50-54
James Stovall USA 451.75 231.25 501.50 1184.75
 Eddy James WI 319.50 209.25 440.75 970.00
 181 LBS MASTER 55-59
Gregg Hayward USA 462.75 270.00 479.50 1212.50
 Ken Gilbert ENG 396.75 231.25 507.00 1135.25
 181 LBS MASTER 65-69
Glenn Jackson USA 225.75 187.25 330.50 788.00
 198 LBS MASTER 40-44
 Colin Foulser ENG 573.00 319.50 **672.25 1565.25**
 198 LBS MASTER 45-49
 Roger Marray AUST 440.75 253.50 462.75 1157.25
 198 LBS MASTER 50-54
Doug Dienelt USA 473.75 303.00 523.50 1300.50
 198 LBS MASTER 60-64
 Pete Hudson ENG **485.00 270.00 551.00 1306.00**

198 LBS MASTER 65-69
 Dave Rodger ENG 352.50 231.25 468.25 1052.50
 220 LBS MASTER 40-44
 Les Pilling ENG 683.25 363.75 **705.25 1752.50**
Johnny Graham USA 672.25 347.00 **688.75** 1708.50
 Brian Mitchell ENG 451.75 297.50 556.50 1306.00
 220 LBS MASTER 50-54
Alfred King USA 507.00 292.00 **628.25** 1427.25
 220 LBS MASTER 65-69
 John Fulton ENG 363.75 286.50 429.00 1080.25
 242 LBS MASTER 45-49
 Ian Tudor ENG 584.00 418.75 584.00 1587.25
 242 LBS MASTER 55-59
Christopher Fuller USA 451.75 281.00 473.75 1207.00
 275 LBS MASTER 40-44
Tom O'Donnell USA 225.75 225.75 225.75 667.75

BOLD: Indicates new World Record

Underlined: Indicates new American Record

Meet Director Simon Chapell and the Broadbridge Health Leisure Centre staff of Horsham, England did a fine job of promoting the 1995 WDFPF World Championship for Masters, Juniors and Teenagers on August 19-20, 1995. The warm-up area was well equipped and spacious, The competitive platform surface was solid and spotters/loaders excellent. Listening to and understanding the English pronunciation of our names turned out to be quite a challenge for some of our lifters.

Mr Chapell is owed our thanks as he was particularly helpful to the US lifters. When he learned the hotel that most of our athletes were staying at was quite a distance from the meet site, he took it upon himself to rent a bus to deliver us to the centre and provided shuttlebuses back to the hotel. When several US lifters arrived and had not received word of schedule changes, he accommodated these lifters by letting them lift on Saturday so their travel plans could be completed.

This was the first ever, WDFPF Teenage and Junior World Championship and the 5th WDFPF Master World Championship. Four countries participated with several others planning to compete but withdrawing as the meet neared. The US team consisted of 21 women (9 masters, 2 juniors, and 10 teenagers). This group of 62 lifters set approximately 134 World Records. This number of records represents quite a success especially when added in that judging was strict. Squats had to be low to be passed and the clapping of the hands to signify when to press on the Bench seemed to be a lot slower than receiving a command to press.

There were several close battles in this competition which added to the excitement. An especially close competition was had between Johnny Graham of the USA and Les Pilling of England. Johnny, who was one of the US teams emotional leaders and expanded a lot of energy the day before helping out his teammates, on his final deadlift and the last deadlift attempt of the meet, unsuccessfully attempted to pull out his 333 1/2 kgs needed for the win.

Many lifters had outstanding performances. The US Teens and Juniors for their first opportunity at international competition did exceptionally well. The best lifters awards went to Judy Gedney for the Women and Les Pilling of England for the men.

ADAPA MEET RESULTS

SUMMER BENCHFEST
JUNE 26, 1995-NORTHGLENN, CO
ANDREA SORTWELL

Women Light	
Ewing, P 44/103	110
Women-Heavy	
Kroona, H 37/118	115
Men-Junior	
Waag, N 23/172	330
Submaster (36-39)	
Alvarado, A 37/148	320
Benson, M 37/186	275
Master-Light	
Vaught, S 50/180	250
Burt, G 60/177	195
Master-Heavy	
McDermott, J 46/181	350
Lynn, J 49/180	265
Borton, D 42/208	275
Camp, E 53/301	245
Men Open 132	
Simmons, S	255
Pyrek, G	225
Acosta, R	200
Men Open 148	
Amo, J	310
Men Open 165	
Lange, E	310
Men Open 181	
Shalkowski, B	415
McDermott, J	350
Men Open 198	
Carreon, J	375
Huffman, D	305
Williams, B	300
Fitch, S	280
Men Open 220	
Serda, J	450
Zwaanstra, S	415
Borton, D	275
Men Open 242	
Obechina, J	375
Martinez, R	360
Men Open 275	
Ota, M	550
Myers, D	400
Men Open - UNL	
Scholl, J	350
Camp, E	245

All Around Champion: Mike Ota
Next Colorado Bench meet is September 10th at
Competitive Edge Fitness Club in Lakewood, the next
Colorado, powerlifting meet is September 30th at the
Longmont YMCA.

FCI EL RENO OPEN BENCH
JUNE 17, 1995- EL RENO, OK
TODD EDWARDS

132 Class	
Mailman	180
Brierton	135
148 Class	
Devine, R	130
Starke, R	130
165 Class	
Fares, R	310
Helm, C	300
Mulhollan, F	250
Ressler, L	250
Brown, H	225
181 Class	
Grady, C	405
Wright, K	350
Andreas, K	265
Casey, P	240
Cool, T	235
198 Class	
Jones, J	365
Parson, W	345
Caputo, C	340
White, M	320
Jackson, P	320
Dean, K	315
Rivera, R	315
Santamaria, F	300
Denibo, C	300
Clark, J	270
Sallee, R	250
Stanberry, H	225

220	
Wright, K	400
Saintil, L	390
Jackson, J	325
Robinson, J	325
Abanatha, M	315
Thomas, B	300
Nelson, V	270
242 Class	
Leroy, R	410
Leonard, C	405
Patterson, M	270
275 Class	
Harrell, W	380
Hodges, M	330
UNL Class	
Bates, M	360
Winchell, G	325
Allen, T	240
Masters #1 40-49	
Leonard, C	405
Helm, C	300
Caputo, C	340
Mulhollan, F	250
Santamaria, F	300
Winchell, G	325
Nelson, V	270
Patterson, M	270
Devine, R	130
Masters #2 50-59	
Harrell, W	380
Stanberry, H	225
Masters #3 60-69	
Brown, H	225
Brierton, J	135
Starke, R	130
ADFA Judges: Walter Thomas, Judy Chestand, Clark Chestand.	

ALABAMA STATE
JULY 16, 1995-FAYETTE, AL
TED BUTLER

PURE DIVISION WOMEN 116				
Anderson, C	225	110	285	620
129 Chiappell, M	240	115	245	600
WOMEN MASTERS 129				
Shepard, B (69)	180	95	265	540
MEN MASTERS 165				
Gonnering, T	135	335	135	605
220 Shepard, L	590	350	600	1540
MEN GRAND MASTERS 181				
Roberts, T	295	140	330	765
Peake, HG	465	300	465	1230
MEN TEENAGE 148				
Stuckey, J (19)	405	225	400	1030
Terrell, R (16)	225	125	285	635
198 Searcy, B (19)	485	290	430	1205
220 Kelley, D (16)	420	265	485	1170
242 Mook, J (14)	350	155	315	820
FULL MEET MEN PURE 132				
Hamby, M	365	225	385	975
165				
Benson, B	490	255	500	1245
Matti, M	440	235	455	1130
Khalilzadeh, A	370	225	450	1045
Gaston, C	340	205	415	960
181				
Earley, D	600	315	500	1415
Watkins, R	520	290	520	1330
Ray, J	480	280	565	1325
198				
Anderson, J	545	370	520	1435
Peake, K	500	300	500	1300
Carpenter, D	520	300	425	1245
220				
Maddaconi, C	470	330	440	1240
Barber, R	135	410	135	680
242 Crowley, J	625	425	550	1600
UNL Hood, D	500	285	450	1260
MEN NATURAL 181				
Watkins, R	520	290	520	1330
Ray, J	480	280	565	1325
FAYETTE CLASSIC TEEN 148				
Stuckey, J (19)	405	225	400	1030
DEADLIFT ONLY TEEN 148				
Stuckey, J			400	
UNL Stobie, J			500	
181 MEN OPEN				
Machriste, A			500	
UNL MEN OPEN				

Hood, D	475
BENCH ONLY TEEN 198	
Johnson, W	295
Young, M	275
UNL Stobie, J	330

MEN OPEN 181

Cox, V	350
Best, J	335
198 Hallman, G	350
220 Barnes, D	400
242	
Ward, J	420
Davis, H	375
Crosswy, R	300
UNL	
Bankhead, J	385
FAYETTE CLASSIC BENCH 198	
Williams, R	410
Dan Davidson from Tuscaloosa at 240 bodyweight and 39 years old did a demonstration lift with a 650 deadlift. Dan did four lockout reps and almost had a fifth rep. Thanks to all officials, spotters and loaders. Especially Steve Grubbs & wife, Sandy Ellis, Rob Willis, John Tucker, Greg Hubbert, Russell Jordan, Barry Lafoy, Linda Thigpen, Dan Davidson, Gene Roberson, Myra Butler, Lanny Shepard, Tom Faulkner and anyone else who assisted in any way. Body Works Gym.	

CALIFORNIA STATE BENCH
JULY 22, 95-SAN JOSE, CA
MANUEL VILLARREAL

MEN OPEN 114	
Pham, H	264.5
132	
Ioppolo, R	270
Corelli, M	231
Nino, J	220
148	
Margiotta, M	380
Hara, M	369
Slaughter, L	364
Sermeno, J	292
165	
Audiss, D	325
Batesole, M	308.5
Ughe, S	308.5
Chang, C	297.5
Pascual, J	292
181	

Kanemoto, K	441
Jones, J	341.5
Weeden, D	325
198	
Tanaka, W	402
Siebert, F	364
Beyer, D	352.5
Wyckoff, T	242.5
220	
Souza, T	452
Watts, S	441
Richmond, J	336
242	
Kitani, R	501.5
McIntosh, L	435
Hudec, R	397
Sink, W	215
275	
Minahan, J	446
Tremblay, G	402
DeBow, S	358
319	
Sanders, C	551
Tremblay, J	490.5
UNL Contreras, L	441
MASTERS 1 40-44 LIGHT	
181 Barnes, D	308.5
MASTERS 1 HEAVY	
198 Wyckoff, T	242.5
242 Sink, W	215
UNL Contreras, L	441
MASTERS 2 45-49 LIGHT	
181	
Tsutsui, R	375
Shivais, H	165
MASTERS 2 HEAVY	
198 Siebert, F	364
220 Kendall, F	407
MASTERS 3 HEAVY 50-54	
220 Smith, D III	467
242 Maggard, L	402
275 Tremblay, G	402
MASTERS 4 55-59 LIGHT	
165 Gardner, K	242.5
MASTERS 4 55-59 HEAVY	

198 Wilson, P	364
220 Tiano, A	364
275 Faler, D	319.5
MASTERS 5 60+ HEAVY	
242 Cone, LK	297.5
SUBMASTER 35-39 LIGHT	
148 Sermeno, J	292
165	
Audiss, D	325
Pascual, J	292
Ioppolo, R	270
181	
Kanemoto, K	441
Jones, J	341.5
SUBMASTERS HEAVY	
198	
Riefkin, R	358
Farron, S	286.5
220 Serda, J	485
242 McIntosh, L	435
275	
Minahan, R	446
Lindner, J	358
TEENAGE 16-17	
Harrell, R	182
JUNIORS MEN 20-23	
114 Pham, H	264.5
132 Brooks, T	215
148 Shapiro, J	220
165 Chang, C	297.5
220	
Souza, T	452
Lamarque, M	397
COLLEGIATE MEN	
132 Yee, N	204
165 Chang, C	297.5
WOMEN OPEN	
111 Wolf, J	121
122 Ty, P	182
154 Navarro, P	83
176 Belt, P	182
198 Sakahara, K	121
UNL Kaanapu, J	220
WOMEN SUB MASTER	
111 Wolf, J	121
122	
Whiteside, P	104.5
WOMEN MASTERS 1	
139 Flukey, J	154
UNL Kaanapu, J	220

EASTERN STATES BENCHPRESS
JUNE 24, 1995-WHITE PLAINS, NY
PETER GISONDI

WOMEN 104	
Colarusso, D	137
139 Johnson, S	148
154 MASTER 37-44	
Sauer, H	220
Rasmussen, L	137
154 Novice	
Padgett, M	192
MEN 148 LIFETIME & MILITARY	
Stenson, J	225
148 NOVICE & SUBMASTER	
Romeo, Sam Jr	231
148 MASTER 45-49	
Rasamny, S	192
165 LIFETIME	
Todice, G	347
165 COLLEGIATE	
Sakalis, T	319
165 POLICE & FIRE	
Courmoyer, A	248
165 TEEN 14-15	
Greenberg, J	220
165 TEEN 16-17	
Caramico, A	231
165 TEEN 18-19	
Sakalis, T	319
165 SUBMASTER	
Herbst, R	314
165 SPECIAL OLYMPIC	
Manfria, J	94
165 MASTER 65-69	
Courmoyer, A	248
181 LIFETIME	
Cieri, D	479
Dalzell, J	402
Lewellyn, D	402
O'Loughlin, J	358
Neveu, M	286
181 OPEN	
Cieri, D	479
Swanson, B	396

181 POLICE & FIRE	
Myers, M	341
TEEN 18-19	
Reig, D	314
181 NOVICE	
Piacente, V	286
Schapiro, R	242
181 SUBMASTER	
O'Loughlin, J	356
Tramontana, C	336
181 MASTER 40-44	
Rasammy, R	314
181 MASTER 45-49	
Shaw, T	358
Burton, J	308
181 MASTER 50-54	
Mitsopoulos, J	352
181 MASTER 55-59	
Eccleston, B	275
198 OPEN	
Zurick, R	496
Friedman, D	380
198 LIFETIME	
Friedman, D	380
McPhyllin, J	341
198 POLICE & FIRE	
Norton, J	341
198 TEEN 18-19	
Perrotta, J	281
198 NOVICE	
Ventriglio, T	435
198 MASTER 45-49	
McLaughlin, W	330
198 MASTER 50-54	
Ballen, D	314
220 OPEN	
Mahew, M	501
220 LIFETIME	
Guyette, R	374
220 MILITARY	
Albano, L	325
220 Novice	
Guyette, R	374
220 SUBMASTER	
Guyette, R	374
Rasmussen, R	297
220 MASTER 45-49	
Albano, L	325
220 MASTER 50-54	
Cote, R	413
220 MASTER 55-59	
Hogan, B	236
242 OPEN	
Blackston, K	507
Lamoureux, T	424
242 LIFETIME	
Blackston, K	507
Saviano, L	451
Lamoureux, T	424
242 NOVICE	
Lamoureux, T	424
242 POLICE & FIRE	
Blackston, K	507
242 MASTER 40-44	
Cease, D	396
275 OPEN	
Johnson, K	523
Borrero, F	473
Fomaro, A	462
275 LIFETIME	
Scott, R	468
Fomaro, A	424
275 SUBMASTER	
Tomol, M	253
275 MASTER 40-44	
Dini, F	518
275 MASTER 60-64	
Levy, S	270
UNL OPEN	
Scrocco, D	407
UNL LIFETIME	
Riddick, M	468
UNL TEEN 18-19	
Phulson, P	225
UNL MASTER 45-49	
Scrocco, D	407

The Eastern Bench Press Championships had 65 drug free athletes compete for top honors in their respective categories. Many of our lifters hit personal best lifts which are the main goal for a power lifter. The women all hailed from the state of New York. Donna Colarusso and Helen Sauer both set records in their weight class. All of our 148 pounders lifted unopposed still pushing themselves to new heights of bench power. Gary Todice had the largest lift in the 165

Lifetime to lead out other fine 165 Lifters. Lifting heated up in the 181 group with Derrus Cieri out of New Jersey blasting up 479 for top honors. The 198 class saw strongman Rudy Zurick manhandle 496 pounds. The 500-pounder battle was crushed in the 220 class by Mark Mahew with Roland Cote being the nearest competitor with a 413 effort. Keith Blackston completed a fine 507 lift to lead the 242 group. The 275 class had some massive lifts with Kevin Johnson drilling a 523 lift. Fred Dini lifting in the Masters drove home a fine 518. The Supers had Marcel Riddick hitting a great 468 with long time lifter Dan Scrocco in the Masters doing 407.

Lifting was over by 2:00 PM. We would like to thank the lifters and their families for choosing the American Drug Free Power Lifting Association. In computing the final results sometimes mistakes occur, so please inform Pete Gisondi at (914)686-0727. We would enjoy any comments on how to better run these events. Please write us! Remember this is your ADFFA, each and every one of you. Before we end, we wanted to let you know that 20 lifters were drug tested at this event. The Missing Link staff strongly upholds the need for more drug testing. We can only uphold our standards by testing as many competitors as possible. But keeping in mind that the testing must be as accurate as possible. GOD BLESS US ALL, PETE GISONDI.

BIG 3 POWERLIFTING JUNE 25, 1995-WHITE PLAINS, NY PETER GISONDI

WOMEN 111 LIFETIME				
Bott, M	214	121	100	556
116 OPEN				
Davis, J	325	170	363	859
122 OPEN				
Cane, D	314	165	319	799
129 37-44 MASTER				
Swain, L	132	99	187	418
139 OPEN				
Antonovich, H	214	148	275	639
Carbin, M	192	148	253	595
139 LIFETIME				
Saffran, L	308	170	336	815
139 37-44 MASTER				
Sotmary, C	104	104	198	407
176 OPEN				
Drews, L	165	99	242	507
MEN 123 TEEN 16-17				
Scarabaggio, M	231	159	297	688
132 TEEN 16-17				
Steinberg, M	292	209	314	815
148 OPEN				
White, C	369	203	363	936
148 LIFETIME				
Hamilton, T	385	225	473	1085
148 TEEN 16-17				
Muller, G	220	165	248	633
148 TEEN 18-19				
Taylor, D	451	259	462	1173
148 COLLEGIATE				
Harris, R	402	242	424	1069
148 POLICE & FIRE				
Gengo, J	440	281	451	1173
165 OPEN				
Brasetti, T	507	314	523	1344
165 LIFETIME				
Chanice, R	473	275	562	1311
Pamulo, R	501	248	435	1184
165 TEEN 14-15				
Guzman, R	159	154	225	540
165 TEEN 16-17				
Phulgan, C	275	132	363	771
165 TEEN 18-19				
Smyth, C	429	242	473	1146
Caffrey, T	407	236	429	1074
165 SUBMASTER				
Manganuello, L	363	225	402	992
165 POLICE & FIRE				
Pamulo, R	501	248	435	1184
165 NOVICE				
Smyth, C	429	242	473	1146
165 40-44 MASTER				
Andrade, W	385	248	457	1091
165 55-59 MASTER				
Pamulo, R	501	248	435	1184
181 OPEN				
Dally, G	551	292	562	1405
Howard, F	457	325	523	1306
Devanna, P	512	281	512	1306
Fmsco, P	473	303	523	1300
Lucan, R	336	231	468	1036
181 LIFETIME				
Dally, G	551	292	562	1405

Marchetti, B	512	325	529	1366
Catina, P	501	281	496	1278
Lynch, D	435	270	429	1135
181 TEEN 16-17				
Guidone, M	347	253	402	1003
Yarobino, M	363	203	374	942
181 TEEN 18-19				
Pasiakos, S	402	236	451	1091
181 JUNIOR				
Scott, D	369	259	429	1058
181 SPECIAL OLYMPIC				
Perez, J	192			
181 SUBMASTER				
Catina, P	501	281	496	1278
Knight, R	413	319	429	1162
181 POLICE & FIRE				
Henn, G	402	281	451	1135
181 NOVICE				
Scarpulla, R	363	303	407	1074
181 45-49 MASTER				
Fisher, R	501	297	545	1344
Lucan, R	336	231	468	1036
Woodley, B	253	181	374	810
198 OPEN				
Nocella, R	462	358	589	1410
198 LIFETIME				
Bowers, M	501	391	584	1477
Jordan, R	446	325	529	1300
198 TEEN 16-17				
Martucci, J	418	253	429	1102
198 TEEN 18-19				
Hatzinger, D	402	192	413	1008
198 JUNIOR				
Dempsey, J	485	325	523	1333
198 POLICE AND FIRE				
Tafoya, S	446	341	440	1229
198 SUBMASTER				
Nieves, Q	573	347	507	1427
198 NOVICE				
Caffrey, C	551	341	468	1361
Tafoya, S	446	341	440	1229
220 OPEN				
Dizenzo, V	551	374	551	1477
Delavega, R	556	347	523	1427
220 LIFETIME				
Collaku, E	551	336	556	1444
Delavega, R	556	347	523	1427
Lobello, C	402	275	501	1179
220 COLLEGIATE				
Hansen, R	468	363	556	1388
220 TEEN 18-19				
Manekas, W	369	159	413	942
220 TEEN 18-19				
Debernardo, G	451	341	462	1256
220 SPECIAL OLYMPIC				
Barnes, D	501	281	518	1300
220 POLICE & FIRE				
Klinger, B	418	435	457	1311
Wood, D	457	325	518	1300
220 NOVICE				
Dimenzo, V	551	374	551	1477
Grasso, D	540	325	534	1399
220 40-44 MASTER				
Egan, J	551	319	551	1421
220 55-59 MASTER				
Mobley, G	512	325	567	1405
242 OPEN				
Howard, K	639	418	710	1769
242 LIFETIME				
Hulak, J	540	374	600	1515
Villano, K	512	396	440	1350
242 TEEN 18-19				
Davis, M	462	336	523	1322
Russell, E	485	292	462	1240
242 SUBMASTER				
Collins, G	418	297	518	1234
242 NOVICE				
Velazquez, A	429	275	485	1190
242 40-44 MASTER				
Brinton, B	644	451	606	1701
Cease, D	314	374	374	1063
275 LIFETIME				
Doyle, C	600	391	578	1570
Sarro, J	501	308	468	1278
275 JUNIOR				
Eckroth, C	600	319	600	1521
275 POLICE & FIRE				
Regan, P	507	325	573	1405
275 55-59 MASTER				
Dias, F	650	275	567	1493
UNL TEEN 18-19				
Doyle, C	573	413	501	1488
UNL JUNIOR				
Ostreicher, H	523	330	529	1383
The American Drug Free Power Lifting Association provided the drug free arena for the big three Power				

Lifting Championships. We had our hands full with 105 competitors competing for top placement in their categories. The women athletes battled among themselves pushing for new personal goals with most lifters accomplishing this feat. The light weight men squatted, benched, and dead lifted for fantastic totals. Our heavy weight men rocked the platform and gave our spectators something to cheer about. Some highlights in the women's meet was world champ Jackie Davis putting up a fine 859 total. Deirdre Cane and Lisa Safran both from New York hit 800 plus totals with Lisa setting all new records across the board. Most of the men from 123, 148, and 165 class lifted unopposed. We have to congratulate them for their understanding of our sport. Power lifting is truly an individual challenge. The competitor should learn early this fact, it will always lead to big totals. The 181 class seems to be the most competitive one in most events. The Open and Lifetime classes had some heated competition. Gerard Dally out of Jersey ruled the platform this day with his 1405 total. Only six pounds separated second and fourth place in the open with bodyweight Ed Howard edging out Paul Devanna. Bill Marchetti enjoyed his second place 1366 total in the Lifetime. Doug Scott set new records in the junior class. Rob Fisher finished strongly with a 1344 in the Masters. The 198 lifters had Mario Bowers total 1477 with a strong 391 bench to his credit. John Dempsey set Junior Records in all lifts. The 220 pounders squatted well with 551 being hit by a few lifters. Gene Mobley lifting in the Master class totaled a great 1405. Ken Howard had the largest total of the day due to some balanced lifting and a massive 710 deadlift to lead the 242 class. Frank "Master Lifter Supreme" hit the largest squat of the day in the 275 class with the 650 being an American record. Some records fell in the Supers with E.C. Stumpt and Herman Ostreicher the only remaining lifters after the squats. The contest was over by 4:30 PM which shows how efficiently the Missing Link crew runs their events. We had twelve lifters not able to satisfactorily get one squat attempt in. Our certified referees adjudicated in seconds if the rules of that lift were done correctly.

From our point of view most lifters just opened too heavy or didn't get deep enough with their attempts. Some lifters didn't finish any bench press attempts and one competitor couldn't lock out any dead lifts.

We would like to offer any free help the Missing Link can provide. Call us any time with any questions you may have about your training and we'll see if we can help you along. The Link's main goal for being together is returning to our sport what we taken from it. We would like to thank our lifters and their families for choosing the ADFFA. In computing final results sometimes mistakes occur, so call Pete Gisondi at 914-686-0727. This is also Link Headquarters so call if you need help. GOD BLESS US ALL, PETE GISONDI.

MACOMB TEENAGE CLASSIC JULY 29, 1995-MACOMB, IL TIM PIPER

MEN				
123-Wynn, M	160	82.5	167.5	410.0
132-Keeran, K	115	62.5	97.5	275.0
148-Meredith, C	122.5	75.0	117.5	315.0
165-Cazelet, E	152.5	92.5	155.0	400.0
220-DiGino, S	200.0	117.5	170.0	487.5
242-Kemo, M	200.0	145.0	205.0	550.0
275-Grove, M	140.0	115.0	120.0	375.0
WOMEN				
129-Corder, A	110.0	50.0	120.0	280.0
139-Parkins, M	80.0	47.5	92.5	220.0
176-Brookhart, A	105.0	42.5	117.5	265.0
UNL-McCall, J	115.0	55.0	110.0	280.0

ADFFA NORTH AMERICAN JUNE 3, 1995-ROCKAWAY, NJ JOE MORREALE (CORRECTION ENTRY)

WOMEN				
Davis, J	116	315	165	375
Falconso, B	137	290	165	335
Oden, B	107	205	105	250
McKellar, K	116	210	145	260
SPECIAL OLYMPIC				
DeCamp, D	295	165	315	775
Jones, R	325	165	225	715
Lynons, W	205	140	325	670
MASTERS				
Genithal, D	196	440	280	450
Pelegrino, J	148	405	310	350
Schmalzel, R	208	550	300	570
Mahk, C	198	485	315	510
Carter, J	178	325	295	385

Kazanowski, J	194445	290	470	1205
Durbin, D	215	525	345	490
148				1360
Gengo, J		435	285	500
Johnston, J		305	190	350
165				845
Mirabella, B		560	350	525
Falcone, R		480	355	465
Davis, K		470	300	525
Naughton, D		445	340	435
Divine, A		440	290	490
Walker, J		405	250	435
181				1090
Catina, P		500	280	500
Piacente, Y		340	270	380
198				990
Rice, F		575	315	650
Craven, B		425	300	515
Ouksoyoz, J		445	280	480
Caffrey, D		420	300	480
220				1200

Manouvelos, F		565	410	500
Durbin, D		525	345	490
242-Brunskill, K		575	385	625
275				1585
Brooks, T		650	400	650
Lawliss, S		650	475	575
BEST LIFTERS: SQ-Mirabella, B; BP-Lawliss, S;				1700
DL-Rice, F; and Total-Mirabella, B				1700

The 1995 ADFPA North Americans were held at the Sheraton Hotel in Mount Arlington, NJ. Although the turnout was not as large as expected, due to some confusion in the advertising, the meet was exceptionally well run by Pro Fitness of Rockaway, NJ. Joe Morreale, the owner of Pro Fitness, is to be commended for the professional way in which the meet was conducted. Much thanks is due him and his whole family. I heard many positive comments from the lifters, and not one negative one. From the warm up equipment to the trophies, everything was first-class. Complimentary energizer drinks and Gatorade were handed out during the meet, a complimentary lunch buffet was available, free meet T-shirts were given to all contestants, and other drinks, snacks, and lifting gear could be purchased in the contest room. In addition, there were four national officials on hand for record certification purposes. Dave Abramson, with some help from Marie Borillo, did a great job announcing.

Jackie Davis, fresh from her victory at the Women's Nationals, won the women's division, with a great 855 total at 116. WDFPF masters champion Barb Falconio set a state record in the squat and American masters records in the deadlift and total.

Diesel DeCamp won the Special Olympics division, and it was great to see him and his two buddies Robert Jones and Walton Lynons having such a good time. Frank Dias, who was on hand to coach, is to be commended for the work that he does with this group. Dave Gerito-I mean Ginenthal-won the men's masters division, and almost broke his American record in the Bench with a 300 lb attempt-not bad for a guy 66 years old! Jules Pellegrino set three state records and an American record in the Bench with 310 at 148. Taking third place was Rich Schmalzel, whose lifting continues to improve. Rich again came close to getting 600 in the dead lift.

John Gengo had an excellent day in the 148 class, totalling 1220 lbs. He and his training partner Jackie Davis believe in training hard and competing frequently. Jackie told me that she finds it easier to compete than to train with John.

At 165, Bryan Mirabella won with a 1435 total, the best total of the meet by formula. He also had the best squat with 560. Ron Falcone had a PR total and demonstrated his fine benching ability with a 355 in making second. In this tough class, Kenny Davis took third. Adam Divine of Pro Fitness took fifth, but was being somewhat conservative, as he qualified for the junior nationals. Even being conservative he got a PR deadlift of 490. Although Jeff Walker did not place, it must be realized that this was the toughest class of the competition, and Jeff hit PR's in every lift.

In the 181s, Peter Catina took first with a 500 squat and a 500 deadlift. Vic Piacente was second.

50 year old Fred Rice won the open 198 class with PR's and masters state records in every lift, and was the meet's best deadlifter. Bill Craven, who is making steady improvement, was second.

Fotis Manouvelos was first at 220 with a good 410 lb bench, and Dean Durbin, a masters lifter who has been competing only a short time but is making rapid progress, was second.

Ken Brunskill, another Pro Fitness team member, lifted alone at 242, but put up some good numbers for

a 1585 total.

Terry Brooks won the 275 lb class on bodyweight, weighing in at only 250. Both he and Scott Lawliss qualified for the men's open nationals. Terry was being extremely conservative until he decided to go for a big 755 deadlift on his third attempt. Although he has done 740 in competition previously, the 755 wasn't there at this meet. Scott Lawliss was the meet's best benchman with 475.

Pro Fitness won the team trophy, following up its victory at the ADFPA Lifetime Drug Free Nationals, and is looking forward to fielding a strong team at the ADFPA Men's Open Nationals in July. We wish to thank the entire Pro Fitness crew for a great team effort in making this meet a success. Bill Clayton did the lion's share of the organization of the meet in lining up the judges, certifying the weights, and supervising the drug testing. Ray and James Benemerito, John Corsello, Travis Little, Anthony Rivano, Mike Thumser, and Bill Clayton constructed the platform and moved equipment until 1:30 am the morning of the meet. Larry Thompson, Gaspar Orlando, Russ Smith, Mike Thumser, and Ray and James Benemerito acted as spotters. Jim Ciatto assisted Joe Morreale with the tables at the rear. Charlie Schroeder and Marie Borillo, Nick Theodorou, Bruce Erkin, Russ Barnacle, and Bill Clayton did a great job judging. Polygraphing was done by Bill Cowan. 20 percent of the lifters were tested by a combination of polygraph and urinalysis (Report by Fred Rice)

COMPETITIVE EDGE HIGH SCHOOL CHAMPIONSHIPS JULY 30, 1995-LAKEWOOD, CO MICHAEL RINGO

165-Debelak, R	245	175	275	695
181				
Debelak, T	360	245	435	1040
Borton, E	300	205	360	865
Pfohl, B	265	175	295	735
198-Pesher, T	315	225	335	875
220-Kray, J	270	215	360	845

DEADLIFT NATIONALS AUGUST 12,13,1995-ST LOUIS MO MIKE CISSELL

WOMEN'S OPEN

47.5-Fox, L	145.0
53.0-Davis, J	167.5
70	
Trosper, C	207.5
Tallarico, A	185.0
80-Sortwell, A	197.5

WOMEN'S LIFETIME

70	
Trosper, C	207.5
Tallarico, A	185.0
MEN'S OPEN	
52.0-Hall, D	132.5
56.0	

Durachta, T	205.0
Snell, K	200.0
Madigan, M	170.0
60.0	

Stagg, M	207.5
Boarman, P	197.5
Clemens, K	195.0
67.5	

Gilley, D	220.0
Thomas, M	205.0
75.0	

Krockenberger, G	255.0
Mhoon, M	235.0
Wedding, D	232.5
Dalton, J	220.0
82.5	

Mason, K	315.0
King, D	255.0
Horrighs, R	252.5
Smason, S	222.5
Scalzitti, J	217.5
90.0	

Simon, T	297.5
Dicicco, T	287.5
Alexander, M	265.0
Cullum, B	262.5
Welch, L	262.5
Trosper, C	257.5
Cross, J	255.0
100	

Holmes, C	342.5
Maddox, J	312.5
Tyring, P	305.0
Sample, L	297.5
Johnson, N	295.0

110.0	
Handon, M	282.5
110.0	
Anstey, J	242.5
Smith, S	225.0
125.0	

Bowie, D	297.5
Hamscher, B	267.5
UNL-Vance, K	332.5
60.0-Clemens, K	170.0
67.5-Horton, D	215.0
75.0-Krockenberger, G	255.0
82.5-Lee, H	245.0
90.0	

Trosper, C	257.5
Grant, L	250.0
100.0	
Tyring, P	305.0
Handon, M	282.5
110.0	

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Smith, S	225.0
125.0	
Bowie, D	297.5
Hamscher, B	267.5
UNL-Vance, K	332.5
60.0-Clemens, K	170.0
67.5-Horton, D	215.0
75.0-Krockenberger, G	255.0

198				
Beam, H	505	280	510	1295
Rino, D	525	325	510	1360
Rodriguez, J	400	215	365	980
220				
Sanchez, L	500	370	490	1360
Barnette, B	485	295	515	1295

CLALLAM BAY OPEN**August 5, 1995-CLALLAM BAY, WA
JON KRAUSE**

148				
Bonderant	325	315	400	1040
Meas	400	190	350	940
181-Brown	415	340	500	1255
198				
Leclere	530	300	500	1330
Anderson (68)	210	180	415	805
220				
Chapman	475	260	500	1335
Crossen (41)	525	470	585	1580
242-Groves	500	390	630	1500
275				
Parkey	500			
Kuneki	685	365		
165-Stith	400	260		

BEST LIFTER: CROSSEN

**SUMMER CLASSIC
AUG 12, 1995-TROY, NY
SEAN CULNAN**

WOMEN				
Open 154				
Cintron, S	145	260	405	
Loughborough, S	110	270	380	
UNL				
Hagrear, M	100	265	365	

MASTERS 122 45-49				
McCallion, S	80	220	300	
TEENAGE 114 14-15				
Guzewski, M	80	180	260	
148 18-19				
Fischer, F	195	380	575	
165 18-19				
Sheldon, R	255	415	670	
242 18-19				
Davis, M	360	550	910	
MASTERS 165 40-44				
Cerutti, J	320	390	710	
198 40-44				
Bigrow, R	280	440	720	
220 55-59				
Brown, E	300	375	675	

SPECIAL OLYMPIAN				
114-Vooy, C	100	145	245	
165-Willard, M	155	275	420	
181-Godday, J	260	420	680	

MEN OPEN				
123-Coon, W	200	345	545	
148-White, C	185	385	570	
181				
Butera, R	345	525	870	
Funaro, A	355	475	830	
198				
Hart, M	355	500	855	
Ray, B (GL)	355	625	980	

220				
LeBlanc, E	425	525	950	
Harrington, D	355	540	895	
Regan, J	300	450	750	
242-DeLaVega, R	350	525	875	
275-Sargent, H	440	710	1150	

BENCH PRESS - WOMEN				
122 18-19-McCallion, A	115			
129 14-15-Sarris, M	110			
154 16-17 Klein, J	125			
154-Cintron, S	145			
176 14-15-Houser, L	120			

TEENAGE				
132 16-17-Czapil, J	175			
UNL 18-19				
Stumpf, EC	410			
Cafarelli, S	400			

MASTERS				
181 50-54				
Mitsopoulos, J	350			
UNL 45-49-Whorral, M	390			

MEN OPEN 165				
Piersall, D	380			
Naughton, D	345			
181				

Mitsopoulos, J	350			
Perry, M	325			

220				
LeBlanc, E	425			
Henchey, TJ	375			
DEADLIFT OPEN WOMEN 154				
Cintron, S	260			
TEENAGE 132 16-17				
Czapil, J	325			
MASTERS 181 40-44				
Krukowski, R	400			
242 50-54				
Dusenbury, J	500			
MEN OPEN 181				
Carioti, J	475			
220-LeBlanc, E	525			
275-Sargent, H	710			

**NORTHWEST POLICE & FIRE
GAMES
AUG 27, 95-BELLINGHAM, WA
TONY PECHTHOLT**

WOMEN				
176-Stone, P	305	115	320	740
MEN				
165-Ferrera, R	240	175	345	760
181				
Fox, F	475	290	475	1240
Rojelio, L	450	265	445	1160
Wilkinson, T	425	260	470	1155
Bozeman, C	360	245	385	990

198				
Cicero, P	435	330	450	1215
Vierra, G	375	250	475	1100
O'Connor, F	350	300	375	1020
Eller, K	345	220	400	965
220				
Smith, K	600	375	620	1595
Fay, P	405	255	455	1115
Devlen, G	350	275	405	1030

242				
Foster, C	625	425	575	1625
Williams, J	575	375	600	1550
Peratovich, L	405	300	500	1205
Minshaw, R	325	305	435	1065
275				
Hudgen, K	575	375	575	1525
Billesbach, B	575	350	575	1525
James, D	540	300	550	1390
MASTERS				
Billesbach, B	575	350	575	1525
James, D	540	300	550	1390
Peratovich, L	405	300	500	1205
Fay, P	405	325	455	1115
Bozeman, C	360	245	385	990

**ED JUBINVILLE BP
AUG 5, 1995-MIDDLETOWN, NY
FRANK DIAS**

WOMEN				
116-Davis, J	170			
122-Cane, D	170			
139				
Antonovich, H	150			
Manfredonia, V	105			
154-Rasmussen, L	150			

MEN				
148				
Crain, M	285			
Gengo, J	270			
Lynch, K	245			
TEENAGE-16				
Burton, D	155			

165 Teenage-19				
Sakalis, T	325			
165 SPECIAL OLYMPIAN				
Decamp, E 'Diesel'	150			

181 OPEN				
Orloff, M	300			
Scarpulla, R	290			
Carr, H	280			
Ecceli, M	275			

MASTERS 40-44				
Rasamay, R	305			
Orloff, M	300			

MASTERS 45-49				
DiBatista, M	330			
Burton, J	310			

198 Master 55-59				
Carter, J	270			
220 OPEN				
Herman, D	430			

Manouvelos, F	385			
220 SUBMASTER				
Rasmussen, R	300			

220 TEENAGE 18-19				
Greene, T	280			
220 MASTER 45-49				
Albano, L	335			
220 MASTER 55-59				
Carter, J	270			
Hogan, B	240			
242 SPECIAL OLYMPIAN				
Lyons, B 'Tug Boat'	120			
242 SUBMASTER				
Klinger, B	460			
242 OUT OF STATE				
Orlando, G	525			
242 MASTER 40-44				
Cease, D	385			
242 MASTER 45-49				
Coopman, E	330			
242 MASTER 60-64				
Blevy, S	265			
275 MASTER 40-44				
Diri, F	520			
275 OPEN				
Doyle, C	400			
UNL OPEN				
Tolve, D	500			

**FLORIDA STATE
AUG 26-27, 95-PALATKA, FL
TOM & ELLEN TREVORAH**

WOMEN 111				
Arthurs, S	214.50	104.50	286.50	606.00
Strickland, G	214.50	104.50	253.50	573.00
116-Lombardi, R	253.50	137.50	336.00	727.50
122				
Gay, L	253.50	121.00	275.50	650.00
Zima, I	259.00	132.00	297.50	688.50
139				
Trafton, D	286.50	137.50	358.00	782.50
Gross, L	248.00	165.00	303.00	716.00
Vailancourt, L-48 209.00	181.50	303.00	694.00	
Ritchey, K	181.50	99.00	198.00	479.50
154-Martin, M	203.50	187.00	325.00	716.00
UNL-Dean, K-56 220	148.50	292.00	661.00	

WOMEN MASTER				
O'Brien, P 41-139 55.00	159.50	77.00	292.00	
Vailancourt, L 48-139	209.00	181.50	303.00	694.00

Watkins, H 55-154	248.00	126.50	286.50	677.50
Dean, K 56-UNL 220.00	148.50	292.00	661.00	

MEN TEENAGE				
Houk, T 16-122 325.00	148.50	341.50	815.50	
Carion, E 16-275 501.50	374.50	496.00	1369.50	
Harris, C 17-198 490.50	231.00	507.00	1226.50	
Stevens, J 15-198 451.50	303.00	468.00	1221.00	
Esposito, J 16-198	303.00	236.50	347.00	886.50

MASTERS				
Griffin, B 46-181 374.50	314.00	490.50	1177.00	
Whitney, D 51-148	424	225.50	507.00	1155.00

Brogan, J 52-165 440.50	242.50	462.50	1144.00	
Umberger, R 50-132	319.50	170.50	341.50	832.00

Harding, B 57-181	374.50	248.00	385.50	1008.50
Everett, C	325.00	264.50	424.00	1012.00

Crowley, D 44-UNL	826.50	424.00	639.00	1886.50
Milligan, J 46-242	600.50	424.00	622.50	1644.50

Nelson, C 41-220 551.00	336.00	589.50	1474.00	
Vause, J 44-242 479.50	330.50	485.00	1292.50	

Arthurs, L 51-242 440.50	473.50	501.50	1413.50	
Bradley, J 56-UNL	347.00	297.50	451.50	1096.50

Remley, B 65-198	473.50	325.00	501.50	1298.00
Trudell, R 60-198 507.00	275.50	501.50	1265.00	

MEN OPEN 123				
Snell, K	380.00	248.00	435.00	1074.50
Sutherland, J	380	236.50	402.00	1019.50

132				
Washington, H	462.50	292.00	457.00	1210.00
165				

Conyers, T	611.50	418.50	628.00	1655.50
Wright, G	424.00	341.50	523.50	1281.00

181				
Casey, M	600.50	402.00	501.50	1501.50
Strickland, B	584.00	352.50	540.00	1474.00

Johnson, V	545.50	380.00	501.50	1424.50
Lewis, R	512.50	303.00	600.50	1413.50
Richardson, R	518.00	374.50	507.00	1397.00

Lewis, R	512.50	303.00	600.50	1413.50
Richardson, R	518.00	374.50	507.00	1397.00
Stevens, T	501.50	418.50	468.00	1386

POWERLIFTING & The MILITARY

As an officer in the World's Greatest Army, I am often misunderstood by my fellow officers for participating in the sport of powerlifting. You see, the term powerlifter conjures to mind a slovenly, overweight, steroid abuser by those not "in the know" of our sports' benefits. This is the same impression civilians often have, but it means a little more in an occupation where your career is controlled so heavily by others. As a civilian, you hear such things, ignore it, and drive on with your next set of squats till your eyes bleed. Doing so in the military could have you sent to your first Arctic command.

It wasn't always like this (so I am told). In fact, powerlifting used to be a recognized military sport. In the Army, if you were a good lifter and won your weight class at the All-Army Championships, you made the All-Army Team, you were financially supported and you were given time to prepare for the Armed Forces Championships, the Nationals, and the Worlds. I remember being a lifter for the Army Team at West Point (the collegiate level), hoping to make the All-Army team one year. Well, that was never meant to be. For unknown reasons (perhaps rampant steroid use or a typical lack of military funding) Armed Forces Powerlifting was dropped the year before I graduated.

Well, about a year ago, I saw that the American Drug Free Powerlifting Association was having a Military Nationals. What a great medium to re-recognize powerlifting to this nation's Warriors. It presented a drug free meet to challenge the Military Forces strongest athletes. After contacting some of my West Point brothers of Team MENOWAR, we decided to take the team to the meet. With over 100 lifters (Army, Navy, Marines, and Air Force) and some legitimate National level totals, it appears that powerlifting in the military is being reborn.

And why not? I know almost every member of Team MENOWAR trains solely for powerlifting, yet makes excellent scores on the Army's Physical Fitness Test (which includes a two-mile run; something we never train for). Standing side by side, the Warriors of MENOWAR look like a state level bodybuilding contest. Also, to the casual observer, powerlifting would appear to be an individual sport. However, much like the military, individual success is impossible without the support of the team. And although we are often misunderstood, I have yet to meet a soldier who was not impressed with great feats of strength. It is in every Warrior's blood. What an outstanding fringe benefit for those in the military. Not only is powerlifting healthy (most times), not only do you become physically powerful with an impressive physique, but it aids in gaining the respect of both subordinates and peers.

I hope that in the future, powerlifting will once again become recognized and funded by each Armed Force. Powerlifters are exactly the kind of people the public wants to guard our country and our way of life. Confidence in an Armed Forces' fighting capabilities has never been built around how thin and aerobically fit its soldiers were, but rather the appearance of physical strength and endurance in its Warriors; both of which are by-products of a powerlifter's way of life.

Presented by **1Lt Michael "Bubba" Stokes US Army**

DRUGS DO NOT BELONG

by **CYNDI REGAN, Chair Drug Education Committee**

More than a decade ago, the ADFPA became a major organization in powerlifting. WHY? The premise behind the organization was fair play, and no strength enhancing help.

As the war on drugs was taking place in the 80's, it became necessary to remind some people that steroids were also drugs and their use was unethical in the athletic arena. Since there always seems to be those who find it okay to bend the rules in their favor, the need to test to show the organization wasn't just giving the public lip service was necessary. Many lifters then and now were out-raged by the thought that one's word could not be trusted. It was even hard to imagine by some, that lifters would even consider using something to cheat their way to a trophy or a name in the sport. Unfortunately that was, and still is a reality. WHY? As long as one can rationalize that cheating is okay or that he/she isn't cheating but merely being smart and creating an edge to win the use will continue.

Many people have and are making a living from powerlifting. The majority have been on the up and up, but unfortunately there has been a number that have cheated, lied, and even tried to entice others to follow suit. The testing in the ADFPA has kept the public aware that this organization is trying to be fair. When one person, who has been either in the lime-light or has spoken about powerlifting to the masses is either caught using or selling or in some cases endorsing a product that can not prove its merit the whole organization and membership is scrutinized.

The membership of the ADFPA needs to be its own ambassadors for the organization whenever and wherever possible. As many of you already have feelings and information at your finger-tips about the use of steroids and other drugs in sports you need to share that information. Don't just keep it in a file or drawer for a maybe-share it.

The fastest growing segment in powerlifting is the teenage division. This group is the most easily led and swayed group. Many of the teens are looking to the adults they see in the sport for guidance. It is also our responsibility to set an example.

The FACT IS: young people need not just lip service but to see adults working hard in the gym. They need to see and hear the natural athlete talk about programs, testing, cheating, fair play and other not so easy topics. The ADFPA is not just a place to show off ones abilities, it is also a place to live those abilities. The message should be given anytime, and any place to John Q. Public, and as many times as it takes for it to sink in. **"DRUG-FREE LIFTING IS NOT A QUESTION-DRUGS DO NOT BELONG IN SPORTS-ATHLETES DO!"**

The Education element in powerlifting is a vital one to fair play. Information from research results must be handled in a factual manner. People, interested in 1) Education to youth, 2) Education to adults, or 3) putting on workshops, can obtain an information packet by contacting: Cyndi Regan at 108 Airway Drive, Marion, IL 62959 or by calling (618)997-3919.

Finally, if you have information that can be shared and it is not in the packet, send Cyndi a copy. The more information that can be massed, the more one can share with others.

ADFFPA COMING EVENTS

OCTOBER

- 14 OCT ADFPA East Coast BP, Oct 1 Deadline, David Roderick, 51 Whirlaway Place, Pawtucket, RI 02861, 401-724-8714
 14,15 OCT ADFPA Ironman/Ironwoman P/L(Open/master/sub/teen/junior/teen/women) J Thomas, YMCA Franklin/Northampton Sts, W-B, PA 18701, 717-823-2191
 14,15 OCT ADFPA Central USA PL/BP (open, women, novice, teen, masters) Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225
 21 OCT ADFPA Gold's Gym of Manchester Bench Press Classic Wayne Mackert, 89 Dow Street, Manchester, NH 03101 508-546-2344
 21,22 OCT ADFPA New Jersey State, Joe Morreale, Profitness, 350 Route 46, Rockaway, NJ 07866, 201-627-9156
 21,22 OCT WDFPF World Bench Press, (Open, jr, teen, women, submaster, master) Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225(d)
 28 OCT ADFPA Law Enforcement/Firefighters Nationals, Pete Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727
 28 OCT ADFPA Indiana State Bench Press, Sonny Runyon, 1804 E 19th Street, Muncie, IN 47302 317-282-2152
 28,29 OCT WDFPF Open Worlds (Sussex, England) Ken Smith, FAX 011-44-734-757-996
 29 OCT ADFPA Bench Press Nationals, Pete Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727

NOVEMBER

- 4 NOV ADFPA High School All Corners BP (fresh, soph, jr, sr-Silver Creek HS) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95122 800-484-9879 code MEME
 5 NOV ADFPA Connecticut Push & Pull, Lloyd Weinstein, Stamford YMCA, 909 Washington Blvd, Stamford, CT, 06901, 203-854-4700
 11 NOV ADFPA OMNI 41 Classic, Chris Elkins, 2215 S Rt 41, Sheverville, IN 46375 219-985-7823
 11 NOV ADFPA 300 LB+ Basho (women, men, teen, novice, jr sub, master) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95122, 800-484-9879 code MEME
 11,12 NOV ADFPA National Masters, Andrea Sortwell, 11360 W 84th Place, Arvada CO 80005, 303-425-7075
 18 NOV ADFPA Kansas State PL & BP(Open, men, women, Masters, 2-man DL) Scott Panter, 1009 Helen, August, KS 67010 316-755-0185 or 316-554-1300
 18 NOV ADFPA East Carbon Championship, Steve Sims, PO Box 145 East Carbon, UTAH, 84520 801-888-2413
 18 NOV ADFPA New York State Bench Press, Joe Straub, RR 2 Box 12, Chester, NY 10918 914-469-2043
 18 NOV ADFPA National Squat Championships (100) (All divisions) Bob Gaynor, 19 Sunrise Drive Mountaintop PA 18707, 717-474-6111, 717-823-6994
 18 NOV ADFPA Illinois State Bench Press, Dennis Brady 5920 N Ridge, Chicago IL 312-561-9692
 19 NOV ADFPA All American BP (All division, classes & wt grps) Bob Gaynor 19 Sunrise Drive Mountaintop PA 18707, 717-474-6111, 717-823-6994

DECEMBER

- 2 DEC ADFPA Omaha Open, John Jones, 402-572-7325
 2 DEC ADFPA Senior Regional (St Paul, MN-women, men, teen, master, qualifying required) Dennis Green, Box 147, New Market, MN, 55054, 612-461-3007
 2 DEC ADFPA Kentucky State/Blue Grass Open PL/BP, Steve Corum, 520 S Main Street, Henderson, KY 42420, 502-826-8354 or 835-7865
 2 DEC ADFPA Colorado State PL & Bench Press (at USAF Academy) Cpt Lisa Hummler, 512 N Institute, Colorado Springs, CO 80903 719-472-4070 days
 2,3 DEC ADFPA Eastern States/Mass State PL BP (men/master/women/jr/teen) G Kostas Bx 483 Whitman, MA 02382, 617-447-6714 8-10PM
 9 DEC ADFPA Maine Holiday Classic, John Mathieu, 4260 Fairfield Street, PO Box 225, Oakland, ME 04963 207-465-7102
 9 DEC ADFPA East Coast BP Craig Safran, PO Box 4065, Bayside, NY 11360 516-733-0078
 9,10 DEC ADFPA Virginia State (open women, teen and masters) John Shifflet 804-985-3932 after 7PM; Will Morris 804-985-6858 after 9PM
 10 DEC ADFPA East Coast PL Craig Safran, PO Box 4065, Bayside, NY 11360 516-733-0078
 16 DEC ADFPA King of the Hill BP (Brooks AFB), Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964/536-2340

1996

JANUARY

- 13 JAN ADFPA Deadliest DL/BP in AL, Ted Butler, 1429 2nd Ave NW, Fayette, AL 35555, 205-932-5365
 13,14 JAN ADFPA West Open/BP Tom Giordani, 54 Phillip Way, Sharon, PA 16146 412-342-2525
 20 JAN ADFPA Dr King Memorial BP(all weight groups and classes) Manuel Villarreal, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME
 20,21 JAN WDFPF(ADFFPA) North American/World Record Breakers & BP, Bob/Geri Gaynor, 19 Sunrise Dr, Mountaintop, PA 18707, 717-823-6994 or 474-6111

FEBRUARY

- 17 FEB ADFPA CA State DL (all weight groups and classes) Manuel Villarreal, 895 N Bayshore Road, San Jose, CA 95112 800-484-9879 ID MEME
 17-18 FEB ADFPA Lifetime Drug Free Nationals, Ed or Frank King, 24748 Aurora Road, Bedford Heights, OH 44146, 216-439-5464
 24,25 MAR ADFPA Minnesota State PL/BP, Dennis Green, PO Box 147, New Market, MN 55054 612-461-3007

MARCH

- 2,3 MAR ADFPA Connecticut Open PL, Lloyd Weinstein, Stamford YMCA, 909 Washington, Blvd, Stamford, CT 06901, 203-854-4700
 9 MAR ADFPA Red River Open, Ann DeGroot, 2501 Villa Drive #204, Fargo, ND 701-225-7391
 9,10 MAR ADFPA National Military Championships (Ft Hood) J Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 817-526-0779 after 8pm CST/AV 737-3352
 16 MAR ADFPA Mass. State Open High School PL (Boy & Girls) H Waldron, Coyle & Cassidy HS, 2 Hamilton St., Taunton, MA 02780, 508-823-6164 Ext 680
 23,24 MAR ADFPA Collegiate Nationals, (Fort Hood) MSGT J Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 817-526-0779 after 8pm CST
 30,31 MAR ADFPA High School Nationals, Dennis Brady, 5920 N Ridge, Chicago, IL 60660, 312-561-9692

APRIL

- 20,21 APR ADFPA Women's Nationals, Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111 or 717-823-6994

MAY

- 4 MAY ADFPA C Chavez BP (all weight groups and classes) Manuel Villarreal, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME
 18 MAY ADFPA Texas State PL & BP (Brooks AFB), Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964/536-2342

JUNE

- 15,16 JUN ADFPA Men Nationals, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367, 314-625-1225(d)

JULY

- 13,14 JUL ADFPA Men Teenage/Junior Nationals, James Hart, PO Box 82264, Lincoln, NE 68524, 402-470-3672
 20 JUL ADFPA CA State BP (all weights groups and classes) Manuel Villarreal, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME

SEPTEMBER

- 21,22 SEP ADFPA Bench Press Nationals, Michael Cissell, 15 Lakeside Drive, Lake St Louis MO 63367, 314-625-1225

NOVEMBER

- 2,3 NOV ADFPA Police and Firefighters Nationals, James Hart, Lincoln, NE 68524, 402-470-3672

ADFFPA

LIFTING



STATE CHAIRS

ALABAMA

REV LANNY SHEPARD
102 KINNON DRIVE
ENTERPRISE AL 36330
334-347-3195

ALASKA

IRA W ROSEN
4414 MINT WAY
JUNEAU AK 99801
907-789-1491

ARIZONA

RICH J WENNER
255 S 91ST PLACE
MESA AZ 85207
602-986-1869

ARKANSAS

BRIAN FERGUSON
449 VILLAGE DRIVE
FAYETTEVILLE AR 72703
501-442-9299

CALIFORNIA

MANUEL VILLARREAL
895 N BAYSHORE ROAD W
SAN JOSE, CA 95112
408-275-6449

COLORADO

ANDREA SORTWELL
11360 W 84TH PLACE
ARVADA CO 80005
303-425-7075

CONNECTICUT

GERALD RACCIO
3352 WHITNEY AVENUE
HAMDEN CT 06518
203-287-1973

DELAWARE

GABE W DOMINELLI
2624 LONGFELLOW DRIVE
WILMINGTON DE 19808
302-998-0447

FLORIDA

TOM A TREVORAH
411 BELMONT DRIVE
PALATKA FL 32177
904-328-4804

GEORGIA

RICK K GODBY
1206 JUDY PLACE
VIDALIA, GA, 30470
912-537-1850

HAWAII

SUSAN K CLANCY-LOVELL
74-5603 B ALAPA STREET
KAILUA-KONA HI 96740
808-329-9432

IDAHO

DAVID M HUDSON
585 HYDE AVENUE
POCATELLO ID 83201
209-232-5440

ILLINOIS

DENNIS BRADY
5920 N RIDGE
CHICAGO IL 60660
312-561-9692

INDIANA

ANGIE OVERDEER
124 W VAN BUREN STREET
COLUMBIA CITY IN 46725
219-248-4889

IOWA

MICHAEL J FOGGIA, III
PO BOX 163
DES MOINES IA 50363
515-987-1482

KANSAS

SCOTT PANTER
1009 HELEN
AUGUSTA, KS 67010
316-775-0185/316-554-1300

KENTUCKY

STEVE CORUM
520 S MAIN STREET
HENDERSON KY 42420
502-826-8354

LOUISIANA

DUANE URBINA
49 BAYOU OAKS LANE
ALEXANDRIA LA 71301
318-473-4567

MAINE

JOHN MATHIEU
P.O. BOX 325
OAKLAND ME 04963
207-465-7102

MARYLAND

CARL A ALLEYNE
1336 GERMANER DRIVE
BELCAMP MD 21017
410-994-0907

MASSACHUSETTS

GREG KOSTAS
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WORKOUT REVIEW

After 25 year of International competition, Walter Thomas, 7-time World Champion and multiple National Champion, has written a workout routine that served him through various body-weights over the years. This workout is structured to seven differing categories, depending where you are at in your progression and can be tailored to your present lifting capabilities and to obtain realistic goals. The 18 week cycle is divided into 3-5 week training periods with, "Yes", three rest weeks. He has presented this workout in a binder format that includes the assistance exercises, schedule of exercises and record sheets, so as to track your progress. This workout is built around a Power Rack, so if you're interested, you would need to have access to a Power Rack.

Most workouts feel good to its user, but this one made some sense to me - so I shared my thoughts with you. For further information contact Walter Thomas at 1-800-289-9385 PIN # 0172 or write to PO Box 45510, Oklahoma City, OK 73145



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Cline, R 5/95 314 Donlin, T 4/95 310 Richardson, J 4/95 220 Cunningham, E 3/95	242 LBS BENCHPRESS 451 Hodde, J 4/95 415 Brooks, R 11/94 385 Schult, K 4/95 380 Schow, A 11/94 (M) 369 Stiversen, A 7/95 358 McCown 4/95 355 Steinspring, T 5/95 347 Serra, T 4/95 340 Harrison, W 5/95 336 Davis, M 6/95 325 Mielke, J 3/95 320 Chmielecki, T 3/95 319 Butler, J 7/95 319 Kerno, B 7/95 315 Anderson, G 3/95 315 Seabrook, S 3/95 315 Murabito, S 3/95 315 Isbell, J 4/95 314 Miller, R 4/95 308 Kerno, M 6/95 275 LBS BENCHPRESS 435 Davis, W 7/95 407 Tuitaoi, S 12/94 402 Contreras, R 3/95 395 Sinnott, W 4/95 391 Chase, B 3/95 374 Carrion, E 8/95 350 Steger, M 1/95 350 Lowther, D 5/95 350 Costello, S 4/95 340 Engel, B 3/95 315 Trantham, C 5/95 314 Reese, J 4/95 310 DeGroot, J 3/95 303 Kotwis, J 2/95 303 Brann, B 3/95 300 Williams, K 5/94 295 Kump, E 5/95 286 Robertson, D 4/95 286 Bowe, J 7/95 285 Tauer, J 3/95 UNL BENCHPRESS 473 Hulslander, D 8/95 413 Stumpt, EC 6/95 407 Stone, A 7/95 373 Stumpt, S 3/95 310 Ricafrente, D 2/95 275 Richardson, J 4/95 259 Donlin, T 4/95 248 Thick, J 4/95 235 Riley, J 2/95 248 Cunningham, E 3/95 205 Cline, R 5/95	242 LBS DEADLIFT 580 Harrison, W 5/95 567 Stiversen, A 7/95 562 Hoode, J 4/95 551 Schult, K 4/95 540 Anderson, G 3/95 525 Price, J 2/95 523 Serra, T 4/95 523 Davis, M 6/95 505 Schow, A 11/94 (M) 505 Steinspring, T 5/95 501 McCown 4/95 500 Campbell, M 3/95 500 Vandenberg, T 3/95 500 Mielke, J 3/95 500 Konrad, J 3/95 490 Seabrook, S 2/95 490 Isbell, J 4/95 474 Chmielecki, T 3/95 468 Kerno, M 6/95 468 Butler, J 8/95 275 LBS DEADLIFT 600 Davis, W 7/95 573 Chase, B 3/95 556 Tuitaoi, S 12/94 556 Coutreiras, R 3/95 545 Steger, M 1/95 501 Brann, B 4/95 500 Colon, O 10/94 500 Costello, S 4/95 500 Bentley, C 5/95 496 Gividen, M 4/95 496 Carrion, E 8/95 485 Lowther, D 5/95 485 Kump, E 5/95 480 Agostine, J 3/95 475 Bowe, J 3/95 475 Becher, T 3/95 475 Iacono, M 3/95 475 Sinnott, W 4/95 460 DeGroot, J 3/95 455 Engel, B 3/95 UNL DEADLIFT 600 Hulslander, D 8/95 567 Stone, A 7/95 550 Ricafrente, D 2/95 525 Webster, S 3/95 501 Stumpt, EC 6/95 473 Thick, J 4/95 425 Richardson, J 4/95 424 Cunningham, E 3/95 405 Riley, J 2/95 400 Cline, R 5/95 369 Donlin, T 4/95	242 LBS TOTAL 1554 Stiversen, A 7/95 1520 Harrison, W 5/95 1466 Schult, K 4/95 1455 Hodde, J 4/95 1425 Schow, A 11/94 (M) 1421 Mudge, B 4/95 1405 Anderson, G 3/95 1360 Steinspring, T 5/95 1355 Csaszar, D 4/95 1345 Isbell, J 4/95 1320 Chmielecki, T 3/95 1317 McCown 4/95 1295 Campbell, M 3/95 1295 Butler, J 7/95 1280 Price, J 2/95 1265 Murabito, S 3/95 1255 Vandenberg, T 3/95 1240 Mielke, Jm 3/95 1235 Seabrook, S 3/95 1223 Bower, J 7/95 275 LBS TOTAL 1692 Davis, W 7/95 1570 Chase, B 3/95 1565 Coutreiras, R 7/95 1504 Tuitaoi, S 12/94 1420 Sinnott, W 4/95 1375 Steger, M 1/95 1369 Carrion, E 8/95 1320 DeGroot, J 3/95 1295 Brann, B 4/95 1295 Bowe, J 7/95 1275 Bentley, C 5/95 1270 Engel, B 3/95 1255 Kump, E 5/95 1250 Lowther, D 5/95 1230 Costello, S 4/95 1225 Colon, O 10/94 1207 Kotwis, J 2/95 1200 Brown, J 2/95 1195 Iacono, M 3/95 1190 Robertson, D 4/95 UNL TOTAL 1653 Hulslander, D 8/95 1625 Stone, A 7/95 1560 Webster, S 3/95 1488 Stumpt, EC 6/95 1420 Ricafrente, D 2/95 1100 Richardson, J 4/95 1095 Riley, J 2/95 1074 Thick, J 4/95 942 Donlin, T 4/95 892 Cunningham, E 3/95 855 Cline, R 5/95	180 Gervais, A 4/95 159 Gamm, M 4/95 155 Chastain, J 3/95 143 Butler, A 3/95 126 Angie, R 4/95 120 Harton, K 10/94 122 LBS SQUAT 281 Sarris, M 5/95 236 McCallion, A 5/95 231 Dutzmann, A 5/95 220 Herman, N 3/95 220 Bolen, B 5/95 210 McHugh, P 3/95 205 Tereault, C 4/95 200 Freeman, M 3/95 99 Weisenberger, I 1/95 95 Milhaupt, S 3/95 94 Morgan, J 5/95 176 Skirvin, A 4/95 165 Weisenberger, I 1/95 154 Morgan, J 5/95 150 Johansen, J 10-94 129 LBS SQUAT 255 Nitecki, G 3/95 242 Corder, A 7/95 230 Bergh, N 3/95 225 Behling, J 3/95 210 Guimond, N 4/95 200 Smithers, R 3/95 200 Zorn, W 6/95 185 Emerson, T 12/94 185 Sprangers, M 3/95 170 Smith, J 3/95 159 Gallie, N 3/95 143 Morgan, J 4/95 139 LBS SQUAT 303 Klein, J 5/95 281 Flora, S 4/95 259 Reagan, M 5/95 242 Green, N 11/94 240 Lepke, J 3/95 240 Pischke, A 3/95 225 Chapman, C 5/95 220 Hulbert, M 4/95 187 Fosnoe, C 2/95 180 Ament, J 3/95 176 Parkins, M 7/95 159 Feger, S 3/95 165 Hill, N 10/94 145 Robb, M 6/95 125 Heard, E 11/94 115 Thrust, K 1/95 154 LBS SQUAT 250 Kazik, K 3/95 231 Remley, B 11/94 220 Singleton, R 10/94 200 Wanserski, J 3/95 195 Malnory, T 3/95 190 Mitchell, H 10/94 135 Snowden, J 6/95 176 LBS SQUAT 385 Eisenberg, E 5/95 325 Fredrick, T 3/95 292 Lindsley, J 5/95 240 Guckenberger, C 3/95 240 Christensen, K 3/95 240 Laatsch, R 3/95 231 Bookhart, A 7/95 220 Scott, M 5/95 160 Steinacker, M 3/95 UNL LBS SQUAT 315 Kiraki, L 3/95 255 Haag, B 6/95 253 McCall, J 7/95 205 Coenen, A 3/95 200 Magolon, A 3/95	90 Gvrais, A 4/95 83 Gamm, M 5/95 80 Chastain, J 3/95 77 Butler, A 3/95 77 Angie R 4/95 70 Harton, K 10/94 122 LBS BENCH 132 Sarris, M 5/95 117 McCallion, A 8/95 115 Dutzmann, A 5/95 110 Tereault, C 4/95 105 Brackett, C 12/94 105 McHugh, P 3/95 100 Freeman, M 3/95 99 Weisenberger, I 1/95 95 Milhaupt, S 3/95 94 Morgan, J 5/95 85 Bolen, B 5/95 77 Skirvin, A 5/95 75 Johansen, J 10/94 129 LBS BENCH 135 Nitecki, G 3/95 120 Bergh, N 3/95 110 Behling, J 3/95 110 Guimond, N 4/95 110 Corder, A 7/95 105 Emerson, T 12/94 100 Zorn, W 6/95 95 Smithers, R 3/95 95 Smith, J 3/95 83 Sprangers, M 3/95 83 Gallie, N 3/95 83 Morgan, J 4/95 139 LBS BENCH 132 Klein, C 5/95 126 Chapman, C 5/95 126 Reagan, M 5/95 121 Green, N 11/94 115 Fosnoe, C 2/95 115 Pischke, A 3/95 105 Ament, J 3/95 104 Thrush, K 1/95 104 Hulbert, M 4/95 104 Parkins, M 7/95 100 Hill, N 10/94 99 Flora, S 4/95 90 Lepke, J 3/95 85 Robb, M 6/95 83 Feger, S 3/95 75 Heard, E 11/94 154 LBS BENCH 130 Kazik, K 3/95 121 Remley, B 11/94 95 Mitchell, H 10/94 95 Singleton, R 10/94 95 Wanserski, J 3/95 90 Malnory, T 3/95 85 Snowden, J 6/95 176 LBS BENCH 176 Eisenberg, E 5/95 170 Fredrick, T 5/95 137 Lindsley, J 5/95 121 Scott, M 5/95 120 Laatsch, R 3/95 120 Steinacker, M 3/95 115 Christensen, K 3/95 115 Guckenberger, C 3/95 94 Bookhart, A 7/95 UNL LBS BENCH 170 Kiraki, L 3/95 135 Haag, B 6/95 121 McCall, J 7/95 115 Coenen, A 3/95 85 Magolon, A 3/95	205 Chastain, J 3/95 220 Harton, K 10/94 220 Gamm, M 5/95 200 Gervais, A 4/95 159 Angie R 4/95 154 Butler, A 3/95 122 LBS DEADLIFT 315 Brackett, C 12/94 310 Sarris, M 8/95 270 McCallion, A 5/95 255 Tereault, C 4/95 253 Dutzmann, A 8/95 245 McHugh, P 3/95 242 Herman, N 3/95 240 Freeman, M 3/95 240 Milhaupt, S 3/95 240 Bolen, B 5/95 214 Weisenberger, I 1/95 210 Johansen, J 10/94 203 Skirvin, A 5/95 187 Morgan, J 5/95 129 LBS DEADLIFT 290 Nitecki, G 3/95 265 Bergh, N 3/95 264 Corder, A 7/95 260 Behling, J 3/95 259 Emerson, T 1/95 240 Zorn, W 6/95 235 Guimond, N 4/95 210 Smithers, M 3/95 205 Smith, J 3/95 200 Sprangers, M 3/95 192 Morgan, J 4/95 176 Gallie, N 3/95 139 LBS DEADLIFT 303 Flora, S 4/95 303 Reagan, C 5/95 295 Lepke, J 3/95 292 Klein, C 5/95 264 Green, N 11/94 262 Klein, C 5/95 260 Hill, N 10/94 250 Pischke, A 3/95 242 Chapman, C 5/95 235 Hulbert, M 4/95 235 Ament, J 3/95 220 Fosnoe, C 2/95 203 Parkins, M 7/95 192 Feger, S 3/95 176 Thrush, K 1/95 170 Robb, M 6/95 145 Heard, E 11/94 154 LBS DEADLIFT 275 Singleton, R 10/94 265 Kazik, K 3/95 260 Remley, B 11/94 240 Wanserski, J 3/95 240 Malnory, T 3/95 185 Mitchell, H 10/94 185 Snowden, J 6/95 176 LBS DEADLIFT 407 Eisenberg, E 5/95 325 Fredrick, T 5/95 305 Guckenberger, C 3/95 297 Lindsley, J 5/95 270 Christensen, K 3/95 260 Laatsch, R 3/95 259 Bookhart, A 7/95 253 Scott, M 5/95 190 Steinacker, M 3/95 UNL LBS DEADLIFT 325 Kiraki, L 3/95 280 Haag, B 6/95 260 Coenen, A 3/95 250 Magolon, A 3/95 242 McCall, J 7/95	451 Gamm, M 5/95 440 Chastain, J 3/95 410 Harton, K 10/94 374 Butler, A 3/95 363 Angie R 4/95 122 LBS TOTAL 716 Sarris, M 5/95 622 McCallion, A 5/95 605 Brackett, C 12/94 595 Dutzmann, A 5/95 573 Herman, N 3/95 570 Tereault, C 4/95 560 McHugh, P 3/95 545 Bolen, B 5/95 540 Freeman, M 3/95 535 Milhaupt, S 3/95 479 Weisenberger, I 1/95 446 Skirvin, A 4/95 435 Johansen, J 10/94 435 Morgan, J 5/95 129 LBS TOTAL 680 Nitecki, G 3/95 617 Corder, A 7/95 615 Bergh, N 3/95 595 Behling, J 3/95 555 Guimond, N 4/95 540 Emerson, T 1/95 540 Zorn, W 6/95 505 Smithers, R 3/95 470 Sprangers, M 3/95 470 Smith, J 3/95 418 Gallie, N 3/95 418 Morgan, J 4/95 139 LBS TOTAL 727 Klein, C 5/95 688 Reagan, C 5/95 683 Flora, S 4/95 628 Green, N 11/94 625 Lepke, J 3/95 605 Pischke, A 3/95 595 Chapman, C 5/95 562 Hulbert, M 4/95 529 Fosnoe, C 2/95 525 Hill, N 10/94 520 Ament, J 3/95 485 Parkins, M 7/95 435 Feger, S 3/95 400 Robb, M 6/95 396 Thrush, K 1/95 345 Heard, E 11/94 154 LBS TOTAL 654 Kazik, K 3/95 617 Remley, B 11/94 590 Singleton, R 10/94 535 Wanserski, J 3/95 505 Malnory, T 3/95 470 Mitchell, H 10/94 405 Snowden, J 6/95 176 LBS TOTAL 385 Eisenberg, E 5/95 370 Fredrick, T 3/95 360 Guckenberger, C 3/95 360 Christensen, K 3/95 320 Laatsch, R 3/95 384 Bookhart, A 7/95 470 Steinacker, M 3/95 UNL LBS TOTAL 310 Kiraki, L 3/95 670 Haag, B 6/95 617 McCall, J 7/95 580 Coenen, A 3/95 535 Magolon, A 3/95
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TEEN WOMEN TOP LIFTERS

104 LBS SQUAT 242 Lindberg, C 5/95 209 Okley, M 11/94 154 Tolles, T 2/95 154 Gretchen F 4/95 148 James, J 4/95 105 Eggleston, L 11/94 111 LBS SQUAT 245 Bodlak, M 5/95 214 Dodge, M 5/95 209 Oden, B 8/95 181 Maxwell, E 5/95 175 McHugh, A 3/95 160 Popp, M 3/95 159 Mead, T 1/95 116 LBS SQUAT 210 Denzine, J 3/95 185 Cedilotte, C 10/94	104 LBS BENCH 110 Tolles, T 2/95 115 Lindberg, C 4/95 94 Okley, M 11/94 94 James, J 4/95 83 Gretchen F 4/95 60 Eggleston, L 11/94 111 LBS BENCH 115 Bodlak, M 5/95 105 Popp, N 3/95 105 Oden, B 6/95 100 McHugh, A 3/95 94 Dodge, M 5/95 94 Maxwell, E 5/95 88 Mead, T 1/95 116 LBS BENCH 95 Cedilotte, C 10/94 95 Denzine, J 3/95	104 LBS DEADLIFT 270 Lindberg, C 4/95 220 Okley, M 11/94 176 Tolles, T 2/95 170 Gretchen F 4/95 150 Eggleston, L 11/94 143 James, J 4/95 111 LBS DEADLIFT 264 Oden, B 6/95 255 Bodlak, M 5/95 253 Dodge, M 5/95 225 McHugh, A 3/95 225 Popp, N 3/95 225 Maxwell, E 5/95 192 Mead, T 1/95 116 LBS DEADLIFT 255 Denzine, J 3/95 225 Cedilotte, C 10/94	104 LBS TOTAL 611 Lindberg, C 4/95 523 Okley, M 11/94 440 Tolles, T 2/95 407 Gretchen F 4/95 385 James, J 4/95 315 Eggleston, L 11/94 111 LBS TOTAL 615 Bodlak, M 5/95 562 Dodge, M 5/95 562 Oden, B 6/95 501 Maxwell, E 5/95 495 McHugh, A 3/95 490 Popp, N 3/95 440 Mead, T 1/95 116 LBS TOTAL 560 Denzine, J 3/95 470 Gervais, A 4/95
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EAST COAST CHAMPIONSHIP - 4 YEARS STRONG

Start gearing up for the 4th annual East Coast Championship this December 9 and 10 in White Plains, New York. Run by Meet Director and Executive Committee Member Craig Safran, this annual event has had World and National Champions like Steve Scialpi, James Morton, Rob Wagner, Troy and Laddie Gibson, Linda Jo Belsito, Jackie Davis, Michelle DeGennaro and Ron Walsh lift some of their best attempts ever. This year, there is the inclusion of a separate bench contest. Lifters of all levels are invited to join in what promises to be a power-packed extravaganza!

TEEN MEN TOP LIFTERS

114 LBS SQUAT
420 Tran, V 2/95
285 Riddick, B 5/95
250 Nilo, R 3/95
250 Mejia, C 3/95
240 Kinnard, A 3/95
236 Maple, D 3/94
220 Maffei, G 3/95
195 Miles, A 6/95
175 Troung, T 6/95
150 Waechsmann J 5/95

150 Walvoord, G 6/95
140 Cauthan, C 2/95
110 Carey, J 10/94
85 Simpson, M 5/95

123 LBS SQUAT
380 Jackson 4/95
352 Wynn, M 7/95
335 Vang, K 3/95
330 Snyder, B 4/94
325 Pankonin, J 5/94
320 Houk, T 3/95
310 Bohn, P 3/95
303 Savard 4/95
280 Morrow, J 3/95
270 Siddons, J 11/94

259 Hoover, B 7/95
248 Keeran, K 6/95
236 Fumagalli, M 3/95
231 Scarabaggio, M 6/95
225 Verhalen, J 3/95
220 Zyzik, B 3/95
220 Maack, K 4/95
209 Hyder, C 4/95
190 Puyaleart, S 3/95
155 Brandon, G 5/95

132 LBS SQUAT
370 Schmidt, T 3/95
369 O'Connell, B 4/95
360 Walvoord, B 5/95
336 Arthur, M 4/95
330 Pfund, R 3/95
325 Bronson, T 3/95
315 Muich, E 12/94
305 Kahng, T 3/95
303 Oliveira, J 3/95
303 Lombardi, C 3/95

303 Thomason, J 4/95
300 Ricker, M 3/95
310 Safford, M 5/95
297 Potter, T 7/95
292 Steinberg, M 6/95
285 Xiong, P 3/95
281 Lyon, J 4/95
280 Rausch, J 3/95
275 Enckhorn, R 3/95
275 Pazurek, P 3/95

148 LBS SQUAT
520 Jackson, J 5/95
479 Taylor, D 7/95
462 Zwiars, J 4/95
424 Geernaert, S 3/95
418 Salentine, B 4/95
415 Cecil, J 4/95
411 Martin, A 6/95
407 Llewellyn, S 7/95
405 Fite, C 12/94
405 Stuckey, J 7/95

400 Politino, C 2/95
396 Ballard, R 3/95
391 Koch, R 7/95
390 Schurman, J 5/95
390 Scheining, S 6/95
385 Jackson, W 5/95
380 Hutchins, B 10/94
380 McMillan, A 4/95
370 Albers, C 4/95
369 Much, E 4/95

114 LBS BENCHPRESS
280 Tran, V 2/95
215 Riddick, B 5/95
180 Cauthan, C 2/95
160 Nilo, R 3/95
150 Kinnard, A 3/95
150 Troung, T 6/95
125 Mejia, C 3/95
110 Maffei, G 3/95
105 Walvoord, G 6/95
100 Carey, J 10/94

95 Miles, A 6/95
90 Simpson, M 5/95
85 Waechsmann, J 6/95

123 LBS BENCHPRESS
253 Jackson, 4/95
195 Morrow, J 3/95
190 Bohn, P 3/95
181 Wynn, M 7/95
170 Hoover, B 7/95
160 Vang, K 3/95
159 Hyder, C 4/95
159 Scarabaggio, M 6/95
155 Verhalen, J 3/95
130 Zyzik, B 3/95

132 Maack, K 4/95
126 Savard 4/95
125 Siddons, J 11/94
121 Keeran, K 6/95
120 Houk, T 3/95
120 Brandon, G 5/95
99 Fumagalli, M 3/95

132 LBS BENCHPRESS
280 Roy, J 3/95
245 Potter, T 11/94
225 Arthur, M 4/95
209 Steinberg, M 6/95
200 Muich, E 12/94
200 Rausch, J 3/95
200 Schmidt, T 3/95
190 Pfund, R 3/95
190 Xiong, P 3/95
190 Kahng, T 3/95

187 Walvoord, B 4/95
185 Enckhorn, R 3/95
185 Jacques, M 3/95
181 Nguyen 4/95
181 O'Connell, B 4/95
180 Ricker, M 3/95
170 Martineau, K 4/95
170 Thomason, J 4/95
170 Browning, B 5/95
165 Semrow, C 3/95

148 LBS BENCHPRESS
500 Jackson, J 5/95
276 Martin, A 6/95
275 Salentine, B 4/95
275 Politino, C 7/95
270 Zwiars, J 3/95
264 Geernaert, S 3/95
259 Taylor, D 6/95
255 Jackson, W 5/95
253 Koch, R 7/95
245 Fischer, T 1/95

242 Llewellyn, S 7/95
242 Conklin, L 7/95
235 Mangin, D 3/95
231 Campbell, R 3/95
230 Schurman, J 5/95
225 Albers, C 6/95
225 Stuckey, J 7/95
214 Muich, E 4/95
210 Cecil, J 4/95
209 Pasiakos, G 3/95

114 LBS DEADLIFT
340 Nilo, R 3/95
315 Riddick, B 5/95
285 Mejia, C 3/95
275 Troung, T 6/95
242 Maffei, G 3/95
240 Cauthan, C 2/95
230 Kinnard, A 3/95
225 Miles, A 6/95
210 Walvoord, G 6/95
185 Waechsmann, J 5/95

135 Simpson, M 5/95

123 LBS DEADLIFT
380 Houk, T 3/95
375 Vang, K 3/95
375 Bohn, P 3/95
369 Jackson 4/95
369 Wynn, M 7/95
320 Verhalen, J 3/95
300 Morrow, J 3/95
297 Maack, K 4/95
297 Scarabaggio, M 6/95
292 Savard 4/95

292 Hoover, B 7/95
285 Siddons, J 11/94
280 Zyzik, B 3/95
270 Hyder, C 4/95
265 Puyaleart, S 3/95
253 Fumagalli, M 3/95
235 Brandon, G 5/95
231 Keeran, K 6/95

132 LBS DEADLIFT
440 Drake, J 8/94
396 Arthur, M 4/95
395 Enckhorn, R 3/95
380 O'Connell, B 4/95
375 Xiong, P 3/95
375 Walvoord, B 5/95
355 Kahng, T 3/95
355 Bronson, T 3/95
350 Roy, J 3/95
341 Mills, J 4/95

340 Muich, E 12/94
340 Pfund, R 3/95
340 Ricker, M 3/95
336 Potter, T 7/95
330 Saxton, J 3/95
325 Oliveira, J 3/95
325 Lombardi, C 3/95
325 Lyon, J 4/95
320 Rausch, J 3/95
320 Safford, M 5/95

148 LBS DEADLIFT
500 Jackson, J 5/95
485 Taylor, D 7/95
473 Salentine, B 4/95
473 Llewellyn, S 7/95
465 Scheining, S 6/95
460 Zwiars, J 3/95
457 Geernaert, S 3/95
424 Koch, R 7/95
242 Conklin, L 7/95
421 Martin, A 6/95

420 Jackson, W 5/95
418 Miller, M 4/95
415 Cecil, J 4/95
407 McMillan, A 4/95
405 Fite, C 12/95
405 Politino, C 2/95
405 Jesse, J 3/95
405 Westead, B 5/95
402 Much, E 4/95
402 Schurman, J 4/95

114 LBS TOTAL
1155 Tran, V 2/95
815 Riddick, B 5/95
750 Nilo, R 3/95
660 Mejia, C 3/95
620 Kinnard, A 3/95
600 Troung, T 6/95
573 Maffei, G 3/95
560 Cauthan, C 2/95
515 Miles, A 6/95
465 Walvoord, G 6/95

440 Waechsmann, J 5/95
310 Simpson, M 5/95

123 LBS TOTAL
1003 Jackson 4/95
903 Wynn, M 7/95
875 Bohn, P 3/95
870 Vang, K 3/95
775 Morrow, J 3/95
770 Houk, T 3/95
722 Hoover, B 7/95
700 Verhalen, J 3/95
694 Savard 4/95
688 Scarabaggio, M 6/95

685 Siddons, J 11/94
650 Maack, K 4/95
639 Hyder, C 4/95
630 Zyzik, B 3/95
600 Keeran, K 6/95
590 Puyaleart, S 3/95
589 Fumagalli, M 3/95
510 Brandon, G 5/95

132 LBS TOTAL
959 Arthur, M 4/95
931 O'Connell, B 4/95
920 Walvoord, B 5/95
885 Schmidt, T 3/95
885 Roy, J 3/95
876 Potter, T 7/95
860 Pfund, R 3/95
855 Muich, E 12/94
855 Enckhorn, R 3/95
850 Roy, J 3/95

850 Xiong, P 3/95
850 Kahng, T 3/95
825 Bronson, T 3/95
820 Ricker, M 3/95
815 Steinberg, M 6/95
800 Rausch, J 3/95
795 Safford, M 5/95
793 Oliveira, J 3/95
793 Thomason, J 4/95
788 Mills, J 4/95

148 LBS TOTAL
1320 Jackson, J 5/95
1218 Taylor, D 7/95
1190 Zwiars, J 3/95
1168 Salentine, B 4/95
1146 Geernaert, S 3/95
1124 Llewellyn, S 7/95
1108 Martin, A 6/95
1069 Koch, R 7/95
1060 Jackson, W 5/95
1055 Scheining, S 6/95

1047 Drake, J 10/94
1040 Cecil, J 4/95
1036 Conklin, L 7/95
1035 Politino, C 2/95
1030 Stuckey, J 7/95
1020 Schurman, J 5/95
1000 Fite, C 12/94
975 Muich, E 4/95
970 Ballard, R 3/95
970 Albers, C 4/95

165 LBS SQUAT
622 Turner, C 7/95
575 Harger, B 2/95
556 Johns, C 7/95
534 Owen, S 1/95
523 Thomas, E 7/95
501 Rhen, J 7/95
496 Wolter, J 7/95
496 Walter, J 6/95
490 Lungsford, R 3/95
485 Walters, J 3/95

479 Butchar, J 7/95
475 Bohne, C 3/95
473 Waters, J 4/95
451 Rhodes, C 7/95
445 Lofgren, A 5/95
435 Harrison, TJ 4/95
429 Polson, B 4/95
429 Smyth, C 6/95
425 Nesset, J 3/95
424 Decker, J 7/95

181 LBS SQUAT
600 Baumgart, J 7/95
584 Francese, S 7/95
525 Dhein, J 3/95
505 Titel, L 3/95
501 Zsido, R 7/95
500 Servant, B 11/94
496 Richardson, K 7/95
490 McClaren, J 3/95
485 Rhodes, C 1/95
480 Kabat, H 3/95

479 Steiner, E 7/95
465 Verboomen, J 3/95
460 Butler, D 5/95
451 Alvarado, C 1/95
450 Guernier, S 12/94
450 Crumrine, T 5/95
445 Sparhawk, M 3/95
440 Beshore, G 12/94
430 Searcy, B 11/94

198 LBS SQUAT
633 Balis, M 7/95
585 Weseman, K 6/95
584 Mann, S 7/95
551 Avilla, K 3/95
540 Gagliardi, T 3/95
540 Follansbee, D 7/95
534 Searles, R 7/95
529 Kenny, C 7/95
523 Smalls, F 7/95
515 Marso, G 3/95

505 Ward, D 11/94
501 Myhre, R 4/95
501 Rivano, A 7/95
500 Kosene, A 4/95
490 Day, G 12/94
490 Kielblack, K 3/95
485 Eaves, A 7/95
485 Searcy, B 7/95
473 Bara, L 8/94
460 Cross, J 4/95

220 LBS SQUAT
622 Coulter, M
611 Cahill, J 7/95
606 O'Donnell, M 4/95
584 Davenport, C 7/95
560 Searles, R 3/95
550 Wellard, K 6/95
540 Meier, M 1/95
530 Domyancic, M 12/94
515 Cooper, S 3/95
512 Rolli, M 3/95

507 Altschuler, A 7/95
507 Koo, E 8/95
500 Laliberte, M 4/95
490 Iacono, A 3/95
490 Ricker, S 3/95
490 Medas, C 7/95
479 Martinez, D 3/95
470 Cardoza, B 3/95
470 Bohn, D 3/95
468 Medas, C 3/95

165 LB BENCHPRESS
374 Turner, C 7/95
347 Rhen, J 7/95
341 John, C 7/95
336 Wolter, J 7/95
330 Butchar, J 7/95
315 Lungsford, R 3/95
314 Waters, J 4/95
308 Walter, J 7/95
300 Monfredi, J 10/94
286 Lentini, J 1/95

280 Jantszen, D 3/95
275 Horr, C 4/95
275 Lamneck, S 4/95
275 Foran, S 4/95
275 Martin, A 7/95
270 Harger, B 2/95
270 Baker, D 4/95
270 Thomas, E 7/95
264 Cox, J 4/95
264 Decker, J 7/95

181 LBS BENCHPRESS
391 Baumgart, J 7/95
363 Francese, S 7/95
345 Crumrine, T 5/95
320 Guernier, S 12/94
319 Zsido, R 7/95
300 Servant, B 11/94
300 McClaren, J 3/95
297 Beshore, G 12/94
297 Montalbano, A 4/95
292 Dhein, J 7/95

290 Searcy, B 11/94
290 DeQuick, G 3/95
290 Hanson, K 3/95
286 Alvarado, C 1/95
286 Richardson, K 7/95
285 Leaver, Z 3/95
281 Mohr, R 4/95
280 Soucy, S 4/95
275 Lutz, H 11/94
275 Butler, D 3/95

198 LBS BENCHPRESS
435 Wilson, P 4/95
413 Cavanaugh, S 1/95
402 Balis, M 7/95
402 Rivano, A 7/95
380 Smalls, F 7/95
370 Weseman, K 6/95
358 Searles, R 7/95
347 Mann, S 7/95
340 Schaeffer, C 2/95
340 Marso, G 3/95

335 Malphrus, K 2/95
330 Fillion, F 3/95
325 Gurley, C 6/95
320 Ward, D 11/94
319 Eaves, A 7/95
305 Gessert, D 3/95
300 Cross, J 4/95
300 Wilson, A 5/95
297 Avilla, K 7/95
295 Buss, R 3/95

220 LB BENCHPRESS
462 Coulter, M 7/95
402 Davenport, C 7/95
374 Cahill, J 7/95
370 Searles, R 3/95
358 Clark, T 4/95
358 Bulmer, B 3/95
350 Meier, M 4/95
341 O'Donnell, M 4/95
341 Debernardo, G 6/95
330 Laliberte, M 4/95

330 Altschuler, A 7/95
320 Cooper, S 3/95
320 Wellard, K 6/95
305 Wallace, W 2/95
305 Cardoza, B 3/95
303 Praudt, R 3/95
303 Koo, E 7/95
295 Verstagen, S 3/95
285 Webb, C 12/94
285 Domyancic, M 12/94

165 LBS DEADLIFT
622 Turner, C 7/95
578 Thomas, E 7/95
562 Butchar, J 7/95
531 Owen, S 1/95
521 John, C 7/95
529 Waters, J 4/95
507 Walters, J 6/95
505 Bohne, C 3/95
490 Rhen, J 7/95
485 Zak, J 3/95

483 Collins, M 3/95
473 Smyth, C 6/95
468 Wolter, J 7/95
465 Harger, B 2/95
465 Nesset, J 3/95
455 Lungsford, R 3/95
451 Lentini, J 1/95
451 Napolitano, J 7/95
450 Farmer, B 7/95
451 Unterreiner, D 4/95

181 LBS DEADLIFT
565 Titel, L 3/95
551 Baumgart, J 7/95
551 Francese, S 7/95
550 Lutz, H 11/94
550 Kabat, H 3/95
520 Laatsch, S 3/95
501 Steiner, E 7/95
500 Guernier, S 12/94
496 Zsido, R 7/95
495 DeQuick, G 3/95

490 Bassett, C 1/95
485 Alvarado, C 1/95
485 Dhein, J 3/95
475 Leaver, Z 3/95
475 Stills, R 3/95
475 Crumrine, T 5/95
473 Beshore, G 11/94
470 Sparhawk, M 3/95
470 Servant, B 11/94
470 Kohl, P 3/95

198 LBS DEADLIFT
633 Balis, M 8/95
556 Kenny, C 7/95
550 Cross, J 4/95
550 Cosene, A 4/95
540 Mann, S 7/95
540 Rivano, A 7/95
534 Myhre, R 4/95
534 Smalls, F 7/95
534 Searles, R 7/95
525 Wilson, P 4/95

523 Follansbee, D 7/95
520 Ward, D 11/94
515 Malphrus, J 2/95
512 Day, G 12/94
507 Gagliardi, T 3/95
505 Weseman, K 6/95
501 Koo, E 3/95
501 Soliman, D 4/95
500 Dixon, D 5/95
496 Avilla, K 7/95

220 LBS DEADLIFT
644 Cahill, J 7/95
633 Clark, T 4/95
611 Coulter, M 7/95
600 Domyancic, M 12/94
584 Davenport, C 7/95
575 Thumser, M 5/95
567 O'Donnell, M 4/95
551 Koo, E 8/95
550 Searles, R 3/95
535 Meier, M 5/95

518 Altschuler, A 7/95
515 Iacono, A 3/95
515 Mueller, B 3/95
505 Verstagen, S 3/95
500 Wallace, W 2/95
485 Bohn, D 3/95
485 Dodge, J 3/95
485 Kuntson, B 3/95
475 Kelley, D 7/95
480 Laliberte, M 4/95

165 LBS TOTAL
1620 Turner, C 7/95
1449 John, C 7/95
1372 Thomas, E 7/95
1372 Butchar, J 7/95
1339 Rhen, J 7/95
1311 Owen, S 1/95
1311 Walters, J 6/95
1310 Harger, B 2/95
1300 Wolter, J 7/95
1260 Lungsford, R 3/95

1235 Bohne, C 3/95
1146 Smyth, C 6/95
1135 Decker, J 7/95
1125 Nesset, J 3/95
1115 Harrison, TJ 4/95
1110 Horr, C 4/95
1102 Lofgren, A 7/95
1085 Lentini, J 1/95
1085 Rhodes, C 7/95
1075 Conti, S 7/95

181 LBS TOTAL
1543 Baumgart, J 7/95
1499 Francese, S 7/95
1345 Lutz, H 11/94
1340 Titel, L 3/95
1317 Zsido, R 7/95
1285 Dhein, J 3/95
1270 Guernier, S 12/94
1270 Servant, B 11/94
1270 Kabat, H 3/95
1270 Crumrine, T 5/95

1235 McClaren, J 3/95
1229 Steiner, E 7/95
1223 Alvarado, C 1/95
1223 Richardson, K 7/95
1210 Beshore, G 12/94
1195 DeQuick, G 3/95
1190 Leaver, Z 3/95
1190 Butler, D 3/95
1165 Laatsch, S 3/95
1160 Sparhawk, M 3/95

198 LBS TOTAL
1664 Balis, M 7/95
1471 Mann, S 7/95
1460 Weseman, K 6/95
1444 Rivano, A 7/95
1438 Smalls, F 7/95
1427 Searles, R 7/95
1355 Kenny, C 7/95
1345 Ward, D 11/94
1345 Wilson, P 4/95
1339 Follansbee, D 7/95

1335 Marson, G 3/95
1322 Gagliardi, T 3/95
1320 Cosene, A 4/95
1317 Avilla, K 7/95
1311 Myhre, R 4/95
1310 Cross, J 4/95
1295 Day, G 12/94
1262 Fillion, F 3/95
1245 Eaves, A 7/95
1215 Malphrus, J 2/95

220 LBS TOTAL
1697 Coulter, M 7/95
1631 Cahill, J 7/95
1570 Davenport, C 7/95
1515 O'Donnell, M 4/95
1480 Searles, R 3/95
1449 Clark, T 4/95
1425 Meier, M 4/95
1415 Domyancic, M 12/94
1355 Altschuler, A 7/95
1325 Wellard, K 6/95

1310 Cooper, S 3/95
1310 Laliberte, M 4/95
1295 Koo, E 8/95
1235 Verstagen, S 3/95
1260 Iacono, A 3/95
1256 Debernardo, G 6/95
1245 Ricker, S 3/95
1245 Cardoza, B 3/95
1235 Wallace, W 2/95
1179 Martinez, D 3/95



Gatorade "Life Is A Sport; Drink It Up."

Search Finds Local Power Lifting, Champ, Helps Achieve Dream

CHICAGO-August 8, 1995 - Matthew Balis, two-time U.S. Junior Powerlifting Champion, will compete in the 1995 WDFPF Junior World Championships in Horsham, England, August 19, thanks to the Gatorade "Life Is A Sport. Drink It Up." Search. He hopes to achieve a life-long dream by winning the championship. As a Junior competitor, Balis has been a National Champ in three weight classes and at age 19 set World Records while competing in the WDFPF North American Championships, with a Squat of 633; Bench Press - 407; Deadlift - 578; and a total of 1618 at the body weight of 242 lbs. "I'm 23 and this is my last chance at the Junior Worlds," said Balis. "Last year I made the World Team, but was unable to go to the finals because of financial reasons. After this, I want to win the Collegiate Nationals next March and then win the Men's National and Open World Championships in '96".

This determined college student attributes his success to remaining drug-free, understanding nutrition and knowing how his body works, as well as, his intense training regimen. "In this sport, many competitors take drugs, but I am a life-long, drug free power lifter and I believe that success in sports and in life comes from determination, mental discipline and hard work," he said. "My experience with power lifting has taught me values that I'll use for the rest of my life."

Balis is an outstanding young person who throughout his life has been determined to succeed. While training to win the National Championship title, he worked his way through college and is scheduled to graduate from Northern Illinois University this fall with a degree in Health Sciences and Physical Education. He also is a graduate of Lane Technical High School in Chicago.

After college graduation, Balis hopes to become a coach and athletic trainer at the high school level. He also aspires to become the head strength coach at the collegiate level. "Being a drug-free power lifter allows me to practice what I preach, which is important when dealing with young people," said Balis. "Most kids want the short cut, but I want to teach them achievement by knowing their bodies and proper training, which is the key to any athletic achievement."

"We're pleased to help an outstanding young person like Matt reach for his goals," said Sue Wellington, Vice President, Marketing, The Gatorade Company. "Matt is very focused on his goals and has made tremendous achievements in powerlifting. The goal of the Gatorade "Life Is A Sport. Drink It Up." search is to find and recognize individuals who exemplify the meaning of "Life Is A Sport. Drink It Up".



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"How to Use Your Suit"

In this day and age most lifters have either used or are familiar with supportive squat suits. However, the question most often asked of me is, "How do I know if I've got the right fit?" There is no one set answer, but with a little education you can begin to learn what best meets your needs.

First of all, we have to examine the mechanics behind how a suit works. The principle is the same as the one behind the rubber band. Just as in a rubber band, a suit stores energy as it is forced into the seated or "squat" position of the lift. Imagine hooking a rubber band on a doorknob, pulling it down and then releasing it. Just as in the rubber band example the suit will shoot you back up to the top. However, just as in the rubber band example there are variables that determine how MUCH energy can be stored and returned. In the case of the rubber band, size is a major factor as well as how far down you pull it. Likewise in a suit, the size is a major variable as well as how much weight you use and how deep you squat.

The most common mistake made by new lifters is assuming that a suit is not the right size simply because they can't get down to below parallel. If you can work a finger under the leg of the suit and the straps don't have you hunched over, the fit is fine. What you need is more weight to get down. Whatever extra amount of weight you have to add to the bar to get to legal depth is the amount of weight you'll improve your squat by. This is a leap of faith but trust me on this one. You shouldn't be able to easily make depth with a suit on. A suit is designed for MAXIMUM attempts. That is, it's designed to give protective support plus add to the amount that can be lifted. They are not designed to enhance the handling of average weights, the key here is MAXIMUM attempts.

When it comes to fit, the general rule of thumb is, the tighter the fit the more support you'll get. While generally speaking this is true there are other considerations that have to be taken into account. For example, if a suit leg is too small to the point of cutting off circulation, the lifter could be in danger of serious injury. Why? Well, the human body is a living organism that is dependent on blood supply to remain alive and healthy. Cut circulation off to a major group such as the quads and the efficiency, strength and overall health of the muscle can be endangered. Ever cut off circulation to your foot by crossing your legs for too long? Remember that tingling, numb feeling you get? That condition is definitely not conducive to running a 100 yard dash! The same goes for suits.

How should you wear a suit? Let's divide lifters into 2 groups, heavy and light. For illustrative purposes I'll classify everyone over 220 lbs as heavy and everyone under as light. Experience and our own research has shown that, on the average, lighter classes can and do use a tighter suit (proportionately) than heavier classes. As a matter of fact, our tests have shown that the majority of heavies who try to use suits as tight as the lighter classes usually meet with negative results. Why? Consider this: the more mass that is put on a frame (especially lean muscle mass) the more leverage that body will benefit from. With more mass it is easier to maintain ideal squat form. The less mass on a body the more the body will strain to maintain proper form and the

greater the possibility that less than optimal form will have to be used to move the weight. For example, consider 2 lifters at 275 lbs body weight. Keeping all other variables equal, if one lifter is 6'3" (hard muscle) and the other is 5'8" (hard muscle) the shorter lifter will have the greater benefit of leverage as well as center of gravity and most likely be the better squatter. Because it is a more natural movement for the more massive lifter (shorter stroke), too tight a suit can often throw them out of the groove. That's why you'll often see larger lifters using a relatively looser suit than lighter lifters. As for lighter lifters they oftentimes don't have the leverage and center of gravity advantages of the heavier classes. That's where tighter suits make up the difference. What nature doesn't give, technology makes up for.

A critical area that often perplexes lifters is how tight a suit should be. Here are some general rules of thumb. If you have natural leverages and your squat form is very good without any gear then you'll probably benefit from a mid to tight fit on the hips and legs. Tight straps could be a pitfall however. Too much tightness in this area could easily kick you out of the groove. Now, if you don't have natural leverages and you're like the majority of lifters then you'll have to use your gear to the fullest extent possible to make up for any shortcomings. If you tend to use your back when you're in trouble or if you use a lot of back all of the time, then a tighter fit through the hips and legs could be a big help. A very tight fit in the hips and legs can make a tremendous difference. The key here is to make sure the straps are tight, but not TOO tight. How can you tell? You should need a partner to put them up, but you should be able to stand up straight, not hunched over. And you should be able to maintain an arch in your back as you squat.

Keep in mind that the above advice is general. There are always exceptions to the rules. However, regardless of how tight you wear your suit these basic principles will always apply:

- 1-Never cut off circulation to your quads
- 2-Make sure your straps do not hunch you over and
- 3-Be sure that you can maintain an arch in your back as you squat, that is chest up, butt out.

One last piece of advice. Don't just go out and ask for the tightest fit a lifter of your size has ever gotten into. Odds are you won't be able to get into it. If you decide to try the road to tighter fits remember that you have to slowly work into them for 2 reasons:

- 1-If you've never worn a tight suit before, you'll need to learn HOW to get them on and adjust to the discomfort level and
- 2-You'll need to learn HOW to squat with your tighter fit. Tighter fits will always affect your groove sometimes in subtle, other times in significant, ways.

Until next time. Train hard and train drug free.

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SHORT SUBJECTS & NOTICES**++ STATE CHAIRS ++**

Annual Reimbursement: On November 1st, all of the state chair reimbursements will be calculated for payment. The required actions that must have been met within the last year are: Held a three-lift meet (preferably a state championship), have a current membership, maintain and submitted state records for the year covering teens, open and master (male and female). The records, once updated for this membership year should be sent to the Secretary/Treasurer Office. No reimbursement payments will be made until these records are in.

++ OFFICE HOURS ++

ADFPA PRESIDENT AND NATIONAL OFFICE: Michael Overdeer would like all of you to know the hours that he is available to directly answer your personal calls on matters that pertain to his office. The telephone is manned from 9 AM to 9 PM on Monday-Wednesday-Friday, on Tuesday and Thursday the hours are 9 AM to 5 PM. The dedicated FAX is open all the time.

For administrative questions regarding the submission of meet data, level of lifting records or membership cards, the caller should address their questions to Ned or Mary Cramer in the Secretary/Treasurer Office. Their FAX is also dedicated and open all the time. Whenever possible, it is easier to work from a FAX when something has to be looked up and then a call will be returned.

Never forget your State Chair, these dedicated people are your closest official and in most cases very helpful.

++ MEET ADMINISTRATION ++

PAPER FLOW: President Overdeer has made some minor changes in the routing of documentation in regards to powerlifting meets. All meet sanction request when signed by the respective State Chair will be forwarded to the National Office. The Approval Sanction will be sent back to the individual meet director with copies to the supporting State Chair and the Secretary/Treasurer Office. The mailout labels, meet packets, urine kits and other supporting materials will be sent from the Sec/Treas Ofc. Likewise, when the meet is complete ALL of the documentation will be sent to the Secretary/Treasurer so that a faster meet reimbursement can be prepared and paid to the meet director. Questions should be addressed to the appropriate office.

++ CLUB/TEAM PRESIDENTS ++

CLUB REGISTRATION: In order to have a team compete for a trophy, it must be registered annually with the ADFPA. When a team is re-registered at the beginning of the membership year, November 1, the registration is then valid until the following December 31st and it gives time for the team name to be placed upon the members cards. Consider registering your teams early and get the Team name on the cards.

++ Rule Clarification ++

DEADLIFT: Item 7 of Causes for disqualification is straightforward enough but lacks clarity on what constitutes "control". As we know, referees tend to apply their own interpretation of this term, either with too much permissiveness which frequently results in damage to either (or both) the bar or the platform or to excessive strictness (the noise factor) which

frustrates the competitors. Until an adequate (and enforceable) description of "control" is forthcoming, I recommend that the following be added to Item 6 - "Rules of Performance" on page 22 of the current rule book as it reads:

6. Lifters must maintain their balance during the downward portion of the lift and lower the bar by such a method that it does not bounce on the platform. Any intentional dropping or dumping of the bar would result in disqualification of the lift.

As I point out during my clinics, the rule for disqualification of the lifter as outlined on page 29, item N, could be applied in cases of extreme non-compliance following the required prior warning by the Chief Referee. Destruction of the bar and/or the platform certainly does discredit the sport and could result in loss of the venue for the future. (Don Haley Chair, Referee Committee)

SHARE AN IDEA

This past July, I was honored to be elected to the ADFPA Executive Committee. During the next two years I will work hard to ensure that our organization moves forward with the type of policy that reflects the ideals of the drug free lifter.

I have heard from several of you during this past month that our drug testing policies need to be improved and clarified. I will send a list of recommendations to the Drug Testing Committee shortly. You also mentioned we need to define ways to attract more new meet directors, referees and young lifters to our sport. Without new blood, our numbers will diminish to the point of ineffectivity. I will work to encourage new leadership at all levels of the organization as they will eventually take our places.

This newly elected Executive Committee, which I am one of nine individuals, will work together as a team and look to the future for answers while not forgetting our history, which made the ADFPA the premier powerlifting organization in this country. As we go through the next two years, I want to assure that I will make myself available to hear your concerns. You may write me, talk to me at the meets or give me a call at any reasonable hour. I am here to listen to your concerns. Dennis Green, PO Box 147, New Market, MN 55054-0147.

ATTN: NEW DATE**EASTERN STATES/MASS
STATE PL/BP****DECEMBER 2-3, 1995****Men: Open, Teen, Jr, Master, Submaster,
Grandmaster****Women: Open, Teen, Master****Contact: Greg Kostas****PO Box 483****Whitman, MA 02382****617-447-6714 between 8-10 PM**

"WORLD" NORTH AMERICAN**World Records are Waiting to be Broken**

WE HAVE SOME EXCITING NEWS!!

For the first time since 1992 lifters from the USA and Canada will have the opportunity to break some world records without having to qualify at a National Competition!

On January 20 and 21, 1996, Bob Gaynor will host the W.D.F.P.F. North American Powerlifting, Bench Press and World Record Breaker's Meet in Wilkes-Barre, PA. Of Course, American and North American Meet records can also be broken at this meet. This is a great chance for all of us to set up our training schedules so we could take advantage of this rare opportunity.

Since this is a World competition, please keep in mind that no bench or support shirts of any kind will be allowed and the signal when bench pressing will be a hand clap rather than a "PRESS" signal.

Drug Testing Will be done by urine screen such as those used by the International Olympic Committee which tests for a broad spectrum, as well as, Steroids.

The deadline for entries to this fantastic event is January 12, 1996, and is limited to **65** entries per day, so be sure to send for an application as soon as possible to Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 Tele: 717-823-6994 {days} or 717-474-6111 {nights}.

The competition at this contest will be great! Let's bring down those records! We work hard and we deserve it, so let's **DO IT!**

As a special NOTE: Anyone interested in taking their National or International Referee test and performance exams should start their preparations now. Contact your state Chair, fill out the resume' and if you need either an ADFPA or World Rulebook contact the Secretary/Treasurer Office 413-256-8177. Good Luck.

FLORIDA STATE (cont from page 7) photos for the paper she works for. These people are all like family. Marion James and her family, they work the door, sell t-shirts and drinks and help clean up. The youngest son, 13 years old also spotted all day Saturday. Stanley, for spotting, Stacy Arthurs for the score table, and her husband Dave also loaded on Saturday, but did not tell me that he wasn't lifting on Sunday or he would not have gotten a break. My Referees: Rick Vaillancourt is like a brother to me, has been for years. Ken Snell, Steve Soukup, Carl Trevorah, Mitch Halbrook, Stacy Arthurs, Helen Watkins, and a surprise visit from Bob Levy of Indiana. My Wife Ellen who is taking over the title of "Red Light Ellen" from Rick V. These are the people who keep me and Ellen keep pushing in lieu of all the negative things, as I have been thinking of stopping all of my involvement in the sport, but the next meet is just around the corner and our state meet next year will be here before we know it. I only wish I could get to lift. Oh well, I used to. We will be holding a Bench and Deadlift meet at this location in late November or early December so watch for the date. We love you all. Tom and Ellen Trevorah.

WDFPF/ADFPA**NORTH
AMERICAN****JANUARY 20-21, 1996****WILKES BARRE, PA****"OPPORTUNITY FOR
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Certificates to document your placement on the ADFPA TOP 20 LIFER LIST. Include a photo-copy of the listing highlighting your name & placement.

The cost is \$5.00 per certificate. Send orders to the
ADFPA Secretary/Treasurer

29 S Orchard Drive, Amherst, MA 01002-3038

ADFPA STATE REFEREE PATCHES:

An organizational patch indicating the ranking of STATE REFEREE is now available for \$5.00. All new State Referees after March 1, 1995 will be awarded this patch without cost.

***ADFPA CLASSIFICATION PATCHES:**

Class I, International Elite, Class II, Elite, Class III, Master, Class IV: The cost is \$5.00 per patch. Include a photocopy of the meet results or published ranking.

World Drug Free Powerlifting Federation NORTH AMERICAN RECORD <small>after 1995 Championship</small>					
WT	SQUAT	BENCH	DEAD	TOTAL	CLASS
WOMEN					
97	OPEN				
104	275.50	137.75	303.00	705.25	OPEN/M-51
111	220.25	110.00	297.50	628.25	OPEN
116	248.00	154.25	275.50	677.75	OPEN/M-45
129	319.50	155.42	347.00	821.00	OPEN/M-43
139	292.00	170.75	369.25	832.00	TEENAGE-18
154	OPEN				
176	300.50	159.50	352.50	843.25	OPEN
	308.50	126.75	319.50	755.00	TEENAGE-19
UNL	446.25	286.75	407.00	1135.25	OPEN/M-43

W.D.F.P.F. NEWS UPDATE

Time to register for The 1995 Bench Press WORLD CHAMPIONSHIP: October 21 & 22nd. For entry form and meet information, call Michael Cissell 314-625-1225 or send a FAX: Attn Edward Jones 314-281-8030. Remember SUPPORTIVE BENCH SHIRTS are NOT permitted and the bench signal is the clapping of hands.

INTERNATIONAL REFEREES: If you are available for the World BP Championships, please let us know.

ATTENTION MEET DIRECTORS: ADFPA members who wish to prepare BIDS for any of the 1996 and/or 1997 WDFPF Championships, should send their bids with specific dates as soon as possible. The WDFPF will accept bids at 1:30PM on Friday, October 27th during the 1995 WDFPF Meeting. The meets available for 1996 and 1997 are:

North American Championships

Masters', Teenage, & Juniors World Championships (July/August)

Bench Press World Championships

Open World Championship (late October/early November)

WDFPF RECORDS: Our World Records package has been updated with the results of the 1995 Teenage, Juniors & Masters World Championships and the North American Records. For a copy of the complete records package send \$1.50 worth of stamps with your request to the address given below. For records of only 1 weight class, send your request with a stamped, self-addressed business sized envelope to:

Judith M Gedney
Brophy Hall
Western Illinois University
Macomb, IL 61455

WDFPF OPEN WORLD
CHAMPIONSHIPS: October 28 & 29 in
Sussex, England.

MEN					
114	303.00	192.75	440.75	936.75	OPEN
	225.75	121.25	275.50	622.75	TEENAGE-14
123	363.75	292.00	507.00	1096.75	OPEN
	363.75	292.00	440.75	1096.75	MASTER-40
	314.00	181.75	358.00	854.25	TEENAGE-17
132	308.50	286.50	330.50	810.00	OPEN/M-40
	363.75	192.75	407.00	964.50	TEENAGE-15
148	540.00	352.50	562.00	1361.25	OPEN
	440.75	231.25	424.25	1085.75	MASTER-50
	319.50	220.25	440.75	964.50	TEENAGE-18
165	501.50	275.50	584.00	1355.75	OPEN
	286.50	275.50	352.50	914.75	MASTER-41
	440.75	264.50	534.50	1240.00	MASTER-54
181	573.00	308.50	573.00	1432.75	OPEN/T-18
	446.25	385.75	501.50	1190.25	MASTER-40
	457.25	283.29	551.00	1289.50	MASTER-55
	297.50	209.25	330.50	843.25	MASTER-61
198	600.75	385.75	600.75	1587.25	OPEN/M-50
	341.50	248.00	402.25	992.00	MASTER-71
	407.00	264.50	451.75	1124.25	TEENAGE-17
220	683.25	485.00	744.00	1829.75	OPEN
	501.50	253.50	501.50	1256.50	TEENAGE-17
242	666.75	485.00	710.75	1824.25	OPEN
	628.25	385.75	617.25	1631.25	MASTER-40
	551.00	429.00	562.00	1543.00	MASTER-48
	633.75	402.25	578.50	1614.75	TEENAGE-19
275	661.25	440.75	595.00	1658.75	OPEN
	143.25	440.75	143.25	727.50	TEENAGE-19
319	OPEN				
UNL	650.25	440.75	584.00	1675.25	MASTER-42
	435.25	330.50	473.75	1173.75	MASTER-55

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1995-96 ADFPA National Meet Schedule

<p>OCTOBER 28, 1995 ADFPA Police/Firefighters National, Peter Gisondi, 21 Richbell Road, White Plains, NY 10605, 914-686-0727</p> <p>OCTOBER 29, 1995, ADFPA Bench Press National, Peter Gisondi, 21 Richbell Road, White Plains NY 10605, 914-686-0727</p> <p>NOVEMBER 11-12, 1995 ADFPA Masters National, Andrea Sortwell, 11360 W 84th Place, Arvada, CO, 80005, 303-425-7075</p> <p>NOVEMBER 18, 1995, ADFPA Squat National, Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707, 717-474-6111</p> <p>FEBRUARY 17-18, 1996 ADFPA Lifetime National, Ed or Frank King, 24748 Aurora Rd, Bedford Heights, OH 44146 216-439-5464</p>	<p>MARCH 9-10, 1996 ADFPA Military National, Johnny Graham, 1706 Shoe-maker Drive, Killeen TX 76543, 815-526-0779</p> <p>MARCH 23-24, 1996 ADFPA Collegiate National, Johnny Graham, 1706 Shoemaker Drive, Killeen TX 76543, 815-526-0779</p> <p>MARCH 30-31, 1996 ADFPA High School National, Dennis Brady, 5920 N Ridge, Chicago, IL 60660 312-561-9692</p> <p>APRIL 20-21, 1996 ADFPA Women's National, Bob Gaynor, 19 Sunrise Drive, Mountaintop PA 18707, 717-474-6111</p> <p>JUNE 15-16, 1996 ADFPA Men National, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225</p>	<p>JULY 13-14, 1996, MEN TEENAGE/JUNIOR NATIONAL, James Hart, PO Box 82264, Lincoln, NE 68501, 402-470-3672</p> <p>SEPTEMBER 21-22, 1996 ADFPA Bench Press National, Michael Cissell, 15 Lakeside Dr, Lake St Louis, MO 63367 314-625-1225</p> <p>NOVEMBER 2-3, 1996 ADFPA Police & Fire National, James Hart, PO Box 82264, Lincoln, NE 68501 402-470-3672</p> <p>NOVEMBER 17, 1996 ADFPA Squat National, Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111</p>
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