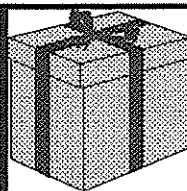


AMERICAN DRUG FREE POWERLIFTING NEWSLETTER



Volume 2 Issue 5

DECEMBER 1995

PRESIDENTIAL MESSAGE

Congratulations go out to our member lifters who recently represented the United States at the World Championships in England. They set many new World Records - more important is the example they set as America's Elite **Drug Free** strength athletes.

The Collegiate and Military Nationals are looking strong. The interest level indicates that the number of competitors will exceed that of 1995. Be sure to get your entries in early to secure your spot - and that of your Team.

The upcoming North American Championships is a World level meet that offers new record setting opportunities with the bonus that you don't have to qualify to enter. Competition is limited to 110 lifters, however, so again, get those entries in **early**.

We are very excited about the three military service academies meeting for their annual championship. The Air Force Academy will be the host for this years event. Each school is anticipating a team of about 20 lifters.

To those who responded to my call to sponsor more ADFPA events - I present a huge thank you. Check the events pages as the new meets are coming in. The members are moving ahead to sponsor these meets and everyone appreciates their efforts. We still have a great need, though, to bring competition to our grass roots members. There are still many areas of the country where ADFPA members are hungry to compete together. If you are still riding the fence about throwing a meet, call and check on the support and assistance we can provide you.

Our efforts to recruit new State Chairs in those areas where vacancies existed is moving along well:

+Utah is now headed by veteran lifter and coach Steve Sims. He has passed the referee test and has a meet scheduled.

+Collegiate stand out and World Champion Nicole Avey will take the helm for the ADFPA in Nevada. A meet is planned.

+Rich Wenner of Arizona has been promoted within his occupation, and will be replaced by World Champion and National Referee Betsy Ojanen.

+We have active candidates in Vermont and Delaware that are almost committed to the Chair position.

+Mr Larry Ditmars, Idaho Master lifter and referee is working with ADFPA members in the Montana and Wyoming prison systems to establish Chairs for those states.

+Michael Mooney, formerly very active in California and an International Referee candidate has moved with his employment to Oregon where he will now chair the ADFPA state organization. Mike is also serving as interim Chair for the Master's Committee.

+Whenever possible, lend your strengths to the efforts of these new ADFPA leaders.

High School Lifters! We are seeking to bring a structured competition format to your state. Please talk with your Strength Coaches to see if the ADFPA can offer support and assistance to their programs. You could help make something great happen.

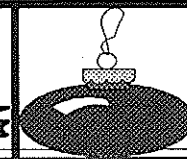
A Major part of the ADFPA foundation is a solid core of certified referees. These fine people make it possible to hold meets, set records, and teach others about the correct rules for powerlifting. We are working hard on streamlining the process for a member to make the step up to State level referee. This is a position of honor and responsibility that the ADFPA needs quality people to fill. In July, the National Governing Body voted to allow National Referee testing at State level championships with the approval of the President and the Chair of the Referee Committee. They recognized a need. I ask you to consider these positions for yourself and for the future of our sport. Your strengths, on and off the platform, can ensure the ADFPA's leadership in the powerlifting world.

I sincerely want to extend a Joyous Christmas and a bright New Year to All. I wish for you as prosperous a new lifting year as has been my reward being your President.

ADFP President Michael Overdeer



Merry Christmas



WDFPF OPEN WORLDS

October 28-29, 1995

HORSHAM, ENGLAND

LIFTER	SQUAT	BENCH	DEAD	TOTAL
WOMEN 97 LBS				
Grater, B USA	242.50	115.50	242.50	600.75
104 LBS				
Michaud, T USA	236.75	115.5	264.50	617.25
111 LBS				
Sullivan, S USA	242.50	143.25	275.50	661.25
116 LBS				
Davis, J USA	319.50	170.75	380.25	870.75
122 LBS				
Cane, D USA	303.00	148.75	330.50	738.50
139 LBS				
Demesse, D BEL	308.50	154.25	352.50	815.50
Hill, M ENG	264.50	132.25	286.50	683.25
154 LBS				
Trosper, C USA	347.00	181.75	424.25	964.50
Lynch, C ENG	308.50	165.25	319.50	793.50
176 LBS				
Williams, H ENG	440.75	198.25	451.75	1091.25
Belsito, LJ USA	424.25	192.75	446.25	1063.50
198 LBS				
Avey, N USA	435.25	165.25	402.25	1003.00
UNL LBS				
Regan, C USA	407.00m	253.50	418.75	m1080.00
Khojqueukold, L UA	363.75	192.75	418.75	975.50
MEN 114 LBS				
Jackson, W, USA	314.00	176.25	435.25	925.75
123 LBS				
Weiss, D USA	380.25	236.75	496.00	1113.25
Price, G ENG	363.75	203.75	396.75	964.50
132 LBS				
Olson, B USA	523.50	308.50	490.50	1322.75
Khan, B ENG	374.75	165.25	451.75	992.00
148 LBS				
Benemerito, J USA	534.50	319.50	589.50	1444.00
Swallow, T ENG	496.00	253.50	573.00	1322.75
Troullis, G CYP	440.75	259.00	573.00	1273.00
165 LBS				
Tonge, S ENG	496.00	292.00	534.50	1322.75
Lykov, N RUS	473.75	242.50	551.00	1267.50
Otiolangui, A ENG	496.00	248.00	485.00	1229.00
181 LBS				
Benemerito, R USA	661.25	358.00	744.00	1763.50
Cousins, J ENG	534.50	330.50	573.00	1438.50
Tsarev, V RUS	551.00	341.50	534.50	1427.25
Vanniekerk, E ENG	628.25	308.50	462.75	1399.75
Lane, M IRE	523.50	264.50	562.00	1350.25
198 LBS				
McAuliffe, J USA	650.25	457.25	600.75	1697.50
Jex, T ENG	584.00	352.50	666.75	1603.75
Foulser, C ENG	573.00	330.50	683.25	1587.25

Hall, J WAL	473.75	286.50	485.00	1245.50
Watis, M WAL	380.25	225.75	424.25	1030.50
220 LBS				
Morton, J USA	722.00	424.25	788.00	1934.50
Pilling, L WAL	683.25	374.75	661.25m	1719.50
Williams, M WAL	518.00	253.50	584.00	1355.75
242 LBS				
Beechy, S WAL	617.25	407.00	606.25	1631.25
Waites, P ENG	562.00	314.00	595.00	1471.50
Popp, R CAN	556.50	352.50	551.00	1460.50
Dekok, P CAN	562.00	374.75	518.00	1455.00
Tucker, T ENG	440.75	374.75	540.00	1355.75
275 LBS				
Leiato, A USA	777.00	507.00	716.25	2000.50
Sutton, P WAL	639.25	440.75	617.25	1697.50
319 LBS				
Moore, B USA	705.25	551.00	600.75	1857.25
UNL LBS				
Henry, M USA	953.25	518.00	865.25	2336.88
Kelly, L WAL	473.75	358.00	473.75	1306.00

BOLD= USA Lifters and World Record

UNDERLINE= American Record

m = World Masters Record

BEST LIFTERS:

WOMEN: JACQUELINE DAVIS, USA

MEN: RAY BENEMERITO, USA

The 1996 WDFPF Open Championship has not yet been awarded, but may very well be in the United States.

Happy Holiday

BROTHER BENNET AWARD

Annually an ADFPA outstanding service award is given to the person(s) that has demonstrated meritorious work for the organization. This award is named after the founder of the American Drug Free Powerlifting Association, Inc - the late Brother Bennet.

If you have some person to nominate for this award, statement of why you would person be awarded the Trophy. Send your Secretary/Treasurer before that you would like write a detailed like to see that Brother Bennet nomination to the the end of December 1995. Then, in the February Newsletter a ballot will be provided for each active member to vote on the awardee. The only stipulation is that a prior person can not receive the award twice.

The award will be presented at the ADFPA Men's National Championship and announced in the Newsletter thereafter.



NATIONAL MILITARY CHAIR

By the time you read this letter, I will have retired from the Army, with 20 years, 3 months, and 25 days since I first put on the uniform that would change the rest of my outlook on life. It has been a very wonderful 20 plus years, and I have seen a lot of changes in the Military and powerlifting community as well. I leave with mixed emotions, both good and bad, but I feel it is time to move on to bigger and better things. Even though I will be retiring from the Army, I will still be the Military Chair for this fine powerlifting organization. Actually it will give me more time to work on increasing the Military numbers in the ADFPA.

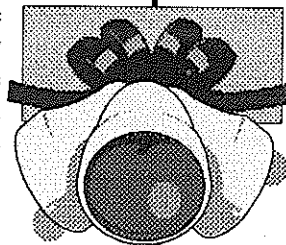
Enough about me. Now let us talk about the future of powerlifting in the Military. As most of you may know by now, the 1996 National Military Powerlifting/Benchpress Championships will be conducted on 9-10 March, at Fort Hood, TX. The 1995 Championships had 101 lifters, and we are expecting even more this year. By the time you read this newsletter, the invitations would have already been mailed out. If you have not received one, please feel free to call me. This upcoming contest will bring in some of, if not the best military powerlifters in the world. I am truly honored to be hosting this contest again here at the Mobile Armored Corps. Fort Hood is the largest Military installation in the free world, and with the support of the Commanding General, (who by the way was watching the 1995 Championships with amazement), and the CRD, Mr Micheal Dutcher, we will have a first class Championship. I am not just interested in the military lifters, but I also have a keen interest in the collegiate lifters also. With this in mind, I have taken on the honor of hosting the 1996 Collegiate Championships on 23-24 March. I decided to take on this challenge after watching the Collegiate Championships this past year at the U of Evansville. With all the Military Academys having a team, and the way the U of Texas was such a powerlifting force, I know that for the ADFPA to grow and bring in new faces, we must support these outstanding lifters. The people we see today in our Universities and Colleges are the next Leaders, Lawyers, CEO's, Doctor's and yes, General's of the future. (P.S., I had to throw that in). I just hope that I can display the type of professional work and effort that Jeff Sellers did during the 1995 Championships.

During the past few months, I have already received many, many phone calls in reference to the Military and Collegiate Championships, along with calls from other organizations about me hosting a Military Championships in their organization. I find it amazing that for so many years no one wanted to take the risk of hosting a Military Nationals until Joe and Cathy Marksteiner took the chance in 1993. I travelled from Texas to lift in the first ADFPA Military Nationals that was held in California, and there were only 17 lifters competing. But even with only 17 lifters, the spark was started and now the fire is at full force. To the other organizations, I respect your interest in the Military lifters, but as the old saying goes, "If it ain't broke, don't fix it", and as you can see, the ADFPA and Military Powerlifting ain't broke, so I don't see any need for a change. We are strong, and will continue to grow.

As of this time I have been in constant contact with some major corporations requesting sponsorship of a Military team in the Women and Men Nationals to be held in April and June. Women Military lifters, your Nationals will be held in Wilkes Barre, PA on 20-21 April, and the Men will be in St Louis, MO on 15-16 June. The meet directors are Bob and Geri Gaynor for the Women, and Mike Cissell for the Men. Over the past few years, I have had the honor to lift in many meets hosted by these meet directors, and I can assure you that they run first class, high quality meets. Hopefully, with enough nagging and letters and phone calls, I will be able to have good news for the winners regarding funding to these Championships. Remember, you must meet the qualifying totals to be selected for funding.

In closing, I'd just like to say to some of the great Military and Collegiate lifters like Bubba Stokes, Nathan Andrus, Leon Madkins, Heather Rose, Barbara Remley, James Smith, Paulette Calhoun, Bobby Bryant, Thomas Bonner, Linda Green, Ken Canzater, and all the many wonderful lifters who helped this organization grow, keep up the great lifting and "KEEP IT CLEAN".

/s/Johnny A Graham, MSG (Ret), US
ARMY, Military Chair



Editors Note: Johnny has been one of my favorite Champions for a long while and like the credit he has given other meet directors, he works at a high level to provide for the lifter. Johnny is one of the reasons the ADFPA is great and strong - a true leader.

BECKWITH LOSES CANCER BATTLE

What we knew would happen has happened. On August 18, 1995, Bill Beckwith, age 56 and an ADFPA Master Lifter and record holder, passed away after a three year battle with prostate cancer. He died at home in the presence of his wife Marianne, daughter Jillian, and several other family members. He could overcome the obstacles of lifting great weight but could not beat the cancer that showed its first signs in the Spring of 1992.

Bill was in his gym doing for him what was considered an easy squat warm up, 225 pounds. But when he went down with the weight and couldn't come up, an excruciating pain in his lower back felled him to the floor where he lay in pain unable to understand what had happened to him. A short time later he was diagnosed with terminal prostate cancer and given less than six months to live. Yet Bill was so strong, all of his other functions had to cease before his heart gave away. As a personal friend who has known Bill for almost 10 years I have felt that it was his strong love for his family that made him want to stay on when others were predicting that he only had months to live. He didn't want to leave them until he was ready.

Bill was a strong advocate of drug free lifting. His gym was known for that. Any lifter who walked into his gym and talked about steroid use was quickly ushered out and not invited back. His gym was a lifter's gym and a gym that people knew they could lift in without the intrusion of drugs. He was proud of his lifting accomplishments; his 23 American, World and State records, the many athletes he helped along the way, and the ADFPA contests that he promoted.

Bill had little insurance but he was able to leave the gym to Marianne. She is maintaining the gym in a manner that would make Bill proud. Before he died he established an education fund for his daughter Jillian who is eight. Friends of Bill who would like to contribute may do so by making a check payable to Immanuel - St James School, 338 N Division Ave., Grand Rapids, MI 49503. **REST IN PEACE**

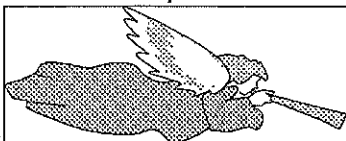
ADFFPA MEET RESULTS

KEYSTONE KLASSIC BENCH
SEP 10, 1995-DALLAS, PA
BOB GAYNOR

WOMEN 104

Arciuolo, V	60.0
116-DePasquale, J	37.5
129	
Fetterolf, K	87.5
Stout, L	30.0
154	
Encarnacion, T	65.0
Kennedy, P	62.5
MEN 123	
Altavilla, J	95.0
132 JUNIOR	
Lutkowski, J	105.0
Granko, B Jr	95.0
132 LIFETIME	
DeWees, M	92.5
148 TEEN 14/15	
McCracken, G	92.5
148 TEEN 16/17	
Gronski, D	102.5
148 TEEN 18/19	
Esgró, G	115.0
165 TEEN 14/15	
Myer, T	92.5
165 TEEN 16/17	
Batcheldon, C	102.5
165 TEEN 18/19	
Harlan, T	110.0
165 LAW/FIRE	
Legg, B	105.0
165 MASTER 40-44	
Legg, B	105.0
Bohan, D	92.5
165 MASTER 45-49	
Nealis, J	122.5
Farrell, J	72.5
165 LIFETIME	
Lewis, D	135.0
DeWalt, D	127.5
Legg, B	105.0
Escalera, J	102.5
Bohan, D	92.5
165 OPEN	
Evans, B	150.0
DeWalt, D	137.5
Legg, B	105.0
Bohan, D	92.5
181 TEEN 16/17	
Buchkoski, J	97.5
181 JUNIOR	
Nocito, J	167.5
Pentastuglio, S	165.0
Bellanca, S	112.5
181 LAW/FIRE	
Heim, G	127.5
181 MASTER 40/44	
Veet, P	132.5
Krukowski, B	127.5
181 MASTER 45/49	
Granko, B	155.0
181 MASTER 50/54	
Mitsopoulos, J	162.5
181 LIFETIME	
Moceyninas, J	145.0
Kaufmann, B	132.5
Ecker, B	130.0
Heim, G	127.5
181 OPEN	
Mitsopoulos, J	162.5
Granko, B	155.0
Snyder, N	135.0
Kaufman, B	132.5
Heim, G	127.5
198 TEEN 18/19	
Rock, J	132.5
198 JUNIOR	
Burke, C	170.0
Myer, K	150.0
198 LAW/FIRE	
Dickerson, B	145.0
198 MASTER 45/49	
Frailley, L	137.5
198 MASTER 50/54	
Merook, P	160.0
198 LIFETIME	
Burke, C	170.0
198 OPEN	
Lens, S	185.0

Edwards, K	162.5
220 TEEN 18/19	
Sharples, M	152.5
220 SUBMASTER	
Girton, M	215.0
Ridilla, B	142.5
Wengen, S	117.5
220 MASTER 40/44	
Fisher, S	160.0
220 LIFETIME	
Girton, M	215.0
220 OPEN	
DeFour, J	182.5
Schlofer, F	182.5
Kurpell, K	165.0
242 JUNIOR	
Dougherty, J	190.0
Lawless, B	162.5
242 MASTER 40/44	
Dissinger, C	132.5
242 LIFETIME	
Villano, K	192.5
Fasnacht, K	155.0
Kollar, C	140.0
242 OPEN	
Svalina, J	187.5
Tholon, K	152.5
Stallings, E	150.0
Kollar, C	140.0
275 SUBMASTER	
Trombetta, B	165.0
275 LIFETIME	
Trombetta, B	165.0
275 OPEN	
Trombetta, B	165.0
UNL MASTER 40/44	
McFadden, T	160.0
JUDGES: Charlie Schroeder, Jack Stevens, Fred Glass, J.D. Gaynor, Maria Borillo	
SPOTTERS: Bob Thomas, Mike Chesna	
SCOREKEEPERS: Heather Hollock, M Borillo	
M.C.: Geni Gaynor	
A special thanks to One To One Fitness for their help in the success of this competition.	

SOUTHERN CA QUALIFIER
AUG 26, 1995-SOLANA BEACH, CA
MITCH OWEN

WOMEN				
176 Open				
Bezzender, A	110.0	87.5	110.0	307.5
MEN 114 Open				
Someda, D	100.0	97.5	185.0	382.5
114 MASTER 40-44				
Someda, D	100.0	97.5	185.0	382.5
148 Open				
Fernandes, G	140.0	97.5	190.0	427.5
165 Open				
Scott, R	105.0	75.0	185.0	365.0
Waldrop, M	62.5	62.5	230.0	355.0
165 MASTER 45-49				
Scott, R	105.0	75.0	185.0	365.0
Waldrop, M	62.5	62.5	230.0	355.0
181 Open				
Owen, M	200.0	170.0	210.0	580.0
Sayre, D	140.0	80.0	190.0	410.0
181 MASTER 40-44				
Owen, M	200.0	170.0	210.0	580.0
Sayre, D	140.0	80.0	190.0	410.0
198 Open				
Willis, R	227.5	170.0	227.5	625.0
Berteaux, G	210.0	150.0	210.0	570.0
198 MASTER 45-49				
Willis, R	227.5	170.0	227.5	625.0
220 Open				
Scourde, T	250.0	157.5	260.0	667.5
Berteaux, E	192.5	152.5	240.0	585.0
220 MASTER 40-44				
Berteaux, E	192.5	152.5	240.0	585.0
Special thanks to our great spotters were flawless: M Silverberger, G McIntosh, and L Coleman.				
Anna Marie Bezzender is a bodybuilder who trained with us for just a few weeks. She's one strong lady and if she would train powerlifter style for a few				

months I think her total would be 50% higher.

Derek Someda set all new state records and would have set bench and deadlift American records as well but we only had two National Judges.

Melvin Waldrop is coming off surgery and just wanted to token in order to qualify for the Master Nationals but couldn't stop himself from pulling a little larger deadlift. He still pulled a 507 lb dead which looked easy.

Mitch Owen had a PR bench and David Sayre had a PR for the whole meet.

Brothers Greg & Ed Berteaux drove down just to support the meet & was helpful & a pleasure to have at any meet.

Manuel Villareal drove all night from San Jose to judge & oversee the meet in his capacity as State Chair. Don & Fran Haley drove down from LA to judge and as usual I am overwhelmed by how much they give to the sport.

HAWK COUNTRY OPEN &
MINNESOTA STATE MASTERS
SEP 9, 1995-HERMANTOWN, MN
WILLIAM OUMUNDSON

HAWK COUNTRY

WOMEN UNL				
DeGroot, A	320	175	400	895
MEN OPEN 181				
Friday, S	560	380	560	1500
Kummer, C	550	330	565	1445
Dulski, G	315	255	450	1020
198				
Teragawa, T	510	360	545	1415
Armstrong, J	475	305	490	1270
220				
Cahill, J	600	365	725	1690
Edelstein, M	580	390	630	1600
Dorsher, J	550	345	575	1470
Sutliff, D	575	330	540	1445
Yokom, S	530	340	520	1390
Lusby, D	500	315	500	1315
242				
Hengst, D	680	370	615	1665
Madvig, B	520	350	550	1420
Stanius, R	435	320	415	1170
275				
Lauscher, J	550	475	550	1575
Freiberg, J	560	300	600	1460
OPEN TEEN LIGHT				
Hylden, N	275	195	325	795
Maxwell, J	225	135	285	645
OPEN MASTER 181				
Dulski, G	315	255	450	1020
220				
Langdon, A	500	325	505	1330
Haggenmiller, T	420	305	500	1225
242				
Paczowski, D	530	250	530	1310
275				
Olson, G	410	290	435	1135

HAWK COUNTRY BENCH PRESS

WOMEN 154				
Perron, S		205		
MEN 132				
Coulouris, J		245		
181-Dulski, G		255		
198-Nieminen, P		320		
242				
Messner, M		400		
Stanius, R		320		
MINNESOTA STATE MASTER WOMEN				
111-Kreller, D	190	115	260	565
116-Schmidt, C	135	80	205	420
129-Rivet, J	240	145	280	665
139-Green, S	115	75	185	375
154-Sorter, J	200	100	270	570
MASTER MEN 40-49				
132-Annis, J	300	215	320	835
165-Schmidt, D	325	305	470	1100
181				
Chiodo, J	500	325	515	1340
Reid, S	460	275	505	1240
Dulski, G	315	255	450	1020
198-Todd, J	485	340	430	1255
220-Bernsten, J	540	385	550	1475
242				
Paczowski, D	530	250	530	1310
Wilson, C	460	300	540	1300
MASTER 50-59				
220				
Langdon, A	500	325	505	1330
Haggenmiller, T	420	305	500	1225
242-Fergusson, J	525	375	510	1410

275				
Olson, G	410	290	435	1135
Ball, C	370	260	410	1040

MASTER 60 & OVER

Davis, R	250	310	300	860
MINNESOTA STATE MASTER BENCH PRESS				
181-Dulski, G		255		
198-Todd, J		340		
220				
Bernsten, J		385		
Haggenmiller, T		305		
Croteau, W		305		
242-Fergusson, J		375		
275-Olson, G		290		

The fifth annual Hawk Country Open/MN State Masters is now history. Meet Director was Bill Omundson, ADFFPA referees adjudicating the contest were Kirk Roettinger, David Siegler, Dennis Green, Dustin Dulski, Randy Waldorf, Sandi Green, Joel Bernsten, John Dorsher and Ann DeGroot. Vanessa Green was trophy presenter for the fourth consecutive year. Bill and Jan Omundson would like to thank everyone who helped out.

In the Hawk Country Open, Ann DeGroot traveled down from Fargo, ND and posted a 895 lb total which included a big 400 lb DL. In the 181 lb class Shawn Friday came out on top with a 1500 lb total that included a 380 lb opening bench attempt. Clint Kummer, who trains at Patera's Fitness Emporium in St. Paul, returned to the platform after a 3 year hiatus to finish second with the venerable Gordy Dulski placing third. Twin Cities Gym's Tim Teragawa took the 198's. Finishing second was James Armstrong from Middleton, WI. 21 year old Jim Cahill showed up with one of the new Marathon DL suits and ripped up a strong 725 lb state record DL. Mitch Edelstein finished second with The Gym in Bloomington's, John Dorsher taking third and qualifying for the upcoming Lifetime Drug Free Nationals. Dan Sutliff, newcomer Shane Yokom and David Lusby rounded out the 220's. In the 242's Dan Hengst, from Muscles and Fitness in Madison, WI finished first with a 1665 total. Dan also had the biggest squat of the meet with 680 lbs. Northwest Powerlifting's Brad Madvig finished second with Duluth's Rick Stanius placing third. Hiawatha Gym's Jon Lauscher finished first in the 275's and had the biggest bench of the meet with 475 lbs. Jeff Freiberg rounded out the 275 lb finishers. In the bench division, Sandra Perron became only the fourth MN woman to bench over 200 lbs. Her 205 is a MN single lift record in the 154 lb. class. Jeff Coulouris, Pentil Nieminen from Thunder Bay, Ontario, Gordy Dulski and Mark Messner also were winners in the bench only portion.

In the Minnesota State Masters 37 state powerlifting records were established. This year 5 women entered this championship and all turned in fine determined performances, setting 15 state records and qualifying for the Seniors Regional. Doni Kreller is the 111 lb champion. Cheryl Schmidt from So. St. Paul (whose birthday was the day of the meet got a birthday present of 4 State Records) and Sandi Green lifted well in their first full meets. Jo Rivet totaled 665 lbs in the 129's and was the only female lifter to go 9 for 9. Jeanette Sorter of Pine River, MN is once again our 154 lb champion after having to get in the 3rd attempt squat to stay in the meet.

At 132 lbs. Jack "Attack" Annis was back on the platform after a two year absence. We all enjoyed Jack's colorful stories back in the warm up/pre-staging area. Next time you see Jack ask him why he decided to grow a mustache - I guarantee you'll love the story. At 165 lbs Darryl Schmidt is the State Masters Champion for the third year running. Jim Chiodo of Coon Rapids had a marvelous day totalling 1340. Sid Ried who trains at the Better Body Gym in Apple Valley finished second, and got the total he needed to qualify for the Seniors Regional. Gordy Dulski finished third. Jim Todd, who trains at The Gym in Bloomington, proved that persistence pays off. After a couple years of bad luck, Jim is our 198 lb State Masters Champion with a fine 340 state record bench. At 220 lbs. Joel Bernsten totaled 1475 on balanced lifting of 540-385-550 in the 220 lb., 50-59 year division. Tom Haggenmiller was second. Jim Fergusson of Kenyon, MN bested newcomer Charles Ball in the 275's. The lone competitor in the 60 years and over division was 71 year old Roger Davis. Roger attempted a 335 lb. State and American record twice, but it was not to be. In the bench only division winners were Gordy Dulski, Jim Todd, Joel Bernsten, Jim Fergusson and Greg Olson.

It was good to see the number of women competing, as powerlifting can provide

tremendous opportunities. I was also pleased to see so many lifters in their first full power meet and other returning to the platform after extended absences.

See you next year.

VA COMMONWEALTH GAMES JULY 9, 95-ROANOKE, VA B LINDSEY & B ALTIZER

WOMEN OPEN BENCH

104-Clark, A	95
111-Gardner, A	120

MEN OPEN BENCH

123-Kooger, B	210
148-Clark, M	220
181-Wade, T	315
198	

MEN JUNIOR BENCH

123-Kooger, B	210
129-Phillips, B	300
139-Vargo, C	265

WOMEN OPEN

129-Phillips, B	300	115	275	690
139-Vargo, C	265	140	310	715
176				
Roberts, K	345	260	390	995
Hart, B	280	170	365	815
McMillan, K	200	165	260	635

WOMEN TEEN 129

Miller, H	200	120	225	545
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MEN OPEN 132

Pearce, R	285	250	355	890
Giles, H	255	175	315	745
148-Sweeney, E	290	200	385	875
165-Tester, G	410	275	330	1015
181				

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WOMEN TEEN 129

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also want to give special thanks to Bill Lindsey because without his support, time and effort, this meet would not have been possible. We also wish to congratulate all of the lifters who gave 100% and had a fine day of lifting.

MARYLAND STATE BENCH SEPT 10, 1995 TOWSON, MD BRIAN WASHINGTON

132 State-Sterling, C

165 State	245
Zahl, D	260
Bell, G	380
181 State	
Jones, W	420
Pazdell, S	395
Mongold, R	380

181 Open

Jones, W	420
Pazdell, S	395
198 State	
Gray, M	370
Canfield, E	300
Pierce, L	275

220 State

Ballard, J	455
Sanders, M	370
Hubbard, A	365
Fogleman, S	350
220 State Teen	
Mudge, J	320

242 State

Pagtakhan, S	440
Luke, J	410
Hayden, B	405
Schroeder, J	380
Santifil, E	340

242 Open

Pagtakhan, S	440
Hayden, B	405
275 State	
Lee, L	370
UNL State	
Carr, A	425

WOMEN State

116-Luke, D	140
132-Mansfield, H	150
Open 116-Luke, D	140

SUB-MASTER 35-39 State

181	
Jones, W	420
Branch, R	350
198 Open	
Conaway, R	375

MASTER 40-49 State

242-Hayden, B	405
220-Evans, M	375
220-Hubbard, A	365
181-Pierce, L	275
Open	
198-Mascio, T	360
198-Lindsey, B	350

MASTERS 50-59 State

220-Bartolomeo, N	315
220-Downey, W	275
242-Vogt, R	270

MASTERS 60 & OVER

242-Joy, D	310
Qualifier National Master	
181-McCulloch, E55	55 55 165

ALL SOUTH SEPT 23, 1995-MONROE, NC JOHN HOWIE

WOMEN OPEN

97-Cohen, N	180	100	255	535
111-Wilson, D	105	75	155	335
129				
Bissette, W	350	125	340	815
Benton, G	155	135	195	485

154

Rubinoski, M	200	115	275	590
176-Green, C	260	90	260	610
UNL-Gilbert, A	200	115	240	555

MEN OPEN

Eaddy, R	540
McAteer, C	385
Scarboro, D	355
Constanti, V	260

165

Eaddy, R	540	350	540	1430
McAteer, C	385	325	400	1110
Scarbore, D	355	260	460	1075
Constanti, V	260	320	310	890

Miller, T	285	280	315	880
Baroody, T	260	275	320	855
181				
Pardue, T	500	325	580	1405
McAteer, W	475	405	500	1380
Carson, L	495	375	500	1370
Short, S	450	325	480	1255
Lamb, C	425	315	425	1165
Pagan, D	440	225	400	1065

198				
Taghavand, B	650	360	580	1590
Johnson, R	520	425	585	1530
Pearson, A	525	335	525	1435
Redmond, E	475	475	530	1410
Greene, D	460	285	530	1275
Early, J	360	390	410	1160

220				
McDonald, R	635	400	550	1585
Little, M	450	320	525	1295
McMillan, D	135	505	135	775
242				
Downey, H	750	450	670	1870
Dickerson, W	525	340	485	1350
Rubinoski, M	550	345	455	1350

275				
Neal, M	700	500	610	1810
Ringley, D	600	390	610	1600
Cherry, A	560	425	525	1510
Lewis, M	560	375	565	1320
Letli, O	585	370	455	1510
Pullins, M	405	430	550	1385

UNL

Murchison, E	650	430	550	1630
Evrette, T	525	380	550	1455
Meetez, C	515	310	555	1380

WOMEN SUBMASTERS

129-UNL				
Rushing, T	185	115	265	565

MEN SUBMASTERS 114-165

McClenden, R	380	265	425	1070
Constantino, V	260	320	310	890
Clark, T	285	240	330	855
181-220				
Hunt, E	480	305	555	1340
Pagan, D	440	225	400	1065
Kelleit, R	360	300	420	1080

242-UNL

Brooks, S	425	350	555	1330
WOMEN MASTERS 129-UNL				
Rubinoski, M	200	115	275	590
Hackney, R	175	105	230	510
Gilbert, A	200	115	240	555

MEN MASTERS 114-165

West, J	325	255	330	910
Baroody, T	260	275	320	855
181-220				
Crain, D	490	295	520	1305
Early, J	360	390	410	1160
Jones, J	360	265	400	1035
McCoy, G	275	275	405	955
Miller, B	275	335	300	910
Soury, B	250	225	300	775
McMillan, D	135	505	135	775

242-UNL

Lewis, M	560	375	565	1500
Ringley, J	600	390	610	1600
Lilly, C	500	345	515	1360
Evrette, T	525	350	550	1425
Dickerson, W	525	340	485	1350
Helms, M	135	360	135	630

TEEN MEN 114-165

Walls, J	365	320	505	1190
Taylor, R	420	255	425	1100
Miller, T	285	280	315	880
Logsdon, D	155	95	300	550
Logsdon, J	125	95	215	435
181-220				
Davis, M	345	235	380	960

242-UNL

Helms, D	365	215	450	1030
BEST LIFTERS:				
WOMENS OPEN: WANDA BISSETTE				
MENS OPEN LIGHTWEIGHT:				
ANTHONY THOMAS				
MENS OPEN HEAVYWEIGHT:				
HERBERT DOWNEY				
MENS SUBMASTERS: ERIC HUNT				
MENS MASTERS: MARSHALL LEWIS				
TEEN MEN: TAYLOR RYAN				

TEAM RESULTS:

ENTERPRISE	1ST
OLYMPIC A	2ND
OLYMPIC B	3RD
STEAMBOATS	4TH

NEW YORK STATE SEPT 16-17, 95-WHITE PLAINS, NY PETE GISONDI

WOMEN

111 TEEN 18-19				
Morgan, K	83	66	148	297
116 Open				
Davis, J	325	165	369	859
116 TEEN 16-17				
Fembleaux, N	83	61	137	281
116 TEEN 18-19				
Chatis, C	209	99	275	584
116 MASTER 37-44				
Dimmick, C	154	110	225	490
122 OPEN				
Johnson-Cane, D	286	154	325	766
122 TEEN 14-15				
Queal, J	132	66	220	418
122 MASTER 37-44				
Stein, E	308	165	341	815
129 OPEN				
Emrich, J	176	115	275	576
139 TEEN 14-15				
Mills, D	132	61	181	374
154 OPEN				
Komorny, A	231	72	281	584
154 COLLEGIATE				
Komorny, A	231	72	281	584
139 SUBMASTER				
Loughborough, S236	110	281	628	
139 MASTER 37-44				
Sotmar, C	110	110	203	423
154 OPEN				
Coates, P	363	209	380	953
154 NOVICE				
Feineis, T	220	132	225	578
176 OPEN				
Sodatis, J	380	187	303	870
176 TEEN 16-17				
Bhukan, P	165	72	220	457
UNL OPEN				
Bialoskurski, D	259	132	275	666

BENCH PRESS TEENAGE MEN 148				
Baustert, T				240
MEN LIFETIME				
Lofing, M 148				240
Mudlock, E 181				340
Gillette, M 275				425
MEN OPEN				
Krings, R 165				285
Moore, G 242				440
MEN LIFETIME MASTER				
Brooks, R 181				275
Rodney, R 181				300
Reed, R 220				340
Svenningsen, A 242				290
MEN MASTER				
Rodney, R 181				300
LAW & FIRE				
Norwood, M 220				360
DEADLIFT MEN LIFETIME				
Lofing, M 148				395
MEN MASTER				
Nellor, E 220				600
SPONSORS: NUCOR Steel, Our Lady of Lourdes Hospital, TeleBeep, Andrews Van Lines, Fireside Auto, Courtesy Ford, Fullerton Lumber, Carpet Master.				
IRONMAN/WOMAN				
OCTOBER 14-15,1995				
WILKES BARRE, PA				
JAMES THOMAS				
WOMEN 104				
Kovalchik, P.	130.0	85.0	140.0	355.0
Ryman, K	122.5	57.5	130.0	310.0
111-Snyder, L	105.0	70.0	137.5	312.5
116-Piergallini, G	92.5	50.0	102.5	245
154-Burns, W	122.5	57.5	140.0	320.0
UNL-Roth, L	100.0	52.5	115.0	267.5
MEN 114 OPEN				
George, W	100.0	75.0	137.5	312.5
148 JUNIOR				
Moss, R	162.5	100.0	202.5	465.0
Kalinowski, S	160.0	115.0	185.0	460.0
148 OPEN				
Adomato, T	160.0	120.0	180.0	460.0
148 MASTER 45-49				
Addy, J	115.0	55.0	140.0	310.0
165 TEENAGE				
Christman, S	187.5	127.5	195.0	510.0
165 OPEN				
Fehrer, W	210.0	125.0	215.0	550.0
Stevens, J	200.0	110.0	217.5	527.5
165 JUNIOR				
Favata, T	190.0	130.0	227.5	547.5
Kratz, E	140.0	155.0	187.5	482.5
165 LIFETIME				
Fehrer, W	210.0	125.0	215.0	550.0
181 TEENAGE				
Steiner, E	215.0	117.5	212.5	545.0
181 JUNIOR				
Novotroki, D	232.5	140.0	230.0	602.5
Guth, R	215.0	142.5	227.5	585.0
Davis, G	205.0	127.5	227.5	560.0
181 OPEN				
Salus, S	245.0	162.5	247.5	655.0
Woolston, B	237.5	155.0	250.0	642.5
Bracca, T	240.0	140.0	245.0	625.0
Malozzi, M	227.5	117.5	210.0	555.0
181 LIFETIME				
Salus, S	245.0	162.5	247.5	655.0
Bracca, T	240.0	140.0	245.0	625.0
181 MASTER 40-44				
Bendon, W	215.0	157.5	227.5	600.0
Banik, D	207.5	122.5	235.0	565.0
198 JUNIOR				
Sokolofski, P	270.0	180.0	240.0	690.0
Zsido, R	230.0	152.0	230.0	612.5
198 OPEN				
O'Brien, C	280.0	182.5	282.5	745.0
Bray, D	275.0	170.0	257.5	715.0
Repmann, T	217.5	130.0	252.5	600.0
198 LIFETIME				
Bray, D	275.0	170.0	257.5	715.0
198 MASTER 40-44				
Brown, B	227.5	162.5	245.0	635
Fino, F	200.0	127.5	200.0	527.5
198 MASTER 45-49				
Frailley, L	182.5	140.0	192.5	515.0
198 MASTER 50-54				
Gallagher, T	212.5	120.0	227.5	560.0
198 MASTER 60-64				
Wurz, A	160.0	107.5	185.0	452.5
220 JUNIOR				
Mobile, M	215.0	132.5	230.0	577.5

220 OPEN				
Voce, K	280.0	175.0	282.5	737.5
Rizzuto, J	285.0	165.0	255.0	705.0
Johnson, P	265.0	175.0	245.0	685.0
Tiano, M	265.0	137.5	242.5	645.0
Gardner, J	262.0	145.0	227.5	635.0
220 LIFETIME				
Tiano, M	265.0	137.5	242.5	645.0
220 MASTER 40-44				
Smoyer, T	227.5	162.5	237.5	627.5
220 MASTER 45-49				
Shivers, P	227.5	120.0	205.0	552.5
242 TEENAGE				
Davis, J	242.5	142.5	222.5	607.5
242 OPEN				
Fonio, D	285.0	175.0	282.5	742.5
Droessen, W	245.0	167.5	245.0	657.5
Holenchuk, J	247.5	160.0	230.0	637.5
Carr, J	200.0	127.5	245.0	572.5
275 OPEN				
Holenchuk, J	247.5	160.0	230.0	637.5
275 SUBMASTER				
Slingland, W	240.0	180.0	240.0	660.0
275 MASTER 60-64 (GUEST)				
Cramer, N	230.0	135.0	217.5	582.5
BENCH PRESS				
165				
Masher, J	192.5			
Kratz, E	155.0			
Lewis, D	135.0			
181				
Ecker, R	137.5			
Lusk, E	90.0			
198-Moran, M	205.0			
220				
Green, J	210.0			
Jones, B	130.0			
242-Carr, J	127.5			

NORTHERN STATES BENCH OCT 7, 1995-WARREN, PA JOHN SWANSON

132-Colosimo, T	205
148	
Swanson, Jack	315
Massina, J	300
Fetterman, P	230
Benner, T	225
165-Wiler, J	315
181	
Swanson, John	400
Wray, D	375
Byler, T	360
198	
Comilla, A	400
Guinac, P	280
Potochuy, J	225
220-Spehar, J	435
275-Voit, M	525
MASTERS	
148-Swanson, Jack	315
198-Guinac, P	280
Outstanding Light Lifter: John Swanson 181:	400
Outstanding Heavy Lifter: Mark Voit 275:	525

OHIO BENCH AND DEADLIFT OCT 8, 1995-BEDFORD HTS, OH ED & FRANK KING

BENCH WOMEN	
111-McKinney, D	185
113-Frankmann, L	185
128-Scheid, H	165
117-Kasicki, G	130
TEENAGE	
161-Miller, B	285
MASTER 40-49	
195-France, J	465
183-Register, J	425
160-Miller, D	340
275-Bayless, B	420
197-Anello, V	355
164-Goldsmith, D	300
168-Roche, R	300
154-Reale, G	260
175-Manes, R	255
MASTERS 50-59	
196-Sustin, B	350
190-Yanosick, D	320
MASTERS 60+	
158-Rome, H	220
164-Brown, H	200
210-North, R	200
132 OPEN	
Marquez, F	265

148 OPEN	
Winston, C	330
Sunnaa, N	250
Williams, F	225
165 OPEN	
Miller, L	450
Fumas, A	375
Miller, D	340
St. John, T	330
Periandri, T	330
Goldsmith, D	300
Brown, G	240
181 OPEN	
Distaulo, M	390
Strozier, C	350
Gallagher, B	350
Owens, B	350
Kasicki, R	345
198 OPEN	
Young, R	470
France, J	465
Register, J	425
Cook, J	370
Bluck, R	350
Sustin, B	350
Yanosick, D	320
220 OPEN	
Edmondson, G	465
Mayer, K	440
Prater, J	430
Sauder, J	375
Anderson, M	345
242 OPEN	
Gilbert, S	405
Stoffer, S	370
Tarantino, V	365
Valente, F	350
275 OPEN	
Brown, P	510
Roof, D	420
Bayless, B	420
Senay, D	335
UNL OPEN	
Anderson, L	415

DEADLIFT WOMEN	
113-Frankmann, L	320
202-Mokler, C	235
TEENAGE	
161-Miller, B	415
MASTERS 40-49	
197-Anello, V	660
154-Reale, G	355
164-Goldsmith, D	350
195-France, J	135
MASTERS 50-59	
196-Sustin, B	530
306-Mokler, H	565
186-Blosser, D	390
MASTERS 60+	
230-Cruse, T	335
148 OPEN	
Page, G	580
Tupaz, B	490
Williams, F	435
Sunnaa, N	430
Winston, C	430
165 OPEN	
Lupia, J	500
Brown, G	460
Goldsmith, D	350
181 OPEN	
Owens, B	550
198 OPEN	
Cook, J	610
Bluck, R	535
Sustin, B	530
France, J	135
Young, R	135
220 OPEN	
Terma, M	660
Prater, J	600
Anderson, M	520
242 OPEN	
Foster, D	630
VanBolt, K	590
Valente, F	530
275 OPEN	
Senay, D	550
UNL OPEN	
Hershberger, M	700

RECORD BREAKERS	
198-Anello, V	145 355 660
198-France, J	145 465 135
220-Prater, J	145 429 600
Best Lifter-Master-Bench: John France	

Best Lifter-Open-Bench: Larry Miller
Best Lifter-Master-Deadlift: Vince Anello
Best Lifter-Open-Deadlift: Greg Page
The 6th Annual Drug Free Kings Gym 1995 ADFPA Ohio Bench/Deadlift Record Breakers Championships held on October 8, 1995, was a huge success! World Record holder Vince Anello set a Masters American Record in the Deadlift with a 660 pull. John France set a Bench Masters Record with a 465 Press. Jason Prater set a Junior American Record in the Bench with a 430 lb press. Best Lifter in the Masters Bench was John France. Best Lifter in the Open Bench was Larry Miller with a 450 lb press in the 165 lb class. Best Lifter in the Masters Deadlift was Vince Anello. Best Lifter in the Open Deadlift was Greg Page with a 560 lb pull in the 148 lb weight class.
The entire meet went smoothly thanks to all of the great loaders, spotters, judges, scorers, and concession people. A special thanks goes out to Laura King and Mom King and their crew.
The following competitors were drug tested and are proud to be drug free: Ralph Young, Brian Wilson, John France, JoAnn Warner, Jason Prater, and Vince Anello.
As always thanks go out to Al and Brenda Siegal of Siegal Engraving for their help and for the outstanding trophies.
See you on February 17 and 18th, 1996 for the ADFPA LIFETIME DRUG FREE NATIONALS and on April 14, 1996, for the ADFPA DRUG FREE OHIO OPEN STATE CHAMPIONSHIPS. Ed King



EAST COAST BENCH PRESS OCT 14, 1995-PROVIDENCE, RI DAVID RODERICK

TEENAGE	
181-Marcello, A	350
MASTERS	
Lanoue, Ed	380
Ruel, James	365
Iroy, Greg	350
Wojtanek, Paul	350
McLaughlin, William	330
Lannon, John	300
148-Lannon, Kevin	280
165	
Greene, Les	370
Avant, John	355
Avant, Domenic	355
Babcock, Randy	335
Andreozzi, Jim	325
181-Flori, Ed	390
198	
Calise, A	435
Proto, Phil	400
Caffrey, Chad	355
Emin, John	330
242-Daft, Timothy	420
275-Scherza, Chuck	440

CENTRAL USA POWERLIFTING OCT 14-15, 1995-CAPE GIRARDEAU, MO MIKE CISELL

WOMEN LIGHT (BY FORMULA)	
47.5Kg Frailey M	80.0 115.0 255.0
50.5Kg Day, B	82.5 35.0 92.5 210.0
WOMEN HEAVY (BY FORMULA)	
80+Kg Taylor, D	177.5 82.5 145.0 405.0
63Kg Mangin, A	85.0 42.5 110.0 237.5
WOMEN BENCH PRESS LIGHT	
Frailey, M	60.0
MEN NOVICE 75Kg	
Garrett, K	232.5 110.0 210.0 552.5
82.5Kg	
Schmidt, B	182.5 117.5 220.0 520.0
Thomsen, S	175.0 125.0 192.5 492.5
Moore, K	182.5 107.5 200.0 490.0
Roseiglione, M	192.5 105.0 185.0 482.5
Mallory, R	137.5 102.5 155.0 395.0
90Kg Robinson, R	200.0 145.0 200.0 545.0
110Kg	
Spangenberg, P	260.0 145.0 240.0 645.0
MEN BENCH PRESS 67.5Kg	
Byrd, T	120.0
75Kg	
Wachter, S	165.0
Furey, R	147.5

Hall, J	142.5
Garrett, K	110.0
82.5Kg	
Rosenzweig, D	177.5
Riney, D	162.5
Ludwig, G	142.5
Krockenberger, G	135.0
90Kg	
Ruble, K	177.5
Grove, J	150.0
Robinson, R	145.0
100Kg	
Holmes, C	185.0
Slivinski, A	172.5
125Kg	
James, L	202.5
Guidish, G	187.5
Pledger, J	165.0
UNL Kg	
Grilliete, B	187.5
Smith, R	167.5
MASTER'S BENCH PRESS 50+	
Westling, P (75Kg, 67)	110.0
Litzsinger, G (100Kg, 53)	145.0
MEN OPEN 67.5Kg	
Byrd, T	227.5 120.0 205.0 552.5
Meyer, M	200.0 122.5 185.0 507.5
75Kg	
Hall, L	200.0 137.5 255.0 592.5
Baupendistel, J	202.5 132.5 222.5 557.5
Blake, R	212.5 135.0 205.0 552.5
Garrett, K	232.5 110.0 210.0 552.5
82.5	
Krockenberger, G	247.5 135.0 260.0 642.5
Winkler, D	255.0 152.5 235.0 642.5
Riney, D	227.5 162.5 215.0 605.0
Fowler, R	232.5 135.0 217.5 585.0
Ludwig, G	227.5 142.5 210.0 580.0
Schmidt, B	182.5 117.5 220.0 520.0
Bell, J	195.0 112.5 205.0 512.5
Moore, K	182.5 107.5 200.0 490.0
90Kg	
Alexander, M	255.0 137.5 250.0 642.5
Groves, J	227.5 150.0 255.0 632.5
Mattingly, B	222.5 145.0 247.5 615.0
Steinmeyer, S	232.5 137.5 220.0 590.0
Richardson, K	205.0 142.5 227.5 575.0
Robinson, R	200.0 145.0 200.0 545.0
100Kg	
Holmes, C	312.5 185.0 352.5 850.0
Sample, L	295.0 177.5 277.5 750.0
Slivinski, M	292.5 172.5 277.5 742.5
Eason, D	295.0 137.5 260.0 692.5
Smallwood, T	260.0 137.5 272.5 670.0
Stanley, T	232.5 155.0 222.5 610.0
110Kg	
Garns, D	267.5 190.0 290.0 747.5
Spangenberg, P	260.0 145.0 240.0 645.0
125Kg	
Anderson, P	322.5 195.0 280.0 797.5
James, L	287.5 202.5 295.0 785.0
Obernmark, I	305.0 185.0 265.0 755.0
Guidish, G	292.5 187.5 247.5 727.5
Pledger, J	300.0 165.0 250.0 715.0
Campbell, S	265.0 185.0 235.0 685.0
UNL Kg	
Ramsey, R	335.0 200.0 260.0 795.0
Werges, M	300.0 177.5 300.0 777.5
Grilliete, B	295.0 187.5 255.0 737.5
Smith, R	300.0 167.5 270.0 737.5
MASTER'S OPEN 40-49	
Sample, L (100Kg, 41)	295.0 177.5 277.5 750.0
Bell, J (82.5Kg, 40)	195.0 112.5 205.0 512.5
Sutter, E (110Kg, 41)	170.0 120.0 170.0 460.0
MASTER'S OPEN 50+	
Obernmark, I (125Kg, 51)	305.0 185.0 265.0 755.0
Litzsinger, G (100Kg, 53)	240.0 145.0 227.5 612.5
Westling, P (75Kg, 67)	62.5 110.0 62.5 235.0
MEN'S TEENAGE 90Kg, 17	
Mudge, B	197.5 127.5 210.0 535.0
Best Lifter, Open Light: George Krockenberger	
Best Lifter, Open Heavy: Chad Holmes	
Best Lifter, Novice Light: Bruce Schmidt	
Best Lifter, Novice Heavy: Paul Spangenberg	
Best Lifter, Bench Press-Light: Dana Rosenzweig	
Best Lifter, Bench Press-Heavy: Lou James	
Team: 1st-Above All	
Team: 2nd-Universal Physique	

**WDPF WORLD BENCH PRESS
OCT 21,22, 1995-ST LOUIS, MO
MICHAEL CISSELL**

WOMEN JUNIOR 47.5 Kg	
Frailey, M	67.5
WOMEN MASTER 55-59 44 Kg	
Gedney, J	55.0
45-49 55.5 Kg	
Taubmann, H	77.5
50-54 63 Kg	
Loux, C	50.0
40-44 70 Kg	
Pointeau, M	80.0
45-49 80 Kg	
Shepherd, E	102.5
40-44 90+ Kg	
Womack, D	65.0
WOMEN OPEN 44 Kg	
Kennedy, J	55.0
47.5-Frailey, M	67.5
55.5-Taubmann, H	77.5
63.0-Loux, C	50.0
70.0-Pointeau, M	80.0
80.0	
Shepherd, E	102.5
Sortwell, A	92.5
90.0-Martin, C	90.0
90+ -Womack, D	65.0
MEN TEENAGE 16-17 52.0 Kg	
Greene, T	92.5
56.0-Wynn, M	77.5
67.5	
Zwiers, M	107.5
Keeran, K	67.5
75.0-Cazalet, E	90.0
18-19 60.0 Kg	
Shermansky, C	132.5
125-Vanvander, S	100.0
MEN JUNIOR 75.0 Kg	
Flick, N	167.5
Webb, S	132.5
82.5	
Tolleti, M	190.0
Madison, R	160.0
100.0-Janes, T	152.5
MEN MASTERS 50-54 56 Kg	
Portnoy, P	110.0
80-84-Simeone, E	47.5, *50.0
45-49 75.0 Kg	
Harris, J	167.5
Tentinger, L	145.0
60-64-Cseh, R	100.0, *105.5
65-69-Westling, P	105.0
40-44 82.5 Kg	
Brady, D	182.5
Davis, J	135.0
55-59	
Barnett, J	137.5
McDermott, J	130.0
Feig, J	127.5
45-49 90.0 Kg	
Lindsey, B	142.5
50-54	
Larue, G	150.0
Haggenmiller, T	132.5
55-59	
Patterson, P	142.5
Ballen, D	142.5
40-44 100.0 Kg	
McMillan, D	205.0
45-49	
Chevalier, D	200.0
Krawczyk, S	150.0
50-54-Livesay, D	122.5
55-59-Serreyne, E	127.5
65-69	
Hoffman, A	135.0
Fulton, J	130.0
40-44 110.0 Kg	
Jenkins, M	177.5
45-49	
Tudor, J	187.5
Harrison, D	167.5
50-54	
Sneider, H	160.0
Voloski, T	140.0
60-64	
Yanovich, J	142.5, *153.0
Button, R	135.5
45-49, 125 Kg	
White, P	197.5
60-64-Toms, S	150.0
70-74-Davis, R	130.0
40-44, 145 Kg	
Ellis, S	227.5

Serra, R	210.0
George, C	195.0
45-49	
Laurent, M	172.5
Glover, A	170.0
60-64-Schaffer, D	190.0
40-45, 145+ Kg	
Boyer, M	220.0
Gibbs, B	212.5
MEN OPEN 56.0 Kg	
Surita, D	105.0
Wynn, M	77.5
67.5-Zubeck, J	170.0
75.0 Kg	
Flick, N	167.5, *170.0
Smith, C	167.5
Moeller, S	167.5
Tentinger, L	145.0
82.5 Kg	
Brady, D	182.5
Cowser, R	157.5
Masse, T	147.5
Graville, G	145.0
Davis, J	135.0
90.0 Kg	
Vrabel, J	195.0
Johnson, L	192.5
Johnson, D	182.5
Stanley, J	157.5
Haggenmiller, T	132.5
100.0 Kg	
Rigby, A	217.5, *220.0
McMillan, D	205.0
Aver, Jr, A	202.5
Chevalier, D	200.0
Hillion, D	170.0
110.0 Kg	
Doan, D	230.0
Puni, Jr, T	215.0
Hayes, K	187.5
Hammon, D	167.5
Hall, W	167.5
125.0 Kg	
Adamovich, D	225.0
Snook, L	195.0
Rankin, P	187.5
Roberts, P	165.0
145.0 Kg	
Ellis, S	227.5
Serra, R	210.0
Backelant, W	205.0
George, C	195.0
Warfield, D	182.5
145+ Kg	
Boyer, M	220.0
Gibbs, M	212.5
Mafuli, V	197.5


BEST LIFTERS

WOMEN	
JUNIORS:	
MASTERS:	
LIGHT:	TAUBMANN, H
HEAVY:	SHEPHERD, E
OPEN:	
LIGHT:	TAUBMANN, H
HEAVY:	SHEPHERD, E
MEN	
JUNIOR:	
LIGHT:	FLICK, N
HEAVY:	JANES, T
TEENAGE:	
LIGHT:	GREENE, T
HEAVY:	VANVIAENDER, S
MASTERS:	
LIGHT:	HARRIS, J
HEAVY:	SCHAFER, D
OPEN:	
LIGHT:	ZUBECK, J
HEAVY:	DOAN, D

**LONGMONT YMCA OPEN
SEP 30, 1995-LONGMONT, CO
JIM ABBEY**

WOMEN LIGHT 116					MEN MASTER I 18
Kemper, T	315	150	330	795	Zimmerman, Alan
103-Schillinger, T	185	100	285	570	MEN MASTER II 11
116-Anderson, E	165	140	245	550	Brown, Monte

103-Lalimamo, I	145	145	185	475
MIDDLE				
123-Perkins, B	225	140	330	695
118-Fuller, N	150	90	195	435
120-Arnold, S	120	95	220	435
126-Vargas, C	145	90	200	435
127-Siegal, T	120	85	210	415
122-Hall, N	115	65	185	365
HEAVY				
134-Meshkov, S	245	125	280	650
132-Austin, G	205	145	265	615
133-Emerson, T	190	110	290	590
GUEST				
165-Sortwell, A	385	230	425	1040
MEN OPEN 181				
Garofalo, R	600	355	630	1585
Waag, N	475	345	525	1345
Guerrero, R	550	295	490	1335
198				
Timn, J	560	385	555	1500
Dennis, L	425	385	465	1275
Kowalis, R	320	255	380	955
220				
Zwaanstra, S	665	430	600	1695
Onorato, J	590	430	570	1590
Ewing, T	545	405	560	1510
Polka, R	535	405	555	1495
242				
Garcia, CJ	630	450	600	1680
Wood, K	550	310	500	1360
Quinlin, B	410	330	455	1265
UNL (MASTER)				
McClure, B	475	300	500	1275
MEN TEENAGE 181				
Queddeng, E	335	200	415	950
D'Amico, M	335	225	300	860
Razik, J	275	210	355	840
MASTER LIGHT				
157-Coxsey, L	320	255	430	1005
177-Westcott, R	275	300	405	980
MASTER HEAVY				
202-Mantos, J	600	375	550	1525
264-Robinson, J	500	280	465	1245
220-Ponzi, J	505	320	500	1325
236-Howard, S	550	360	475	1385
192-Tennant, D	330	275	350	955
214-Curley, J	360	275	430	1065
MEN OPEN 148				
Bernian, S	350	205	500	1055
165				
Kinerson, R	470	285	570	1325
Shipman, D	425	285	450	1160
Hillier, R	390	230	440	1060
Agular, M	280	185	350	815
Referees: Bob Trujillo, Alex Galant, Mark Sigala, Wendy Samuelson, Andrea Sortwell Teams: Air Force Academy-First Howard House Gym-Second				

**INDIANA STATE BENCH
OCTOBER 28, 1995-MUNCIE, IN
SONNY RUNYON**

WOMEN MASTERS 116	
Hays, Nancy	115
WOMEN OPEN 122	
Goodhew, Denise	45
WOMEN OPEN 129	
Weiss, Shari	70
WOMEN OPEN 139	
Repking, Tracy	125
WOMEN OPEN UNL	
Stillwell, Tina	205
MEN OPEN 114	
Kirschling, Keith	205
MEN TEENAGE 16-17 132	
Trestail, Sean	225
MEN OPEN 148	
Ortiz, Gilbert	310
Baldrige, Bruce	275
Slaven, J	270
MEN TEENAGE 18-19 148	
Hatzell, Dustin	180
MEN TEENAGE 18-19 165	
Harrison, T.J.	250
MEN OPEN 165	
Perine, Randy	375
Runyon, James	330
Miller, Scott	285
MEN MASTER II 165	
McCurtis, Jahi	245
MEN MASTER I 181	
Zimmerman, Alan	265
MEN MASTER II 181	
Brown, Monte	215

MEN TEENAGE 14-15 198	
Lerman, Brian	170
MEN MASTER I 198	
Fidler, J	345
Goble, Dan	340
Sanders, Jerad	275
MEN MASTER II 198	
Manning, Paul	300
MEN OPEN 198	
Goodhew, Joe	390
Goempel, Michael	255
MEN OPEN 220	
Pace, Harry	375
Cook, Steve	280
MEN SUBMASTER 220	
Pace, Harry	375
Rivers, Eddie Jr	325
MEN MASTERS I 220	
Murphy, Mike	380
Marlow, Wayne	300
MEN OPEN 242	
Hoover, Larry	350
Malone, Rene	320
MEN SUBMASTER 242	
Bravard, Glen	320
MEN MASTER I 242	
Striverson, Ted	465
MEN MASTER I 275	
Stephenson, B	430
MEN OPEN UNL	
Runyon, Sonny	500
Boyer, Mike	490
MEN MASTER UNL	
Boyer, Mike	490
Glover, Albert	380

BEST LIFTERS:
WOMEN: Stillwell, Tina
MEN LIGHT: PERINE RANDY
MEN HEAVY: SONNY RUNYON
OVERALL: SONNY RUNYON

CORRECTION
World Teenage/Junior

Following lifts were World Records:
198 LBS TEENAGE 18-19
Mann, S 551.00 319.00 534.50 1405.25

**PRESIDENTIAL
RESPONSE**

A note to those who read Joe Pyra's comments in PL USA regarding the Master's Committee. Joe's work and influence within the ADFPA over the years has been highly regarded by many. He has always tackled the tough issues with innovative ideas. When he decided to take a position of leadership with a competing organization, he gave up his right to hold a similar position within the ADFPA. This is clearly defined by the ADFPA By-Laws. We wish him well, and would welcome his return. Mr Mike Mooney has graciously agreed to fill the Master's Chair position until an election has been held at the Master's National Championships. Thank you Mike. Please offer him your undivided support.

Sincerely, Michael Overdeer
ADFP A President

ADFPA COMING EVENTS

9 DEC ADFPA Maine Holiday Classic, John Mathieu, 4260 Fairfield Street, PO Box 225, Oakland, ME 04963 207-465-7102

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

9,10 DEC ADFPA East Coast PL & BP 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

16 DEC ADFPA Raleigh Co. YMCA PL/BP Lisa Williams, 260 Gunter Road, Beckley, WV 25801 304-255-5690 (H) or 252-0715 (W)

1996 JANUARY

13 JAN ADFPA Deadliest DL/BP in ALABAMA, Ted Butler, 1429 2nd Ave NW, Fayette, AL 35555, 205-932-5365

13,14 JAN ADFPA Western PA Open/BP Tom Giordani, 54 Phillip Way, Sharon, PA 16146 412-342-2525

20 JAN ADFPA Illinois State & Midwest Open PL Sid Bhojwani, 58 Highgate, St Charles, IL 60174 708-443-8349 (H) or 708-279-0700 (W)

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 JAN ADFPA Badger Open Tonya & Dave Dille, 1548 Phillips Ave., Racine, WI 53403 414-634-5119

20,21 JAN WDFPF(ADFPA) 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 FEB ADFPA PENN State High School Championship(State records to be established)Bob Gaynor 19 Sunrise Dr Mountaintop PA 18707 717-474-6111 night or 717-823-6994 days

24,25 FEB ADFPA OPEN High School Championships, Bob Gaynor 19 Sunrise Dr, Mountaintop PA 18707 717-474-6111 night or 717-823-6994 days

24,25 FEB 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

2,3 MAR ADFPA 14th Shenandoah Open, Tom Giordani, 54 Phillips Way, Sharon, PA 16146 412-342-2525

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 (Boys & Girls) H Waldron, Coyle & Cassidy HS, 2 Hamilton St., Taunton, MA 02780, 508-823-6164 Ext 680

16,17 MAR ADFPA Oregon States/St Patrick Day Classic Mike Mooney, 1170 N Valley View, Ashland, Or 503-488-2570

23,24 MAR ADFPA Collegiate Nationals, (Fort Hood) MSGT J Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 817-526-0779 after 8pm CST

24 MAR ADFPA Superstars Bench(all weight groups and classes)Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-823-6994 days or 717-474-6111 evenings

30,31 MAR ADFPA High School Nationals, Dennis Brady, 5920 N Ridge, Chicago, IL 60660, 312-561-9692

APRIL

13 APR ADFPA Rhode Island State PL & BP (Mar 30 deadline) David Roderick, 51 Whirlaway Place, Pawtucket, RI 02861 401-724-8714

13 APR ADFPA East Coast PL & BP (Mar 30 deadline) David Roderick, 51 Whirlaway Place, Pawtucket, RI 02861 401-724-8714

14 APR ADFPA Ohio State Open PL Championships, Ed & Frank King, 24748 Aurora Rd., Bedford Hts, OH 44146 216-439-5464

20 APR ADFPA Tri-State BP Jacqueline Davis, 1190 Washington Green, New Windsor, NY 12553 914-569-0457 (H) or 718-220-5921 (W)

20,21 APR ADFPA Women's Nationals (Open, teen, junior, master), 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

4,5 MAY ADFPA Tennessee State/Mid South Classic & BP Mike Simmons, 1558 Dearing Rd, Memphis, TN 38117 901-362-0100(w) 901-682-4162(h)

18,19 MAY ADFPA Penn State(Limited Entries)(all wt groups and classes)Bob Gaynor 19 Sunrise Dr, Mountaintop, PA 18707 717-823-6994 day or 717-474-6111 night

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 weight groups and classes) Manuel Villarreal, 895 N Bayshore Rd, San Jose, CA 95112 800-484-9879 ID MEME

26,27 JUL ADFPA

AUGUST

3,4 AUG ADFPA Deadlift Nationals (all divisions and age groups) Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111 evenings or 717-823-6994 days

SEPTEMBER

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

OCTOBER

12,13 OCT ADFPA Ironman/woman & Bench(all weight classes & divisions)Jim Thomas, YMCA, Wilkes-Barre, PA 717-823-2191 Ask for Doreen

NOVEMBER

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

1997

26,27 JUL ADFPA Men's Nationals, B&W Gym, 5920 N Ridge, Chicago, IL 60660 312-561-9692

* NOTICE *

EQUIPMENT LOGO POLICY

From the Chair, Referee Committee: Manufacturers wishing to display their logos on articles of costume and/or personal gear must apply for permission to the ADFPA Secretary/Treasurer at or before the beginning of the calendar year and pay an annual fee of \$500.00 The ADFPA Executive Committee reserves the right to refuse permission for such use if it considers that the logo falls below the

standard of good taste or conflicts with any previous agreement with another manufacturer. The single fee shall cover the various items presented by the manufacturer and shall be in effect for a single calendar year.

Lifters can determine which manufacturers have paid their fee by checking the "Proud Corporate Sponsor" listing published in this *Newsletter*. That list will be updated by the Chair of the Publicity Committee each issue.

If you have a question call the ADFPA Secretary/Treasurer at 413-256-8177.

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1996 ADFPA NATIONAL MEET SCHEDULE			FEBRUARY 17-18, 1996 ADFPA Life-time Drug Free National, Ed or Frank King, 24748 Aurora Road, Bedford Heights, OH 44146 216-439-5464 MARCH 9-10, 1996 ADFPA Military National, Johnny Graham, 1706 Shoemaker Drive, Killeen TX 76543, 815-526-0779 MARCH 23-24, 1996 ADFPA Collegiate National, Johnny Graham, 1706 Shoemaker Drive, Killeen TX 76543, 815-526-0779 MARCH 30-31, 1996 ADFPA High School National, Dennis Brady, 5920 N Ridge, Chicago, IL 60660 312-561-9692 	MARCH, 1996 High School BP Nationals No Separate Bid APRIL 19-21, 1996 WOMEN'S NATIONALS (All Women) Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707, 717-474-6111 JUNE 15-16, 1996 ADFPA Men National, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225 JULY 13-14, 1996 ADFPA MEN TEEN-AGE/JUNIOR NATIONAL, James Hart, PO Box 82264 Lincoln, NE 68501, 402-470-3672 AUGUST 3-4, 1996 ADFPA Deadlift National, Bob Gaynor, 19 Sunrise Drive, 	Mountaintop, PA 18707 717-474-6111 SEPTEMBER 21-22, 1996 ADFPA Bench Press National, Michael Cissell, 15 Lakeside Drive, Lake St Louis, MO 63367 314-625-1225 NOVEMBER 2-3, 1996 ADFPA Police & Fire National, James Hart, PO Box 82264, Lincoln, NE 68501 402-470-3672 NOVEMBER, 1996 Master Men National Location TBA NOVEMBER 17, 1996 ADFPA Squat National, Bob Gaynor, 19 Sunrise Drive, Mountaintop, PA 18707 717-474-6111 26,27 JUL 1997 ADFPA Men's Nationals, B&W Gym, 5920 N Ridge, Chicago, IL 60660, 312-561-9692 		

BENCH PRESS TRAINING by Dan Harvie


I had been competing on a regular basis, mostly in the single lift Bench Press meets, for about ten years, when a few days after winning the 1991 ADFPA National Police/Fire Bench Press Championships (181 lb class), at the age of 33, I suffered a heart attack. One week later I went under for a triple bypass. The case was hereditary.

One year later I started training again, hopefully to compete, but this time I had to use all my knowledge and experience in order to hit my max, and not just brute strength. With this approach, I ended my competition in 1992 with a 400 lb bench press and in 1993 with a 450 lb bench, weighing in the 198 lb class. In fact, I have become stronger since the heart attack. Why? I have taken the time to sit back, watch and listen to my competitors, and I've tried some of their techniques and some new ones of my own.

In this short article I wish to share the knowledge I have gained, so it may reach another benchner and help him/her in their max on competition day.

COMPETITION BENCH:

PREP: Bench shirts - make sure you get them on in time to give yourself a good five minute rest before your attempt. Anyone who has a tight shirt knows it takes a lot of energy just putting one on. Suit straps also should be in place. Belts and wrist wraps should be on loose until your name is called. This way when it's your time to lift everything is in place and you can take your (minute) to concentrate on your body position on the bench and the weight you know you can lift.

APPROACH: When approaching the bench all you should be doing is visualizing your lift over and over.  CONTAIN your energy for the lift, don't be yelling, screaming, getting slapped, banging your head against the wall, this is a waste of good energy/power. Contain this energy in

your gut and when it's time to press let it explode through your chest and arms into the bar straight up to the ceiling. It works!

SET UP: To me this is the most important part, to be practiced over and over during training. Take your time - you probably have 45 seconds to set up. First - hand position; second - bring your body towards your lift off person, plant your feet, and then swing back onto the bench into an arch, move your feet a little to get comfortable and stick your shoulders into the bench. Arch, arch, arch. I can not say this enough, a good arch is worth 25-50 lbs on your max. It allows a natural groove, and shorter distance, I don't care who it is an arch will make a difference. Everyone can do it with practice. Last(my experiment), when the bar is handed to you and you hold it there for a fraction of a second try the "Harv Tuck" which is - bringing the shoulder blades in towards each other. This will lower the bar an inch, bring the chest up an inch, and tighten up the upper body. Try it - IT WORKS.

THE LIFT: You now have the bar, use a slow to medium, controlled decent. Think Light, Stay Tight, Hold Breath. Listen for the command to press, EXPLODE TOWARDS CEILING, maintain control, keep in the back of your mind - feet and butt in stable positions. Then wait for RACK. NO PROBLEM.

MISCELLANEOUS TRAINING TIPS: Even though we all have different ways of training which works for each one of us, here are a few things to keep in mind while training for a bench meet. Use different bars, benches, lift off persons, pause counts. I have never been to a meet where they are the same and if you are not used to this type of change it can throw you way off. The biggest problem I have seen in lifters is TRAIN WITH THE ONE HUNDRED POUND PLATES. Many train with the 45 lb plates and wonder why they are twenty pounds under their max on competition day. I know a pound is a pound, but lifting with the hundreds makes a difference. My belief is that the hundreds bring the weight in closer so triceps are used more instead of the larger muscle groups - thus making it more difficult. Whatever the reason, try it.

LAST: have fun, relax. Only one out of a million, like any sport, are going to make money from lifting. I enjoy meeting new people, seeing new places, and exchanging training ideas. Compete against the weight. When you beat it, that's the real high. Good Luck

1995 NATIONAL MEETING UPDATE

MEMORANDUM TO: ADFPA Executive Committee

FROM: Al Statman, Law & Legislation Committee Chair

On September 19, 1995, Bettina Altizer (ADFPA Legal Counsel) and I conferred by phone with respect to the National Governing Body Motions referred to the Law and Legislation Committee by the National Governing Body on July 14, 1995 at the ADFPA National Meeting. We recommend that motions referred to us denominated A. through I. should be denied.

REFERRED TO THE LAW AND LEGISLATION COMMITTEE FOR RECOMMENDATION:

- A. That when a rule or By-Law is set and voted on at the national meeting, the Executive Committee cannot change it. (Trevorah)
- B. That By Law Article XIV Section 14.10 Distribution of Assets etc, be amended to read that Only the NGB not the Executive committee make this decision. (J Pyra)
- C. That Article XII Section 12.5 A, 3 of the By Laws, be deleted. (J Pyra)
- D. That Article II Section 2.2 E be deleted. (J Pyra)
- E. That five Administrators' Representative positions be established and voted upon in the same manner as Athletes Representatives. (Sortwell)
- F. That only open men's and women's records will be required to be tested. That teen, master, junior, and collegiate would be at the discretion of the meet director or drug test officer. (Brady)
- G. That Article VI Section 6.1, sentence #3 be changed by removing sentence 3 and replace with: Committee members shall consist of the 5 Athletes Representatives unless a majority of the Executive Committee members decide to replace one or more members due to impartiality. In such a case, the President shall appoint an impartial ADFPA member with the approval of a majority of the Executive Committee members. The Chair of the committee shall be the Athletes Representative who had received the largest number of votes. (Miller)
- H. That the Executive Committee or ADFPA President, will make no decisions concerning the Masters without first discussing it with the Masters' Chair. (J Pyra)
- I. That the following paragraph be added and labelled: Article VI Discipline Section 6.4 Lifter's Grievances.
 1. Any lifter with just cause may forward their grievance in writing to the Chairperson of the Discipline Committee.
 2. Grievances are to include any unfair practices by meet directors and/or rules violations or unfair practices by referees.
 3. The Discipline Committee may issue warnings to any meet director and/or referee regarding conduct or rules violations and with a majority decision, may suspend a referee and meet director for up to 1 years time from participating as a written grievance be submitted in accordance with Section 6.3. (Miller)

SHORT SUBJECTS/NOTICES

STATE CHAIR REIMBURSEMENTS: State Chairs need to remember that their updated 1995 State Records must be submitted as one of the qualifications to receive a reimbursement. Refer to the ADFPA rule book to ensure that you have records on the appropriate classes of lifters. Send a copy of your records to the ADFPA Secretary/Treasurer.

1995 WORLD CHAMPIONSHIP LIFTERS:

The ADFPA National Governing Body voted a reimbursement level for both the Masters, Teen, & Junior Championship and the Open Championship. These reimbursements are not automatic and must be requested by mail or telephone to the Secretary/ Treasurer.

1995 WDFPF WORLD NORTH AMERICAN: This event is a seldom held World level championship wherein ADFPA lifters do not have to qualify, travel abroad, or win an Open National to be able to lift and challenge the World Records. This meet has only been held once before and there are very few World meet records. There will only be 110 spaces - apply early.

CLUB/TEAM REGISTRATION: Now is the time to register your teams and clubs so that all your members can get their team name on their membership card. Early registration is still active until December 31, 1996, as are individual memberships.

NEW MEET DIRECTORS: Should you be contemplating hosting a meet for your fellow lifters and have questions or doubts as to what is involved - call the Secretary/Treasurer or any of the Executive Committee. We will help you in any way and explain all the questionable areas. You will be surprised how much support and help is available.

CHRISTMAS GIFT IDEA: Send for a gift membership for your lifting friend - it is a year of entertainment that never ends. Also you may want to form your team or club and register your group so that everyone can pull together.

NEW STATE CHAIRS: Promotions, family moves, and even burn out has caused some of the long time State Chairs to need replacements. If you are interested in becoming a leader in your powerlifting State, contact either the ADFPA President or Secretary/Treasurer to discuss what is involved and the rewards that you can earn besides satisfaction.

NATIONAL MEETING UPDATE

MEMO from Chair, Sports Medicine Committee 10/31/95

SUBJECT: Diuretic Recommendation

In response to the directive given to the Sports Medicine Committee regarding the diuretic issue at the July, 1995 ADFPA NGB meeting, the Sports Medicine Committee has spent the time since the meeting doing research. It is the formal recommendation of the Sports Medicine Committee to the ADFPA Executive Committee to **NOT** allow the use of diuretics by any member of the ADFPA for less than seven days before any ADFPA competition. The reasons are as follows:

1. There are several other first-line anti-hypertensive drugs available which are not against ADFPA rules.
2. Allowing the use of a banned substance by only a small number of ADFPA members could be perceived by the rest of the membership as "unfair".
3. If the lifter health problem is serious enough to warrant concern over the stopping of use of their anti-hypertensive diuretic, they have three choices:

- a. Consult with their medical doctor for a new anti-hypertensive drug that is not against ADFPA rules;
- b. Apply for a review with the ADFPA Sports Medicine Committee Review Board; and,
- c. Lastly, for health reasons, not compete in powerlifting if it places their health at too great a risk.

4. International powerlifting does not allow the use of diuretics by any member as is the current policy of the ADFPA.

5. In consulting with the USOC, it was stated that we "would be opening up a big can of worms if we allow this".

6. To fully determine whether it is a greater risk to have lifters compete without using their diuretics for seven days before competition or to allow lifters to use diuretics and compete is beyond the scope of the ADFPA and its resources.

7. If and when there exists a possibility of powerlifting participating in the Olympic games, the USOC/IOC would require this organization (if we were the official powerlifting organization) to reverse its decision if

we allowed diuretics to be used.

8. Allowing diuretics to be used could and would create a logistics and administrative overload on the ADFPA.

This recommendation takes **ALL** ADFPA members into account.

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BENCHING FOR MASTERS & YOUNG WEIGHT BANGERS

by David T Ginenthal

I've been told by many of the old master lifters that their bench press is bad because their shoulders gave out from the continued pressing movement over the years. The other case I hear, including myself, is "I've been stuck at 230-240 pounds! not kilos! you fools, for the past two or three years. Nothing I tried helped until I was struck by lightning one day then it came to me. Where do I get stuck; why does the weight feel so heavy and why are my arms so long? Well now I can cure all the above including long arms. Mine are 2" shorter when I bench. You don't believe me? Read on. I now have benched 280 at my last two tough meets. Yeah, they were tough, you young weight bangers! Wait till you're in your sixties, if you make it without the weight falling on your hard heads. Anyway I remembered what Pacifico, Greg, Asher, Louie and the great old guru Arther Jones said; I then put it all together with my secret rabbit foot powder mixed with a little "kick a poop juice" that, plus the hit by lightning put my mind in "super duper" high gear. The results were amazing: my 230 to 240 bench climbed to 280. I expect 300 pounds soon?!*. Anyway, the program will almost guarantee you will never get stuck at the lockouts, will not get stuck off the chest, in fact, never get stuck unless the weight is too heavy. That's what I call sci-in-tif-ik thinking. Plus an added benefit if my entire program is followed (the assistance work in the next article), you will really get built! My upper body is starting to look like Godzilla! (maybe it's the rabbit foot powder).

Anyway, the program is a series of 6 week cycles. 8 cycles a year with a 5 pound gain each 6 weeks, so a possible 30-40 lb a year not 8 or 10 weeks.

The first thing that must be done is to shorten your arms. I promise you it won't hurt. When you lay down on the bench, pull your scapulae together and down raising the chest, shoulders locked back into the bench throughout the lift. You will flex the lats pushing your back into the bench. Think of the deadlift when you push your legs through the floor. Your chest will be in an almost decline position. Read and practice this over and over again. As you can see, your arms are 2" shorter, right!

Now, on to the four exercises.

#1 - Five sets of three reps. Touch and go with one minute rest between each set. Add 2-1/2 (to 5) pounds each week.

#2 - Three sets of five lockouts. One to two minutes rest between sets. You do not add weight each week. Instead raise the bench 3/4" each week after the first week. The lockouts the first week will be about 1-1/2 to 2" with bench on the floor in the power rack! Use a larger 3/4" plywood to raise the bottom end of the bench in order to give the feet room to rest and maintain the 18" from floor to bench, also, to let the feet help the drive without over arching the back. Each rep is full stop. After the last set rest 2 minutes and then do a lockout and hold for 15 to 20 seconds, shoulders locked into the bench. Note: Always lower weight under control (negative) to the rack. You will end up with a lift of 4-1/2 to 5-1/2" at the end of each cycle. On the next cycle start at the floor again using 15 lbs more!

#3. Do 5 sets of 3 reps in the rack with the bar 3" above

the chest. These will be dead stop full drives, with one minute rest between sets. You will use the same weight as #1. Notice how much easier #3 is, compared to #1. That is the effect of #2! Add 2-1/2 lbs each week as per #1. Rest 3 minutes to start #4.

#4. 1 set of to failure in rack with campered bar. Minimum 6 reps, max 8-10.

If you want, I started 2 sets of curls and 2 set of TRI extensions after the above. You should see my arms. Small, you say? You better get glasses or eat more carrots, you pole cat. In the curl, use the arm blaster to prevent cheating and hold in the contracted position for 5 seconds each rep. On the 8th rep hold for 10-15 seconds in the contracted position. Use a lighter weight moving 5 seconds up and 5 seconds down. This is a bicep exercise. Not a low back exercise. No swing!

Below is the program for the first 2 cycles. For a 230-240 bench "Pounds".
MY MAXIMUM 240 LBS. EXAMPLE
CYCLE

MY MAXIMUM 240 LBS.

EXAMPLE

CYCLE 1

WEEKS						
	1	2	3	4	5	6
Exerc. 1	175	177½	180	182½	185	187½
2	275	275+½"	275+1½"	275+2½"	275+3"	275+3½"
3	175	177½	180	182½	185	187½
4	145	147½	150	152½	155	157½

CYCLE 2

CYCLE 2

WEEKS						
	1	2	3	4	5	6
Exerc. 1	180	182½	185	187½	190	192½
2	290	290+½"	290+1½"	290+2½"	290+3"	290+3½"
3	180	182½	185	187½	190	192½
4	150	152½	155	157½	160	162½

CURL - 2 sets of 8 - Start 50 lbs, increase 1-1/4 pounds a week.

TRI EXT - 40-50 pound same as above.

I gave you my numbers. Do not push to add weight; 2-1/2 or even 1-1/4 lbs each week will prevent you hitting the wall too soon. Anywhere between the 5-8 cycle you make not get the reps. Do not worry. Just do what you can, but "try hard", even the lockouts. If 3/4" each week is too much, use 1/2" each week. Give it your best. This is no quick fix. But after the third cycle you too can look like Godzilla! See you on my assistance day workout - If I don't win the Mr. America Title and get a swelled head!

If you have any question, send a S.A.S.E. to: David T Ginenthal, 217 Hardscrabble Road. North Salem, NY 10560.

Further articles will explain why the cycles make you grow and get strong.

A DIFFERENT LIFTING GOAL

We all have our reasons why we train with weights and compete in powerlifting contests. To become stronger, look better and win trophies are common responses. Less frequently heard responses may include the desire to climb stairs more efficiently, transfer independently from a wheelchair to a car, assist with controlling Type II diabetes or carry a bag of groceries. For a group of people with those disabilities, weight training can be the means by which to accomplish these goals. As a strength and conditioning professional and a certified therapeutic recreation specialist (someone who uses recreation to achieve determined goals such as increasing the physical capability or self confidence of an individual), I have witnessed how participating in a weight training program empowers people with disabilities. Since graduating from college in 1986, I have worked with people with disabilities. Together we have rafted the Colorado River through the Grand Canyon, snow skied the Canadian Rockies and discovered the immense joy of successfully benching a new personal best. Whether the goal is to win a world powerlifting championship, ski a black diamond run, compete in the Paralympics (the Olympic venue for athletes with disabilities) or carry a bag of groceries, weight training is a means by which we can achieve it. Encourage people with disabilities to become lifters, to discover what you and I have already learned, weight training is good for the mind and body. Let us welcome these lifters with accessible venues and provide them with opportunities to reach their goals.

Presented by James B Wise, 587 Fairmont, Pocatello, ID 83201
Telephone: 208-233-6120

NOTE: James is a Certified Strength and Conditioning Specialist (CSCS) and a Certified Therapeutic Recreation Specialist (CTRS).

NEW UTAH STATE CHAIR

When it comes to powerlifting, not everyone is genetically gifted. I am one of those unfortunates, who, though unable to reach above high mediocrity, has a lingering (20 years) love for the sport; I have found my niche in helping others to progress. Since 1975, I have held training sessions and mini-contests for aspiring lifters in my home. I have never asked for any payment.

Currently, I am helping a young flyweight (15), his brother, and their 47 year young father to strengthen themselves. Evidently successful, the 110 pounder (Ben Shaffer), in about 3 months, has benched 160 in competition style. His dad, who had never before lifted, and only weighs 118, sank 160X20 in the squat after training a month. The three of them, plus others in the area, want to join the ADFPA. No, they may not be world champions, but the true fun of lifting is in proving oneself; in becoming healthier and stronger; the camaraderie of it all.

I was born with scoliosis, thus I was not always able to make steady progress—especially in the back-related areas of lifting. With a sleeve length of 38", I was "handicapped" in all areas. Yet, I was good in some of the odd-lifts; I was able to bent-press, without warm-up, my own bodyweight for 3 reps.

My years of lifting proved their value in 1989, when I met with two serious, work-related, spinal injuries. My scoliosis, combined with the injuries, left me unable to walk for weeks at a time. I could not sit, bend, or hardly live without screaming; I took no pain killers.

When I was again able to move about, I realized that I had atrophied to 140 lbs. bodyweight; I had 10.5" biceps. In fact, I could nearly do a full body squat without any part of my legs actually touching my sweat pants. Parts of my right arm (bicep and tricep) were "dead." (I still have no bicep reflex.) I had to put my hands in my pockets to keep my numb arms from getting in my way. Plus, I had serious dizzy spells from a neck injury. I did not give up.

In coming back, my first bench session saw me warming up with 120 - I barely got it once. I walked around the back of the hogan (a Navajo building) in a daze, while feeling a horrid grief in my chest.

Lifters know that you get nowhere without commitment, a strict regimen, and proper training - the law of "muscle memory" did not hurt. I had to reevaluate my abilities. I just kept pushing those 100 lbs sets. I will never be totally well again; definitely, I will not deadlift or squat anymore, but my bench and other arm-related lifts are beginning to slowly return.

After about 2 years of near constant training (when able), using an alternating system of reps (to 30) for muscular stimulation, and heavy, paused singles for stabilization and tendon strength, I have just reached a point of consistency. I can nearly always bench my bodyweight; up to 25 lbs more, for 20-30 reps. Not too bad for a 42 year-old disabled person.

No, we may not set any records (yet), but we are very enthusiastic. I want all to realize that they need not be world-class lifters to enjoy the sport.

Live clean; lift clean; be precise in your lifts. Gains will come. Have faith; God Bless.

Presented by: Steven C Sims, PO Box 145 East Carbon, Ut 84520

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.

To all Powerlifters: Sometime around October of 1994, I wrote an article on Mr. Al Siegel which Mike Lambert recently published in *PL USA* (August 1995). At the time I wrote the article, I felt that Al had been unjustly treated and I wanted to give him a chance to tell his side of the story. As a current member of the ADFPA Executive Committee, I am very optimistic regarding the future of the ADFPA. The Executive Committee has shown a great degree of commitment towards improving the ADFPA and I appreciate the chance that I have been given to help. The article I wrote was a reflection of my views approximately one year ago and does not represent my current opinion of the ADFPA. I apologize if I offended any ADFPA lifters, NGB members or EC members. I will work diligently over the next 2 years to help make the ADFPA the best organization in Powerlifting. Sincerely, Larry Miller

EQUIPMENT CHECK by Lisa Safran

Gear to a powerlifter is like..candy to a child..casinos to a gambler..shoes to Emelda Marcos. We just can't get enough of it! Between the squat suit, the bench shirt, the wraps, belt, wrestling suit, sneakers, slippers, ammonia caps, chalk and sports bra (ladies!) a powerlifter's bag is jam-packed with equipment during the training cycle, on the day of the meet, after the meet - all the time! We cart it around wherever we go. We handwash, reroll and treasure each and every piece hoping to maintain its sacredness.

We even dream about what the future of equipment might hold...

Squat suits for formal wear. You've seen it all from A to Z cuts. But one thing we haven't seen is formal wear for lifters. The platform is very much a stage on which you are performing. Don't you want to look your very best in a black tuxedo suit? White stripe down the middle of your chest with a small bow tie at the neck? However, tails might get in the way of hitting depth.

Bench shirts in crazy new fabrics. The latest trends in bench shirts have been accomplished using fabrics like denim and canvas. Now, there's even a shirt that goes on with Velcro strips (ouch, you guys with hairy backs). What's next? How about burlap for that sack-of-potatoes look? Or even leather - now that's benching in style!

Belts that take a karate lesson. One notch, two notches - take your pick. But what if the belt picked you based on your level of experience. You know, like in karate where belts are ranked by color to advertise your level of greatness. Therefore, if you're a

ATHLETICS REPRESENTATIVE

Every two years, the ADFPA elects five Athletics Representatives to represent all the lifters at the National Meeting and to provide answers to lifter questions and concerns during the year. 1996 will be the year to elect a new slate of Athletics Representatives.

You are asked to nominate those persons that are felt to be representative of the organization and would serve you best as your representatives. Please send your nominations to the Secretary/Treasurer Office before the end of December, 1995. Include a description of why you think your nominee would be qualified and best for the position. The top ten candidates will then be placed on a ballot in the February, 1996 *Newsletter*. All current 1996 members will then have a vote for the best five to represent them for the next two years. The newly elected persons will then be announced in the June *Newsletter*. **Your nomination and vote is important.** This is one way to help guide the organization and keep it strong.

black belt everyone knows you mean business. A great tool for psyching out your competition.

Knee wraps, with service. Nothing makes a lifter walk funnier than a pair of supertight knee wraps. Can't bend your legs. Can't step up to the platform. Must walk like you dropped a major load in your pants (but no load could ever fit in that squat suit you're wearing). Maybe we just need the knee wraps to come with jet-fueled pumps, one on each leg, that can fly us to the platform and land us beneath the bar.

Wrist wraps a.k.a. floatation devices. Ever notice how those really long wrist wraps look on lifters once they've been wrapped around and around about 100 times? Like big donuts or swimmies that slipped down from around their upper arm. Maybe in the future we'll have wrist wraps that can double as floatation devices in case you're ever lifting on a cruise ship and it's about to do down.

Squat shoes go sexy. These platform shoes are supposed to raise your heels up and keep your back straighter. Kind of like squatting off ten-pound plates. As more and more women continue to join our sport, we might see the squat pumps in the future. Sexy, slinky shoes guaranteed to distract the judges from any technicalities like proper depth.

Point here? Equipment is a wonderful way to enhance your lifts. The equipment companies like Inzer spend a lot of money marketing and researching their new products. And we lifters appreciate that. But whether you stick to your old standby or you choose to try some of the newer, more innovative designs remember that the equipment is only as good as the lifter. Train hard, use proper form, eat right - and you'll build the best damn piece of equipment out there!

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION ---

PLEASE PRINT

COMPLETE ALL ENTRIES

LAST NAME		FIRST NAME		INITIAL	
STREET ADDRESS				CURRENT REG NUMBER	
CITY				STATE	ZIP CODE
AREA	TELEPHONE NO	DATE OF BIRTH	AGE	SEX	U.S. CITIZEN YES NO

REGISTRATION FEE EFFECTIVE - 11/1/94
\$25.00 HIGH SCHOOL - \$10.00

In recognizing the need for Drug-Usage Detection, I agree to submit to any testing procedures deemed appropriate by the ADFPA or its agents and shall accept the results and consequences of such tests.

Make checks payable to the ADFPA
APPLICANTS, fill out form completely and mail with fee to:
 ADFPA SEC'Y-TREASURER
 29 S. ORCHARD DRIVE
 AMHERST, MA 01002
 (413) 256-8177



World Team
DONATION _____
CLUB REPRESENTED _____

ALL ADFPA MEMBERSHIPS EXPIRE 12/31

ALL ADPPA MEMBERSHIPS EXPIRE 12/31

IF UNDER 21
HAVE PARENT
INITIAL

SIGNATURE _____ DATE _____



MASTER WOMEN TOP 20

MASTER MEN TOP 20

97 LBS SQUAT

231 Gedney, J 5/95

104 LBS SQUAT

286 Kovalechik, P 10/95
231 Gedney, J 8/95
214 Shear, J 8/95
205 Barron, L 2/95
181 Whiting, S 3/95

111 LBS SQUAT

285 Sullivan, S 1/95
231 Munger, M 3/95
190 Kreller, D 9/95
185 Moisis, M 4/95
180 Whiting, S 3/95
120 Jones, E 6/95

116 LBS SQUAT

341 McKinney, D 3/95
240 Gochenaur, M 2/95
154 Dimmick, C 9/95
135 Schmidt, C 9/95

122 LBS SQUAT

308 Stein, E 9/95
190 Perryman, D 5/94
187 Post, M 4/95
181 LeBard, E 3/95

129 LBS SQUAT

314 Stein, E 5/95
220 Radtke, S 4/95
180 Shepard, B 7/95

139 LBS SQUAT

305 Scott, D 4/95
270 Curry, M 2/95
265 Birmingham, P 2/95
260 St Louis, R 2/95
225 Tracy, T 4/95
225 Gibson, C 6/95
225 Anderson, R 6/95
215 Andrews, E 12/94
209 Vaillancourt, L 8/95
159 Alcoloumre, J 3/95

110 Sotmary, C 9/95

115 Green, S 9/95
55 O'Brien, P

154 LBS SQUAT

248 Gill, S 8/95
248 Watkins, H 8/95
236 Harding 4/95
235 Marshall, J 6/95
210 Swathwood, J 4/95
200 Sorter, J 9/95
181 Lamb, K 5/95
165 Ciriaco, S 2/95
154 Hackney, R 8/95
115 Fluke, P 3/95

176 LBS SQUAT

325 Duncan, K 8/95
315 Wofenberger, G 2/95
290 Arbogust, B 3/95
285 Calhoun, P 5/95
275 Tripp, J 4/95
275 Ashton, G 9/95
264 Gill, B 8/95
190 Leavitt, D 4/95

UNL LBS SQUAT

424 Corney, L 5/95
419 Regan, C 5/95
395 Clever, L 6/95
358 Kananap, J 3/95
347 Leiferman 4/95
341 Hunter, S 4/95
325 Hallen, S 5/95
315 Pennartz, T 12/94
303 Vincent, 8/95
300 Barba, M 5/95

236 Trentini, M 5/95

220 Dean, K 8/95
154 Tenorio, B 3/95
135 Kephart, S 5/95

97 LBS BENCH

137 Gedney, J 5/95

104 LBS BENCH

187 Kovalechik, P 10/95
121 Gedney, J 8/95
115 Shear, J 8/95
105 Barron, L 2/95
104 Whiting, S 5/95

111 LBS BENCH

165 Sullivan, S 5/95
130 Moisis, M 4/95
115 Whiting, S 3/95
115 Kreller, D 9/95
110 Munger, M 3/95
65 Jones, E 6/95

116 LBS BENCH

192 McKinney, D 3/95
115 Gochenaur, M 2/95
110 Dimmick, C 9/95
80 Schmidt, C 9/95

122 LBS BENCH

209 Hawkins, N 1/95
165 Stein, E 9/95
125 Perryman, D 5/95
121 LeBard, E 3/95
110 Post, M 4/95

129 LBS BENCH

165 Radtke, S 4/95
159 Shepard, B 7/95
95 Shepard, B 7/95

139 LBS BENCH

181 Vaillancourt, L 8/95
159 O'Brien, R 8/95
137 Scott, D 8/95
125 Andrews, E 12/94
125 St Louis, R 2/95
115 Curry, M 2/95
110 Sotmary, C 9/95
104 Alcoloumre, J 3/95
100 Gibson, C 6/95
100 Anderson, R 6/95

85 Birmingham, P 2/95

75 Tracy, T 4/95
75 Green, S 9/95

154 LBS BENCH

155 Swathwood, J 4/95
154 Harding, 4/95
148 Fluke, P 3/95
145 Marshall, J 6/95
143 Reif, J 3/95
126 Gill, S 8/95
126 Watkins, H 8/95
115 Hackney, R 8/95
100 Sorter, J 9/95
83 Lamb, K 5/95

176 LBS BENCH

198 Duncan, K 5/95
190 Wofenberger, G 2/95
185 Calhoun, P 5/95
165 Arbogust, B 3/95
148 Gill, B 8/95
125 Tripp, J 4/95
125 Leavitt, D 4/95
115 Ashton, G 9/95

UNL LBS BENCH

304 Regan, C 5/95
250 Pennartz, T 12/94
209 Kananap, J 3/95
205 Clever, L 6/95
203 Hallen, S 5/95
192 Vincent, B 5/95
181 Corney, L 5/95
176 Leiferman 4/95
155 Barba, M 4/95
148 Hunter, S 5/95

148 Dean, K 8/95

135 Kephart, S 5/95
115 Trentini, M 5/95
88 Tenorio, B 3/95

97 LBS DEADLIFT

270 Gedney, J 5/95

104 LBS DEADLIFT

308 Kovalechik, P 10/95
275 Gedney, J 8/95
264 Shear, J 8/95
250 Barron, L 2/95
220 Whiting, S 5/95

111 LBS DEADLIFT

321 Sullivan, S 1/95
260 Moisis, M 4/95
260 Kreller, D 9/95
248 Munger, M 3/95
220 Whiting, S 3/95
195 Jones, E 6/95

116 LBS DEADLIFT

270 Gochenaur, M 2/95
225 Dimmick, C 9/95
205 Schmidt, M 9/95

122 LBS DEADLIFT

343 Stein, E 8/95
265 Perryman, D 5/95
242 Post, M 4/95
214 LeBard, E 3/95

129 LBS DEADLIFT

314 Stein, E 5/95
265 Shepard, B 7/95
245 Radtke, S 4/95

139 LBS DEADLIFT

360 Scott, M 4/95
303 Vaillancourt, L 8/95
300 Andrews, E 12/94
300 Curry, M 2/95
280 Birmingham, P 2/95
275 St Louis, R 2/95
250 Tracy, T 4/95
245 Gibson, C 6/95
245 Anderson, R 6/95
242 Alcoloumre, J 3/95

203 Sotmary, C 9/95

185 Green, S 9/95
77 O'Brien, R 8/95

154 LBS DEADLIFT

330 Gill, S 8/95
315 Marshall, J 6/95
308 Harding 4/95
695 Marshall, J 6/95
677 Watkins, H 8/95
640 Swathwood, S 4/95
570 Sorter, J 9/95
485 Hackney, R 5/95
468 Ciriaco, S 2/95
468 Lamb, K 5/95
451 Fluke, P 3/95

176 LBS DEADLIFT

350 Wofenberger, G 2/95
347 Gill, B 8/95
345 Calhoun, P 5/95
305 Arbogust, B 3/95
303 Ashton, 4/95
270 Leavitt, D 4/95
270 Duncan, K 5/95

UNL LBS DEADLIFT

429 Corney, L 5/95
418 Regan, C 5/95
418 Vincent, B 5/95
380 Hunter, S 4/95
365 Clever, L 6/95
345 Barba, M 4/95
341 Kananap, J 3/95
330 Hallen, S 5/95
315 Pennartz, T 12/94
314 Leiferman 4/95

292 Trentini, M 5/95

292 Dean, K 8/95
253 Tenorio, B 3/95
205 Kephart, S 5/95

97 LBS TOTAL

639 Gedney, J 5/95

104 LBS TOTAL

782 Kovalechik, P 10/95
628 Gedney, J 8/95
595 Shear, J 8/95
560 Barron, L 2/95
507 Whiting, S 5/95

111 LBS TOTAL

768 Sullivan, S 1/95
589 Munger, M 3/95
575 Moisis, M 4/95
565 Kreller, D 9/95
535 Whiting, S 3/95
375 Jones, E 6/95

116 LBS TOTAL

615 Gochenaur, M 2/95
490 Dimmick, C 9/95
420 Schmidt, C 9/95

122 LBS TOTAL

815 Stein, E 9/95
600 Perryman, D 5/95
540 Post, M 4/95
518 LeBard, E 3/95

129 LBS TOTAL

788 Stein, J 5/95
610 Radtke, S 4/95
540 Shepard, B 7/95

139 LBS TOTAL

815 Scott, M 4/95
694 Vaillancourt, L 8/95
685 Curry, M 2/95
660 St Louis, R 2/95
640 Andrews, E 12/94
630 Birmingham, P 2/95
570 Gibson, C 6/95
570 Anderson, R 6/95
550 Tracy, T 4/95
507 Alcoloumre, J 3/95

424 Sotmary, C 9/95

375 Green, S 9/95
292 O'Brien, R 8/95

154 LBS TOTAL

705 Gill, S 8/95
699 Harding 4/95
695 Marshall, J 6/95
677 Watkins, H 8/95
640 Swathwood, S 4/95
570 Sorter, J 9/95
485 Hackney, R 5/95
468 Ciriaco, S 2/95
468 Lamb, K 5/95
451 Fluke, P 3/95

176 LBS TOTAL

855 Wofenberger, G 2/95
815 Calhoun, P 5/95
788 Duncan, K 5/95
760 Arbogust, B 3/95
749 Gill, B 8/95
710 Tripp, J 4/95
665 Ashton, 6/95
585 Leavitt, D 4/95

UNL LBS TOTAL

1141 Regan, C 5/95
1036 Corney, L 5/95
965 Clever, L 6/95
909 Kananap, J 3/95
909 Vincent, B 5/95
870 Hunter, S 4/95
859 Hallen, S 5/95
837 Leiferman 4/95
835 Pennartz, T 12/94
800 Barba, M 4/95

661 Dean, K 8/95

644 Trentini, M 5/95
496 Tenorio, B 3/95
475 Kephart, S 5/95

114 LBS SQUAT

220 Someda, D 8/95

123 LBS SQUAT

315 LaJoy, D 4/95
286 Blaize, M 8/95
225 Calhoun, B 9/95
220 Aguiar, D 4/95
175 Corum, T 4/95
175 Wolfe, A 6/95

132 LBS SQUAT

429 Westbrook, K 3/95
402 Griffith, P 8/95
380 DelGallo, R 4/95
363 Hall, S 4/95
355 Rosen, I 2/95
319 Umberger, R 8/95
300 McGreehan, H 4/95
300 Annis, J 9/95
253 Suzuki, C 3/95
236 Kestler, A 3/95

214 Nolan, R 9/95

209 Brochey, D 9/95

148 LBS SQUAT

501 Johnson, S 6/95
451 Theodorou, N 4/95
446 Schalley, J 4/95
424 Whitney, D 8/95
420 Rohan, B 6/95
415 Amorin, M 3/95
415 Whitney, J 3/95
410 Hand, R 4/95
390 Peek, M 5/95
380 Bonacci, J 4/95

374 Griffin, B 8/95

372 Randazzo, J 3/95

350 Maez, M 5/95

347 Loftos, J 4/95

335 Smolensky, M 3/95

335 Balazs, L 4/95

325 Harben, G 2/95

310 Tobias, H 3/95

253 Addy, J 10/95

165 LBS SQUAT

580 Roy, M 3/95
556 Wiltshire, G 3/95
534 Stires, C 4/95
530 Gill, U 3/95
525 Brent, B 2/95
501 Pamulo, R 6/95
480 Burt, E 3/95
465 Barron, L 2/95
465 Clayton, B 3/95
465 Erdman, R 6/95

460 Oleszczak, M 4/95

450 Helms 2/95

440 Brogan, J 8/95

435 Andrade, W 12/94

425 Ryan, C 3/95

425 Mathews, T 3/95

425 Marchionda, J 5/95

425 Kiser, J 7/95

424 Ringwood, R 6/95

420 Donald, C 3/95

181 LBS SQUAT

567 Rhodes, D 1/95
551 Rouse, J 6/95
534 Beck, G 9/95
529 Tsutsumi, R 3/95
523 Yamada, B 3/95
523 Guyer, D 4/95
520 Williams, T 5/95
510 Krueger, M 3/95
505 Hicks, D 3/95
505 Phillip, S 4/95

501 Fisher, R 6/95

501 Fosmire, G 9/95

500 Chioldi, J 9/95

490 Sullivan, B 1/95

496 O'Neil, S 3/95

485 Johnson, P 3/95

480 Lanneck, C 4/95

475 Lindemans, C 1/95

114 LBS BENCH

214 Someda, D 8/95

123 LBS BENCH

235 Calhoun, B 9/95
187 Aguiar, D 4/95
170 LaJoy, D 4/95
154 Blaize, M 8/95
175 Corum, T 4/95
105 Corum, T 4/95

132 LBS BENCH

270 Kestler, A 3/95
242 Hall, S 4/95
215 Annis, J 9/95
214 Westbrook, K 3/95
205 Rosen, I 2/95
187 Brochey, D 9/95
181 Suzuki, C 3/95
170 Umberger, R 8/95
160 McGreehan, H 4/95
154 Nolan, R 9/95

55 Griffith, P 8/95

148 LBS BENCH

314 Johnson, S 6/95
314 Griffin, B 8/95
310 Rohan, B 6/95
303 Schalley, J 4/95
275 Hand, R 4/95
245 Cortes, R 3/95
242 Theodorou, N 4/95
242 Bonacci, J 4/95
236 Randazzo, J 3/95
235 Whitney, J 3/95

235 Maez, M 5/95

230 Amorin, M 3/95

220 Tobias, H 3/95

225 Harben, G 2/95

215 Smolensky, M 3/95

215 Peek, M 3/95

209 Rasamny, S 9/95

185 Lewis, P 5/95

176 Loftos, J 7/95

165 LBS BENCH

370 Tentinger, L 3/95
352 Stires, C 4/95
335 Gonnering, T 4/95
330 Chestand, C 2/95
320 Roy, M 3/95
319 Wiltshire, G 3/95
305 Ligouri, L 5/95
305 Schmidt, D 9/95
300 Donald, C 3/95
300 Erdman, R 6/95

295 Clayton, Bill 3/95

286 Rubio, E 6/95

281 Lozano, R 3/95

280 Banner, J 4/95

275 Barron, L 2/95

275 Helms 2/95

275 Oleszczak, M 4/95

265 Burt, E 3/95

260 Mathews, T 3/95

260 Kiser, J 7/95

181 LBS BENCH

391 Rouse, J 6/95
385 Tsutsumi, R 3/95
370 Owen, M 8/95
347 Bendon, W 10/95
340 Williams, T 5/95
345 Fisher, R 6/95
330 Hicks, D 3/95
325 Rhodes, D 1/95
325 Chioldi, J 9/95
325 Statman, A 7/95

325 Beck, G 9/95

320 Sullivan, B 1/95

319 Guyer, D 4/95

314 O'Neil, S 3/95

310 Woods, G 8/95

308 Yamada, B 3/95

305 Johnson, P 3/95

303 Cirigliano, R 3/95

114 LBS DEADLIFT

407 Someda, D 8/95

123 LBS DEADLIFT

319 Blaize, M 8/95
314 Aguiar, D 4/95
314 Calhoun, B 9/95
285 LaJoy, D 4/95
275 Wolfe, A 6/95
270 Corum, T 4/95

132 LBS DEADLIFT

418 Westbrook, K 3/95
410 Rosen I 2/95
405 DelGallo, R 4/95
374 Hall, S 4/95
363 Griffith, P 8/95
341 Umberger, R 8/95
340 McGreehan, H 4/95
320 Annis, J 9/95
314 Brochey, D 9/95

303 Nolan, R 9/95

264 Kestler, A 3/95

148 LBS DEADLIFT

523 Theodorou, N 4/95
510 Rohan, B 6/95
507 Whitney, D 8/95
501 Johnson, S 7/95
490 Griffin, B 8/95
485 Cortes, R 3/95
451 Schalley, J 4/95
442 Bonacci, J 4/95
430 Peek, M 5/95
410 Harben, G 2/95

405 Hand, R 4/95

405 Giuffred

475 Poulin, D 4/95
473 Bendon, W 10/95

198 LBS SQUAT

633 Glumac, R 3/95
605 Nellor, E 5/95
600 Richard, J 6/95
595 Santana, H 3/95
589 Jenness, R 4/95
575 Register, J 4/95
560 Berg, D 3/95
555 Gengler, H 4/95
540 Cassell, K 3/95
534 Pride, D 10/95

530 Chavie, T 1/95
530 Valchine, J 3/95
529 Luty, B 4/95
525 Bernstein, J 4/95
523 Ticer, L 3/95
520 Wilson, P (M)
512 Smith, C 5/95
510 Rodriguez, E 6/95
507 Ferguson, D 6/95
507 Trudell, R 8/95

220 LBS SQUAT

672 Graham, J 8/95
650 Sample, L 10/95
628 Musto, M 3/95
625 Link, W 7/95
611 Sample, Lin 4/95
606 Nichol, M 6/95
600 Zenzen, D 6/95
595 Kendall, F 3/95
590 Shepard, L 7/95
585 Johnson, S 4/95

580 Burlage, M 4/95
578 Ferro, B 3/95
573 Barnwell, J 9/95
565 Sutphin, P 3/95
562 Rice, F 9/95
555 Crossen 2/95
551 Egan, J 6/95
551 Ganong, R 6/95
551 Nelson, C 8/95
540 Smith, S 4/95

242 LBS SQUAT

720 Graham, J 3/95
683 Sample, Len 4/95
661 Otis, K 9/95
660 Gibson, T 6/95
650 Musciani, T 12/94
644 Brinton, B 6/95
640 Weeks, T 4/95
630 Messenger, J 2/95
630 Taylor, D 4/95
630 Phillips, B 7/95

625 O'Donnell, T 3/95
625 Shackelford, H 6/95
620 Miller, J 4/95
605 Benton, R 2/95
600 Webb, C 3/95
600 Rood, R 3/95
600 Milligan, J 8/95
600 Logan, H 7/95
590 Worley, D 4/95
590 Swain, G 5/95

275 LBS SQUAT

725 Ricafrente, D 2/95
675 Buckholz, W 4/95
672 Obermark, I 10/95
650 Dias, F 6/95
639 Krueger, G 6/95
630 Simmons, R 1/95
605 Birt, T 3/95
585 Roberts, B 6/95
584 Hurlie, J 4/95
575 Billesbach, B 8/95

556 Caltagarone, P 6/95
550 Byers, A 3/95
550 Hill, G 5/95
545 Levine, B 4/95
540 Towne 4/95
540 James, D 8/95
530 Harrell 2/95
525 Fuller, M 3/95
523 Sadowski, R 6/95
507 Cramer, N 10/95

303 Trammell, L 6/95
300 Padron, F 1/95

198 LBS BENCH

465 France, J 10/95
446 Jenness, R 4/95
440 Register, J 4/95
429 Anello, V 10/95
405 Gengler, H 4/95
375 Barkze, D 4/95
374 Willis, R 8/95
360 Bernstein, J 4/95
360 Richard, J 6/95
358 McDermott 1/95

358 Brown, B 10/95
352 Wilson, P (M)
340 Valchine, J 3/95
340 Karelitz, R 4/95
340 Todd, J 9/95
336 Santana, H 3/95
335 Chavie, T 1/95
335 Nellor, E 5/95
335 Hale, R 4/95
330 Dienelt, D 3/95

220 LBS BENCH

470 Crossen 8/95
429 Cote, R 9/95
413 Abdon, G 2/95
407 Ganong, R 6/95
402 Musto, M 3/95
391 Sample, L 10/95
390 Sochor, D 5/95
385 Early, J 5/95
385 Bernstein, J 9/95
380 Sample, Lin 4/95

380 Barnwell, J 9/95
374 Ferro, B 3/95
374 Nichol, M 6/95
370 Smith, S 4/95
370 Sanchez, L 5/95
370 Link, W 7/95
365 Washington, R 2/95
365 Noel, S 4/95
363 Nyahay, J 9/95
360 Troutman, P 3/95

242 LBS BENCH

470 Arthur, L 8/95
451 Brinton, B 6/95
440 Sample, Len 4/95
424 Wendt, J 4/95
424 Milligan, J 8/95
415 Miller, J 4/95
405 O'Donnell, T 3/95
402 Otis, K 9/95
400 Cerrato, R 12/94
400 Messenger, J 2/95

400 Rainigh, R 3/95
390 Ingram, G 3/95
385 Rood, R 3/95
380 Benton, R 2/95
380 Leonard 2/95
380 Eckenrod, G 3/95
380 Shackelford, H 3/95
380 Shay, B 4/95
375 Graham, J 3/95
375 Pfister, B 4/95

275 LBS BENCH

505 Batten, C 4/95
430 Simmons, R 1/95
410 Ricafrente, D 2/95
410 Buckholz, W 4/95
407 Obermark, I 10/95
402 Krueger, G 6/95
375 Binkowski, S 3/95
375 Monis, W 3/95
369 Smith, O 4/95
369 Caltagarone, P 6/95

365 Harrell 2/95
365 Hill, G 5/95
352 Spellane, J 4/95
350 Lane, R 3/95
350 Dawson, J 4/95
350 Billesbach, B 8/95
347 Towne 4/95
345 Birt, T 3/95
341 Hurlie, J 4/95
341 Vanderveen, F 9/95

500 Woods, G 8/95
490 Krueger, J 1/95

198 LBS DEADLIFT

683 Glumac, R 6/95
645 Nellor, E 5/95
640 Richard, J 6/95
633 Rice, F 3/95
600 Anello, V 10/95
590 Valchine, J 3/95
575 Foreman, R 1/95
560 Gengler, H 4/95
556 Jenness, R 4/95
550 Cassell, K 3/95

550 Bernstein, J 4/95
545 Santana, H 3/95
540 Ticer, L 3/95
540 Leininger, G 6/95
540 Brown, B 10/95
529 Reali, L 3/95
525 Sustin, B 4/95
525 Todt, R 5/95
523 Michael, F 4/95
518 Wilson, P (M)

220 LBS DEADLIFT

688 Graham, J 8/95
630 Peterson, F 5/95
628 King, A 8/95
622 Sample, Lin 4/95
611 Rice, F 9/95
611 Sample, L 10/95
606 Barnwell, J 9/95
600 Johnson, S 4/95
600 Musto, M 3/95
600 Shepard, L 7/95

600 Link, W 7/95
590 Smith, S 4/95
589 Nelson, C 8/95
585 Canzater, K 3/95
585 Crossen, 8/95
570 Sutphin, P 3/95
567 Kendall, F 3/95
567 Mobley, G 6/95
567 Ganong, R 6/95
562 Tomlin, C 3/95

242 LBS DEADLIFT

665 Gibson, T 6/95
640 Phillips, B 7/95
630 Graham, J 5/95
622 Milligan, J 8/95
620 Messenger, J 2/95
610 Eckenrod, G 3/95
606 Brinton, B 6/95
605 O'Donnell, T 3/95
605 O'Brien, P 3/95
600 Spikes, R 3/95

600 Miller, J 4/95
600 Weeks, T 4/95
600 Sample, Len 4/95
595 Otis, K 9/95
585 Rood, R 3/95
584 Webb, C 3/95
570 Cote, R 3/95
570 Shackelford, H 6/95
565 Worley, D 4/95
562 Flom 4/95

275 LBS DEADLIFT

620 Simmons, R 1/95
585 Hill, G 5/95
584 Obermark, I 10/95
575 Billesbach, B 8/95
567 Dias, F 6/95
565 Buckholz, W 4/95
562 Sadowski, R 6/95
556 Caltagarone, P 6/95
555 Roberts, B 6/95
550 Harrell 2/95

550 Birt, T 3/95
550 James, D 8/95
545 Krueger, G 6/95
540 Byers, A 3/95
540 Smith, O 4/95
540 Allen, W 4/95
534 Levine, B 4/95
523 Hurlie, J 4/95
518 Towne 4/95
518 Milligan, C 3/95

1278 Owens, M 8/95
1265 Phillip, S 4/95

198 LBS TOTAL

1600 Richard, J 6/95
1592 Glumac, R 3/95
1592 Jenness, R 4/95
1585 Nellor, E 5/95
1520 Gengler, J 4/95
1515 Register, J 4/95
1488 Rice, F 3/95
1477 Santana, H 3/95
1460 Valchine, J 3/95
1435 Bernstein, J 4/95

1420 Cassell, K 3/95
1383 Berg, D 3/95
1380 Chavie, T 1/95
1380 Barke, D 4/95
1377 Ticer, L 3/95
1377 Willis, R 8/95
1370 Foreman, R 1/95
1361 Wilson, P (M)
1350 Sustin, B 4/95
1317 Luty, B 4/95

220 LBS TOTAL

1708 Graham, 8/95
1653 Sample, L 10/95
1631 Musto, M 3/95
1614 Sample, Lin 4/95
1595 Link, W 7/95
1580 Crossen 8/95
1559 Kendall, F 3/95
1559 Barnwell, J 9/95
1540 Shepard, L 7/95
1526 Ganong, R 6/95

1504 Ferro, B 3/95
1500 Smith, S 4/95
1499 Nichol, M 6/95
1493 Rice, F 9/95
1490 Sutphin, P 3/95
1485 Johnson, S 1/95
1475 Bernstein, J 9/95
1474 Nelson, C 8/95
1445 Burlage, M 4/95
1432 Zenzen, D 6/95

242 LBS TOTAL

1725 Sample, Len 4/95
1708 Brinton, B 6/95
1700 Graham, J 5/95
1658 Otis, K 9/95
1650 Messenger, J 2/95
1644 Milligan, J 8/95
1640 Gibson, T 6/95
1635 O'Donnell, T 3/95
1635 Miller, J 4/95
1630 Phillips, B 7/95

1605 Weeks, T 4/95
1570 Rood, R 3/95
1570 Shackelford, H 6/95
1548 Webb, C 3/95
1530 Taylor, D 4/95
1520 Wendt, J 2/95
1510 Benton, R 2/95
1500 Eckenrod, G 3/95
1480 O'Brien, P 3/95
1470 Rainigh, R 3/95

275 LBS TOTAL

1765 Ricafrente, D 2/95
1680 Simmons, R 1/95
1664 Obermark, I 10/95
1650 Buckholz, W 4/95
1587 Krueger, G 6/95
1525 Billesbach, B 8/95
1505 Batten, C 4/95
1500 Birt, T 3/95
1500 Hill, G 5/95
1493 Dias, F 6/95

1482 Caltagarone, P 6/95
1475 Roberts, B 6/95
1449 Hurlie, J 4/95
1445 Harrell 2/95
1420 Byers, A 3/95
1405 Milligan, C 3/95
1405 Towne 4/95
1405 Levine, B 4/95
1390 James, D 8/95
1383 Smith, O 4/95

UNL LBS SQUAT
826 Crowley, D 8/95
771 Burrel, M 3/95
650 Nolan, D 9/95
540 Contreras, L 3/95
534 Nugent, T 3/95
525 Sadowski, R 4/95
518 VanBroekdin, D 3/95
505 Peterson, C 4/95
501 Willhite, C 5/95
501 Gray, B 9/95

UNL LBS BENCH

451 Contemus, L 3/95
451 Schaffer, D 4/95
435 George, C 4/95
424 Crowley, D 8/95
418 Gray, B 9/95
370 Glover, A 4/95
352 Nolan, D 9/95
341 Willhite, C 5/95
340 Peterson, C 4/95
330 Van Brocklin, D 3/95

325 Nugent, T 3/95
314 Budwin, H 3/95
300 Sadowski, R 3/95
300 McClure, B 9/95
297 Bradley, J 8/95
265 Williams, D 2/95
250 Frogley, B 6/95

UNL LBS DEADLIFT

639 Burrel, M 3/95
639 Crowley, D 8/95
617 Nolan, D 9/95
570 Sadowski, R 3/95
551 Schaffer, D 4/95
525 Glover, A 4/95
523 Willhite, C 5/95
520 George, C 4/95
518 Contreras, L 3/95
501 Nugent, T 3/95

500 McClure, B 9/95
485 Van Brocklin, D 3/95
475 Peterson, C 4/95
460 Williams, D 2/95
460 Frogley, B 6/95
451 Budwin, H 3/95
451 Bradley, J 8/95
418 Gray, B 9/95

UNL LBS TOTAL

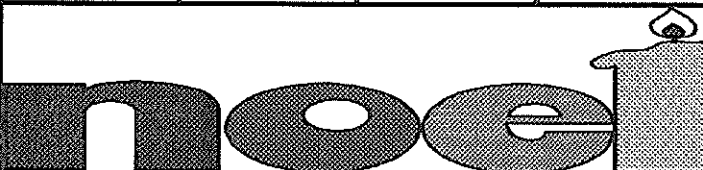
1886 Crowley, D 8/95
1763 Burrel, M 3/95
1620 Nolan, D 9/95
1510 Contreras, L 3/95
1438 Schaffer, B 4/95
1395 Sadowski, R 3/95
1366 Willhite, C 5/95
1361 Nugent, T 3/95
1333 VanBroekdin, D 3/95
1173 Budwin, H 3/95

1170 Williams, D 2/95
1135 Frogley, B 6/95
1096 Bradley, J 8/95
1380 Peterson, F 5/95
1339 Gray, B 9/95
1275 McClure, B 9/95

UNL LBS TOTAL

1886 Crowley, D 8/95
1763 Burrel, M 3/95
1620 Nolan, D 9/95
1510 Contreras, L 3/95
1438 Schaffer, B 4/95
1395 Sadowski, R 3/95
1366 Willhite, C 5/95
1361 Nugent, T 3/95
1333 VanBroekdin, D 3/95
1173 Budwin, H 3/95

1170 Williams, D 2/95
1135 Frogley, B 6/95
1096 Bradley, J 8/95
1380 Peterson, F 5/95
1339 Gray, B 9/95
1275 McClure, B 9/95



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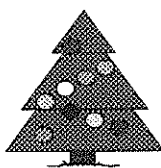
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SPORTS MEDICINE

I am going to diverge for this month. I would like to take this opportunity to thank all the various health professionals involved in our committee that have helped out this year at various competitions. We have had doctors of chiropractic, nurses, medical doctors, athletic trainers, physical therapists and massage therapists volunteer their time to see that the ADFPA athletes receive the best care they can while they are at an ADFPA competition. So far this year we have been at 10 out of 13 National meets and have served approximately 20% of the athletes at these competitions. We will also be at two WDFPF competitions this year.

I receive about 3-5 phone calls and about 5 letters a month regarding powerlifting related problems. The feedback I have received about helping these members is they are happy someone can help their powerlifting problem or at least point them in the right direction.



Most of the competitions we have been at have been National meets. If local/state/regional championship meet directors would like to have an ADFPA Sports Medicine professional at their competition, please contact me and we will do our best to accommodate you. As a service to the ADFPA Meet Director, we will find professionals in your area that can help you out. Since the inception of this committee, the primary goal was to serve the athlete the best that we can. This means having health professionals at ADFPA competitions to take care of the various injuries that occur. This also means making sure that the professional's treating our athletes are of the highest quality. This is done via the credentialing process. Each health professional that wishes to join our committee needs to submit a current curriculum vitae/resume, copy of all current state licenses, copy of malpractice (including limits) and copies of any postgraduate work relating to sports or sports medicine. If you already have a health professional that you know and would like to help out at your competition, please direct them to our committee so they can become a member of the Sports Medicine Committee. Once they are a member, they will be properly credentialed to help out at any ADFPA competition. Again, thank you to everyone who has helped out this year. Next year promises to be a bigger and better year for our committee.

Please send your questions for the Sports Medicine Committee to Dr. Michael Hartle, 126 South Main Street, Seymour, WI, 54165. If you would like a personal response, please send a SASE with \$1.00 to cover additional postage and other expenses. I also welcome your comments on the committee/column. You can contact me at (414)833-7844/FAX (414)833-7463.

Presented by Dr. Michael Hartle

TIPS FROM BETTINA

THE MEET DOESN'T START UNTIL THE WEIGHT IS ON THE FLOOR by Bettina Altizer,

Deadlifting has always been my nemesis. Years ago a rather famous coach in powerlifting told me that I would never be a good deadlifter because of my poor genetics - short arms and a fairly long torso. At that time I was having trouble pulling 340

pounds at a weight of 132.

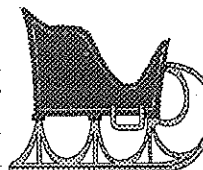
It was not until I met Steve Scialpi, the greatest deadlifter of all time, did I find the golden key to deadlifting. When Steve first started to train me, the best deadlift that I had made thus far was 374 pounds and that was a struggle. Under Steve's tutelage, in a matter of a couple of months, I pulled an easy 393 pounds for a WDFPF World Record. Since then, I have pulled 418 pounds weighing 129 pounds, which isn't too bad for a person who supposedly would never be a good deadlifter.

Steve helped me with two important aspects of the deadlift-the form and the method of training. There are very few powerlifters who have good form in the deadlift and that includes even the top ADFPA lifters. Most lifters use too much back and muscle up the weight. Approximately 99% of the lifters begin the lift with moving their hips first with the weight following. In other words, the body moves first and then the weight (hopefully) moves second.

Steve made several corrections in my form. I had been doing a modified sumo with my leg stance slightly wider than my squat stance; and after gripping the bar to begin the pull, I would pump my hips several times and then attempt to pull. I would end up pulling more with my back than my hips and quads.

First Steve widened my stance and pointed my toes out more so that my hips were as high as possible. Then he stopped me from pumping my hips. Next he taught me to reach down for the bar without looking at the bar and feeling the placement of the grip with just my fingertips in order to preserve the upright position of my torso and the high position of the hips. When I began the lift, Steve made sure that my hips and body moved at precisely the same time that the bar began to move.

Then Steve dramatically changed the way I trained the deadlift. Previously, I did the usual workout - 2 to 4 sets at 3 to 8 reps at top weight. Under Steve's program, I was to use 35 pound plates, and I was prohibited from touching the weight to the floor when I was doing repetitions. I was to allow the weight to come down until it reached approximately 2-3 inches from the floor and then pull up again. Additionally, I was not allowed to use a belt until the meet. Between sets, I could rest only 1-1/2 minutes. Steve began the cycle (approximately 10-12 weeks) with 8 sets of 5 reps and scaled both sets and reps down throughout the cycle until the meet. This program allowed me to build explosive power from the floor by developing every little strand of ligament and tendon tissue that I had. It virtually made me into a human rubber band.



Because of Steve's unorthodox training, my deadlifting potential was realized and my poor genetics were overcome. And I am still putting pounds on my deadlift.

There are several lessons to be learned here. Number 1: Do not listen to those who tell you that you will never be good at a particular lift. If you have a deficiency in a particular lift, seek out the true experts and learn from them; and Number 2: You too can be a good deadlifter even if you are not particularly genetically-gifted, if you can develop good form and proper training techniques.

The deadlift is no longer my nemesis. Thanks Steve.

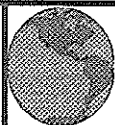
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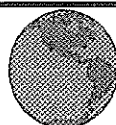


February 17 & 18, 1996

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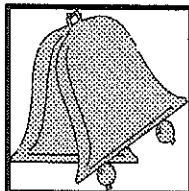
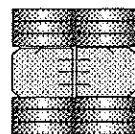
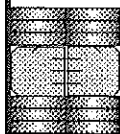
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