

## Game, Interrupted

**T**he scandal at Penn State has been the focus of every major sports network and the general news media since the arrest of Jerry Sandusky last November. Likewise, this issue of *BFS* magazine touches on the story, but the approach is from two different angles by two individuals who are experts in their chosen field.

The first expert is Dr. Greg Shepard, Founder/CEO of Bigger Faster Stronger. Shepard coached high school football and also was a Division I strength coach; his body of work includes developing the Be an 11 character education program. It's one thing for a sports writer to talk about how Sandusky's colleagues should have responded to the problem, but Shepard's perspective is unique, coming as it does from both a background in the trenches of college football and his cumulative experience with youth education. Although Coach Joe Paterno reported Sandusky's actions to a superior and was not charged with a crime himself, Shepard contends that Paterno was derelict in his moral responsibilities to the boys who were abused between 1994 and 2009.

The second expert is Dr. Marc Rabinoff. Rabinoff looks at the scandal from a legal perspective. As a college professor who has been an expert witness in over 400 litigations, Rabinoff has the background to address the legal obligations of the coaching staff and school administration concerning this scandal. As a preview,

I would say that if Rabinoff were to compile a top 10 list of what Paterno should have done when he first heard about the sexual abuse, it would probably read something like this: #10 Call the police, #9 Call the police, #8-1, Call the police.

Because it will be difficult to find an impartial jury, it may take years to settle the case in court. The damage to Penn State's reputation will take even longer to resolve, if ever. As for the financial costs, no doubt the school will lose millions of dollars in support.

What can we learn from the Penn State scandal? Please read the "Dark Side of Sports" and Dr. Shepard's article and consider the opinions of our two experts.

Finally, our congratulations to University of Houston's Case Keenum for his record-breaking performance this season, which helped his Cougars achieve an undefeated regular season. And our condolences to South Carolina's Marcus Lattimore, whose run for the Heisman Trophy was cut short by a season-ending knee injury shortly after he appeared on the

cover of our November/December 2011 issue. Lattimore is only a sophomore, so expect to see him next year in the race for the Heisman.

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The Penn State scandal has captured the attention of all the major news media.

# BFS

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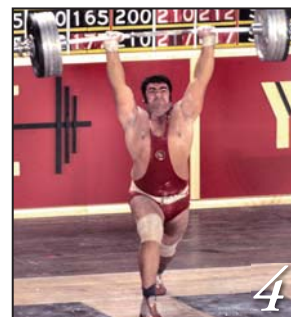


Photo by Bruce Klemens



Photo by Gary Fridley



Photo by Pascal Rathé





## Farewell to an Iron Game Legend

Unquestionably, the most famous weightlifter in the history of the sport, and one of the most recognizable athletes in the '70s, was Vasily Alexeev.

Alexeev burst on the weightlifting scene in 1970 at the World Weightlifting Championships. At this competition this Russian super heavyweight became the first man in the world to clean and jerk 500 pounds. Alexeev would call this a good start, as that year he broke a total of 26 world records. Because Russian weightlifters would receive a bonus for every world record, reportedly up to \$1,500 each, "The Russian Giant" was on his way to becoming a very rich man – he ended up breaking 80 world records in his career and going undefeated for seven years.

Alexeev's first Olympic gold came in 1972. He had three major challengers, Belgium's Serge Reding, West Germany's Rudy Mang and America's Ken Patera. Reding was a powerhouse who had broken five world records and could full squat 880 pounds for reps; Mang had broken the world record in the press earlier in the year; and in a tune-up meet for the Olympics, Patera had lifted over 500 pounds in the press and the clean and jerk. But when the chalk dust settled on the Olympic platform, Alexeev had broken all the Olympic records and ended up 66 pounds above his nearest competitor.

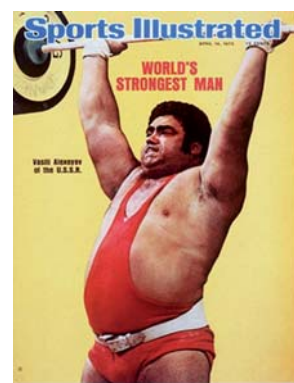
At the 1976 Olympics, as with the 1972 Olympics, Alexeev had worthy challengers. One was East Germany's Gerd Bonk, who had placed second to Alexeev in the 1975 World Championships and just before the Olympics had broken Alexeev's world record in the clean and jerk by 11 pounds with 556. And then there was Bulgaria's Khristo Plachkov, who in the previous two years had broken eight

world records, including the best result for the total of the three lifts. Plachkov did not compete in the Olympics, but it appeared that Alexeev was ready for anyone. He won the competition over Bonk on his first clean and jerk of 507 pounds, and then jumped to 562 pounds to reclaim his world record. He passed on his third attempt, although prior to the competition he'd said that he was prepared to attempt 573.

After seven straight years of winning every contest he entered, Alexeev was finally defeated – by himself. Competing at the 1978 World Championships, Alexeev appeared on his way to another easy victory, but he injured his hip during his first clean and jerk and could not complete the lift or any additional attempts.

He elected not to compete in 1979 but earned a spot on the 1980 Olympic team. He was 38 at the time. Although reportedly in top shape and capable of a 556-pound clean and jerk, Alexeev missed all his snatches at 396 pounds. His Russian teammate Sultan Rakhmanov won easily with lifts of 424 in the snatch and 523 pounds in the clean and jerk.

Alexeev was a tremendous competitor who dominated his competitors and brought worldwide attention to the sport of weightlifting. He died on November 25, 2011, but his legacy as one of the world's greatest weightlifters will live on for all time.







## The Evolution of Chin-Ups

In setting goals for physical achievements, it's interesting to see what others have done. For example, on November 5, 2011, former *BFS* magazine cover athlete Case Keenum achieved his goal of exceeding Timmy Chang's NCAA career passing record of 17,072 yards. But you should be realistic in your goal setting. If you're a sprinter, it might be a bit optimistic to set your sights on exceeding Usain Bolt's record of 9.58 in the 100 meters, but you can certainly set a percentage of that.

According to Guinness World Records, rules for chin-ups (palms facing you) and pull-ups (palms facing away from you) include the following:

### **Pull-ups in 1 minute:**

- (M): 50, Jason Petzold (USA), June 20, 2009
- (F): 39, Alicia Weber (USA), August 7, 2011

### **Chin-ups in 1 minute:**

- (M): 67, Jason Petzold (USA), August 21, 2011
- (F): 36, Alicia Weber (USA), August 7, 2011

### **Pull-ups in 3 minutes:**

- (M): 100, Ngo Xuan Chuyen (Vietnam), 1988
- (F): 74, Alicia Weber (USA), August 7, 2011

### **Chin-ups in 3 minutes:**

- (M): 105, Jason Petzold (USA), August 21, 2011
- (F): 69, Alicia Weber (USA), August 7, 2011

### **Pull-ups in 1 hour:**

- (M): 1,009, Stephen Hyland (Great Britain), August 1, 2010
- (F): 680, Alicia Weber (USA), February 27, 2010

When setting these official records it is permissible to dismount (although the clock will keep running). So now that you have the standards and know what's humanly possible, start setting your own goals for chin-ups and pull-ups.

## To Pad, or Not to Pad?

The BFS staff has been asked to address the pros and cons of wrapping pads around barbells to make them more comfortable when performing back squats. This is how we responded:

"Many beginners find it extremely uncomfortable to hold a barbell on their shoulders. Using a supportive device such as the Manta Ray often resolves this problem, as it distributes the pressure over a larger area. That being said, competitive weightlifters and powerlifters prefer no supportive devices, as they believe it reduces the 'feel' of the bar on their shoulders. In fact, with powerlifting barbells, there is center knurling that serves to help dig into the neck for a more secure feel.



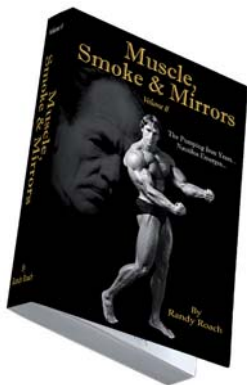
"With the Manta Ray, the barbell is just supported from a higher position. Wrapping a towel around a barbell, or using a padded device that wraps around the bar, pushes the barbell backward on the shoulders, which in turn decreases the stability of the exercise. To compensate, an athlete will often roll their shoulders forward, thereby putting the spine out of optimal alignment – this is compounded by the fact that a wrap increases the distance from the bar to the hips, and as such increases the stress on the lower back. The wrap also may increase the risk of neck injury, as it puts the head out of normal alignment. Further, such a wrap increases the risk of the barbell sliding off the back.

If an athlete wants more support or finds that the bar digs into the back too much, they can simply use a closer grip."



## BOOK REVIEW:

## Muscle, Smoke and Mirrors: Volume II



For a detailed history of competitive bodybuilding, the best, most extensively researched book on the subject is *Muscle, Smoke & Mirrors: Volume 1*. The book is 562 pages and took author Randy Roach five years to write, an impressive accomplishment when you consider that Roach is visually impaired. His newly published follow-up book, *Volume II*, is a massive 703 pages and includes a brief history of strength training.

The parts that strength coaches will find of most interest are chapters 32 and 33, beginning with comments that Bob Hoffman made in 1936 in his magazine *Strength and Health*: “What I can never understand is why some athletic coaches will condemn something they know nothing about.... Star

weightlifters are the fastest, strongest, most enduring, and most athletic of men.”

From that introduction Roach talks about how Alvin Roy became the first NFL strength coach in 1963, employed by the San Diego Chargers, and also discusses the creation of the National Strength and Conditioning Association in 1978. Using a parallel timeline, Roach examines the influence of Nautilus founder Arthur Jones, and how he got his machines and controversial training methods into West Point and many NFL teams.

Roach also includes a detailed discussion of Russian influences on strength coaching, particularly the concepts of sport-specific training and plyometrics.

Because Roach's books have been self-published and are not available in bookstores, the best place to purchase *Muscle, Smoke & Mirrors: Volume II* is through the author's website, [www.randyroach.ca](http://www.randyroach.ca).



Poliquin Strength Institute



## The Gym of the Future

Charles Poliquin's gym, the Poliquin Strength Institute in East Greenwich, Rhode Island, was featured in our January/February 2010 issue. His gym is 5,200 square feet and is primarily used for teaching seminars for personal trainers and strength coaches. Because of the success of his company Poliquin Performance, construction will begin this March on a new Poliquin Strength Institute that will include a 20,000-square-foot private gym.



Coach Charles Poliquin

Miles Sarcev Photo



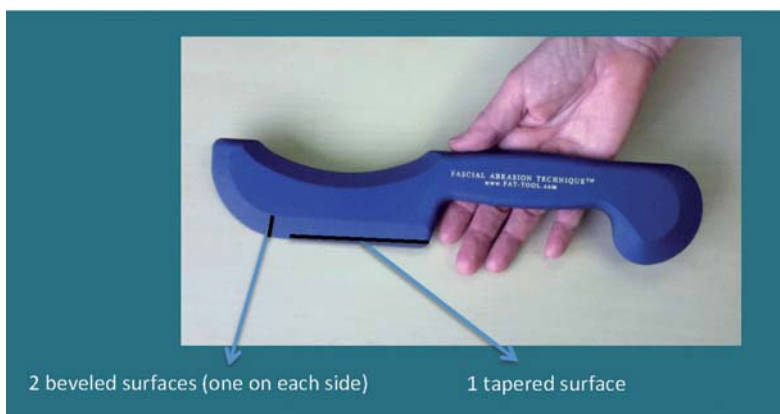
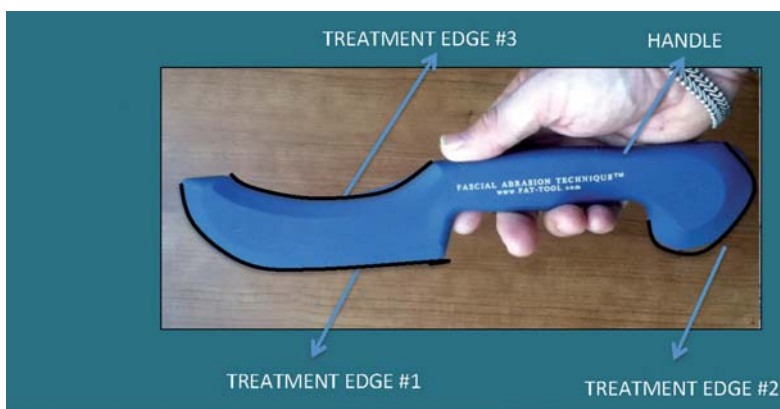
# Sports Medicine Breakthrough: The FAT-Tool

One of the latest treatment methods used by progressive sports medicine practitioners is the Fascia Abrasion Tool (FAT) developed by Dr. Mark Scappaticci. Dr. Scappaticci is best known in the iron game as the individual who invented Scap Jacks, which is a method of increasing muscle fiber recruitment by training an agonist and its contralateral antagonist at the same time (such as performing a biceps curl with the right hand and a triceps pressdown with the left hand).

The FAT-Tool provides a method of treating the connective tissue called fascia, which when injured can restrict mobility and affect athletic performance in many other ways. The FAT-Tool features multiple treatment edges and profiles in an all-in-one tool.



A unique professional set of FAT-Tools includes a large and smaller tool created for health care providers to manage a variety of difficult-to-treat soft-tissue conditions.



There is a separately designed FAT-Tool for personal trainers and coaches to assist in mobilizing fascia to help improve areas of decreased range of motion. A short video presentation by Dr. Scappaticci is available on his website, [wts.fat-tool.com](http://wts.fat-tool.com).

## BIGGER FASTER STRONGER



## Coming Next Issue

The March/April issue of *BFS* magazine will have more news of how the OptoJump is revolutionizing testing and training in schools across the country. There also will be many inspiring BFS success stories and articles about the latest in training methods and strength and conditioning equipment.



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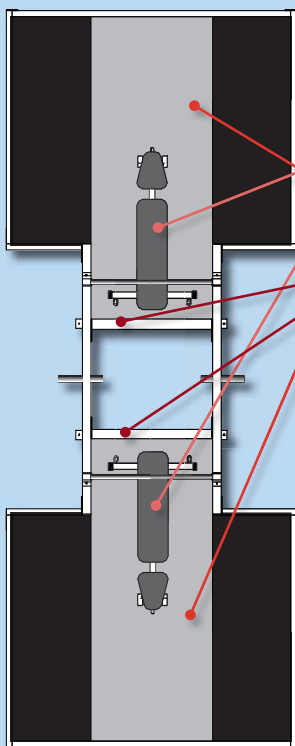
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Flat



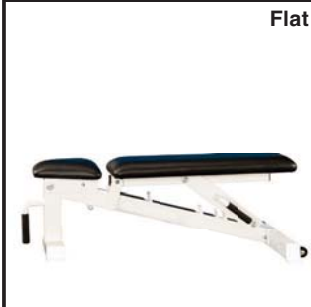
Military



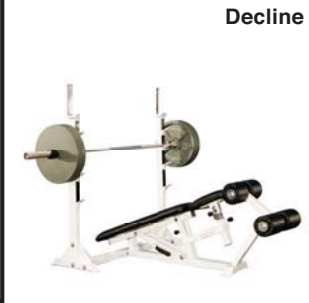
Military (shoulder press)



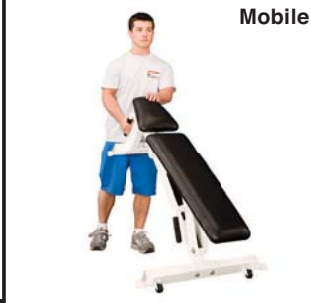
Flat



Decline



Mobile



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