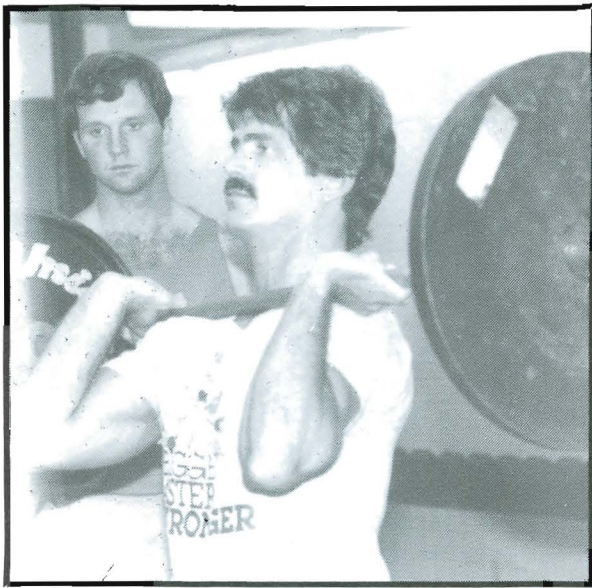


STRENGTH TRAINING AT THE OTC



Ed Bielik: Strength Training Coordinator shown with BFS Vice President Rick Anderson doing the Clean.

The Olympic Training Center would not be complete, of course, without a facility for strength training. The weight room is open in the morning from 9-11 a.m., in the afternoon from 1-5 p.m. and again from 6-9 p.m. Also, arrangements can be made for private team training sessions. The weight lifting team does not train in this facility as they have their own separate facility.

Each day some 65-70 athletes will come in for their workout. These athletes come from three types of groups. The first group is the permanent athletes which usually consist of the sports of boxing, weight lifting, cycling, judo, race walking and sometimes the rifle and pistol team. Normally, the top seven in each weight class are eligible to stay on a permanent basis. Each athlete in the permanent group usually has their room and board paid. At first observation, this seems like a super great situation. Imagine, working 24 hours a day on being the best at your event without any financial problems. This is good in theory but many feel the athletes are probably more productive in the long run if they can do some part-time work or take some classes at the several universities nearby.

The second group involves a camp situation. An elite camp is formed for some athletes. A camp can last a week or more perhaps even for all summer.

The third group is a team camp situation. This type of camp usually lasts for two weeks. A tryout team is assembled before an international competition and a team will be picked and team members can become acquainted.

Strength coaches are hired to supervise and assist all athletes in all events. The strength coach at the time of our visit during the summer of 1983 was Ed Bielik. Coach Bielik is a masters degree candidate from the University of Kansas. At age 24, he demonstrated a remarkable degree of knowledge.

The philosophy of strength training at the Olympic Training Center is very much like the Bigger Faster Stronger philosophy. This is not surprising since the BFS philosophy originated from track athletes in the 1960's. We asked Coach Bielik what influence and role do the Nautilus principles and machines have in strength development of Olympic athletes. "Well, on a scale of 1 to 10 I'd say a one," responded Coach Bielik. "It just doesn't do the job."

Our second question in a controversial area had to do with the one set of 8 to 12 reps philosophy which is done by a small percentage of football teams. Coach Bielik stated "We have never had **any** athlete come in and do one set of 8-12 reps, NEVER!"

"We've never had ANY athlete come in and do one set of 8-12 reps." Strength Coach Bielik of the OTC.

"Basically, what the athletes do are a core program of Cleans, Jerks, Squats and either an Incline Press or a Bench Press depending on the diagonal or angle of the event or sport. That is, a shot putter would concentrate more on Inclines. Some of the favorite assistance exercises of our athletes are sit-ups and abdominal work, leg extensors and leg curls, stiff leg dead lifts, step-ups and dips," explained Coach Bielik.

Some other general rules at the OTC: Athletes are encouraged to always record their lifts. It's very important. You can't remember it, if you don't write it down; never work more than one lift more than once a week or body part heavy. "You'll be surprised how many athletes want to lift heavy every day when they lift on their own." If an athlete has only one hour to train, he must work on the basic power movements.

Obviously, we left impressed and want to thank Coach Ed Bielik and wish him the best on helping athletes in their "Quest for Greatness."

STRENGTH COACH POSITION

Ben Davis High School
Contact: Dick Dullaghan
Head Football Coach
1200 Girls School Road
Indianapolis, IN 46224
(317) 244-7691

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