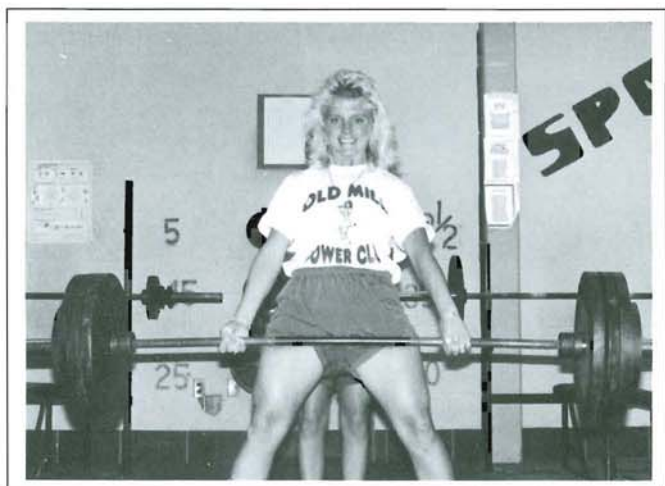


# THE OLD MILL SENIOR HIGH WEIGHT TRAINING STORY



Old Mill Girls Power Club.  
Nine out of fourteen are Track Athletes.



Misty Parr working to be Old Mill's  
first 400 pound Dead Lifter!



Misty has the school Bench Press record of 175 pounds.

## PART TWO

In our last issue, we featured Part I of the Old Mill Senior High Weight Training Story. Coach Ron Evans, an Upper Limit Coach, organized the program. Many of our readers were astounded to learn that 1041 students elected to enroll in weight training classes at the high school (753 Boys - 258 Girls). Coach Evans was very successful as the head football coach but retired in 1983. He then channeled his energies into the recruitment and development of girls through the weight program and track teams. The emphasis of this Part II article will devote itself to the outstanding achievements of the girl's program.

Old Mill's weight room in Millersville, Maryland is 2800 square feet and contains 20 olympic bars and a lot of equipment with emphasis of free weights. Each student is ranked on a computer printout based on their max lifts. There are nine instructors at Old Mill and all use Coach Evans' special computer disc. To stimulate enthusiasm \$1200 worth of Power Club and Liftathon shirts are given away each year. Body fat percentages are checked three times per year and lectures on nutrition, muscle identification, goals, visualization and terminology of weight training are given periodically throughout the school year.

### Old Mill Lifting Records

(Boys above line - Girls below Line)

Name	Wt.	Bench
* 1. Troy Ripley	198	380
2. Mike Stasch	168	345
* 3. Richard Cofield	202	340

1. Misty Parr	144	180
2. Lisa Sturm	130	165
* 3. Kathy Caldwell	186	160

Name	Wt.	Squat
1. Ken Eckenrode	298	480
* 2. Richard Cofield	202	435
3. David Allison	295	430

1. Misty Parr	144	270
* 2. Angel Dean	119	250
* 3. Rosalind Baker	197	240

Name	Wt.	Clean
* 1. Richard Cofield	202	300
2. Steve Cady	168	280
* 3. Lionel Montgomery	198	275

* 1. Kathy Caldwell	186	165
* 2. Debbie Zubalik	137	155
* 3. Danyella Johnson	141	150



Name	Wt	Deadlift
* 1. Richard Cofield	210	640
2. Ken Eckenrode	298	570
3. Tony Scott	185	550

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1. Misty Parr	148	405
* 2. Rosalind Baker	186	378
* 3. Nichelle Queen	140	375

Name	Wt.	Total
* 1. Richard Cofield	202	1715
2. Ken Eckenrode	298	1590
* 3. Troy Ripley	198	1520
* 4. Jeff Galentine	185	1470
* 5. Mike Haley	195	1470

1. Misty Parr	144	1000
* 2. Kathy Caldwell	185	890
* 3. Rosalind Baker	186	873
* 4. Debbie Zubalik	137	875
* 5. Nichelle Queen	140	805

Name	Wt.	Top of Body %
* 1. Richard Cofield	202	1032
2. Herbie Bryant	164	994
* 3. Mike Adcock	165	988
* 4. Mark Sterling	154	970
* 5. Ronaldo Johnson	134	962

1. Misty Parr	144	792
* 2. Donna Zubalik	119	770
* 3. Deborah Zubalik	135	738
4. Chrissy Tarbutton	95	743
5. Jennifer Berg	95	728

#### \* TRACK ATHLETE

Notice the number of track athletes who hold lifting records. Coach Evans has been involved in track since 1968. Eight years at Arundell High School as Boys Track Coach 1968 to 1975 and from 1975 to the present time being involved with both Girls and Boys Track. His record is nothing short of phenomenal:

#### 39 County Championships

14 Boys Outdoor - 9 Boys Indoor  
8 Girls Outdoor - 8 Girls Indoor

#### 40 District Championships

15 Boys Outdoor - 9 Boys Indoor  
7 Girls Outdoor - 9 Girls Indoor

#### 14 State Championships

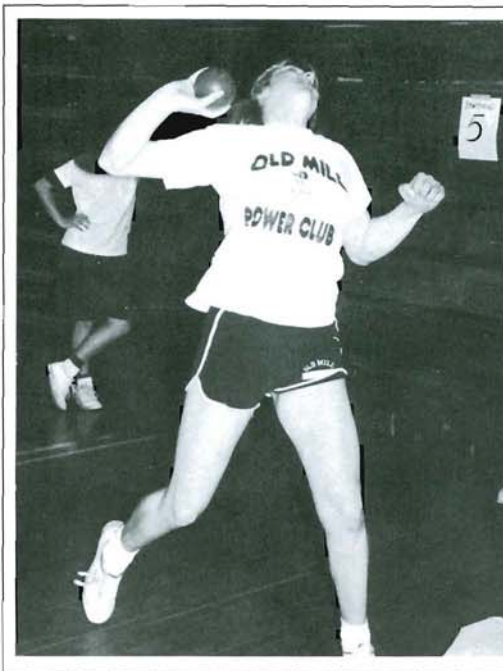
8 Boys Outdoor - 2 Boys Indoor  
4 Girls Outdoor

The girls track teams have won the big school Maryland State Championship three out of the last four years. Coach Evans states, "We're loaded again this year." It should be obvious that the weight program with such immense participation will breed success in all sports. Besides the weights, Coach Evans uses a plyometric program. It helped Jalene Chase while an old Mill senior finish fifth in the 1976 Olympic Trials. Old

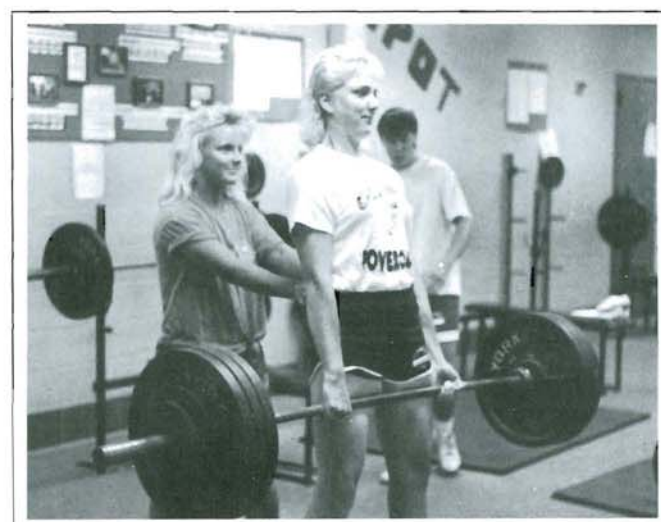
*Continued on page 19*



Donna Zubalik, Squatting, is the number one lifter by body percent. She's a great miler and on State Champion 3200 Meter Relay Team.



Kathy again throwing the shot. Although only a sophomore, Kathy should help Old Mill to another State title.



Kathy Caldwell has a 380 Dead Lift.





Misty Parr combines femininity with strength.



Misty was also Homecoming Queen



Misty played a soccer game before the Homecoming game.



Katie Holthous and Debbie Zubalik having fun on the beach. Katie has Deadlifted 300 while weighing only 120 pounds. Debbie holds school lifting records and is a champion half miler.

Mill graduate Ralph Spry went on to greatness at the University of Mississippi while winning the NCAA long jump title in 1978. He jumped 27' 5 1/2 " which was 3rd best in the world that year.

Misty Parr has a lot going for her besides being the school weight lifting record holder. She's been an honor roll student since the ninth grade. You say, "So she's strong and smart but what does she look like?" Geez, do I hate that! Well, Misty was the 1987 Homecoming Queen and you can judge for yourself on page nineteen. Misty is also a great athlete. She's been a varsity starter on both the soccer and softball teams. She made the Coach's All-County team in 1987 in both sports and the soccer team won the State Championship in 1986 and 1987.

Donna Zubalik has lettered all four years in track and as a junior was on the State Champion 3200 Indoor Relay Team. She made the All-County Cross Country Team three years in a row. Donna has been Athlete-of-the-Week twice by the local papers. You say, "But is she

smart?" That's good! Now you're catching on. Yes! Donna has a 3.88 GPA, ranked 5th in a senior class of 560 and has been a National Honor Society Member since her sophomore year. You say, "That's great but now can you tell me if she's good lo—" "Stop! What is it with you?"

Donna has been a semi-finalist for homecoming Queen the last two years. Her twin sister Debbie is pictured on page nineteen. They're both good looking but Coach Evans says it best. "They're both muscular and beautiful with charming personalities. They're intelligent and attain their goals through a strong work ethic. They're leaders by example and conduct themselves in a way that commands respect."

Debbie is a high honor student with a 3.85 GPA. She holds the 1986 Clean record at 155 pounds. Debbie was

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## OLD MILL WT. TRAINING *Continued from page 19*

also the Cross Country Captain. She's been on varsity track since ninth grade and anchored the 3200 meter State Champion Relay Team.

Coach Ron Evans seems to attract the best or maybe the program develops a person's potential in many areas. In all probability, it is perhaps a combination of the two. We didn't even mention Jennifer Berg: Lifting Champ, Honor Roll Student, Cheerleader and on the varsity gymnastics team; or mention Christy Tarbutton: Lifting Champ, 1150 SAT Score, perfect score in math with a goal to be the first girl to squat twice her body weight.

We salute Old Mill High School and their administrators for allowing a creative Upper Limit coach like Ron Evans to develop a model for this nation to follow. We salute the many upper limit athletes who participate in this program with total dedication and who are great examples for us all.

### REFLECTIONS ON A CONFERENCE

**Editor's Note:** The following was written in the Old Mill School Paper by Power Club member Beth Ketchum. Beth weighs 112 and squats 175, Benches 115, Dead Lifts 265 and Cleans 135.

As I entered school October 30, the excitement was in the air. I was already looking forward to the day ahead. But, I was not thinking about our Homecoming Pep Rally or the football game like the other students. I would not be in school for that.

This year I had given up my pep rally along with three other girls for a trip to Ocean City. Along with Mr. Evans, we were heading for a Maryland Athletic, Physical, Health, Recreation and Dance Convention Demonstration.

On the way to the ocean, we talked about our lifts and spotting as well as our plans for the evening.

Once we reached the time of our demonstration, we set up our weights and began stretching as coaches and students found their seats. The entire demonstration took about 25 minutes.

We scared some people with the amount of weights. One man offered to carry them in for us. Many were afraid one of us were going to get hurt.

We laughed about the people we stunned with our lifts. They could not understand or believe how many students at Old Mill, including girls, lift weights outside of class.

We all went home that night with a great feeling because we know everyone walked away that day with a different view of weight lifting. Some who saw us were stunned but all were **impressed**.

## THE COLUMBIA LION *Continued from page 13*

even harder. That's why we are going to be successful in life."

The lump grew. I resolved that if anyone called Columbia a bunch of losers I would physically fight them. They are winners period!

At Ivy League schools, including Columbia athletic scholarships like Division I schools are not given out. I wondered how these three felt about a Division I player not going to class and flunking out. All three shook their heads, "We pay for our education. Division I players have it given to them. You're really stupid if you don't take advantage of that situation."

I told them the way they were dressed was unexpected. "You guys don't have long hair, punk hair cuts or earrings. You're wearing what people back in Utah might wear. I drove through some amazing streets in Manhattan to get to Columbia. Drugs, hookers, bag ladies and people eating out of garbage cans on street corners. New York City had it all: Highs and lows. Can you get caught up in the fast lane with such easy access?"

"Yes you can," came the response. "A lot of kids get caught up in the big city. But the three of us believe in God and try to maintain good Christian values. All three of us are Catholic. We also believe we have obligations to do the right thing because of our parents."

Bill added, "Drugs are also a waste. When you regulate yourself, you tend to do better in all things. We do better in school during football. Anyway, you can't be the best when you're whacked out on drugs. I know for some people peer pressure is a big thing, but we associate with good people. We all hang out with each other so for us peer pressure is no problem. We like being around people that bring us up."

Pete and Jim nodded in agreement.

As our interview drew to a close, I asked one final question and chuckled, "What do you want to be when you grow up?"

Jim smiled but replied seriously, "I want to be happy and have a nice family."

Bill responded, "I haven't given it a lot of serious thought but money is no big thing. I've never had it. I too want to be happy and have a nice family."

"The same for me," Pete echoed, "My parents have been great. I'd take care of them. they're older. I always want to be able to look myself in the mirror and be able to say that I'd given my best."

Jim is from Chicago and Bill is from Queens while Pete is from California. They met at Columbia. All three are political science majors and have 3.0 GPA's or higher. They are Upper Limit thinkers. Their responses were as powerful as a church sermon, as eloquent as a leading statesman and sagely profound. My heart will be with Columbia Blue Lion Football this fall rooting for a dedicated group of inspiring coaches and athletes.

Columbia University: A great place to go to school - A great place to play football.