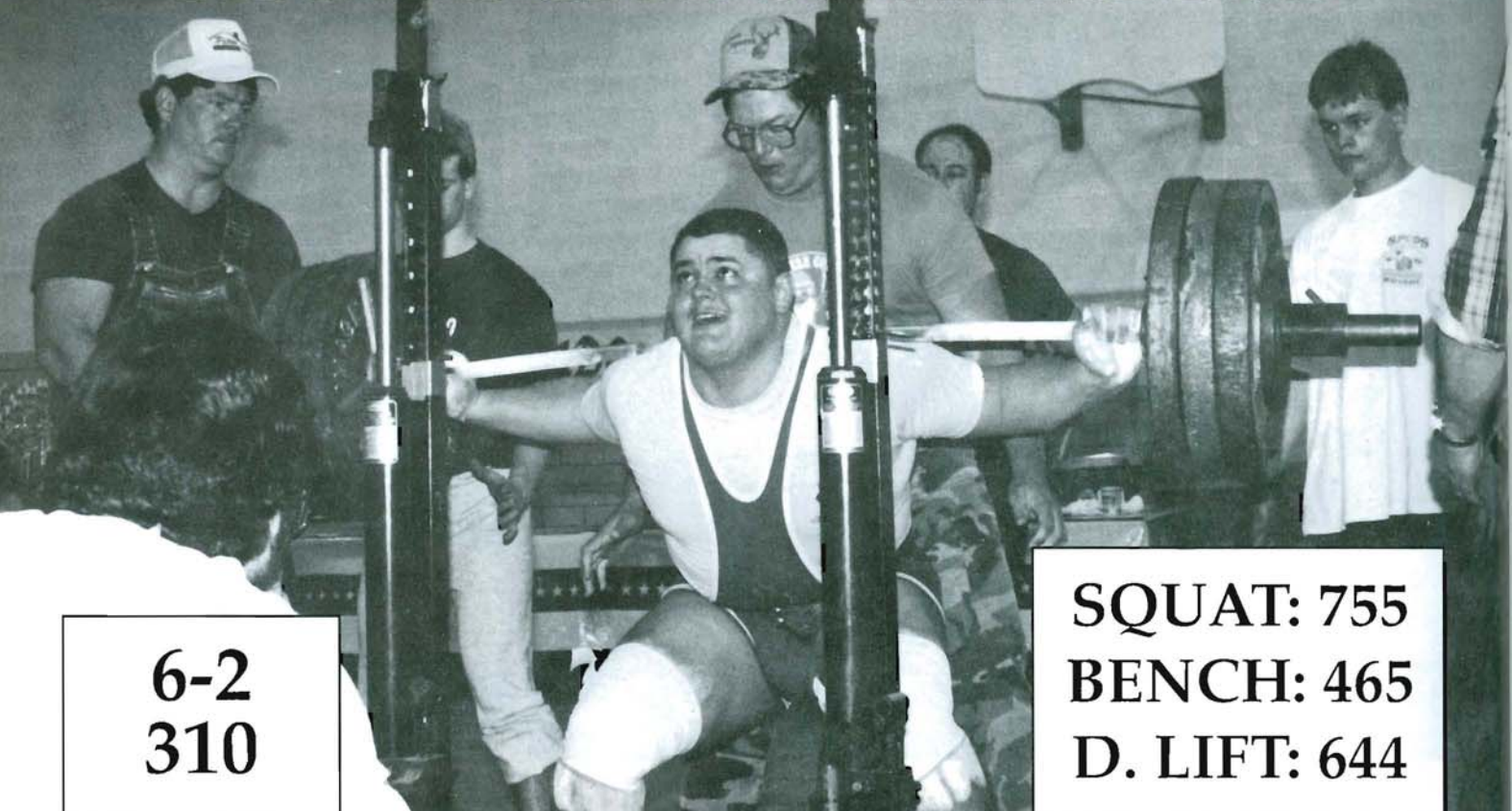


AMERICA'S STRONGEST HIGH SCHOOL ATHLETE



**6-2
310**

**SQUAT: 755
BENCH: 465
D. LIFT: 644**

JASON WISNER

By Greg Shepard

We feel at BFS that Jason Wisner is America's Strongest High School Athlete. He is a junior at South Natchez-Adams High School in Natchez, Mississippi. Chris Calcote, the head football coach at Jason's High School, reports that his amazing strongman is also outstanding in other areas. Jason is an honor student with a 3.3 GPA and has already scored a 21 on his ACT test.

Besides entering Powerlifting meets 4-5 times a year, Jason plays football and participates in track. He plays Offensive and Defensive tackle and as a 15 year old sophomore last year, Jason had the longest shot-put in Mississippi with a 55-9 effort. That throw was also a school record. So far this year, he is closing in on the 60 feet barrier.

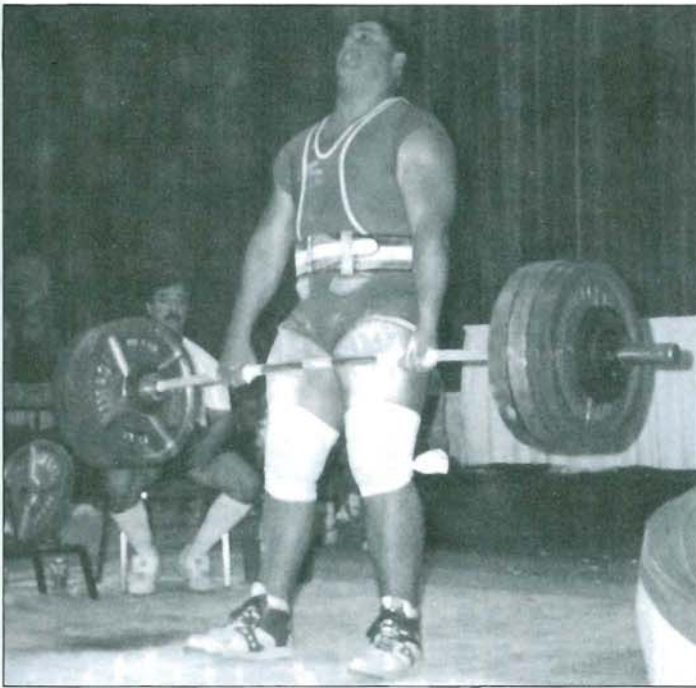
Jason was born on October 29, 1972 which means he is the youngest student in his class. Jason could very well be a sophomore with his lifts and accomplishments. He'll still be seventeen when he enters college!

Jason started lifting at age 12 when he weighed 230 pounds. His dad is his training partner. They go to the gym together. At age 14 weighing 278 pounds, Jason

entered his first Power Lifting meet and set the lifting world on fire. I mean when you Squat 590 pounds in competition at age 14, you got my attention. Since that time, Jason has made fantastic gains. He is getting ready for a National Drug Free meet in which he hopes to get 800 on the Squat, 450 on the Bench and 650 on the Dead Lift. The way Jason is going he most certainly will be the first 17 year old to crack the 2000 pound total barrier. I would also not hesitate to predict that Jason could be the first man in history to total 2500 pounds and it could be accomplished drug free!

Jason, who wants to play college football, believes steroids will hurt you more than help you. In fact, Jason helps others stay off drugs and helps coach other kids in the weight room at school. Jason's future in athletics is promising as he runs a 5.0 40 yard dash and can grab the basketball rim. Obviously, those efforts are truly extraordinary.

I asked Jason how he got so big and strong. he laughed, "It's my mom. She feeds me everything. A lot of our food comes fresh out of our garden like mustard greens."



All Jason's lifts are American and National Records.

Jason only Cleans 275 pounds, but admitted he doesn't work on that lift very much and that his technique could be improved. I advised Jason that Cleans or a Quick Lift would be excellent for explosive power. He would most certainly be able to see positive results, especially in his Shot Put. I told him that Olympic meets are fun to enter once in a while. Jason had already thought about and may try it. If he does, watch out. He could be awesome.

I asked Jason, "What's the most important thing in life?" He quickly answered, "It's my family. They're the most important."

We at BFS congratulate Jason's mother and father for their efforts in bringing up an Upper-Limit son. We thank Coach Calcote for making this article possible. We congratulate Jason on his accomplishments in lifting, in the classroom and for being a great example to others. We wish him much success on his Quest for Greatness.

JASON'S LIFTING RECORD

1. American Powerlifting Federation State Championships
Jackson, Miss. March 1987
Squat 590 All-State Teen Records
Bench 275 Won Men's Open Division
D. Lift 510 14 yrs. old 278 lbs.
1375 Total
2. United States Powerlifting Federation
Arkansas - Louisiana Open November 14, 1987
First Place Open Division
Squat 606 All Four are Ark.-La.-Miss. Records
Bench 347 Miss. State Records
D. Lift 584
1537 Total

3. Gulf State Championships November 28, 1987
Squat 645 First Place Open and Teen
Bench 365 15yrs. old 291 lbs.
D. Lift 610
1620 Total

Won Best Lifter Award, All new State Teen Records

4. Mississippi State University Open/Collegiate
Powerlifting Championships
American Drug Free Powerlifting Association
February 27, 1988 15 yrs. old 299 lbs.
Squat 661 1/4 All are unofficial American Records
Bench 402 1/4 First place teen and first place open
D. Lift 617 1/4 Jason was drug tested for this meet
1681 Total

5. 17th Annual Greater Arkansas Powerlifting
Championships March 5, 1988
Squat 660 1/4 15 yrs. old 302 lbs.
Bench 365 3/4 4 teen national records
D. Lift 611 1/2 First Place Open Division
1637.5 Total First Place Class II Division
First Place Teen Division
Best Lifter Teen Division

6. Mississippi State Championships Jackson, Miss.
Courthouse Club April 1988
Squat 611 3 American Powerlifting
Bench 407 Federation American Records
D. Lift 575 15 yrs. old 299 lbs.
1593 Total

Continued on page 72

SAFE SQUAT BAR



Eric Leckner of Utah Jazz on the Safe Squat Bar.

COST

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700 lb.	Stress Bar	\$376.00
1500 lb.	Stress Bar	\$420.00

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OOPS!

In our last issue, we did an article on Firth High School. We illustrated in graph form the correlation between increased strength and wins with many different statistics. We made a mistake on yards rushing. In 1988, Firth rushed for 3305 yards not 1305 yards. They went 12-0 and won the Idaho State Championship.

**INVALUABLE
COACHES
AID**

THE POWER CLEAN

By
BRUNO PAULETTO
Strength and Conditioning Coach
University of Tennessee



JASON WISNER *Continued from page 61*

7. United States Powerlifting Federation Teen Nationals
August 6-7, 1988 Houston, Texas 15 yrs. old 322 lbs.
Squat 705.2 All four lifts are American and
Bench 402.2 National records
D. Lift 644.7 Won 1st place SHW and best lifter
1752.1 Total
8. American Drug Free Powerlifting Association 1989
South Regional Powerlifting Championships
Squat 733 16 yrs. old 316 lbs.
Bench 429.7 First Place SHW
D. Lift 639.2 Best Lifter
1802 Total
9. 18th Annual Greater Arkansas Open and Class II
Powerlifting and Bodybuilding Championships
March 4, 1989
Eldorado Boys Club Eldorado, Arkansas
Squat 755.9 All four are American Records
Bench 418.2 Won First Place in SHW Division
D. Lift 633.8 16 yrs. old 314 lbs.
1807.8 Total

STEROID TRAGEDY

Greg Shepard saw the trial of Horace "Ace" Williams an 18 year-old from Florida. "Ace" was on heavy doses of injectible steroids for 1 1/2 years. Family members say the steroids altered his personality. He picked up a hitchhiker and beat him to death as he robbed him.

Horace "Ace" Williams pleaded "Not Guilty" by reason of temporary insanity due to Anabolic Steroid Addiction. The jury didn't buy it and found him guilty. The judge sentenced "Ace" to life imprisonment for the murder and 30 years for the robbery.

The case is being appealed.

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