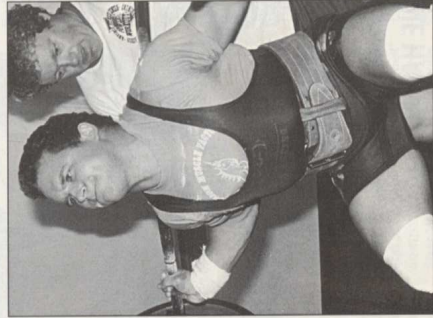


INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

JOEMcAULIFFE

as interviewed for Powerlifting USA by Bob Gaynor



Joe McAuliffe in his California Days (Kirschner)

BG: Give us some personal information on yourself.

JM: I am 29 years old, single, and was born and raised in Lincoln, NJ. I teach Health and Fitness at the Wardlaw Hartridge Prep School in Edison, NJ and also do group and one-on-one fitness training. I have a BS in Kinesiology and a Masters Degree in Exercise Science. In addition, I am a Certified Strength and Conditioning Specialist and coach a team of young powerlifters.

BG: How did you get started?
JM: I have always been a fan of the strong man and I have been blessed with good genetics. My Dad was the strongest man I knew growing up. He once hoisted a refrigerator on his back and walked up 8 flights of stairs. I started lifting weights in the 9th grade (1979) for football. By the end of the tenth grade, I was the strongest student in my school with a 330 bench press at 160 lbs. In 1981 I went to the Teenage Nationals (without qualifying) and bombed in my first attempt. I didn't even know that you needed a lifting suit. I remember Jake Boyer giving words of encouragement to me that day to keep lifting. He said I had great potential and would eventually do great things in the world of powerlifting. In 1982, I went to the NJ Open USPP and set the Teenage Bench Press record (365 lbs. at 181). I only squatted 440 but to my surprise, pulled 500 lbs. in the deadlift (the only time my deadlift was higher than my squat). I was disheartened when I heard the talk of steroids in the locker room. I figured I could not compete with these guys as I was not taking steroids. I would not compete again until 1987.

BG: How did you get involved with the A.D.F.P.A.?
JM: My career dramatically changed when I met Dr. Alan Kirschner while going to school at California State University in Hayward. My football days were over and I needed to compete somewhere in the world of sports. He told me of the ADFPA and I have not been to a non-drug tested

the ADFPA Men's Nationals. Also, I want to win a World title. I am very happy that I have the ability to compete at the National level. Some day I would love to squat 800 lbs., bench press 600 lbs., and deadlift 700 lbs.

BG: What are your best lifts in competition and training?
JM: My Personal Best Records are all contest lifts. Thank you, God. 733 SQ, 529 BP and 622 DL. I don't like to put too much emphasis on my training lifts. I want to keep focused on having my best day at the contest. Too many lifters leave their best lifts in the gym. Training is contest preparation and I don't over-train anymore.

BG: Give us a breakdown of your training program both in and out of season.
JM: My training program in the off season revolves around of fitness minor injuries. I do a lot of fitness work. I focus on flexibility, cardiovascular endurance and maintenance of my powerlifts. I do bodybuilding routines, i.e., super sets, giant sets, and circuit training. I have to stay fit as I am a personal trainer - I must practice what I preach. Like to get healthy, I start my prep for Nationals in January doing a complete twelve-week cycle with no equipment. I go to three or four reps depending upon how I feel. I do some active rest and begin focusing on Nationals in April or May. I do like to throw a bench meet sometime in Spring. My BP is my most natural lift. It does not tax me like squats and deadlifts. Therefore, I do it for fun. I think a natural lifter cannot do too many lifts during the year because of injury or burn-out. My schedule is so busy that sometimes I can't do the big three. As long as I am active, I don't lose strength. My usual power workout looks like this:

Monday - BP, decline, dips, overhead press and curls, abs, Tuesday - abs, aerobics and stretch, Wednesday - SQ or DL (pouse squats, olympic squats, lunges, aerobics, Thursday - abs, aerobics and stretch, Friday - light upper body, Saturday - light lower body. I stop aerobics 8 weeks before the contest. Sometimes I skip my light days altogether. You must

win the greatest Meet in the world, progress and stay healthy. My totals have been slowly rising over the past few years and I now feel mature enough to handle some big weights at Nationals. I want to

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listen to your body.

BG: What do you see as the future of powerlifting?
JM: I hope to help drug-free powerlifting grow to the olympic level. I would like to see more of the big name lifters more involved in promoting healthy competition.

There are too many takers in the sport. Try to get more involved in the education of the youth as to the positive benefits of training and competition. I hope to see unification some day, but, unfortunately, there are too many different philosophies as to how to go about it. Hopefully, as time passes, politics will give way to powerlifting.

BG: What advice would you have for beginners?
JM: My advice to beginners is simple. Learn from a qualified coach. There are some great lifters out there that know nothing about "teaching" the movements properly. Focus on form, not weight in the beginning. Have patience as far as your progress is concerned. I have been training for fifteen years and I am just reaching my maximum strength. Learn how to eat. Get lots of rest. Don't take steroids. Most of All, enjoy and have fun!

BG: What are some of the titles you have won and records you hold?
JM: My titles and current records are as follows: US Powerlifting Federation Meet Results: 1983 - USPP Teenage New Jersey Meet - Weight: 175 lbs. Bench Press: 365 lbs. - State Record. American Drug Free Powerlifting Association State Champion - Weight: 165 lbs. Collegiate American Record Bench Press: 391 lbs. Squat: 525 lbs. Deadlift: 505 lbs. Men's Nationals Participant - 6th Place. Northern California Champion - Weight: 181 lbs. Squat: 595 lbs. - Collegiate American & California State Record Bench Press: 413 - Collegiate American Record & State Record Deadlift: 520 lbs. Best Lifter Award, 1988 - California State Meet - Weight: 165 lbs. Squat: 585 lbs. - State Record. Men's Nationals Participant - Weight: 181 lbs. Collegiate American Record Bench Press Record California Champion - Weight: 181 lbs. Fourth Place. 1994 - New Jersey State Bench Press Champion - Weight: 198 lbs. Bench Press: 479 lbs. #1 Rank. State Record. Men's Nationals - Weight: 198 lbs. Squat: 733 lbs. #1 Rank. Bench Press: 479 lbs. #1 Rank. National Record. Deadlift: 622 lbs. Over-all Second Place Award. 1995 - AAU New Jersey State Champion. 529 Bench Press (208 lbs. bodyweight) Open State & Amer-

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BG: Are there any other comments you would like to make?
JM: Yes, I would like to thank Mike Lambert and Bob Gaynor for allowing me this opportunity for this interview. There are so many other people who have helped and inspired me in the past, too many to mention. Thank you from the bottom of my heart. I love powerlifting. Competing is a lot of fun for me. I must say I have a problem with some people who don't know what sportsmanship is. Are we not athletes? Where has character gone? The win at all costs does not work. Less than one percent of all powerlifters will be world champions. You are setting up for defeat. I love powerlifting because it is an area where I can test the "Man in the Mirror". Every year I get better physically, spiritually, socially and mentally. I suggest that you work off PRs in a meet and if you end up in a dog fight for a title, go for it. I feel full efforts full victory. If you get beaten by a better lifter, shake his/her hand and be satisfied that you did your very best. Too many people take it too seriously. I'm proud of my titles and records, but if I had to cheat to win, I could not look at the "Man in the Mirror" with respect. I like what I see so far. I hope you do too. God Bless! Good Luck!

Record Deadlift: 551 lbs. Best Lifter Award - 2nd Place. 1989 - State Bench Press Champion - Weight: 181 lbs. Bench Press: 458 lbs. Northern California Champion - Weight: 181 lbs. Squat: 672 lbs. - State Record Bench Press: 446 lbs. - State Record Dead Lift: 562 lbs. Total Record: 1680 lbs. Best Lifter Award. 1990 - National Participant - Lower Back Injury. Northern California Champion - Weight: 181 lbs. Squat: 500 lbs. Bench Press: 455 - State Record Deadlift: 551 lbs. Best Lifter Award. 1992 - New Jersey State Champion - Weight: 181 lbs. Squat: 650 lbs. Bench Press: 440 lbs. - State Record. Deadlift: 585 lbs. Best Lifter Award. 1993 - Men's Nationals - Weight: 181 lbs. Squat: 672 lbs. Bench Press: 458 lbs. - National Record + State Record. 1994 - New Jersey State Bench Press Champion - Weight: 198 lbs. Bench Press: 479 lbs. #1 Rank. State Record. Men's Nationals - Weight: 198 lbs. Squat: 733 lbs. #1 Rank. Bench Press: 479 lbs. #1 Rank. National Record. Deadlift: 622 lbs. Over-all Second Place Award. 1995 - AAU New Jersey State Champion. 529 Bench Press (208 lbs. bodyweight) Open State & Amer-

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