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# Aggie powerlifter shows his muscles in Australian meet

By TAMARA BELL  
Sports Writer

Lifting weights is what some ordinary people do. But don't ever say Steve Lumpee lifts weights or he'll punch you. Lumpee is a powerlifter, and his rippling muscles back up his threat.

But Lumpee not only stays in shape with powerlifting, he also became a world champion. Lumpee won the gold medal at the Junior World Powerlifting Championship in Perth, Australia.

"I still can't believe it," Lumpee said. "I feel as though I'm going to wakeup one day and discover I haven't gone yet — so I have to compete again."

Lumpee began powerlifting while on the basketball team at Coronado High School in El Paso. At 17 he entered his first contest. The competition consisted of three standard events—the squat, bench press, and deadlift. After combining the points from each event, Lumpee was awarded third place. It wasn't until later that he discovered that during the deadlift portion of competition, Lumpee had lifted 30 pounds more than the teenage state record.

It was a labor of love from then on.

Because of Lumpee's silver medal performance in the national collegiate meets last year, Lumpee was a logical choice to compete in the Junior World Championship. After receiving his invitation from the United States Powerlifting Federation in mid-July, Lumpee began an extensive 10 week training period.

"10 weeks to train is too long; I peaked for it too soon," he said. "But fortunately there was time to drop back and peak again."

"I train in a cycle," Lumpee said, "using lighter weights until the contest date draws near, then I cut down on repetition and increase the weights."

The United States Powerlifting Federation provided financial support for the 26-man American team. Lumpee also received money from the A&M Weightlifting club and the Intramural Office.

During the Perth competition, Lumpee was the only participant to receive credit for all three of his attempts in each event. He finished the meet with a gold medal and a total of 1,725 points: 639 pounds in squat, 396 pounds in bench press, and 688 pounds in deadlift.

"In the final event, deadlift, the coaches instructed me to be conservative in my lift," Lumpee said. "I

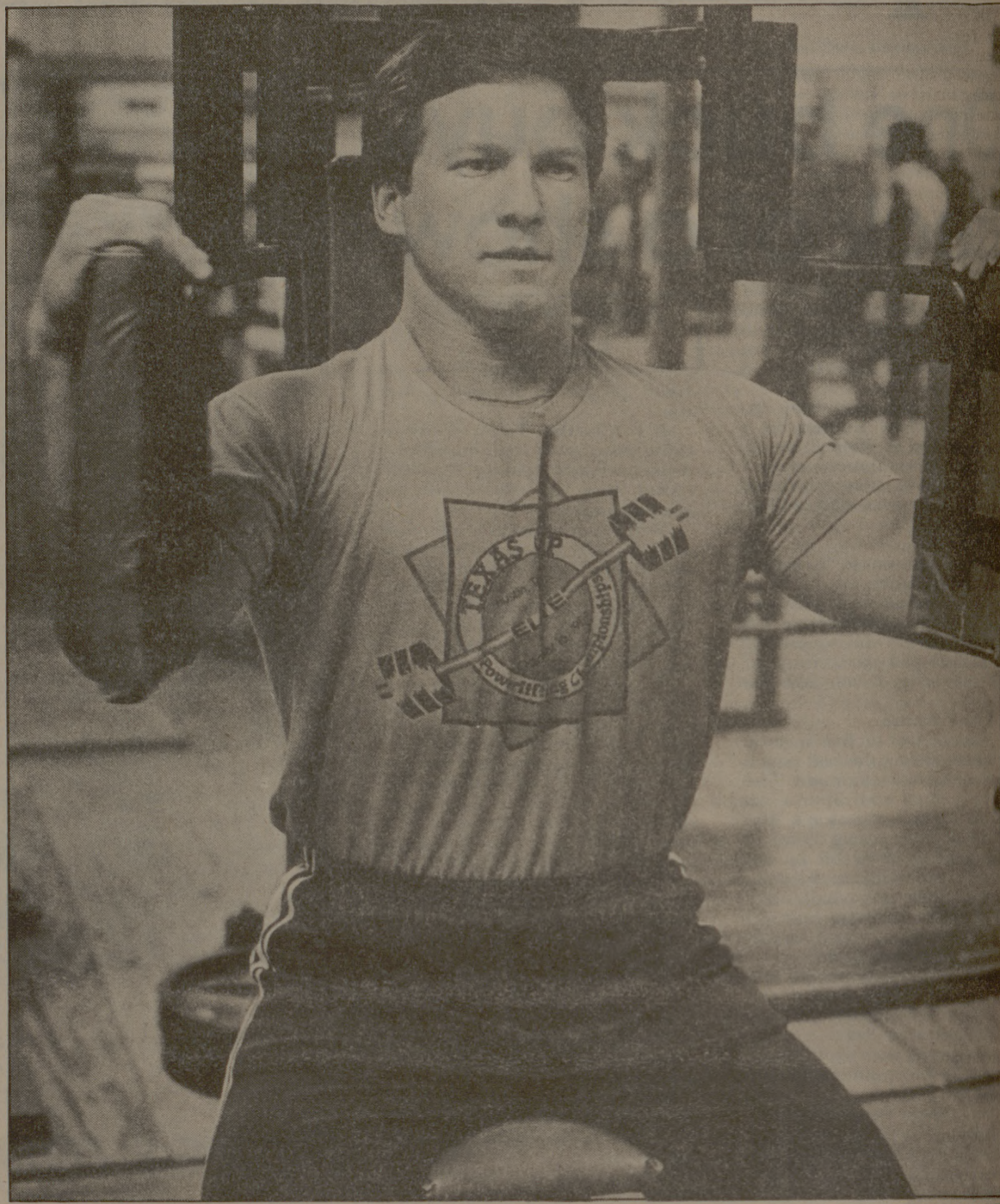


Photo by MIKE SANGHE

Aggie powerlifter Steve Lumpee works out in the weight room of G. Rollie White Col-

iseum. Lumpee is also the president of the A&M Weight Lifting Club

could have lifted 70 or 80 pounds more than I did, but since I had already won in my class — defeating

my chief competitors from Finland, Australia, and Great Britain — I went for the team win."

Lumpee considered the Perth competition equivalent to the Olympics.

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