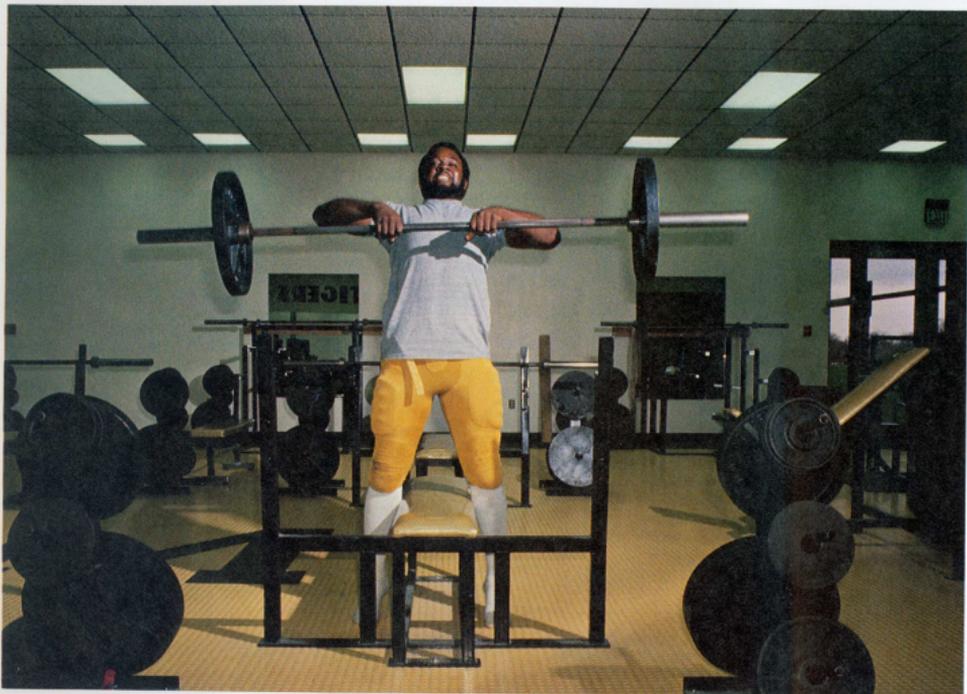


WEIGHTS BUILD



As part of his off-season training, defensive end Elijah Blackwell performs an upright row with 135 pounds to develop his trapezius and deltoid muscles.



In a 25-second interval on the circuit, flanker Ron Fellows extends his triceps by pushing 75 pounds forward 12 times.

WINNERS

By Terry Skinner

IF DAVE REDDING could hook up his machines to the University power plant, they might produce enough energy to cool the Campus this summer.

Redding's machines have names like Double Shoulder, Lat Pulldown and The Jumper. Add 400 college-age men and women to this conglomeration of machinery and you've solved the energy crisis.

But Dave Redding is not another Thomas Edison. He is the strength and conditioning coach for Missouri's Athletic Department. His machines are for weight lifting, his 400 men and women, athletes.

Redding came to Mizzou in 1978 as a member of Head Football Coach Warren Powers' staff. He played football at Nebraska before going to Washington State with Powers in 1977. Redding learned his job as weight coach by taking classes and participating in weight lifting at Nebraska.

"I was a physical education major and took all the 'ologies," Redding says. "I followed my weight coach around like a puppy dog."

Although the 27-year-old works primarily with the football team, he is also weight coach for all the other men's and women's sports at Mizzou.

MEN AND WOMEN in all the sports have the same basic weight training program. "The lifts are essentially the same," Redding says. "It's the sets and repetitions that differ. I try to keep the program simple, because the simpler you keep it, the more you gain."

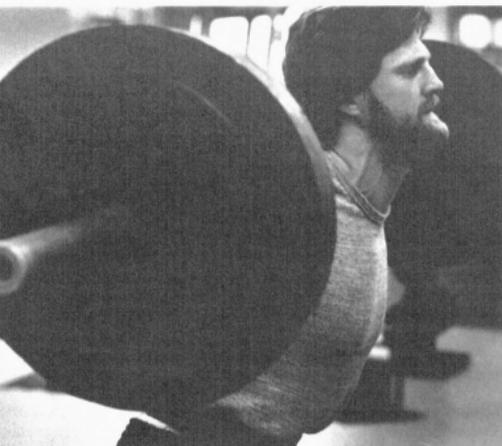
When Redding came to Missouri, the football players were lifting on their own, at the Hearnes Center in an area originally designed for handball courts

and on the football practice field. And the football dressing rooms were not in good condition. Athletic Director Dave Hart made a new dressing/training facility one of his top priorities when he came to Mizzou from Louisville in June 1978. "Our football dressing room facility was bad when we came here," Hart says. "The competition used to tell recruits to be sure and look at the football dressing rooms when they came to Missouri."

A fund drive was initiated in January 1979 for \$1.2 million in pledges for a new facility to renovate and add to the old one by the football practice field. Hart said \$800,000 has been pledged so far and that the goal should be reached by the end of the summer.



Defensive end Kendal Ponder takes a turn at the power runner. Straining against a shock absorber improves hip flexion and extension.



Weight coach Dave Redding practices what he preaches: "I wouldn't put anybody through a program I wouldn't do myself."

The building opened in September 1979, the funds being supplied through a University loan.

The new facility has two sections. The old football dressing room was completely renovated into a football locker room, a baseball locker room, a training area with five rooms, a steam room and a laundry. In the new wing are a locker room for coaches, a 4,000-square-foot weight room, an office for the weight coach, a softball locker room for women and a meeting room complete with kitchen.

"I knew what I wanted in a facility, so I worked hand in hand with the architect," says Redding. "This facility will compare with the best in the country."

IF YOU THINK PLAYING FOOTBALL at Mizzou is all glory on a sunny, fall afternoon, a look at Redding's program will tell otherwise.

During the winter months, the football squad does heavy lifting four days a week, one-and-a-half hours a day. During spring football, players do 25 seconds on each machine daily, a five-minute routine called the circuit. The entire team moves through the weight room in half an hour, with the coaching staff

watching each player closely. The players encourage each other with yells of "you love it, you love it," or "fight the pain."

For the players who remain in Columbia in the summer, it's back to heavy lifting an hour and a half a day.

"A KID CAN REALLY IMPROVE in the off-season," Redding says. "You can see a big change. If they bust their butts they can go from third team to first team. A program like this can accelerate the maturing process."

The regimen the football players follow is part of the weight coach's own strength and conditioning philosophy.

"I like to make it short and intense, get them in and get them out.

"A lot of weight coaches never played football and some try to overdo it. They'll start thinking about that cold bottle of beer waiting for them somewhere."

Dave Hart has seen the progress Redding has made with the football team. "When we first came here, Warren Powers had a handful of players that could lift over 300 pounds. Now 40 or so players can lift over 400. Dave Redding has done an excellent job with football and with other sports, too," the athletic director says.

In his first full year of working with the Tiger football team, Redding has produced some very satisfying results as far as injuries are concerned.

Athletic Trainer Fred Wappel is one man who admires these results. "Last year (1979) was probably the most outstanding in my 24 years at Missouri," Wappel says. "We did not have any surgery from a practice- or game-related injury."

Wappel attributes much of this success to the weight training program.

"This has to be a record, and a revelation that cannot be matched by any major university that plays the schedule that we do," he says. "An important factor in this record is the team conditioning that has been handled so capably by Dave Redding since he came. I have always been an advocate of flexibility and running, but our weight program has to be a factor in making our players stronger, which undoubtedly reduces injury. Anyone that watches Missouri play has to notice that we never run out of gas in the fourth quarter."

Maybe Dave Redding should hook up his machines to the power plant . . . □