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Frey uses quiet, powerful approach

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MOUNT VERNON — Speak softly and lift a big stack.

They aren't exactly the words of Theodore Roosevelt, but the meaning is the same to Jeremy Frey.

The strength and conditioning coordinator for Cornell College, Frey has quietly made a name for himself in the powerlifting circuits.

"I'm definitely not a person who craves attention or needs to get something out there," said Frey, 26, a 2004 graduate of Central College. "I just try to have my powerlifting and everything I accomplish speak for themselves."

Frey began powerlifting in grade school and continued at Madrid High School, where he played for the prep football powerhouse. He took a three-year break while at Central, where he played football as a freshman. He resumed powerlifting competition as a senior.



Jeremy Frey State record-holder

"Back then it was more training for football. You just went to the competition to see how much you can bench, squat and dead lift," Frey said. "It's pretty much the same way today. Obviously, (you are) going for the best you can possibly do when you go to these meets."

Surprisingly, the training regimen isn't 24/7. Frey said he doesn't train more than four days a week, competing in three to four events a year. He plans his training cycle about 16 weeks before an event, but adapting to daily factors that affect training is key.

"That's when you're really focusing on what you need to do and where you need to be in peaking in strength for that competition," said Frey, who earned a Bachelor of Science Degree from Central and his Masters at Illinois State University in exercise and sports related fields. "You have to be very open knowing things change day to day,"

Frey, who stands 5-foot-8, catapulted himself into the top five all-time in the world of the 242-pound weight class at the United Powerlifting Association Pro-AM on July 12-13 in Dubuque. He broke Iowa state records in all four categories, including overall total (2,490 pounds), squat (986), bench press (705) and dead lift (799). His overall tally improved his previous best by 148 pounds.

"Overall I think the meet went very well," Frey said. "To go from a 2,342 to a 2,490 within a matter of three months, you can't say that meet was bad."

Members of the powerlifting community are enthusiastic about Frey's potential.

His latest performance garnered praise from Elite Fitness Systems Founder and President Dave Tate. Frey competes for Team Elite FTS.

"Jeremy's performance (July 13) is only a glimpse of the bright future he has in this sport," Tate said in a news release following the UPA Pro-AM event. "It will not be long before he establishes himself among the very best."

Frey qualified for the International Powerlifting Association Pro-AM, Aug. 22-24 at the Sharonville Convention Center in Cincinnati. He described it as the Super Bowl of powerlifting.

"It's going to bring out the best powerlifters in the world," Frey said. "I find it humbling. It's very surreal to be in that field."

Frey said it's hard to lay out short-term goals because they change from meet to meet.

Future goals are based on becoming the "the best of the best."

"I tend to not talk about them too much, but in all reality I would love to be No. 1 in the (242-pound) weight class," Frey said.

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(Jeremy Frey photo)

Jeremy Frey attempts a lift in a power lifting competition. Frey, the strength and conditioning coordinator at Cornell College, is ranked fifth all-time in the world of the 242-pound class with a competition total of 2,490 pounds.