

CasePerformance

Aug/Sept Newsletter

Part I



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Here is the news that we'll cover in Part I of this month's newsletter....

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Hello,

I hope that the months of August and September treated everyone well and that you find yourself a step or two closer towards achieving one of your short/long term goals. Things are active here for the CasePerformance team members.

Our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. A Look at This Month's Newsletter

Before we get too deep into discussion about this month's newsletter, I would like to briefly apologize about not getting a newsletter out during August. My schedule was a bit chaotic as my free time was consumed with contributing a few book chapters towards an upcoming personal trainer textbook as well as writing a couple articles on dietary fats for publication. Although some individuals in my position may have tried to rush a newsletter out, I knew that I'd be unable to create one of high quality; I firmly believe that it is better to skip a newsletter, than put out a subpar one.

However, we're back and ready to rock this month. In our CP Community Member of the Month interview, powerlifter Corey Wyllie discusses how a rotator cuff ended his baseball dreams but opened the door to his lifting career. Additionally, Corey touches on how the lessons he's learned from training have carried over to other aspects of his life, such as returning to school to earn a college degree.

Following our interview, we get to our CP Community Member Discussion. This month, Greg Luke shares with us, *Wealth Creation in the Information Age*. In it, Greg discusses the possibilities of sharing and value creation in the Information Age.

Needless to say, I think you'll enjoy Part I of our newsletter!

Respectfully,

Sean Casey

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II. Community Member of the Month...



Corey Wyllie mentally preparing for his next bench press attempt at a 2011 UPA Powerlifting meet.

This month's CasePerformance Community member of the month is powerlifter Corey Wyllie, who comes to us from Van Meter, Iowa, USA. Corey's lifting career began after suffering a rotator cuff injury while playing baseball at the University of Iowa. Since then he's become a bench press specialist, with a sanctioned meet PR of 529 lbs (240 kg) and non-sanctioned meet PR of 585 lbs (265 kg). With that being said, let's get straight to the interview...

First off, I want to thank you for taking the time out of your training, work and social commitment schedule to join us today. We are honored with your presence.

Thanks for having me.

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Tell us a little about your background... How did you get involved with resistance training and/or exercise in general? Did you participate in any sports while growing up?

I came from a small high school (Nodaway Valley). Our sports programs didn't really have much of a regimented weight program. I actually lifted more weights during basketball practice than I did in any other sport. However, I was always naturally strong, as I did a lot of lifting while growing up on a farm. Besides basketball, I also participated in baseball, football, and track. I lettered all 4 years in basketball, baseball and football.* I only participated in track for one year as I didn't enjoy running in circles! I received all-state honors in football and baseball my junior and senior years. I received a scholarship to play baseball at the University of Iowa, but subsequently suffered a partial tear in my rotator cuff. This ended my dreams of playing baseball at a higher level.

Although this event closed the door on my baseball career, it opened a new one as I didn't really catch the “iron bug” till I was rehabbing my rotator cuff. During this time I started noticing strength gains and before I knew it, I was out lifting others in the gym. Being the strongest guy is something that boosts one's ego, but don't get me wrong, I loved how training made me feel. I enjoyed wrecking my body and getting huge pumps and hitting PR's. I loved the almost euphoric feeling of a great workout. It's become such a big part of my life that I liken it to a smoker who needs their cigarettes. To this day, my wife, Andi, will literally tell me to go train if I am irritable.

* **Editor's note** – For those not familiar with the term "lettered", it refers to being on the 1st squad and achieving success on the athletic field.

Who have been your greatest influences or role models in this field?

Gosh, there are so many lifters and people whom I greatly respect for having helped me along the way. First, I have to say my wife, Andi. She puts up with my mood swings and all my complaints from my aches and pains. She fully supports me through the good times and bad. As far as lifters, [Bill Carpenter](#) had a huge impact on me. When first starting out, I was strong but quite raw; I knew very little about technique and training. I don't get to train with him like I used to, but to this day, I still consider Team Carpenter my powerlifting team. I owe Bill a lot. I also cannot be thankful enough towards Brian and [Teresa Putchio](#). I would have never met Bill Carpenter if it was not for Brian and “Little T”. Brian is also the owner of Nutri-Bodies. You, yourself have been a large part of my lifting career with your support as well. For that, I am indebted.

I also have great respect for any lifter who trains hard and meets his or her goals. This includes Team Carpenter members such as Korey Pfeiffer, Mark Boland and T.J. Reck.

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I also cannot forget the people at 22nd Street Barbell. This is where I currently train and the members are second to none. Wes Keith, the owner, is a good friend of mine and has trained with me for years. These are all around great people and lifters.

When first starting off, what were the biggest mistakes you found yourself making? In other words, what would you advise people NOT to do when first starting a training program?

I cannot preach this enough. DO NOT worry about how much weight you can put up. Technique, technique, technique!! Bill Carpenter really pounded that into my head. If you watch most of the elite lifters, their technique is usually flawless. I think the other thing is to pick realistic goals and find a program that works for you. Don't max out every darn day. I know it's tempting because we all have that competitive spirit and want to get stronger, but this is one of those cases where "less is more" truly applies.

As a competitive athlete, what have been your proudest moments to date?

Benching 585 lbs (265 kg) at a weight of 275 lbs (125 kg) at an unsanctioned meet was pretty awesome. I have also benched 529 lbs (240 kg) at that same bodyweight at a UPA sanctioned meet. I think my biggest accomplishments are still to come.

That leads perfectly into my next question... What are your particular short and/or long term goals that your training is currently directed at?

My goals are to do a full power meet here in the future and total > 2000 lbs (907 kg) while lifting at 242 lbs (110 kg). I also would like to hit a 600 (272 kg) raw bench in a sanctioned meet.

What does your typical training week look like?

I just started up with the Sheiko program and was talked into maybe doing a full power meet to qualify for February's Raw Unity Meet in Florida. I will also mention that in the past I've experimented with a variety of training programs including Jim Wendler's 5/3/1, the Cube Method, German Volume Training and Westside Barbell templates.

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Currently, I'm juggling school, training, family and work... Thus, I have to fit my training in whenever I can, even if it's not ideal. For instance I went for a light jog on the high school track last night at 10 pm right before heading in to work the overnight shift. Generally speaking though, I train mostly in the mornings to avoid conflicts with those other commitments. Waking up at 4 am to train isn't always the easiest. There are days where I have to peel myself out of bed. However, I didn't get strong by making excuses. Furthermore, if you're driven enough, and allow it to become part of your lifestyle, you can always find time to train.

It definitely sounds like you have a loaded schedule there; I really have to give you high complements for going back to school on top of all your other commitments. Curious, can you share with us here at CasePerformance what motivated you to go back to school and the degree that you're pursuing?

I'm working towards a degree in exercise science and nutrition with plans on pursuing Physical Therapy School. I think the biggest reason for going back to school is settling some “unsettled business”. Long ago, I set out to get a degree. I never achieved that goal. It's something I have regretted for awhile. In a sense, earning a degree is like chasing that 600 raw bench or that 2000+ full power total. It's just something I'm going to do. I'm very goal oriented and competitive. I want to succeed at whatever I do and I don't like to lose. I feel I would sell myself short by not obtaining it.

I'm proud to say that I was invited to join an honors society this semester for maintaining a high 3.8 GPA... I'm still trying to figure out how the heck I have a 3.8! I NEVER thought my name would be associated with academic honors. It is one of my higher accomplishments. It's an example of putting forth the hard work and reaping the benefits; something I learned from my years of training.

Besides personal satisfaction, earning a degree will help with career advancement. Finishing up my Associates of Science degree enabled me to become eligible for advancement at my current federal job.

A topic I always get questions about is nutrition and supplements. Have you found any particular nutrition strategies to be particularly effective for you? Ditto for supplements?

First I have to say, I love food, so I don't get cheated out of meal too often! I have recently tried Carb Back Loading and am intrigued by John Meadows and his “Mountain Dog Training and Diet” but I think nutrition is something you have to truly individualize

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and know your body. Too many people get “cookie cutter” diets, try them and fail miserably. Trust me; I would be in that category! I have always had good luck with your advice and the approaches you discuss in your articles.

As far performance products I use are creatine, protein powder, waxy maize (or dextrose), and usually a preworkout shake. I have used prohormones previously, but I have steered clear of them due to many federations outlawing them as PED's. Often times, I seek my sponsor, Brian Putchio or your advice when it comes to supplementation. One thing I love about both of you guys is that if I ask question, I get an answer and factual information to support it. This makes my life a whole lot easier.

Any other final thoughts/advice you're willing to share with us at CasePerformance?

If you're interested in getting into resistance training or exercise, don't be afraid to seek others out and ask questions. That's how you learn and get better (stronger). Set realistic goals, follow a program, and train hard. Things don't happens overnight; nobody benches 600 or squats 900 pounds without putting in the time or the work. The people I associate with are a wealth of knowledge and unlike what most think, powerlifters are some of the most down to earth people you meet. Just don't get in their way in the buffet line or after they have done some nose tork (i.e. – smelling salts) and are ready to hit their one rep max. Other than that, train hard, believe in yourself and good things will come. Surround yourself with positive people in training as well as life. In doing so, you'll reap the benefits.

Great advice there! Once again I want to thank you for joining us here today. Keep up the great work! For those interested in finding out more about your training approaches and view your training log, where can they find you?

I have been lagging a bit on the UPA site (summer school, kids, and work), but plan to get back and start logging my workouts soon in my [forum](#) section.

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III. Community Member Performance Discussion

In this month's Community Member Performance Discussion, I have the pleasure of sharing with you the thoughts of community member, Greg Luke, who comes to us from London, Ontario, Canada. In his piece, Greg shares with us his thoughts on the Industrial vs. Information age and its implications on health and wellness. As you'll see, it's an interesting perspective....

Wealth Creation in the Information Age

By Greg Luke

It is an exciting time and, in my opinion, probably the most prosperous in human history as we find ourselves in the "Information Age". Knowledge is literally right at our fingertips, playing a role in all aspects of life, including "Health and Wellness". Before we dive into that aspect of the Information age, let me provide you a bit of food for thought.....

In the Industrial age, wealth came from controlling physical resources such as timber, oil, steel, mining, manufacturing, real estate etc. The oil reserves were fixed, mining to make steel was limited to the equipment of the day, and forests only had so many trees. In other words, in order to acquire wealth, one would have to control these limited, and in some instances scarce, physical resources.

In the "Information age" the wealth created comes more from the knowledge component of the product, not necessarily the physical component. A perfect example of this is the computer chip. Today the chip is a fraction of the size (physically) to a chip from years ago, but because of engineering, research and new technology it is smaller, many times faster, more powerful (and the price keeps falling). Same with cars- a car from the 60's would have had much more physical material (steel) in it, yet today's cars get better gas mileage, have traction control, crumple zones/airbags etc.

Where I am going with this is that wealth is no longer a function of controlling scarce resources. Rather it's in adding to the knowledge component of the product. So if there is a limit to how many trees can be cut (for example in industrial based economy), what is the limit to knowledge and creativity? Yes, that is right- there is no limit! It is a matter of brain power- engineering, design, creativity, research, collaboration etc, and there are literally billions of new minds adding to the global brain trust with China, India and the rest of the world coming on line.

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Information unlike physical resources doesn't diminish when it is shared with others. For example if I have a loaf of bread and I share it with you, I now have less. That is not the case with information. If I share some quality info with you, I still have a complete copy and now so do you. We can both then share it with others. One example I can share is Green architecture - as we learn new building techniques and ways to save energy, a collective wisdom develops which is then shared to develop better and greener buildings. Although it's not perfect, Wikipedia is also a great example; in that a lot of people have contributed, for free, their own area of expertise and now it is a great resource for all of us to use as needed.

The "Information age" is affecting every sector of the economy (materials, energy, transportation etc). One particular area where I see the information age really having a positive impact is in health and wellness. Health is not a fad and for those interested in learning about optimum health, there is a lot of great info available. Unfortunately, there is a downside we need to be aware of as well. False or misleading info can spread and duplicate just as easily as quality research and unfortunately anyone can post anything on the web (it may even be unintentional). Myself, I am not a nutritional biochemist, so when it comes to nutrition/health info how am I supposed to tell the difference between what is true and what is not? I personally have a few sites and people I follow and trust (like Pubmed). Then I do additional research from there. I am also comfortable being skeptical and asking the tough questions even from the so called "experts". Most credible sources will have references that they freely share.

Health is real wealth and it is going to be exciting if we can take advantage of all the new technology as we move further into the Information age. However, there are two major challenges (of the many) that we'll have to be aware of and tackle in order to make it work. This includes dealing with environmental challenges and technological unemployment. We are all aware of the importance of the environment but few are aware of technological unemployment. The latter is going to be a very big deal going forward as more jobs are replaced by technology. That said, if these issues are addressed, the potential benefits of the information age are limitless!

I would also like to take a moment to thank Greg for taking the time to write this piece. I greatly enjoyed it.

I can attest to Greg's interest in contributing to the "collective knowledge" of the information age. He's shared numerous ideas with me ranging from cancer research to cardiometabolic health which I've then passed to others. Amongst many other things, we've discussed Aloe Vera and most recently he shared with me some interesting research on cancer, specifically 3-bromopyruvate treatment as well as an article that led me to finding this interesting piece in the New England Journal of Medicine, [Safety](#).

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[Activity, and Immune Correlates of Anti-PD-1 Antibody in Cancer.](#)

In closing, I'd like to simply say that I hope CasePerformance has positively contributed towards a better collective understanding of the important issues concerning health and performance.

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IV. Meets/Events

Here are a couple events that have been shared to me by members of the CasePerformance community.

Strength Sport Competitions

1st Annual Strength Guild Games

What: The basic premise of the games is very simple. It will be a two day team competition, 5 events per day with events compiled from all of the pure strength sports (Powerlifting, Weight lifting, Highland games, strongman and track and field short events). The events will be contested under the rules of the existing sports.

Where: Topeka, Kansas

When: October 12-13th

For more information [CLICK HERE](#)

Missouri State Powerlifting and Weight Lifting Championship

What: This two day USSF event will include both powerlifting and weightlifting competitions. Includes prize money up to \$225.

Where: Granite City, IL

When: Oct 26th – 27th

For more information [CLICK HERE](#)

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Texas State Powerlifting Championship

What: This one day USSF event will include powerlifting only. Includes prize money up to \$250.

Where: Austin, TX

When: Nov 2nd

For more information [CLICK HERE](#)

Endurance Events

There has been no specific event that has been brought to my attention. However, for a general listing of running events going on in your area, [CLICK HERE!](#)

*** Please know that CasePerformance does NOT receive any financial or other incentives if you choose to participate in any of the above events.

That wraps up Part I of this CasePerformance newsletter. Hope you enjoyed it. Stay tuned for Part II of the Aug/Sept Newsletter where we share news of note at the CasePerformance Website and in the CP Performance Discussion, we look at the history of creatine.

Until then... Train smart, train hard and leave the excuses to someone else!

Respectfully,

[The CasePerformance Team](#)