

*Weight Training on
Longhorn Campus dates
back to 1913*

By ROY. J. McLEAN and KARL K. KLEIN

The University of Texas

STARTING from a single acorn weightlifting has grown into a sturdy oak at the University of Texas. When Major L. Theo Bellmont became Director of Physical Training and Athletics in 1913, he brought with him from his former job as Physical Director of the Houston Y.M.C.A. a pair of 25-pound dumbbells, which he used with more or less regularity along with handball playing, to preserve his splendid physical condition. During the fall of that same year H. L. Lutcher Stark visited the campus nearly every weekend to view the football games and to lift dumbbells with Major Bellmont. Stark was a multi-millionaire from Orange,

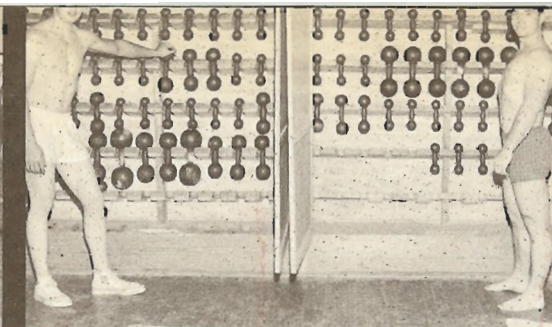
Texas, an alumnus who thereafter for many years was a member of the Board of Regents of the University of Texas and a great benefactor of the school. While a student Stark was the big, fat rich boy who rode around in one of the scarce automobiles of that day. Upon graduating he decided to do something about his physique, and on one of his frequent business trips to the East he visited Alan Calvert in Philadelphia. Calvert at that time was owner of the Milo Barbell Company and the founder of weightlifting in the United States. To promote sales of his products Calvert published a small monthly called *Strength*, which con-

The outstanding 1959 University of Texas weightlifting team: left to right, back row: the co-author, Coach McLean, Suggs, who captained the team, Magness, Terry, Petmecky, and Davis. Front row: J. Conner, Wright, Hall, Rochelle, and R. Conner.

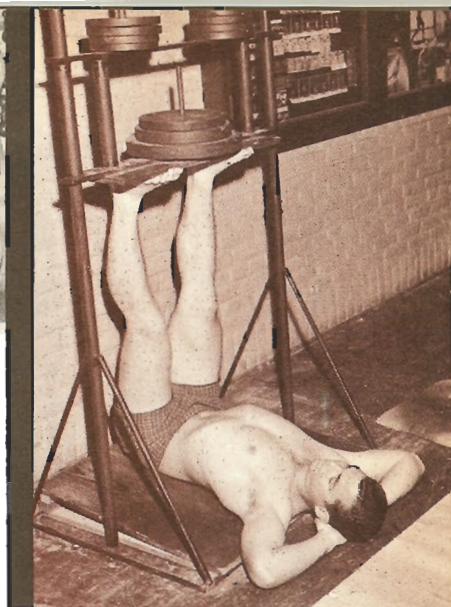




Students enrolled in advanced classes use York Olympic Standard barbells exclusively.



Barbell team members Barber and Pitts stand in front of dumbbell cabinet in weight area of University athletic facilities.



Sturdy leg press machine receives plenty of use. Note photos in wall cabinet.

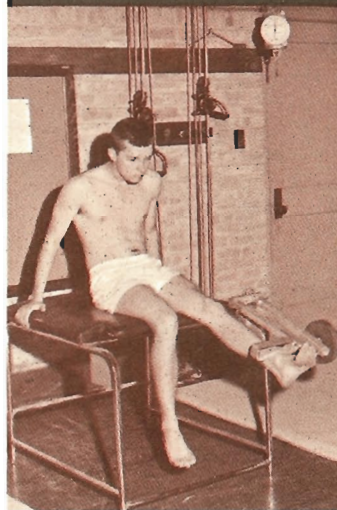
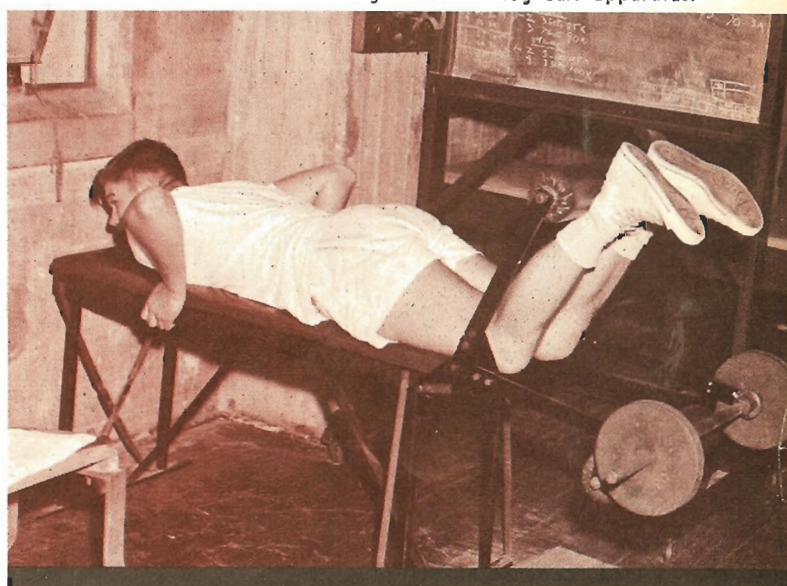
tained many fine articles by Calvert on weightlifting, profusely illustrated with photographs of such well-known past greats of the strength world as Joe Nordquest, Anton Matysek, Henry Steinborn, Tony Massimo, Owen Carr, Harry Paschall, and many others. Stark purchased a couple of sets of Milo barbells and under Calvert's instruction within a year had transformed his body from 230 pounds of obesity to 185 pounds of solid muscle. Thereafter, wherever he went Stark spread the gospel of the advantages to be derived from weight training.

In 1914 a skinny sixteen-year-old by the name of Roy McLean registered at the University of Texas and to pay part of his expenses worked as a part-time secretary for Athletic Director Belmont. He was awed and inspired by the magnificent physiques of Belmont and Stark, and encouraged by them he worked unceasingly with the limited equipment provided. By the time he was graduated he had succeeded in putting on some twenty-five pounds of solid muscle and had become one of the better wrestlers and hand-ball players of the University. There followed a two-year period in the Air Corps in World War I for McLean and Belmont, at the conclusion of which Major Belmont resumed his position as Director of Physical Training and Athletics, with McLean as his assistant. From 1919 to the present day the name of McLean has been practically synonymous with weightlifting at the University of Texas.

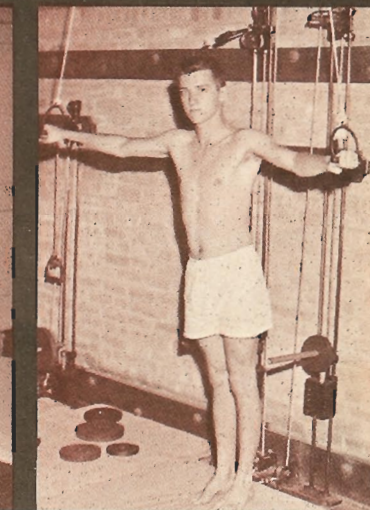
Enrollment at all universities and colleges skyrocketed after the war, and facilities were sorely taxed. Before World War I all activities were carried on in a large, poorly ventilated room in the basement of the Main Building. To meet the demand for increased space for physical training, the Department was moved into three vacated wooden barracks buildings, and it was in these quarters that McLean inaugurated the first class in weightlifting at the University of Texas in the fall of 1920. Two Milo barbells and a couple of pairs of dumbbells comprised the total equipment and the enrollees met in the corner of a small room assigned to wrestling. Eleven Freshmen, none of whom had ever seen a barbell before, signed up for the course wondering what was in store for them. Coaches of the various sports forbade their athletes to even touch the weights. Despite all the opposition, McLean, by measurements

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Athletes from various teams make good use of leg curl apparatus.



Remedial therapy for weakened or injured knee joints calls for special equipment.



Standard and specially designed wall pulley machines are in frequent use.