

INTERVIEW

CHRISTY NEWMAN

Benchpress

Nation: USA

Weightclass: -75 kg

Born: 1977

Occupation: Administrative Assistant for an Oil Field Company

1. When did you start in powerlifting?

I was a cheerleader in high school. At my first football game, Coach Marvin Hall looked at me and said, "You're going to be a powerlifter!" I had no idea what he was talking about, but the entire girls' powerlifting team was made up of the cheerleading squad. We were trying to get stronger for stunts and that kind of thing. My first powerlifting meet was at Alexandria Senior High School 1993 and I benched 145 pounds (close grip) and broke some meet record! After I graduated, I went to Louisiana Tech University. I tried out for the cheerleading squad three times. They told me I was too heavy to be a collegiate cheerleader. So, after a few weeks of depression at the realization of my cheerleading career being over, I ran into Marvin Hall (my high school coach). He told me to stop moping around and go talk to Billy Jack Talton about joining the collegiate powerlifting team. So, I did and the rest is history.

2. Do you bench only or do you do all 3 lifts?

I began doing all 3 lifts in '93 and continued through college and even did a few Women's Open meets. My favorite was always the bench press. After many years of wear and tear on my knees not just from Squats but from gymnastics and cheerleading, I decided that I would focus on the bench and give my knees a rest. I do love all 3 though and love to watch people compete in all 3.

3. When you are not training or competing, what do you do for a living?

My real job is as an Administrative Assistant for an Oil Field company in Houston Texas. I

do Human Resources work for them. My other job is being the USAPL TEXAS state chair. I love it! I really enjoy helping the kids and growing the state membership.

4. Ok, so you won the World Championship in your home country, how do you feel about that?

I can not imagine a more perfect story book ending. I started going to Bench Press Worlds in 2002 I placed 7th and only got one attempt in. I broke my first World Record in that same venue in Texas in 2004, that same year I won my first Worlds. To WIN in my home state with my training partners, my parents, sisters and best friends watching started as some what stressful I wanted them to see me win, I didn't want to let anyone down. On my third attempt

I had to clear my mind and think only of the technique, the process and complete each step like I'd done a hundred times in practice. It's almost surreal everything happened in slow motion. When I saw the white lights i couldn't stop jumping. It was thrilling and emotional all at the same time. When I stood on the podium all I could think of were all the coaches and friends that had helped me and molded me along the way. I couldn't help but cry a little as I thought that this was the last time I'd be there. Winning the worlds in my home country in my home state with my family and friends watching on was as golden as it gets.

"Winning the worlds in my home country in my home state with my family and friends watching on was as golden as it gets!"



5. What was your greatest moment at the World Bench Press Championship?

I can't pick just one, seeing my Mom and Dad's face and how proud they were. Seeing Devon Doan, Jen Thompson, and Mike O'Hara win gold. Hearing my sisters and team mates yell and cheer for me. I think my favorite moment of the 3 World Titles that I have won, is when they play the USA's National Anthem. I feel honored to represent my country, my state, my city, my family and friends. You don't just hear the anthem, you feel it.

6. After competing here in Killeen, Texas, is there anything you would have changed about the competition that you would have liked, or what you want to see at future competitions?

Other than seeing powerlifting in the Olympics I can't think of much that ever needs to change. I love the sport the way it is. I would like for the basic rules of lifting to stay the same. The changes that people keep wanting to make only hurt the integrity and consistency of the sport.

7. What is your opinion of women competing in powerlifting, do you have any advice for them?

Powerlifting can be so beneficial to women. Not only can it strengthen the bones, and heart. But it is a great outlet for stress. A common misconception is that lifting weights will make you look like a lumpy freak, and powerlifting breaks all those stereotypes. Texas High School Powerlifting has more girls lifting in it than most federations. I hope that I can be a role model to them and keep them lifting and competing long after high school is over. The inner strength that powerlifting gives you carries over into all aspects of your life not just as an athlete.

My Advice to women is to find a coach and mentor, someone that can guide you toward your goals and will help you get there. I would be no where if it weren't for great coaches, and mentors in my life like: My Dad, Candy Hall, Theresa Despino, Marvin Hall, Russell Seeser, Dr. Talton, Jim Ford, Jeff Douglas, Jon Magendie, and so many more. The one person I couldn't lift without is Tony Cardella. Steel sharpens Steel

8. There has been an uproar in lifting raw these days, what is your opinion of lifting raw and lifting with supportive gear?

I'm going to be completely honest. I have been to a few RAW events and that competitive spark just isn't in the air there. I LOVE LOVE LOVE my bench shirt. I think it is the reason I have been able to lift so long, and I think gear is the reason that you are seeing lifters have longer and longer careers in this sports, look at the Open teams how many of those team members are technically in the masters age divisions. I don't see a lot of older athletes in other sports, having 20-30 year careers. I have never maxed out raw and I have never really gone over 205lb (92.5kg) without a shirt. Titan has the best shirts out there, my Fury has gotten me through many workouts.

9. Where do you see powerlifting (IPF) going in the future?

I hope that the IPF is able to get powerlifting into the Olympics and I hope that it maintains and builds its integrity. I would like to see the IPF do more in the OMT area. I would

like to see some changes in the area of the Championships that it puts on. A more consistent level of quality in the production of the events. I do think that the live internet broadcast is a step in the right direction.



INTERVIEW

TONY CARDELLA

Powerlifting

Nation: USA

Weightclass: -125 kg

Born: 1977

1. How many years have you been in powerlifting?

I did my first meet on April 1, 1995. So a little over 15 years ago.

2. How many World Championships have you competed in?

1998-2000 Junior Worlds

2001 World Games

2001-2007 Open Worlds

3. Where do you think powerlifting (IPF) is moving to?

Ultimately it depends on what the powers that be decide to do. Ultimately, the sport revolves around the lifters. I think lifters want stability and simplicity in the rules. Lifters also want better meet locations and venues. Since most lifters pay their own way to these competitions, it would be good if the lifters got their money's worth.

4. What is your opinion of raw lifting and lifting in "gear"?

I'm not a big fan of raw lifting. It has not been embraced seriously by the elite lifters in the sport yet. The equipped lifting provides a bigger challenge since it requires you to master the equipment in addition to increasing your strength. That said, the recent increase in popularity of raw lifting is a reaction to how extreme the equipment has gotten. I think there is a happy medium somewhere between single-ply equipment and raw lifting.