

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

NIKKI AVEY as interviewed for PL USA by BOB GAYNOR



BOB: Give us some personal information on yourself.

NIKKI: I am from Oregon, a small town in Northern Illinois. I just completed my masters degree in Exercise Science from Western Illinois University, which is where I received my bachelor degree in Fitness. I am also a certified personal trainer. I am currently pursuing a certification in Massage therapy.

BOB: How did you get started?

NIKKI: Another student at one of my activities courses at WIU asked if I lifted weights. I replied only a little for sports. He told me that I should try powerlifting, and I said no way, I'm not strong enough. Anyway, he convinced me to go to the gym with him. The gym was in the basement of the Salvation Army facility in Macomb, Illinois. It wasn't anything that I expected. It was like the gym in the movie Rocky. It had just the basics, which is all you need. It was a terrific lifting environment and everyone helped everyone and was very friendly to newcomers. That is where I met Roger and Judy Gedney and started powerlifting. After only two months of training, I entered my first powerlifting meet in St. Louis, MO.

BOB: How long have you been training and competing?

NIKKI: I started training 4 years ago and competing shortly after I started, as I mentioned before. However, in 1992 I had back surgery for two herniated discs. I took six months off from lifting and when I returned I started with just the bar. Taking my injury into account, I have been training and competing for 3 years.

BOB: What are your best lifts?

NIKKI: My best lifts in competition are squat 463, bench 187, and deadlift 424.

BOB: What are your future goals?

NIKKI: To squat at 500, bench 220 and deadlift 450, and most important stay healthy and injury free.

BOB: What are your views on steroid use?

NIKKI: I am personally against the use of steroids to enhance athletic performance or to get the competitive edge. I believe the use of steroids should be left for the treatment of medical con-

and when I have a long break between meets. I do the following: 4 weeks of 10's (3 sets), 2 weeks of 8's (3 sets), 3 weeks of 5's (3 sets), 3 weeks of 3's (3 sets), 2 weeks of 2's (2 sets), openers for the meet.

Squat Day (1 x week): Squat (3 sets), Pause Squats (2 sets), Leg Extension (2 sets), Light Leg Press (2 sets/20 reps)

Bench Day: Bench (3 sets), Close Grip (2 sets), Incline (3 sets), Shoulder Press (2 sets), Front Lat Raises (2 sets), Side Lat Raises (2 sets)

Deadlift Day: Deadlift (3 sets), Stiff legs off block (2 sets), T-bar rows (3 sets), Lat Pull downs (2 sets), Bent rows (2 sets).

Light Bench Day: Wide grip (2 sets), Close grip (2 sets), Incline (2 sets), Tricep pushdowns (2 sets), Tricep Extensions (2 sets), 1 bench 2 x week - because I need all the help I can.

For all of my assistant work, I do the number of reps according to what week it is during my program, if I am doing 8's then that is how many reps I'll do for the extras. However, I never go below 5 reps for assistant work.

I believe in doing 10's - it really develops your core strength, not to mention it shocks your system.

BOB: What advice would you have for beginners?

NIKKI: Form is most important. Don't get hung up on how much weight you are doing. Using improper form only leads to injury and bad habits. Also, don't work out by yourself, always use a spotter. Try to find a training partner, it's good for motivation and safety.

There are so many good lifters and so many different opinions about lifting. It is hard to know what to follow. I find it a good rule to follow. I find it always listen to others ideas - you can never learn enough. Try different things; each lifter is unique, so different things work for different people. Don't just settle for what you can do, there is always someone out there working hard to be better, so train hard.

BOB: What is the view of women in powerlifting by the general public?

NIKKI: To be honest, I don't believe that the "general public" is very knowledgeable about the

sport of powerlifting. Powerlifting does not get enough coverage. However, for the people that I have dealt with, there are many different opinions. It goes from one extreme to another, such as: "Women shouldn't be lifting weights like that", to "It is really great to find women competing in powerlifting". What I get irritated with are comments like "that's a pretty good lift for a woman" when they should just give credit where it is due. Also, it gets old hearing remarks like "Just bet she's hearing and tough", "Just because we (women lifters) are strong, doesn't mean that at all. We are still feminine."

I believe that in the coverage that powerlifting does receive, women should be getting more publicity than we currently do. It would be terrific to see more women on the cover of PL USA. There are plenty of outstanding woman lifters who deserve some recognition such as: Bettina Altizer, Beisy Olanen, and Yueh Chun Chang to name a few. I am not whining - "women's rights", I am just saying give coverage and credit where it is due.

BOB: Will powerlifting be an Olympic Sport?

NIKKI: I have heard rumors that powerlifting is going to be an exhibition sport in 1996. I believe if it reaches that point, that it will become an Olympic sport. I would hope, if it does become an Olympic sport, that the Olympic Committee would encourage ADFPA members to try out, because both organizations abide by the I.O.C. banned substance list. It would also promote drug free lifting.

BOB: Are there any additional comments you would like to make?

NIKKI: I would like to give special thanks to Roger Gedney (The Great One) - for being a terrific mentor to me. Roger, you are very special to me. I have the greatest admiration for you. Thanks for influencing my life in such positive ways.

John Binkowski - For giving me the vital support and encouragement especially during my back injury and comeback.

Jamie Moller - For all the help and sweat from wrapping me and getting my equipment on. Also for always being there for me.

Fless - For doing all the "little things" to keep things going smoothly at meets and for doing the math work.

My family - For all of your support. It really means a lot to have you there.

All drug free lifters - Thanks for keeping the sport clean.

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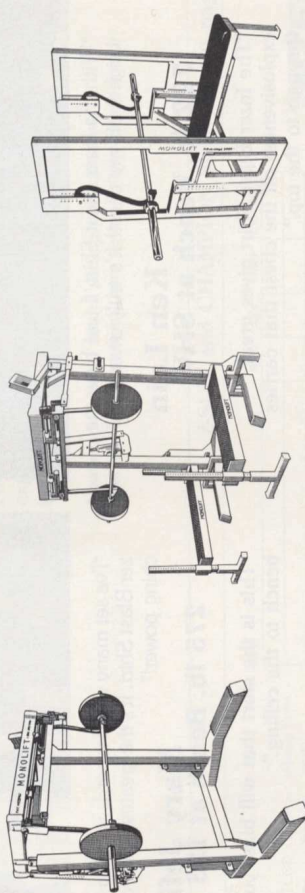
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