

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.

## 5. How many US national titles have you won?

1999-2000 Collegiate National Champion (125kg)  
1999 Junior National Champion (125kg)  
2001, 2003-2007 Open National Champion (125kg)

## 6. So you're injured at the moment, when do you think your next meet is going to be?

Yeah, being injured is no fun. I'd like to make it back to lifting at an elite level. Right now, I have no concrete plans for lifting in a meet. I'm slowly working my way back up. It's just a matter of how I feel when I work back up to something "respectable". My first meet back would have to be a local level event since I am not currently qualified for national level or above competition.

## 7. Do you have any training tips for lifters that just started in powerlifting?

For the beginning lifters I have helped out, I encourage them to learn proper technique for the different lifts. You compete like you train. If your training is sloppy and half-assed, it's going to show on the platform. It is a good idea to record video of your main work sets in your workout. Make sure it's from a good angle so that you can clearly see what you are doing wrong and what you are doing right. New lifters should seek out a more experienced lifter that can and will spend time helping them get up to speed on the sport of powerlifting. New lifters should also get involved in other aspects of the sport such as helping out at competitions.

## 8. What is your greatest moment in powerlifting?

I would have to say my greatest moment in powerlifting had to be winning the IPF World Championships in 2007. Just about everything came together that day. That was significant for me because it was the payoff for all the

years of training and effort that went into getting to that point. The 125kg class had not been won by an American since Kirk Karwoski won in 1996.

## 9. If there is anything you could change in powerlifting today, what would it be?

I would have to say the quality of meets. We can do better than we have been doing. Meets need to be in better locations that will attract more attention to the sport. If a lifter is spending a good amount of money to come compete, they should have the best conditions possible so that they can do their best. By that I mean:

- Well equipped warm-up rooms and lifter staging areas with adequate space and climate control. The warmup room does not need to be huge, but it should be able to comfortably accommodate lifters and coaches.

- Easily understandable informational displays.

Most information displays show so much information that you can't read it or is poorly formatted and hard to read. Displays need to provide information about the competition to both lifters/coaches as well as the audience. If you want audience participation, they need to be able to understand what is going on.

- Nice awards. If you win a World Championship, the awards need to reflect the prestige that comes

with winning.

- Good accommodations. Too often people go to meets overseas to find venues that are inconvenient and overpriced. Competing for most people is both a sporting event and vacation. If you would not want to stay there on a vacation, that might not be a good place to put your lifters.

- Good announcing.

The announcing should be professional, easily understandable, and include some color commentary about each lifter.

***"Remember, this sport is about the lifters. Our competitions need to be run with the lifters and their wants/needs in mind first and foremost. Without the lifters, we don't have a sport."***

