

# INTERVIEW

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

**PC:** Can you give the readers some background information on yourself?

**DC:** My name is Doug Carroll. I am 35 years old. I live and work in Santa Rosa, CA. On February 16 of this year, I got married to my fiancée Shelley.

**PC:** How did you get started in Powerlifting?

**DC:** In 1982, I was training to break the Marine Corps bench press record. I was later informed that I would have to squat and deadlift in order to break the record. On April 6, 1982, I competed in the All Marine Championships at Parris Island, SC. No record was set. I did, however, witness Santos, Gowing, Jones, Lawson, Carr and a 165 lb. lifter named Anderson lift some fantastic weights. From then on, I was hooked.

**PC:** Could you name some of the titles you have won?

**DC:** In 1991, I took 1st place in the ADFPA California State

## DOUG CARROLL

*interviewed for PL USA by Pat Cuntera*

*Championships. I took third place in the 1996 AAUPC RAW National Championships.*

**PC:** What do you consider to be your greatest accomplishment in the sport?

**DC:** I have stayed healthy for one year.

**PC:** Why did you choose to lift in the AAUPC?

**DC:** The AAUPC offers RAW lifting. I've found my home.

**PC:** Since its inception in the AAUPC, RAW lifting has generated a great deal of interest. So much so, that other organizations are now offering RAW lifting. What are your reasons for going into the RAW division?

**DC:** During a training session at my gym a few years ago, a friend and I were discussing training

*breathe deep during squats.*

**PC:** If you could change one thing about the sport of powerlifting, what would it be?

**DC:** I would like to see all the



*Doug went for some American Records at the 1996 Raw Nationals*

*ideas and concepts. He just shook his head and said "Doug, you are an anachronism." Upon hearing his definition of the word, I felt flattered. I guess my point is that RAW lifting gives me a taste of what it must have been like in the early days of powerlifting.*

**PC:** Could you tell the reader a little about your training methods?

**DC:** Simple. I squat, narrow-grip bench press, and deadlift twice a week. This type of training may not work for most people. It does for me. I also enjoy doing a lot of heavy calf and neck work.

**PC:** Is there any advice you would like to give the beginning lifter?

**DC:** Have a goal in mind and see it through. Train smart and train hard. Get plenty of rest and good food between workouts. Don't forget your milk. Prior to the RAW Nationals, I was taking a lot of different supplements. Now my only supplement is a half to one gallon of nonfat milk every day. Oh yeah, don't forget to

*chiefs lighten up and get back into powerlifting, not politics.*

**PC:** What are some of your interests outside of the sport?

**DC:** For the most part, I just dig kicking back and reading scripture. I also enjoy books on lions, powerlifting, and history. My wife Shelley and I are giving bowling a try. She is pretty good, I'm horrible.

**PC:** What is your ultimate goal in this sport?

**DC:** To get as thick and strong as I possibly can while weighing 220 lbs.

**PC:** Would you like to make any final comments?

**DC:** I would like to thank God for being patient enough for me to finally get my act together. I would like to give a very large thank you to my family, friends, and training partners. They put up with a lot of nonsense over the years. Thank you to Powerlifting USA, Joe Pyra, and Pat Cuntera for the opportunity to speak.