

Only the Good Lift Young!

In the publicized world of Championships, Titles, and Records, it is sometimes easy to forget why most of us are in this sport. Is it the love of lifting weights or the surge towards the spoils of victory?. I feel I am the luckiest powerlifter on earth because of my contact with the kids. I own my own training facility and the majority of my clients are young athletes. The thrill of seeing young people improve themselves in the weight room is an experience that I highly recommend. Whether they play field hockey or football, our power lifts improve all physical aspects of sports performances. This has been well-documented by science. My research on the science of the heart has taught me many valuable lessons along the way. Your heart muscle will grow through the giving of ^{is} knowledge, experience, and wisdom that's come through years of competition. This[^] what makes it all worth while. Now that I have reached most of my personal powerlifting goals, I get my inspiration from my kids. Their eyes open wide when they see me do perfect repetitions with 405 on the bench without drugs, shirts, or any of the other nonsense that has diluted our sport. This is the sport that should promote self-improvement and a healthy lifestyle, not the win at all costs attitude. My old friend Kevin Farley, who has done just as many meets as I (maybe more), enthusiastically pontificates for hours when we speak about power lifting. He gets the same fired-up look as I do when we meet. He has never won a National event, while I have won a few, yet we both still have "love" for the sport. At 36, I feel better than ever. My success at this year's USAPL Bench Press Nationals is directly related to the motivation I get from my team. If you are having trouble finding motivation, my advice to you is to mentor, coach, teach, and lead the future of our sport. Volunteer some time at a local High School or gym and share your experience. My training partners are now 14,17,18,22,23,24, and 27. I seem to be feeding on their energy, having the best work outs of my life with them. I would like to personally thank Kevin Farley, Jim Waldron, Travis Roesler, John Plelan, Doug Grant, Brandon Calloway, Garret Mengen, John Zudima, Rob Pettiti, Eric Mele, Garret Golden, Bart Lombardi, Phil Felice, Brandon Felice, Chris Magnotta, Beau Reed, Pam Cosse, and the State Champion RBC Girls Basketball Team(to name a few) for allowing me to share my passion. Live Long, Be Strong, God Bless America!

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