

THIS CHICK CAN KICK YOUR ASS, AND YOU MAY LIKE IT!

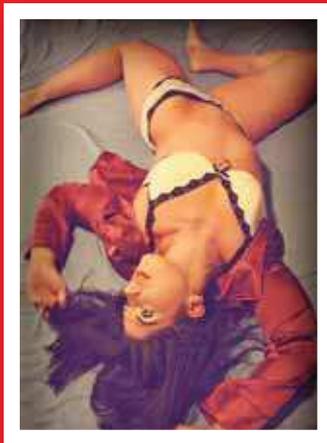
JESSICA SCOFIELD

Meet Jessica Scofield, the “Powerlifting Princess” who is a delightful combination of tough and sassy. An English teacher by day and a weight smasher by evening, this chick could beat your total in the deadlift and then correct your grammar. Don’t be fooled, she may smell sweet and girly but she’s tough as nails!

1. Who is Jessica Scofield in 10 words or less? I’m an overzealous, unpredictable freight train with a multitude of passions and personality that cannot be contained by something we call “rules.”

2. How old are you? 28.

3. Where do you train? I’m a “homeless” gym rat. I travel to eat my food of choice: raw iron. I’m at Phil Halliwell’s in New York, LA Fitness and New York Sports Club, Gold’s Gym in New Haven, Conn., and also train with my boyfriend and coach, Kevin DiGiorgio, in New Jersey.



4. Do you have a nickname? “Powerlifting Princess.” And my students call me Ms. Buff.

5. Do you get hit on a lot at meets? Most men sense I’m the praying mantis when I compete; they stay away.

6. How and when did you start powerlifting? I had just finished a seven-hour cycling marathon and three days later my friend told me I was competing at the end of the week. That was three years ago.

8. What is your favorite lift and why? The deadlift. It takes guts and massive aggression, especially when exhaustion hits at the end of a meet. A lot of people bomb out, and that’s when I sneak in.

9. What gets you amped before a lift? Getting girly and glammed. Spraying some kind of fruity pink perfume is my way of marking my territory.

10. How many pairs of shoes do you own? Ha ha — you mean socks! I’m a sock slut.

11. Do you have any embarrassing gym or meet moments? Funny things can happen to women while deadlifting.

12. On a scale of 1 to 10, how girly are you? I’m a Sephora junkie who can rock bruises and broken blood vessels. You decide.

13. Do you have advice for other girls who want to get into powerlifting? 1. We are no different than anyone else, so don’t make excuses. 2. Teach people (and the weights) how to treat you. 3. Just be yourself and you can’t go wrong.

14. Do you wear make-up to the gym? Do you use toilet paper?

15. What is your favorite food? Broccoli all day.

16. What do you do for work? I’m an English teacher and mentor. I’m also the administrator and writer for the blogsite <http://promotingwomen.blogspot.com>, which promotes women in bodybuilding, fitness, powerlifting, and MMA. I also assist my boyfriend in training athletes in shot put, discus, javelin, and hammer. We run clinics and train athletes in strength training, specifically for their sport. You can visit us at

www.DiGiorgioThrowing.com for more details.

17. What outfit makes you feel the hottest? That’s my little secret.

18. If you didn’t harness your energy (into lifting), where would you be? In prison or anger management class.

19. What powerlifting records do you hold? Third in the deadlift, sixth in the squat and sixth total in the U.S. for the 165-lb. class.

20. Who is your favorite lifter? I’m inspired by gutsy people and there are too many to name. But the She-Hulk — she dog-walks me.

21. Do you intimidate a lot of dudes? Yes.

22. What are your powerlifting goals? The same as my life goals: endless.

23. What is something unique about you? I wrote more than 2,000 poems by the time I was 17, mostly on my bedroom walls.

24. Anything else you would like to add? I want to thank Smelly and the Power magazine team. Gene and Ame Rychlak for all their help and support, and for running such a great federation, the IPA. My entire family, friends and Kevin for putting up with me.

25. Anything else you that gives us greater insight into Jessica Scofield? “My habits protect my life but they would assassinate you.” ~Mark Twain



