

INTERVIEW

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

ML: How was it lifting in front of your folks at the last Women's Nationals, and how do you like your new weight class?

SH: It was great lifting with my parents there. I could hear them shouting and getting behind me 100%! I had actually told them they had to come and be my good luck charms since the last time they came I broke the National and American Records in the squat and only missed one deadlift attempt. My brother and sisters were at that one too (in Lincoln, NE). As far as the weight class ... I have competed in the 114s before, especially at State meets so I would not have to worry about dieting. I started a new routine though and packed on more muscle as well as strength. I decided it was smartest to go up, at least for this year. I may go back to the 105 class next year. It sure was nice not worrying about my weight the night before, I weighed in at 110.

ML: How many national titles have you won now, and which one has been the best victory so far?

SH: National Championships I have won: 1993 ADFPA @ 104;

hotel rooms) It is hard to say which was best, though last year in Argentina was nice, other than the very small venue. I had great ladies to lift with, Camille D'Amato the team and my personal chiropractor, and the coaches and P.J. who worked very hard for us. I enjoyed 4-wheeling on the beach and sand dunes, dancing my heart out after the banquet (one of my FAVORITE things to do), friendly competitors, sightseeing in Buenos Aires and going to a Tango show.



www.ef-equipment.dk

Isn't That Great Squat Form ... Sioux-z thanks Pete Alaniz of Titan for his 7 years of sponsorship

SH: Kirk and I train at the same time, but I usually train on the other side of the gym with Sandy Mobley (123 lb. World Team member). When I get closer to a meet Kirk checks my form to be sure that everything is as perfect as it can be and helps me with my suits and knee wraps. I've been in charge of my own training almost the entire time I have been lifting. I like it that way. I've used different lifting routines from various people but in the end, I make the technical eye.

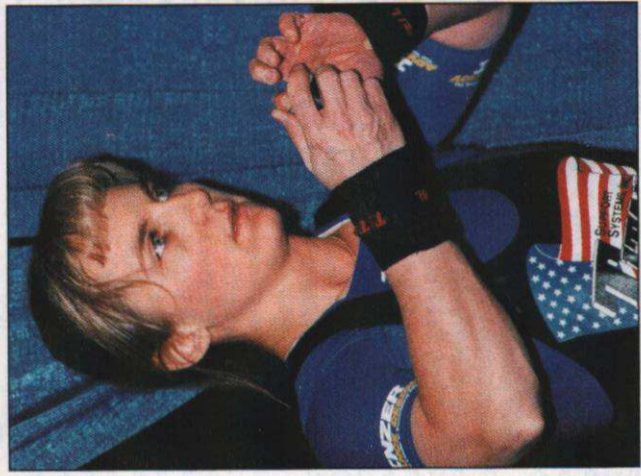
ML: Of the Russian women lifters, who has been the most impressive to you? Do you think with USA will ever be able to take the team title away from the Russians?

SH: Svetlana Tesleva, the 97 lb. Russian. She benched over 200 pounds at the last competition and totaled over 900. A woman that can bench over double her bodyweight and total 9 times her weight is incredible. (man or woman - a 9 times but total is awesome!) As far as Team USA taking the title away from the Russians; we are getting stronger every year and I believe you should

training for about eight months (other than a few months in 1991 and a few in 1992 by myself). I had hoped to be in the top three as there were a lot of good competitors, but I was able to win it. This year, however, has to be the sweetest. You can't beat going 9/9 and getting PRs in every lift and I had some strength left over.

ML: Of all the World Teams you've been on, which was the hardest to deal with, and which was the most fun to be on?

SH: The first year was hard at the IPF Worlds, because I did not know what to expect, but I think the toughest was in Denmark. We had to bus to the venue from the "hotel" cabins. Since we were not in a town there was only one restaurant and it was always crowded. It was also the first year that ER Equipment was used and they did not know how to move the racks inward until after my flight; due to this I kept hitting the racks when trying to set up. (Don't get me wrong though, Denmark was nice, friendly people and it was nice having room to get together with a larger group of friends in cabins instead of small



Focusing in on the bench at Women's Nationals

never say NEVER.

ML: What's the wildest episode you've been involved in at one of those post-world championship banquets?

SH: As far as wildest episode, I think that Kirk or Leslie Look would be able to tell you better stories than I. The wildest thing that I've done at the banquet is DANCE, and if you asked the other team members they would probably classify it as a little wild. Other than that, I have had a couple of shots of vodka with the Russians. I am not a drinker, but I have to say that Russian Vodka is very smooth.

ML: What is the single best bench press training tip you've ever come across, and who came up with it?

SH: I think the best tip is training the upper body with more volume and more of ten. When I started training, sometimes I benched 3-4 days a week, and my bench shot to 170 in the first year. I then started to train my legs also and, being busy, I reduced upper body training to once a week. Over the next 5-6 years I tried many things, but I hit a plateau. Kirk mentioned I should train the upper body twice a week and Larry Maile gave me a routine with lots of volume work.

ML: What is your favorite wine?, color?, weapon?, and cartoon character? ... just so we can figure out what you're really like?

SH: I don't like wine or most alcohol, however, I love a good strawberry daiquiri or

squat I said whatever was the most any other girl had done. It was 125 lbs. and they thought it was too much, well... by the end of that day I did 165 and the 3rd day I did a 200 lb. squat and a 100 lb. bench. At that time doing triple but. in bench and squat combined earned you a "Charger Power" t-shirt and your name on a special wall. About 5-6 guys on the football team would make it each year, but unfortunately no female had done it before so they did not know what to do for me. They started a wall for girls the year after I graduated. I never made it up there. Maybe now that I have done triple but. in the squat alone they will add my name! I didn't lift again or truly start training until my last 3 months of college. The summer before a friend, whom I did a little circuit training with, stated he was transferring to SDSU (South Dakota State U) and was going to join a powerlifting team and maybe I should too. I hooked up with them at the end of the semester, trained about 6 weeks, and then competed in 3 meets before graduating a couple

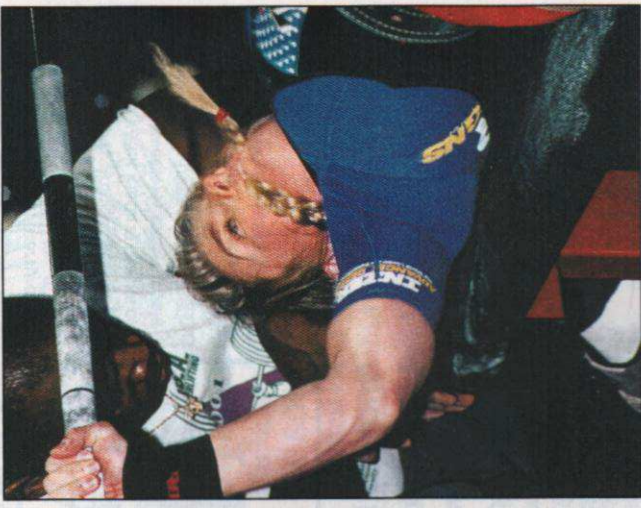
fuzzy navel. My favorite colors are Columbia blue and purple. Weapon ... that's a hard one, I guess I would have to say rifle since I hunted with my dad a lot growing up. Otherwise, I think the best weapon is your brain ... be a step ahead of your opponent. Cartoon character ... Taz looks cool and is wild and crazy, I could picture him powerlifting. My favorite foods are chocolate mousse cake, shrimp and scallop marlinara over angel hair pasta, and Alice's Spring Chicken at the Outback.

ML: How does your rep scheme change as you go through a squat training cycle for a big meet?

SH: Reps decrease as the weights increase. I do as many reps as possible unless I am fighting an injury; in that case I cut back on the reps and sets. I typically end with singles and maybe a double. The most I do is 3 top sets of 15 reps, the least is 1 single.

ML: Do you remember the first day you trained with weights? How did it all come about?

SH: The first day I "trained" was as a sophomore in high school. Our track coach had us bench and squat to see where our strength was. At the time I weighed about 98 lbs. and when they asked how much I wanted to



Keeping her hair out of the way ... Hartwig-style.

months later. I did 205, 105 and 205 at the first meet and 3 weeks later did 225, 120 and 250. I was hooked and decided then that I would pursue lifting and compete in the Nationals. I picked up my roots in SD and moved to MD and about 1 1/2 years later started training again. I won the Nationals about 9 months later.

ML: What were the initial words Kirk ever said to you, and tell us they weren't said in the gym!

SH: The first words where probably simply "Hello". We were introduced by Bert Wagner in the gym. Sorry to disappoint you. We were both seeing other people at the time, but mutual friends kept tossing me hints for us to get together. I can tell you that the first compliments that Kirk and his friends gave me were:

1. That I was "phatt". 2. That my legs were "sick", and 3. that I looked "huge". Coming from SD, these all seemed like insults to me, but they then explained to me that, in the Powerlifting World, these were great compliments.

ML: If you had one deadlift left to win the world championship, a huge PR, but you knew you could make it if you took a magic pill — which wouldn't make you flunk the drug test — but it would make you die within three years — would you take it?

SH: No way! I love to lift and I LOVE to win, BUT, I really love life and have too many adventures left to die in three years. Also, the victory for me would be a little hollow if I knew the reason I won was because I had a magic pill.



With World Team Member Leslie Look (all photos courtesy of Sioux-z)