

INTERVIEW

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

Priscilla Ribic

interviewed for PL USA by Larry Miller



Priscilla Ribic ready to deadlift at the 2002 Womens Nationals

LM: Priscilla, give us some background information about yourself.

PR: I am 29 years old and live in Spokane, WA. I have lived there all my life and I am a Project Manager at an Agricultural Bank. I have been lifting weights since December of 1999.

LM: How did you get involved in Powerlifting?

PR: I took basic weight training in High School. I took 10 years off, joined a gym, and entered a meet. Within a week or two of joining the gym I found 2 guys who were powerlifters, a rarity in Spokane.

LM: What are some of the meets you have competed in and what records do you have?

PR: I lift mainly within USAPL and I recently counted 12 USA PL/IPF meets to date. I have done one WABDL meet in 1999. I hold all 4 Washington State records with a 452 squat, 259 bench, 479 deadlift and an 1168 total. I hold the 148 lb. deadlift record at 419. I have also been in the last 2 IPF Women's World championships.

LM: What type of experience was the IPF Championships?

PR: Awesome. The whole international experience is awe inspiring. The pace of the meet, the judging, the quality of the lifters - it's an awesome experience.

LM: I gather you plan on returning for a few more?

PR: I hope to stand on the podium in the near future.

LM: What are the expectations for the US women's team in the future?

PR: In the two years I have been going, it is pretty much the same group of women. It seems like everyone put up PRs at this last meet so we all seem to be getting stronger, working harder on our technique, and working better with our gear. We also are picking our numbers better. I think the future for the US women's team is very bright.

LM: Why do you think we are finishing behind the teams from Russia and the Ukraine?

PR: I think the biggest thing is that Powerlifting is their life. They have their dedicated coaches and they don't have a 40 hr. work week.

LM: Do you think it will make a difference for them having to compete on US soil?

PR: Most definitely. I can't wait for the home court advantage.

They'll have to deal with the time difference and the food difference. I think holding it in a big city like Chicago will be an eye opener for them.

LM: What type of goals do you have for yourself?

PR: I want to continue medaling in the IPF. I got the gold medal for the deadlift this year. Hopefully, next year I can medal for my total. Individual numbers that I am looking for are 500 in the squat, 300 in the bench and 500 in the deadlift and a 1300 lb. total.

LM: That's impressive. If you add a few more pounds, you could qualify for Men's Nationals. What does your training program look like?

PR: I am naturally strong. I take after my dad. I don't believe I have begun to tap into my potential. Right now when I squat, there is no technical part behind it. My coach is Larry Maile and he has helped me out quite a bit with technique. He's also helped me in understanding my gear. I use

Inzer Hard Core for the squat, and Inzer extra heavy duty high performance bench shirts. I train 5 days a week. Monday is my squat day. I take off Tuesday, and Wednesday is heavy bench day. On Thursdays I work biceps, triceps and shoulders. Friday is my deadlift day and Saturday is my light bench day.

LM: Do you learn much from going to meets and watching other lifters?

PR: I do a lot of watching. I have made arrangements with Larry Maile to send him video clips so that he can watch me and critique. I still feel like a novice in the sport so I rely on those people who coach me.

LM: Have you tried working with the bands or chains?

PR: I haven't tried the bands or chains yet. I have used the glut- ham machine, which has been great for my deadlift and I also like using the reverse hyper.

LM: What are your views about drug testing?

PR: I think we need more out of meet testing, especially internationally. I have been tested on average 3-4 times a year, both in and out of meet.

LM: How do you feel about the IPF drug suspension periods?

PR: I think if their suspensions follow ours, then I think that is fair. It might help clean up some of the lifters there that we obviously suspect.

LM: What about supplements?

PR: The last 6 weeks of my training cycle I take Glutamine.

LM: What would be your advice to get more women involved in our sport?

PR: I think there is a lot of untapped potential. I think I am the only woman in Spokane that powerlifts. I think we need to publicize it which is what we did with the women's calendar this year. We need to change the image of women and powerlifting. We need to show that powerlifters are not ugly musclebound women. We are real people that you can see in everyday jobs.

LM: Have you had any funny things happen to you in the sport?

PR: I tried on my Hard Core the first time and spent an hour and a half trying to get it off. I have also managed to do a number of misloads on my lifts. At my first meet, I ended up wearing my Champion Suit for the Bench Press. The guys didn't tell me that I could wear a singlet for the bench.

LM: Do you have any lifters you have come to admire over your short career?

PR: The Mailes have been a great help to me over the years and so have the women from the Nationals. We see each other a few times a year and it is like a big slumber party.

LM: How much longer do you plan on competing?

PR: I just plan on competing, setting goals, and then setting new goals.

LM: What are some of your favorite assistance exercises?

PR: For my squats, it is the glut- ham and reverse hyper. I do narrow grip benches and tricep push-downs. For my deadlifts, I do good mornings and straight legged deadlifts.

LM: What do you think about all the different organizations and all the different records out there? Do you have any thoughts about the outrageous equipment we see?

PR: There are definitely too many organizations out there. It would be great if we could narrow it down to one or two. It would make a world record have some meaning. I am a gear lover so I say what ever your organization allows, go for it. I don't like to see people using equipment beyond their physical ability.

LM: They are starting to introduce money into the sport. Do you have any thoughts on that?

PR: Money is the root of all evil. I would like to see more money for the women. It seems like the WPO is more geared towards giving money to the men.

LM: Are there any people you'd like to thank for helping you along the way?

PR: First of all, I need to thank my coach Larry Maile and his family. My brother Iuan is my gear guy. He comes to all my meets and wraps my knees. I would also like to thank my work out partner, Brent Mikesell. He helps me in the gym and gives me encouragement.