

# CasePerformance

“For Sport, For Life”

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## Community Member of the Month...



This Month's CasePerformance Community Member of the month is Christina Anderson who recently competed in the Orange County USAPL Championship. Recently I had the chance to sit down and talk with her about the competition and her training background. In addition she was kind enough to share with me

**Christina, thanks for taking the time to join us today; between training and finishing up your degree in massage therapy, I realize your schedule is quite busy.**

Thanks Sean for picking me to interview, it's quite an honor actually. I read the [articles](#) at CasePerformance religiously and admire all your skills and knowledge.

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**First off, how long have you been involved in strength sports? Did you engage in any other forms of exercise prior to powerlifting?**

I started powerlifting ~3 years ago, with the help and guidance of [Phil Stevens](#) . Before that, I was a crazy distance runner. I decided I wanted to build muscle and be stronger so I started to lift heavy and learned the 3 basic lifts: squats, bench and deadlifts. From there nothing was the same again. I fell in love with powerlifting.

I now work and train in the gym I call my 2nd home, [Albany Strength](#). The people I work and train with are like family; dysfunctional, but a nice group. I may have even given up lifting and competing if I didn't have all the support I find at my gyms. The owner, my boss, and good friend, John Payette has taught me a lot about powerlifting and is always willing to help out.

**As mentioned previously, you are currently finishing up your degree in massage therapy. What motivated you to pursue this degree?**

After suffering from a minor injury from lifting, it was recommended I see a Licensed Massage Therapist. I took the advice and shortly after seeing one, my problem went away. The lights went on in my head with respect to the integrated role between massage and physical performance so I signed up for classes soon thereafter. The human body and the way it is put together amazes me. I love learning about muscles; From their basic actions, down to their cellular level. Being able to work on them in people who have problems gives me a thrill I can't explain. I see a need for LMT's, especially in those who push themselves to the limit while training. I believe massage therapy can prevent many injuries, speed up recovery from training, and in some cases, replace unnecessary surgeries. However I still have a ways to go... I don't graduate until January of 2012 and will be taking my NY State Boards shortly thereafter.

**This past month, you competed in the Orange County USAPL. How did the experience go for you?**

I have to say, it was my best meet ever. In the past, I would crumble at these competitions. I'd let the excitement, fear and stress get in the way of lifting my best and actually having fun. I would just plain panic. As an example of how my brain would work: when I would squat at a meet, going down, if the weight felt heavy, I would say to myself, “don't worry, if you miss this weight, you will just get it in the gym later”. And so I would miss. I got tired of being a “gym lifter”. I wanted to have a successful meet even if the numbers weren't great or personal bests. So that is how I trained for this meet. John Payette set me up in the gym with my training, to make all my lifts. I built confidence in

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my training and brought that to the meet. He called all my numbers, knowing just how far to push me so I would make each one. My confidence not only grew in myself, as I made each lift, but in his ability to know how much weight I was capable of in that moment. And so I learned about trust too. And it was pretty cool. My final numbers (Squat 177 lbs, bench 93 lbs, Deadlift 281 lbs at a bodyweight of 125.3 lbs) were not what made this the best meet ever; Rather it was learning about “Momentum and Confidence” and trusting myself and others who believe in me.

## **Any future competitions on the horizon for you?**

Our gym is having a strongman in August that I can't wait to compete in! I love training strongman but never get to compete because the loads are too heavy. This is one our gym is putting on for fun with loads that even the average weight lifter can compete with. There's also a push/pull in September and a USAPL in December. Albany Strength is hosting them all. I love competing now.

## **On a final note, do you have any tips that you'd be willing to share with your fellow CasePerformance Community members?**

Oh boy, well any points or suggestions I have are all given to me from other lifters. One important thing I learned, and I am sure it is true for many sports, is that there are so many different opinions out there on training. Everyone is an expert on the internet as you alluded to in your article [The Guru I'm Not](#). There are also many opinions from people in your life who have been in the game. I tend to put my trust in this latter group. Some call it “Old School” but it comes from their real life experiences, whether they excelled at their sport or failed. Those people hold the most validity to me, and their respect from me.

Whatever it is that you love to do, do it to the fullest. And only listen to those who support and believe in you.

**Thanks again for taking the time to share some of your experiences with the CasePerformance team members.**

My pleasure!

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