

## First Competition Review

Harrison Kelly



A short interview with Harrison Kelly looking back on what it's like to enter a powerlifting competition for the first time.

### **How long have you been lifting?**

I've been in the gym for about 6 years never really pushing myself or progressing just doing the same thing day in day out with not much confidence to push myself into real weights. But Sam Hinks, a friend who has been powerlifting for around 2 years competitively, managed to show me around a gym properly and got me training heavy for a year and powerlifting for about 8 weeks prior to this first competition.

### **Did you follow any programme leading up to the meet?**

The coaching I followed strictly from Sam was beating myself up every week with lots of accessory work around each lift.

### **Were you nervous before the competition?**

The main reason behind wanting to compete was I've never really pushed myself into anything, never been in front of a crowd so I do suffer with anxiety when dealing with situations out of my comfort zone, so this was all about me taking that leap and doing something bold. When I stumbled on my first squat I was ready to just pack it in there. But my friends and other competitors who I've never met before managed to get in my head and tell me I can do this and I will do it, really spurred me on.

### **Did you have any goals in mind before the meet?**

I wanted to achieve nine for nine lifts going into this competition just to get the experience of competing and get a feel for hitting the correct calls / form and depth throughout all three lifts.

### **Was the competition as you expected it to be?**

I had been to the YNE Summer Open a couple of years ago and a competition last year in Eggborough so I've seen how it's organised and had a bit of an idea what was needed from me now it was my time to lift.

### **Did you manage to speak to many other lifters?**

My coach was good friends with people from the Five Towns powerlifting team and Phoenix Power as well so I managed to speak to a few members from both teams which did help me get into the correct mind-set for the rest of the day.

### **Will you compete again?**

I definitely will compete again but I'm considering going up a weight class where I feel my strength will have plenty of room to grow giving me the chance of a better finish. The goal is one day managing a podium finish though.

### **What was the best thing about the day?**

The best part was the final lift of the day , I pulled 180kg deadlift which has been a struggle for a while but the crowd and friends shouting at me really helped me get that lift and locking it out knowing I'd managed something that had played on my mind for a few weeks prior was such a relief.

### **Do you have any advice for anyone thinking of competing for the first time?**

My main would be if it's your first comp don't go for PBs because a missed lift could really ruin your confidence for the rest of the day. Get those clean lifts and most of all enjoy it and make time to speak to other people. Everyone is welcoming at these events and I felt really accepted for a first time lifter who nobody knew.

