



# Becoming a Competitive Weightlifter Amanda Gomez, BME, Spring 2021

Engaged  
Living

## SUMMARY

Over the past three and half years of doing CrossFit, I developed a passion for Olympic Weightlifting. I decided to sign up for "Scrooge: A Weightlifting Meet," which took place at Tenacious Strength Society in San Antonio. This would be my first Olympic weightlifting meet, so I trained exclusively for this for 8 weeks leading up to the meet. I trained about 10-15 hours a week following an online program and I had coaches at my CrossFit gym that provided feedback as I trained. My goals throughout the 8 weeks of training were to consistently improve my strength and technique for each movement and understand the lifts I was doing step by step. However, my overall goal was to push my body and mind to see exactly what I'm capable of lifting. The day of the competition was incredibly nerve-wrecking, but after stepping on the platform and finally showing off 8 weeks worth of work, it ended up being one of the most rewarding experiences of my life and I can't wait to compete again. I even ended up with a shiny gold medal!



## SPICES

This preparation for the competition encompassed my daily life, which truly makes it an Engaged Living experience. I had to show up on time to training, maintain a healthy diet, recover properly, and keep up my motivation through the 8 weeks.

## HERBS

The HERB trait I exhibited most during this experience was Resilience. I had to fight through my body and mind becoming tired, but I always made sure to get my work done each day.

## LEARNING OUTCOMES

Throughout this entire experience, I fulfilled the learning outcome of Adaptability and Resilience. My coaches were constantly giving me feedback and criticism, so it was my responsibility to accept it and adjust my training. There were also many days where I struggled to find motivation, but I persevered and made sure to have a great training day, nonetheless.



## IMPACT

Competing in my first weightlifting meet has undoubtedly left a huge impact on me as an athlete. I feel more confident in my abilities as a weightlifter and I'm proud of myself for conquering this goal. This meet also impacted my CrossFit gym in a positive way. So many people were supportive of me throughout my training and were able to come cheer me on at the meet. It showed how the community at my gym really IS amazing.

## ADVICE

Training for any type of competition requires you to be critical of yourself throughout the process. You have to be able to analyze what's going well and what needs work, as well as turning to coaches for the best advice. Don't be afraid to ask for help whenever you need it.