

Shawn L. Cain

I actually started lifting with free weights when I was in the US NAVY in 1977. I joined the Navy right after I graduated High School in 1976 from Amery High School. After Boot Camp I went to school for Hull Maintenance Technician. While I was in school I decided to gain strength through weight lifting. I had lifted on an old universal gym when I was in school, but wanted to give free weights a try. Strength had always intrigued me when I was growing up as a kid. I came from a very physically strong family. My first time lifting with the Olympic style weights I was able to bench 335 lbs, weighing in at about 200 lbs. I lifted pretty much as a gym rat for the first few months I trained with the weights. I mostly did the weight training to go along with the wrestling I was doing in the Navy. It wasn't until I was stationed in Holy Loch, Scotland that I decided to give Powerlifting a try. I squatted once and deadlifted twice before my 1<sup>st</sup> meet that was held in northern Scotland. A guy by the name of Gary Ferstler put on that meet. Years later, I would compete against him in the ADFPA. Anyway, my performance that day was nothing to brag about, but I walked away with a 2<sup>nd</sup> place finish, and I was hooked on the sport.

I competed in the USPF contests until the ADFPA came around. I competed in both organizations for a couple of years, but limited my lifting to just powerlifting in the ADFPA shortly after the first ADFPA Nationals were held in 1983. I still did a few carnival events ( Bench only and Deadlift only ) for fun, but my serious competitions were ADFPA, which later changed it's name to the USAPL. I was very fortunate to be able to compete from 1978 until 2010. I was also very fortunate to have had a very long successful lifting career and to have met so many great people over the years. Powerlifting is a great sport that most people can really enjoy and improve themselves in for as long as they want to do the sport.

I could write a book on all of the experiences I've had in the sport. I can tell you that I would do it all again if given the chance. It has been good for me, and my health. I was diagnosed with Multiple Sclerosis in the beginning of 1986. I think one of the biggest benefits I've received from the sport is the health benefits from the training, competing, and the stress relief that the training and being around so many good people has given me. Powerlifting is an activity that can change you for the rest of your life. You learn what discipline is and what inner strength can do for you. You also can make friends that you will have for a lifetime.

Here is a list of some of the things I've been involved in over the years I've been in the sport.

- Competed in 21 Open Men's Nationals.
- Competed in 5 Lifetime Drug Free National Championships
- Competed in 2 WDFPF Open World Championships
- Competed in 13 USAPL Master's National Championships
- Competed in 3 IPF Master's World Championships
- Competed in 1 North American Championships

- Served on the ADFPA Executive Committee a couple of terms
- Served as an Athlete's Representative for the USAPL for a couple of terms
- Brother Bennett Award recipient
- State Certified Referee since 1989
- Meet Director for the Hudson Natural Open for 26 years
- Member of the Board of Directors of the WHSPA for many years

Thank you to everyone that has made this possible. Especially the support of the Wisconsin ADFPA/USAPL leadership and to my wife Kathy and all of the lifters that I trained with over the years.