

## **Timothy Allen Cross**

**I started my powerlifting career my freshman year of 2001, lifting at my first meet at the G-E-T Highschool. I have actually overcome a big obstacle in my life to become a lifter. I am what is called a Coarc Patient. I have Coarctation of the Aorta. I have had two heart surgeries. One at the early age of two and one at the beginning of my freshman year. And trust me, I thought my world was coming to an end. I was not allowed to play highschool football because of it, but under the strict care of my cardiologist and my parents, I was able to lift within reason. But trust me when I say...I pushed those limits to become the lifter I was.**

**In my highschool lifting career I started out weighing a mere 80 lbs...competing with the guys that were in the 114 lb weight class. I never let my weight or my size hinder me. It's what in your heart and your mindset that truly counts. I eventually made it to the 123 lb weight class and finished my career there. I have won 3 consecutive State meets...sophomore, junior, senior years. I have also won 2 Varsity National Championships my junior and senior year. I have won multiple best lifter awards and numerous 1st place metals. I have won 3 bench press competitions. I was the state record holder in squat and total for many years. My most honorable moment in my powerlifting career is when I made the Sub-Junior World Team 2004. I was heading to Pretoria, South Africa. I was the first male powerlifter out of Necedah High School to make the USA Sub-Junior World Team. I ended my career in South Africa with a over all 3rd place finish.**

**I would like to thank a few people, starting with Coach Mach. If it weren't for him, begging my parents to let me lift...I may have never become a lifter because of my heart condition. He saw what I was made of and believed in me that I could do great things with lifting. Secondly I would like to thank Jeff Van Lannen. A coach that has stood by my side and also got me to where I was in my powerlifting career. Another thank you goes out to my Cardiologist Dr. Allen Wilson ( who I have seen alot of and still am) out of UW Madison Hospital, who allowed me to do the things I did in**

**powelifting, under his care. And most of all.....the biggest Thank you goes to my parents and my family. My biggest supporters of all. Who believed and supported me in everything I did. My mom, who has always been my rock in everything and to my Dad who I can't say enough about. He has always been by my side 100 percent of the way. From being my Dad, my Coach, my knee wrapper, to just being there for me. Even going the extra mile at times to train with me...allowing me to reach my goals and to have made me who I have become today. Thanks Mom and Dad**