

NAS Kingsville Sailor is Navy strongman

By Fifi Kieschnick
NAS Kingsville Public Affairs

Are you stronger than the Incredible Hulk?

That's what MA1 Torey Taylor's 5-year old son asks when he sees his dad.

And, is he strong enough to be called, "King of the Beach?"

That's what Taylor, of NAS Kingsville's Security Department, is going to find out, taking part in a "raw" powerlifting "King of the Beach" competition in Pensacola, Fla., this weekend.

The 40-year old has been competing since 2002 and said he started getting serious with powerlifting when he was competing in a bench-press competition at NAS Signanella, Sicily.

"I took second place and Cmdr. Jackson (a competitor who was visiting the base) asked if I was interested in joining the Navy's powerlifting team and told me how to join."

Taylor's first national competition representing the Navy was in Ft. Hood, Texas, later that year.

There he earned a bronze medal, his first of many medals. He earned his first gold medal representing the Navy in 2004 at Ft. Hood, Texas, and now has six gold medals, in addition to a couple of bench-press records.

Taylor said when he was stationed overseas he began competing for the Navy, so he didn't get to many national competitions. And, though he's only been competing nationally for about 10 years, Taylor says he began lifting in high school.

"I'm from a small town in Alabama –



MA1 Torey Taylor warms up with bicep curls. The Navy strongman trains 5-to-6 times a week, but doesn't push himself too hard because he works out without a spotter. Instead, Taylor says, his regimen includes completing a lot of reps. (Photos by Fifi Kieschnick)

Georgiana -- where everyone is into football. I started playing for the high school team as a running back," Taylor said. "When I was training, my cousins and buddies noticed I was pretty strong and urged me to start lifting.

"But, what got me really dedicated in the sport was joining the Navy," he said.

The 19-year Navy veteran trains 5-to-6 times a week. He says he listens to his body to tell him when he's pushing too hard. "I

don't have a spotter when I train, so I don't push myself to the max. Instead, I do a lot of reps (repetitions)."

His current regimen is four sets of bench presses, squats and deadlifts, of 10 to 15 reps each each time he works out.

He said he started out in the 198-pound weight class, and most recently has been competing in the 220-pound class.

"Now I'm at 225 – the most I've ever weighed," he said, which moves him

to another class with a different set of opponents.

Taylor prefers to compete raw – without the aid of accessories such as power belts, wraps or suits, saying that he believes that's the purest form of the sport. And, he prefers USA Powerlifting (USAPL) sanctioned competitions which he knows are drug free.

Powerlifting is distinct from weightlifting. Weightlifting is made up of two lifts – the snatch and the clean-and-jerk, where the weight is lifted above the head. Powerlifting is comprised of three lifts – the squat, bench press and deadlift.

Athletes are categorized by sex, age and body weight, for competition. Each entrant is allowed three attempts at each lift, the best lift in each discipline being added to their total. The lifter with the highest total is the winner.

Taylor says it is easier for him to compete, since he transferred from Okinawa, Japan, this past March.

"I have to pay my own way," Taylor said. "The Navy doesn't fund any of the costs, they just give me the opportunity to train and represent the Navy. So I haven't been competing as much as I'd like to.

"I hope to do two competitions this year, and a body building show next year," Taylor said.

He recommends powerlifting and body building to others.

He adds, "I'm inspired by the older guys in their 50s and 60s. I see them in the gym, working out and realize it's a sport (powerlifting) you can continue until your body gives out."

That's what he plans to do.

Perfect his sport. And, continue until he



MA1 Torey Taylor enjoys working out and trains 5-to-6 times a week. Doing lat pull-downs is part of his work out.

see *Strong on next page*

Ombudsmen from page 1

a family in crises, or just one of the curve balls that military life tends to sling our way, the value of your guidance ... and sometimes just your presence, is immeasurable," Hollingsworth said. "But you know what ... you're much more than that!"

"It's impossible to fully capture in words the value of a dedicated ombudsman. So just know this," he added, "when we present to you your certificate of appreciation, it's just our way to say thank you and to acknowledge in words some of what you do. But we know that you are ... much more than that."

The Navy family ombudsman is a trained volunteer who is able to offer support and guidance to command families and to act as an official liaison between the command and its families.

The ombudsman plays an important role in the success of a command's mission. Ombudsmen are the first step for family members to turn to during a crisis, guiding Navy families to the proper resources they need. That, in turn, helps their Sailors with assurance that their families are being taken care of at home.

These volunteers help them during all phases of deployment, disasters or crisis. They are also there to assist with the everyday questions and challenges facing Navy families.

Ombudsmen recognized were: Laurie Harrison, of NAS Kingsville; Kristi Calderon, of CNATRA; Doreen Lund, of Training Air Wing FOUR; Karma Saldana, of NAS Corpus Christi; Angela Collins, of



Pictured are command leadership with their ombudsmen. From left are: Capt. Mark McLaughlin, NAS Kingsville commanding officer; Laurie Harrison, NAS Kingsville ombudsman; Capt. Rex Curtin, Training Air Wing FOUR commodore; Doreen Lund, TW-4 ombudsman; Capt. Dave Edgecomb, NAS Corpus Christi commanding officer; Karma Saldana, NASCC ombudsman; Capt. Chuck Hollingsworth, Chief of

Naval Air Training chief of staff; Kristi Calderon, CNATRA ombudsman; Cmdr. Gilbert Lara, Naval Operational Support Center Corpus Christi commanding officer; Angela Collins, NOSC Corpus Christi ombudsman; Jeannine Hardwick, Naval Health Clinic Corpus Christi ombudsman; and Capt. Gina M. Jaeger, NHCCC commanding officer.

Naval Operational Support Center Corpus Christi; and Stephanie Shanahan, of Training Squadron 27.

The event was sponsored by the NAS

Kingsville Fleet and Family Support Center. The NAS Corpus Christi FFSC also supported the event as well as the Corpus Christi Mayor's Committee for Veterans

Affairs, Fleet Reserve Association Branch 94 and Corpus Christi Navy League.

Strong from previous page

can't anymore.

Should he retire from the military, the Navy dog handler plans to train dogs – his second love – and continue competing and working out.

And, he can always fall back on helping others keep fit.

"I have a personal trainer's license, mostly because I like to work out so much," Taylor says.

He is motivated by setting and attaining goals. "I push myself to be as strong as possible," Taylor says. "I like the competition, love winning and hate losing."

He thinks about his "one loss" – not taking advantage of football scholarships that were offered to him when he was younger. "I will think about that the rest of my life," he says.

Today he concentrates on the present. He loves his job and representing the Navy in competition, and he tries to keep up with his son's demands of becoming stronger than the Incredible Hulk.

Note: You can see Taylor compete next month at the Bar Benders on the Bay raw powerlifting competition on Oct. 20, in Corpus Christi.

Pictured right, MA1 Torey Taylor does lat pull-downs as part of his work-out regime, using the max 295-pounds available.

