

Tips From The Pros

LAURIE BUCKLEY

IFBB Figure Pro, Cumming, Georgia
Age: 51

Competition Highlights:

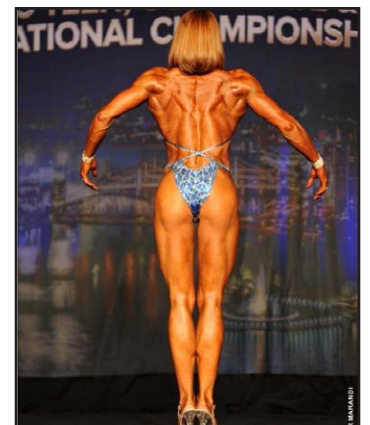
- **2017 Lee Haney Games:** Figure Class F, 1st Place, Figure Masters Over 40, 2nd Place, Figure Masters Over 50, 1st Place
- **2018 South Carolina Grand Prix:** Figure Class C, 1st Place, Figure Masters Over 35, 1st Place, Figure Masters Over 45, 1st Place, Figure Overall Champion
- **2018 Teen Collegiate & Masters National:** Figure Masters Over 35 Class F, 4th Place, Figure Masters Over 45 Class F, 1st Place, Figure Masters Over 50 Class D, 1st Place

My Journey:

I was fortunate in that I sort of “fell into” this sport. My coach not only trains at my gym, but he is also a Nationally Qualified super heavyweight bodybuilder. He, along with his wife, befriended me in the gym and introduced me to figure competing – at the time, I didn’t have any idea what it was. My husband and I did a good bit of our own research and then sat down with my soon-to-be coaches and started asking a ton of questions. After finding out that I am vegan, they initially hesitated on taking me on as a client, but we figured it out together and thankfully, I am genetically wired up for this sport, so even at age 49, adding muscle came pretty easily. Up to that point, I was too shy to even wear a bikini, let alone strap on a pair of 5” heels and stand on stage in tiny, sparkly triangles and be judged for my hard work and efforts. But here again, this is where I relied on both my support system and my coaches. My family encouraged me every day and my coaches (including my posing coach), helped me to select a federation and a show that we felt I could be competitive in. I gave myself plenty of time along the way to make new friends with common goals, appreciate the changes in my body, gain confidence, and to enjoy and embrace the journey. I was very fortunate to excel in this sport from my very first show. Just remember that it’s not always about winning, rather, look at each time on stage, each individual show, as a learning experience. An opportunity to listen to the judge’s feedback, work on making their recommended changes and return with an even better package than the time before.

Advice to First Timers:

Besides doing a ton of research, finding a knowledgeable, reputable coach (for both training AND posing), be sure that you have a strong support system! There is a lot of poor and misleading information out there! Don’t try to sort through it on your own; find a coach that you can trust, one that you feel comfortable talking to about anything and everything. A reputable coach should have the answers to your questions and if they don’t, they will find a qualified individual who WILL have the answers. You are about to make a huge commitment, not only financially, but physically and emotionally. Don’t waste your time and energy on a coach who isn’t serious about competition prep. Be prepared to make a complete lifestyle change; meaning, you aren’t just going to be working out a little harder and eating a strict diet, you are going to have to shift your priorities and most likely make sacrifices when it comes to friends and family.



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