

**Tom Smith:  
Athlete  
Profile**





# Tom Smith

## **What year did you first get involved in Para Powerlifting?**

2019

## **How did you get involved in the sport?**

Through the DSAUK national games at the Para Powerlifting event

## **What do you enjoy most about Para Powerlifting?**

The prospect of continuing to develop both physically and mentally

## **What is the best competition you have competed in and why?**

The 2021 World Championships in Tbilisi, Georgia as I won the Junior World Title in the Men's up to 54kg category

## **What are your long-term sporting goals?**

Paris 2024: to attend these games as well as medalling at a summer games

## **What keeps you motivated?**

Coaches' feedback and 1-2-1 training in the gym, as well as competitions

## **Who is your sporting hero?**

Lewis Hamilton due to his respect for his competitors

## **What do you like to do outside of training?**

Performance analysis and watch TV

## **Do you have a pre-competition ritual?**

Visual imagery and self talk

### Career highlights

- 2019 TASS Stars Most Inspirational Award
- 2020 Manchester World Cup Junior Bronze medal
- 2021 Manchester World Cup Junior Gold medal
- 2021 World Junior Championships Gold medal

### Favourite snack?

Arla protein yoghurt

### Favourite accessory exercise?

Overhead tricep extension

### Describe yourself in 3 words...

Ambitious, resilient, hardworking

### Favourite powerlifting cue?

"Drive!"

### Current favourite song to lift heavy to?

'River' by Eminem



Keep up with Tom and his training on Instagram! @dwarffitness