

WEIGHT of the world

Caiden Soltesz shares his power lifting journey plans for the future.
 Story & design by Katelyn Pegg and Aanika Valliani



Hands covered in chalk, Caiden Soltesz steps up to the platform. Bending down to grip the cold steel bar, as the weight of the competition rests on his shoulders. Soltesz started lifting his freshman year and began competing shortly after during his sophomore year. "I got into it because some of my friends were doing it and they encouraged me to sign up for a meet," Soltesz said. Soltesz' love for lifting and the community that he has built keeps him motivated and

driven. He has been able to meet new people who share his passion and that builds him up. "At meets, you see people who are] competing against each other help chalk each other's backs and cheer for each other," Soltesz said. But he would not be where he is today without putting in the work. A typical week can vary based on how far out the meets are, and training can range from strength work to more specific exercises.

"As you get closer to a meet you get more specific, going increasingly heavier more frequently on the competition lifts, and your 'accessory' lifts change," Soltesz said. "My future goals are to break a state dead lift record, by pulling over 565 before I turn 18," Soltesz said. Soltesz hopes to continue lifting in college and has already started to plan his goals for what he wants to achieve next.

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CAIDEN SOLTESZ

(top left) **SOLTESZ STANDS ON** the podium with other competitors after completing a meet and finding friendships in the community. "The typical training can vary depending on how close you are to a meet," Soltesz (second from left) said. (above) **POSING WITH FRIENDS** Soltesz smiles for a photo with fellow competitors after a meet, appreciating the bonds he is able to make with other weight lifters his age. "I really love the community in this sport," Soltesz said. (right) **WORKING OUT BEFORE** a meet, Soltesz prepares for the competition. For this particular workout, he lifts heavy barbells. "The typical training can vary depending on how close you are to a meet," Soltesz said. *Photos courtesy of Caiden Soltesz*

Sofia Rosen-Syrrist Eliza Roth Eliezer Rudolph-Harris Charles Ryans Nicholas Saffer Mireia Sainz Blasi						
Gabriel Salgado Alexa Salgado Nava Alma Samet Alexa Saray-Vazquez Siri Schaefer Bastian Reine Schultz						
Bryan Segundo Hailey Seibert Sidd Sen Rohit Seshadri Damon Seto Avni Shah						
Neel Sharma Renatto Shaw Sarah Sheaffer Kim-Nga Shenoy Ayush Shetty Dhruv Shetty						
