

HIGH SCHOOL — BODYBUILDING

THE PEDDIE SCHOOL

ANDY QIN

Junior

Only a Junior, Andy has emerged as a leader in the Weight Room. While his performance speaks for itself (see below), his leadership is just as impressive. The weight room, especially in High School, is a natural habitat where the strongest and most ripped people in the gym are most revered. Knowing Andy was training for a Body Building Show in February (for which he placed third), I knew his peers would be very influence by his training style and nutrition choices. Therefore, Andy and I spoke almost every day about his training and nutrition and how he would answer the inevitable questions from his peers. That peer to peer interaction is 1000% stronger than coach to athlete. He shouldered the additional responsibility like a pro. Additionally, he trained like a Powerlifter and became very strong. At 173 lbs, his best lifts are 225 lbs Bench Press, 425 lbs Sumo Deadlift, and 340 lbs Back Squat. He is also a high achiever in the classroom. ~Mike Volkmar