



coach A's WELCOME TO MY WORLD

syndicated pictorial essays chronicling **FITNESS AND FUN**

My World this month includes someone I first met at an obstacle course competition several years ago and her quiet charm intrigued me. Several months later, Diane McCabe and her boyfriend, Gordon (now her husband), came to our facility in Great Falls, Virginia from their home in Maryland to join A-Team Xtreme. Immediately I was impressed with her earnest work ethic coupled with a quiet, yet determined, spirit that pushes her obvious athletic ability to higher achievements. Last year, Diane and Gordon's dedication reached the next level - Diane was crowned the Champion for the Nova Competitions' Obstacle Course. "Champion" is a title she wears very humbly, even though she has earned it.

Diane is a freelance writer and student. Her articles have graced the pages of NMM, Oxygen and other fitness publications. In addition to the photos in this month's column, you can



Photo by JW Anderson - www.ateamxtreme.com

see more on the ATX site.

Diane is also featured in the ATX Calendar (See www.ateamxtreme.com for more info). I am confident you will enjoy the opinions and insights of ATX's "Brit".

Diane McCabe Smith



Photo by JW Anderson - www.ateamxtreme.com

Name:	Diane McCabe Smith
Height:	5' 8"
Age:	32
Born:	Armthorpe Village, Doncaster, Yorkshire, England
Emigrated:	Came to USA in 1991 (St. Patrick's Day); Became US citizen in May 2002.
Married:	August 18, 2002 to Gordon J. Smith
Owens:	Three dogs and one cat. No kids yet, BUT, I am a proud Aunty to a total of 10 nieces and nephews spread throughout England and Germany, as well as here in the states.
Residence:	Chevy Chase, Maryland
Athletic/Fitness Accomplishments/Titles	1999 DC Metropolitan Gold's Gym Spokesmodel DC Hawaiian Tropics Winner '00 Galaxy: Top 15 Winner's Circle

Female/Male Role Model: Although I admire particular traits in people (such as a good work ethic, honesty, and kindness), I really do not have a favorite role model.

What do you like about sport/fitness? It keeps you alive! It challenges my mind and body! I started working with weights at 24 and haven't looked back. Unlike when I was in my teens and early 20's, I look forward to getting older and being able to run to my grandchildren and throw them up in the air without throwing out my back!

What do you not like about sport/fitness? I'm not a big fan of watching any sport on TV. I'd prefer to see it live. If I'm not involved in it personally, I tend to ignore it. As far as I'm concerned, the aspect of fitness that frustrates me is that if I can't do something well, then it irks me.

How do you relax? Actually, that's touchy! My husband says, "I don't!" I tend to get an idea or project stuck in my head and won't sit still until I've completed it. Trouble is... as soon as one project is completed, I've lined up another. So, I am a little fidgety by nature.

IN HER WORDS...

Why do you compete? It's my hobby and, quite frankly, I really enjoy it. I have somewhat of a competitive streak,

but not to the point that I lose focus on other important issues! I know when to back off. All my life I've been involved in some form of competition such as dance, field hockey, rounders, running, and netball. At this point in my life, I am thankful that I've found a niche in the fitness industry that doesn't hang up its hat on people once they hit their late twenties. Right now, the fitness industry is creating an outlet for normal people who don't give in to the misconception that you are over the hill at age 30+.

What is your favorite book? Don't have one. I do like Ludlum, and recently, I've been reading Bill Bryson.

What is your favorite movie? Any "Carry On" comedy farce series of films. Here is how they are described: "They typify the very essence of British comedy. The words "carry on" bring to mind images of saucy humor, larger-than-life characters, and riotous slapstick."

Who is your favorite actor? Michael Caine. He's in seven out of every ten movies, so it's always easy for me to catch one of his films.

How many days per week do you workout? I do try to do something each day, whether it is at the gym, my house, at Coach A's, or spending time with my husband just walking the dogs. Obviously, my activity level ranges in intensity (particularly when a contest or photo shoot approaches), but the point is just keeping active...

What is your favorite cheat food? I was stuck on berry-flavored dessert bagels there for a while. Lately, it has been sweet & sour chicken (whenever I can sneak it into the fridge).

What is your favorite food? Over time it has changed, but I would have to say that right now I'm keen on

sushi and oysters-on-the-half-shell. Gordon introduced me to these foods a number of years ago. Funny enough, every time I travel, I always get a strong urge for seafood... not sure why???

Do you belong to a team? I have belonged to A-Team Xtreme for three years. I joined primarily at the urging of Mocha Lee, fitness celebrity (and now friend). She warned me that working out with Coach A and the other athletes would not only make me reach a higher athletic potential, but would also allow me to associate with others that have the same goals as myself. Both warnings were heeded and gladly taken on.

Who is your coach? Coach A. He helps me prepare for upcoming competitions (Obstacle Course, Physique and overall presentation). My husband and I also consider him to be our friend.

Who is your mentor? This is going to sound so sappy, but true. My husband is my mentor. He is so smart and levelheaded, a good influence on me, and a great teacher. (He has helped me with my writing skills and encouraged me to get my BA). He makes me so happy. [Diane is absolutely correct about her husband being a great teacher and I am very pleased to have him as part of the ATX staff. He is in charge of the sprints at the end of practice; just ask any ATX member what happens if they cut one short on Coach Gordon - Coach A]

How do you want to be remembered? The usual way - for helping others and not putting my own needs before those of others. I've been competing in obstacle course styled competitions for the last few years and since that time, I learned that I receive great satisfaction from helping others in this field (even if it means that they end up surpassing me with their achievements). Don't get me wrong; I love to succeed and get admiration as much as anyone, but there's a certain something about being thanked for your help and time.

What is the hardest thing to endure regarding your sport? Maintaining the intensity, not forgetting why you are training hard, and just keeping focused. The fitness industry is very competitive for such a small community. It is hard to break into; but once you do, it is almost like the sky isn't the limit - you are.

What is the easiest thing to endure regarding your sport? Mingling with others. This used to be the hardest for me, because I was so reserved and didn't like bothering others. (Plus I was intimidated). But, with more fitness competitions under my belt, I've slowly come out my shell and now I love sharing training tips, and getting to know others. Also, the first competition I did after joining ATX made me realize what a wonderful sound it is to hear so many teammates genuinely cheering you on.

Why are you competing? Because I can and because there are opportunities available.

What is your current passion? Writing. I stumbled across this by accident. I've always been

somewhat unsure of my writing abilities, but that changed. Thanks to the encouragement of Kim Hill, Nova Fitness owner as well as good friend, to submit articles for her website and to other magazines, I fell head-over-heels with writing. I found a voice and a passion to write. Since my first submission, I received great feedback from other competitors and this pushed me to continue with it. Nowadays, I get emails from other competitors asking me to write things on their behalf. You can't imagine what a thrill that is. My current goal is to be a reputable fitness and health writer.

Is there anything else you want to say? Yes, loads! But to keep it manageable, I do want to thank Gordon for always supporting me and my wacky brainwave ideas and projects (especially my desire to compete in competitions). It can get a little hairy for him at times when I get bummed out with feelings of failure and lack of achievement. He is always there to guide me back in line. He has attended just about every group session at Coach A's and is affectionately called Coach Gordon. He is as helpful to the other athletes as he is to me.

Also, I really don't give my parents, Chris & Tom, enough credit for my life. They've always been there when I've needed them. They would give me their last penny if I asked. (And on occasion I'm sure they thought they did!) I respect and love them both, and I'm not sure I've let them know this. I'm pleased to be a mixture of them both with their good traits and their not-so-bad bad traits.

Coach A may be contacted for personal or competition training or photography through his A-Team Xtreme website:

www.ateamxtreme.com or

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Check out our new ATX Calendars!



Photo by J.W. Atherton - www.ateamxtreme.com