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Short Personality Profile

Comm 260W

Timothy Eugene Young more than 30 years ago lifted more than three times his body weight in the dead lift, an exercise that explains itself in its name. The dead lift is when you stand over a bar that sits on the ground with weight stacked on either side of it, using every bit of strength in your body to properly pull it up with your legs, back and arms. Named after the motion you would use to pick up a dead body. He set a Penn State record that no one has matched to this day; this was in 1981, over 31 years ago. Weighing only 146 pounds himself at the time, Young lifted 520 pounds in the dead lift, his “favorite” exercise. “Dead lift was my favorite exercise,” Young said with a grin on his face.

Today, Young, the lifting coach at Bald Eagle Area High School in Central Pennsylvania, uses the knowledge and experience to help high school athletes strengthen their muscles. He’s been doing this for 31 years, and counting. This knowledge and experience in lifting led to a coaching career that has gained national attention. He has coached a Bald Eagle High School Wrestling team to a state championship in 1999 that also left them standing as the number 1 team in the country.

He was the lifting coach for a BEA baseball team that won a state title in 2007, not to mention the 2 state titles the softball team won in 2005 and 2009 while lifting under him. In the early 1990’s, he was an assistant lifting coach for the Penn State football team under trainer John Thomas. And to top it all off, he was the trainer of current Penn State wrestler Quentin Wright when he was a student at BEA.

Wright won 2 state titles in 2007 and 2008 while on Young’s program. Quentin was a national champion his sophomore year at Penn State, and recently won his second Big Ten title this past Sunday en route to his third National Championship appearance of his career. Young strives to coach athletes to their greatest potential, and it shows. It’s no secret around the Bald Eagle and Penn State community that Tim Young just knows lifting, inside and out.

Young grew up in the area where he now coaches; he graduated from Bald Eagle High School in 1975. He earned an online associate’s degree in Sports Science in 1992. From the time he graduated from high school, to when he began coaching in 1982 he lifted for a club at Penn State.

“It was my passion after high school” said Young. This was never truer than when he broke the dead lifting record for his weight class. “Coaching may have a determined destiny depending on the athlete, when I am lifting I determine my own destiny” he said. He would work with the club at Penn State during the day and come to the high school weight room at BEA to coach every evening after school let out 3:10.

Young started lifting in his basement at home when he was 15 years old. “I lifted for sports because of my small size” he said. “I didn’t play sports however, lifting became my love.” These workouts in his basement were the start to his own successful lifting career and his current career as a coach. No matter who is lifting in the weight room at BEA, Young always strives to make sure it is done correctly with good form. Whether it be making sure a student has the correct form on his or her squats, or increasing weights to become stronger, he monitors the students closely to make sure they get the most out of their time lifting.

This has been noticed by most of the sports teams at the high school, making even the most unsuspecting students into athletes. Young was a Power Lifting coach at Penn State for 6-8 months in 2010 until his final retirement from University.

Along with coaching at BEA, he has his own Fitness Business in Bellefonte training any athletes looking to improve. The Tyrone High School football team, the win-ingest team in central Pennsylvania for the past two decades, has also adopted his workout. Tyrone won a state championship in 1999, adding an appearance in the state title game in 2012 training under his program.

Their endurance and strength shows throughout the entire game no matter how outmatched they may be in size and talent, leaving them as one of the best conditioned teams in the state. He recently added a couple high schools from across the East Coast to his workout. “Whoever asks for it, I give it to” said Young about his program. Young knows how to bring the best out of young athletes instilling lifelong lessons they can carry with them for the rest of their lives. “Working with kids is my motivation to coach every day,” said Young. “It is an accomplishment, coaching is what I am most passionate about.”