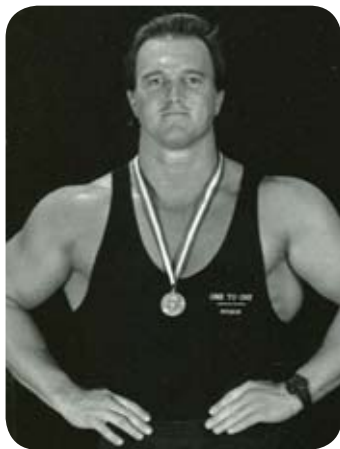


Committed to Helping Others Achieve



Christy and his mother during his college years at IU.



Christy in a trophy pose.



As a trusted strength and conditioning coach, **John Christy** helped many realize their dreams. After his sudden death last spring, Christy's life lessons continue to guide those he once instructed.

By Alex Kosene

Deep down, even when we make excuses, we all know what it really takes to win. We may talk about teamwork, talent, practice and the like, but there is one word that holds all these claims in its pitiless grip: commitment. Whether it's a triathlon, a winning football season or losing body weight, worthy achievements are not won in a battle but at the end of a long campaign.

While a goal may seem distant and set beyond impassable terrain, a good coach can come into your life and suddenly equip you for a journey you never thought possible. He or she grants you wings and tells you to fly. If you believe your coach, you start beating your wings. Before you know it you're in the air, the place you started from gets smaller and smaller behind you. This is why coaching is built on another heavy word: trust. You have to know what your coach tells you to do is the same thing he would do himself; that he practices what he preaches and walks his talk.

Before his sudden death this past April, **John Christy** had built a substantial legacy. He played professional baseball, college football at **Indiana University**, won titles as a bodybuilder, wrote dozens of articles for elite strength training journals and was a strength and

conditioning coach to hundreds of competitive athletes all over the world in a career that lasted 22 years. While impressive, these are not the reasons people put their trust in John. Trainees trusted John because

He trusted them. John trusted them to show up on time, listen carefully and work their hearts out.

"It was the most positive coaching I've ever gotten," said **Patrick Oldham**, a **Park Tudor** graduate who began training with Christy at 16 years old with a dream to play NCAA Division I football. "I went to a very small high school where there was nobody around to tell me what to do to achieve my dream. But I met John, and he took my weaknesses into his hands and got me to the point of walking on as a center for the IU football team."

John Christy left the world with countless stories like Patrick's, stories that are ultimately the true measure of a great coach. In some ways, a great coach may know you better than you know yourself. Even after that coach is gone; his presence is still there within you, pushing you beyond your limits, battle after battle, teaching you the meaning of commitment.

"Everyday life can make you mentally soft. Society can make you mentally soft. People try to avoid or downsize pressure – because it's supposed to be bad for you. This may be true in some areas – but it certainly isn't true in athletics. Strength training is an athletic endeavor. If you want to push yourself to the next level in anything – you've got to put the heat on yourself or someone else has to, to get you to perform at your best."

- John Christy •

* Get John's landmark book "Real Strength Real Muscle," a no-nonsense guide to drug-free strength training, at realstrengthrealmuscle.com