



**/ Rick's First Meet—16 Years Old
Weight 155 lbs. Squatting 350 lbs.**



**Rick at 21 Weighing 215 lbs.
Squatting 525 lbs.**



Rick, a severe asthmatic, at 13 with his "Whiffer". It's a special device which dilates his bronchial tubes so he can breathe. It is still his constant companion. He wears it underneath his sock.

Rick Hibbard BFS JR. College Athlete of the Year

If "Experts" were always right, Rick Hibbard would have never played football. But he does! He has overcome many giant obstacles along his way and this is why he is being honored as the *Bigger Faster Stronger Athlete of the Year*. Since he was two years old, he has suffered from severe asthma. Doctors had him on heavy medication 15 years, which has also made him smaller.

He played football at Granger High School, a large school in Salt Lake City under Coach Greg Shepard. He weighed only 155 as a junior and was the only starting lineman under 200 pounds on Granger's championship team. The coaches had to be very careful with Rick as he would literally push himself near death. His intensity was like a volcano ready to erupt at any moment. His fierce desire was truly inspirational.

By his senior year of high school, he weighed 178 and ran a 4.8 forty and was an All-Region tackle. He Squatted 425, Benched 300, Dead Lifted 520 and Cleaned 235. Because no college was interested in such a small tackle, Rick laid out a year to train. His bodyweight rose to 215 lbs. on his 5-11 frame and his lifts increased as follows: Squat 530 lbs., Bench 380., Dead Lift 600 lbs. and Clean 300 lbs. His speed was between a 4.7 and 4.8

He enrolled at the College of Eastern Utah in 1979 and received All Conference honors as a freshman at his defensive tackle position.

He runs 3 miles a day at a 7 minute pace. Not bad for an asthmatic. He also does sprint work and jumps rope. Beside his Power workout his favorite Auxiliary lifts are: Neck work, dumbbell presses, curls, leg curls and leg extensors. He wants to play Division I or II football in 1981, anyone interested?

If you know an athlete who has overcome giant obstacles, write *Bigger Faster Stronger*. We would like to honor him. The 1980 selections will be made this summer.

Putting All the Hard Training Together in Battle. His Speed, Strength and Desire are His Armor at the College of Eastern Utah.

