

HARRY EVERETT

by Bill Persinger
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Harry Everett is a remarkable young man. He is one of the most determined individuals I've ever coached. He has been with me 3 years and has improved every year. As a sophomore, he played B-Team football and was an average player. His junior year he played J.V. and was an All-State Powerlifter in the 165 pound class. At the end of Spring football last year, Harry was not a starter on the football team. (Editor's note: Lake Highlands High School is one of the 5-A powerhouses in football in Texas.)

Harry is 5-6 and weighs 164 but plays like he is 6-0 and 200 pounds. He came to me with tears in his eyes and said coach "I want to be a starter by next fall, what can I do?" So we set up a 1½ hour workout with weights and a 2 hour running and stretching program for the summer. Normal workouts for us in the summer are 1 hour and 15 minutes. Harry went to work rain or shine and never missed a day and the sun does shine in Texas. Most days it was 100 degrees or better, but that never stopped Harry.

Finally Fall came around and in 3 workouts, he was a starter. Harry's stats are:

	Ht.	Wt.	40	Bench	Squat	D. Lift
Sophomore	5-4	140	5.0	230	300	450
Junior	5-5	150	4.9	260	400	515
Senior	5-6	164	4.7	310	500	605*