

SUCCESS IN IOWA

by Rick Coles
Strength Coach
Osage High School

Ed Schoenborn graduated from Osage in 1981, and was a Junior my first year at Osage. As a Junior, Ed weighed 145 lbs. and didn't even letter on our 9-1 play off football team. However, he decided he wanted to play, and was willing to do what it took to accomplish his goals. When I introduced our power weight training program following the football season, Ed Schoenborn jumped in with both feet, never missing a workout.

Ed's previous lifting experience had been the typical bench press and arm curl routine. To make matters worse, he, and others, lifted their butt off the bench when they bench pressed. To get him to stop, I literally sat on his hips for two months when he benched.

Schoenborn took to squats and power cleans like the hard working young man he is. Before too long, when I'd see his mother uptown, she'd tell me how she had just bought Ed a new pair of jeans, again, because the legs and hips were getting too tight on his last pair. She didn't mind, though!

In the 9 months between the end of his Junior football season, and the beginning of his Senior football season, Ed Schoenborn put on 30 solid pounds of body weight up to 175 lbs. He became a starter, and was 2nd team All-Conference Defensive End on our 8-1 Con-

ference Championship team his Senior year. His best lifts were: Bench Press — 315 (strict), Squat — 375 (parallel), and Power Clean — 215.

Ed is currently playing Defensive Back at the University of Dubuque.

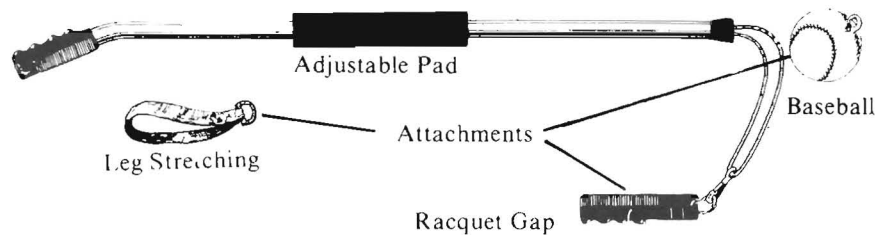
Keith Cockrum will graduate from Osage this spring ('83). When Keith was a Sophomore, he was at a crossroads in his life. He could have very easily gone down the wrong path. However, because of his success in the weight room and athletics, Keith developed a very positive self image, and has turned into a fine young man. If ever athletics has "saved" someone, Keith is the one.

Keith, an offensive and defensive tackle, became a two year starter on the Varsity football team. His Senior year, at only 5'11", 190 lbs., he was the leading vote getter for the All-Conference offensive line, and made Special Mention All-State. Keith's best lifts are: Bench Press — 285 (strict), Squat — 400 (parallel), and Power Clean — 235. Hard work and positive attitude do pay off.

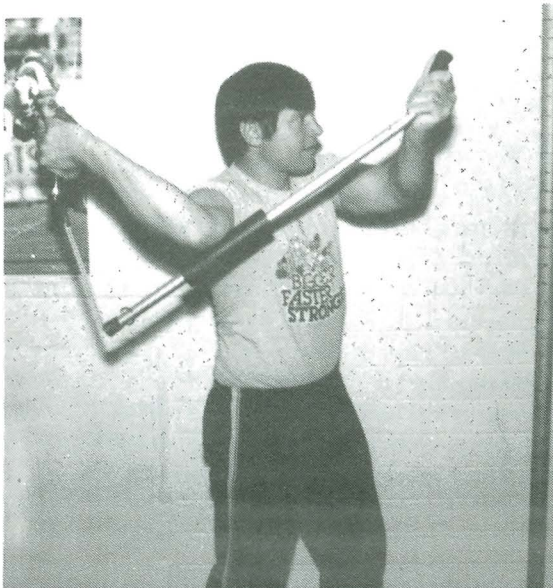
The progress that Ed Schoenborn and Keith Cockrum have made in the weight room, athletics, and life, is really what this business is all about.

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