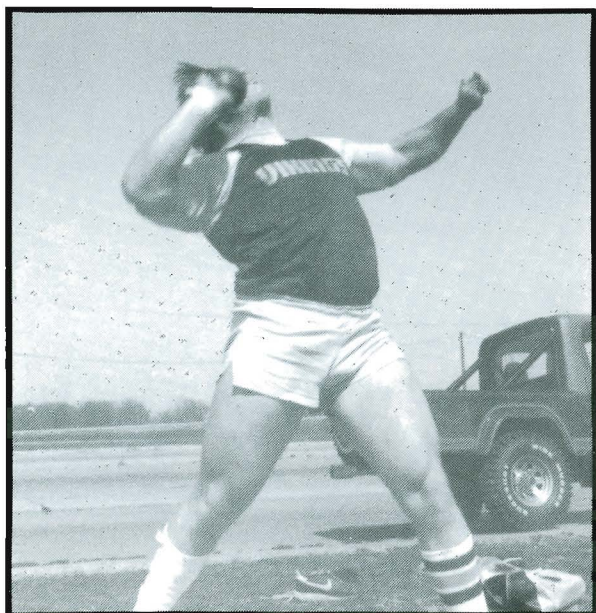


# ARNOLD CAMPBELL



Arnold Campbell: World record holder at 16.

## Arnold Campbell

Arnold Campbell is a phenomenon! He is from Airline High School in Bossier City, Louisiana. If ever the word awesome is appropriate, it is appropriate now. How would you like to see a 14-year-old kid come to the State Track Meet and win the shot put with a World Record (for his age) heave of 60 feet 3 inches? Kind of mind boggling isn't it? Not only is Arnold's throwing of very rare quality, so is his determination. A Stanford coach told Arnold 5'10½" was too short to be any good. That was the wrong thing to say or maybe the right thing depending on your perspective. That really hit a nerve and lit a burning desire to excell even further. Arnold stated, "I believe you've got to be strong — if you're strong you can throw the shot provided you've also got form. And besides, what about Feurbach?" (Al Feurbach is a 70 foot shot putter.)

So Arnold Campbell gets ready for his Sophomore year, and at age 15 sets another World Record with a mighty put of 67 feet 3 inches and another State Championship. He couldn't wait to tell that Stanford Coach 67 plus isn't bad for a short kid. What's even more amazing, Arnold was born on November 15, so he should have really been a ninth grader.

This spring Arnold is preparing to top last year's performance. Here is an example of Arnold's determination. He threw 65 feet in a meet in mid-March. He really felt down. He took his frustration out on the iron and did a deep squat with 700 pounds and benched 420. He came out of the weight room feeling much better. He then looked at a film of his throwing and saw a problem of having his head down. He spent several days of 2-3 hour practice sessions working on his technique. Arnold then proceeded to blast one 71 feet 10½ inches. He immediately called our BFS toll free number and told us the exciting news.

Arnold gets help from his brother John who is 6-5 and 290 pounds and took 5th place as a freshman at the N.C.A.A.'s last June. When they work out in the weight room, it's fun to see them push each other. John snorts, "You'd better lift this." Arnold replies, "I can." John taunts him by saying, "How come you're so weak," to which Arnold fires back, "Let me see you do it." But there is a strong respect and obvious love between the two.

Arnold's favorite auxiliary exercises include: heavy inclines, 100-lb. dumbbell flies, wrist curls, tricep push-downs and dips. As a ninth grader Arnold was timed in 4.7 on the 40-yard dash. He also cleans about 300 and rack presses overhead 300 pounds. He also thinks high school athletes should not take steroids, but thinks steroids will filter down to the high school level. Arnold's track coach is Terry Slack. Congratulations and thanks to Arnold, Coach Slack and Airline High School of Bossier City for sharing this story.

## THE ARNOLD CAMPBELL PROGRESS CHART

Body Wt.	Age	Grade	Distance	Shot	Bench	Incline	Squat
198	12	7th	47'11¼	8 lb.	—	—	—
210	13	8th	60'9½	8 lb.	210	185	315
220	14	9th	60'3	12 lb.	303	275	510
236	15	10th	67'3	12 lb.	365	365	660
240	16	11th	71'10½	12 lb.	420	380	700