

PAUL BROUSSARD

by Kirk Crochet
Head Football Coach
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At first appearance, Paul Broussard seemed to be an ordinary freshman weighing 130 pounds and standing approximately 5'5" tall. That same year, Paul began weight training in the Loreauville High School program and has continued to do so for four years. Watching Paul develop has been quite a pleasure, since the development of an athlete is one of the greatest satisfactions a coach can have.

With our weightlifting program and the added impetus of a Bigger Faster Stronger Clinic with Coach Greg Shepard during Paul's junior year, many good things have happened. The following are Paul's accomplishments:

	Ht.	Wt.	Bench	Squat	Clean	D.L.
Freshman	5' 5"	130	135	200	150	280
Sophomore	5' 7"	150	185	250	180	300
Junior	5'10"	180	250	315	240	405
Senior	5'11½"	192	300	405	255	500

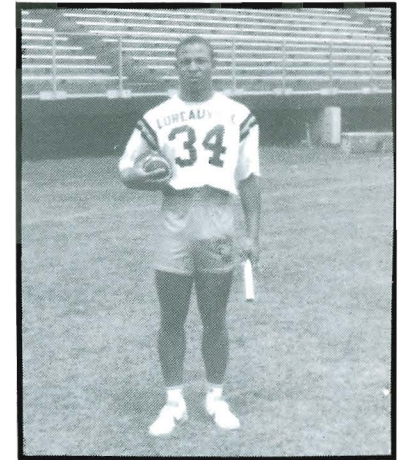
However, as impressive as these accomplishments may seem, Paul is not just a weightlifter; he is an athlete who weightlifts in order to improve his performances on the field. The following are Paul's accomplishments on the football field and the track:

Football —

- All District Tailback (junior year)
- All District Tailback (senior year)
- State All Star Team (senior year)
- Signed football scholarship with Northeast Louisiana University

Track —

- District Champion 220 yard dash 22.7 (junior year)
- Qualified and ran in regional and state meets (junior year)
- District Champion 220 yard dash 22.3 (senior year)
- Qualified and ran in regional and state meets (senior year)



Paul Broussard's thoughts on Weight Training

"Through the past four years I have realized that I have accomplished a lot by weight training. It has helped me to achieve the honors that I have achieved in football and track. It can also help an athlete in other sports such as basketball, soccer, swimming, etc. As a freshman I could only bench press 135 pounds. As a sophomore, I benched 185 pounds, as a junior 250 pounds, and as a senior 300 pounds. My speed in the 100 yard dash went from 11.1 as a freshman to 10.0 as a senior. This shows how you can improve yourself with weight training. So, I advise anyone who plans to get involved in any sport to get involved in "weight training."

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