

STRENGTH COACHES PROFILE



University of Washington Strength Coach
RICK HUEGLI



Coach Huegli's prize Freshman FB
Rick Fenney shown squatting

Editor's Note: We thought our readers would enjoy reading about strength coaches from various universities. Therefore, a series of articles will be presented. Each article will include personal background, general duties and philosophy.

RICK HUEGLI: University of Washington

This spring I decided to drop by the University of Washington and visit their weight room and meet their strength coach. Coach Rick Huegli enthusiastically met me in his weight room and I felt instantly that he had a magnetic personality. It was evident the athletes had great respect for Coach Huegli and felt a need to have him spot and be in his presence.

This was at first surprising because Coach Huegli does not look like a lifter. However, upon further observation it was clear that he was articulate, sensitive to others, professional and great with people. He enjoyed seeing others progress. These obviously are admirable traits to have in any sport or business.

Coach Huegli went to Lavonia-Stevenson High School in Michigan from 1967-70. He participated in track, cross country and played football as a sophomore. Rick states "I was a late bloomer at 5-7 125 pounds and did not lift in high school." He graduated from Western Michigan in 1974 where he ran track for one year. Western Michigan had a Universal and a small free weight room. Rick admits being intimidated but worked on the Universal 3 times per week and he was now 5-11 150 pounds.

Coach Huegli taught 2 years at Bishop Noll High School in the Chicago area. He coached football, basketball and track and involved the whole football staff with the Universal Gym. Rick then made a major decision which was to effect his progress tremendously. He became a graduate assistant in 1977 at Bowling Green. He received a Masters Degree and ran the FB weight program with free weights and Nautilus.

In 1978 he went to Findlay College as a part-time FB coach and ran a free weight program for football. It was also during this time that Coach Huegli was influenced by Power Lifting Champion, Larry Pacifico.

Defiance High School was Coach Huegli's next stop in 1979, where he coached football and ran the weight program with free weights and the Universal. Then another major decision was made to help his career. He moved all the way to Wake Forest to be with his fiancé and be a graduate assistant and strength coach. Coach Huegli's pay was \$5600. At Wake Forest, Rick made the decision not to be a football coach but get into the strength field. He had

University of Washington Football Strength Records

	SQUAT	BENCH	CLEAN	INCLINE
OL & DL	665	510	335	405
LB's & TE	655	*455	315	*340
RB's	580	385	285	305
DB's	565	375	275	280

*Rick Fenney Records

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always been fascinated with human performance and was convinced that the strength coaching field would grow.

In 1982 Rick received a job description in his mail box. It was for strength coach at the University of Washington. He applied. He met with the Athletic Director but knows Head Football Coach, Don James, had a big say. Coach James is a super believer in conditioning and has been for many years. Coach Huegli believes he was hired because of his personality and background. The University of Washington was not looking for a body builder or a power lifter.

Coach Huegli has 18 sports but many coaches do it themselves. He has learned a lot from the track people. Rick works mostly with football and has four student assistants. The basketball team works with weights in the off-season and during the in-season they come in on their own.

Coach Huegli feels the N.S.C.A. Journal is a great tool and likes the organization. He feels that Boyd Eppley of Nebraska has made major contributions in strength training. Rick has a core program of squat, bench, clean and incline press. He feels the clean has to be coached regularly and feels the clean is the best lift in the gym. Coach Huegli would not give up the clean.

"The weight room is the most positive place to be or should be," states Huegli enthusiastically. He believes Nautilus and other machines are only for rehabilitation or supplementary work for the athlete. Coach Huegli does very very little negative work. "I feel an athletic weight program should be structured around competition and that varying one's workouts is key," Huegli strongly emphasized.

Coach Huegli loves his work and the University of Washington. He only wishes the pay were more but feels strength coaches' pay will improve year by year. At this point, most head football coaches in high school receive more pay. We wish to thank Coach Huegli for all his contributions and wish him our best with the Huskies of the future.

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BFS CLINIC RECORD HOLDERS

These eight athletes Dead Lifted 500 pounds or more: A New Record! Pictured are: Front row L-R — Soph. Klark Spencer, Sr. Bret Floyd, Soph. Andy Miller, Jr. Steve Harrell, and Fr. Naisaun Ahmadi. Back row L-R — Head Football Coach Wesley Frosch, Jr. Daren McClellan, Jr. Allen Hashaw, Jr. Brian Nelson, and Strength Coach David Elmore.

NEWS FLASH!!

BFS is in the Preliminary Stages of doing a full length movie called "Quest For Greatness." The central theme will be about a coach and high school football team overcoming great obstacles to win a championship. The story will be based upon true stories that have appeared in this journal. Proposed budget is 5 million. We will keep you posted on the movie's progress.

BFS SPECIAL MENTIONS

Alvin Baker, Sophomore
Trigg Co. High
Cadiz, Kentucky
Coach: Dixie Jones
6-1 208 4.5 40
Squat 515 Bench 315
D. Lift 585 Clean 265
All State Running Back
1542 yards
State Powerlifting and
200 meter champ.

Carlos Barrow, Jr.
Homestead High School
Homestead, Florida
Coach: Akil Mustafa
6-1 205 4.55 40
Squat 450 Bench 305
D. Lift 500 Clean 235
All County MLB
Team Won District