

# DALTON YOUNG

An Extraordinary  
15 Year Old

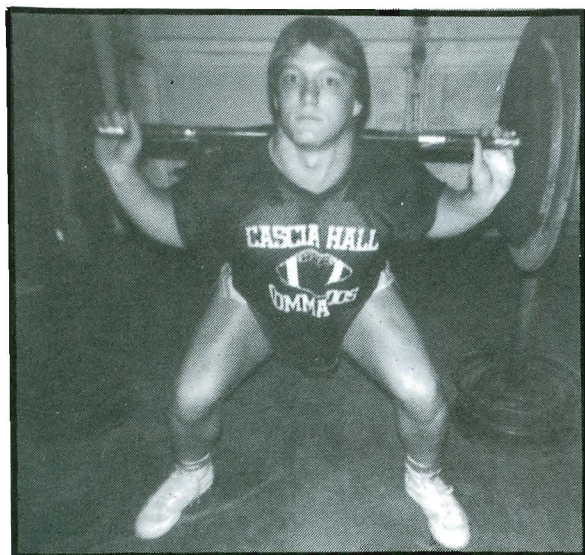
By Dalton Young Sr., Pastor  
Edited by Greg Shepard



Dalton Young, 6'½", 230 lbs. at 15 years



Dalton's Best Bench is 365



Dalton has conquered 445 on the Squat

Dalton Young, a premature tiny boy, was born January 16, 1969. Before he was ten years old he had broken his collar bone and been written off as a student by a school testing expert. The expert said Dalton would never be more than a good "C" or "D" student. Today he is 6'1" weighs 230 lbs. and carries a 3.67 grade point on a 4.0 scale.

Six and a half years ago, Dalton and his younger brother, Doug, have lifted under their Dad's supervision every other day with few exceptions. Dalton's program was simple 5 x 5, 5 sets of 5 Reps on the Bench, Squat and Power Clean. They have always lifted in the family garage. Dalton started with 150 lbs. of weights and 2 bars. Now he has over 2,000 lbs. of weights at his disposal as well as 8 bars.

As a seventh grader at Tulsa's Lewis & Clark Junior High, he was awarded the M.V.P. award on a regular basis from his nose guard and tackle position.

In his eighth grade season Dalton's team finished 9-3 with a shot at the City Championship. In an away game with few supporters in the stand, Dalton made a play that shows what the self-discipline of lifting weights in a lonely garage can do for you. Dalton beat a double team block and tackled the Quarterback just as he threw the ball. This caused the ball to flutter 20 yards down the field. The receiver caught the ball behind the secondary and looked like a sure bet to score. Dalton got up off the Quarterback and chased the receiver down the field and tackled him before he scored and preserved a 16-6 victory.

Following his last Junior High Game Coach Frank Grimm of Cascia Hall High School said he thought Dalton could start for him next year if he worked hard. With the opportunity to get an excellent education and play High School football as a Freshman, Dalton entered Cascia Hall. Dalton started all 10 games for Cascia Hall. In his first game, he recovered a fumble to set up a field goal which put Cascia ahead to stay. Dalton was probably the only Freshman in Oklahoma to start all 10 Varsity games.

Dalton was honored at the end of the season on both the All City and All Area Teams. Needless to say he was the only Freshman so honored. Dalton was honored as the outstanding lineman after one game. Dalton excelled as an offensive lineman. His 28 inch thighs drove older and heavier opponents off the line of scrimmage. The final game of the season came against Catoosa which is located a mile from Dalton's house. He had a tremendous offensive game and spent the night in the offensive backfield. He was so pumped up after the win that he did cartwheels off the field.

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National TAC Discus Record Holder!



National TAC Shot Put Champion!

Dalton Young Story (cont. from pg. 5)

Dalton's weight lifting really gave him a lift in football but it made him a National Champion in track.

In May of 1981, Dalton entered an Age Group Track Meet in Tulsa. Even though Dalton had never thrown a shot put or a discus, he won the District Championship. At his second meet he won the State Championship in Shot Put and established a State record. He also finished second in Discus. In his third meet Dalton finished seventh in the Nation.

In 1982 Dalton became a National Champion in the Shot Put, placed third in the Discus and fourth in the Javelin. In 1983 Dalton set National TAC records in the Discus and Javelin and finished third in the Shot after a severe hamstring pull.

Throughout all his sports, Dalton has been an Honor Roll student. He took high school Algebra in Junior High. As a Freshman he has all Sophomore classes including Geometry and Trigonometry. His mental toughness has made him a great student.

Dalton's willingness to work has helped him overcome tremendous limitations mentally, physically and athletically. In 1981 at his third meet, his first time at Nationals, he wept huge sobs as he finished seventh in the Nation in Shot Put. He committed himself and came back the next year to be a National Shot Put Champion.

Dalton's dad is a Baptist preacher and one of the things Dalton has proved is that God blesses sweat. Dalton is a serious enthusiastic Christian who always gives thanks to God for the opportunity to compete.

We at Bigger Faster Stronger want to wish the Dalton Family our best and appreciate the inspiration this story has provided.

## DALTON YOUNG'S AMAZING PROGRESS

Age	Weight	40	Par Squat	Bench	D. Lift	Clean	Shot	Discus
12	175	6.0	200	200	X	175	37' 4kg.	84 1kg.
13	189	6.0	260	255	X	200	47' 4kg.	137' 1kg.
14	206	5.6	325	300	375	240	56' 4kg.	177' 1kg.
15	230	5.2	425	365	400	275	52' 8½" 12lb.	147' 1.6kg.
15½	240	X	505	385	X	285	X	156' 1.6kg.

Neck: 18½      Arms: 18      Chest: 46      Waist: 34      Thigh: 28      Vertical Jump: 22