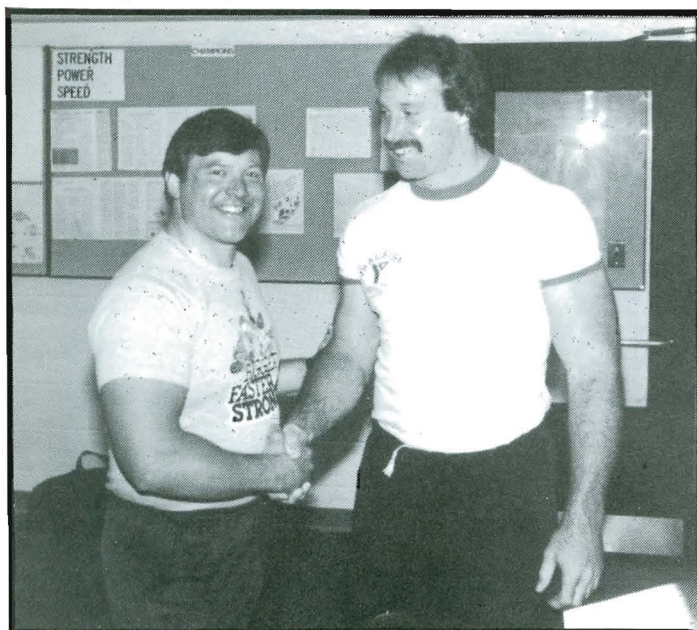


JIM RITCHER

Buffalo Bills
All-American
Outland Trophy



Jim Ritcher was perhaps the quickest Center in College History at North Carolina State.



Coach Shepard with Jim Ritcher.

POWER — GRACE — SPEED

Jim Ritcher is a quiet guy. In his humble way, he does his job. From all the awards and honors Jim Ritcher has received you'd have to say he did his job very very well. He played for North Carolina State 1976 through 1980 and played in both the Hula Bowl and Japan Bowl. From his Center position, he out-quickened his opponents most of the time and over-powered them the rest of the time. Jim was awarded the highly coveted Jacobs blocking Trophy which is a conference award. He was a two-time All-American and in his senior year Jim won the most prestigious award of all for a lineman — The Outland Trophy!

As you can probably tell from the picture below, Jim's build can fool you. Does he look like he weighs 245? His 6-2½ lean athletic build is picture perfect to me as an ex-football coach. He looks like power, grace, speed and fluidness all rolled into one package.

As we got to talking, I asked Jim if he lifted during the season with Buffalo. He said he hadn't lifted. Then the Coach in me came out "That was a mistake wasn't it, you should have lifted," I advised. Well, I guess he could have crushed me but instead Jim blushed a little and with a kind of an embarrassed honesty said, "I was lazy and didn't lift. I admit that I should have." "Whew" I said to myself, "he took it the right way and didn't crush me." Anyway, I found Jim Ritcher to be a great man and a great example to all in all areas.

Jim learned lifting techniques in Junior High. "My Junior High Coaches were really great with me," stated Ritcher. He went to Medina-Highland High School and was an outstanding 3 sport athlete. He was the state runner-up in wrestling and threw the shot 55 feet and the discus 170 feet. However, football was his best sport and he decided on North Carolina State to pursue football. Jim feels "weights are essential to success in all sports and as long as I keep lifting I'll be OK. I hope to play in the NFL 10-12 years. I've been lucky so far as I've had no major injuries."

Jim has squatted 630 pounds for 3 reps with his hamstrings parallel. (This means 1-2 inches higher than regular parallel squats.) He has also done 5 reps at 315 with Front Squats. Below are Jim Ritcher's other core lifts in sequence:

YEAR	40	CLEAN	BENCH
High School	4.8	275	275
College FR	4.8	315	275
Soph.	4.6	330	360
Jr.	4.6	345	405
Sr.	4.6	360	430
Now	4.6	335	505

We want to wish Jim the best as he continues his Quest for Greatness with the Buffalo Bills this Fall.