

# JOE MILINICHIK

By  
Greg Shepard

Joe Milinichik represents a great new breed of athlete. He has worked very very hard to achieve his very best. This new breed of athlete who totally commits to the noble cause of reaching their fullest potential seems to bring out the best in all areas. Joe Milinichik takes pride in doing his best on the football field, in the weight room, in the classroom and in spiritual matters.

Joe Milinichik is an offensive tackle for North Carolina State and at 6'5" 305 pounds he is one of an exclusive group of wolfpack football players who will have started each of his four playing seasons. An All-Conference selection last season, Joe has already made most pre-season All-American Teams this year. He also received some All-American honors last year. Big, powerful and mobile, he has the talents to be one of the nation's premier lineman. Joe is certainly one of the strongest lineman in the country. He has bench pressed 550 pounds and done 300 pounds for 27 straight reps. Last year Joe squatted 350 pounds for 21 reps and now after working his tail off can do it for 39 reps! Wolfpack strength Coach David Horning states, "Joe Milinichik is, by far, the strongest ever to come through N.C. State and maybe even the strongest in the country. He has exceptional agility. He's improved in every area, not just strength. Joe's the only player his size I know who can stand flat footed and dunk a basketball."

Milinichik is a diligent worker and solid student of the game. He strives continually to master all the techniques necessary to be a well-rounded lineman. He is a highly effective blocker on both the run and the pass. Head football coach Tom Reed gives perhaps the highest praise when he states "I've been with some of the greatest lineman in college and Joe Milinichik is in there with them, maybe a notch above."

Dave Horning, Strength Coach, says, "Joe doesn't take steroids and is always a super example. His intensity on a scale of 1 to 10 is an eleven! Joe is into every rep and every set. He always asks about his techniques. Joe is a genuine person who is always trying to get better." Right now we are trying to put the final touches of getting fluidity of body movement by doing special football aerobics incorporating football agility and coordination movements.

Joe attended Emmaus High School in Macungie, Pennsylvania and played both football and baseball. As a pitcher he tried out for the Cincinnati Reds and was clocked at 87 MPH. However, they said he was too heavy. Anyway, Joe's team won the Connie Mack State Championship in 1978 while his ERA was an amazing .4!! In football, Joe made the All-Star game but was not selected as an All-Stater or even an All-Conference player. Joe selected N.C. State because of the atmosphere and an opportunity to play right away.

Joe Milinichik and his wife Kathy are newlyweds. He will get his degree in Vocational Industrial Education and would like to teach at the high school level. Naturally, he

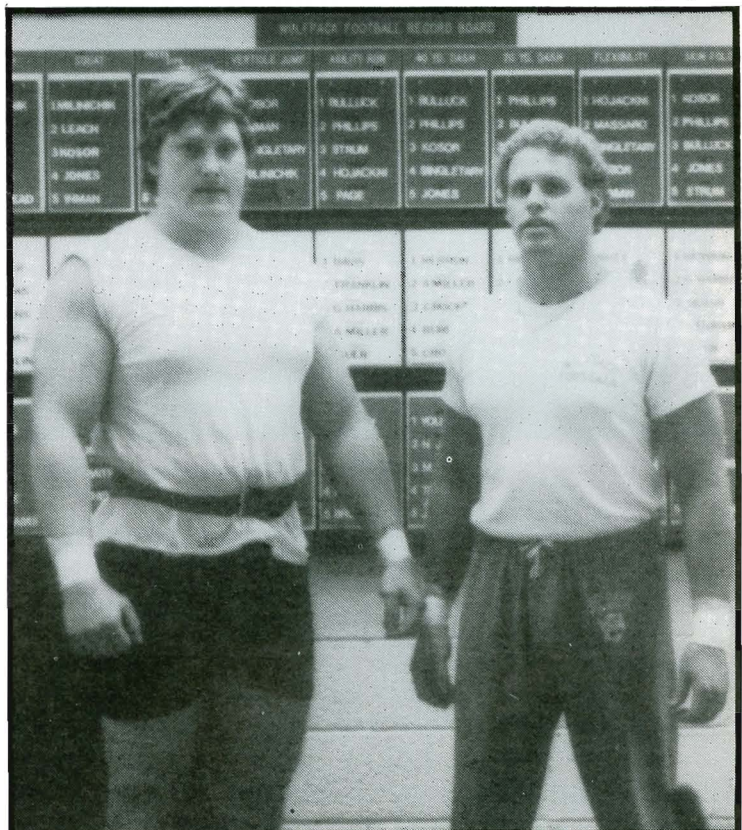
would like to play pro-football but Joe believes in planning ahead because of the uncertainty of life at the pro-level.

Joe's mother died of cancer his freshman year. "It was really hard to cope with that. My Dad really helped me get over my freshman blues when he told me that some of Mom's last words were for me to do my best in football," reflected Joe. "Football is important but God and family have to come first," he philosophized.

"There are 3 different strengths that have to be synchronized to be successful," testified Joe Milinichik. "First, there is physical strength and that can be improved in the weight room. Second, there is mental strength which requires motivation thinking, setting goals, progressing through achievements and knowing your mental strengths. It also requires your best effort in the classroom. Finally, and most important is your spiritual strength. The spiritual side of life is longer lasting. My faith in Jesus Christ is what makes everything worthwhile. It helps you to endure all obstacles. It helps you to keep things in their proper perspective. Football is not going to last forever but God is," concluded Joe.

Our many thanks to Joe Milinichik for being a great example and we wish him and Kathy the best of everything in their bright new future.

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Joe is to the left and N.C. State Strength Coach David Horning is the right. The 6-5, 300 pound Milinichik benches 550 pounds!



Joe Milinichik: North Carolina State Outland Trophy and Lombardi Award Candidate.

## JOE MILINICHIK PROGRESS CHART

	9th	10th	11th	12th	FR	SOPH	JR	SR	5th yr.
BENCH	135	185	240	275	350	400	440	500	540
HT	6-1	6-2	6-3	6-4	6-5	6-5	6-5	6-5	6-5
WT	172	185	235	245	260	270	275	295	305
40	X	X	X	X	5.3	5.1	5.0	4.9	4.9
VJ	X	X	X	X	21	26	28	31	31

32 Joe has parallel squatted 350 pounds for 39 reps! Inclined 375 x 3, done a seated military press at 300 and curls with 250 pounds!!