

MIKE RUTH

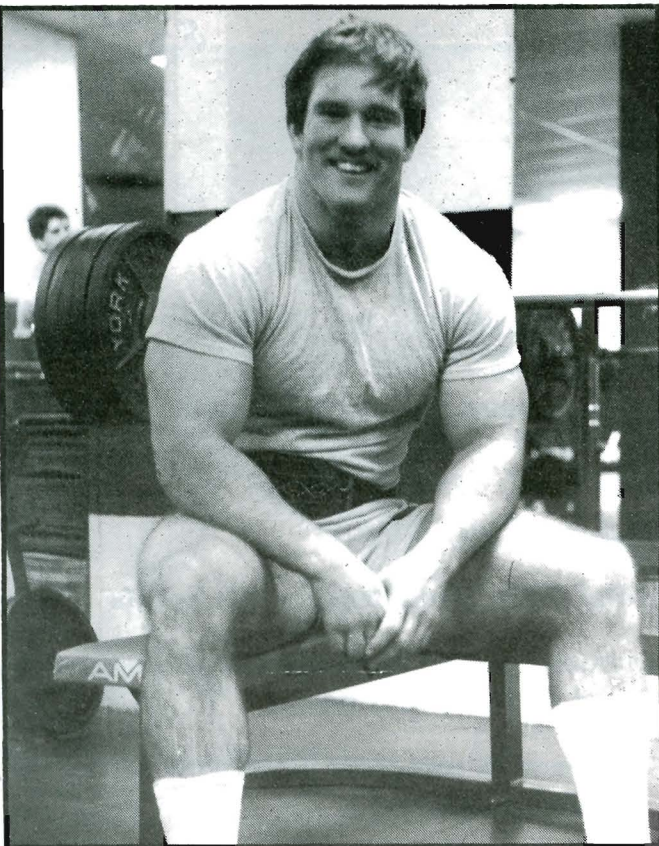
Nose Guard
Boston College
By Dr. Greg Shepard

This photo and Front Cover by Tim Morse.



"Mike Ruth is the most dominating player I've ever coached."
Jack Bicknell Head Football Coach, Boston College.

Photo by Joe Giaquinto.



Mike Ruth Benches 580 Pounds!

I guess anybody would smile with that kind of Max.

One Saturday in October I sat down to watch Penn State and Boston College play football. Everybody kept talking about Doug Flutie the eventual Heisman Trophy winner. All of a sudden, the cameras flashed on Mike Ruth and I thought, "What a Stallion!" Then the announcer stated that Mike Ruth could bench press 550 pounds. Incidentally, I get real tired of people saying how much an athlete can bench press rather than what he can do on his other lifts. I also thought to myself, "So he can bench but can he play." I decided to concentrate on Mike and form my own opinion.

I jumped right out of my chair on the very next play. Mike Ruth charged from his nose guard position with such a vicious violence that the hair stood up on the back of my neck. Then with an explosive swipe of his massive arm, he swatted his opponent on the helmet and flattened him. The QB sack was his! From that moment on I became an instant Mike Ruth fan.

That next Monday morning, I couldn't wait to call Boston College. I talked with Wes Emmert, their strength coach. He was also a Mike Ruth fan. Coach Emmert confided, "Mike is probably the most intense person I've ever met." He further stated, "Almost every game, Mike has to fight a double or triple team. He will be considered for the Lombardi Trophy for the nation's best lineman. Mike Ruth is very straight. He doesn't drink, smoke or do drugs. He very rarely loses his temper. He fires up the team by example. I remember one time he almost lost his temper but he didn't. He would consider that a human weakness." Now my curiosity was really perked. I couldn't wait to talk to Mike.

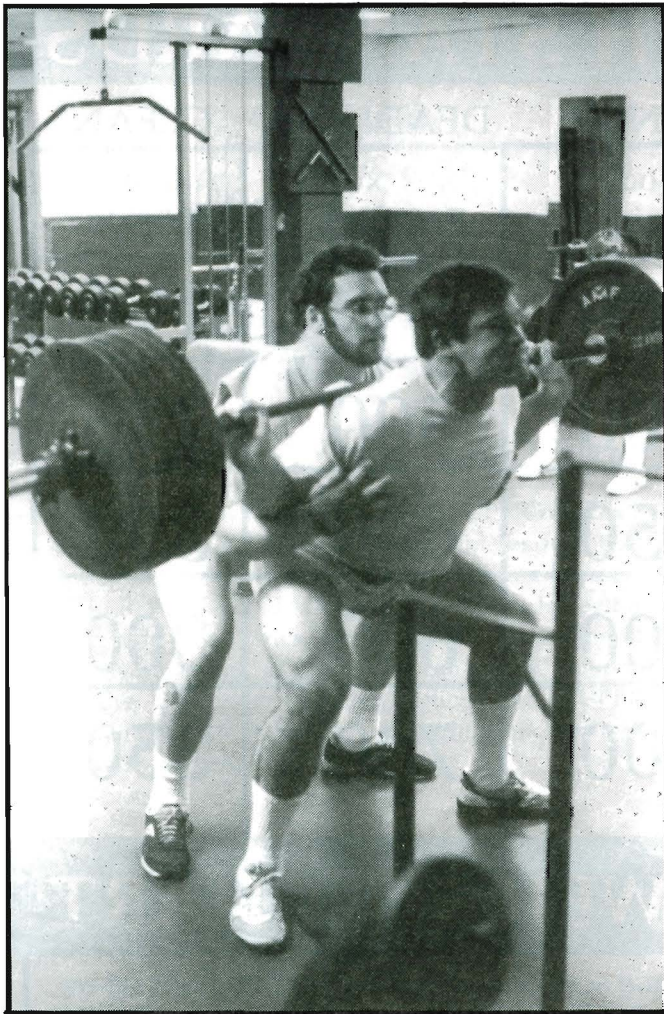
Boston College defensive coach Orfio Collilouri states, "The techniques we use at nose guard can only be executed by Mike Ruth's overall strength. The nose guard has got to physically dominate the center and no one does it better than Mike." He has been named "Player of the Week" twice, made the ECAC 1st team, All East 1st team and Honorable Mention All-American.

Mike Ruth attended Methacton High School and Junior High in Pennsylvania. His high school coach was George Marinkov. In high school Mike was team captain, made 3rd team All-State and was team captain on the Pennsylvania All-Star team. Now, it was time to talk to Mike Ruth himself.

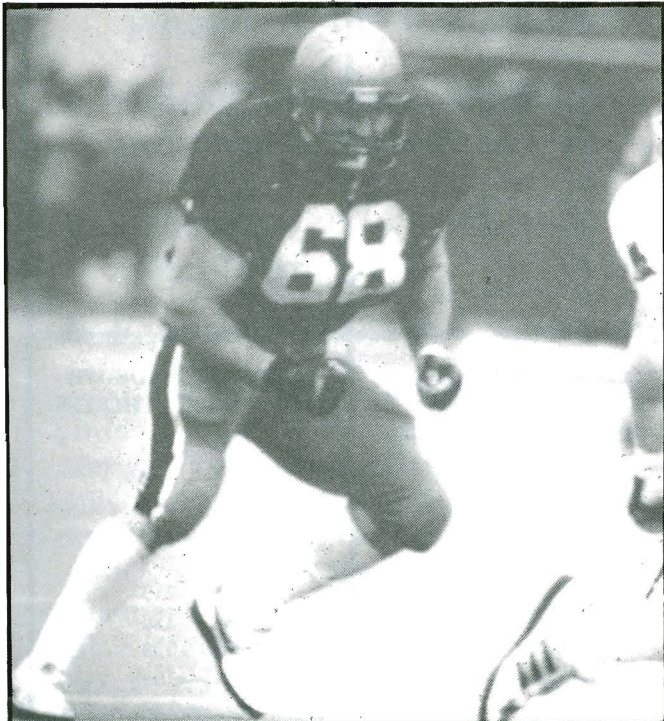
Mike was very sincere during our interview and it was quickly evident that there was something very special about Mike, certainly a lot more than a big football player being able to knock someone else on their behind. His total conditioning time takes about 2 hours; 5 days per week. His running and agility are done in organized workouts 3 times per week. Although Mike admits he doesn't like to run very much, "My motivation to start lifting was so I wouldn't get pushed around." Then I asked "Mike, what's your major?" His answer was most startling!

"I'm a theology major" stated Mike. This was amazing. Why theology? Why not business? I queried. Mike explained, "Making money to me is boring; not exciting at all. However, theology offers something better. How God relates to man is

Continued on Page 15



Intensity and Concentration are part of Mike Ruth's greatest assets. Photo by Joe Giaquinto.



Ruth, who is double and triple teamed every play; is sure to turn his All-American status into a Lombardi Trophy candidate this season. Photo by Tim Morse.

MIKE RUTH

many major college scholarship offers but I chose Boston College which has the top theology department in the nation. That was the major factor."

Then thinking maybe all Boston College athletes go there for religion I asked Mike about that and he responded with a chuckle, "No, I'm the only football player majoring in theology. I believe you really can't do anything without God so to keep that special relationship going I majored in theology. Basically I study all religions but my main emphasis is in Catholicism." Mike attends Mass 3-4 times a week.

Mike, are you ever intimidated on the football field? I asked. "Not really," Mike said, "What's the toughest person compared to God. I need to master myself through His commandments. I just go out and play with good clean intensity. If I don't play hard, I've let myself down. I play like every play is my last. I certainly don't want to go out a loser."

I turned back to Wes Emmert and asked "Any final comments?" "Yes, Coach Shepard, Mike Ruth is a rare diamond," he stated quite seriously. Then with a twinkle in his voice Coach Emmert laughed, "But he tells the worst jokes in the world." We wish to thank Mike Ruth for the great example that he is and continued success to he and Coach Emmert on their "Quest for Greatness."

MIKE RUTH PROGRESS CHART

YEAR	HT.	WT.	SQUAT	BENCH	D. LIFT	40	V.J.
8th	5-2	100	X	120	X	X	X
9th	5-8	160	X	280	X	X	X
10th	6-0	180	X	340	X	5.3	X
11th	6-2	220	225	390	X	5.1	X
12th	6-2	235	550	430	570	4.95	X
FR.	6-2	254	600	475	X	5.06	25½
SOPH.	6-2	253	720	530	X	4.8	28
JR.	6-2	258	X	540	X	X	32

OTHER MARKS:

440 Incline, 960 Hip Sled, 5.9% Body Fat

SPECIAL UPDATE

This article appeared in the January 1985 BFS Journal. Since then, Mike Ruth has continued to improve, his bench moved up another 40 pounds to 580. Sports Illustrated featured Mike in a great article. In the first game nationally televised this season, Ruth was awesome and helped his cause for post-season honors considerably.

THE BFS STRENGTH STANDARDS

	SQUAT	BENCH	DEADLIFT	CLEAN
Good Beginning H.S. Level	1½ x Body Wt.	Body Weight	2 x Body Wt.	Body Weight
Varsity H.S. Level	300	200	400	175
All-State H.S. Level	400	300	500	235
All-American H.S. Level	500	350	600	300
College-Pro Level	500	400	600	300
World Standard Linemen – Shot Put Discus — Hammer	600	500	700	350

THE BFS HEIGHT – WEIGHT CHART

HIGH SCHOOL LINEMEN SHOT PUT – DISCUS	HIGH SCHOOL TE-LB'S-FB'S BASKETBALL BIG MEN	HIGH SCHOOL RUNNING BACKS JAVELIN-BB CATCHERS-DECATHALON	HIGH SCHOOL DB-WR OTHER SKILL ATHLETES
5'8" – 180	5'8" – 175		5'8" – 165
5'9" – 185	5'9" – 180	5'8" – 170	5'9" – 170
5'10" – 190	5'10" – 185	5'9" – 175	5'10" – 175
5'11" – 198	5'11" – 192	5'10" – 180	5'11" – 181
6'0" – 206	6'0" – 199	5'11" – 187	6'0" – 187
6'1" – 215	6'1" – 207	6'0" – 195	6'1" – 193
6'2" – 224	6'2" – 215	6'1" – 202	6'2" – 199
6'3" – 233	6'3" – 223	6'2" – 210	6'3" – 205
6'4" – 242	6'4" – 231	6'3" – 217	6'4" – 211
6'5" – 251	6'5" – 239	6'4" – 225	6'5" – 217
6'6" – 260	6'6" – 247	6'5" – 232	6'6" – 223
	6'7" – 255	6'6" – 240	
	6'8" – 263		
COLLEGE-PRO LINEMAN SHOT PUT-DISCUS-HAMMER	COLLEGE-PRO TE-FB-LB BASKETBALL BIG MEN	COLLEGE-PRO RUNNING BACKS JAVELIN-BB CATCHERS-DECATHALON	COLLEGE-PRO-DB-WR OTHER SKILL ATHLETES
6'0" – 220	6'0" – 210		5'10" – 175
6'1" – 230	6'1" – 218	5'10" – 185	5'11" – 182
6'2" – 240	6'2" – 227	5'11" – 192	6'0" – 190
6'3" – 250	6'3" – 235	6'0" – 200	6'1" – 198
6'4" – 260	6'4" – 244	6'1" – 207	6'2" – 205
6'5" – 270	6'5" – 252	6'2" – 215	6'3" – 213
6'6" – 280	6'6" – 261	6'3" – 222	6'4" – 220
6'7" – 290	6'7" – 269	6'4" – 230	6'5" – 228
6'8" – 300	6'8" – 278	6'5" – 237	6'6" – 235
★ A 6'4" college lineman at the college strength level should be able to run a 4.7 forty weighing 260 lbs.	6'9" – 286	6'6" – 245	6'7" – 242
	6'10" – 295	6'7" – 253	6'8" – 250
	6'11" – 303	6'8" – 260	
	7'0" – 312		

HIGH SCHOOL 40 – 5.0
COLLEGE PRO 40 – 4.7

HIGH SCHOOL 40 – 4.8
COLLEGE PRO 40 – 4.6

HIGH SCHOOL 40 – 4.6
COLLEGE PRO 40 – 4.5

HIGH SCHOOL 40 – 4.5
COLLEGE PRO 40 – 4.5