

TONY CASILLAS

OUTLAND
TROPHY
CANDIDATE

Last football season, I watched the Oklahoma — Oklahoma State game on television. There was one man who was clearly physically dominating the game. It was reported that this man weighed 290 pounds. I felt he was like a man playing against boys. His name: Tony Casillas. I wanted to do a story on Tony, but was he a good citizen; would he fit into this issue's theme of putting life, athletics and education in it's proper perspective? So I called my long time friend Pete Martinelli, strength coach at Oklahoma.

"Tony is always a gentleman and he's never been in trouble," responded Coach Martinelli. "We'd like to have 100 just like him. Tony's a lot of fun to be around and fun to kid around with. He hasn't let success go to his head. Tony was already very strong but he's always had the attitude of getting better. He was never really satisfied and that is an admirable trait. Tony has an extremely high intensity level. He works hard and very fast. Tony always gets all his sets and reps. He listens and adjusts well to coaching. Tony gets along fine with other people and motivates younger players. He always knows how to separate himself from the game and off the field. I guess that's one reason Tony is well liked."

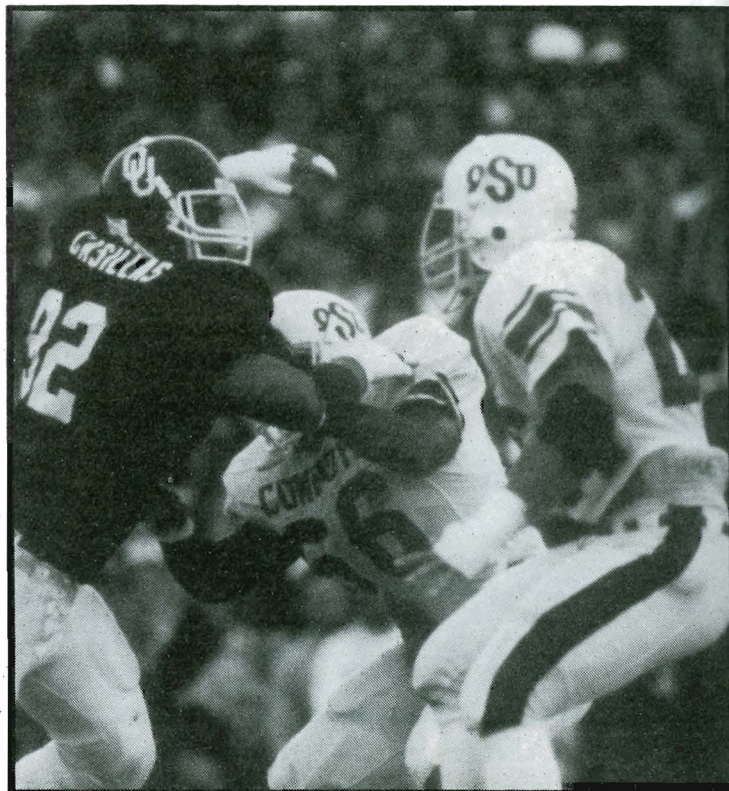
Martinelli continued, "Tony has great, great quickness. Every year he gets a little better. He's been a starter for us for 3 years. Tony doesn't ever seem to lose sight of his goals. One time he had an operation on his ankle. Tony worked right through it. It was a bit unusual. It didn't slow him down a bit."

Casillas was an All-State football player from East Central High School in Tulsa, Oklahoma. He played baseball in the summer and threw the discus 170 feet and the shot 60 feet as a senior in high school. He also won the state high school power lifting meet as a senior and finished the competition with a 600 pound dead lift.

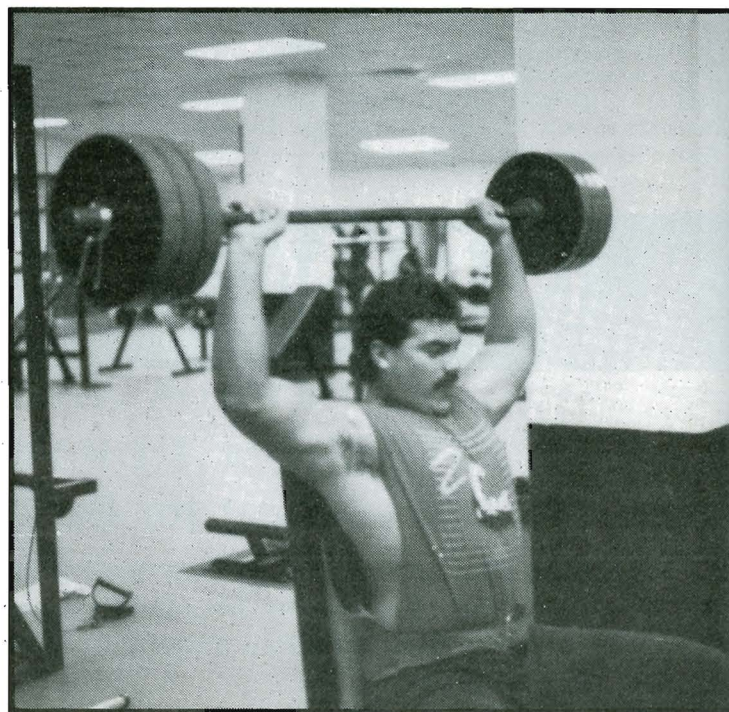
At Oklahoma, Tony is a public relations major with a 2.56 G.P.A. He will graduate this spring. "I'll go into some sort of business in public relations or sales promotions. In the off-season, I'll work on my career. I can't put all my eggs in a pro-football basket. I could get hurt or etc." affirms Casillas. His wife, Lisa, is a 2nd year medical student. "So if things don't work out with pro-football, we will be just fine." states Tony. "Lisa really helps me with my nutrition and has helped me realize the value of good nutrition."

"My work in the weight room has really helped me," offered Casillas. "In high school, I kept getting bigger. I really fell in love with the weights in high school. I used to have a big appetite and remember going to the Cattle Ropers Restaurant. They had this deal for \$8.95, all you could eat. I had 9 steaks, 10 potatoes, 9 pieces of bread and 2 salads. Now I don't eat that much."

I asked Tony how he prepares for a ball game. "I'm a low key guy and I get the jitterbugs the night before a game. I go over mentally what I'm supposed to do. I see



Tony Casillas is a devastating Pass Rusher who manhandles opposing linemen.



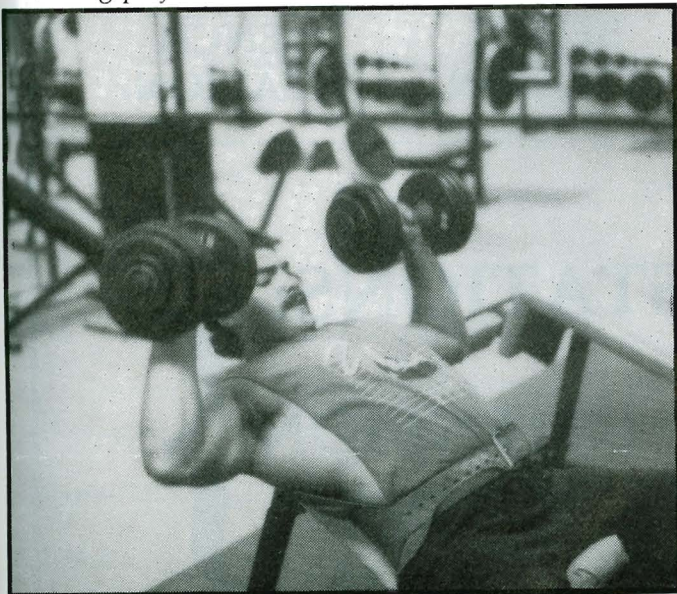
Casillas building powerful shoulders.



Tony Casillas can bench nearly 500 lbs!



Casillas' intimidating and relentless style makes him a dominating player.



Tony doing Dumbbell Inclines.

TONY CASILLAS

myself making a QB sack. On game day, I try to relax and stay calm. I guess I'm like a Dr. Jekyll and Mr. Hyde. I feel like I have to be great every play. I'm going to beat somebody every play. One thing though, I don't come home after practice and bring football home to Lisa. I try to separate things like two different lives. In football, I like to go 110% every play. If I see myself on film loaf around, I'm not happy. I say, "that's not me." I watch a lot of film. I try to watch about 30 minutes a day during the season."

"Tony," I questioned, "Do you have a comment on steroids?" He stated, "I've never used them. If an athlete wants to take steroids, I guess that's up to him. I've been blessed a lot but I've worked hard too. My wife certainly doesn't want me to take steroids. I don't recommend them, especially to the high school athlete and especially from a health standpoint."

"I tell high school athletes to be patient and don't over-train. Hard work is the key to success. Weights are the key to that hard work. When the going gets tough — Look up!," concluded Casillas.

Tony Casillas has been involved with the F.C.A. since high school. He talks to charity groups when possible. "I like to be involved with disabled kids," said Tony. "My dad is legally blind. So I like to help disadvantaged people. It's important to me." whispered Casillas. Tony enjoys playing golf and riding his horse which is 17½ hands high. However, his relationship with his wife, Lisa is most important. They enjoy going out to dinner and one another's company. They also attend their Methodist Church every week.

Tony Casillas has put everything into its proper perspective and we are grateful for the great example that he has set for all. Thanks also to Pete Martinelli who helped make this story possible. Our best wishes to Tony, Lisa and Coach Martinelli.

TONY CASILLAS PROGRESS CHART

	Wt.	Ht.	Bench	Incline	Squat	40
9th	175	5-11	225	X	X	X
10th	195	6-0	260	X	X	4.95
11th	225	6-2	305	240	X	4.95
12th	250	6-3	365	275	505	4.9
Fr.	265	6-3	435	315	X	4.9
Soph.	265	6-3½	445	340	400	4.9
Jr.	275	6-3½	455	380	500	4.8
Sr.	280	6-3½	485	405	535	4.75

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For non-football players the dead lift is optional. With the Utah Jazz we do Step-ups or lunges. We do these to develop "Power Balance." With Step-ups we get a feeling of creating a maximum summation of force as we rise explosively up on the toes. We do Step-ups on a box 9 to 14 inches in height. With Lunges there is more development taking place in the hamstrings and butt muscles. Both are excellent. The option always exists of making any of these exercises an auxiliary lift.