

KEVIN GREENE

By
Greg Shepard



After a discouraging Junior year Kevin Greene printed and wore a special shirt – “Too Big Too Strong Too Fast Too Quick and Too Tough,” and thus the Auburn Tiger Walk On was drafted high as an outside linebacker by the LA Rams!

Kevin Greene played for the Auburn Tigers last season and will be playing for the Los Angeles Rams this season. He should not be where he is. There is no way one could have predicted Kevin's success in football several years ago. The Kevin Greene story is a story of gritty determination and a refusal to yield to realistic expectations. It is a story worth remembering.

Kevin attended Granite City South High School in Indiana. He remembers that most people grew up wanting to work in the steel mills. There was not a general aspiration to play college sports. However, Kevin had had an opportunity to travel and live in many places because his dad was in the military. So, as Kevin states, "I grew up with the Sky is the limit attitude."

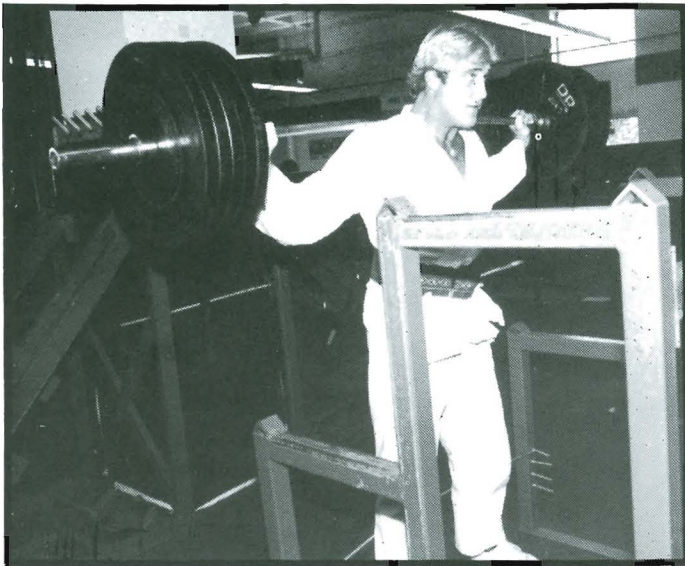
In high school, Kevin Greene made the honorable mention All-Conference team as a tight end and defensive end. He was only 6-2 and 185 pounds. He had no major colleges knocking on his door. He had no offers period. Kevin looked at his choices: work in the steel mill or follow his

dad's footsteps by pursuing a military career. But, Kevin still had a dream of playing college football.

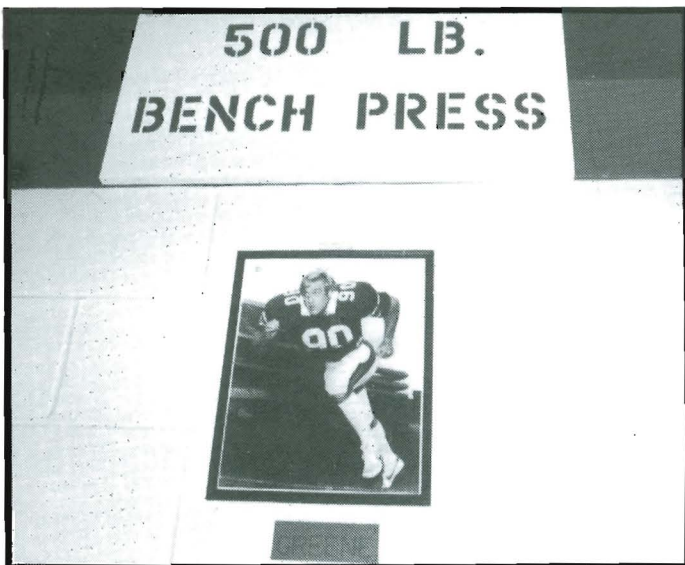
Kevin Greene had the audacity to show up at Auburn University and became a walk-on football candidate. He chose Auburn because his parents were originally from Auburn and he had grown up hearing about those tigers. "My parents and I had always talked about Auburn, and I decided, If you are going for it, you might as well go big time."

As a freshman walk-on, things did not go well so Kevin quit and was content to set a goal for the military after college at Auburn. He did not play his sophomore or junior year. Then his older brother who also attended Auburn left and Kevin began to face his life by himself with some serious thinking. He decided to give football an all out try. He came out for spring football. I'm sure the coaches did not take a guy like this very seriously. But, Kevin hung in there and made that junior year a red shirt year which gave

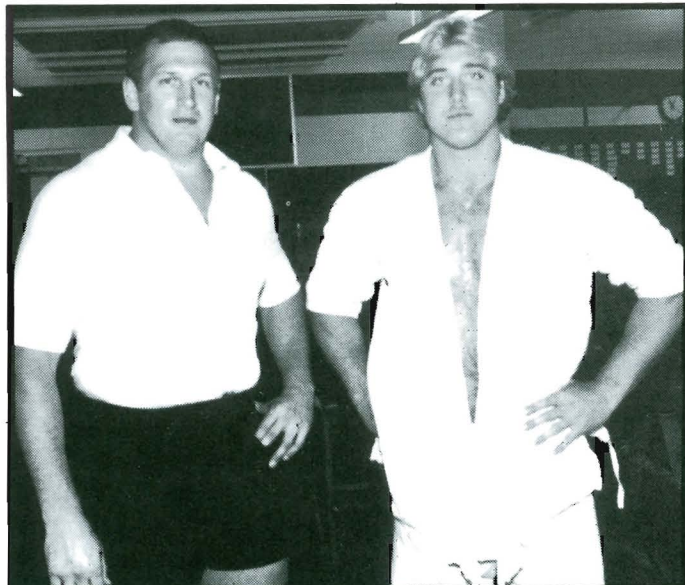
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Kevin does 5 + Reps with 500 lbs. on the Parallel Squat.



Kevin is the only Auburn Tiger to make the 500 lb. Bench Press Club.



Paul White, Auburn Strength Coach with Kevin Greene
32 Kevin uses Karate to increase his toughness and quickness.

him two more years of eligibility.

The next fall was discouraging. Kevin hardly played at all. He only got in for 3 plays against Georgia. "So I started training right then," Kevin remembers. I had this shirt made up to wear especially for the weight room. It said "Too Big Too Strong Too Fast Too Quick and Too Tough." I did not play in the Alabama game or the Sugar Bowl. "Not playing in those games really fed the fire mentally," stated Kevin.

"Why wasn't I playing," analyzed Kevin. "There could only be two possible reasons: First, maybe I didn't know how to play or secondly I wasn't physical enough. I couldn't accept either one. It takes the "Eye of the Tiger" to achieve a certain goal. If you want to do something bad enough, you'll exclude everything else" he further remarked.

Kevin Greene became self motivated and intense to a very unusual degree. He became the first Auburn Tiger to Bench Press 500 and did 10 reps with 500 pounds on the parallel squat. This is quite phenomenal because Kevin weighs only 240 pounds while standing 6 foot 3 inches tall. His training produced other significant results. He runs a 4.5 forty and has a 35 inch vertical jump. Kevin Greene became a defensive starter in his final year at Auburn.

The Birmingham papers selected Kevin as an All South East Conference selection but he did not generally receive much recognition outside of Alabama. However the pros did take note and he was drafted high by the L.A. Rams as an Outside Linebacker. That was a smart move because Kevin was a great college player with hardly any experience. He has a greater chance to keep improving than other college draftees and afterall the "Sky is the Limit."

THE AUBURN PROGRAM

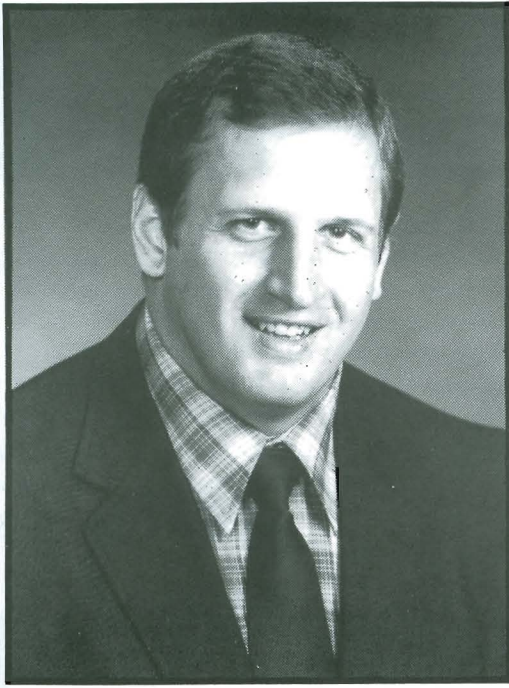
The strength and conditioning coach at Auburn is Paul White. He came to Auburn as a graduate assistant 4 years ago and worked his way up. Coach White played football at Arkansas Tech and was also the NAIA Shot Put Champion with a 65-1 throw. In high school he was the National High School Shot Put Champion with a heave of 69-8½.

Paul White believes in doing 5 core lifts for total body athletic development. The Bench Press, Incline, Heavy Dips, Slightly Below Parallel Squats and the Unilateral Leg Press. "The Parallel Squat is the key lift," states Coach White. He also believes, at the major college level that injury prevention is the primary goal followed by strength development and self concept.

As of June 1, 1985, Auburn has had Kevin Greene Bench 500 pounds and 31 others bench 400 or more. Coach White does not generally have his athletes go for a max on the squat but does have one athlete squat 750 x 4 and 5 athletes squat over 600 pounds for reps.

Coach White is in charge of 10 varsity sports including 3 women's sports. He also has one student assistant. They measure the athletes on their 40, vertical jump and some on the percent of body fat. The football players begin their off-season program in the 3rd week of January for an 8 week period. A nationwide trend that is just developing among our nations major colleges is keeping players around for the summer. Coach White has been doing this for the

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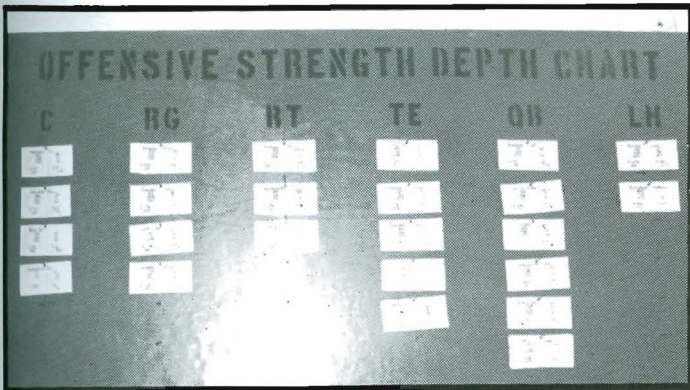
Strength Coach, Paul White states, "Kevin did everything on his own. He is remarkably self-motivated."

last four years. Sixty-seven athletes remained on campus this summer. Many of these athletes will also attend classes.

I asked Coach White about steroids. "I'm glad it's all coming out," he responded. "It's put pressure on strength coaches and players. Most don't realize it's just a temporary thing with a lot of risks. I also like to counsel all the athletes with the current information before being super negative."

"What makes Auburn special?" I further asked. "Intensity!" White exclaimed. "When we started 4 years ago in 1981 we had a depth chart and as it turned out the strongest players were the starters. Things became a lot more intense after that. Now, the intensity when we workout is so high it makes us a very close knit group. We have a team concept. We have no individuals. Everyone is treated the same. Auburn also works hard on academics with their athletes. Many have tutors and graduation is a top priority. I wouldn't want to be at any other university," White concluded.

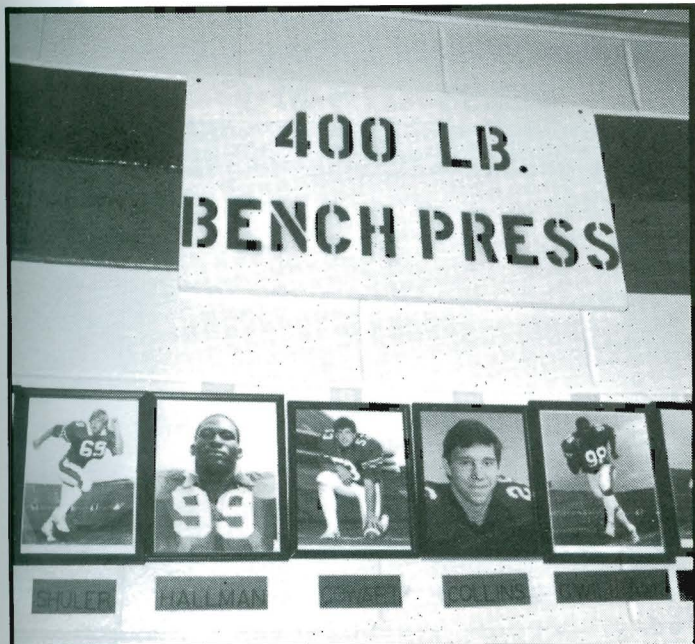
Coach Pual White is a very dedicated individual who is many days in the weight room from dawn until dark. We wish him the best and say thanks for many jobs well done.



Coach White spends hours in the weight room to make it motivating.



Auburn Head Football Coach Pat Dye: "If Coach Dye finds someone who doesn't want to commit himself and slacks off, he'll find that athlete someplace else to go."



One of the reasons for Auburn Tiger pride

NEWS FLASH!!

Coach Shepard is working on a new blockbuster video cassette called "Beyond Man's Upper Limits." (Ready by November.)