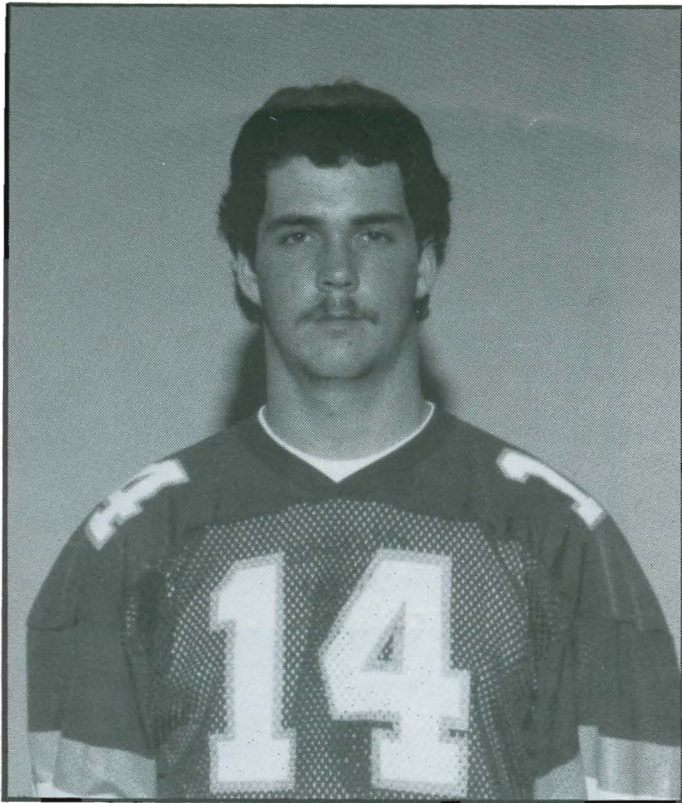
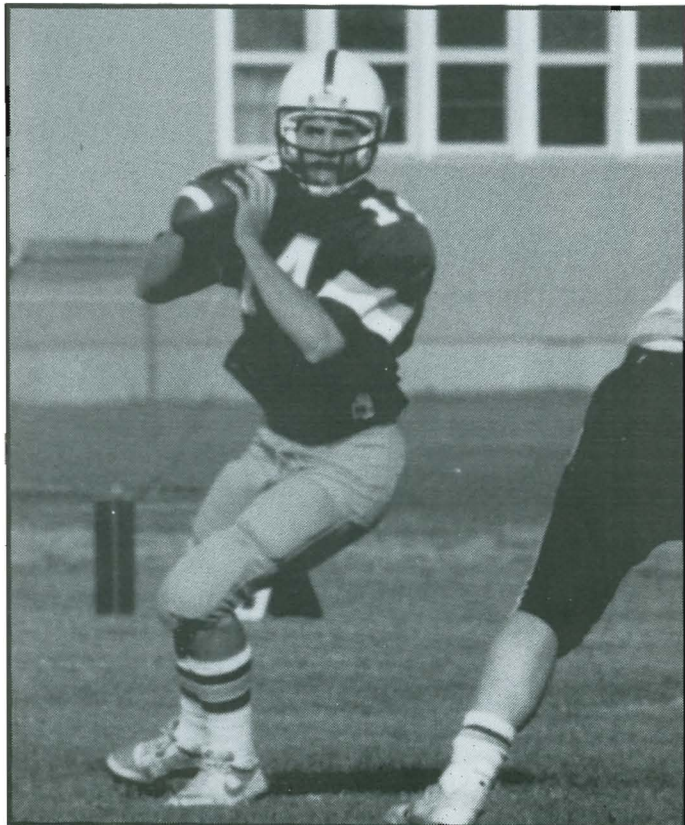


JOHN MURPHY QB HIGH SCHOOL SPECIAL



John Murphy QB, 6-4, 220 lbs.



John Murphy is a senior at William Floyd High School in Mastic Beach, New York. Besides football, John excels as a center on the basketball team and as a baseball player. He started on the varsity basketball team both sophomore and junior years. John averaged 10 points a game and had nearly 12 rebounds a game as the team made the playoffs for the first time his junior year. The baseball team also made the playoffs as John hit .380 his sophomore year and .360 his junior year.

John's football coach Nick Schroeder states, "John Murphy has demonstrated outstanding character and leadership. He has about a 3.5 GPA and is in the National Honor Society." Obviously, the major colleges are very interested in John. He is tall, has great size and frame for QB, has good speed, has fine strength especially when you consider the time commitments of three sports, and he has exceptional statistics on the football field. But, in addition, John is also a hard worker in the classroom, in the weight room and has followed the BFS clinic guidelines for technique improvement. He throws formally three times per week and once or twice on his own in the off-season.

John stated, "It's important to dedicate yourself to excellence. You only get what you put into something. If you give up, you're not going to get anything. It used to be that we had a bad reputation about drugs and alcohol and then Coach Schroeder came in and pushed high ideals in sports and football. He's changed the lives of the new kids for the better. It used to be that you were a faggot if you played football or sports, now its really turned around."

John Murphy threw the ball 310 times this past season and completed 63% of those passes. He rushed for 526 yards and 4 TD's while passing for 1406 yards and 10 TD's. John also has just been named to the All County and All Long Island Teams.

Our thanks to John Murphy and Coach Nick Schroeder for helping us on this article and for being the fine example they are to others.

JOHN MURPHY'S PROGRESS CHART

	9th	10th	11th	12th
Height	6-0	6-2	6-3	6-4
Weight	155	170	180	210
40	X	5.0	4.95	4.8
Squat	175	225	300	425
Bench	140	165	190	260
D. Lift	X	X	X	550
Clean	X	X	X	200

John threw for over 5000 Career yards and ran and threw
16 for over 40 Career TD's!