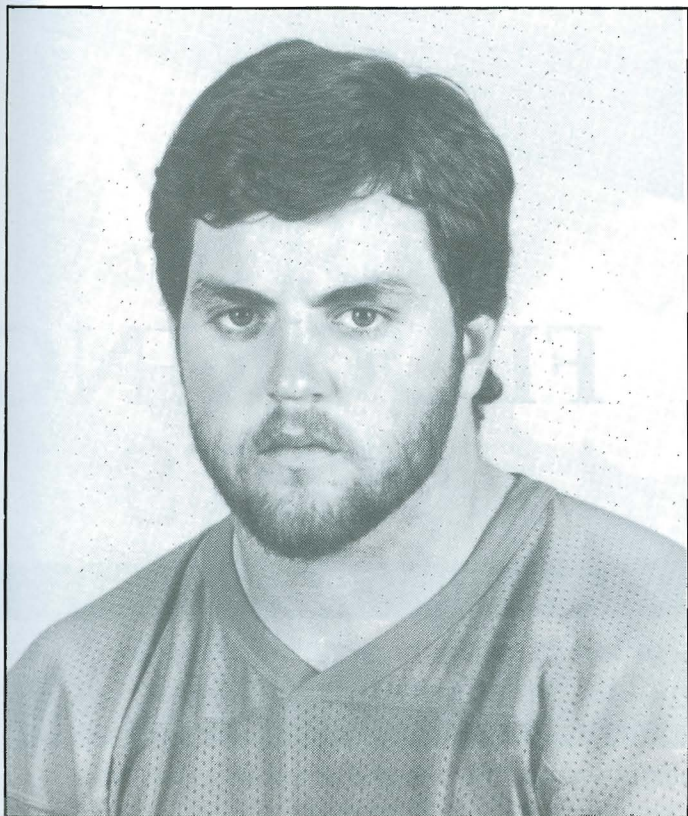
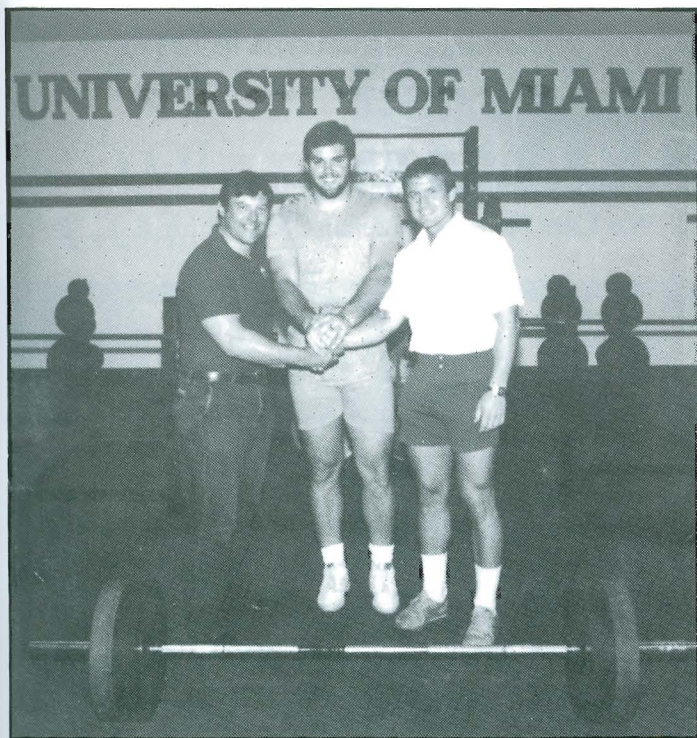


# ED DAVIS

## University of Miami Hurricane Tackle



Ed Davis 6-5, 275 Offensive Tackle, Miami Hurricane Scholar - Athlete



Coach Greg Shepard, Ed Davis and Hurricane Strength Coach, Bill Foran

It was a great privilege for me to meet with Ed Davis and Strength Coach, Bill Foran at the University of Miami. All coaches have my permission to make copies of this article. Put it in your weight room. Give it to your athletes to read. Ed stated, "I feel that we guys playing college ball should be role models for the younger athletes." As you will soon see, Ed Davis lives up to this ideal in upper limit proportions. Here is his story.

Ed is a Systems Analysis Specialist major at the University of Miami. He maintains a 3.5 grade point average and will graduate this May. Then for his 5th year, as he finishes out his final year of football at Miami, Ed will do something very unusual. Ed Davis will begin his Master's Degree in Business Administration. Ed succinctly analyzed, "If pro ball comes, great, if it doesn't, I'm still OK."

Ed owes much of his success to his parents whom he reveres. "I definitely would not have been able to succeed like I have without my mom and dad," asserted Ed. "They never pushed but always supported me. As a result, I loved what I did. My dad is a great motivator. He and mom helped with the Punt, Pass and Kick competitions. I made it to the Super Bowl competitions 5 out of 6 years. Dad would come home at 5:00 from being a Mining Supervisor and help me. He was never too tired. My mom could probably throw farther than me back then. It was a family thing. They made it fun."

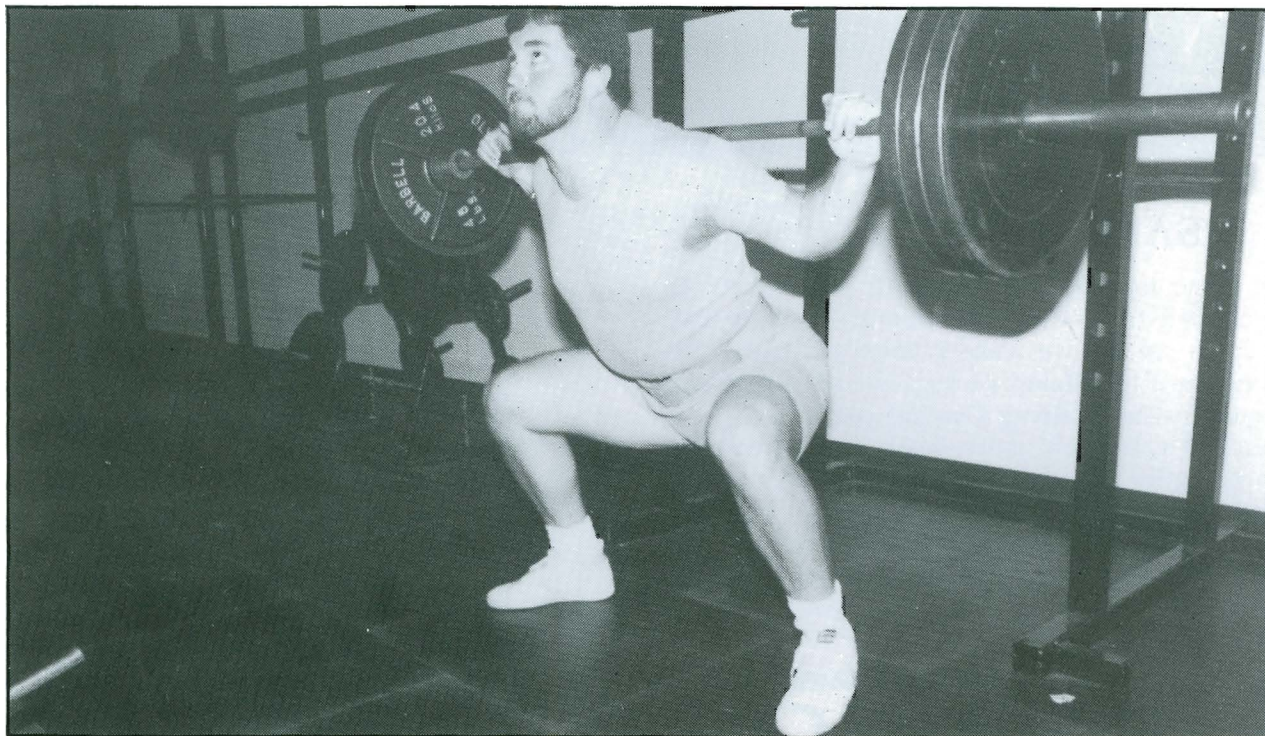
Ed continued, "A lot of people told me I'd never succeed in college because I was recruited as a lineman. My mom and dad were probably the only two people who believed in me at the start."

Ed Davis played high school football at Fort Meade, Florida under Coach Blaine Turner. He played basketball and baseball. In high school he did receive All-State recognition as a Punter. However, the University of Miami recruited Ed as an athlete and put him on the defensive line his red shirt year. The next year he was switched to offensive guard and finally to offensive tackle his Sophomore year of eligibility. Ed made second team that year and last year finally became a starter. He received the Scholar-Athlete award and also was awarded a scholarship award by CBS.

Ed set a goal just to play and make the team coming into Miami as a quarterback. Then, he set a goal to start. Now, the goal is to get better. "There's so many things I can do to improve as an athlete and as a player," Ed stated seriously. "I've got a commitment to be the best I can be. As for becoming an All-American, I'll put forth a total fanatical effort, then I'll just let the honors take care of themselves."

I asked Ed if he had any Pearls of Wisdom for kids. He shared this, "Get your grades first in high school. Never, never believe you can't do something, if you're not afraid to work hard for it. Get your head on straight first and

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then let your body follow. Drugs and alcohol can only lead to trouble, so I just stay away. I feel it should be the same for any young person."

"Greg, you know I have a younger brother who had severe eye problems with three operations. As a result, I feel lucky that I had an opportunity to reach my potential in sports. It gives me an impetus to succeed. I'm just as proud of him as he is of me. He just works hard in other areas."

Ed's lifts have increased steadily year by year. Strength Coach, Bill Foran who is new at Miami has just introduced the Hurricanes to Cleans. So for right now, Ed has been doing high pulls to learn correct technique. The old Miami weight room was not really set up to do Cleans. However, the brand new weight room has been an excellent improvement.

Nutrition is an important part of Ed's total program. A diet analysis is done on each player. I asked Ed about steroids. "Steroids are a personal choice," Ed replied. "I've been able to do fine without them. I've been scared of

them. I'm not a 500 pound Bencher nor a 700 pound Squatter but I can play football. For me it wasn't right."

"Ed," I asked, "what about this big city of Miami?" Ed laughed, "It was hard to adjust to at first. Drugs, alcohol and other factors like the beach life make it difficult for some. Because of my upbringing it was a shock but academics and my goals never let things like that get in the way."

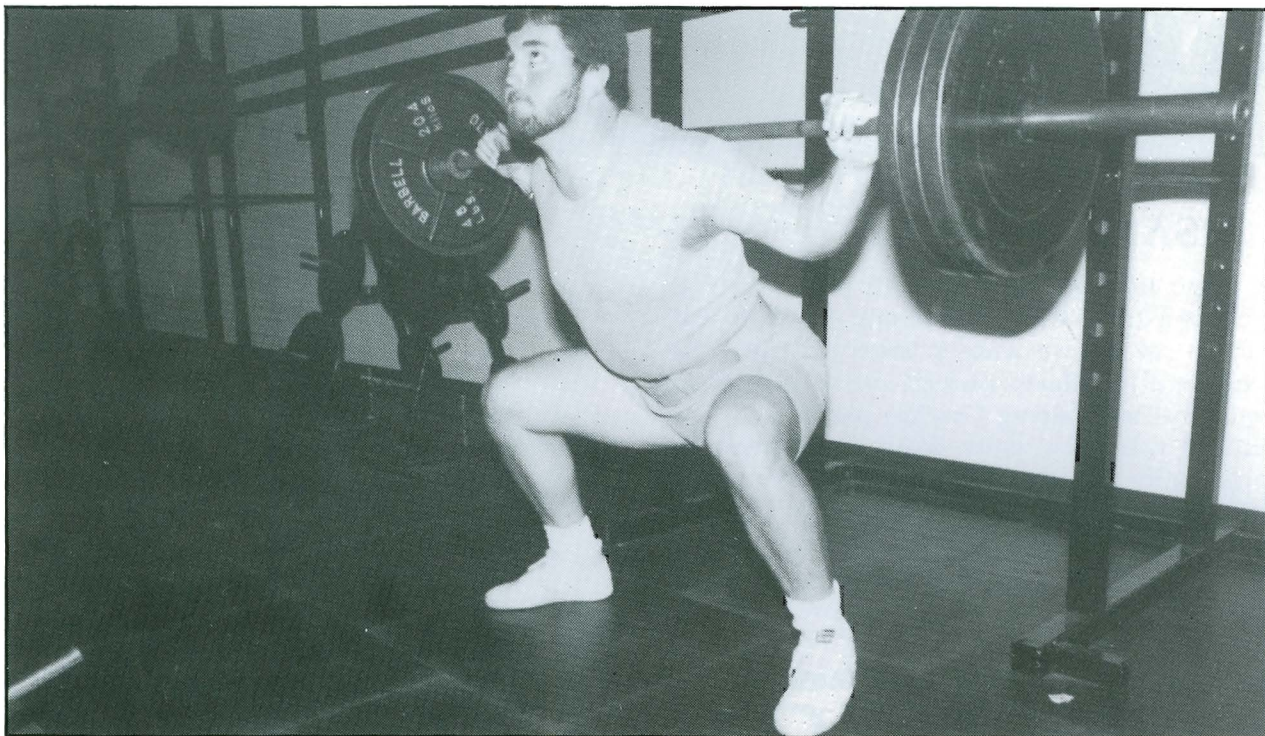
"Also, I belong to the Fellowship of Christian Athletes. All of my talents have been given to me by the Lord. Therefore, how can I waste them? Everyone gets down at times but for me the spiritual things can be a mental refuge. I'm just thankful with all the talents for which I have been blessed. It gives me a lot of opportunities to talk with kids and maybe give back a little of what so many people have given me."

Our thanks to Ed Davis who is truly an upper limit athlete. Special thanks to Coach Bill Foran for being so hospitable during our interview. Good luck and continued success!

## ED DAVIS PROGRESS CHART

	9th	10th	11th	12th	Red Shirt	FR.	SO.	JR.	SR.
HT	6-4½	6-4½	6-5	6-5	6-5	6-5	6-5	6-5	6-5
WT	185	185	195	215	220	235	250	265	275
Bench	X	185	210	230	255	300	315	350	*385
Squat	X	X	300	315	325	400	425	540	*600
V.J.	X	X	X	25"	23"	23½"	23½"	24½"	*26

\*Represents Ed's Goal Before Next Fall



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