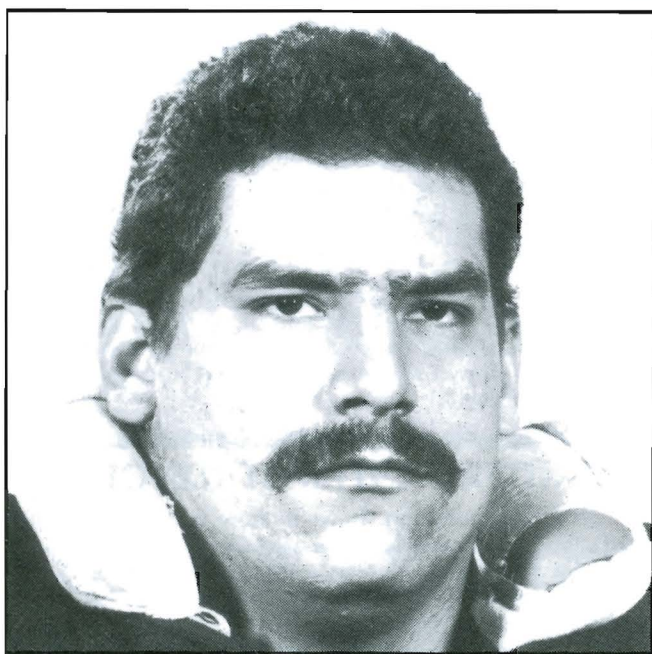


BRIAN JOZWIAK

ALL-AMERICAN
WEST VIRGINIA
LAST SEASON



JOSWIAK UP-DATE

After our article in January's issue, Brian was the number one draft choice of the Kansas City Chiefs. He was the 7th player drafted over-all. Brian stayed at West Virginia all spring and summer to train. He even continued to train hard while his agent had him hold out. After finally getting to Kansas City, Allan Johnson, West Virginia's strength coach, got a call from Brian who reported, "My strength is well above average in the NFL." On a personal note, Brian also became engaged.

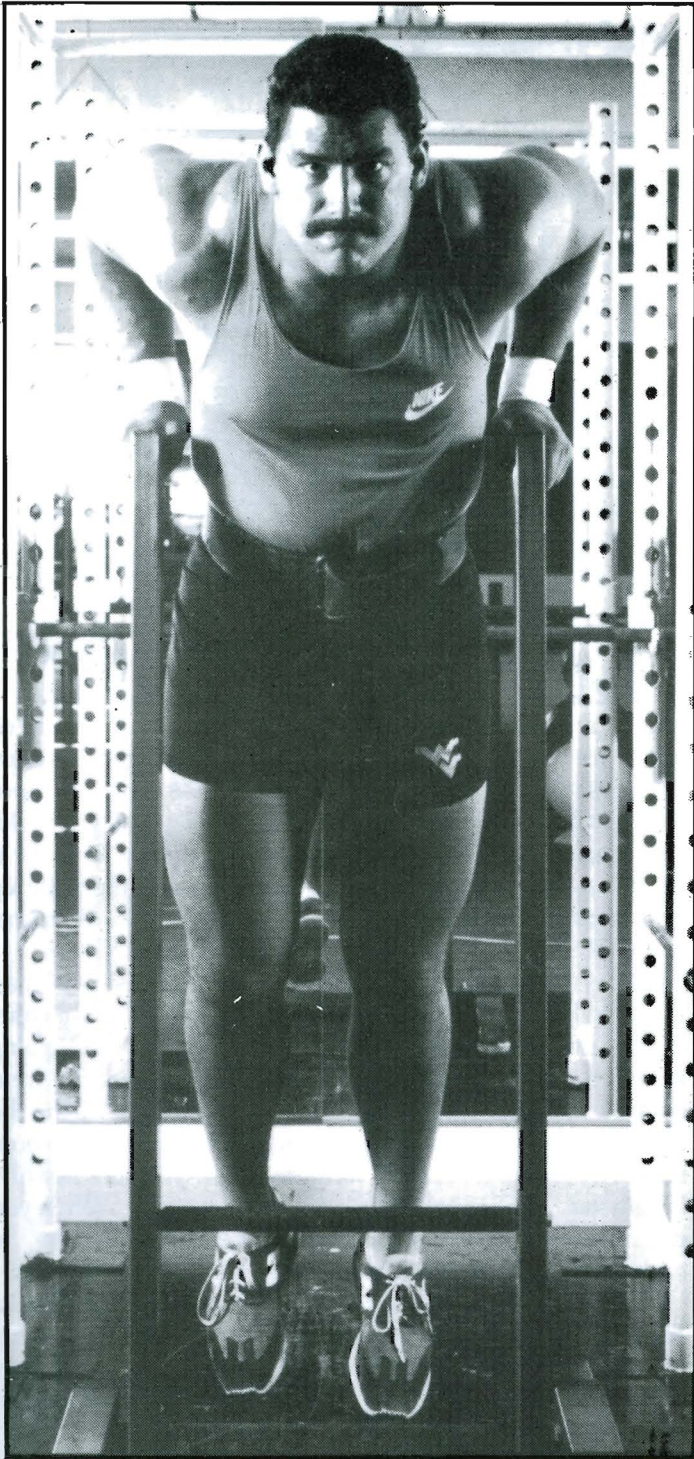
BRIAN JOSWIAK: 6-6, 295 NOW WITH KANSAS CITY SPECIAL REPRINT ARTICLE

Looks can be very deceiving sometimes. One look at Brian Jozwiak and you could get scared. But, as you get to know Brian, you find out about a man who has life put in its right perspective, a man who has gentle qualities and a man who has compassion for others.

Brian is a consensus All-American tackle from West Virginia and was an Outland and Lombardi Trophy Finalist. He stands 6-6, weighs 304 and runs a 4.87 forty. Brian has worked hard for his achievements. His obstacles that were overcome are interesting from several standpoints.

Brian is from Catonsville High School in Baltimore, Maryland. He didn't play until his 10th grade year. "I really didn't have any big dreams then. I just played for something to do," related Brian. "I was fat. I had no idea I could play pro ball. I must have had 45 pounds of extra fat," he remembered.

"At Catonsville we really didn't get into lifting weights. The big sport in high school was LaCrosse. Heck, I think we only had 25 people watch us play in our stadium. I played defensive end as a junior and I started getting mail from colleges. Then my senior year, I got serious because I thought I could get my education paid for," continued Brian. West Virginia offered Brian a Scholarship based upon his size, making the All County and All Metro Teams, and having enough athletic ability to throw the Shot 51 feet and the Discus 144 feet.



BRIAN JOZWIAK PROGRESS CHART

Year	% Body Fat	Ht.	Wt.	40	Bench	*Squat	Clean	Incline
10	X	6-2	235	X	X	X	X	X
11	X	6-5½	275	5.6	240	X	X	X
12	X	6-5½	290	5.5	250	X	X	X
Fr.	17%	6-5½	282	5.2	280	450	205	X
Soph.	15%	6-5½	285	5.15	395	525	270	270
Jr.	12.9%	6-6	308	4.95	495	585	285	315
Sr.	10.5%	6-6	304	4.87	505	635	315	350

*Squat with Hamstrings Parallel



When Brian got to college he had no idea that he would have a great college career at West Virginia. Brian chuckled as he reflected back to his freshman year, "I looked like a dang pear. I got beat up and smashed. I was weak; big but weak. I found out that if you are a lineman you've got to be strong. I had to lift just to survive. I reported in at 300 pounds and immediately started losing weight and lost down to 255 pounds. Then, through lifting and training, I began to put the weight back on correctly."

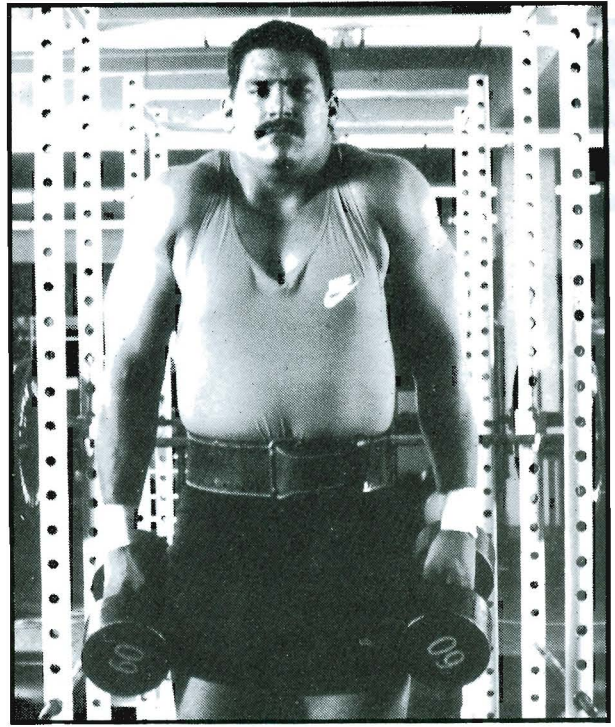
Progress and improvement came to Brian Jozwiak. Body fat did decrease. His lifts shot up, especially in his third year. He was definitely redistributing his weight. With these physical improvements, Brian's confidence increased and so did his ability to demonstrate technique on the field.

Last year Brian made the 2nd AP All-American Team. This year he made everybody's 1st Team. It should be noted that Brian benches 505 with a close grip which simulates his blocking technique. This is in direct contrast with a Power Lifter's wide grip — elbows out bench technique. Brian also made the Nutrament All-American Strength Team and was voted the most valuable lifter of the season by his West Virginia teammates.

Brian's major is in sports management. After his pro ball career, he'd like to get involved in public relations; maybe in big sales; perhaps in communications. "I love people," Brian stated, "so anything involving people would be great for a career."

I asked Brian about his family. He revealed, "Our family is very close. It's my mother, father and my younger brother, who, by the way is 6-6 and 285!" Then, he laughed. "My mother spent most of her time feeding us. It's demolition time at meals."

Brian Jozwiak spends a lot of his free time at the Children's Hospital, Special Olympics and the March of Dimes. Brian says philosophically, "I feel I've got a responsibility to be a good role model for younger football players and people in general. The people here in Morgantown, West Virginia are super people. I like them all. It's only right



that I give something back. My teammates and I try to do what we can to help. At the Special Olympics, we are huggers. I try to get a smile on those kids who are down a little bit. One little girl I got really close to is 8 years old. She knows she's got leukemia. She is so happy. It really is uplifting to be around her because she is so mentally up with a terminal condition. I feel if they can handle something like that, I can handle anything."

"Anymore pearls of wisdom, Brian?" I asked. "Yes, Greg, tell those young football players, drugs and alcohol do not mix with achieving one's potential. If you're going to be an athlete, it just doesn't work. Stay away! I went back to my high school and it blew my mind. Maybe the parents blew it. Maybe the kids forgot they had a responsibility to themselves. But so many were drinking heavily. It was sad. You've got to do something positive. When you get down off those drugs, the real world is still there. So all you've done is waste time," said a reflective Jozwiak.

He continued, "I also do not believe in taking steroids. They just aren't worth it. It's a false strength. I like doing it naturally. The guys I've seen are amazing. When they come off them, their bench comes down 100 pounds and their bodyweight drops."

Brian then concluded by saying, "I'm a catholic and the Bible says your body is like a temple. Therefore, you shouldn't abuse it. Anyway, the older I get the closer I feel towards God. I go to church before games and take communion. But I don't feel it's in my jurisdiction to preach to anybody. That's just what I do."

That concluded our interview. I love talking with athletes like Brian. It leaves me with a good feeling about people, athletes and coaches. I'd like to thank Allan Johnson, the strength coach at West Virginia. Coach Johnson has built a very close relationship with Brian over the years. This article would not have been possible without his help. Also, special thanks to Brian Jozwiak who is an All-American in every sense of the word. Best of everything from BFS!