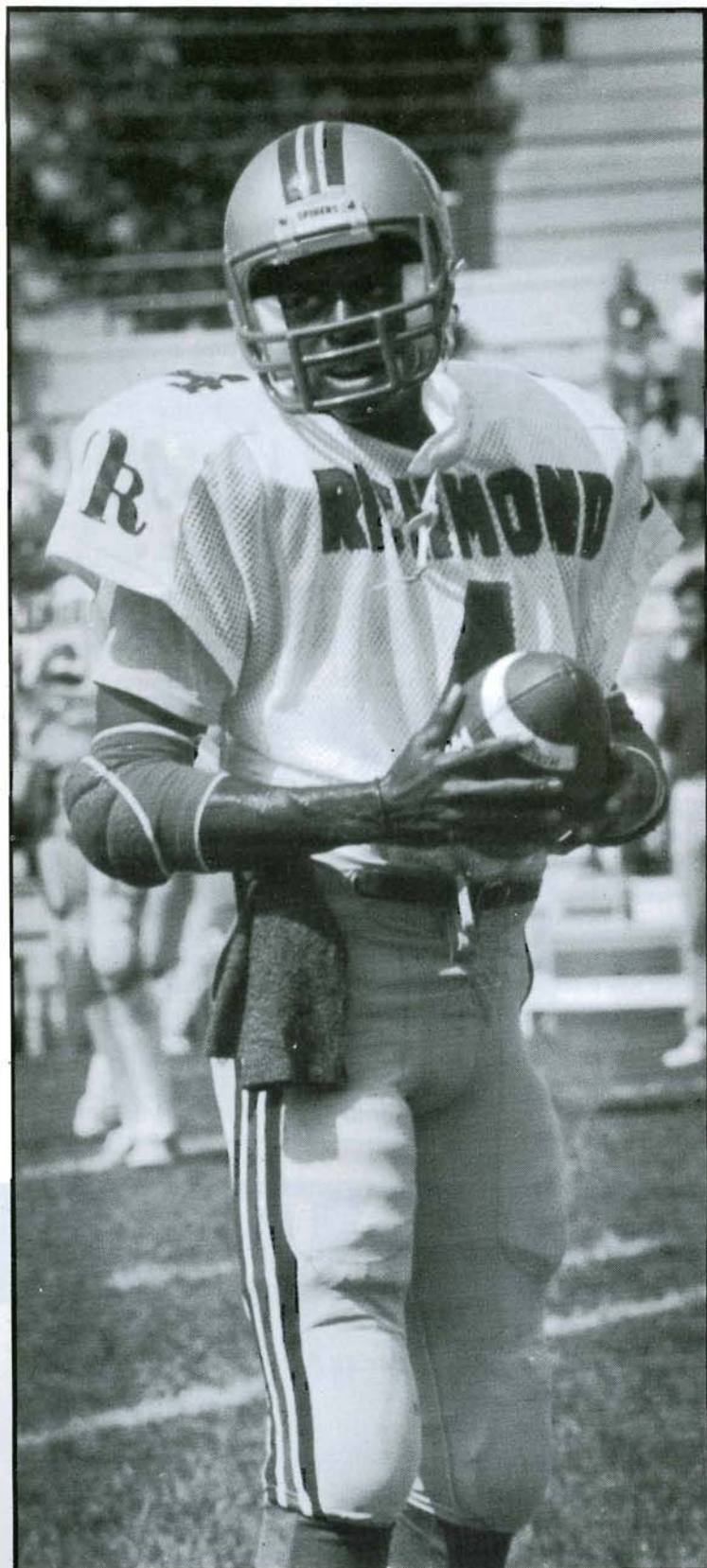


LELAND MELVIN

ALL-AMERICAN
RHODES SCHOLAR
CANDIDATE



Leland Melvin: University of Richmond — Wide Receiver

SPECIAL REPRINT ARTICLE

"Leland Melvin represents about everything good about college athletics. He works hard in the Fellowship of Christian Athletes. He is a full speed practice player. Leland is also the best blocking wide receiver I've ever had.

Leland Melvin is totally committed in everything he decides to do, whether it's in the lab, weight room or practice field. He has the ability to concentrate with maximum intensity on anything he does.

Leland is a super example to all. He is what makes coaching worthwhile."

Don Shealy: Head Football Coach

"Leland Melvin exemplifies the true All-American. In my 16 years of coaching, he has been the most dedicated. That is truly amazing when you consider his advanced college course work load and his commitment for excellence in the chemistry lab.

Leland Melvin is a Team Man's Team Man."

Harry Van Arsdale:
Assistant Football Coach
and Strength Coach

It was a great pleasure to talk to Leland Melvin and we are very pleased to have him on our cover. He certainly exemplifies the total person trying to put everything in the right perspective.

At Heritage High School in Virginia, Leland Melvin was not a highly sought after football player. He was 5-11, 150 pounds and could barely bench press his bodyweight. Not exactly major college material on the surface. Leland stated, "I didn't think I should even play college ball. I was just planning on getting my education."

LELAND MELVIN Continued from page 3



Leland set a University of Richmond receiving record as he caught nearly 3,000 career yards for 18 TD's!

Then the University of Richmond, a Division 1-AA School, showed some interest in Leland and the beginnings of Melvin's Athletic Stardom was born. Leland had nearly 3,000 yards in career receptions with 18 TD's. He is a Division II All-American Wide Receiver and led his team to an 8-3 Season. For most of the year, the Spiders from the University of Richmond were ranked Number One in Division 1-AA football last season.

Leland is dedicated in the weight room and believes conditioning is a must to reach one's potential. Leland made steady improvement under the guidance of Strength Coach Harry VanArsdale. Just one look at Leland's Progress Chart on page 6 is verification of that fact. He is now 6-0, 175 and can run a 4.45 forty while having a 31½ inch vertical jump. Combine that with a 405 Parallel Squat, 300 Bench, 255 Clean and a 475 Dead Lift and you then have a formidable wide receiver.

"I believe in giving 100% mentally, physically and spiritually both on and off the field," states Melvin. "Be the best person you can be because you can't play athletics forever."

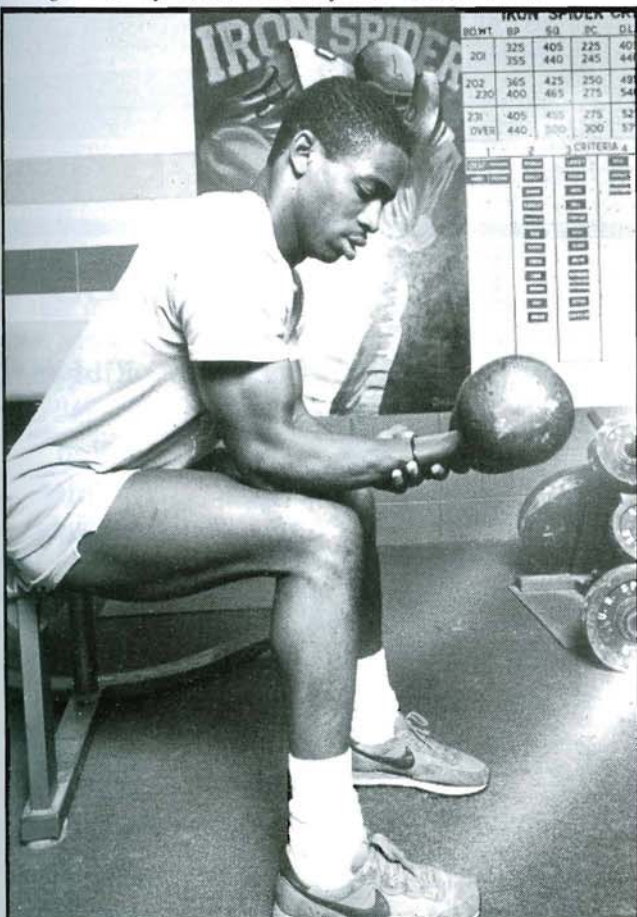
"My parents are both school teachers and they have helped me form the proper attitudes towards my education," reported Leland. The testimony of this proper attitude is Leland's 3.2 Grade Point Average while taking heavy courses in Chemistry with concentration in Math and Physics. He will easily graduate in 4 years. Leland also has done a lot of Chemistry research on grants during the summer.

Leland's outstanding commitment and achievements have led to becoming a Rhodes Scholar Candidate. At this writing Leland has already made several cuts and is now in the finals in the State Selection Process. If Leland does become a Rhodes Scholar, he would have the opportunity of studying at Oxford University in England, one of the very most elite academic institutions of higher learning in the world.

Of course there is always the possibility of pro football and several scouts are interested. However, Leland also has a great possibility of becoming a Chemical Engineer, whatever the outcome of pro football or the Rhodes Scholar opportunity.

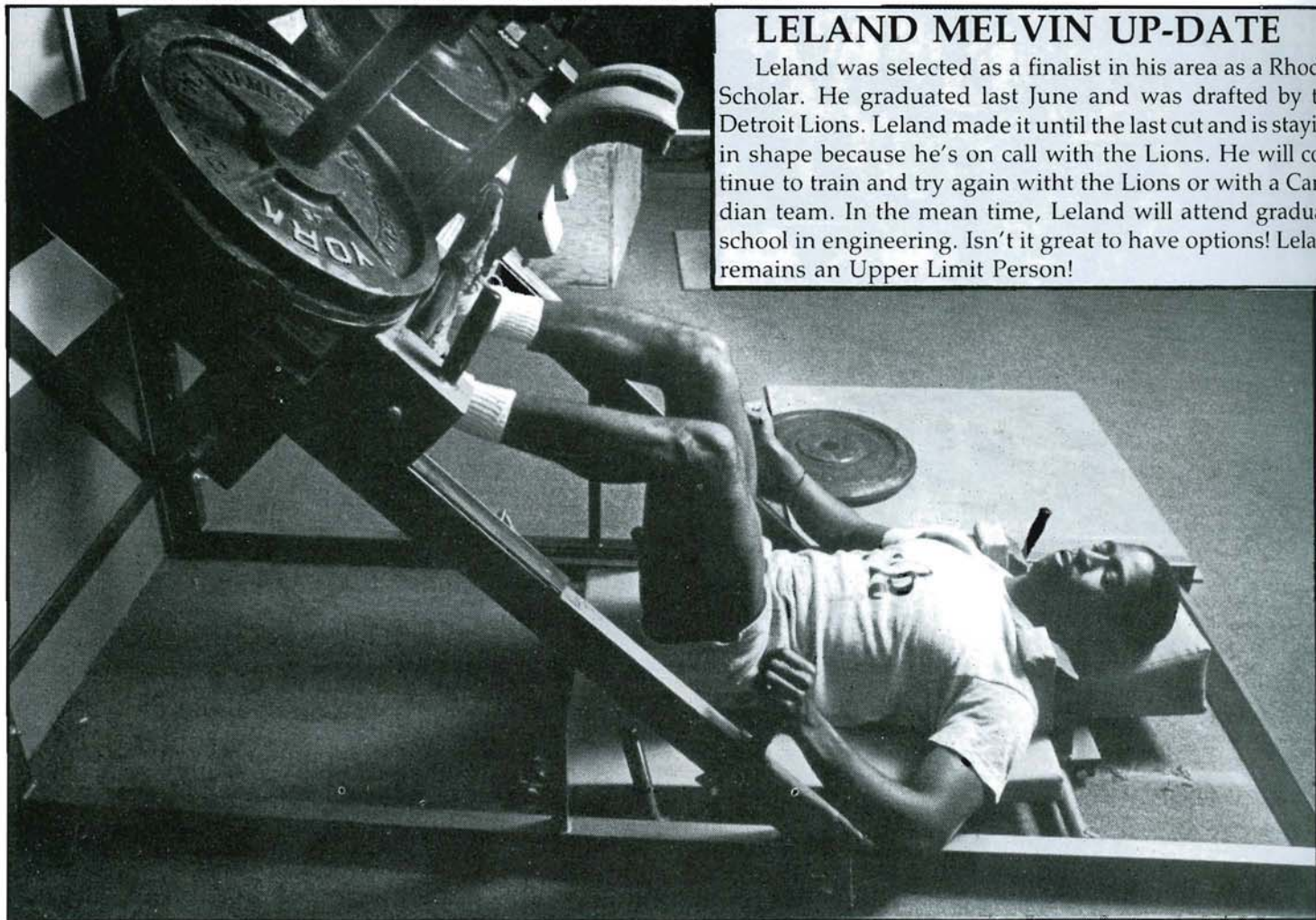
I asked Leland if he had anything to say to younger athletes. Leland thought for a minute and said: "Try not to walk in anybody else's shadow. Make your own shadow. Stay away from drugs and alcohol. I guess up to a point you can get away with their abuse but sooner or later it's definitely going to catch up to you. I'd try to do the things that will help you. When I first got to college, I placed no limitations on myself and because I didn't make any All-State or All-American teams, it burned inside me to prove myself, and to excel and develop to my fullest potential. Whatever you do in life, you should always give God the glory. Everything you do will be reflected in His eyes. Always be thankful and humble."

We at BFS would like to thank Leland Melvin for being a great example in all areas and his inspiring outlook on life. Special thanks to Coaches Don Shealy and Harry Van Arsedale for their contributions. Our best to them as they continue to work for upper limit ideals.



Leland Melvin doing Dumbbell Wrist Curls to develop wrists and forearm strength for holding onto the ball. Notice Strength Chart in the background.

LELAND MELVIN — ALL AMERICAN WIDE RECEIVER



LELAND MELVIN UP-DATE

Leland was selected as a finalist in his area as a Rhodes Scholar. He graduated last June and was drafted by the Detroit Lions. Leland made it until the last cut and is staying in shape because he's on call with the Lions. He will continue to train and try again with the Lions or with a Canadian team. In the mean time, Leland will attend graduate school in engineering. Isn't it great to have options! Leland remains an Upper Limit Person!

Leland Melvin has done 760 on Leg Press and a 405 Squat.

LELAND MELVIN'S PROGRESS CHART

	Fr.	Soph.	Jr.	Sr.
Ht.	5-11	6-0	6-0	6-0
Wt.	158	166	167	175
VJ	26	29	29½	31½
40	4.6	4.53	4.45	4.45
Bench	200	225	250	300
Squat	315	335	375	405
D. Lift	X	X	440	475
Clean	195	235	245	255
Leg Press	500	550	600	760

HIGH SCHOOL RECORD

	9th	10th	11th	12th
Ht.	5-10	5-10	5-11	5-11
Wt.	130	140	145	150
40	4.7	4.7	4.6	4.5
68	Benched 150	Cleaned 85 X 10		

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