

RANDALL McDANIEL

Arizona
State University



Randall McDaniel, 6-5, 260 Offensive Guard

Randall is one of the best athletes to ever play at Arizona State University. This is a strong statement considering some of the athletes that have excelled at this historically talent-rich school. Randall has already caught the attention of the pro scouts by running a remarkable 4.68 this past spring as a sophomore in the 40 yard dash. The 6'5", 260 lb. Offensive Guard further impressed the group by vertical jumping 37".

"Randall has all the ingredients that are necessary to be a high draft choice after his senior year at Arizona State. The one ingredient that cannot be coached is character, and Randall possesses a great deal of this. He is truly a pleasure to coach because of his great attitude and work habits. I do not think that Randall realizes just how much talent and ability he actually possesses."

Ronnie Jones
Head Strength Coach
Arizona State University

I first met Ron Jones, the Arizona State Strength Coach, at the N.S.C.A. Convention in Dallas. He had always been a football coach who loved to lift and train hard. Ron had been an assistant for Head Coach, John Cooper. When Coach Cooper got the new Head Football job at Arizona State, he asked Ron to switch from his line coaching position to being the new Strength Coach. Coach Jones readily accepted the new challenge.

Ron relates this anecdote, "Coach Cooper, at a press conference, told me to take \$500,000.00 and put it into a weight room of which we could be proud. Anyway, we went 8-3 our first year and Coach Cooper's been hard to live with because of being only 8-3. He's a fierce, fierce competitor and that makes my job a whole lot easier."

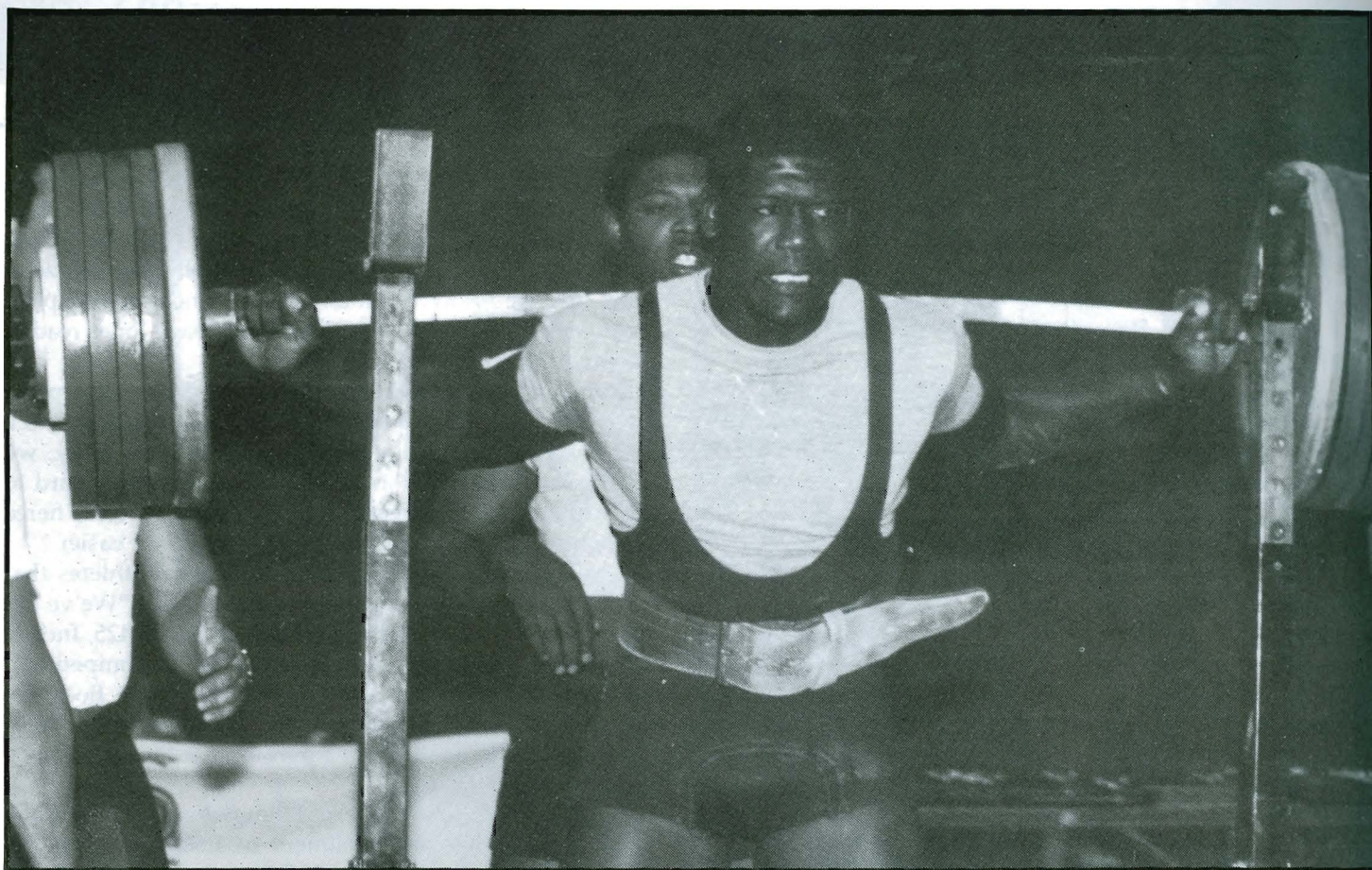
I asked Coach Jones if he had any great athletes that we could feature in the BFS Journal. He said, "We've got a great one in Randall McDaniel. He can Bench 425, Incline 375, Dead Lift 650 and he's Squatted 640 in competition. Besides that, he's run a 4.68 Forty, has only 9% Body Fat and has one step Vertical Jump of 37 inches! Heck Greg, that jump would be good off a mini-tramp." I said, "That's great! Let's do it!"

Randall went to Agua Fria High School in Avondale, Arizona which has an enrollment of 1,500 students. His sophomore year the team went 7-3, the next year 8-2 and then in his senior year the team went 9-0-1. Randall made the Arizona Super Eleven, All-American and played in the All-Star game. Randall was also an All-Metro League Basketball player and played in the All-Star game. In addition, he found time to run the 100 meters in 10.6 and also ran the 200 meters. To pass the time, he threw the shot 52 feet and had a standing discus throw of 155 feet.

"As far as my weight training," offered Randall, "Pat Lavin, my high school football coach, hired Tom Goodwin to be our Weight Coach. If anybody could out squat or dead lift him, you could take a week off. I always tried real hard to catch him." *(Editor's note: One look at Randall's progress chart and you can see he was really impressive in high school, especially when you consider that Randall was a great 3 sport athlete.)*

"Since I grew up in Arizona, I had always been an ASU fan. I didn't want to leave the state. I wanted my parents to be able to watch me play. I've also been very fortunate here at ASU. I mean, I've never had a serious injury. However, Greg, I did screw up." "How's that?" I asked curiously. Randall explained, "When I first came to be a Sun Devil, I put sports first and academics down the list. As a result, my GPA is only 2.15. I screwed up but now I've learned: If you're smart and serious, you'll take care of academics first and sports second. I want to graduate by the end of my fourth year. I've only got 30 hours left. I'm a physical education major and so I'd like to teach and coach at the elementary level."

RANDALL McDANIEL: SUN DEVIL POWERHOUSE!



"Do you have anything to say about one's attitude towards training?" Randall offered this advice, "Your dedication and intensity has to be 100%. A lot of my training is done to prevent injuries. Anyway, when you come into the weight room, you gotta get ready for business. There's no fooling around. As far as drugs, I say "leave it alone." I'm drug free and steroid free. I've never even tried any drug. I figure it's better to get high on sports."

Finally I asked, "Randall is it important to set goals and

if so what are yours?" "Absolutely," Randall quickly answered, "My first goal is to graduate, then keep setting new maxes, then win the Rose Bowl and be national football champs. Our attitude is great! People say we can't do it. I don't agree. We just work harder to prove'm wrong. We should be in the Rose Bowl."

I say Randall McDaniel and Coach Ronnie Jones are upper limit men and we appreciate their contributions. Thanks and good luck!



RANDALL'S PROGRESS CHART

	HT	WT	40	Bench	Squat	Clean
8th	5-7	160	★6.0	X	X	X
9th	6-0	185	4.7	225	350	185
10th	6-1	185	4.7	275	400	250
11th	6-2	215	4.7	295	450	300
12th	6-3	220	4.6	315	500	310
Red						
Shirt	6-4	225	4.6	335	550	315
Fresh	6-4	235	4.6	350	600	330
Soph	6-5	260	4.6	425	640	350

★ Fifty yard dash time

Randall also Dead Lifts 650 and Inclines 375

VJ = 37

Body Fat = 9%