

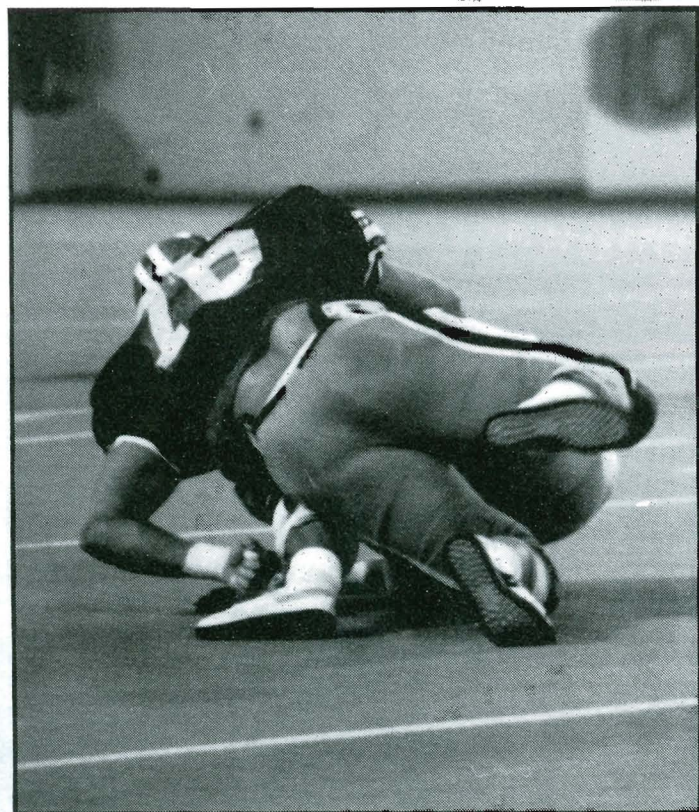
# RON PASQUALE

# ZIP FOOTBALL



**The University  
of Akron**

6 - 3	270
4.78	Forty
27½	VJ
500	Bench
615	Squat
360	Clean



Ron Pasquale #76 uses his crunching power to flatten opponents.

## RON PASQUALE

### From Walk-On to Captain

The Ron Pasquale story should be one of inspiration to those who don't get scholarships but still want to play college football. Ron went to Youngstown Cheney High School which plays in Ohio's largest classification (AAA). The enrollment is 1,100 students and Ron played for Coach Ed Matey.

Ron Pasquale did not start as a junior. As a senior, he started on a 3-6 team and because of his slowness (5.4 forty time) he had no offers to play college ball. Even though Ron had some Division III feelers, his brother, Bill, talked him into playing with him at the University of Akron, a Division I-AA School.

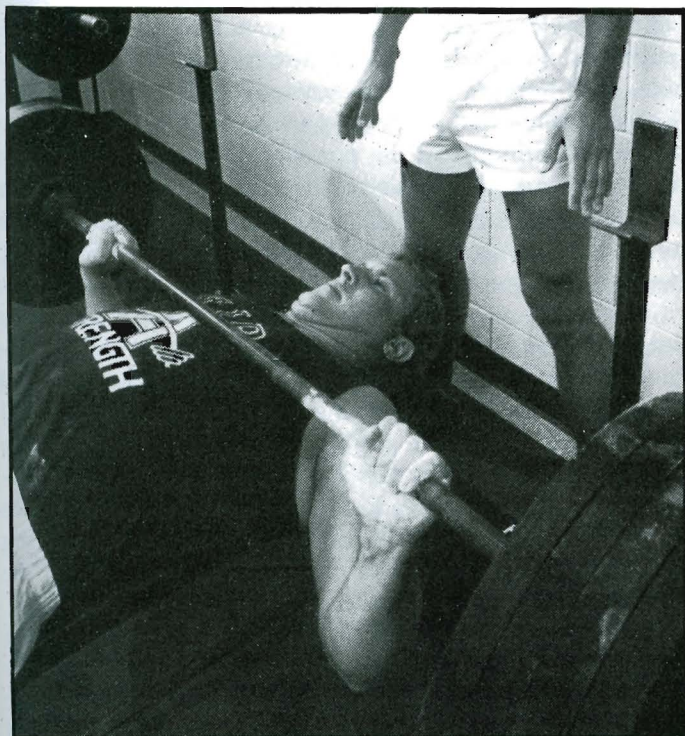
As a walk-on, Ron was, of course, not treated like a scholarship athlete and he spent the whole year on the scout team. The key thing for any player in this situation is to keep on working, learning and improving. You've got to be ready when your chance comes. Ron's chance came during Spring football of his freshman year.

"I was 3rd team tackle," Ron remembered, "but the guards kept screwing up. All of a sudden, they put me at

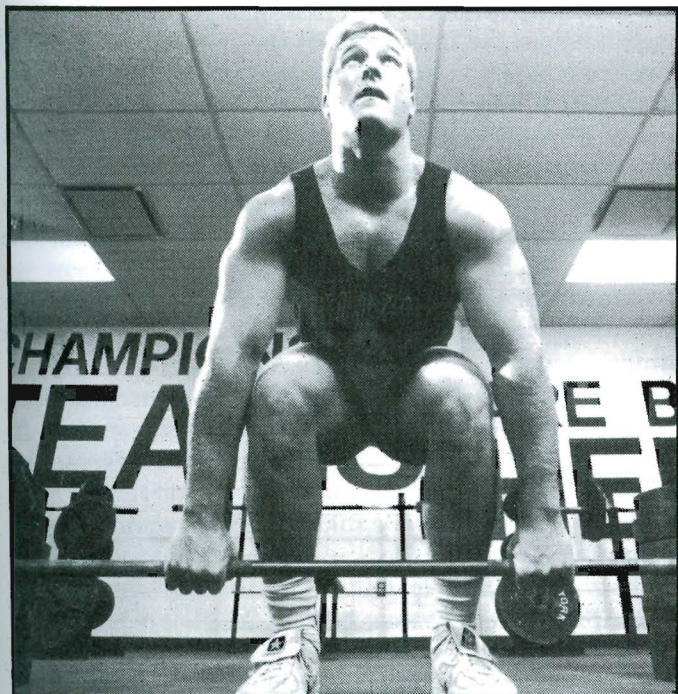


## RON PASQUALE PROGRESS CHART

	40	WT	Squat	Bench	Clean
10th	5. 4	203	275	150	145
11th	5. 4	212	300	225	170
12th	5. 4	221	315	285	185
FR	5. 4	230	480	345	270
SOPH	5. 1	240	520	380	285
JR	5. 0	264	555	430	320
SR	4.78	273	615	500	360



Pasquale's 500 Bench is the most ever by a Zip Player.



Pasquale's 360 Power Clean gives him Explosive Blocking Power.

1st team guard. I wasn't about to give that position up. I've been there ever since. We made my first year a red-shirt year, so I could be a four starter here at the University of Akron."

"Anyway the big day came after Spring ball. Coach Jim Dennison brought me in his office and offered me a full scholarship. The first thing I did was to tell my parents and brother who stood by me. I just was really thankful I got to play ball with my brother for two years."

Strength Coach, Pat Ciccantelli has worked with Ron the last two years. He has high praise for him. "Ron stayed here during Christmas break and he stays here during the summer months. Ron never misses a workout. His total commitment is a great example for our team. Ron is also a very good leader both emotionally and physically. He can be very vocal in his leadership as well as by example. He's the kind of guy who pumps people up and lifts people up when they are down."

New Head Football Coach, Gerry Faust, has this to say about Ron Pasquale. "Ron is what every football coach looks for in a dedicated student-athlete. He is completely dedicated to the game, lifting, his studies and his teammates. If a team had 5 interior linemen dedicated like Ron, they would be an awesome football team."

It has been said of the four captains of this Fall's team at the University of Akron, "One player contains exceptional ability and three contain exceptional hearts." You see, three of the captains came to Akron as walk-ons. Ron Pasquale is one of those three players. They joke that they are a blue-collar team.

I first met Ron and Coach Ciccantelli at a BFS Clinic at Jackson High School in Massillon, Ohio. I asked Ron to speak to the 150 athletes at the Clinic. He was impressive and had a very special effect.

Ron's philosophy includes first; "Keep on working, be consistent. Second, don't get discouraged, remain faithful to your goals. Third, make the very best of what you got."

Ron is going to graduate with a major in industrial management. He got a 2.43 GPA in high school but in college he is now closing in on a 3.0 GPA. As far as Pro football, Ron states, "I'm encouraged now about the Pros. Especially after they timed me in 4.78. However, right now, all I want to do is win the Ohio Valley Conference and then push on and win the Division I-AA National Championship."

I asked Ron if he had any comments on drug and alcohol abuse. He explained, "Young people are trying to make a decision. Choose sports and the good way. You should be smart enough to figure out which way to go. Athletes should be role models. As far as alcohol, you shouldn't do it. If you want to be the best you can be, how can it be a top priority."

"I've had my share of ups and downs and I know a person can run away from problems. I've learned the importance of goals. You gotta keep'em in front of you. I'm Catholic so my spiritual upbringing has played an important part in keeping everything in its proper perspective."

We thank Ron and his great inspirational story. We thank Pat Ciccantelli for bringing Ron's story to us. We also wish Ron and Akron Zip Football the best this Fall.