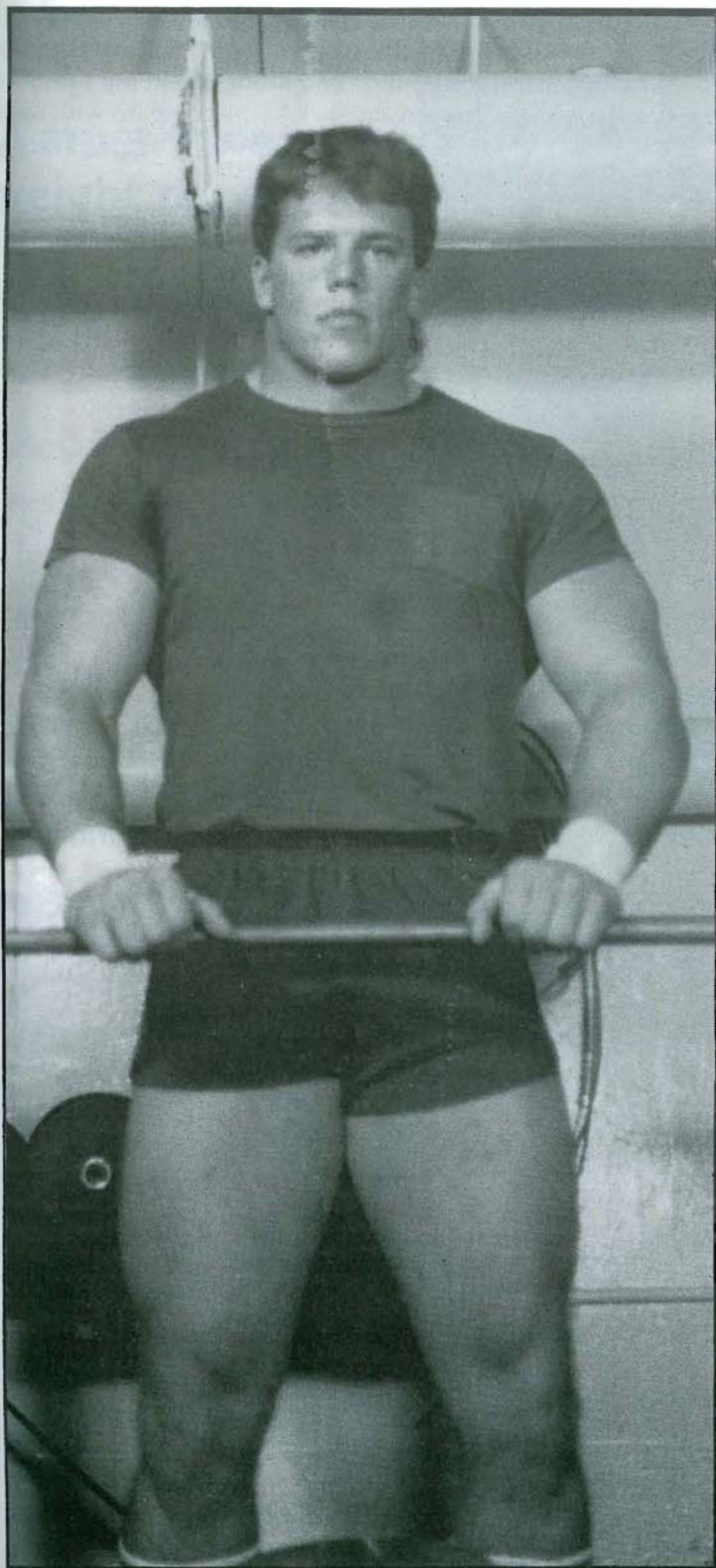


JOHN SAIN

WESTERN
MONTANA
COLLEGE



**John Sain 6'4" 270 lbs.
All-Frontier Tackle**

INSPIRING GRID COMEBACK

A Special News Release

From

Western Montana College

The initial reaction to Western Montana's All-Frontier tackle John Sain is an impressive "WOW!"

Standing 6'4" and weighing in at 270, the Bulldog grid standout is indeed awesome.

But, as a noted news commentator might put it, the story behind the story is even more incredible.

Sain is a product of small Darby High School in the Bitterroot Valley. His earliest claim to athletic fame occurred in 1982 when — as a 6'1", 160-pound senior, he was voted a second-team all-league lineman.

"There was no rush of recruiters," he recalls. "One of my buddies was going to Western so I decided to hit the weights and tag along with him."

Fate interceded in a brutal manner, however, when a motorcycle accident left Sain immobilized with a hip separation just prior to his high school graduation ceremonies.

"I had worked my weight up to 200," he remembers "but, after the accident, it dropped to 180 and my chances of ever playing football again were fading even more rapidly."

Following a long summer, the Darby youngster journeyed on to Western but did not discard his crutches until three weeks prior to fall football practice on the Dillon campus.

He walked on at 190 but, despite a gritty effort, was persuaded to redshirt and give the ailing hip added recuperative time.

Encouraged by WMC Trainer Dave Kendall, Sain returned to the weight room and by fall of '84 had reached 220 and commanded the attention of Head Football Coach Don Christensen.

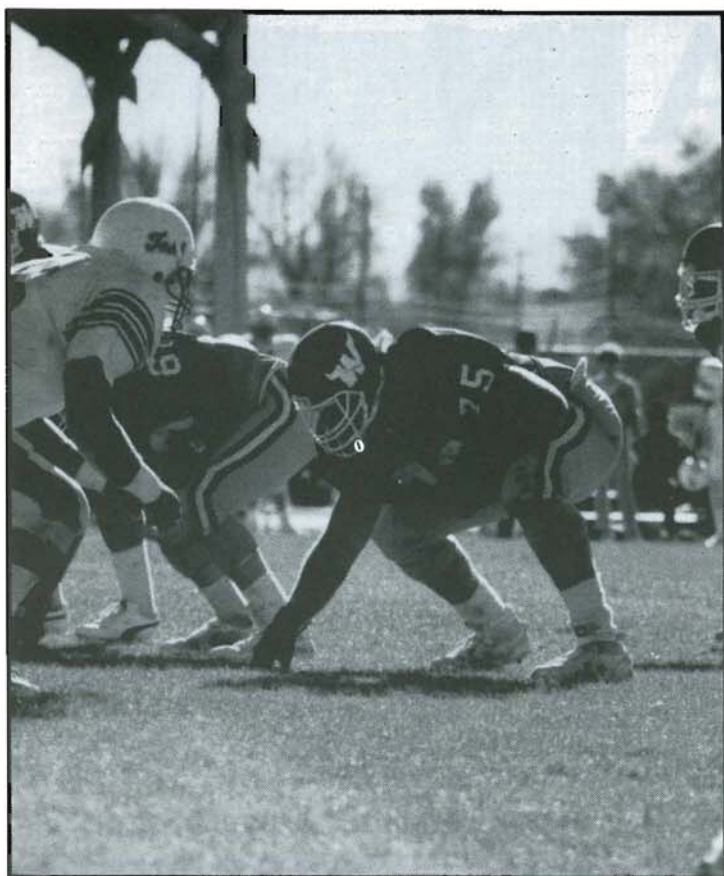
Sain started the first four games that season at offensive tackle but again encountered a low blow from Lady Luck in the form of a severe arm contusion which sidelined him for the remainder of that year.

"By then I had learned a valuable lesson," he recounts. "If you once give up, you're done; you've got to just keep coming back."

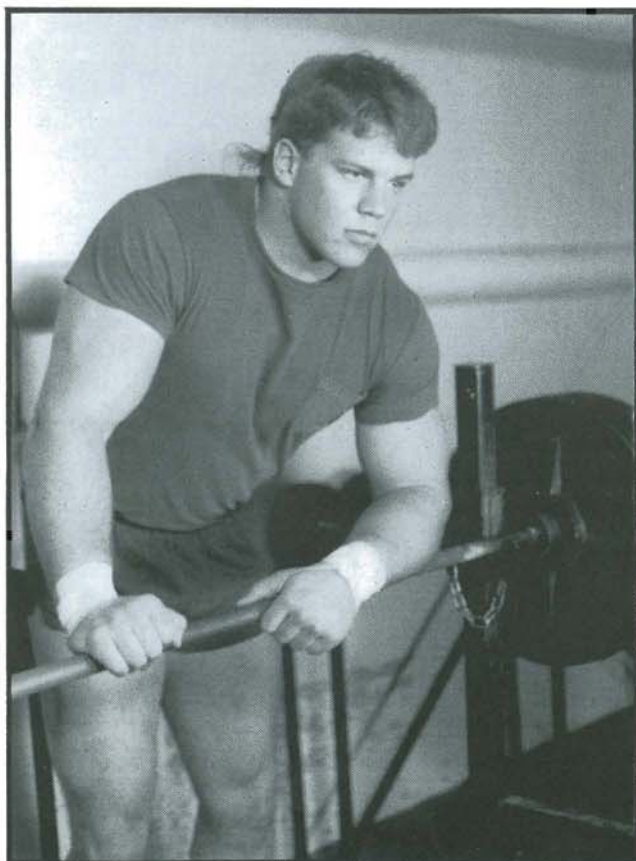
That perseverance paid dividends over the '85 campaign as the Bulldog frontline leader — now at an Atlas-like 255 — earned All-Frontier second team laurels.

His performance last fall, from a dominant 270-pound frame, won plaudits from opposing players and coaches, capped by an All-Frontier first team berth.

"I don't think there's any question but what John is the strongest offensive tackle ever fielded by Western," Christensen declares.



John's determination has propelled him from walk-on to Pro Prospect.



John Sain's bench of 480 pounds ranks him with the nation's strongest linemen.

JOHN SAIN

"And, he has amazing agility and quickness for a big man; you'll seldom see him beaten," the Western grid pilot adds. "John grades out near perfect in his position and he is Western's nominee for All-NAIA District 12 balloting."

With another season of eligibility, the Darby giant and Bulldog co-captain is now setting sights on the pros.

A daily visitor to the weight room, Sain is currently bench pressing 480 pounds and lifting 650 in the squats — figures which Christensen says "... compare with some of the best in the NAIA (National Association of Intercollegiate Athletics)."

With a major in Industrial Arts and minor in Business at the Dillon college, he will also be prepared for a teaching/coaching career at the secondary level.

The WMC standout is the son of John Sain, Sr., Hart Bench Road, Darby.

JOHN SAIN'S PROGRESS CHART

	12th	Red Shirt	FR	Soph.	Jr.
HT.	6'1½"	6'2"	6'2"	6'3"	6'4"
WT.	160	190	220	255	270
40	*	*	*	*	*5.1
Bench	200	235	285	400	480
Squat	275	330	385	525	650
Clean	*	*	185	250	345
D.Lift	*	*	*	500	650

* Timed in the cold

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