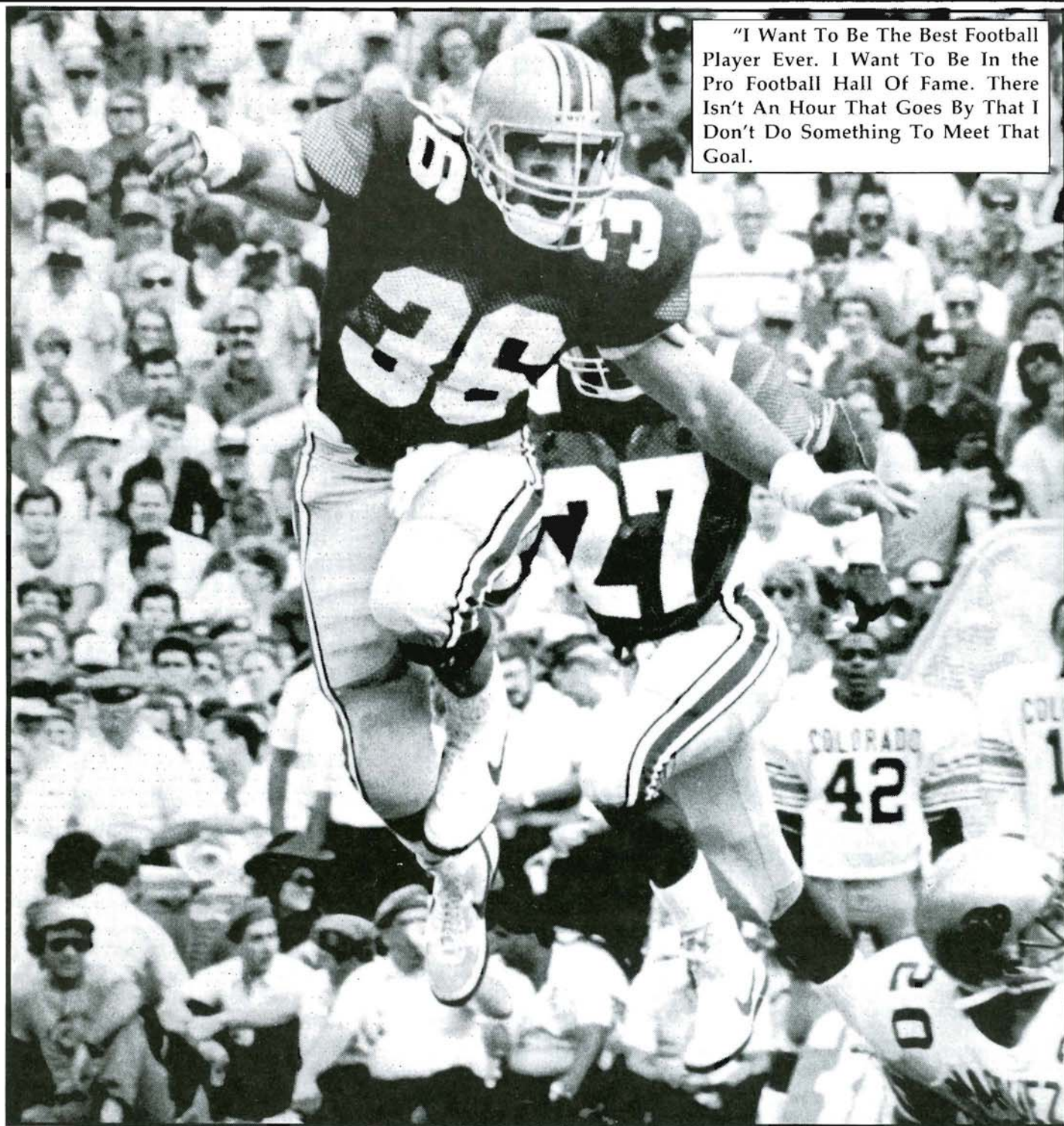


CHRIS SPIELMAN



"I Want To Be The Best Football Player Ever. I Want To Be In the Pro Football Hall Of Fame. There Isn't An Hour That Goes By That I Don't Do Something To Meet That Goal."

HEISMAN-LOMBARDI CANDIDATE

ALL-AMERICAN

OHIO STATE LINEBACKER

When Chris Spielman was in the 8th grade at Massillon, Ohio, he began weight training with Nautilus equipment. He did the same as a 9th grader. Then, one day as a 10th grader he went to Steve's garage, now known as the "Torture Chamber." It's an "Eye of the Tiger" sort of place. It's Steve Studer's garage. Coach Studer worked for a number of years with the Massillon Tiger Football team. He trained the Tigers in their beautiful 4,800 square foot weight room. However, the Torture Chamber is reserved for special guys. Chris has been one of those special guys now for seven years.

Steve remembers, "Chris was very mature for a 10th grader. We had five guys in their 20's and here was Chris at fifteen. He attacked everything just like we did. He's a workaholic. I've had to slow him down. Chris is always doing more than scheduled. He'd lift, run sprints, come back and lift. Then he'd go home and eat and go run 5 miles on his own."

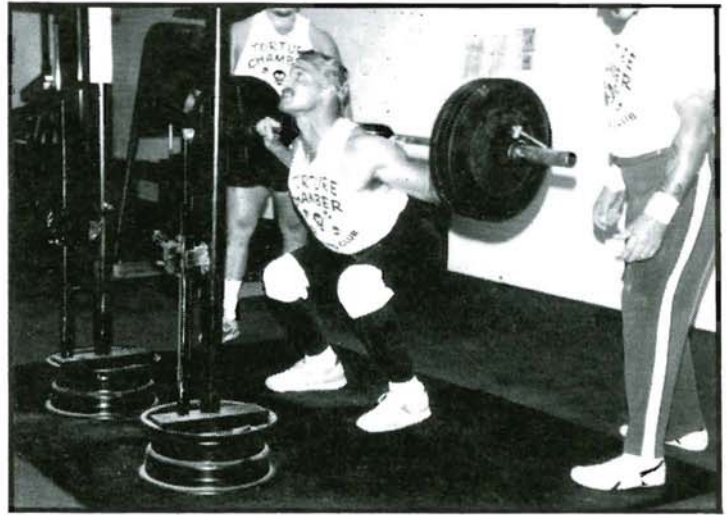
"Chris' goal to be the best is always there. His dad, Sonny Spielman, was a football coach. Chris has always been around it. He won the Wheaties 'Search for Champions.' Everybody from Massillon sent in Wheaties Box Tops. The 5,000 member Massillon Booster Club went crazy getting Wheaties. Chris won by thousands of ballots and consequently had his picture on the Wheaties Package.

Rick, who is Chris' older brother, played linebacker at Southern Illinois at 230 pounds. They'd come over and train together. They were real competitive with each other. Chris and Rick were always very serious. They never had any fights. They're real close. Chris has come home every summer to train. I'd like to say Chris is the hardest worker that I have ever met," concluded Coach Studer.

Ohio State's Strength Coach, Steve Bliss, agrees, "Chris Spielman is a hard worker and very dedicated. He's extremely intense and really into total conditioning. Chris just loves to work out. He loves to prepare to win. Chris is a real example of that."

"Chris Spielman is the most intense player I have ever seen," says Earle Bruce, Ohio State football coach. "He has the rare quality of being able to make a great play in a critical situation." John Madden once said, "Great players make great plays in great games." That's when Chris is at his best. Last year he was the Top Defensive Player in the Cotton Bowl against Texas A & M. He made 11 tackles and intercepted two passes, one of which was run back 24 yards for a touchdown. In the 1986 Michigan game, Chris tied Tom Cousineau's school record with an incredible 29 tackles.

Chris Spielman was a consensus first team All-Amer-
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Chris at the Torture Chamber. He's squatted 600 pounds.



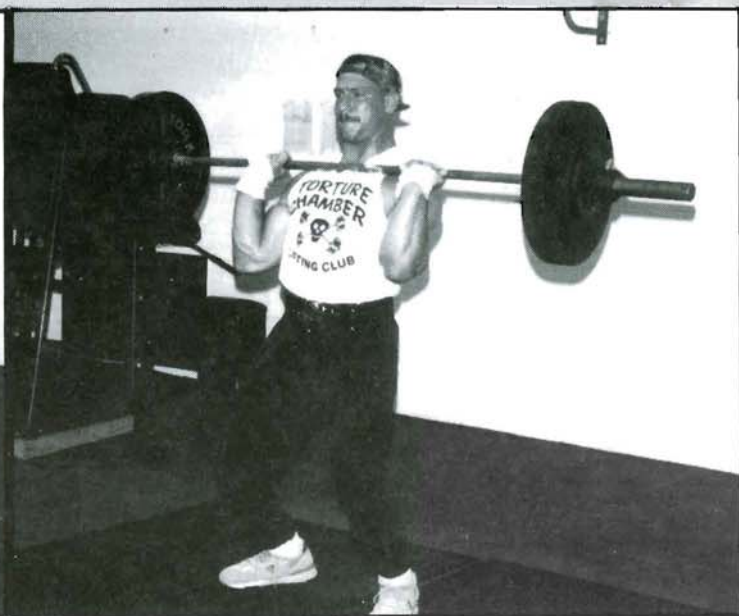
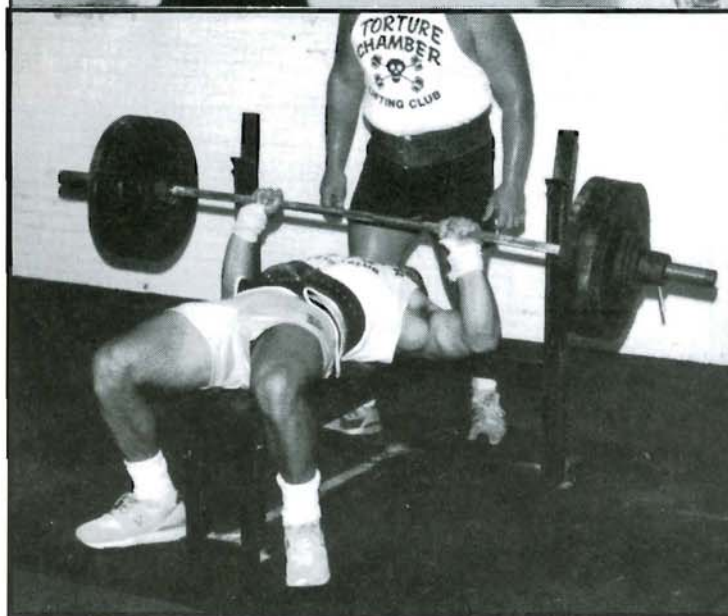
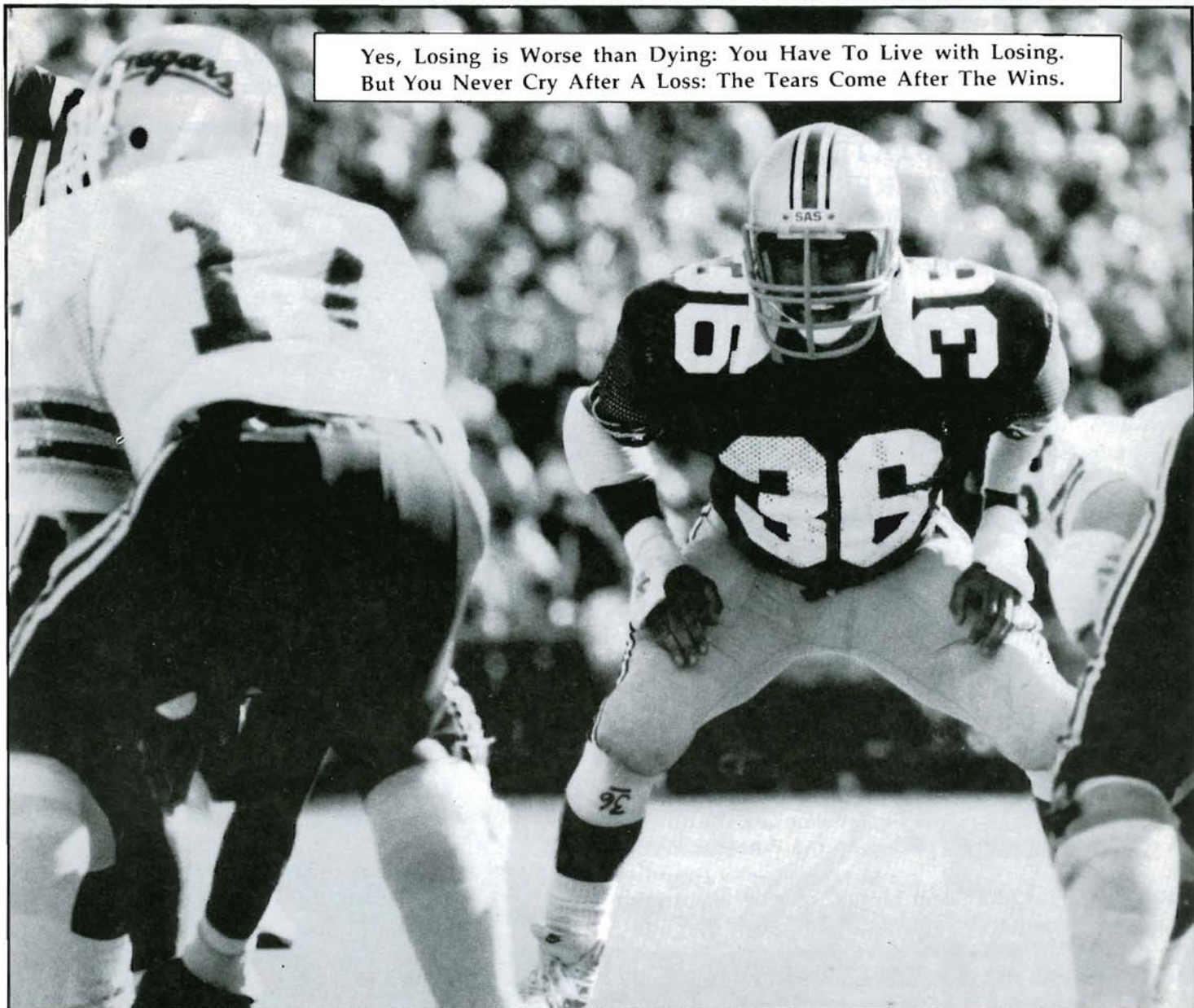
The Neck Harness is the most important Auxiliary for Chris.



Chris Gets Intense for Everything!

CHRIS SPIELMAN: ALL-AMERICAN: HEISMAN-LOMBARDI CANDIDATE

Yes, Losing is Worse than Dying: You Have To Live with Losing.
But You Never Cry After A Loss: The Tears Come After The Wins.



ican last year. He was a finalist for the 1986 Lombardi Trophy and finished 10th in the 1986 Heisman Trophy voting. Gordon Lockbaum was the only underclassman to finish ahead of Chris for the Heisman and this was before his great Cotton Bowl game which gave Earle Bruce his first 10 game win season.

Chris led the team with 204 tackles last season, which was more than twice that of any teammate. He intercepted 6 passes in 1986 and one of those Chris ran back for a 56 yard touchdown. Ohio State has had an amazing array of All-American linebackers beginning with players like Randy Gradishar to players like Marcus Marek and Tom Cousineau. After the dust has settled for the 1987 season, Chris Spielman may stand at the top in each tackling category in Ohio State history. He already ranks 3rd in career total tackles. Chris is currently ranked first in most solo tackles for a season, second in most assists for a season and second for most total tackles for a season.

In 1986, Chris led the Big 10 in tackles. I know a senior year should bring even more intensity to Chris plus the fact that he's been elected one of the Buckeye team captains. As far as the Lombardi and Hesiman Trophy, Chris is just concentrating on helping his team to a Big Ten Championship, a Rose Bowl victory and a National Championship.

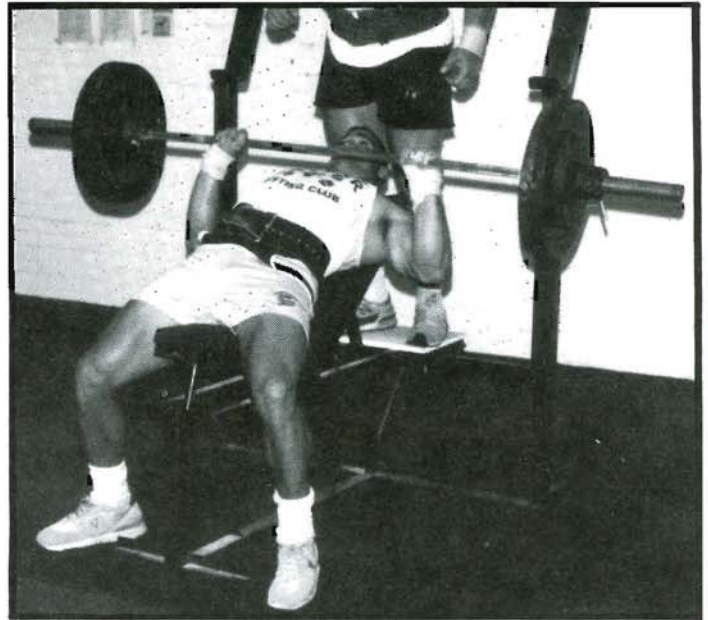
Chris feels that playing at an extraordinary high school helped him prepare by playing the best competition in the country. "I feel fortunate," said Chris. "At Massillon we played in front of 20,000 people. This exposure helped prepare me for a big time program at Ohio State. Also, having a man like Steve Studer to train me was a great bonus."

Massillon High School (sometimes called Washington High of Massillon) was where Chris received his beginning national accolades. Parade magazine called him "The Top High School Linebacker In the Nation" and Armour-Dial named Chris "Male High School Athlete of the Year." Street and Smith picked Chris as one of the "Top 15 High School Players in the Nation."

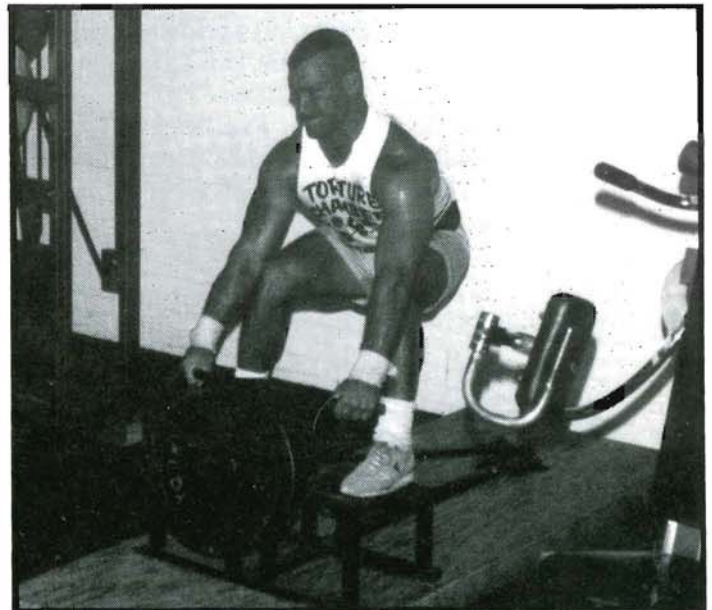
Chris has always had a strong loving family. "Rick, my brother, and I compete against each other real well," relates Chris. "It's a good type of competition. We push each other to do more. He might give me a head butt. It's a great feeling to have your brother with you." Sonny Spielman, Chris' dad and now athletic director at Massillon, even lifts. "He's got a 270 bench," stated Chris proudly, "Now that's not bad for a fifty year old. My family is all important. They tell me and encourage me to work out. My mom even lifts. She goes to the high school to lift. Heck, she benches 95 pounds!"

Chris was an excellent student while in high school. He maintained a 3.8 GPA while at Massillon. At Ohio State, Chris' major is exercise physiology and has a 2.8 GPA. "It's important to make all your classes," Chris emphasized. "I never skip classes. I'd feel guilty if I did. I want to make the most of my education. I owe everything to Ohio State. I feel it's a privilege to be a student and privilege to be a football player here at Ohio State. My strength coach, Steve Bliss, is a great person and is truly dedicated to Ohio State football."

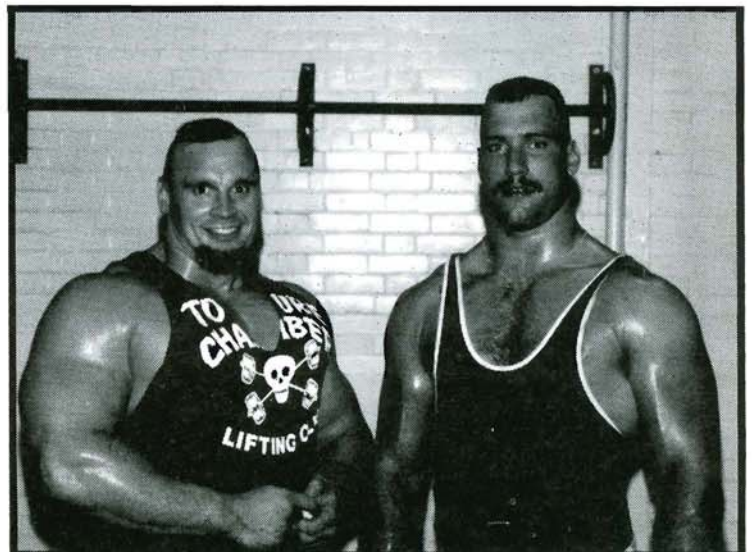
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Chris Inclines 380 Pounds!



T-Bar Rows are Done Twice a Week



Steve Studer and Chris between sets at the Torture Chamber.

After Ohio State, Chris naturally wants to play pro football and he should be a number one draft pick. "I'd like to make some money from pro football and open up a few gyms, said Chris of his future. "Then I want to coach and be the best at that profession. Come fall, I gotta be with football."

Chris philosophied about life and football. "Always reach for the next level. When you accomplish one goal; go for the next one. Never be satisfied or content. Always want more and you always compete."

Chris takes a strong leadership position on drugs and alcohol. "Stay away from it," urges Chris. "I preach to everyone on the team to be totally committed and to stay away from drugs and alcohol. I can't tolerate someone drinking heavy and puking." Last year, after several great athletes died from cocaine and a lot of publicity was given to athletes on drugs, Chris spoke up at a team meeting. "I will personally take care of anyone on drugs. I refuse to play next to someone who gets high."

Chris also has some thoughts on steroids. "I think they're wrong. I know a lot of young kids take them. A lot of them think that now I don't have to work hard because the drug will do it for me. I've been interested in researching and reading about steroids. Coach Johnny Parker of the New York Giants may be right when he says steroids will weaken your joints."

I asked Chris if there was anything that made him mad. "LOSING"! he responded immediately. "Losing is worse than dying because you gotta live with losing."

Anything I do is geared to winning. If I were fooling around, wrestling with my friends, I gotta do everything to put 'em on their back. I gotta be able to look in the mirror and say You Did It."

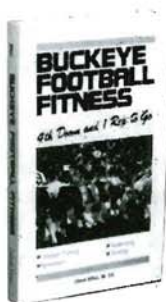
Knowing that some people might find this position extreme and twist it out of context, I ask Chris to elucidate on how a person should react if they do lose. He correctly and sagely commented, "Blaming someone else is self defeating. You look inward and analyze what you might have done differently. You check on how your attitudes towards others may have been different. You formulate a plan and create new goals with a new determination. You resolve to reach higher and lengthen your stride to reach new levels."

Comments like these make Chris special. Steve Studer couldn't agree more. "I've grown very close to Chris the last seven years and look upon him as though he were a younger brother. He sets his goals and goes after them with unbelievable intensity. Chris has been a great inspiration to the kids here at Massillon."

As I finished my interview with Chris, I somewhat boldly stated, "You and your teammates better buckle your chinstraps when you play your season opener against West Virginia. I know their offensive linemen have got your name in their locker AND Ohio State has had a recent bad habit of lacking intensity in the early season."

Chris simply said, "I appreciate you saying that. I got goose bumps right now. I'll be ready. I'm going out and run 2 miles." Steve Studer called me two days later and asked, "Coach Shepard, what did you tell Chris anyway? He's working out like a man possessed. All he'd say was something about West Virginia's lockers."

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