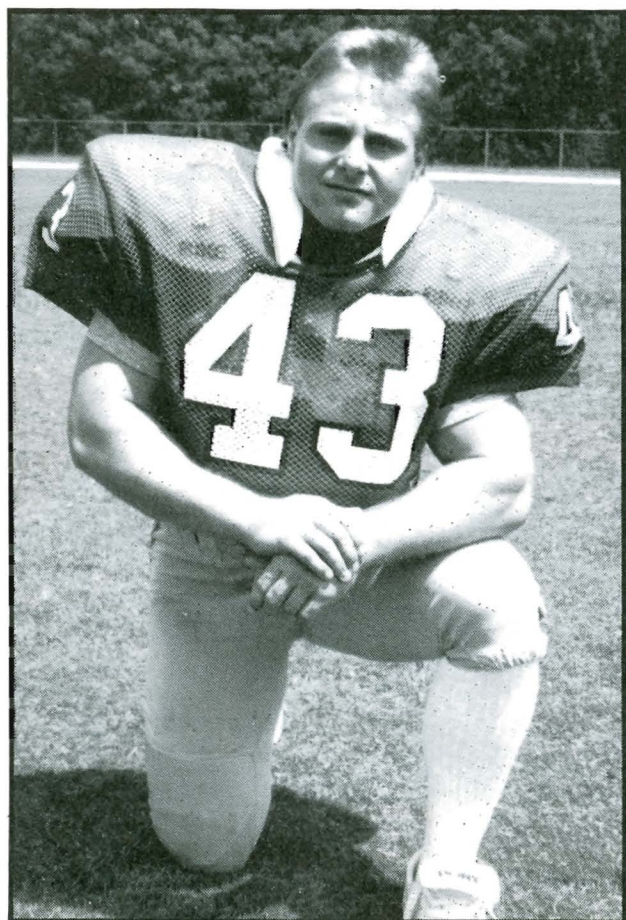


DANIEL COLE: COLLEGE'S



Daniel's Great Strength IS meet verified!



Daniel Cole 5-9 230
Guilford College Linebacker

The title "College's Strongest Football Player" is awarded by *Bigger Faster Stronger* to Daniel Cole of Guilford College. I think Daniel is most deserving of this selection. There may be some who dispute our selection. However, before you do, take a close look at Daniel's accomplishments.

First of all, Daniel's Squat, Bench and Dead Lift marks have been verified in a powerlifting meet. This means his squat was not six inches high but slightly below parallel. It means there was no arching with the hips off the bench when benching. It means the bar actually stopped on Daniel's chest before the upward thrust. No touch and go! It means the dead lift was performed with no hitching. Finally, it means all three lifts were done on the same day.

Daniel accomplished these fantastic lifts at the North Carolina State Powerlifting Championships. His powerful thighs surged up with an awesome 875 pound squat. That lift alone may be tops for a college football player in the squat department. On the bench press, Daniel blasted home with a powerful 535 pound effort. This effort, benching with a pause, probably puts him in the top 10 among all college football players. As for the dead lift, most college football players don't max out on this lift. However, Daniel's 690 pound dead lift in strict style would be tough to beat. Another important factor to consider is Daniel's body weight. He weighs only 230 pounds.

In November's 1983 BFS Journal, we featured Terry Long, History's Strongest Football Player from East Carolina University. Terry is now the only lineman in the NFL who is under six feet tall. He plays for the Pittsburgh Steelers. In college, Terry had a competition squat of 837, a bench of 501 and a dead lift of 865 pounds. Daniel beat Terry in two of the three lifts but because of Terry's near world record in the dead lift, Terry's total was greater than Daniel's total. However, look at the difference in bodyweight. Terry weighed in at 300 pounds compared to Daniel's 230 pounds.

Let's look at Daniel Cole's other accomplishments. First, he has an amazing hang clean. It's 425 pounds! Again, that has to put Daniel in perhaps the top five in college football today; perhaps even the best! At 5-9, Daniel can dunk a basketball. He has a 36 inch vertical jump! Daniel can also run a 4.8 forty yard dash. Combine all these magnificent marks and you have, in my opinion, college's strongest football player.

The next question is one of football ability. Can Daniel Cole play football? And, secondly, where and what is Guilford College? Any coach or reader who has followed our BFS stories over the years knows that we do not feature lifters. We feature athletes who lift. I talked to Hugh Gordon, who coaches the linebackers at Guilford

STRONGEST FB PLAYER



Daniel Cole has a 535 Competition Bench!

College. Coach Gordon has been in the game a long time. In fact, he played college ball at Guilford back in the 1940's with my college Coach, Bill Grice. Anyway, here's what Coach Gordon says about Daniel Cole's playing ability:

"Daniel is extremely intense on the field. He's also highly intelligent. Our linebackers have to read complex patterns and Daniel's the best I've ever had. Daniel has great speed and with that speed he can get to the point. When he gets to the point, he has the strength to take care of business. On top of that, Daniel Cole is a great leader on the field!"

Guilford College is an NAIA Division I institution playing a tough independent schedule. Last year Guilford's football team finished 23rd nationally in their division. Guilford has an enrollment of 1,300 students and is noted for its high academic standards. Located in beautiful Greensboro, North Carolina, Guilford College is only two hours away from spectacular scenery in the Appalachian Mountains and about 200 miles from the Atlantic Ocean. Known as the Quakers, Guilford plays football at Armfield Stadium which has a capacity of 6,000 people.

Now, let's talk about Daniel the person. Daniel attended Whiteville High School in North Carolina which has an enrollment of about 900 students. He made All-

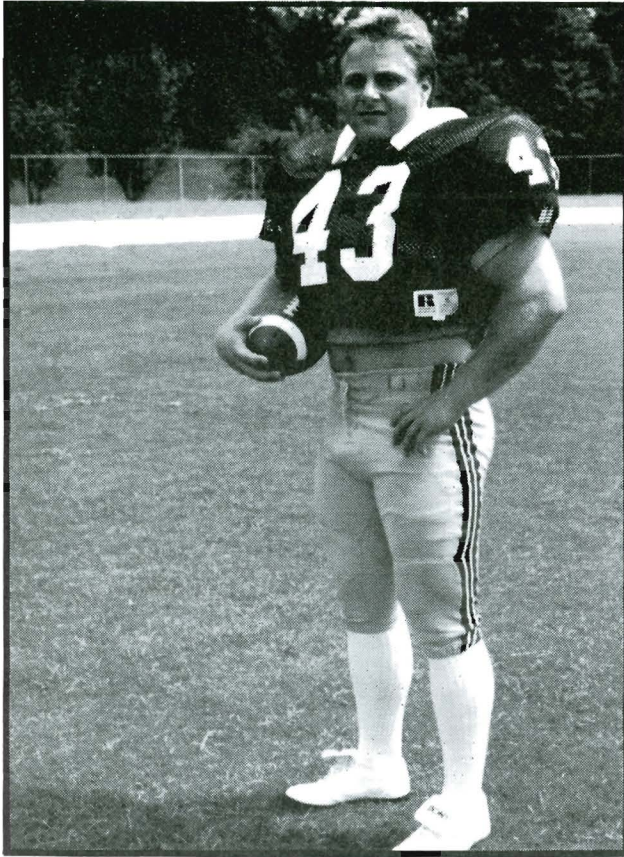
Conference and led the conference in interceptions and the team in tackles. Daniel made All-East his senior year. During his three year varsity career, the Whiteville High team went 26 wins while enduring only two losses under head Coach Frank Cianrillo.

"Coach Cianrillo inspired me," reflected Daniel thoughtfully, "he taught me to picture every play and assignment before the game. I try to stay calm and poised but I sure do love the adrenalin and excitement of the game. I also began the Bigger Faster Stronger program my junior year at Whiteville."

"When I was younger, I would work each body part 3x per week. I could handle it, but when I began lifting heavy it was a different story. I just couldn't do it like before. I was just over-training. The BFS system helped me from over-training in high school," Daniel concluded.

After high school graduation, Daniel turned down an appointment to West Point and decided to walk on at East Carolina University. "I thought I could do it," said Daniel. "I knew a lot of people there and I was really impressed with Terry Long." Daniel red shirted his freshman year and East Carolina achieved a ranking of 17th in the nation. Daniel tried different positions such as defensive back and fullback. He learned a lot of weight training principles under ECU strength Coach Mike Gentry.

Continued on Next Page



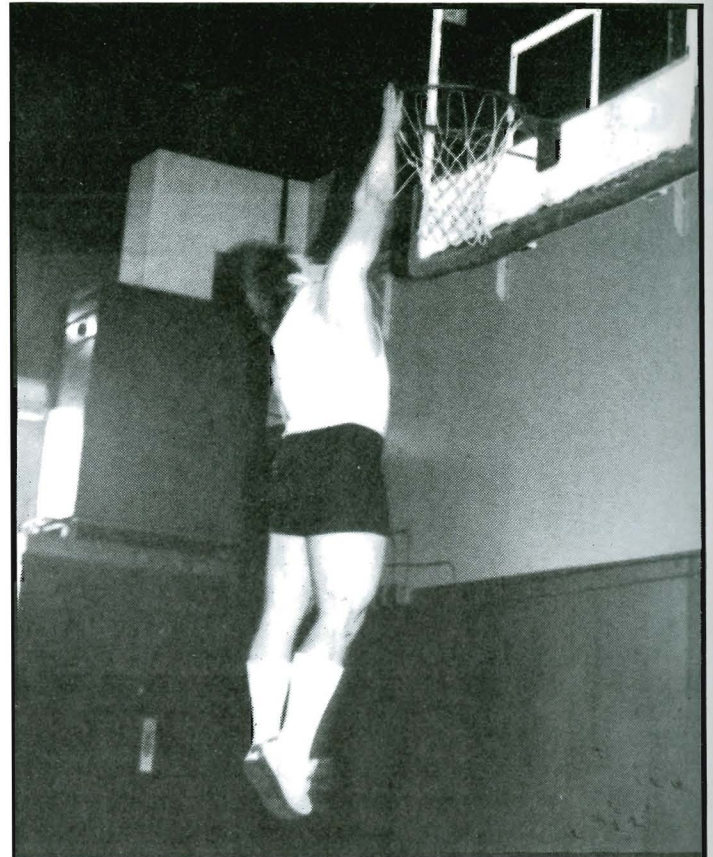
Daniel Cole is a Great Leader on the Field.

After several years, Daniel made the decision to transfer to Guilford. Daniel stated his reasons for the switch. "I was playing fullback and wanted very much to be a major contributor to a football team. I also liked the tougher academic challenge and situation at Guilford."

Daniel carries a 3.1 grade point average and is a physical education major with an emphasis in exercise physiology. Daniel also plans on going right on to graduate school after graduation next spring. He responded about future goals by saying, "I want to be a strength coach. I love exercise physiology and I'd like to go to a big school. Therefore, I'd get a Masters and a Doctorate. Naturally, I'll also get my strength and conditioning certification from the N.S.C.A."

Daniel was then asked about his philosophy of life, lifting and football. He pondered and paused for a moment as he said, "Well, Coach Shepard, first of all you have to believe in yourself and have faith in the Lord. You must also find help from people who know what they're doing. As far as lifting, I always have goals for each workout. I think about form. I try to concentrate on technique and make it perfect. I try to have a super diet before I get involved in my lifting business. I record all my workouts. To me, it's very important to keep an accurate record."

Daniel further philosophied "There is no place in athletics or life for drugs and alcohol. I just can't understand it. If you are truly serious about being your best, you can't get mixed up in such negatives. To be an athlete is an all-the-time thing. Sure I go to parties. You don't have to do drugs to have fun. I just tell people, 'no



Daniel Demonstrates his 36-inch Vertical Jump!

thanks.' To me, it's more important to be the best I can be. What it boils down to is priorities. To me, it's fun to come around the corner and smack someone."

Daniel concluded by stating, "The spiritual side of life is important to be a whole person. You need to be at peace with yourself. Spiritual well-being is a source of inner strength. My parents have always supported me. My mother has always worried about my heavy lifting but now she trusts me. I love my parents. They've always stood by me."

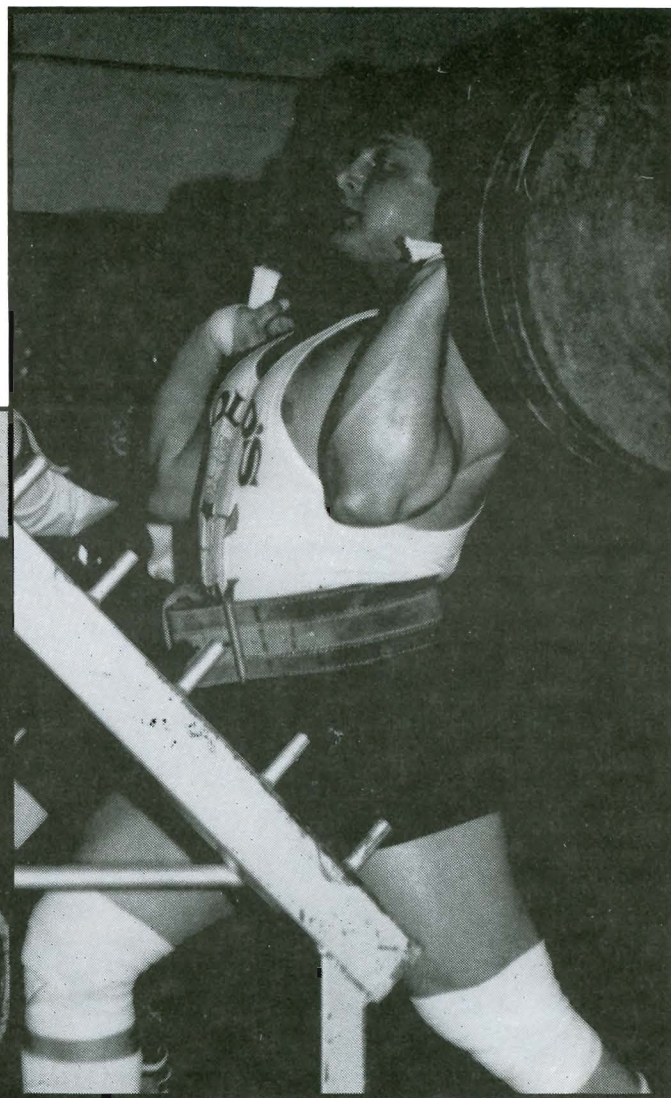
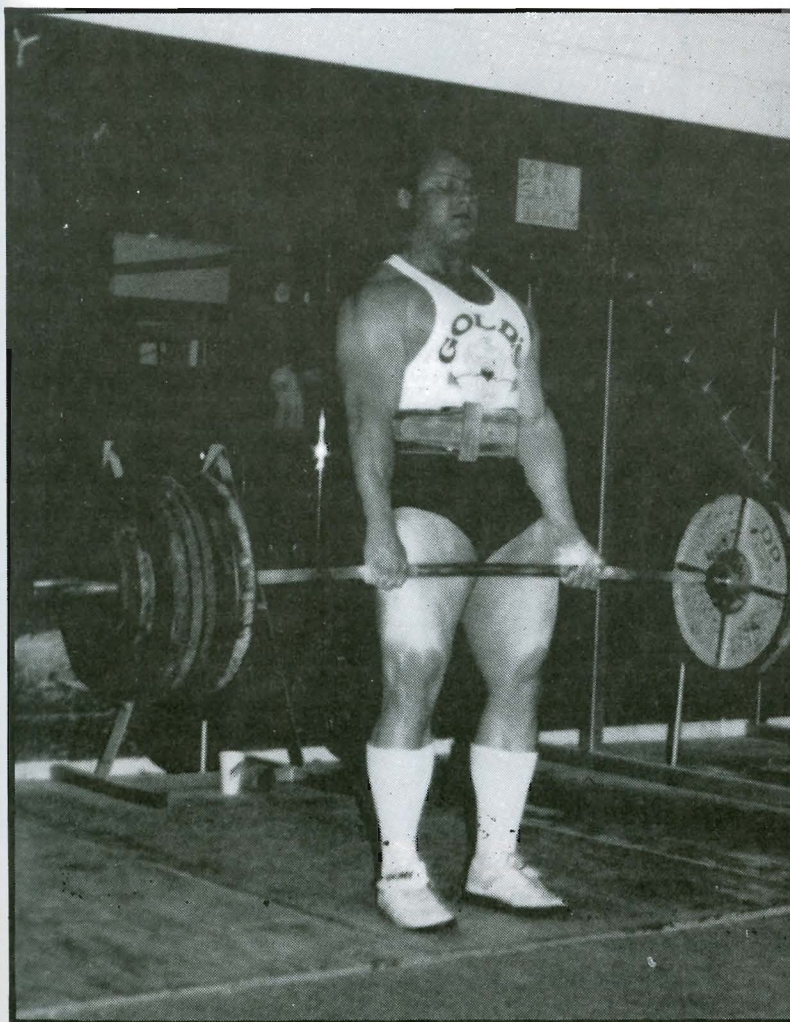
Finally, I asked Daniel two final questions. The first was about steroids. Daniel stated, "Steroids are really overrated. Nothing takes the place of hard work and intensity." The second question was about **THE VISION**. "Absolutely," he responded enthusiastically. "Stretch, jump, run and lift light weights with correct technique at junior high ages or even earlier. The problem is that a lot of people want to do it, but a lot just don't have the knowledge."

I'd like to thank Coach John Patterson who doubles as assistant football coach and strength coach at Guilford for his invaluable assistance on this article. Coach Patterson wrote, "Daniel is a remarkable young man. He's a potential Academic All-American football player. He's the strongest player I've ever coached. Mike Gentry should receive the credit for laying the foundation for Daniel's strength feats. Mike was with Daniel at East Carolina, but is now at Virginia Tech. I'd like to credit John Patterson for also being an Upper Limit Coach. Most of all, I'd like to express our thanks at BFS to Daniel Cole for being such a great inspiration."

• "Daniel is the strongest athlete I've ever seen. He is a real student of physical conditioning and he's constantly striving to improve in all areas: Strength, flexibility, VJ, % Body fat, etc.

Daniel's a good student and does a super job on and off the field. It should be noted that Daniel was awarded the "Best Lifter Trophy" at the North Carolina State Championship!"

John Patterson; Strength and
Conditioning Coach
Guilford College



You Must Believe In
Yourself. Have Faith In
the Lord and Seek Help
From People Who Know.
Daniel Cole

DANIEL COLE PROGRESS CHART

	9th	10th	11th	12th	Red Shirt	FR.	SOPH.	JR.	SR.
HT	5-7	5-8	5-9	5-9	5-9	5-9	5-9	5-9	5-9
WT	145	165	175	185	195	200	208	220	230
BENCH	165	250	325	345	365	390	430	501	535
SQUAT	275	385	500	550	615	750	840	840	875
D. LIFT	350	450	550	550	X	X	X	650	690
CLEAN	135	185	250	285	301	330	351	425	X
40	5.3	5.1	5.0	4.9	4.9	4.85	4.8	4.87	4.8
VJ	✓	X	X	X	24	27	30	34	36