



LSU'S ERIC ANDOLSEK

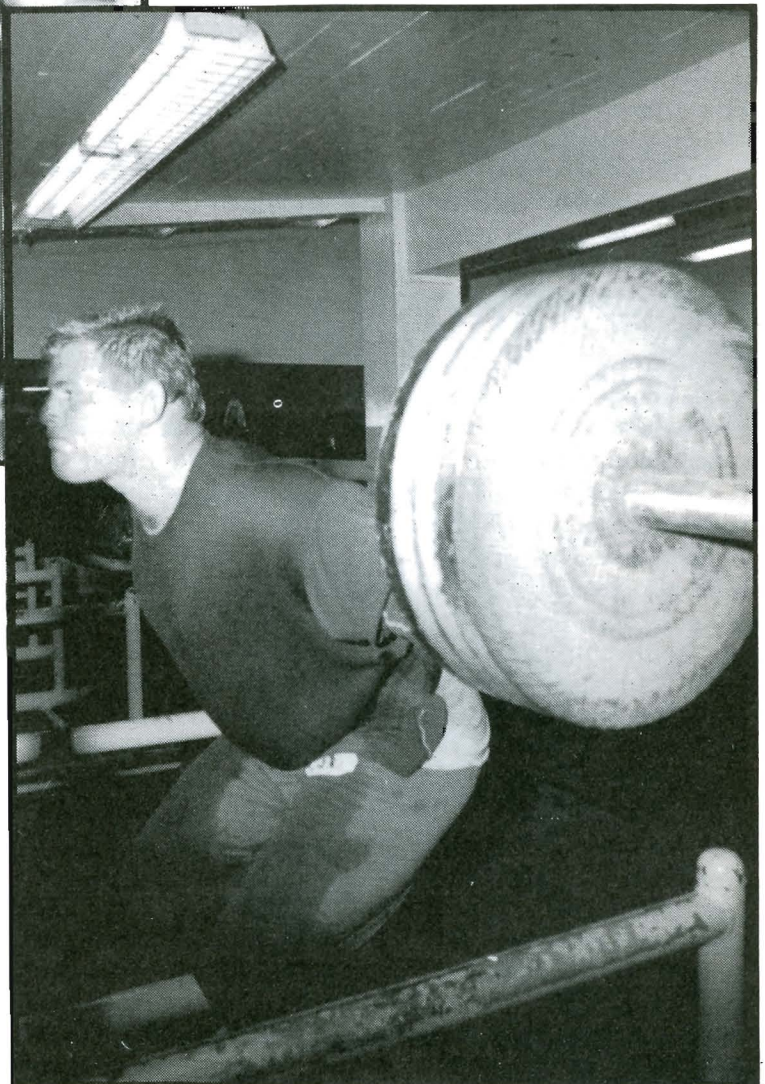
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ALL AMERICAN

**"If I Could, I'd Train
Everyday! I Enjoy It!!"**

LSU played a prominent role in the history of strength training. Alvin Roy instituted the first recognized program for athletes in the 1950's and the results proved to be dramatic. LSU became national champs in football. Alvin Roy then went to the San Diego Chargers in the old AFL and the Chargers dominated. However, in that period of history, if a man left like Alvin Roy did, there was no budget for and only limited interest in continuing a weight program. I know. It happened to me at three different universities and four high schools. LSU has dreamed of regaining the prestige of being a true national dominating force. Mike Archer was named as LSU's new football coach this year making him the youngest head coach among Division I schools. Coach Archer's youth may signal a new trend in football strength training. There are two reasons why I feel this way. First, Coach Archer wants to play a physical brand of football and wants his players stronger. "They aren't strong enough." He also takes an active interest in Strength Coach Milton Williams'



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Eric squatted 700 pounds to prepare for his senior year at LSU.

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"Eric's the best I've seen. I mean this guy is driven! When he goes onto the field, he's only got one speed: ALL OUT! I mean even on the practice field. On Saturday, Eric plays at a frenzied full-tilt, all-out pace EVERY play!!"

Pete Mangurian
LSU Line Coach

"Without our Total Conditioning Program at LSU, we wouldn't be where we are today!"

Eric Andolsek

"What an Athlete does during the summer often determines the outcome of pivotal games in November."

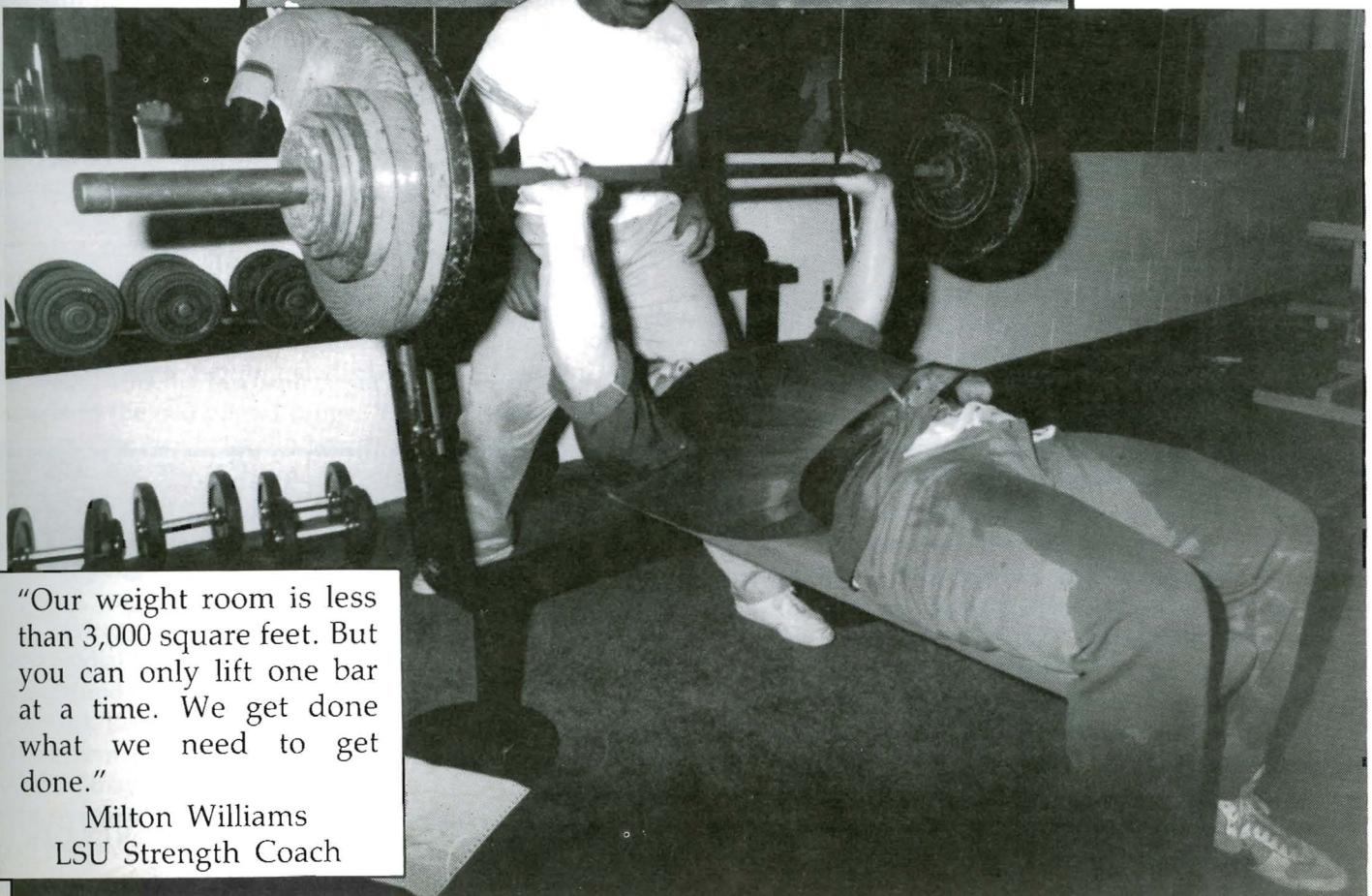
Eric Andolsek

"We play a physical brand of football. We are getting stronger but we are not as strong as we'd like."

New LSU Head
Coach Mike Archer
July 28, 1987

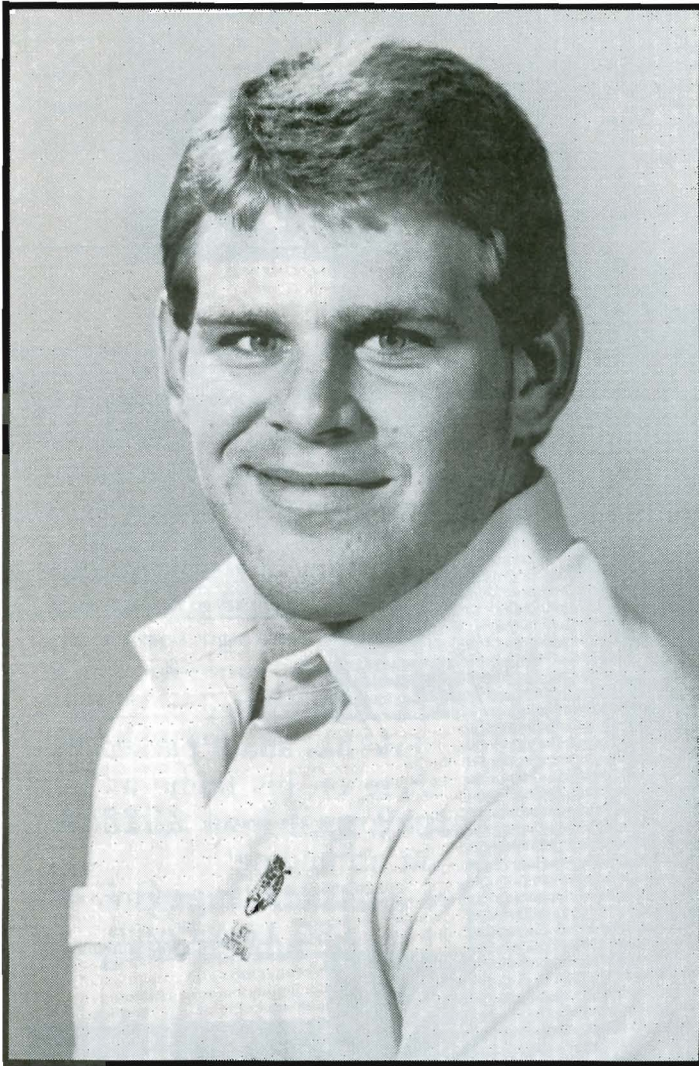
"Eric has about packed it in there on his frame as hard as you can pack it. Eric can lift a building!"

Pete Mangurian
LSU Line Coach



"Our weight room is less than 3,000 square feet. But you can only lift one bar at a time. We get done what we need to get done."

Milton Williams
LSU Strength Coach



Eric was all smiles after LSU's opening victory against nationally ranked Texas A and M.

program. Strangely, most Division I football coaches don't follow this position. Second, Coach Archer expects people to be big and is not concerned about a big mans size hampering his speed. Many head coaches would be concerned about Eric Andolsek weighing 282 at a height of only 6-2½. Bodyweight is very unimportant. Percentage of body fat is what's important along with speed. If Eric weighs 282 with his body fat under 10% with his speed continuing to improve, it would be devastating to tell Eric to lose 30 pounds. However, most head coaches do not think this way. Let's face it. LSU showed the world what could be done in the 1950's but it took over 20 years for the major schools just to hire a strength coach. Perhaps, LSU will again forge new ground and physically kick people's fannies while emerging once again as a dominant national power.

Eric Andolsek is a dominating football player and can be the catalyst in pushing LSU to new heights. Pete Mangurian, offensive line coach for the Tigers says, "Eric has added legitimacy to our program. It's helped the image of our team. Eric is just never satisfied. He was the strongest on the team as a sophomore. He could have been satisfied but he just kept on increasing." When

Coach Mangurian states that Eric Andolsek is the best he's seen, that's impressive. Pete's coached at Stanford and at SMU, so he's been around. Pete Mangurian further revealed, "Eric is a special kid and the pros have a great interest in him. I literally have had to hold Eric off. It's hard to keep him off the field. The night before his knee surgery, after spring ball of his freshman year, Eric said, 'I'll be ready.' The next fall he was holdin' the bag on the scout team. Eric was only 70% recovered. I yelled for him to get out of there. He just wants to be the best. I'll tell you another thing – Eric has not gone home for three summers. The first year it was tough to get the team to stay, but not now. They all want to stay. Eric has been a big part of that mental change."

Strength Coach Milton Williams states, "Eric is a tremendous person. He never misses a workout. Eric knows what it takes and then does it. He'll train drug free. Hey, he'll fight you, if you try to get him to take drugs. He's a super leader in the weight room and on the field. They just don't come around like him everyday. When he goes home, he'll lift in his barn."

Eric Andolsek caught the vision early. He began lifting in the 8th grade. Eric continued to lift in high school at Thibodaux, Louisiana. At Thibodaux, a Quad A school, Eric was an Adidas All-American and in his senior year went 9-2 under Coach Larry Dupont. Eric also threw the shot 55 feet and the discus 170 feet.

At LSU, Eric has received many awards. He was a third team All-American last year as a junior and on the 1987 All-America Strength Team (NSCA). Eric is majoring in physical education and will graduate next spring. In 1985, Eric received the Coaches Academic Improvement Award.

Eric seems to have put football and life into the proper perspective as he believes his family is very important. "We have a close family and my girlfriend is important. She really supported and helped me get through my knee injury my sophomore season. I also think the spiritual side of life is important in taking some time to talk to God."

We thank the coaches at LSU for helping make this article possible and very special thanks to Milton Williams who coordinated everything for this article. We wish Eric Andolsek and the Tigers of LSU our best on their Quest for Greatness. Eric is truly an upper limit athlete and person.

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