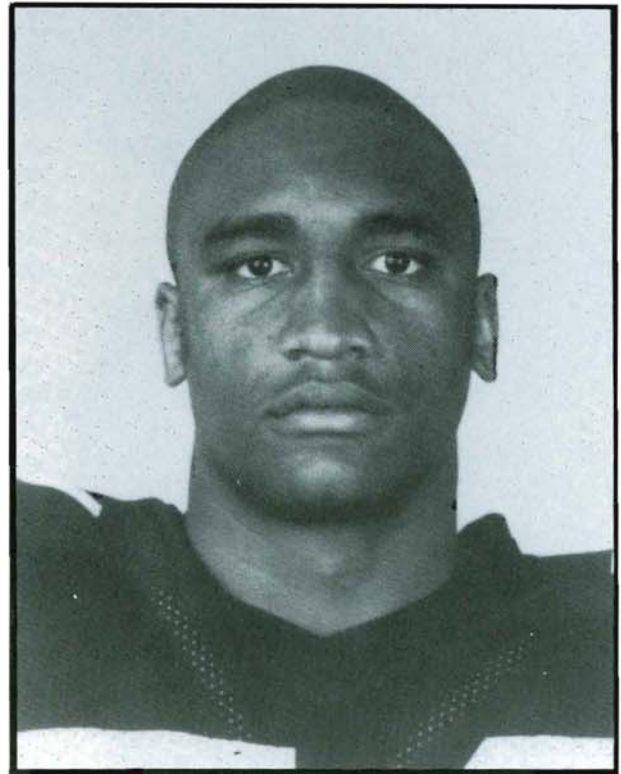


JAMES HARDMAN

Appalachian
State
University

"James is a physically dominating player due to his commitment in the weight room. All the Pro Scouts have noticed what a physical player James Hardman is AND they love it!"

*Art Wilkens:
Offensive Line Coach*



JAMES HARDMAN
6'3" 270 4.9 Forty

Appalachian State University is a Division I-AA college nestled in the mountains of Western North Carolina in the small town of Boone. The school offers a variety of majors and plays in one of the toughest I-AA conferences in the nation. Appalachian State's majestic beautiful setting is where James Hardman chose to develop his talents among the quiet serenity of the Blue Ridge Range.

James often ponders and reflects back to his family in Jefferson, Georgia. Strong family ties forged a mental outlook that would help him overcome future obstacles. Instilled with the philosophy that hard work and dedication are the most important ingredients for success. James Hardman states, "You must believe in yourself."

"One day I came home from school and they told me. It was my father. I never expected him to die. It was tough for me because we were very close. I was fourteen at the time. Part of me quit but then I figured my father would want me to get on with my life and work hard to be a success. I received a lot of inspiration from my coaches. My mom has held our family together. She works hard at work every day to support my five younger brothers and sisters."

James attended Jefferson High School. Besides football, he participated in wrestling, basketball and track. James set the class A Georgia State record in the shot with a 56-2 mark. His football coach was Tab Gable in his senior year. The team had a 7-2-1 record and James' 6-3 250 pound frame drew attention from a number of colleges.

James had a scholarship to Clemson but chose Appalachian State University because he had an opportunity to start as a freshman. Things went along fine as James did

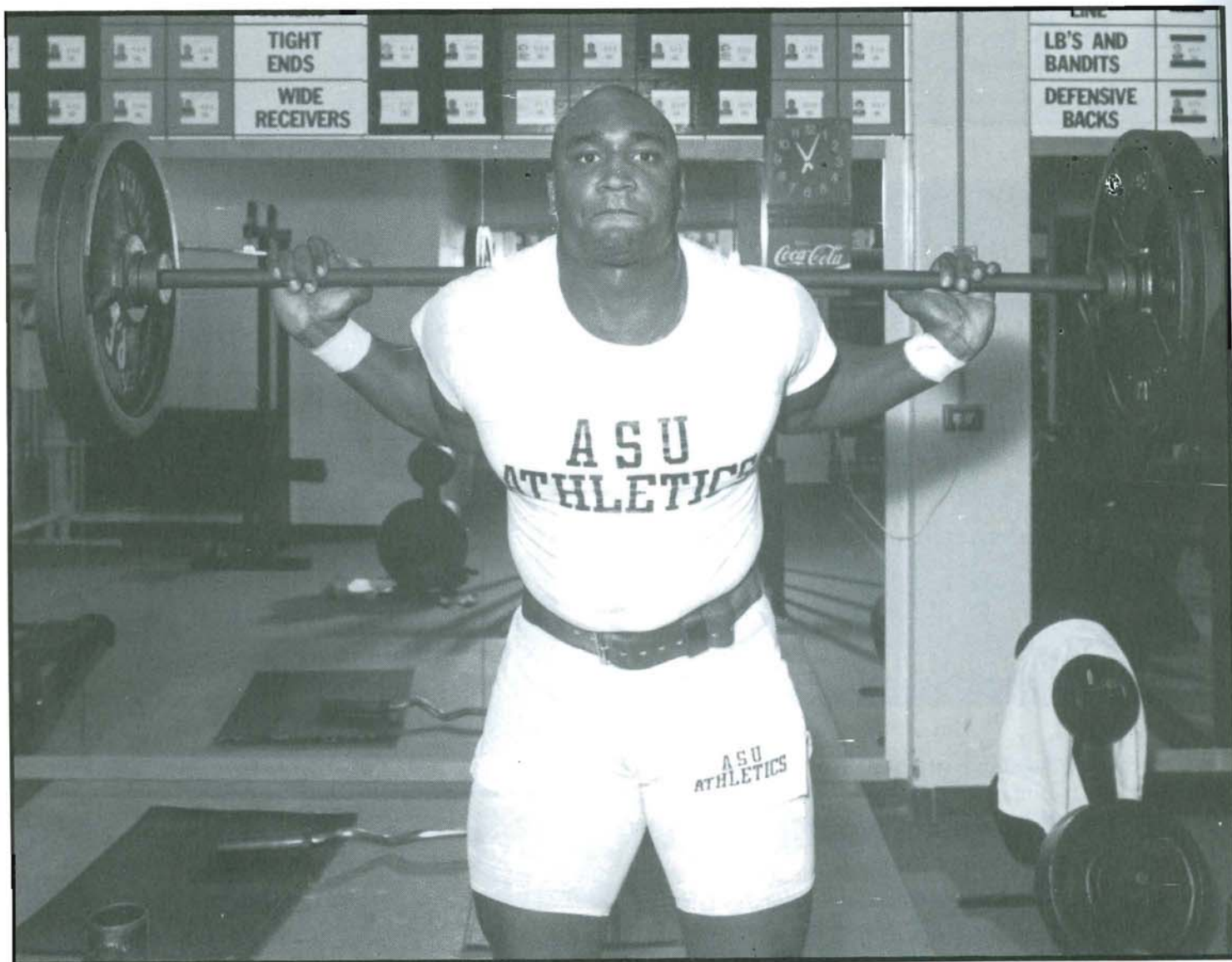
start in his first three years as an offensive tackle. However, a serious knee injury prevented his playing in his scheduled senior year. It was tough laying out as Appalachian State won the conference championship and Head Football Coach Sparky Woods was named "Conference Coach of the Year" for the second year in a row. The only thing left to do after surgery was knee rehabilitation and see if a football career was still possible.

Chip Sigmon, Appalachian State's first and current strength coach, has high praise for trainer Rod Walters as he explained, "I think a lot of James' comeback success is due to the rehabilitation program provided by Rod Walters."

James also had an intense commitment to make a comeback. "That commitment was key," Sigmon stated. "We really needed to work his hamstrings. James did leg curls, a lot of stretching, good mornings and straight leg dead lifts to build extra strength during his rehabilitation. It's what he really needed. This provided a solid base in order to get him back to his regular workouts."

Coach Sigmon was instrumental in providing the photos and information interviews for this article. He has always been impressed with James.

James Hardman is also doing well as a student. He maintains a 2.4 grade point average and is a public



JAMES HARDMAN SQUATTED 600 BEFORE AND AFTER INJURY!

relations major. Only 18 credit hours remain for his degree and James will graduate next May.

"As team captain, he provides great leadership in the weight room as well as on the field. He makes my job easy. James even gets mad when the team doesn't clean up properly. He's really a great person." Chip Sigmon

James was very happy about his rehabilitation progress. "I think squats are the most important lift for a football player. That's why it really felt good to get my 600 pound squat back after my injury."

I asked James if there was anything that really irritated him. He responded with a serious tone, "It's people who don't fulfill their potential and waste their ability. There are so many people who would love just to have a chance

to play college ball. If my teammates aren't ringing with sweat, they should be."

How about drugs and alcohol? "That's really a waste. They hurt you alot more than they ever help you."

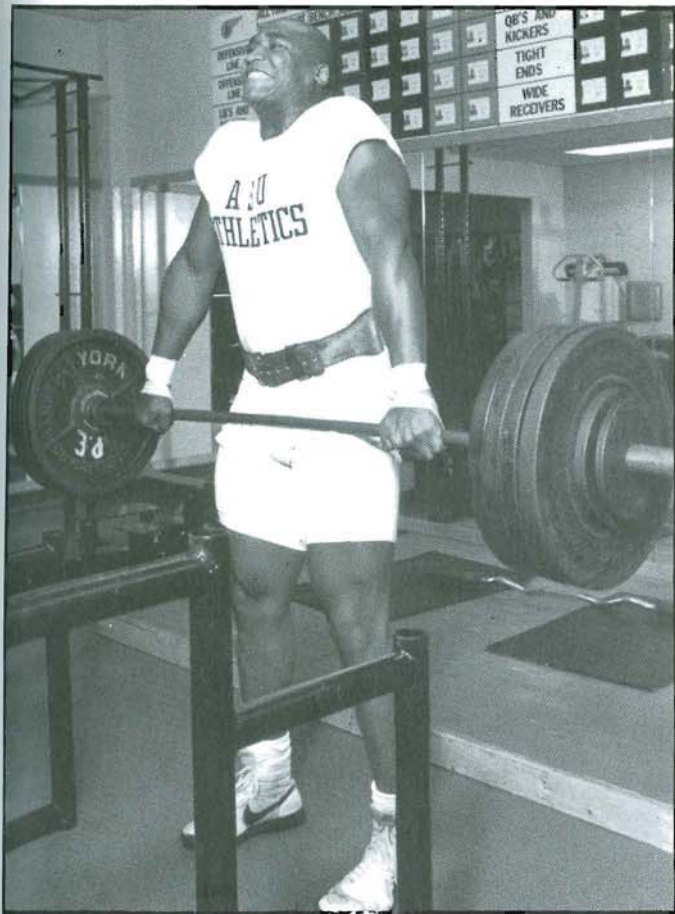
And steroids? "I have mixed feelings. I haven't considered taking them."

What's the most important thing in life? "Being happy is working hard, eating good, achieving goals and making your dreams happen. I want always to be able to say: I gave it my best shot."

Any feelings on religion? "I'm a Southern Baptist and when I go, I enjoy it. It's a very important part of my life. I grew up with it."

James, are you married? He chuckled, "No sir! I was close to getting married one time but I got away. I've got too many things going on. My education, my upcoming season and hopefully a shot at pro ball."

We'd like to thank Coach Chip Sigmon for his help on this article and give special thanks to James Hardman for being an Upper Limit person and great example for all.



Hardman Power Shrugging 435!

JAMES HARDMAN PROGRESS CHART

HIGH SCHOOL

	FR.	SO.	JR.	SR.
HT	5-11	6-1	6-2	6-3
WT	160	205	230	250
40	X	X	5.3	5.2
Bench	220	275	300	325

COLLEGE

	FR.	SO.	JR.	SR.
HT.	6-3	6-3	6-3	6-3
WT.	245	255	255	270
40	5.0	4.95	4.9	4.9
Bench	350	380	385	390
Squat	480	545	600	600
*Power	X	350	405	405
Shrug				
VJ	X	X	24	24

*Times 8 Reps!

Continued on Next Page

BFS HIGH SCHOOL ALL-AMERICANS

Continued from Page 15

is what he maxed without even practicing. Carey is being recruited by many colleges.

Larry Ware is 5'11" and weighs 180 lbs. We have had many backs to leave Lee and play major college football. Our school has won eight state championship games in the largest classification since the opening of the school in 1955. Larry is the best of the best. Here are some of his accomplishments.

1986 Bally's All-American

1986 Mr. Football in the state of Alabama-ASWP

1986 Top football player in Alabama-ASWP

1986 Althons Southeastern Football-Best back in Alabama and best in the south team

1986 Orlando's Dixie Dozen

1986 Montgomery Quarterback Club-Player of the Year

1986 6A Metro Player of the year

1986 All State Team-ASWP

1986 Two time All-City player-Montgomery, Alabama
Alabama High School Athletic Association State Touchdown record holder for a single season

Gained over 2,000 yards in a single season.

I've nominated Larry on his athletic accomplishments first and his physical attributes, second. 505 squat is not bad for a 180 lb. high school senior. He also has a 335 bench press and a 500 deadlift which he only did for this nomination.

Larry has been discovered by many colleges and universities for a football scholarship. Here are a few: Auburn, Florida, Georgia, Texas A & M, and Pittsburg.

I want to close by saying that I believe in your journal and what you're doing for high school athletics. My nominations are as sincere as I could possibly make them. Our school probably will never have two athletes like Larry and Carey again. Please give these two seniors consideration for your All-American Team.

Jim Perry

Assistant Football Coach

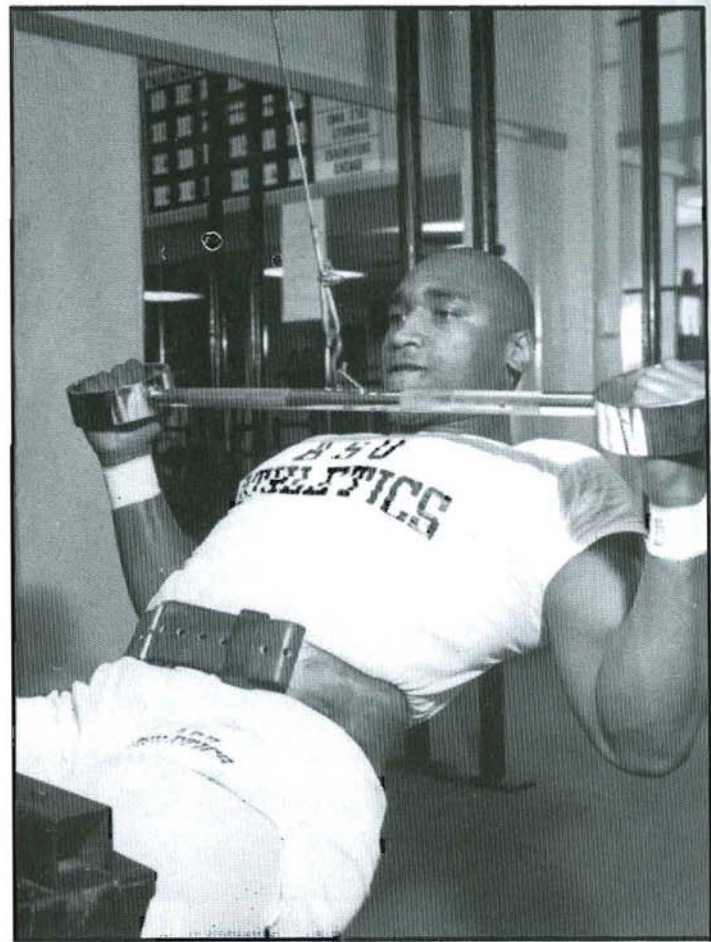
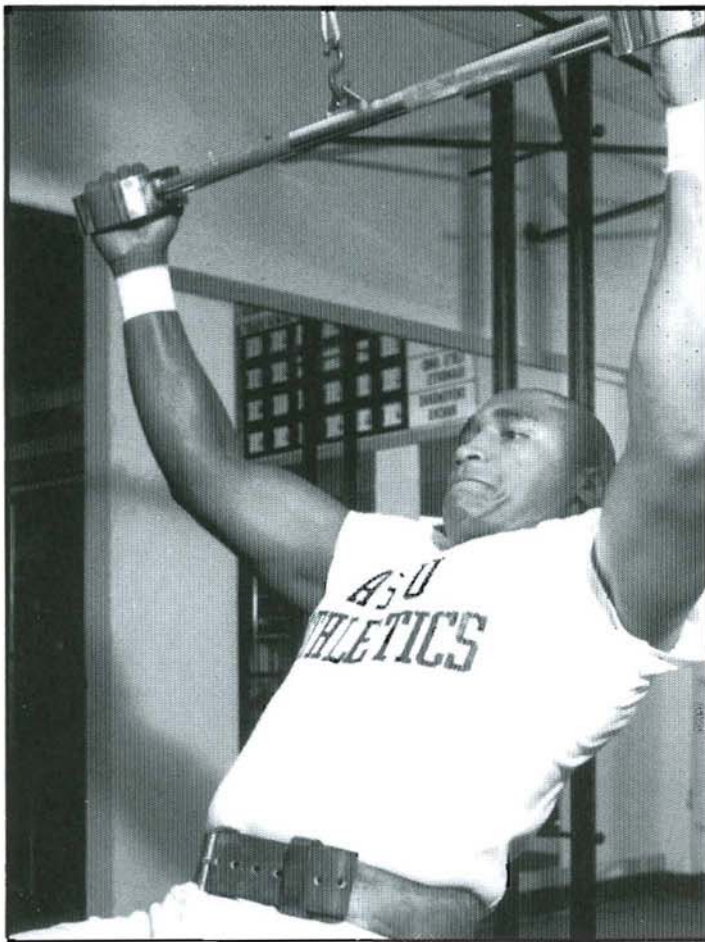
Robert E. Lee High School

LAMAR BASEBALL

Continued from Page 54

overachievers who spent many hours in the weight room and on the practice field. Their 86 record was 18-4, and they ended the season losing the state championship game by a 6-4 score.

Winning state titles is both important and fun, but when teams overachieve due to their own hard work, the rewards of excelling beyond one's personal expectations, can be the biggest prize of all. The Lamar program is one dedicated to excellence, and we are strong supporters of the BFS system. Our players like the clinics, tapes, equipment, and work outs offered by Bigger, Faster, Stronger. Everything the system stands for will work if the players are motivated to desire the maximum from the end result.



Hardman Working Hard on Top Priority Auxiliary Exercise

*"IF MY TEAMMATES
AREN'T RINGING
WITH SWEAT,
THEY SHOULD BE."*

THE VISION Coming

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