

# TODD COLLINS BFS H.S.

By Greg Shepard



*Todd Collins: 6-3, 228 Linebacker. Touted by many as the best high school Linebacker in the nation last season while leading the Jefferson County Patriots of Dandridge, Tennessee, to a perfect 15-0, AAAA State Championship season.*



*BFS President Greg Shepard presenting Todd his Quest For Greatness award at the University of Georgia.*

Todd Collins of New Market, Tennessee, is the 1988 Bigger Faster Stronger Athlete of the Year. He becomes the ninth recipient of this most-prestigious annual award since we began in 1980. The award is based on athletic achievement in sports, the ability to overcome obstacles, scholarship, leadership, general character, and the ability to put things in proper perspective. Todd has proved his worth in all of the above areas, and is most deserving of this honor.

Todd has received just about every award a football player can get. He is our most-honored BFS Athlete of the Year. Todd was a *Parade* magazine All-America, an ESPN top-twelve player, and the *USA Today* Defensive Player of the Year. In addition, he made four other first-team All-America honors. For his outstanding contributions as a player, student, and person, Coach Craig Kisabeth of Jefferson County High School in Dandridge, Tennessee, has retired Todd's uniform number—89.

The Patriots from Jefferson County High School (enrollment 1,800) won the AAA State Championship with a perfect 15-0 record. Todd proudly beamed, "We said in the eighth grade that we'd do it. The State Championship was a dream and a goal for five years. By our Senior year, we'd won our conference six years in a row and went to at least the State Semis each of those years. In 1983, we reached the finals, but last season we finally won it all. Eight of us got scholarships, including my best friend, Quarterback Taylor Quarles, who's going to Furman.

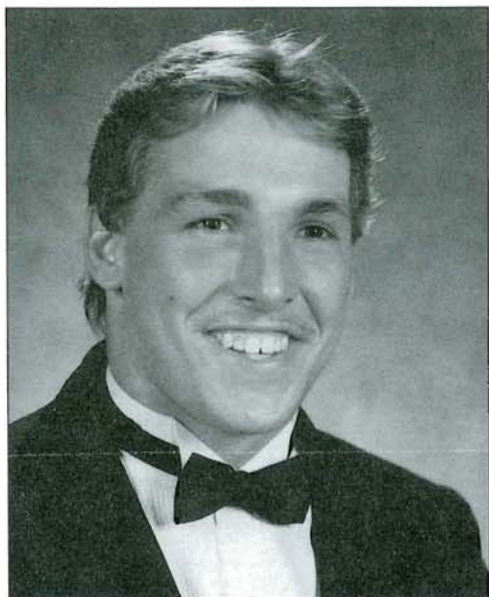
"I've been lifting since the eighth grade to accomplish that goal. We have our own weight equipment at home. We took down the Mickey Mouse and Donald Duck pictures in the basement and put up pictures of athletes and power lifters. We call it the "Collins Pit." Then, other teammates and friends came over to train."

"We got a new weight room at school in my sophomore year, but most of my training was still done at home. My most important lifts are the Squat and the Power Cleans. There's nothing better than Squats. They've really helped my speed and jumping. My Power Cleans are good for overall power and quickness. I also like the Bench and am just now really liking Inclines.

"I've always liked the competitive challenge of lifting. It's me against the bar. I always want to be doing something to get better. I stretch for thirty minutes in the morning before I go to school. I work hard on flexibility and stretch before and after my weights. I've improved a lot. I can now do the splits.



# ATHLETE OF THE YEAR



*Todd graduated with a 92 Grade Point Average.*



*Todd worked out in the basement at home. It is known as the Collins Pit.  
Todd benches 360 pounds.*

"The Bigger Faster Stronger videos really helped. The Speed and Plyometric video was super. Seeing Stefan really inspired me. Before, I couldn't touch the rim, and in just two and one-half months I started dunking with a 360 degree turn. It was unbelievable. I jumped over the tennis net like Stefan and over high hurdles like in the video. The Speed video with Stefan also helped get my speed down to a 4.57 forty. My lateral speed also really improved."

College recruiters literally camped out next to Todd's house in New Market, Tennessee, which is nine miles from Dandridge and the high school. Some well-known names have visited the Collins's residence: Joe Paterno, Johnny Majors, Lou Holtz, Barry Switzer, Bill Curry, and the winner—Vince Dooley—came twice. "Having all these coaches come to my house was beyond a dream. It just blew my mind," remembered Todd.

Some felt that Todd was *the* top recruit in the nation because of his versatility. How are these for stats? As a Senior Tight End, Todd had 24 receptions for 519 yards and 10 touchdowns. As a Linebacker, he had 118 solo tackles, 115 assisted tackles, with 5 interceptions, 13 sacks, and 6 recovered fumbles. With his size, weight, speed, and strength, Todd could play several positions on either side of the ball.

With all the attention and accolades, Todd has handled everything remarkably well. "I try not to let things get blown out of proportion. I try to keep my head on straight. The recruiting was just another phase of life and now I've got to get to work," said Todd.

Todd's decision to attend the University of Georgia was, in many respects, due to close family relationships.

Todd has an older brother, Brent, who is a Junior standout for the Bulldogs. In fact, Brent was a first-team BFS All-America when he was in high school. Todd reflected, "Because Brent was at Georgia, I also decided to come to Georgia. I wanted our family to stay close and be together."

Family tradition is important to the Collins family. Todd's father, Jim, is an assistant principal at Jefferson County High School, and he won the State Shot-put and Discus titles when in high school. Then, Brent won both titles and set the state Discus record at 187 feet. So, naturally, Todd won both titles last season with a best Put of 60 feet 5 inches and a 173-foot Discus throw. Todd had the best Shot but Brent was superior in the Discus.

The brothers work out together and Todd feels the biggest part of training is the mental outlook and preparation. "I throw everything else out of my mind during a workout. It's a mental game. I try to get the adrenalin pumping. Brent and I compete hard against each other," affirmed Todd.

"We used to get in fist fights when we were young, but now we'd probably do some serious damage. We'd stick together no matter what, in spite of fussin' at each other once in a while. In a way, Brent's like a hero to me."

"My mom, Doris, is special. You couldn't ask for a better mother. I feel sorry for her buyin' all that food for us and preparing our meals. I look back and I've gotta respect her for puttin' up with us," remarked Todd fondly. "She still has my little brother Ryan to feed."

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*"It was scary. I got the videos of Stefan because I couldn't touch the rim. All of a sudden, in two and one-half months, I started dunking with a 360 degree turn. It was a Dang Miracle or something."*

Heck, he's only thirteen and is already six feet tall and weighs 155 pounds, with a size 12 shoe."

In addition to the Shot and Discus, both Brent and Todd competed very well in the Decathlon. Todd ran High Hurdles in 14.6 seconds and took seventh in the state Decathlon. Todd laughed, "I Pole Vaulted 10 feet with a steel pole."

Todd achieved a 92 grade average in high school, which is in the B-plus range. He scored 21 on the ACT test, so academically Todd can do just about anything at Georgia. He may major in criminology and possibly seek employment with the Federal Bureau of Investigation, but he's also considering the strength coaching profession.

In high school, Todd was active in a variety of clubs, including the Beta Club, French Club, Fellowship of Christian Athletes (FCA), VICA, and SAAD. On behalf of the FCA, Todd has spoken in over 45 churches and attended four national conferences at Black Mountain, North Carolina.

"I and many others who have watched Todd grow as an athlete and a person feel that Bigger Faster Stronger could not have made a better choice for Athlete of the Year. We at Jefferson County High School feel blessed to be able to watch Todd grow and witness first-hand what sweat production can do."

—Head Football Coach Craig Kisabeth

### Todd Collins's Message To You

"Success comes from within. Never let anybody put you down. Do what you can do—do your best. Never be satisfied with any accomplishment. Always strive to be better. God has given us the common sense to know what's right and wrong. Use that inner feeling. Heart power is what's important. Use it: stay off drugs, for example.

"Be your own person. That's the best way to combat peer pressure. It takes guts to stand up and say 'No,' but after awhile they leave you alone. We didn't have drugs around our school. However, alcohol was big. It's common sense for me to stay away. I spend too much time bustin' my butt to get better. It's insane to put something into your body to tear it down. My real friends and buddies, we stick together. I'd say choose your friends carefully. *True friends* won't get you into a bad situation. In today's world, true friends are hard to come by.

"I've never seen steroids, but I don't plan to even think about them. I don't want to ever depend on some artificial aid. I want to do everything on my own.

"I feel the best thing to happen to me is growing up in a Christian home. My motivation and inspiration comes from the Lord. I know the body is the temple of God, so I take care of it. Being in the FCA has been important and good. The spiritual things are lasting and



# TODD COLLINS BFS HIGH SCHOOL ATHLETE-OF-THE-YEAR

eternal. I've gone to FCA camps in North Carolina, and they have been a tremendous source of spiritual strength. My father, mother, and whole family have been close spiritually, so I pretty much know what's right."

We thank Todd for being a special Upper-Limit Athlete and feel we were very right in selecting him as our BFS High School Athlete of the Year. We wish him well in his new challenges at the University of Georgia. We thank his parents and family for their leadership and example. We thank Coach Craig Kisabeth for his assistance.



*Todd personifies explosiveness. He threw the Shot 60 feet 5 inches and the Discus 172 feet 4 inches for State titles.*



*Todd had 24 receptions for 519 yards and 10 touchdowns from his Tight End position in his Senior year.*

## TODD COLLINS PROGRESS CHART

Grade	9th	10th	11th	12th
Height	6'0"	6'1"	6'2"	6'3"
Weight	170	200	215	228
40 yd.	4.91	4.85	4.62	4.57
Bench	215	285	345	360
Squat	320	395	510	575
Clean	*	*	275	300
Vert. Jump	25"	29"	34"	40"



*Todd's leg strength is the key. He Squats 575 and Cleans 300 pounds.*