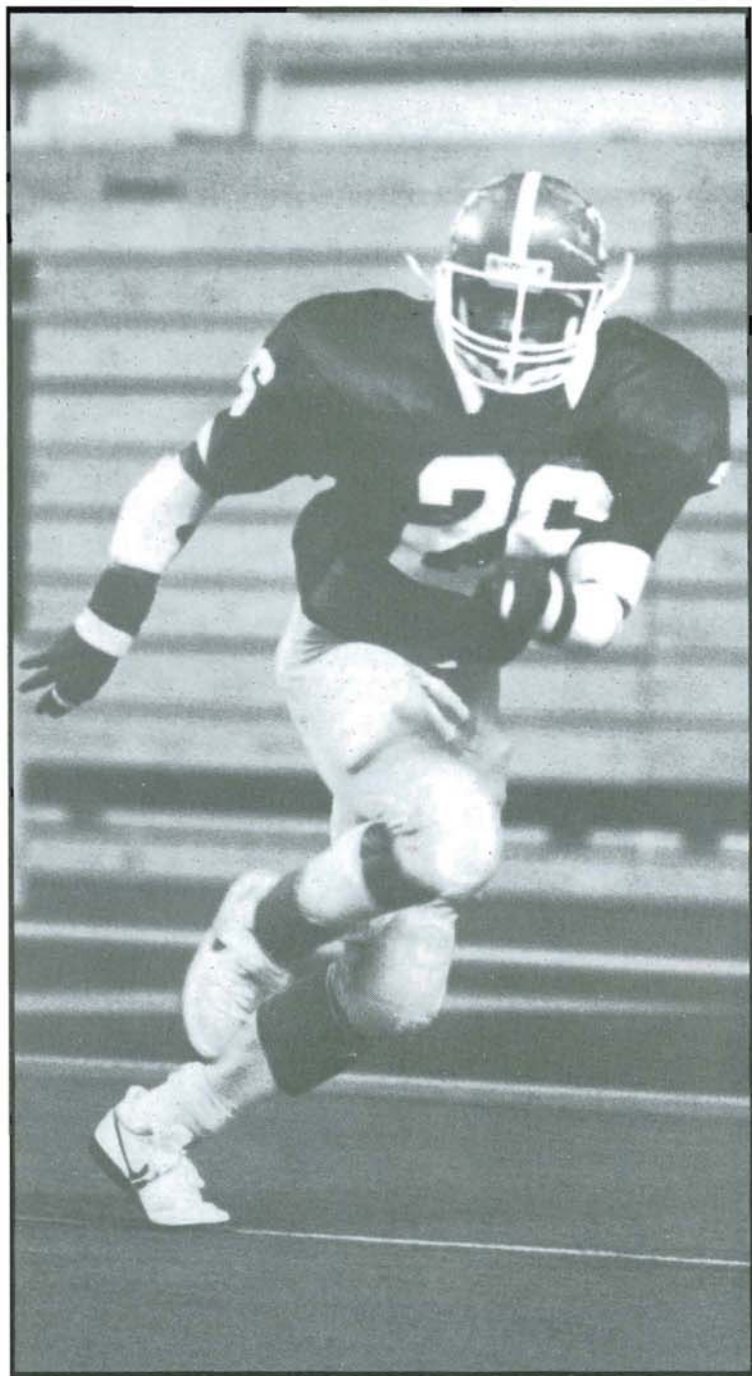


THANE GASH

East Tennessee
State University



Thane Gash, a devastating tackler at Free Safety made the NFL's All-American First Team!

"Thane is certainly one of the hardest working athletes I've ever had. But what's so impressive is that Thane has super natural talent and still works extremely hard to make himself the best.

"The team looks to Thane as a leader. He leads by example and action, not by his words."

LEE MORROW: ETSU STRENGTH COACH

I would like to make a prediction. You know when you hear announcers during pro-football games and they talk about defensive backs. The players are often not from Division I major powers. How often do we say, "Where do they find these guys and how could a Division I school miss in their recruiting?" Well, I predict Thane Gash is going to be one of those guys. You're gonna see Thane on TV make an interception in a pro game next year. The announcer is gonna say, "Where did that guy come from?"

Well, I'll tell you. Thane was raised in Hendersonville, North Carolina. The high school is 3-A with an enrollment of 500 students. Thane lettered in football, basketball, track and baseball. Under head football coach, Phil Britnall, Thane was All-Conference in football where his team went 6-5 his senior year and made the playoffs. In basketball, Thane was voted the team's best defensive player. He was also All-Conference in four events in track which included a Long Jump of 21 feet and a school record 45 feet in the Triple Jump. I don't know how he did it but Thane also found time to play baseball as an outfielder.

Thane did a respectable job in the classroom as he pulled a 2.9 GPA. As a senior, he began to lift weights and Benched 210 and Power Cleaned 255 pounds. At 5-10 170 pounds, Thane ran a 4.5 forty. Still the major colleges overlooked Thane. Maybe they thought he was too short.

Thane remarked, "Heck, I was grateful to be 170 pounds. My 9th grade year, I was the smallest in my class."

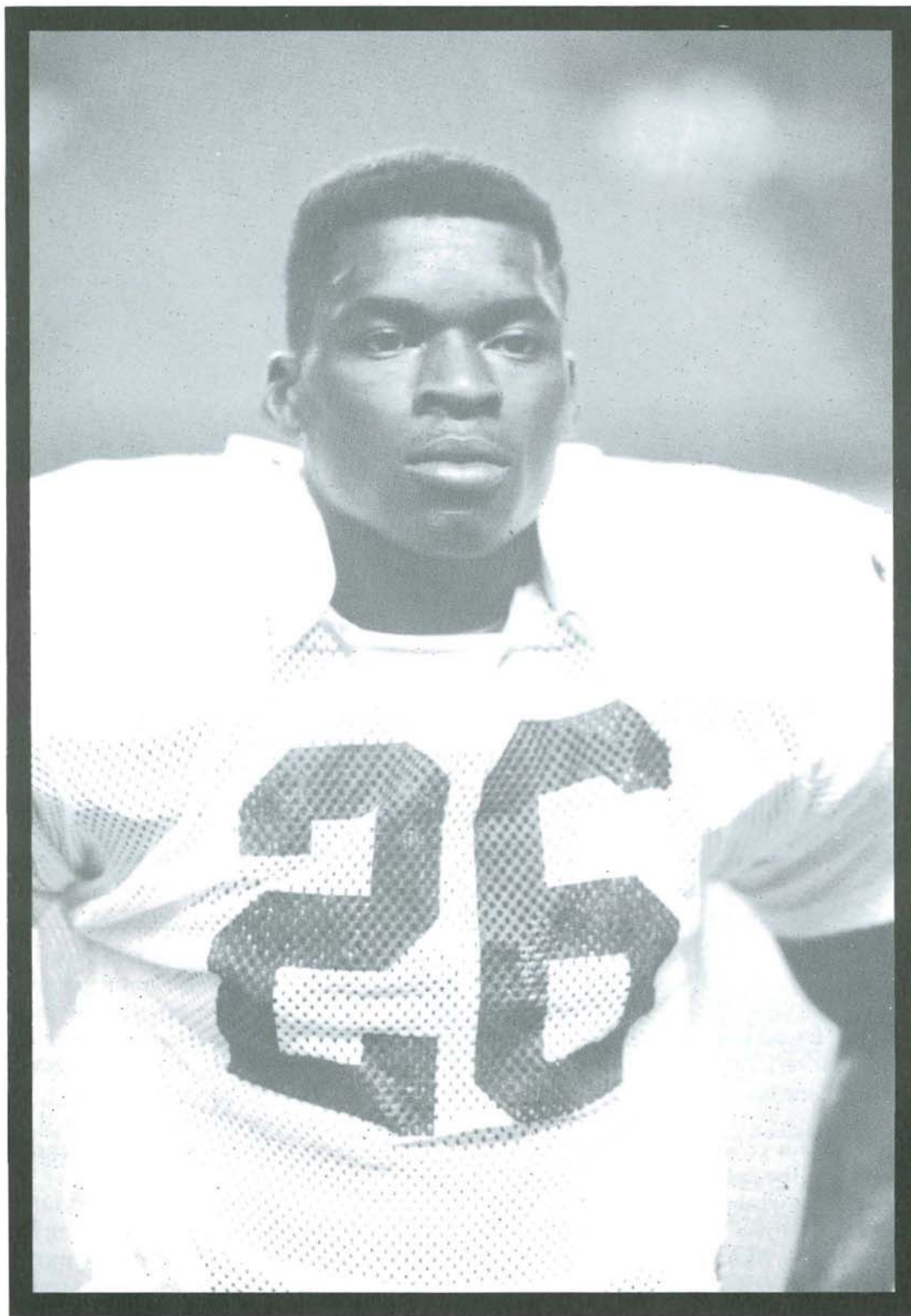
East Tennessee State University pulled off a recruiting coup when they got Thane Gash. So Thane drove 80 miles due north over the Appalachian Mountains to Johnson City, population 40,000. I've gotta tell you. That area is one of the most beautiful spots in the world. East Tennessee State University has an enrollment of 10,000 students and boasts a stadium which holds 12,000. They're known as the Buccaneers.

Thane is an Engineering Technology major and has a 2.5 grade point average. Thane is also on line for graduation. After his Pro Football Career whether it is several days, months or years, Thane plans to return to his hometown of Hendersonville, "get married" and be a general contractor.

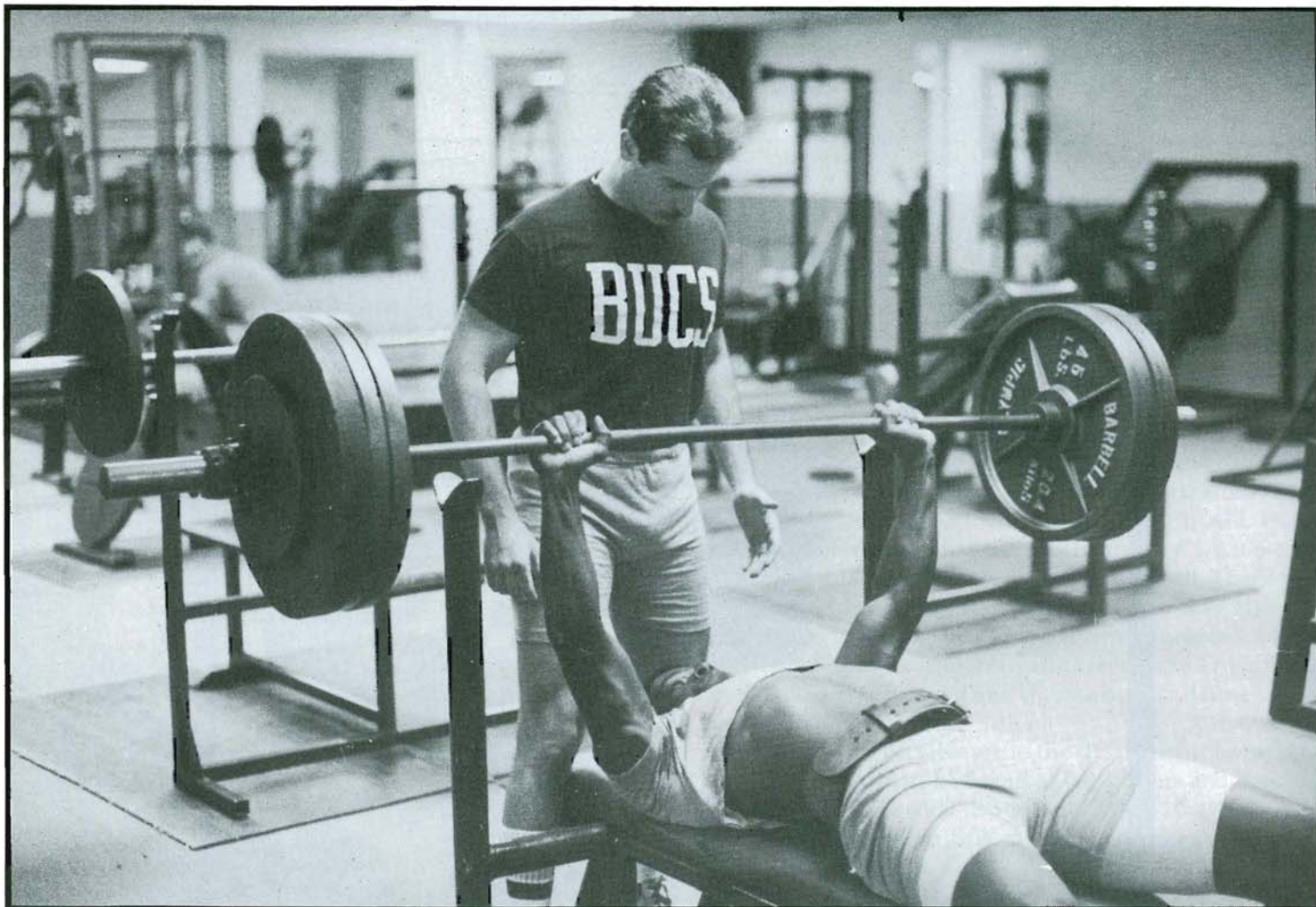
Lee Morrow is the strength coach and also doubles as the Buccaneers Academic Advisor. Coach Morrow, who is in his 6th year at ETSU, is extremely proud of Thane's accomplishments. As he states, "Thane led our team in tackles from his free safety position with a total of 133 tackles. Seventy-six of those were solo tackles! Why he's blocked field goals and blocked a punt in our upset victory over North Carolina State."

Thane is now 5-11 and weighs 205 pounds. His Bench Press is now 385 and his Parallel Squat is 550 pounds! Thane has also Power Cleaned 335 pounds. He decided to compete in indoor track and Thane believes this helped in getting his

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THANE GASH
NFL ALL-AMERICAN



Thane had an off-season max of 385 on an unassisted-hips-down Bench Press. Spotting is Lee Morrow, the East Tennessee Bucs Strength Coach.

forty time down to a 4.35 level. The pro scouts have timed Thane several times at 4.4 seconds. In competition, Thane has blazed to a 6.28 second 60 yd. dash and Long Jumped 24 feet 7 inches. Numerous pro teams have given Thane a visit and as a result he's made the NFL All-American First Team. Financially, that's probably the best All-American Team to make.

Thane reflected back on his college experience, "I like defense. I think it gave me the best opportunity for my talents." I asked Thane about all the tackles from his free safety position and did he get burned. "I got a lot of help from my friends who are cornerbacks. Also, our defensive line was hurt so I just helped out," explained Thane.

On 3rd and ten, Thane wants the play to come his way and he loves a goal line situation. "The offense can't do too much," Thane remarked, "so I like it."

When asked if he ever committed too soon and got burned on reverses, Thane replied, "I used to my freshman year, but I've learned to follow the ball. Now I'm in control so I don't get fooled."

Thane wanted high school athletes to know some things that helped his career. "Don't be intimidated by hard work. Believe in yourself. Relax! Stay away from alcohol and drugs."

I know there's temptations but that's part of growing up. My friends are cornerbacks. We stay together. We're in the same boat. We eat together and stay in the same apartment complex. We have the same guidelines and so we beat the so-called peer pressure together. Live by the Three D's: Desire-Dedication-Determination."

As far as steroids, Thane maintains, "I don't see a need for them myself. No one's even approached me about taking steroids."

The spiritual side of life is also important to Thane. "That's my edge," he asserts, "I've got a strong family background. My father's a welder and my mother is a seamstress. I have four brothers. We've always gone to church regularly."

I then challenged Thane. "Hey Thane, what about competing against the guys from the major schools. I don't think you have a chance."

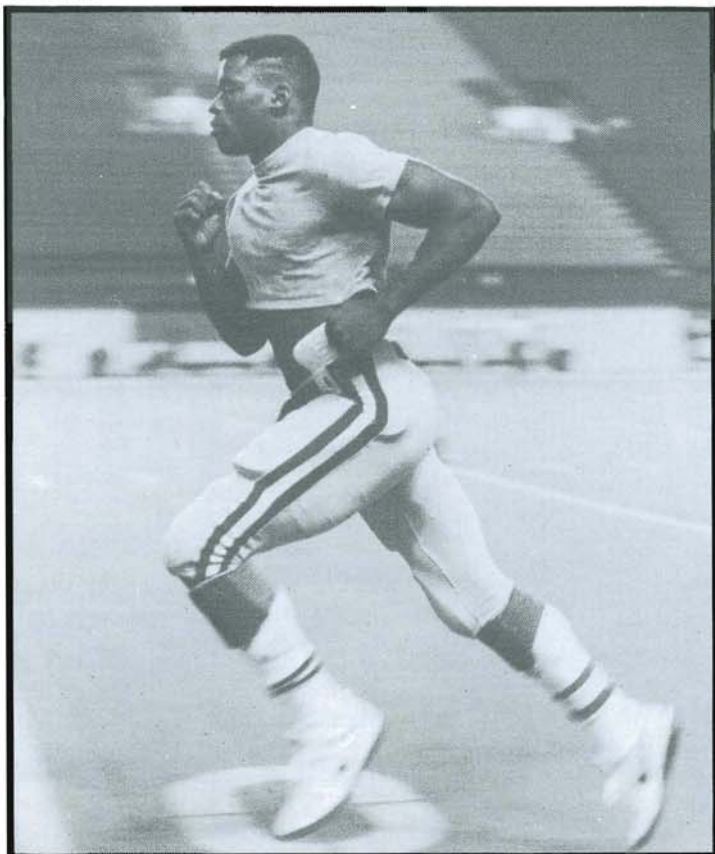
He was resolute. "I've been an underdog all my life. It shouldn't matter about where you attended school; only your ability should count. All the rookies will be just like me with the same opportunity."

I told Thane that I agreed. I concluded the phone interview by saying, "Thane, I've got to go train some of our Utah Jazz Basketball players." Thane blurted, "I've never seen a pro athlete." Remarks like those, I believe, give strength to my

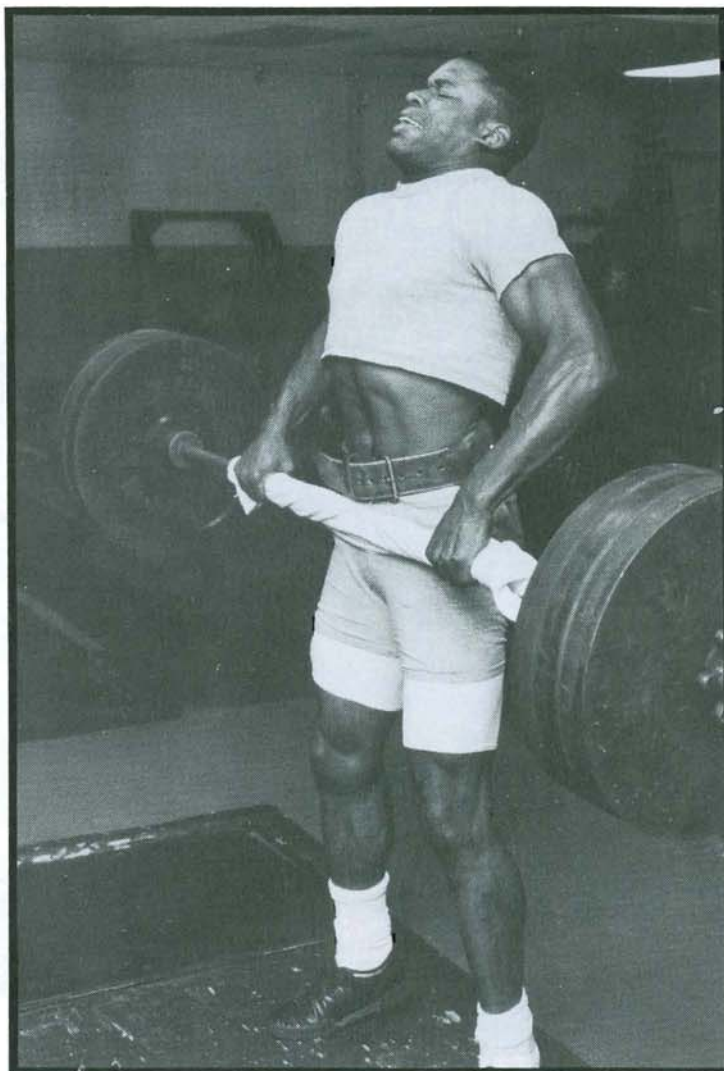
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prediction. Thane is confident yet hungry and his background will allow him to remember the intangible inner qualities to overcome the challenges of pro football and with life itself.

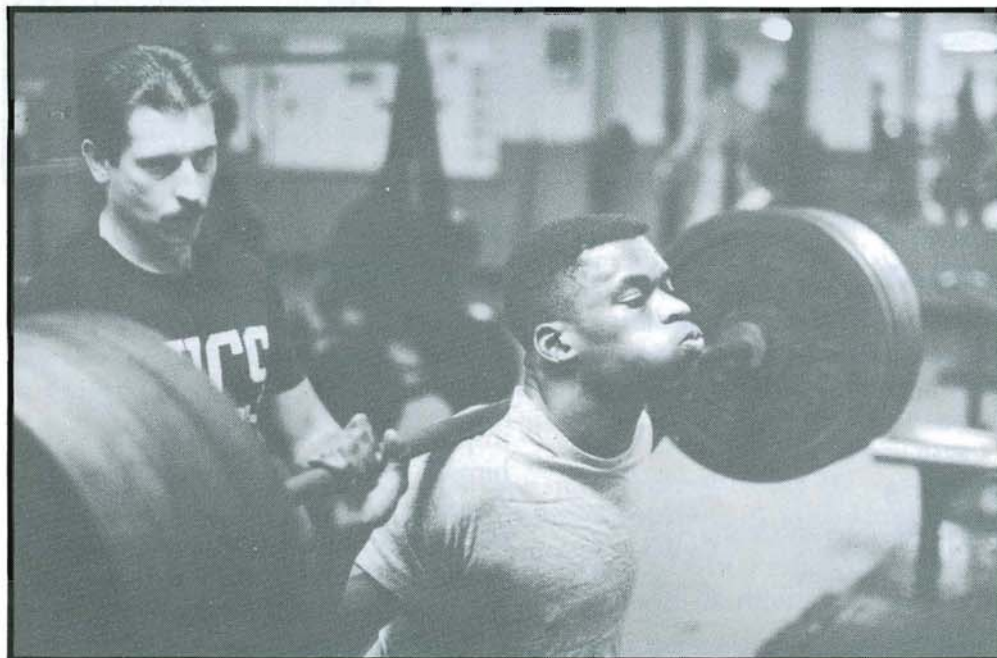
We thank Coach Lee Morrow for making this article possible and thank Thane Gash for being a special upper limit athlete.



Thane's speed is one of his greatest assets.



Thane has a 335 Power Clean to his credit.



Lookin' good on the squat. Thane's done 550 at Parallel. Spotting is Coach Morrow.



Strength Coach Lee Morrow without his mustache. He told the Bucs Football Team, "Win this crucial game and I'll shave it off!"