

ALL-AMERICAN SUCCESS STORIES

DAVID CONLEY: 6-1, 246 LBS.

Boyd County High School, Ashland, Kentucky

	HT	WT	Bench	Squat	Clean	Dead
Freshman	5'9"	180	240	325	175	350
Sophomore	5'10"	195	350	430	225	475
Junior	6'0"	225	410	505	270	525
Senior	6'1"	246				

We do not Max singles in the Fall Semester.

SOPH. Starter-team's most valuable sophomore.
Record 7-4 Conference Champions.

JUNIOR Starter-1st Team All Conference-1st Team Ashland
Daily All Area Honorable Mention All-State Team's
Most Valuable Defensive Lineman.
Record 9-2 Conf. Runner-up-District Winner.

SENIOR Starter-Captain, 1st Team All-Conf., 1st Team Ashland
Daily All-Area, 1st Team Huntington, W.V. Hearld
Dispatch, 1st Team All-State, Team's Most Val. Player.
Record 9-3 Conf. Champions, District Runner-up.

David is from a single parent family, which is very poor financially. David has found the weight room to be everything that is lacking in his life. He lives in it. David is very proud of his lifting accomplishments, which in return has given him recognition and prominence on the football field.

David is ALL-AMERICAN every day.

Ed "Teenie" Van Hoose,
Head Football Coach

DERRICK ODEN: 6-0, 215 LBS

Hillcrest High School, Tuscaloosa, Alabama

	Bench	Squat	Cleans	Military
Freshman	190	275	175	135
Sophomore	245	360	225	230
Junior	365	475	250	255
Senior	425	575	270	265

Derrick Oden is one of the finest athletes I have ever seen. His speed, strength, and tenacity has made him one of the finest high school linebackers I have ever seen. His greatness is his willingness to excel. He is constantly trying to be better today than he was yesterday. I really do not have to speak for Derrick, he does his own between the chalk lines. Bill Curry agrees and has signed him at the University of Alabama.

I have been Derrick's strength coach since his 10th grade year and he has improved tremendously. All of which he has done on his own. You sometimes have to run him out of the weightroom. I played at the University of Alabama myself, so I know what kind of impact a Derrick Oden can be, "He's A Winner!"

Coach Bryant always told us, he didn't want folks who wanted to play football, he wanted folks who wanted to be football players. Derrick Oden is just that. That is why I am recommending him to you for consideration on your all strength team. You have a great magazine and one that is very much highly thought of. I certainly enjoy reading it.

Tommy Wilcox
Defensive Coordinator & Strength Coach

ERIC MCGILL; 6-6, 225 LBS

John C. Calhoun Academy
Walterboro, South Carolina

Eric caught 46 passes for 781 yards this season. He has a career total of nearly 2400 yards in total receptions, and this comes from a team that runs the wishbone offense! (He also caught 7 T-D's and 3 two point conversions this season). Eric has already been offered a scholarship by the following schools; The University of Georgia, Georgia Tech, Clemson, North Carolina State, The Citadel, and Florida State. Eric got his frame from the weight room; here is his three year summary:

	HT.	WT.	Bench	Squat	40 time
Soph.	6'3"	165	205	285	5.4
Junior	6'4"	195	290	375	5.1
Senior	6'6"	225	350	525	4.8

As you can see Eric worked his HEART out in the weight room and it has paid off for him; he will be playing NCAA Division I football next year.

Tony Orsini
Football Coach

CRAIG SHERRILL: 5-11, 170

Bunker Hill High School, Clarence, North Carolina

Craig Sherrill has been a two way starter for the past two years. He has been our leading tackler with 130 in 1986 and 148 in 1987. As a linebacker, Craig has excellent lateral movement and a nose for the football. As a fullback, Craig runs hard and is an excellent blocker in our Wishbone attack. As a co-captain, Craig led by example on the field, in the weight room and in the classroom.

The 1986 season was my first at Bunker Hill and we had a very dismal 1-9 year. Craig was one of the few bright spots and I felt we had a winner to build with for the 87' season. We started our BFS program in Dec. of 1986 with little equipment and limited space. Craig never missed a workout and was our strongest returning letterman. His dedication and determination to have a successful Senior Year spread to our whole team.

Our winter weight program was very successful and with our BFS Clinic in May, we caught fire. The summer workouts and conditioning were super. Craig was a leader and was chosen by his teammates as one of our 1987 Captains.

Our football season was an unbelievable turnaround. We ended the regular season by beating our biggest rival in overtime. Our record, 9-1. We went to the 3rd Round in the North Carolina State Playoffs before losing a tough game in a downpour. Our record, 11-2. Craig Sherrill, a young man that had open heart surgery at age 5, never missed a play in his Winning Senior Year!

Craig is an Honor Student, drives a school bus, participates in several clubs, runs track, makes plans for college and continues to be what he always has been, A WINNER!!!

Randy Faucette, Head Football Coach