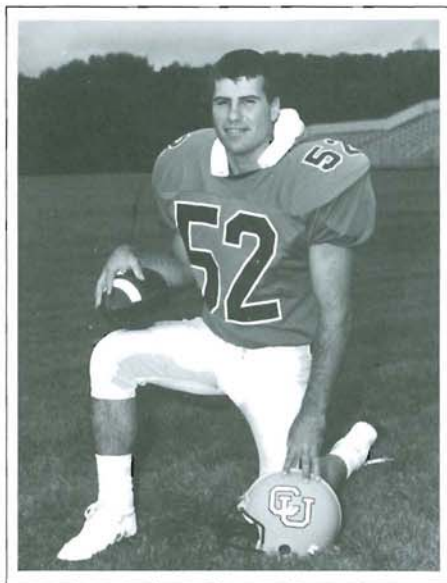
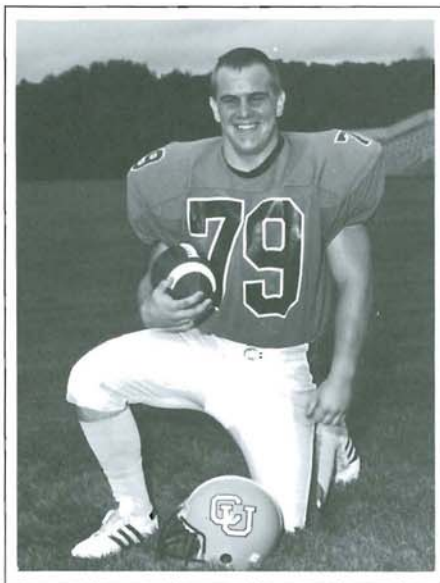


THE COLUMBIA LIONS

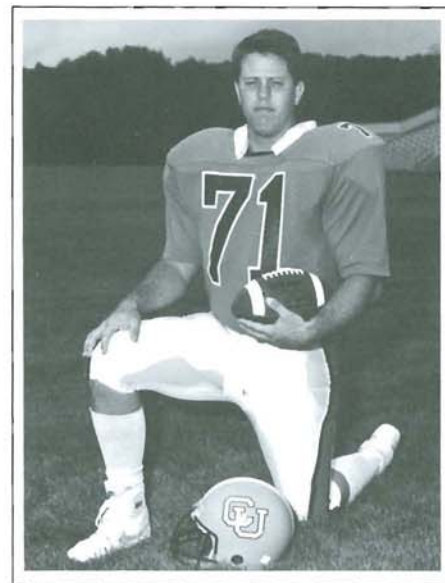
THEIR WINNING STORY



Jim Taylor SR-C



Bill McGee SR-OG



Pete Davis SR-OT

By Dr. Greg Shepard

Editor's Note: I fell in love with Columbia University football because of Jim, Bill and Pete (Photos shown above) Read the whole story. It's a winning story. You will be motivated and inspired.

Last fall, I watched with interest the Columbia football team. Their situation became a media event. Every week the media attention would escalate as they made a big deal out of a losing streak. Sometimes newscasters would make snide or callous remarks with humor prevailing at a shallow level. But what really made me throw my weight belt through the TV is when a microphone was thrust in front of a player after a game and was asked, "How does it feel to have just broken the nation's longest losing streak?"

The hypocrisy of it all is when the same guy ridicules a so called jock from a national power for not graduating and screams, "Your education is the most important thing."

As a result, I decided to contact Head Football Coach Larry McElreavy. I explained that I went to a school that had winning problems in college. My senior year was special as we had a great winning year, the first in thirteen years. My alma mater has not had a winning year since then - way back to 1963. However, winning that senior year was the greatest feeling in the world and that experience is basically why I do what I do now. I want to relive that special feeling and I have many

times through the teams and individuals I have come to know through Bigger Faster Stronger. I wanted Coach McElreavy to know if I could help I would.

Coach McElreavy was polite and courteous as he informed me, "Greg, our freshman team was undefeated for the first time ever. We have a good group coming back. We're lifting hard and we are going to win next year." He's had some forty psychologists and psychiatrists want to come help. With such a strong core of younger players, it is extremely doubtful that the losing streak will continue. So I suppose many volunteering their help might want to take credit for the future turnaround. I assured Coach McElreavy the most I wanted was a potential article for the BFS journal.

Coach McElreavy confided, "To turn our program around is really not a complex thing. It's getting after a few simple things. We have to have a great **strength and conditioning program**. We have to **recruit** quality athletes. We have to make **motivation** to excel a top priority. We have to have a motivated hard working **staff** and last we have to have a commitment from the **administration**."

Obviously Coach McElreavy makes a lot of sense. In fact, his five simple guidelines for success aren't all that different from the high school situation. I immediately became a fan of his. It was decided that I was to meet with his entire staff on April 11th.

Columbia has a 232 year history which is older than the nation itself! It was the fifth college of the American colonies. In 1754 there were eight students. Today the numbers exceed 25,000 in all of it's divisions. However, the main liberal arts branch and the School of

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Head Football Coach: Larry McElreavy, "We Will Win."



Bill McGee OG: "We have never ever thrown in the towel! That's why I'm so proud of my teammates."



Constructed in 1984, the Lawrence A. Wein Stadium at Baker Field holds 17,000 spectators. It's a remarkable edifice perched on the northern tip of Manhattan Island.

Engineering and Applied Science, the two main undergraduate branches, remain small, offering their 3,300 students the intimacy of a small college with easy access to the facilities and benefits of a great university.

Columbia is an Ivy League school and competes with Harvard, Princeton, Penn, Yale, Dartmouth, Cornell and Brown to name a few. The Ivy League commands academic respect. It's as prestige as one can get and the vast majority of Columbia's graduates go on to advanced studies. Columbia graduates abound in top positions in every field.

Columbia is located in Manhattan, the heart of New York City. No other city offers more in the way of theater, music, museums, or pro sports. Yet amid the vast hubbub of the city is a small beautiful oasis called Columbia. It seems separated but yet connected with a huge metropolis which makes Columbia unique among our nation's universities.

I showed up an hour early and went to the weight room. Tom Gilmore, the defensive line coach, was working out. Coach Gilmore was impressive. He was the Ivy League 1985 Player of the Year at defensive tackle at Penn. Coach Gilmore was a self made athlete. As a freshman, he weighed 190 and through a lot of hard work combined with an incredible diet increased to a functional 255 bodyweight without steroids. He is intense but friendly and intelligent. Coach Gilmore had a 3.88 GPA at Penn so he's a great example for his players. As we were talking, a couple of freshman players were lifting. One was having some big problems on his squat. I asked Tom if I could help him and he said, "Sure."

The player was squatting way high with 185 pounds. He responded quickly to the technique suggestions and 20 minutes later did a technique perfect parallel squat with 325 pounds. The other player asked if I could help him on his squat. His max was 325 pounds. Fifteen minutes later it was 400 pounds. I said, "Tim that's super in 10 minutes you could be cleaning 250 pounds." Tim replied, with a laugh, "I could never do that, my max is only 215." Coach Gilmore pounced on that remark, "Didn't you just see what happened on your squat. How can you doubt?"

"That's a lot of weight," Tim said shaking his head.

Now I took this personal. "Tim," I challenged, "My meeting is in 10 minutes but give me 100% and we'll get 250."

We went to work. Tim listened intently. He responded to the technique suggestions. To make a long story short in ten minutes, Tim Power Cleaned 251 pounds! You should have seen his eyes. It's what makes coaching worthwhile. I had loads of fun and was well rewarded for my time. Then, Coach Gilmore and I left for the meeting.

The entire staff was present. I was impressed. This is very unusual at the college level. My job as I perceived it was to go over what they should be doing to WIN.

They desperately needed a new weight room. They

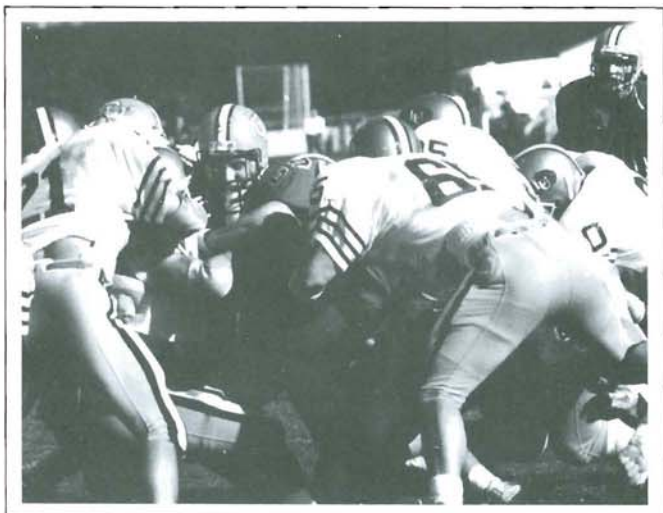
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Coach Shepard with
Defensive Line Coach Tom Gilmore



Coach Shepard with Pete, Bill and Jim.
The Ring – The Dream!
Going for it. That's what matters.



Columbia's line will be
giving it their all next fall.

already knew that. Their brand new weight room is scheduled for completion by August 15, 1988. I recommended that they get awesome heavy duty free weight equipment in school colors. This would develop pride and enthusiasm. They agreed.

They also needed a new strength coach. They wanted some hiring guidelines. I responded, "There are basically two kinds of strength coaches. Those in white coats that prescribe a workout and then sit in their office and a coach who is a motivating rah-rah hands on type of person. At Columbia, it's a must to have the second type. Do not depend entirely upon recommendations, NSCA certification, powerlifting trophies or philosophy. Narrow the field of candidates down to three to five. Have them come to the weight room and take a couple of athletes through a big squat and clean workout. In 15 minutes, you'll know. You'll separate the cream from the BS in a hurry. They agreed.

Next, we talked about the basic program:

1. You must use free weights for the main source of power and strength.
2. The main lifts are the Squat, Clean and Bench. You must vary your sets and reps.
3. You must keep accurate records of all lifting, running, jumping etc.
4. You must work on Flexibility every day.
5. You must work on Speed twice per week.
6. You must work on Plyometrics twice per week.
7. You must work on Technique twice per week.
8. You must work on Agility consistently.
9. Good Nutrition is a must.
10. Proper Rest is a must.
11. Intensity, the all out variety, is a must.
12. Great Spotting which includes coaching, judging, and being a teammate is a must.

We spent two hours discussing each phase listed above. I stressed the importance of each position coach knowing what his kids were doing. Pat them on the back when improvements are made. I suggested to Coach McElreavy to encourage or provide a way that as many kids as possible stay around during the summer. In the Ivy League it's tough and hasn't been done nearly as extensively as major Division I schools. Nonetheless, the advantages were noted.

As I was about to leave, three linemen came to Dave Barton's office. Coach Barton is the Offensive Line Coach. I was introduced and then asked Coach Barton, "How 'bout if I interview these three guys?" It was agreed. It turned out to be one of the most inspiring interviews I've ever done. I came to inspire but these three inspired me. Hence, we have "Columbia's Winning Story."

These three special guys are Jim Taylor, Bill McGee and Pete Davis. All three will be seniors next fall and await their final year of football. Jim is a Center and is

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6'0" 235 pounds. He squats 475, Benches 370 and Cleans 255 while running a 5.2 forty. Bill is an Offensive Guard and is 5' 9" 225. He squats 525, Benches 420 and Cleans 250 while running a 5.1 forty. Pete Davis plays Tackle and is 6' 3" 255 pounds. Pete squats 475, Benches 310, Cleans 250 and runs the forty in 4.9 seconds.

My first question was not how do you feel about the losing streak but rather what are you doing now to win. They responded, "We have a goal and dream about winning our first game. We think more about our weight and strength than last year. We're more conscious of everything. We are concentrating more on technique and paying more attention to the many little things necessary in producing a win."

"Do people think negative? Is there a defeatist attitude?" Came the next question. Jim, a 3.0 political science major, affirmed a positive position as the other two nodded unitedly, "Everyone has accepted the challenge. It isn't so much **can** we win but **when** we win."

Bill McGee, also a political science major, with emotion added, "When we had four games left last season, we could have thrown in the towel. But, we didn't. I was proud of our guys."

What about next fall?

Bill continued positively, "I think of winning all our games. We want to win the championship. You shouldn't plan on losing. If we said, to be 6 - 4 would be great, means, in reality, we would be saying losing four games is part of that goal. I want to go into each game with the goal of winning."

Pete Davis, with a determined look, revealed, "We talk about the "RING." We've talked about it since we came in as freshman."

The "RING" symbolizes supremacy in the Ivy League.

I turned my attention to Bill and inquired, "But didn't you come to Columbia primarily for the education?" I was surprised at his answer.

"I came to Columbia to play the highest division of football for me as possible," Bill asserted.

"But what about the Columbia education?" I asked in a somewhat pressing tone. Again, the answer surprised me.

Bill looked me square in the eye, "I take my classes seriously but I do think about football all the time. I currently have a 3.5 GPA. I have to have a 2.2 to stay on the team but to get over a 3.0 I have a different motivation. That motivation is my parents. I want them to be proud of me. They both work their butt off for me. I couldn't - I wouldn't let them down."

After drawing a deep breath, I viewed Bill with admiration and a slight lump came to my throat. I whispered, "Man, I hope all the losing that has been experienced doesn't affect your chances of being successful in life."

They unitedly stated with unique poise a poignant response which deserves an audience comprised of every athlete and coach in this nation, "The carryover of

what we have learned in football at Columbia is extremely positive. Everyone who's on this team will be successful because we've gotten beat 20 times. That's 20 slaps in the face. The important thing is that we have kept coming back. We will keep coming back and trying

"It isn't so much can we win, but when we win!"

Jim Taylor

"We will always keep coming back and trying even harder. That's why we're going to be successful in life."

"I always want to be able to look myself in the mirror and be able to say that I'd given my best."

OLD MILL WT. TRAINING *Continued from page 19*

also the Cross Country Captain. She's been on varsity track since ninth grade and anchored the 3200 meter State Champion Relay Team.

Coach Ron Evans seems to attract the best or maybe the program develops a person's potential in many areas. In all probability, it is perhaps a combination of the two. We didn't even mention Jennifer Berg: Lifting Champ, Honor Roll Student, Cheerleader and on the varsity gymnastics team; or mention Christy Tarbutton: Lifting Champ, 1150 SAT Score, perfect score in math with a goal to be the first girl to squat twice her body weight.

We salute Old Mill High School and their administrators for allowing a creative Upper Limit coach like Ron Evans to develop a model for this nation to follow. We salute the many upper limit athletes who participate in this program with total dedication and who are great examples for us all.

REFLECTIONS ON A CONFERENCE

Editor's Note: The following was written in the Old Mill School Paper by Power Club member Beth Ketchum. Beth weighs 112 and squats 175, Benches 115, Dead Lifts 265 and Cleans 135.

As I entered school October 30, the excitement was in the air. I was already looking forward to the day ahead. But, I was not thinking about our Homecoming Pep Rally or the football game like the other students. I would not be in school for that.

This year I had given up my pep rally along with three other girls for a trip to Ocean City. Along with Mr. Evans, we were heading for a Maryland Athletic, Physical, Health, Recreation and Dance Convention Demonstration.

On the way to the ocean, we talked about our lifts and spotting as well as our plans for the evening.

Once we reached the time of our demonstration, we set up our weights and began stretching as coaches and students found their seats. The entire demonstration took about 25 minutes.

We scared some people with the amount of weights. One man offered to carry them in for us. Many were afraid one of us were going to get hurt.

We laughed about the people we stunned with our lifts. They could not understand or believe how many students at Old Mill, including girls, lift weights outside of class.

We all went home that night with a great feeling because we know everyone walked away that day with a different view of weight lifting. Some who saw us were stunned but all were **impressed**.

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even harder. That's why we are going to be successful in life."

The lump grew. I resolved that if anyone called Columbia a bunch of losers I would physically fight them. They are winners period!

At Ivy League schools, including Columbia athletic scholarships like Division I schools are not given out. I wondered how these three felt about a Division I player not going to class and flunking out. All three shook their heads, "We pay for our education. Division I players have it given to them. You're really stupid if you don't take advantage of that situation."

I told them the way they were dressed was unexpected. "You guys don't have long hair, punk hair cuts or earrings. You're wearing what people back in Utah might wear. I drove through some amazing streets in Manhattan to get to Columbia. Drugs, hookers, bag ladies and people eating out of garbage cans on street corners. New York City had it all: Highs and lows. Can you get caught up in the fast lane with such easy access?"

"Yes you can," came the response. "A lot of kids get caught up in the big city. But the three of us believe in God and try to maintain good Christian values. All three of us are Catholic. We also believe we have obligations to do the right thing because of our parents."

Bill added, "Drugs are also a waste. When you regulate yourself, you tend to do better in all things. We do better in school during football. Anyway, you can't be the best when you're whacked out on drugs. I know for some people peer pressure is a big thing, but we associate with good people. We all hang out with each other so for us peer pressure is no problem. We like being around people that bring us up."

Pete and Jim nodded in agreement.

As our interview drew to a close, I asked one final question and chuckled, "What do you want to be when you grow up?"

Jim smiled but replied seriously, "I want to be happy and have a nice family."

Bill responded, "I haven't given it a lot of serious thought but money is no big thing. I've never had it. I too want to be happy and have a nice family."

"The same for me," Pete echoed, "My parents have been great. I'd take care of them. they're older. I always want to be able to look myself in the mirror and be able to say that I'd given my best."

Jim is from Chicago and Bill is from Queens while Pete is from California. They met at Columbia. All three are political science majors and have 3.0 GPA's or higher. They are Upper Limit thinkers. Their responses were as powerful as a church sermon, as eloquent as a leading statesman and sagely profound. My heart will be with Columbia Blue Lion Football this fall rooting for a dedicated group of inspiring coaches and athletes.

Columbia University: A great place to go to school - A great place to play football.