

# RUNNING BACKS... LIFTING



*Kelvin Fisher, a Blend of Power and Speed*

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The day was Wednesday August 16, 1989. The location, Arizona State University's 14,287 seat Activity Center. The fourth, and final, lifter of the group assumed the supine position and addressed the bar on the bench press. The weight was massive, 485 pounds worth.

The lifter, Jeff Simoneau grabbed the bar, took his lift off and with a mighty push drove the bar to arm's length. The crowd cheered. It was a new record, one the group acknowledged enthusiastically.

This lift gave the group of four an average of 416 pounds on the bench press. This is a respectable figure for a group of powerlifters, but this was not a group of competitive lifters. Rather it was the corps of running backs at Arizona State University. The day was the annual fall football Test.

Simoneau (fullback), along with Kelvin Fisher (fullback), Bruce Perkins (tailback), and David Winsley personify the prototype of future running backs. They are big. They are fast. They are strong.

"We have to be as big, fast and strong as we possibly can be," says Winsley, a senior. "The linemen are getting so much better physically. If we remain smaller and weaker they'll crush us. We'd never survive. Besides, athletics is all about becoming the best you possibly can be. This is a big part of it."

That last sentence sums up Winsley in a nutshell. If it wasn't for that attitude and his extreme efforts he would never have made it as a starting tailback at a major college. Many thought he never would. At 5'4 1/2" he was considered too small by many to take a chance on with a scholarship offer.



*FB Jeff Simoneau can Clean 365*

As Arizona State coaches learned after signing David, most of his five foot four inches is heart. With that heart, he has exceeded all expectations. It's his physical training that has led him to do so. Winsley boasts the following credentials over his ASU tenure:

- A. 550 pound Competition-Style Squat.
- B. 430 pound Bench Press
- C. 285 pound Power Clean
- D. 33.5 inch vertical jump
- E. 4.44 professionally timed 40-yard Dash.

This leaves little doubt why he's accomplished what he has.

While Winsley can be considered an ultimate product of hard work in supplemental conditioning, the others are not far behind.

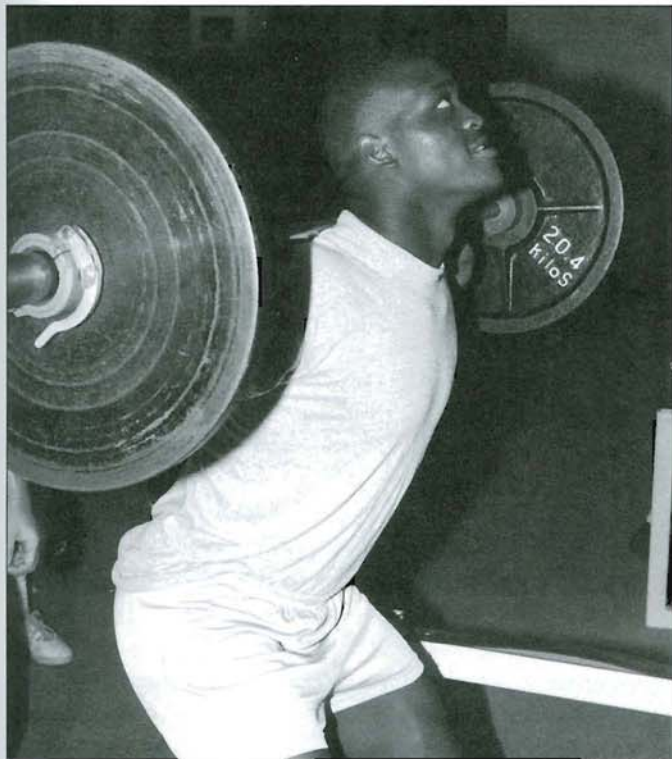
Bruce Perkins came to ASU as a junior college All-American. While good-framed, Perkins had not as of that time gone through a strict lifting regimen. He was capable of a 370 Squat, 220 Power Clean, 300 Bench Press and 27.5 inch Vertical Jump. After one year of INTENSE training (he vowed not to let a back in the country out train him) he posted bests of 450 Competition-Style Squat, 275 Clean, 370 Bench, and 29 inch Vertical Jump. His forty, perhaps a shade faster than Winsley's 4.44 was not timed on ASU's timing day because of a minor ankle injury. This work has led Perkins to become a 6'2", 230 pound first team tailback.

"I'm ready," he proclaims, with enthusiasm second to none. With coach-extraordinaire Frank Falks guiding him, success is inevitable.

Kelvin Fisher, last year's starting fullback is yet another product of his own efforts. A tailback by nature, this sophomore was converted to fullback because of his physical attributes. As a freshman, he posted marks of 470 in the Competition-Style Squat, 350 Bench Press, 285 Power



# BACKS... STRETCHING BACKS



*"The Linemen Are Getting So Much Better Physically. If We Remain Smaller and Weaker, They'll Crush Us."  
David Winsley, TB Co-Captain*

*Bruce Perkins, ASU Senior Tailback is shown Squatting while Jeff Simoneau demonstrates his flexibility to Coach Ron Lehnerz.*

Clean, and 32.5 inch vertical jump. Reporting for his sophomore year he tested only on the bench (ASU does not mandate Squat and Clean testing prior to fall camp) and had increased that mark to 380. All expectations are for him to enter the prestigious 500-400-300 club, for those who Squat 500, Bench 400 and Clean 300.

In doing so Kelvin will move into a category with Simoneau, a redshirt freshman who has been termed "Conan" by a sports writer for the Arizona Republic. Conan he just may be. As a redshirt frosh, he has already posted lifts of 600 pounds in the Competitive-Style Squat, 365 pounds in the Power Clean, 485 on the Bench Press and 37.5 inch Vertical Jump. His sit and reach has consistently been 10 inches past his toes. A former state champion in the 100 meters in high school, Simoneau's potential seems to be limitless. He has the perfect build to powerlift (5'11", 240 pounds), the natural ability to weightlift (he hopes to clean 400 this year as a freshman) and the physique to bodybuild (a local bodybuilder said he'd turn pro if he had Jeff's physique). Football wise, his hard work has given him everything he needs to be a physically superior player.

Only time will tell where these great workers will end up. For Perkins and Winsley, hopefully the N.F.L. will be a dream-come-true within a year. For Fisher and Simoneau, great collegiate careers will have to precede that goal. Winsley even has his eyes on some natural bodybuilding shows if he gets time. American Drug Free Powerlifting

## PERSONAL RECORD BOARD

	FULL SQUAT	BENCH PRESS	POWER CLEAN	VERT. JUMP
Kelvin Fisher (SO,FB)	470	380	285	32.5
Bruce Perkins (SR,TB)	450	370	275	29
Jeff Simoneau (FR,FB)	600	485	365	37.5
David Winsley (SR,TB)	550	430	285	33.5
<b>AVERAGES</b>	517.5	416.25	302.5	33.1

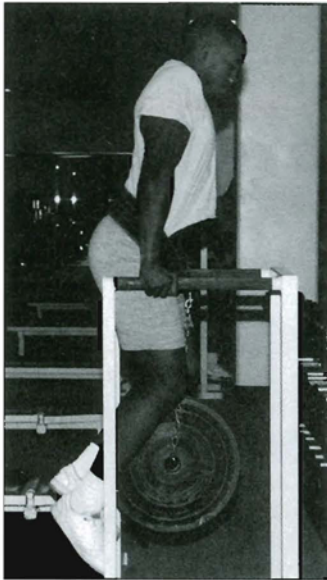
Association meets are also a possibility. With Rich Wenner, ASU's Assistant Strength Coach and several time national drug free champion, and three volunteer assistants who compete drug free available to train with, he would have a great strength environment to help him.

One thing does remain known however. These four men have sacrificed hundreds of hours of their own time in pursuit of Winsley's "being the best you can be" motto. They have already proven the virtues of such work. With their efforts and Coach Falk's unparalleled guidance, the future looks even brighter.

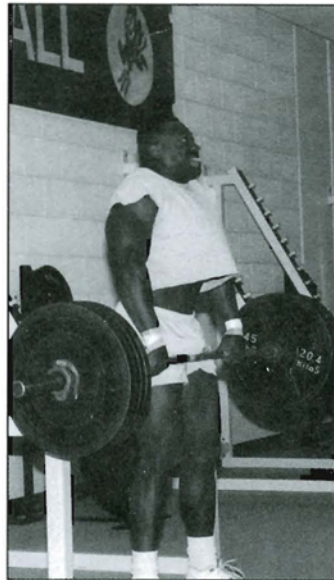
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# ASU RUNNING BACKS



FB Kelvin Fisher:  
Weighted Dips



TB David Winsley:  
Shrugs 405



Fisher and Conan ( Sounds like a TV Series)  
at Sun Devil Record Board



Kelvin Fisher with Head Strength Coach Tim McClellan.  
We thank him and his running backs for their Upper Limit  
Program in Sun Devil Country.

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