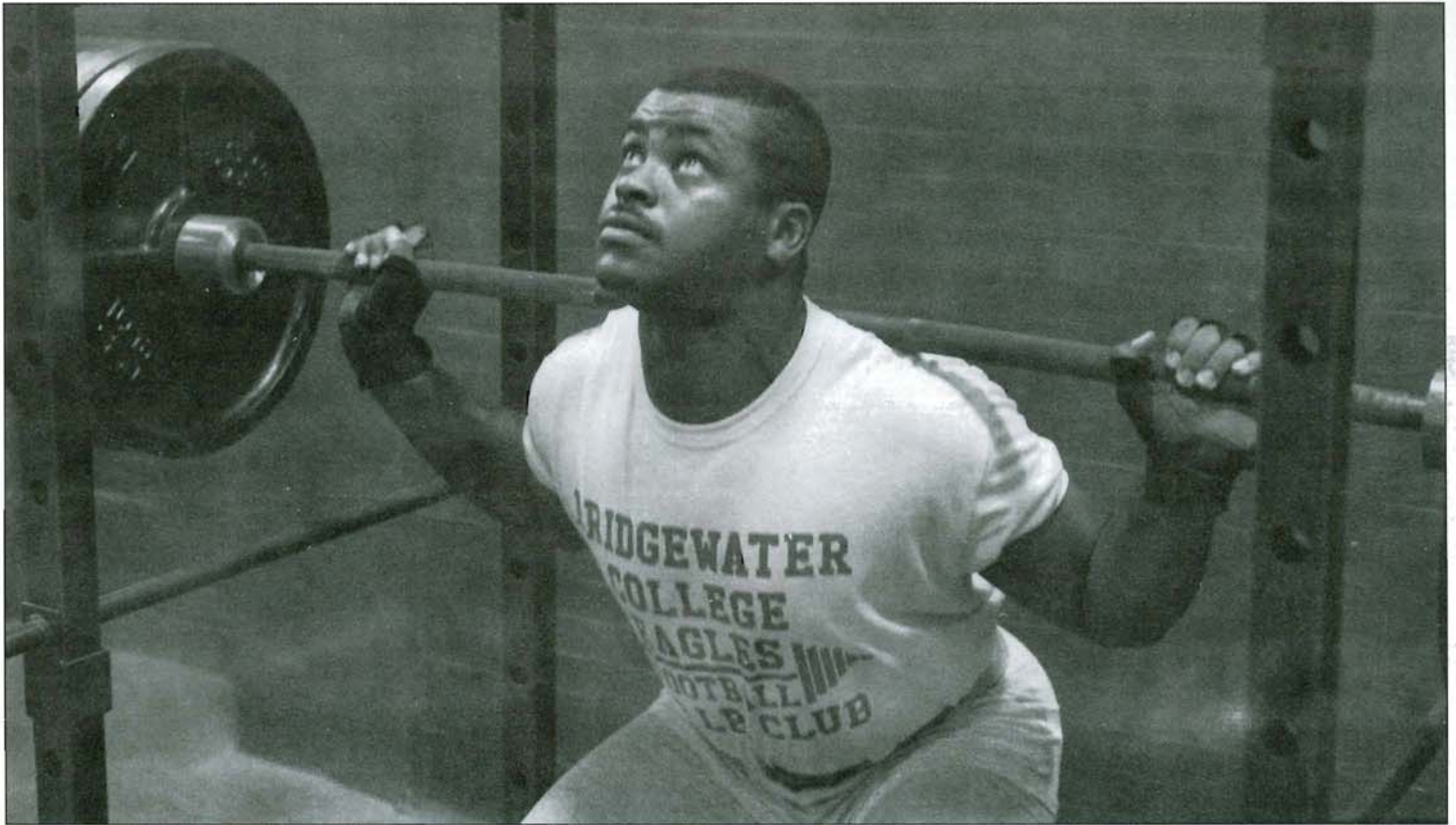


ANTHONY LAWRENCE



Anthony Lawrence: Bridgewater College's Division III All-American

By Greg Shepard

Anthony "Ant" Lawrence grew up in the "boonies" near St. Brides, Virginia. There were only six houses on his road. When he was nine years old, Anthony's mother and father divorced. He lived with his mother up until his junior year of high school. Neallie Brooks, Anthony's aunt, helped him a lot with pep talks and gave Anthony a religious background. "She helped me with transportation to school and activities which were about twenty miles away."

No one in Anthony's family had ever attended college. The cards were stacked against him. A black kid from a broken home living so far from school couldn't possibly make it. However, the oddsmaker underestimated the willingness of Anthony's family to sacrifice. Anthony Lawrence beat the oddsmaker of life with grit, determination and commitment.

A tough, tough decision was made. For his final two years of high school, Anthony's guardianship was given to a school teacher. These new people in Anthony's life were white and provided a completely different environment. "It was certainly more intellectual," Anthony remembered, "It helped gear me for college. Of course, that was the whole idea." Since it was only 20

miles from home, Anthony did visit his mother quite often. However, his mother has never seen him play a college football game and Anthony rarely sees his dad. I kind of laughed as I asked how it was, living in town with a white family all of a sudden. Anthony also laughed, "It was a little bit of a shock, especially the food, which was very different."

Anthony attended Great Bridge High School (enrollment 1500) in Chesapeake, Virginia. Besides playing football for Coach Bill Roberson, Anthony also played baseball and wrestled. As an All-Conference centerfielder, he hit .389 and also won a district wrestling championship on his way to finishing 7th in the state. In football, Anthony helped his team win the district championship and go all the way to the semi-finals during his junior year. However, the next year even though Anthony made All-Conference and rushed for 899 yards, the team had a losing record.

Anthony maintained a solid 2.7 GPA and also found that he had another talent which he enjoyed. You see, Anthony got interested in art when he was young. "A cousin influenced me," remembered Anthony, "He'd draw and I'd watch. Then I'd trace and finally draw. Soon, I became good at it. In high school. I took a lot of art classes. I especially liked carving and sculpting."

LEADING RUSHER

Anthony needs 1337 yards this season to become the leading rusher in the state of Virginia at any level for career yardage. With this, Anthony would also become the #2 leading rusher in Division III football. We feel that these records are well within Anthony's reach. He is stronger and faster than ever.

Anthony is a great person as well as a great player. Success has not gone to his head. Last season, Anthony accounted for 77% of our rushing offense and 54% of our total offense. His personality, character and leadership are exemplary. When something needs doing, Anthony takes care of the job. Anthony Lawrence is a winner.

Kyle Gillenwater August 1989
Assistant Football and Strength Coach
Bridgewater College

1989 UP-DATE

Unfortunately, Anthony received a deep thigh bruise during the first quarter of the first game. Nonetheless, Anthony had two games where he rushed for 160 and 156 yards. The bruise is improving with each game and while Anthony will fall a little short of national and state records, he did shatter his school rushing record.

HONORS

- ★ 1st Team All-Conference (1987, 1988)
- ★ 1st team All-State (1988)
- ★ Conference Player-of-the-Year (1988)
- ★ Honorable Mention All-America (1988)

That early background shaped the future. At Bridgewater College, Anthony is majoring in art with an emphasis in commercial art. He plans to go into advertising. Anthony also maintains close to a 3.0 average and is on line to graduate.

"My senior year in high school was a damper," explained Anthony, "But, I thought I'd give football another try." Anthony chose Bridgewater College because of new head coach Dan Antolik. Anthony started as a freshman but didn't play in four games because of a foot injury. Since Bridgewater does not have spring football, Anthony played baseball in his first two years and then switched to track. Last year, he was clocked at 10.6 in 100 meters.

Anthony trains year round and prefers free weights to machines. "Free weights are better for overall



performance," maintains Anthony. He varies his sets and reps and believes in a core lift approach. "Don't train like a bodybuilder if you want to be a football player," advises Anthony. He Squats and Benches twice per week. His favorite auxiliary lift is the Incline Press.

"It was a big day when I finally got 300 on the Bench. I still remember it. It was the best feeling in the world. Then, I just kept going, proving that a lot of your strength gains are psychological. I didn't think it was possible at first to gain weight and increase speed. Now, I know different. The secret is the combination of weights M-W-F and speed and plyometric training on Tuesday and Thursday."

Bridgewater College is located in the heart of the famed Shenandoah Valley and was the first co-

Continued on next page

ALL-AMERICA ANTHONY LAWRENCE

Continued from page 71



Plyometrics have helped Anthony excel in both football and track.

educational liberal arts college in Virginia. It was founded in 1880 by members of the Church of the Brethren for promising youth who were sincerely interested in becoming all they could become. Anthony has fulfilled that legacy.

"Your education should come first," Anthony sagely offered. "Get involved in athletics or some hobby and then go for it. Just remember, a goal is never too hard to accomplish. Pick a goal and then do it. Stay away from drugs. They will get you no place. I've always kept a positive attitude towards college. That's what kept me going."

Anthony has not had any experience with drugs. Of course, he had opportunities but feels that you can't mix drugs with athletics. In combatting peer pressure in high school, Anthony simply said that he couldn't because he was an athlete. "Friends wouldn't even smoke around me," Anthony said. "Most of the time, I was too busy with sports. At Bridgewater, I'm pretty well known around here because it's so small. Everybody knows what I'm going to say; so I'm not even asked to do drugs."

On the subject of steroids, Anthony feels they are the worst thing to hit the athletic scene. He stated, "It's too bad people take them. It's a cover up for self confidence. There's also too many medical consequences. I'm really happy with me. I know body builders who take them and it's not for me. There are just too many side effects."

Before this season, I asked Anthony what he wanted to accomplish. He responded, "I want my team to do well. All of us seniors came into a brand new program as freshmen with Coach Antolik. We deserve a championship and hopefully we'll get a chance for post-season games. Individually, I'm going to work extra hard to do well game by game and get those records. I've got a lot of confidence."

An Upper Limit life can be projected for Anthony Lawrence. A firm foundation has been set into place. Anthony sees a bright future. He would like his own advertising company and to have a healthy, drug-free life with a nice home shared by his fiancée Pamela Young. He would also like to be in a position to help his mother out even though wealth is not a big factor in his ultimate plans. Anthony would like a shot at pro-football but when that option is played out I'm sure Anthony will have no worries.

We are proud of Anthony and thank him for being a fine example to all. We thank his dedicated coach, Kyle Gillenwater for making this article possible and wish the Bridgewater Eagles much success.

ANTHONY LAWRENCE PROGRESS CHART

Year	Ht.	Wt.	Bench	Squat	Clean	40			
9	5-6 1/2	140	165	250	X	5.0			
10	5-7	144	185	280	X	4.9			
11	5-8	153	205	315	185	4.8			
12	5-8 1/2	160	230	350	210	4.7			
FR	5-9	165	245	400	215	4.6			
SO	5-9	172	275	425	230	4.6			
JR	5-9	178	300	445	235	4.55			
SR	5-9	185	335	470	250	4.45			
Yr.	Rushing			Receiving			Kick Returns		
	Att.	Yds.	Tds.	Rec.	Yds.	Tds.	Ret.	Yds.	Tds.
FR	69	249	1	19	238	2	X	X	X
SO	253	1349	10	13	160	1	11	302	1
JR	285	1341	8	4	16	0	15	303	0
TTL	608	2939	19	36	414	3	26	605	1