

CHAD THORSON

By Greg Shepard

Chad is an outstanding young man in every sense of the word. He has proved everybody wrong. Every NFL team has expressed an interest in Chad. This young man will not let you down.

Chad has an awesome work ethic. Nobody will ever outwork him. He is tough and hard nosed – "Eats nails and spits rust!" Chad has never missed a practice or a game in three years.

Mike Swider

Defensive Coordinator – Strength Coach

The seed was planted. The vision seen. The work ethic established. A strong family, a strong high school program and a BFS clinic at Tiffin, Ohio were part of that development. Chad Thorson remembered the clinic as a 10th grader, "The enthusiasm generated was great and the examples of the different athletes were inspiring. I started doing core lifts because they were geared for a football player not just for a competitive lifter."

Chad attended Columbus academy, a college prep school, in Columbus, Ohio. He helped Head Football Coach Dan Barren's team to a 10-2 season which included the playoffs in his senior year. Chad at that time was 6-2 and 210 pounds with a 310 Bench, 415 Squat, 205 x 5 Clean, 285 Incline and a 4.9 Forty. He played middle linebacker and tight end.

Even though Chad made All-Conference in football, and made the regional finals in wrestling in addition to participating in track; he did not get any offers to play major college football. Chad reflected back, "I felt they should have looked at my work ethic and been given a chance. I thought about walking on at Ohio State but I chose Wheaton College in the middle of the summer after talking with Coach Swider for 2 1/2 hours. He was super."

"Wheaton is a Christian College. I liked that aspect. The coaches also cared about you. My decision was made. I was going to be a Wheaton College Crusader."

Wheaton College is a non-denominational evangelical college nestled in a suburb of Chicago. One of Wheaton's most famous graduates is Billy Graham. The 2500 students at Wheaton study a variety of subjects. Chad, for example, is a political science major with a 2.7 grade point average and is on line to graduate. The students attend a chapel-like fireside meeting three days a week. Different speakers bring timely messages during these forty minute meetings at noon time. Wheaton is one of the top liberal arts schools in America.

Continued on next page

**WHEATON
COLLEGE**

**ALL
AMERICAN
LINEBACKER**

6-2 1/4

246

**BENCH
385**

**SQUAT
600**

**CLEAN
315**

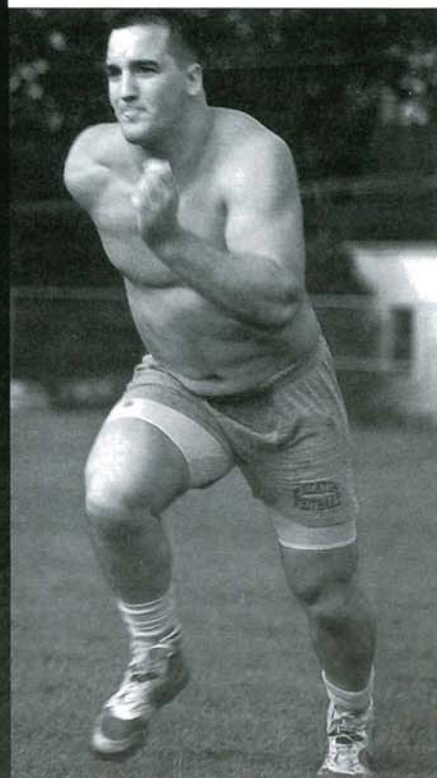
**INCLINE
325**

**JERK
320**

**SPEED
4.75**

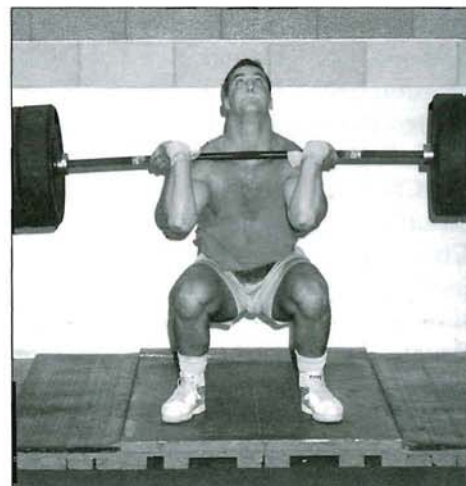
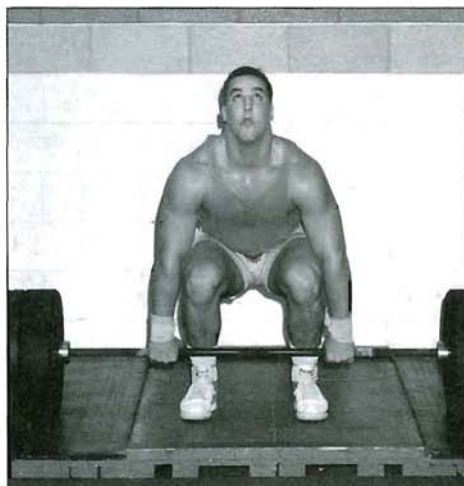
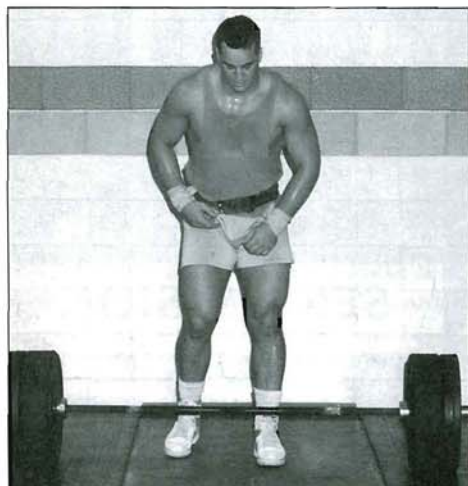


SEE A VISION



AND GO FOR IT!

CHAD THORSON #47



SWEAT – OVERCOME – KEEP GOING:

Chad spends his summers working in downtown Chicago at the Board of Trade with the CRT (Chicago Research and Trade). "My mother and father really supported me. My dad said if I wanted to go to Wheaton he'd support me one hundred percent. We communicate three times per week. My family is the reason I've come this far. We support each other. We're a very close family," confided Chad respectfully. "For that reason, I probably won't make a career out of my experience with the Chicago Board of Trade, but enter into a real estate career with my family. My dad said to do something that I enjoy. I got my residential real estate license right out of high school. I plan to join my father, my three older brothers and cousins in our Columbus real estate business."

Under the direction of strength coach Mike Swider, Chad Thorson has experienced a very sophisticated training program. "I always get asked about my Bench," laughs Chad. "People don't know what's important for

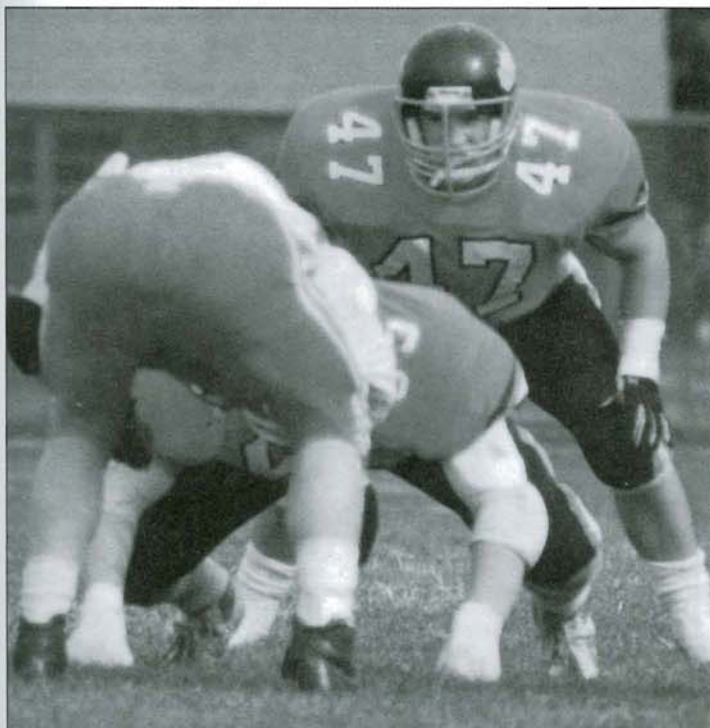
an athlete. The most important lift for me is the Power Clean. It gives me explosive power. I try to develop my legs first and for me, they progress quickly. The next most important lift is the Squat."

Chad varies his sets and reps and explains that doing systems like 5 x 5, 3 x 10 or 1 set of 8-12 reps over and over again is detrimental to continued progress over a longer period of time. He runs twice a week in the off-season at 6:00 AM. In addition, Chad does Plyometrics, consisting of Bounding and Box Jumping, during these bi-weekly workouts. He also does flexibility work before and after every training session. Chad has an axiom, "If you can't run to the ball, it doesn't matter how big you are."

After Chad's freshman year, he gained a lot of weight. Naturally, Chad was accused of taking steroids. Chad responded, "I've lifted hard and smart with good nutrition. I've done it without steroids. Taking steroids

Continued on page 68

ALL-AMERICA LINEBACKER



THEN YOU'RE READY – TO PERFORM!

CHAD THORSON PROGRESS CHART

YEAR	GAMES	TOTAL TACKLES	FIRST HITS	ASSISTS	QB SACKS	INTS.	HONORS
FROSH 1986	9	96 1/2	56	37	3 1/2	1	Defensive Player-of-the-Week – League
SOPH 1987	9	145	59	81	5	0	1st Team All-Conference Player-of-the-Week Wheaton College MVP
JUNIOR 1988	9	131	71	51	9	3	Pre-Season All-America League Defensive Player-of-the-year Football Gazette Regional Player-of- the-Week Two All-American Teams

SENIOR
1989

EVERYBODY'S PRE-SEASON ALL-AMERICA

YEAR	HT.	WT.	BENCH	SQUAT	CLEAN	JERK	INCLINE	40
FRESHMAN	6-2	215	325	430	265	X	295	4.88
SOPHOMORE	6-2	235	350	515	280	300	300	4.75
JUNIOR	6-2	240	365	585	295	310	305	4.75
SENIOR	6-2	246	385	600	315	320	325	4.75