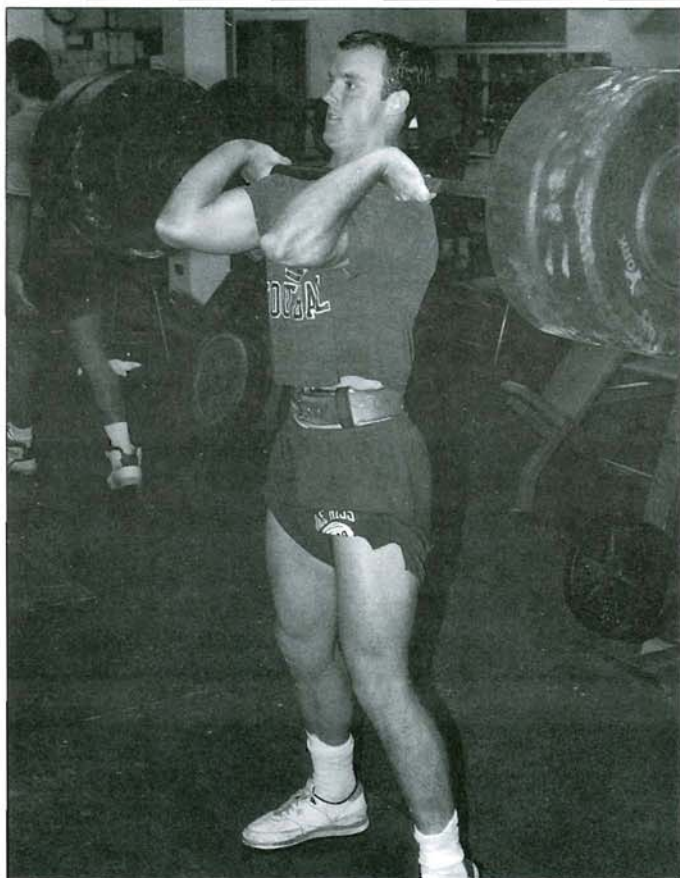
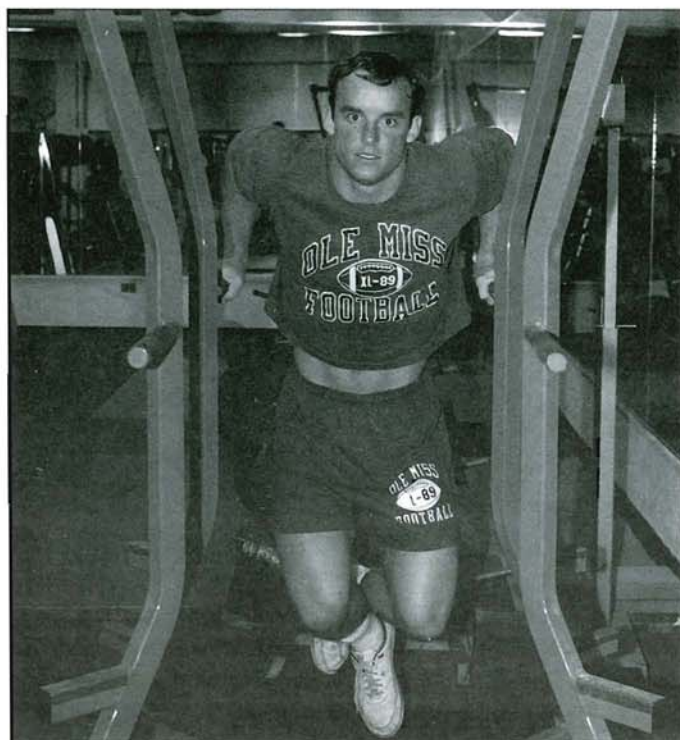


# TODD SANDRONI OLE MISS



*Todd Sandroni Power Cleans 275 lbs.*



*Todd can do 36 Dips in a row in strict form.  
All Photos by A.J. Long*

## By Greg Shepard

Todd Sandroni is very deserving of any recognition BFS may provide. I feel confident that kids throughout the country would do well to use Todd as an example and role model. The only thing that overshadows Todd's athletic achievements is his attitude. As you will discover when reading about Todd, he excels academically in a very tough area of study, while reaping the benefits of a very successful athlete.

Todd was a Pre-Season All-America and has led the tough S.E.C. Conference in interceptions the last two years. He takes an active part in the Fellowship of Christian Athletes. In addition, Todd never misses a set or rep in the weight room. I doubt you can find a more well-rounded young man!

Chuck Okey, Strength Coach, Ole Miss

"I wish I was stronger," said Todd Sandroni determinedly. "I really want a 300 pound Bench. I was surprised when I got 275 on my Clean. Now, all I need is 50 more total pounds on my lifts to be an "Iron Rebel". I need a 300 Clean and a 400 Parallel Squat."

All Todd wants is to get better. At first, he was intimidated by everyone especially those big linemen. Then, Todd learned to just go and do the best you can. Todd believes, "If you personally get stronger, you'll be a better football player." When Todd first arrived at Ole Miss, he saw other Free Safeties Benching more and he thought, "Boy, I can't compete with them but later I found out that it's what you do on the field that counts." Todd learned a valuable lesson and he sums it up by saying, "You should go to the weight room with a great attitude with the intent to improve each day."

Todd attended Indianola Academy, a private school with an enrollment of 1000 students. He played QB in a run oriented offense under Coach Chuck Reynolds. An all around athlete, Todd was All-Conference in football, basketball and baseball. He was also a state champion long jumper. Johnny Parker who is the strength coach for the New York Giants, who is from around the area, set up the weight program at the high school. Todd took advantage of that but being so heavily involved in four sports made it tough to really develop.

Todd's father grows soy beans, cotton and rice on a 1000 acre farm on the Mississippi Delta. His mother is a physical education teacher at the local public high school. Todd's father pushed him away from the farm life and stressed academics.

Todd chose the University of Mississippi (Ole Miss) because of family ties and his recruiter, Ron Case. Todd is on line to graduate with a pharmacy degree and boasts a sparkling 3.5 GPA. In the spring of 1989, he earned the Chancellor's List honors with a 4.0 GPA. With those high marks, Todd was selected to several Academic All-Conference



# ALL-AMERICA SAFETY

teams.

Todd is considered one of the top free safeties in the nation. He led the Southeastern Conference in interceptions the last two years. Last season, he nabbed seven passes which ranked him third in the nation for interceptions. Todd also had two fumble recoveries and 42 solo tackles. As a result, the AP, UPI and Sporting News named Todd Sandroni an Honorable Mention All-America. Football News named Todd as a Third Team All-America.

With all this notoriety, Todd thinks about business opportunities in the pharmacy world not pro-football. He advises, "Don't ever miss class and never be late to class or with an assignment. That's where you get into trouble. I started with good habits now I don't even have to think about it."

Todd believes technique is important in football and the weight room. "Teamwork is also important in the weight room," Todd remarked. "We all encourage each other and spot ourselves. We get into PR's."

When asked about "Peer Pressure" for drugs and alcohol Todd said, "It's definitely out there. I handled it. It's not going to help me become a better person. I was bound to be dedicated to my sports. I'd say no to drinks but I'd still go out in high school. My friends and I stuck together. People stopped asking after awhile."

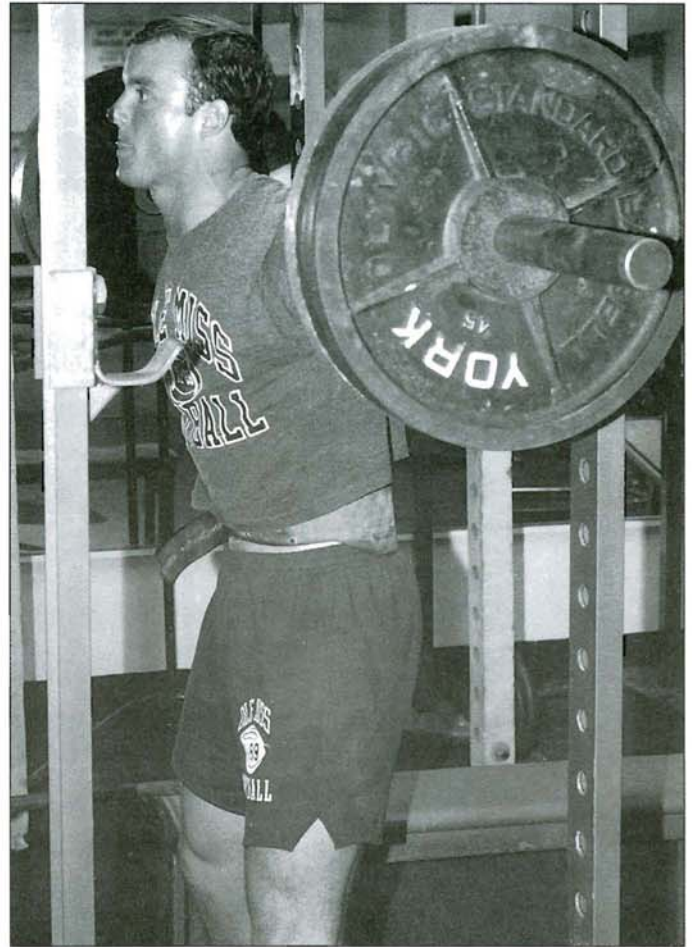
"At Ole Miss, there's a lot of people in the same situation. Football means a lot. My friends don't drink and my teammates really commit themselves in the off-season. As for drugs, they're bad. Being in pharmacy, I know first hand what's happening, all the way from steroids to hard drugs. I especially know the bad effects physically."

Finally, Todd commented on his view of putting life in its proper perspective. "Well, to me, my education comes before football. Family values are important. I was amazed when I came to Ole Miss that so many were not close to their families. I believe in God and there is no doubt that I owe Him everything."

We thank Chuck Okey for his efforts to help us with this article and especially thank Todd Sandroni for sharing his Upper Limit life which is a great example to all.

## TODD'S PROGRESS CHART

	10	11	12	FR	SO	JR
HT.	5-9	5-11	6-0	6-0	6-1/2	6-1/2
WT.	180	187	193	198	198	198
40	4.65	4.65	4.63	4.63	4.61	4.6
VJ	28	28	28	29	29 1/2	30
Bench	NA	NA	225	250	275	295
Squat	NA	NA	NA	315	325	375
Pwer. Cln.	NA	NA	NA	210	250	275
Dips	NA	NA	NA	20	30	36



Todd preparing for a great Squat. Notice his eyes and head are perfect. Photo by A.J. Long



Todd has almost got the magic 300 lb. Bench.

### NEWS UP-DATE

Todd injured his knee in the Florida game. He came in 4 times a day for treatment and never missed a weight workout. Todd came back to start against Vanderbilt. Everyday Todd would say, "My knee is 100%."



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