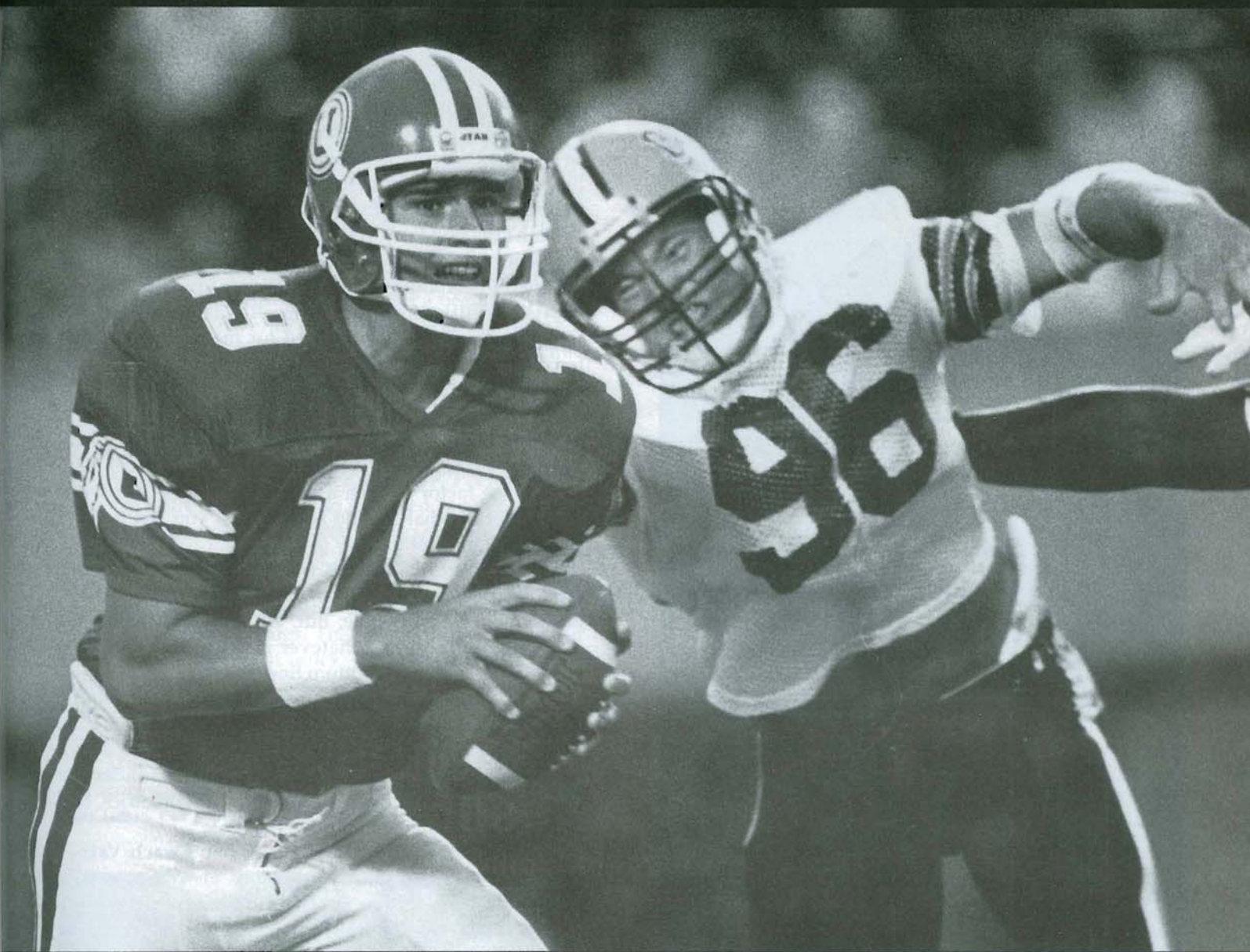


SCOTT MITCHELL



*#19 Scott Mitchell knows intensive training is as important as his QB skills.
Scott has developed his body to stand up to defensive lineman.*

Scott Mitchell is a man with choices and options. You see, he has this great ability to pass the football and at 6-5 1/2 and 230 pounds, NFL teams have a keen interest. As a sophomore in 1988, Scott set NCAA Division I-A passing yardage (4,322) and total offense (4,299) records. Because of his size, strength, attitude, savvy and performance, NFL teams want Scott Mitchell now.

Before the 1989 season, Scott was a pre-season All-America and Heisman Trophy Candidate for the University of Utah. Optimism was high for Head Coach Jim Fassel's team. Coach Fassel developed such QB's as John Elway and his new protege was causing apoplexy

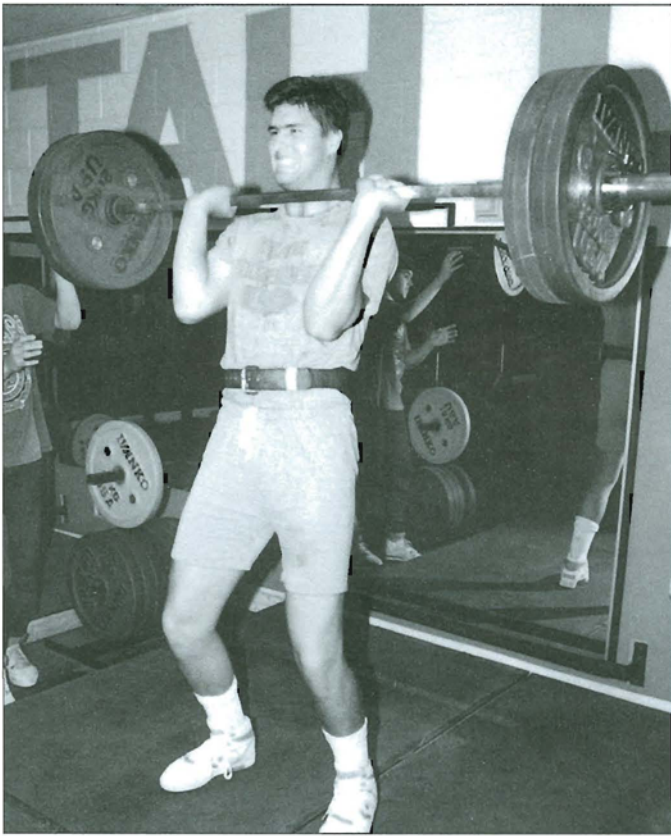
for defensive coordinators.

Then a series of quick events caused some massive changes. First event, the team was struggling. Many criticized a weak offensive line for not giving adequate protection. Second event, while preparing for arch rival BYU, Scott slightly tore a knee ligament which ended his season with only two games left. Third event, the University of Utah then suffered disastrous defeats from BYU and Air Force. As a result, Jim Fassel, in a controversial move, was fired.

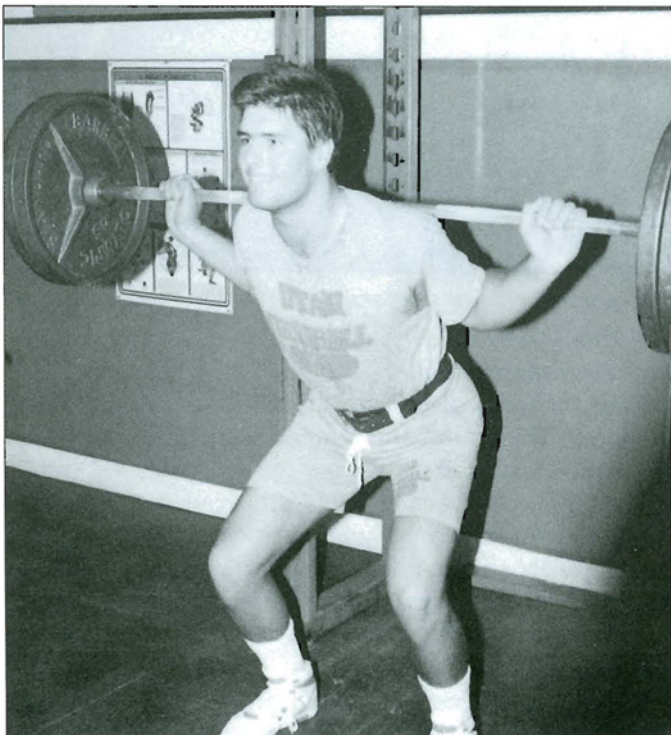
Subsequently, Scott Mitchell immediately had NFL teams wondering about his senior year. Scott has until

Story continued on next page

SCOTT MITCHELL



The Power Clean is one of Scott's Core Lifts.



The Parallel Squat is also a Core Lift of Scott Mitchell.

April 1, 1990 to declare his name for the NFL. New football coach Ron McBride is obviously on pins and needles. At this writing, Scott is still weighing his options. He knows full well that a serious injury next year in college would probably mean no big bucks ever in the NFL. Scott is now fully recovered from his November injury but he has to be wary. Should he grab the brass ring now or finish out his college college career at Utah? We will keep you posted.

Scott was a three-sport athlete at Springville High School only ten miles from BYU. Being involved in three sports left little time for lifting. "I was growing fast," remembered Scott. "It was hard for me to lift so I lifted for muscle tone. I wasn't real excited about it until I met Coach Varner at the University of Utah. I just didn't understand what it was all about. For me, the strength and conditioning program here at Utah has been great. I'm less susceptible to injury and I'm stronger. The confidence factor is such a positive thing. I love to lift now. A lot of what you do is mental. If you feel healthy and strong, it's got to carry over.

"The will to win starts with intensity. You have to have the desire. I want to be the best QB in the nation but so do a lot of people; But, what are you willing to do. I'm willing to do whatever it takes. You've got to work hard - that's the bottom line."

Scott came to Utah weighing about 205 pounds. The strength program built him up to a solid 230 pounds. Then they said, "Scott you're bigger now but you've got to get quicker and more mobile." Scott responded by increasing his efforts on jumping rope, plyometrics, box jumping, triple jumps and power skips.

"I was very tight," said Scott, "So Coach Varner really worked hard on my flexibility. He did primarily PNF stretching with me. I even get massages. It's great!"

Scott believes that it is important for team morale to have a QB in the weight room. Scott stated firmly, "I want to be seen in the weight room."

Scott joined Coach Varner's Commanche Club which was a special group of the most dedicated athletes who would do extraordinary things and sometimes some wild and crazy things. Scott said, "I wanted to show'em not tell'em. I wanted to do the extra things. Extra things to me are just an opportunity to lead by example. It brings you closer to your teammates. We'd get up at 2:00 AM to do some fitness thing together. I said to myself that there wasn't anyone that's up doing this in the country."

Scott was All-State in three sports and was recruited as a football-baseball player. He traveled to Stanford, BYU and Utah. Scott also turned down some pro-baseball offers. "It was smart to go to college," reflected

A QB WITH OPTIONS

Scott back to those decision days. "I wanted my education which was paid for. I was giving myself more opportunities and more roads to travel by turning down baseball."

In a surprise move, Scott Mitchell chose the University of Utah over BYU. Of course BYU has had a long history of great QB's. However, that was the main reason for going someplace else. According to Scott, "I didn't want to follow. I wanted to make my own shadow. I've really been able to grow here."

"I was raised probably different. I was never really faced with anyone saying come on get a beer. But, when I came to the University of Utah, I was challenged. People said at a party, 'You mean you don't even drink, not even one?' They wondered if it was a facade. Then they found out I was committed to stay clean. Now they respect it."

"I had six really close friends in high school, so drugs and alcohol were never an issue. Peer pressure wasn't ever there and I was so involved in athletics. I've never taken drugs but I've been on top of the world with highs in sports. There isn't anything more satisfying than accomplishing a goal. The key is education. I've been right next to teammates who have had their lives totally destroyed by drugs. They wanted easy money for no work and wanted it quick. I learned it doesn't take much and you go to prison. Those teammates have lost so much and they'll have to live with it forever. Do people really realize what's going on?"

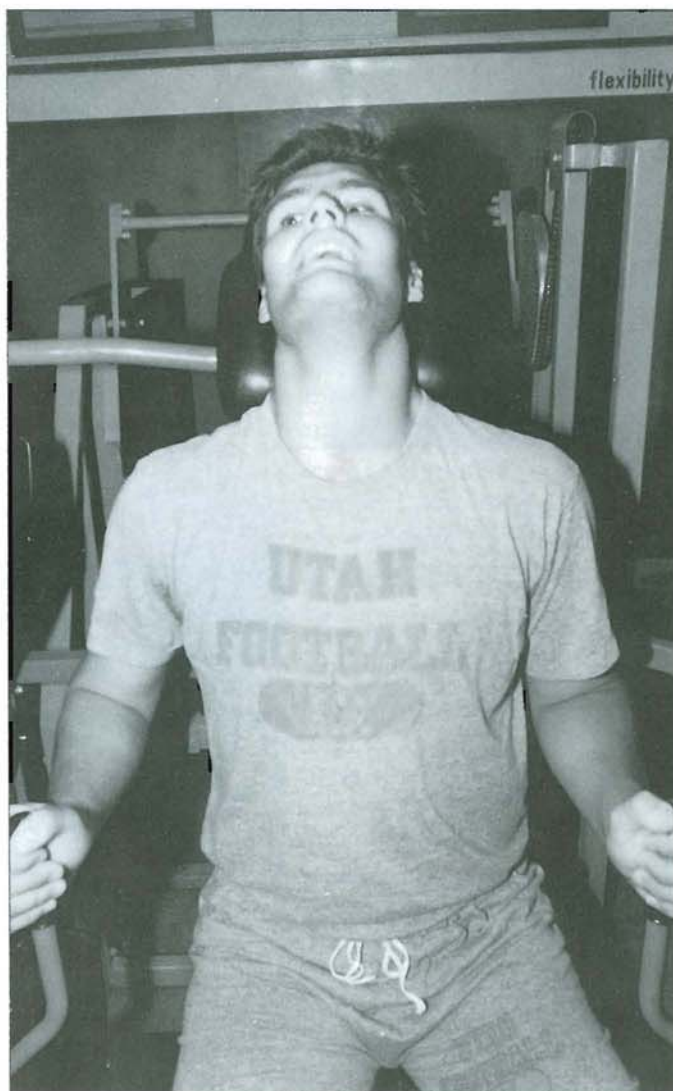
"True success and happiness can only be earned."

Scott speaks to youth groups sometimes as much as four times per week. Scott has been married to Kim for a

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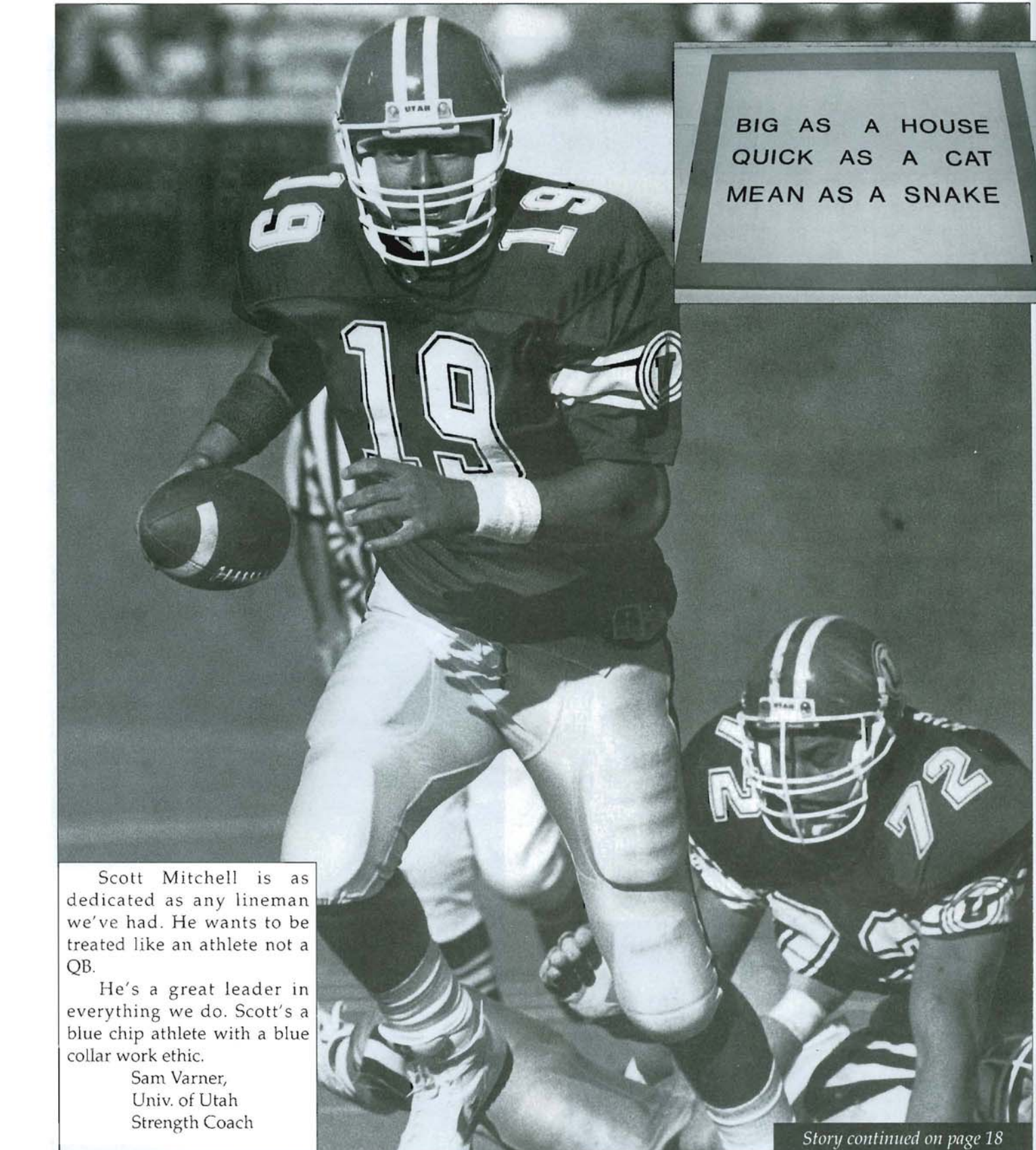
Dumbbell Benches are done to get a greater balance of power.



Scott trains with everyone else and as hard as anyone else.



Strength and Conditioning Coach Sam Varner has Scott do a total conditioning program.



BIG AS A HOUSE
QUICK AS A CAT
MEAN AS A SNAKE

Scott Mitchell is as dedicated as any lineman we've had. He wants to be treated like an athlete not a QB.

He's a great leader in everything we do. Scott's a blue chip athlete with a blue collar work ethic.

Sam Varner,
Univ. of Utah
Strength Coach

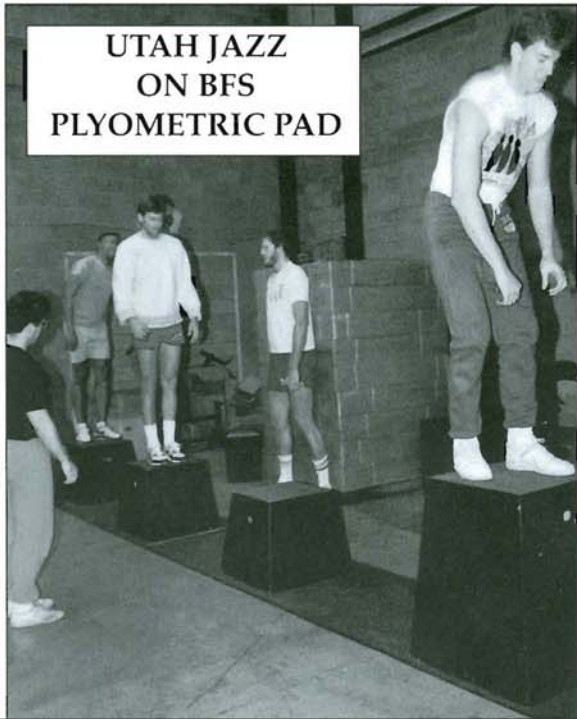
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SCOTT MITCHELL STATISTICS

Year	Comp.	Att.	Int.	Pct.	Yards	Per Game	TD's
1987	109	188	4	.580	1,448	131.6	9
1988	323	533	15	.606	4,322	392.9	29
1989	237	444	19	.534	3,211	321.1	31

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SCOTT MITCHELL A QB WITH OPTIONS

Continued from page 6

little over a year and they speak often together as a team. Scott tries to be a role model. "I try to put myself in the shoes of a child, remembering how I felt then and what impressed me about my heroes. I try to return what they gave me."

Scott bowed his head respectfully and said, "My life just really began with my marriage. Football is a career which will last 15 years if I'm lucky. My marriage will last for an eternity. So to me the most important things in the world are my family and the Lord. I was placed on this earth to grow and progress. I'm supposed to develop my talents but it has to be done with the right perspective. Hey, if I'm not a great football player the world doesn't come to an end. Because, I've got my rock - my wife. It actually takes off pressure. All I need to do is give my best."

"My wife and my relationship with the Lord are intertwined and that relationship has been priceless."

Now, Scott Mitchell, the man who undeniably has put life in its proper perspective is in the midst of choosing an option. Should he stay in college or jump to the NFL?

Scott gave these thoughts on education, At first, I wasn't thrilled about my education but now it's really important to me. I started out thinking that I'm going to be a pro but the more successful that I've become, the more I realize its important to cover all my bases."

Since Scott was red shirted his freshman year and carries a solid 2.85 GPA in Economics, he is close to graduating. If he turned Pro this spring, he'd only be a semester away from graduating which he could complete in one off-season. So what should he do?

Scott has some unfinished business in college. Perhaps he would like to go out a winner with new fireball coach Ron McBride and lead the Utes to a bowl game.

Scott sagely commented on his thinking process on decision making, "I sit down and analyze the situation. Where am I? Where do I need to go? How am I going to get there? You've got to be able to accept criticism. Don't let your ego get in the way but try to look at yourself objectively and honestly."

Whatever pressures involved in his decision will be tempered by his outside life with his new wife Kim. Scott Mitchell will make the right decision and make the best of life. We thank the University of Utah, Sam Varner and Scott for this Upper Limit stimulating article.