

# DAVID HENSON



David Henson is powerfully quick at Nose Guard

David Henson has been developing his potential and using the secret since his sophomore year of high school. Coach Larry Siegel of Maumelle-Central Arkansas Christian High School used the BFS Program so as a 16-year old sophomore David already had a great base of strength. He Bench Pressed 250, Parallel Squatted 400, Power Cleaned 245 pounds and was an All-Conference Nose Guard. Strength and conditioning coach Ken Stucky of the University of Arkansas intensified the secret and finally after David transferred to the University of Arkansas head football coach Mike Isom continued correct training procedures. The result: A bonifide All-America candidate.

However, David had a chance to take a negative course in life at an early age. His parents got a divorce when he was thirteen. David remembered, "I saw other kids get screwed up because of divorce so I vowed I wasn't going to let it happen to me. I stayed close to my coaches, sports and weights."

Fortunately, David also maintained a close and loving relationship with both parents and was raised with admirable basic values. "I never experienced any problems with drugs or alcohol. I went to a Christian school and it just wasn't done. Another big factor was the way I was raised, related David. "I didn't want to jeopardize my future. I never wanted to be a disappointment to myself or to others. I know people look up to me but most of all I didn't want to let anyone

"David is a very intense individual who goes all out on the practice field and the weight room. He is always soaking wet and totally exhausted upon finishing a weight workout. While David sets the pace in the weight room, he has to work hard to stay at the top in all testing categories as we have several players at or near his strength level."

Mike Isom Head FB Coach  
Univ. of Central Arkansas

down especially my parents."

In high school, David achieved all of the BFS All-America strength standards by Benching 370, Parallel Squatting 500 and Power Cleaning 300 pounds. As a 6-3, 250 pound senior who ran a 4.8 forty, David, quite understandably, made All-State.

David accepted a full scholarship to the University of Arkansas and red-shirted his first year. He made loads of progress with strength coach Ken Stucky. "Coach Stucky helped me a lot at Arkansas," said David. "Not only in the weight room but in all areas. I've never had a taste for alcohol, so many times when others would party, I'd lift, go out with my girl or to a movie."

After two years at Arkansas, David made a difficult personal decision. Although David most likely had the talent to start for the Razorbacks, he transferred to the University of Central Arkansas. "I love it here at UCA," beamed David, "I like the winning tradition and I like the coaching staff. They really care about their players."

The University of Central Arkansas is one of the top NAIA Schools in the nation. Created in 1907, UCA now has an enrollment of 6,600 students with 300 faculty members. UCA offers nearly 100 undergraduate and 36 graduate programs on its 220-acre campus. They have had a dominant football program winning their conference championship seven years in a row. Even more significant were the back-to-back National



# NAIA ALL-AMERICA

Championships won in 1984 and 1985 by the UCA Bears.

David was the starting Nose Guard in 1989, earning All-Arkansas Intercollegiate Conference, All-NAIA District 17 and honorable mention NAIA All-American honors. His '89 statistics included 20 solo and 38 assists in tackles (sixth on the team); 22 runners dropped for minus 100 yards (led the team); 2 fumble recoveries (led the team), and a pass broken up.

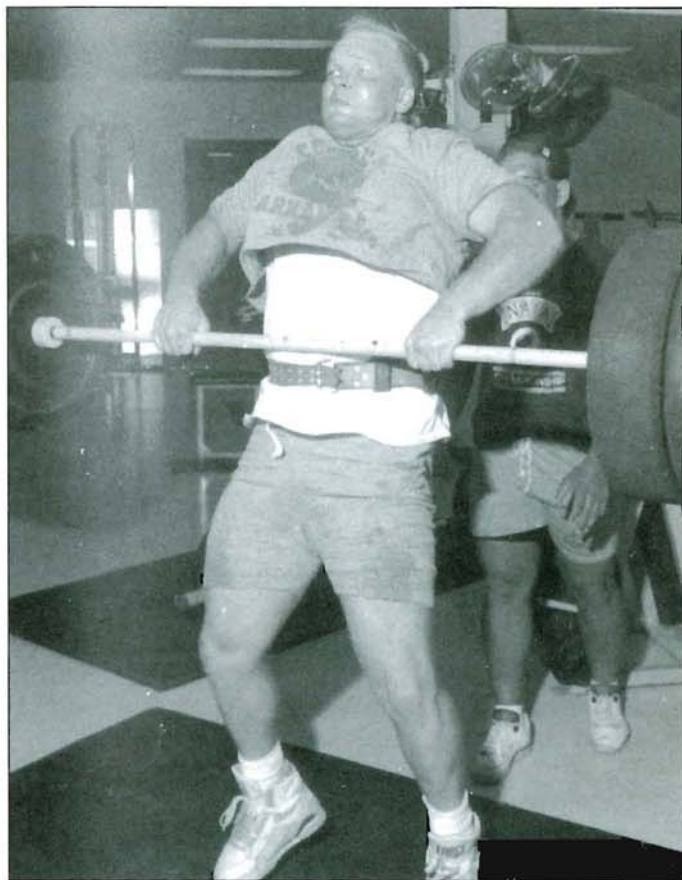
The AIC or Arkansas Intercollegiate Conference allows only 42 players per team to receive athletic scholarships. With this small number, it is difficult for one team to develop any type of advantage on any other league member. Head Football Coach Mike Isom stated, "The Strength program at UCA has been one of the most tangible things that has separated us from the rest of the teams in the league and led us to a conference record of seven straight championships."

David is big, fast and strong. He can now Bench 510, Incline 380, Power Clean 360 and Parallel Squat 685 pounds. Equally impressive is his ability to run a forty in 4.63 seconds at 6-3 and 267 pounds. Naturally, David gets asked frequently about steroids. "I get upset. Hey, I'm in the weight room consistently and have been for six years. I eat nutritionally sound meals. There is no way I would take steroids and I don't need to. My speed has improved as a result of Coach Isom. He showed us how to run and started a plyometric program."

When we asked what it takes to be a winner, David responded, "It's an all year-round thing, you've got to be dedicated. Get your goals set in your mind and then go after it all the way." Now that is a fairly typical response from an Upper Limit athlete but David took his philosophy to an amazing level. It happened on his wedding day last year. David was involved in a head on collision. They had to pry him out of the car before the ambulance could take him to the hospital. Well, he had his goal and he just couldn't leave his wife-to-be alone at the alter. David demanded to be discharged and went ahead with the wedding.

Now, with a baby due and being married David has put life even further into proper perspective. "I'm striving to do better even more now," said David. "I'd like to play pro ball if at all possible. I'm going after it. However, if it doesn't work out or when its all over, I'll have my degree and I already have business connections." Included in those connections are working with his father in Atlanta. In any event, David's future looks bright as he has maintained a 3.0 GPA in business management.

David's goal is to help UCA win another national championship and he's capable of playing either Nose Guard or Linebacker. However, a man must keep his life in proper perspective and David believes God, family and school are the most important things in life. "My



*David showing excellent position during his Power Clean.*



*David Henson Squatting.*





*David Henson's Bench went from 370 in high school to 510 in college.*

religion has always been with me. It's got me through a lot of things," concluded David thoughtfully.

We thank Coach Isom and UCA for helping us with this article. We especially thank David Henson for being an Upper Limit example to all.

## STEROIDS: WHAT REALLY HAPPENS - THE UNTOLD TRUTH

*Continued from page 75*

### **Stage Six: The Roller Coaster Is For Real**

The cycle repeats itself over and over: Strong when on; weak when not. During the low periods, the user is usually totally consumed mentally with how much and what to take on the next cycle. He can't stand the reversal process.

**Comment: The user is now hooked.**

### **Stage Seven: The Side Effects Are For Real**

Severe acne, facial blotchiness, increased pulse rate, increased blood pressure, increased aggressiveness, unusual mood swings, loss of hair and sexual problems are now common. **Comment: My heart aches.**

### **Stage Eight: The Net Gain**

With all the ups and downs, the true net gain isn't that great. Usually with athletes a decrease in other important areas are seen. Since strength is so important, with users, especially Bench Press strength, other facets of conditioning are neglected such as flexibility, plyometrics and speed training. Technical sport skills are often not done. The user would rather spend an extra hour doing auxiliary exercises rather than playing a three on three game of basketball, or studying game films. **Comment: The athlete can turn into a bodybuilder or powerlifter.**

### **Stage Nine: The User Becomes A Loser**

After two or three years of use, the athlete has become addicted and been through many ups and downs. He has

drawn away from teammates and coaches. He is into the muscle gym scene. There are periods of despondency and worry about long term side effects such as heart, kidney and liver damage. The user may even suffer from ligament and/or tendon weakness making him more susceptible to injury. The steroid use has not helped his flexibility, agility, technique, or athleticism. Many times the user, at this point, is less confident of his abilities in crucial situations. He worries about being caught if tested and during the low periods will make excuses for not being able to perform at his previous max level. **Comment: He is now the opposite of an Upper Limit athlete.**

### **Stage Ten: The Solution**

Athletes should always train with the coaches and teammates at the school weight room if at all possible. When in doubt do the BFS System. Monstrous gains will be made by breaking a minimum of eight records per week. Work hard on all parts of the total program. Be a leader. Help your teammates. Create your own intensity. Eat nutritionally sound foods. Establish goals, write them down and look at them daily. **Comment: To call steroids performance enhancing is outrageous. It's like calling cigarettes health sticks. Steroids in the long run don't help; they hurt. It is a great myth that steroids give an athlete in a main stream sport a tremendous advantage. Upper Limit athletes are steroid free.**