

KERRY KYLE CAMERON UNIVERSITY



**SOMETIMES DOWN
BUT NEVER OUT**

Kerry went to Valley View High School in Texas which has an enrollment of only 131 students (9-12). Under Coach John Kassen, Valley View was ranked number one for most of the year in the I-A Division during Kerry's senior year. They posted a 12-1 record. He averaged 22 points in basketball and had a 6-4 high jump. Kerry also found time to act in a play and had a B average in school.

Kerry began lifting in the 8th grade and experienced a "really good program." By the time Kerry was a senior, he Bench Pressed 300, Parallel Squatted 360 and Power Cleaned 200 with a 4.66 forty time. Kerry accepted a scholarship from Cameron University. "They needed running backs," explained Kerry.

Cameron is located in Lawton, Oklahoma on a 390-acre campus with five undergraduate schools and one graduate school. It offers degrees to its 6,000 students in more than 50 areas of study. When Kerry was a freshman, Cameron won the NAIA National Football Championship but now competes in the extremely tough Lone Star conference in NCAA Division II athletics. Cameron also won NAIA National Championships in men's basketball in 1980 and in men's golf in 1983.

Kerry is majoring in business management with a 2.5 GPA and plans to graduate next year. His main goal

One of the pleasures of being a football coach here at Cameron University over the last seven years has been having some outstanding young men come into our program and then watching them as they grow and mature. One of these young men has become a very special person, not only to our football team, but also to our university, our community, and everyone that surrounds him.

Kerry Kyle joined Cameron University as a Freshman in the fall of 1987. As with all incoming freshman, Kerry faced the difficult transition of being away from home, family, and adjusting to the demands of college and college football.

Kerry also faced some unusual problems concerning his family. For instance, his mother suffers from an illness that has required his family to make some extremely difficult and painful decisions. Kerry was also facing unexpected problems on the football field as well. In the opening game of the 1989 season, Kerry suffered a knee injury that required orthoscopic surgery. Most athletes have a difficult time recuperating from this type of surgery and would "wait till next year", but Kerry was determined to do all he could for his team and came back as our starting running back midway through our season. Shortly after returning, Kerry suffered another set back, broken ribs-- an extremely painful injury especially to a running back who is constantly subjected to severe blows while being tackled.

Again, most young men, an quite understandingly so, would be ready to call it quits for this year, but not Kerry. Just as he had done before with his knee surgery, Kerry dedicated himself to his rehabilitation and was determined to play again in 1989. He played in both of our season ending wins in 1989 and had over 100 yards rushing in leading us to a come-from-behind win over East Texas in our last game.

Kerry's dedication and determination to be the best that he can be has been rewarded this year. He has been elected by his teammates as our Captain and is currently the second leading rusher in the Lone Star Conference.

Kerry has faced adversity both on the field and off and has consistently come out a WINNER!

**Coach Frank Crosson,
Head Football Coach**

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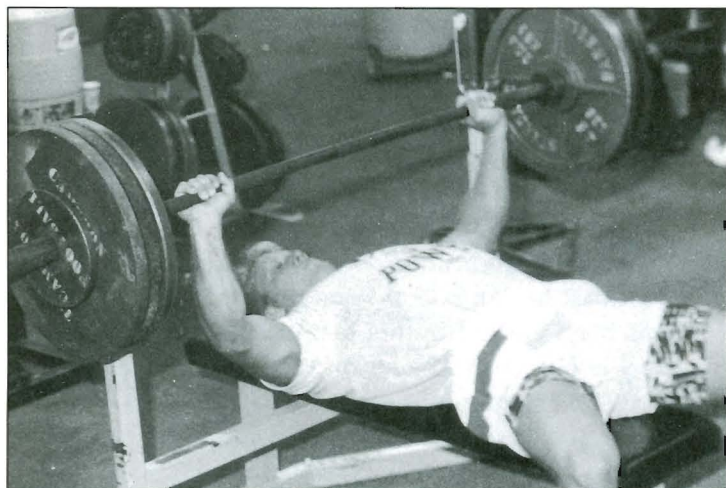
KERRY

KYLE

**5-11 200 4.6-40
Power Cleans 242**

Kerry's leadership skills are reflected in the fact he was elected captain of our team. He leads not just by words, but by example. Kerry has fought back from many hardships and did so without complaint.

Coach Roger Hughes



Kerry Parallel Squats 500 and Benches 355

is to be happy. Making lots of money is of secondary importance. Kerry stated, "Make the best of what you have when you have it."

Kerry has some firm ideas on training in becoming successful in sports, "I really like to train on free weights because you have to balance the bar. Machines are OK for injuries but not for regular training. Free weights just work your body more. You also need to stretch everyday and vary your sets and reps. If you don't vary your workouts, you can easily suffer from burnout. Keep training during the season. It's important! Otherwise you're going to start from the bottom again."

When Kerry was six years old, his parents split up. His mother also went through some severe health problems which were traumatic to the whole family. Kerry was forthright when talking about his mother and father, "You have to respect your parents and respect their decisions. Not everything in life always works out. You must make the best of any situation and love your parents. I believe its best to make it as easy on them as you can."

Kerry also had wisdom when he described overcoming obstacles in his own personal life. "You can only be as good as you what to be. It's got to be in your heart first before you can experience physical success. You must believe in yourself and that you can make it happen."

It was a sincere pleasure to interview Kerry. We thank him and Dr. Roger Hughes, Offensive Coordinator and Strength Coach for making this article possible.

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