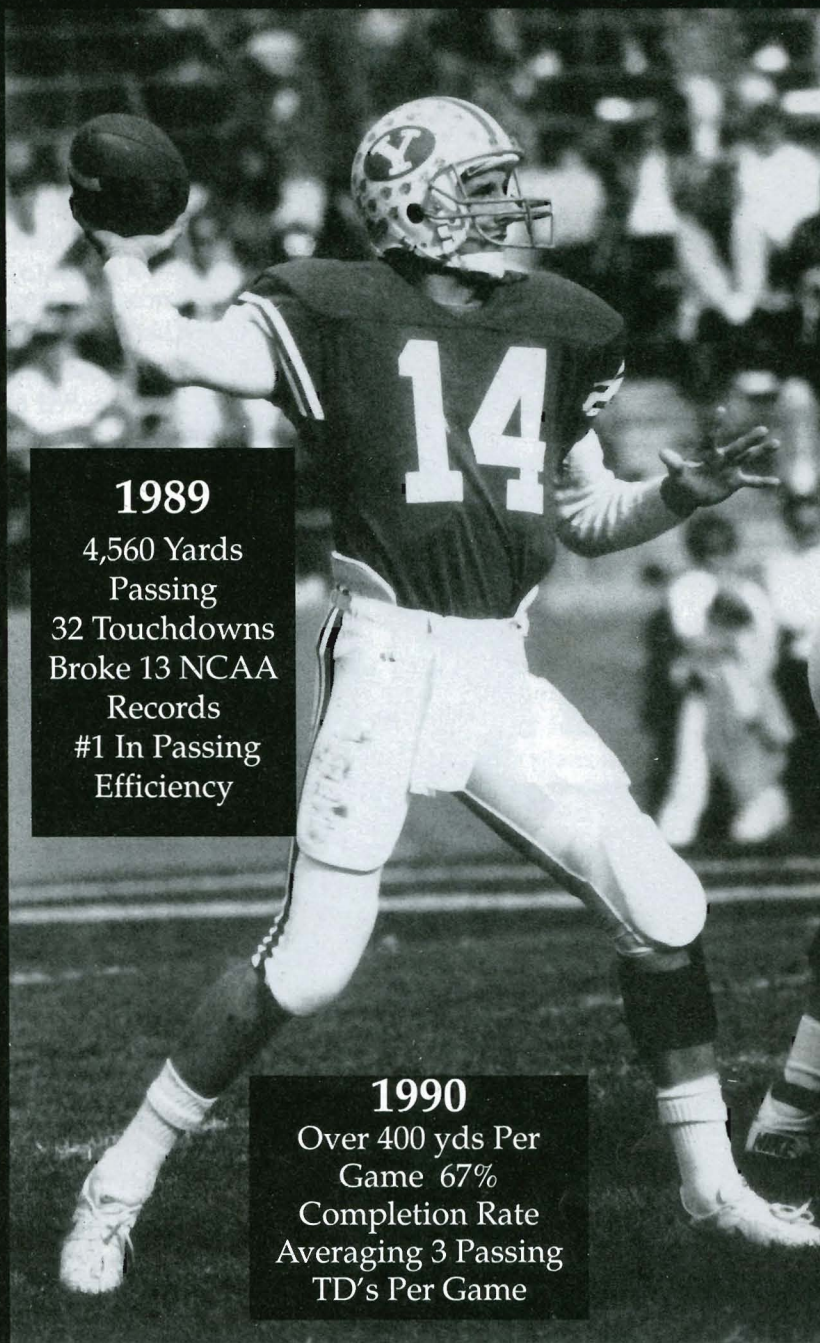
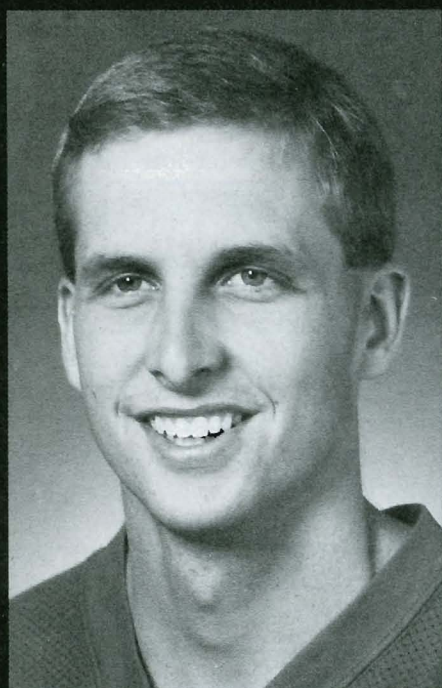


# TY DETMER TOP HEISMAN CANDIDATE 6-0 175 JR BRIGHAM YOUNG



**1989**  
4,560 Yards  
Passing  
32 Touchdowns  
Broke 13 NCAA  
Records  
#1 In Passing  
Efficiency

**1990**  
Over 400 yds Per  
Game 67%  
Completion Rate  
Averaging 3 Passing  
TD's Per Game

**Editor's Comments:** Why a feature story on Ty Detmer? Aren't there Bigger Faster Stronger guys around? Yes, of course, but Bigger Faster Stronger means more than just the physical part of the man. Bigger Faster Stronger is an attitude and belief in Upper Limit ideals. It is the conquering spirit which brings out the best in an individual. We want our articles to inspire all athletes and coaches to become Bigger Faster Stronger not only physically but mentally and spiritually as well.

Feature stories are carefully selected to help coaches and athletes in a variety of situations. The athletes featured come from all parts of the country and play different positions in football and different sports. They come from a variety of backgrounds which can help a person in most any situation. Whether a problem exists with grades, divorce, confidence, drugs, alcohol, race, gangs or commitment there is a feature story to help. Bigger Faster Stronger is dedicated to helping you succeed in the arena of competition and in life itself. A good place to start is with Ty Detmer.

You can't help but like a guy who says, "I run a 4.8 with no pressure but with linemen after me a 4.3 would be more accurate," or another Detmerism, "A bad day of hunting is better than a good day of school."

Ty Detmer began playing flag football in the second grade and by fourth grade he was quarterbacking championship tackle football teams. "We were always little league champions every year," remembered Ty.

Ty's father is Sonny Detmer who happens to be a high school head football coach. Coach Detmer is now at Mission High School in Texas. "I've been around football all my life," Ty explained. "I'd always sit in on my dad's coaching meetings before and after games." However, in junior high problems began to arise. "I wasn't starting," said Ty, "and things weren't going well at all. I ended up going to a private school and finally got my grades going. It was a turning point and it was kind of like a red shirt year."

*Continued on next page*





*Ty Detmer Scores*

## TY DETMER TO

That extra year gave Ty some needed maturing time. When he became the Texas High School Football Player-of-the-Year and Prep All-America, Ty was nineteen. He played freshman football for his dad at Southwest High School in San Antonio, Texas. There was a 30-minute drive to and from school with his dad so there was ample time to discuss football, life and hunting. "My father and I have always been close and when we talked about football he'd tell me what I needed to work on. It was never real hard criticism, He'd just go over what I should know and do.

"I really didn't experience any problems playing for my dad. He was really good about it. I was treated like another player and he allowed me to play all sports. My dad is not a yelling type coach either but more of a teacher."

Ty not only lettered three years in football but he was an All-District basketball player and an All-State baseball player. In between times, Ty lettered in golf and track. As a guard-forward, he averaged 18 points per game and hit .560 with a 4-0 pitching season in his junior year. In golf tournaments, Ty shot rounds of 90 and ran the 300 meter low hurdles in 42 seconds. Ty unabashedly stated, "I looked forward to them all."

With all that going on, you'd think there would be no time left for lifting or school work. Wrong! Ty maintained a 3.7 GPA and enjoyed lifting. "I needed to do it," said Ty. "I only weighed 160 pounds." He managed to Power Clean 210, Bench 235 and Parallel Squat 300 pounds. Ty remembers, "I should have stretched more and my dad didn't know too much about plyometrics back then. Now, my dad does plyos. I'd do the whole program, if I were a coach." In fact, being a high school coach is a possibility in Ty's future.

As a junior at Southwest High School, Ty led his football team to a 12-1 record with a trip to the Texas Regional Playoffs. His senior year was a little disappointing with 7-3 season but Ty finished his career with a national record of 8,005 yards passing.

You'd think the recruiting process for colleges would have been a nightmare but Ty and his dad did something very unusual. Ty made a list of schools that he wanted to visit during the Summer of 1986 before his senior year. Coach Detmer really admired BYU's passing attack and Robbie Bosco became Ty's idol after watching BYU play Air Force. "I liked the way BYU passed the ball," said Detmer.

"Ty Detmer has got to be the most likable guy I've ever met. He's definitely the All-American boy. Ty just won't get into an argument with anybody. He makes you feel good and positive. Ty interacts so well with people. I never heard anyone say anything bad about him. He's a little guy with a big heart.

Ty is a leader. After practice, he's the first guy in the weight room. Ty's a spark plug and has the ability to generate excitement. His strength is deceiving. Ty can Bench 270 and Parallel Squat 350 pounds. On his Squats, Ty goes real low and has fine technique. Ty also Power Cleans 220 pounds and has super technique. He's really learned how to accelerate the bar. Ty has earned his way with a great work ethic in the weight room. He really accepts a challenge."

**Chuck Stiggins: BYU Strength Coach**



# HEISMAN CANDIDATE

On the family Summer vacation, they got in the car and planned on visiting several schools. BYU was the first stop and last stop. "I told dad that BYU was the school and that was it," Ty reflected. So instead of visiting the other schools, they went fishing.

"It was really good for me to make a decision early," thought Ty. "I just told the other coaches that I'd already committed to BYU and they backed off." BYU has a strict code of conduct policy which forbids smoking, drugs and alcohol. As editor, I asked Ty about his first reaction when he learned of BYU's policy of No No's. "Well," said Ty, "I thought it was different. I liked it and thought it was neat to see it. I never heard of anything like that before. In high school, I stayed away from that kind of stuff anyway. I never drank because I just plain hated the taste. I also had a good group of friends so BYU, in a way, is just like high school."

Ty red-shirted his first year and halfway through the next year he became a starter and finished with 1,252 yards and 13 TD passes. Ty was also the MVP in the Freedom

Bowl leading BYU to a 20-17 victory over Colorado. Last year as a sophomore in eligibility, Ty led the nation in passing efficiency as he went 265 passes completed out of 412 attempts (64.3%) and 4,560 yards, 32 TD's and only 15 interceptions. That broke or tied 13 NCAA records, including most passing yards by a sophomore, most consecutive 300 yard games (12) and most yards per completion(17.2 yards) In the Holiday Bowl last year, Ty had 596 yards of total offense against Penn State.

At this writing, Ty is the leading candidate for the Heisman Trophy. He vaulted to the top spot after BYU completely dominated Miami. An injured hand requiring a cast slowed Ty down as the University of Oregon beat BYU. Still, Ty managed to throw for over 400 yards and two touchdowns. With all this notoriety, the pros would like to have an early shot at Ty. However, just as in high school, Ty has made an early adamant decision. "Sure, it would be exciting to hear the offers and things like that but I guess growing up in Texas, you learn to stick to your word a little bit more. I want to graduate first and then deal with the pros. I committed to BYU for five years. They've made plans for me and I've made plans for them."

## COACH LAVELL EDWARDS COMMENTS

Coach LaVell Edwards, in his 19th year, is the 3rd winningest active coach with a 172-57-1 record at this writing. BYU known also as Quarterback U has produced an amazing array of All-America QB's under Coach Edwards: Gary Sheide, Gifford Nielsen, Jim McMahon, Marc Wilson, Steve Young, and Robbie Bosco. Coach Edwards makes the following comments about Ty which were assembled by Marion Dunn of the Provo Daily Herald:

"If there's such a thing as a coach's dream, Ty's it. I don't think he's hung up on the Heisman Trophy. Ty just prepares to win. He realizes winning will bring the awards. Ty is the best quarterback in the country. I know that's a lot to say, but I firmly believe that. He's as good at executing, reading and knowing what to do as anybody I've seen. Ty just makes good decisions. What sets him apart from other quarterbacks is an innate sense of the game, that sense that all great athletes seem to be born with. Ty knows what he's doing. He is humble, yet possesses great leadership ability and is well liked by his teammates. You couldn't make a mold and have a guy turn out any better than Ty."



Coach LaVell Edwards

## THE CASE OF THE DETMER PIG HEAD

Every year at the end of two-a-days a great luau is held by the BYU football players. There are eight polynesians on BYU's varsity team. Five from Tonga, one from Samoa and two from Hawaii, so the great luau is authentic with a properly roasted pig.

The pig is speared alive in true native tradition just before the roasting begins. Well Ty saw a real opportunity. For some undetermined reason, he thought of the Godfather movie. It has also been his long standing belief that it's important to keep things loose. Armed with this logic, Ty cut the head off the dead pig and took it to Matt Bellini's house. Carefully and methodically Ty puts the pig's head underneath Bellini's sheets and waits.

Bellini Comes home, gets ready for bed and uncovers the pig head. "I'll tell you what," Bellini now laughed, "It was real evil looking. I was scared and jumped back." Several weeks later, Bellini got Ty back as he showered him with water at a service station. "Ty's a clown who likes to have fun," said Bellini fondly. "These memorable incidents bond us together with team unity."

Mat Bellini became the most prolific pass receiver in BYU history this season with over 185 career receptions. It's amazing because he's a running back. Bellini is also a serious lifter who trains twice a week in-season and Benches 350 and does a Leg Press with 1000 pounds. I don't know about you but if you ask me, Bellini got Detmer's pig head message, "Catch my passes or else."



Matt Bellini, RB