

Ron Moye Doing the BFS Dot Drill, Being Happy In the Weight Room and Scoring Points!

"No question on Ron Moye's commitment in the weight room. It has made him a complete player, Weights have made Ron into a real force in our league and brought him to another level. Instead of being just another player, Ron Moye is now one of league's premier players."

Jack Phelan: Head Basketball Coach

"Ronnie Moye is the best example of what strength training and conditioning can do. He's been the first to really get after it all the way. Ronnie was overweight and out of shape when he came to Hartford but then he really got it going. A lot of guys just want to bench but Ronnie listens and follows everything.

Ronnie has become a leader by example. He epitomizes the hard work ethic."

Dick Cote: Director of Sports Medicine / Strength Coach

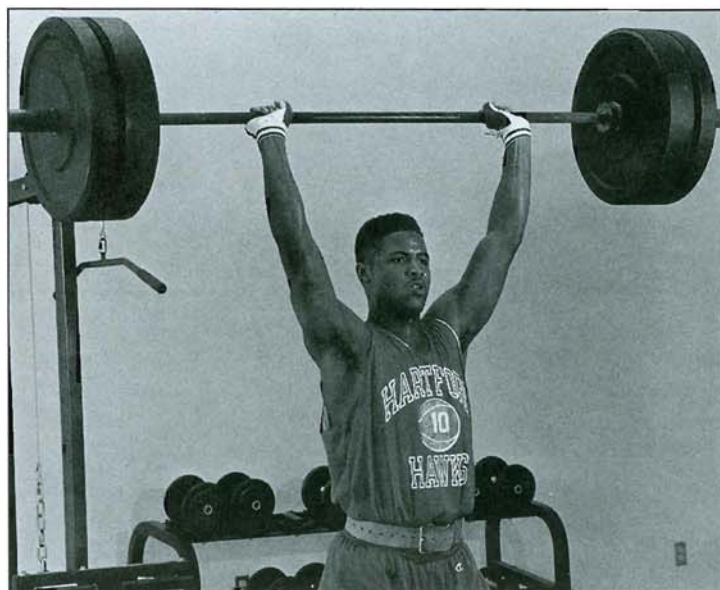
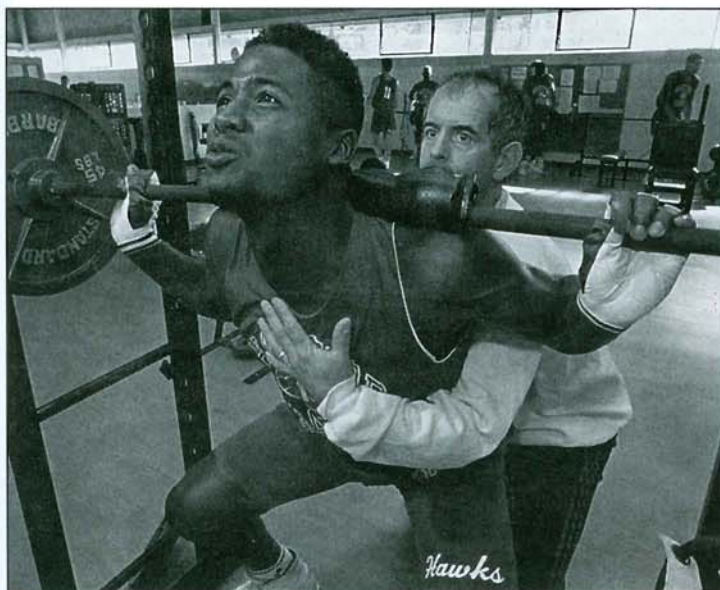
The University of Hartford in Connecticut is on the upswing making steady and sometimes surging progress in their athletic program. The University currently competes in 14 Division I sports. Last season basketball sparkled with a record of 17-11. The best in its Division I era. Ron Moye exemplifies this progress in many, many ways.

Ron was a three-year captain at Wilbur Cross High School. He was a Converse All-America and a unanimous All-State selection. As a senior, Ron averaged 31 points, 7 rebounds and 5 assists per game. However, he did not lift in high school. "I heard that weights would screw up your touch," remembered Ron.

"With the program here at the University of Hartford," Ron asserted, "I find that weights give me more control and also more confidence. I haven't found any touch problems and I'm quicker. With the extra strength, I can get my 3-point shots there easier and therefore I have more control."

Ron does a lot of reps and trains in-season "If I were a high school coach, I'd have my players lift in-season," Ron said. "In-season is the best time to train. I'd go twice per week. I started lifting as a freshman and each year get into weights more and more. Now I love it."

PREMEIR GUARD



*Ron Moyer Parallel Squats over 400 and Push Jerks over 200,
Ron also Benches 265 and Power Cleans 200 pounds. (Coach Cote Spotting)*

Last year Ron averaged 15.1 points per game and was a First Team All-North Atlantic selection. This year he is averaging nearly 20 points per game and even bigger post season honors are looming on the horizon. Ron would love to play in the NBA but if that doesn't happen he'll have a degree. Ron maintains a 2.3 GPA and wants to go into media broadcasting and perhaps be a TV sports announcer. Head Coach Jack Phelan is proud of Ron's progress towards graduation. "I had my problems academically in high school but I've learned you don't have to be super smart to make it in college, just be willing to spend the extra time," explained Ron. He went to Summer school twice. "I wanted to get ahead," Ron stated. The educational work ethic that coach Phelan has instilled has worked perfectly as 100% of his players have graduated since Hartford moved to Division I status.

Ron advised, "Take academics first and make it important. Set your goals high and don't take shortcuts. Don't cheat yourself because at the end of it you want to be able to say that you did everything possible."

Ron's mom and dad separated when he was very young but his mother always pushed Ron to be a good person first. "It wasn't easy not having a father but my coaches helped out a lot," reflected Ron. "My high school coach Bob Salisbury took me under his wing. He stressed doing my best and helped me to see the bad end of drugs and alcohol abuse. I saw great guys like Super John Williamson screw up. I have my goals so drugs and alcohol would make those goals impossible to reach."

"Peer pressure doesn't bother me. I know who to hang around. Anyway, now at my age peer pressure is nothing. I wouldn't consider anyone who'd offer me drugs a true friend."

Coach Phelan, Ron Moyer and the team help 25 specially selected elementary students "to see the light." Coach Phelan believes, "Education is the key to a successful life." This effort is part of the city's anti-drug program. Ron Moyer said it best, "I came from a similar situation as these kids. I had someone giving me direction so giving something back is essential."

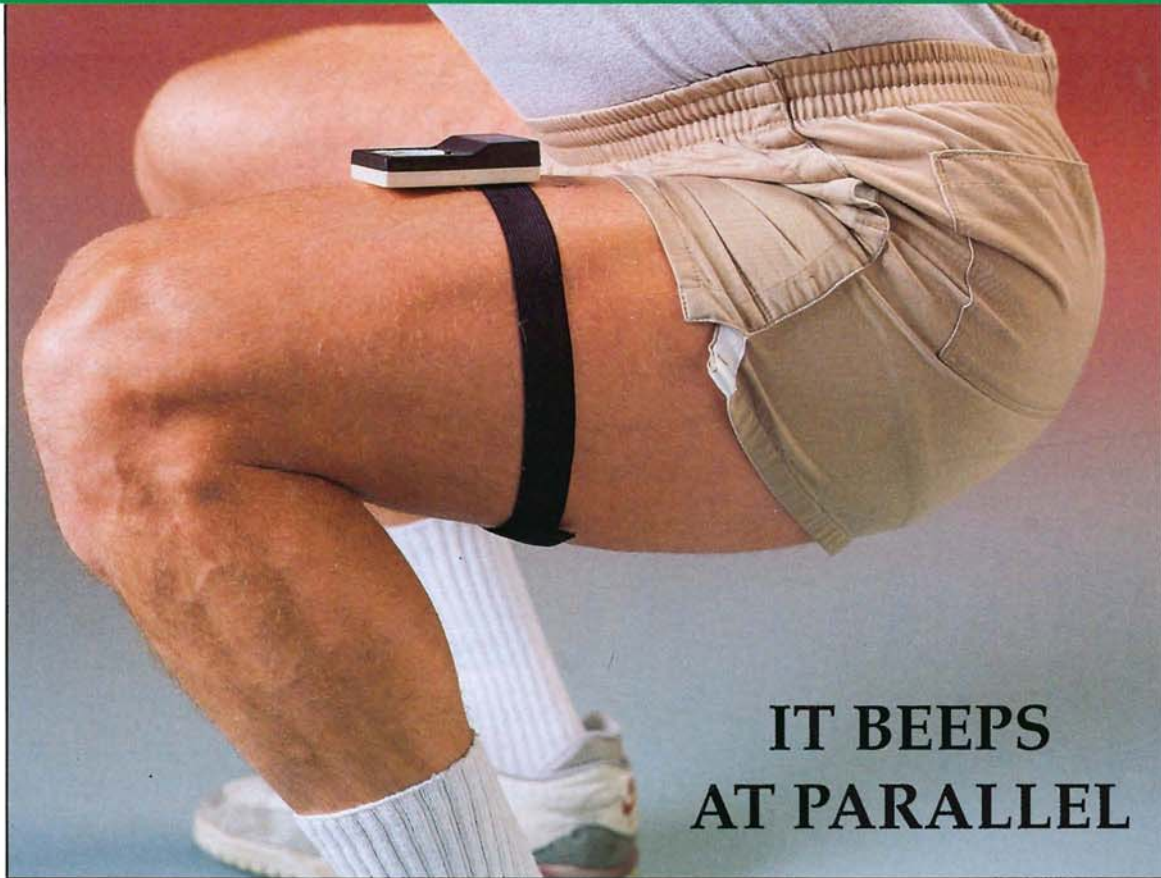
Quality and pride are two ingredients fostered by the University of Hartford. It boasts a 300 acre wooded campus and was founded in 1877. The 4,377 full-time undergraduate students and 574 faculty members were treated to a spectacular 130,000 square foot sports center dedicated only two years ago. It features a 4,475 square foot basketball arena, NCAA competition size swimming pool and a state-of-the-art sports medicine unit. With wonderful foresight, the center was also provided with a huge 28,000 square foot fitness center.

Hartford's quest for greatness has rubbed off on Ron. It's been a good relationship. When asked where he sees himself twenty years from now, Ron Moyer quietly replied, "Happily married with a family in a nice home and successful at whatever I do."

"Take Academics First. Set Your Goals High and Don't Take Shortcuts. Don't Cheat Yourself. Be Able to Say You Did Everything Possible"

Ron Moyer

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