

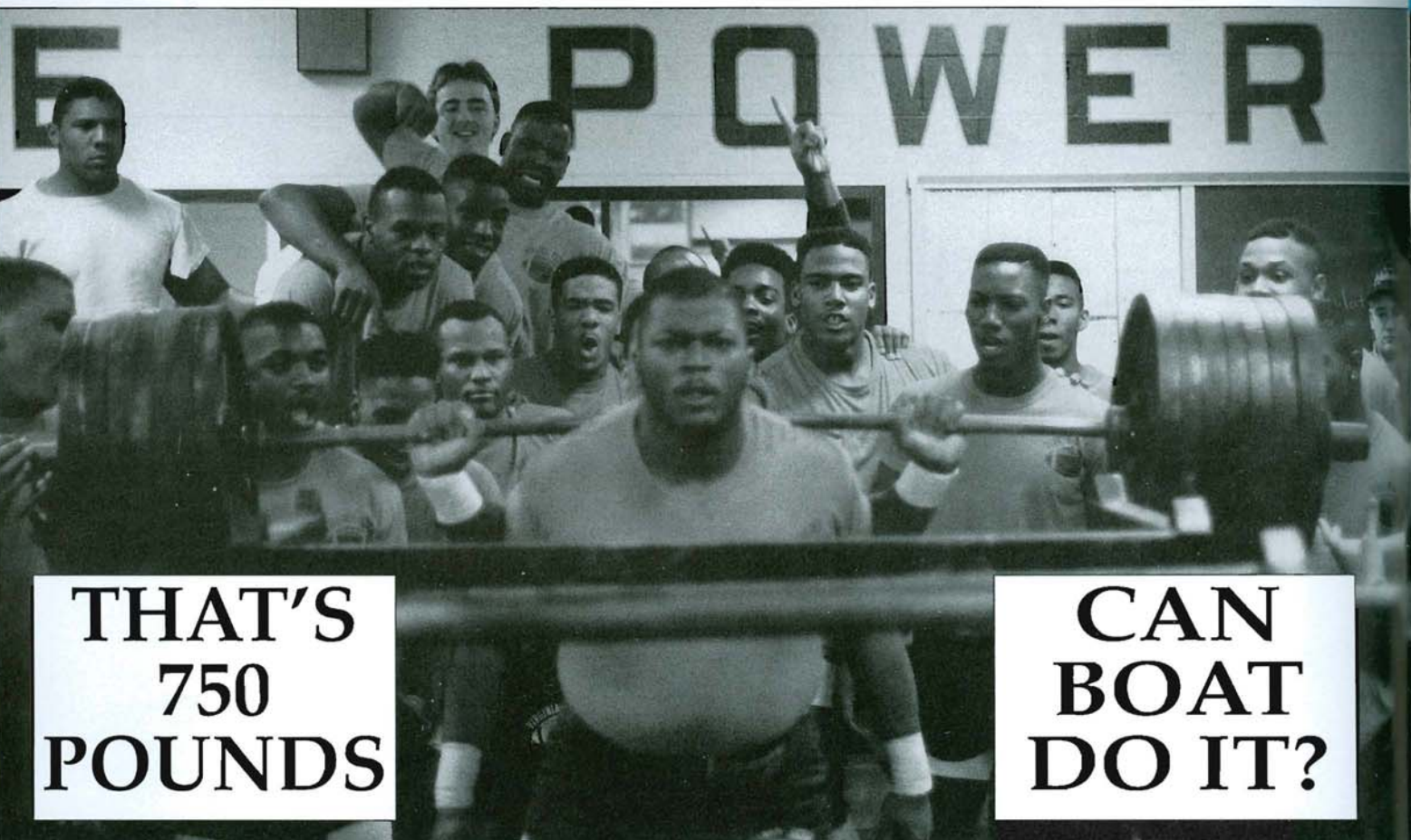


**HOKIES
CLIMB
ABOARD**

**THE
BOAT'S
READY**

VT'S GOIN' TO THE TOP

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**THAT'S
750
POUNDS**

**CAN
BOAT
DO IT?**

EDITOR'S NOTE: Mike Gentry is the Strength Coach at Virginia Tech. Before that he was at East Carolina University. In the eight years that I have known Coach Gentry, he has produced many great self made athletes. Terry Long, History's Strongest Football Player and Robert Washington, History's Strongest Linebacker, have been featured in the BFS Journal. In that same tradition, we now bring you William Boatwright.

**OPEN LETTER TO BFS BY
MIKE GENTRY, VT STRENGTH COACH**

I'd like to write to you about William Boatwright. I feel as good about this young man as anyone I've had the good fortune to coach. William will be a senior offensive guard on our football team this fall. He is a starter and has developed into a force on our defensive line.

William is 6'2" and will play this year at 290 pounds. He arrived as a freshman the fall of 1987 and weighed 305 pounds, ran a 5.55 forty and benched 300 pounds. He was much too heavy and needed to lose body fat.

With very little "pushing", he had his weight to 281 by spring ball and began his transformation into one of the strongest players in the country. I have enclosed a

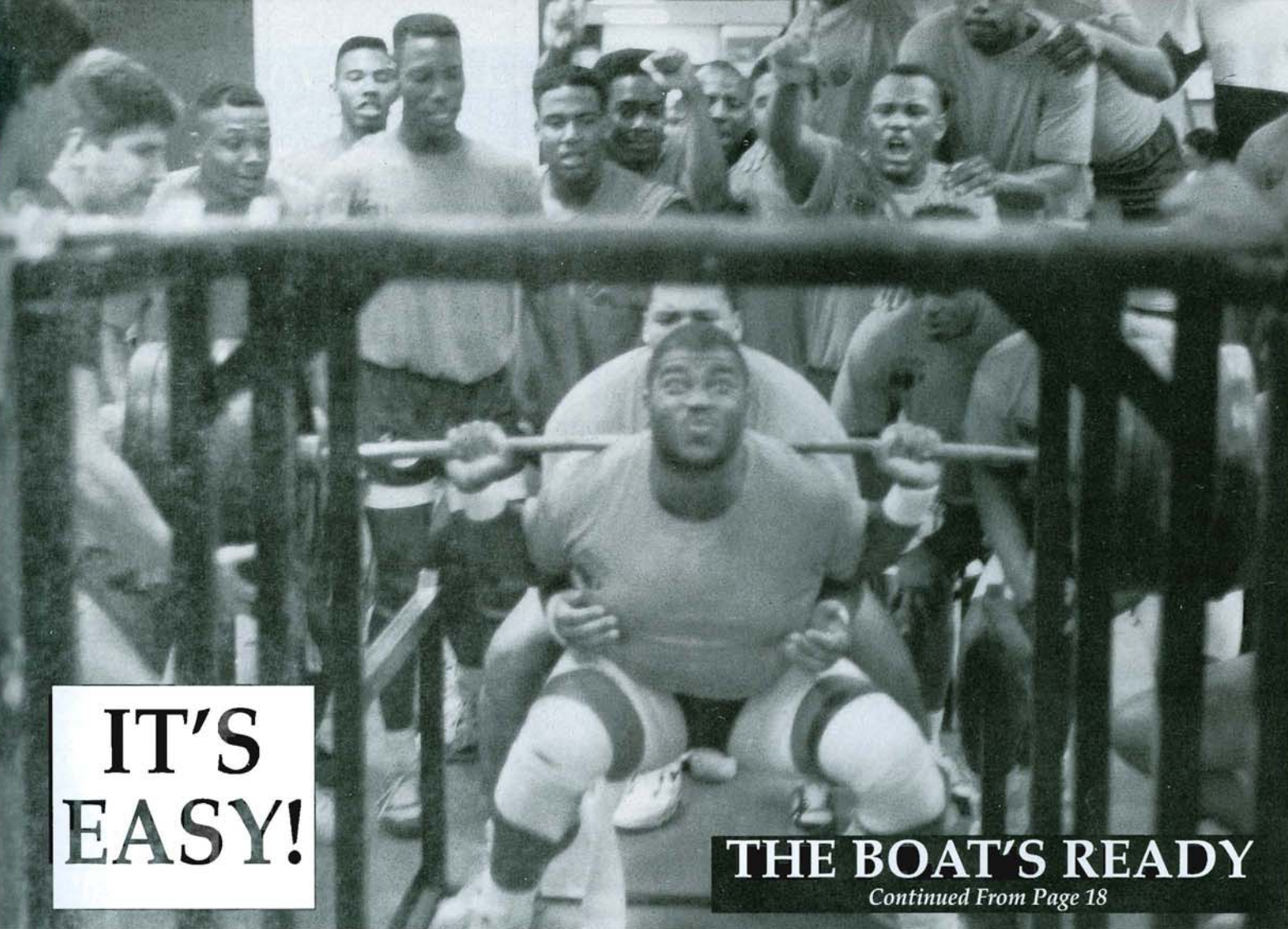
chart of all the maxes William has done here at Tech, that shows his progression in strength and power and his improved speed due to his hard work and determination.

William is a good student, will graduate on time, and if professional football doesn't pan out, he plans to go to law school. There is no way I can tell you how much of an over achiever he is. William has overcome many obstacles including a broken ankle and ankle surgery in his quest to become an "upper limit" person.

William is a Christian and has avoided many of the pitfalls that athletes fall into. He is very highly respected by his peers and coaches, as is reflected by the players voting him to represent them on our player committee.

This February, William trained for and entered the ADFPA Shenandoah Open Powerlifting Contest in Woodstock, Virginia. There, he broke the ADFPA Virginia state record in the squat at 700 and was red-lighted for depth at 750, which he did easily to football parallel standards. He benched 400 and narrowly missed 425 and deadlifted a state record 720 to win the meet. His total of 1820 was also an ADFPA superheavyweight state record. This was his first sanctioned meet!

William was polygraph tested at the meet and definitely has never been on anabolic steroids. By the way, we randomly test all our players here at Tech for



**IT'S
EASY!**

THE BOAT'S READY

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Coach Gentry's Open Letter Continued

"street drugs and steroids".

The week before the meet, William ran a 5.07 for the pro-scouts at Pro-Timing Date at 301 pounds. This is a full five-tenths of a second faster than his freshman time. His vertical jump improved 9 1/2 inches since his freshman year from 17 to 26 1/2.

William's story is very similar to Terry Long's, as they have similar backgrounds and a tremendous sense of positive self-esteem and desire to be successful. Both are tremendous competitors. Boat's best deadlift in training was a double at 625 and he pulled 720 because that was what it took to win! It's really an honor to work with people that will rise to the occasion like so many of the good players will.

COMMENTS BY EDITOR GREG SHEPARD

William attended North Hampton High School in Eastville, Virginia (Enrollment 900 students). His football coach, Noble Palmer, had William on the BFS Program and so he was already quite strong when he entered Virginia Tech. William made the All-District team in both his junior and senior years and North Hampton enjoyed 6-4 and 8-3-1 seasons respectively. He

also threw the Shot over 54 feet.

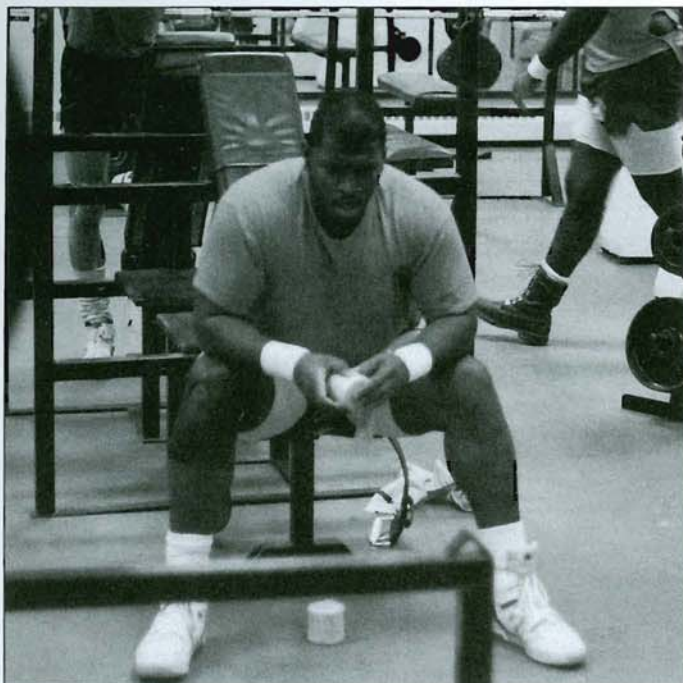
William was recruited by Virginia and East Carolina but chose Virginia Tech because of the coaches and especially the people. He has maintained a solid 2.4 GPA and will graduate in four years as a History major. He has done substitute teaching during breaks but has now chosen a career path in law. "I enjoy History," William revealed, "I also plan on going to Law School, but I'll do Para-Legal work first." William has his sites set on the University of Richmond or Virginia for Law School.

As far as the weightroom and preparation, William has this to say, "Team unity and intensity are important. It's hard to lift in a quiet weight room. Coach Gentry tells us to visualize our workouts before. It helps. I see myself being successful. I'm self motivated. I take my workouts as a personal challenge. I'm going to win or the bar's going to win."

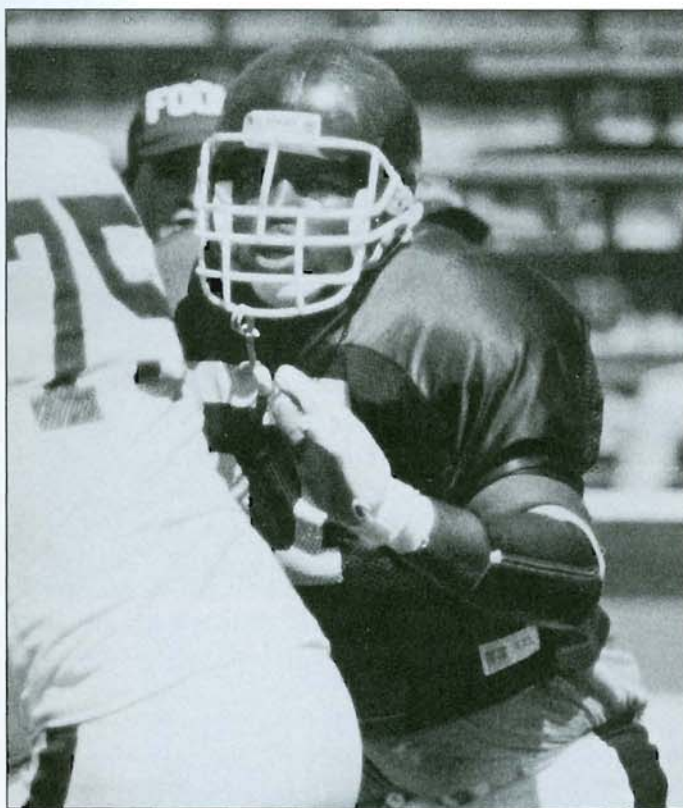
Virginia Tech is located in Blacksburg, Virginia (elevation 2,080) deep in the heart of the Appalachian Mountains. It is indeed a beautiful setting for its 23,000 students. William's most memorable game was last year's 38-13 win over Virginia in front of 55,000 and ESPN.

Now you may ask what is a Hokie, the nickname for

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See Yourself Succeed, Then Do It.



"If Your Willing To Work, Anything Is Possible."

WILLIAM BOATWRIGHT

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Virginia Tech. Well, way back in 1896, a student created a special new cheer in a contest. It was a "Hokie" yell. The name quickly caught on and has been used ever since.

William has this advise on drugs, "Be yourself. Don't let others influence you negatively. In college, my friends are absolutely not into drugs and in high school my friends also made the difference. Drugs were just not a big deal. I hung with my friends who also happened to be great students and athletes.

Because of his great strength and size, William has been accused of being on steroids. "That's bull," William exclaimed, "I enjoy lifting. Even when not required to lift, I lift. Hard work and intensity are the key not steroids.

"My mother and grandmother have been the most influential in my life. They've taught me to treat all people with respect and make people respect you by your actions. My mother took me to church on a regular basis and now I attend FCA meetings. I will pass their teachings along to my future family. I realize it's important to teach all kids their responsibilities."

We at BFS again thank Mike Gentry for making this article possible. Special thanks to William Boatwright and his Upper Limit ideals as he concludes, "My team goal is to go 11-0, go to a bowl and win the National Championship. I believe if you are willing to work hard, anything is possible."

"William Boatwright is a tremendous rags to riches story. A young man with outstanding character and work ethic, who developed physically and mentally over a period of three years, to become one of the best offensive guards Virginia Tech has ever had. He has overcome many obstacles, such as a broken ankle, to develop his body into the elite category of strength athletes."

"William Boatwright is a tremendous example to young athletes that through character, perseverance, and an outstanding will to succeed, much can actually be achieved"

Steve Marshall
Offensive Line Coach

WILLIAM BOATWRIGHT'S PROGRESS CHART

	HT	WT	Bench	Squat	Clean	D. Lift		WT	VJ	Bench	Squat	H. Clean	P. Press	40
10th	6-0	270	205	320	160	X	FR	305	17	300	650	270	X	5.55
11th	6-1	280	250	500	230	X	RED	281	22	320	600	315	325	5.21
							SO	297	22 ^{1/2}	380	650	351	370	5.20
12th	6-2 ^{1/2}	300	295	625	280	580	JR	301	26 ^{1/2}	400	750	X	X	5.07

Boat Deadlifted 720 Last Spring