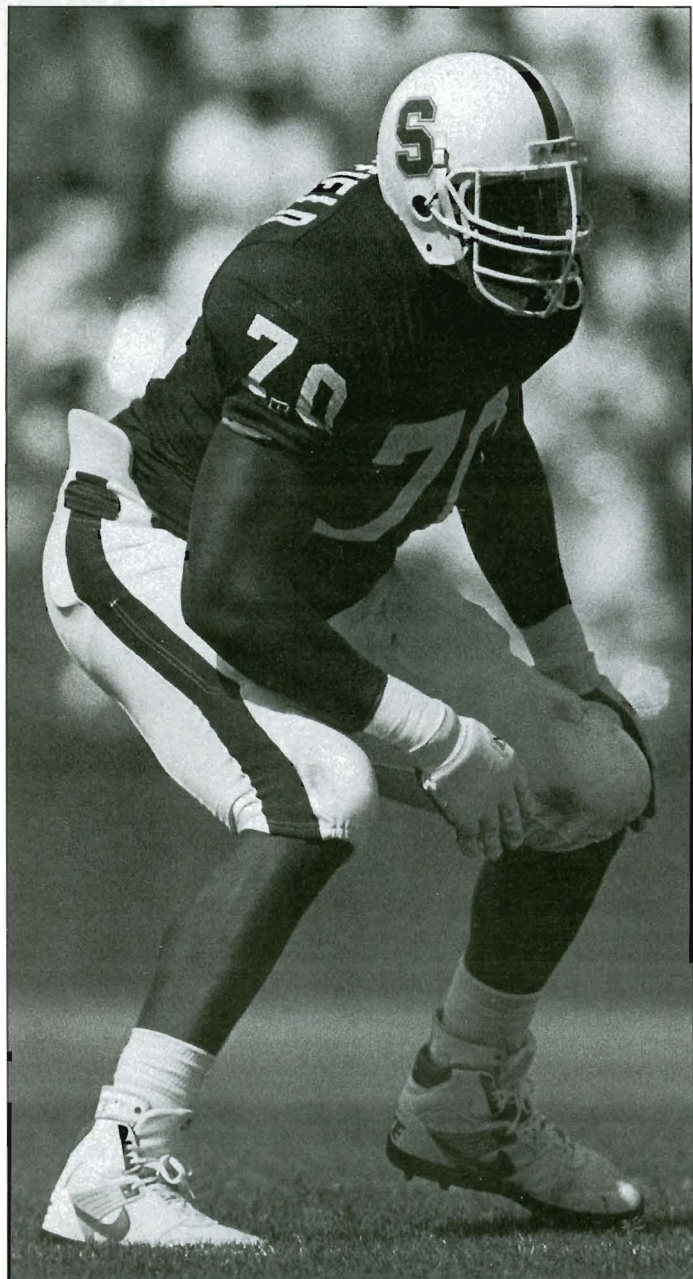


STANFORD ALL-AMERICAN

By Greg Shepard



I wondered if I could find Bob Whitfield as I first gazed onto the Stanford practice field. I had to chuckle. It took all of two seconds. At 6-6 and 300 pounds, Whitfield wasn't hard to spot. After practice we talked and it was evident that Bob was very special. Bob is a great example and role model, so many coaches and athletes should find his story helpful.

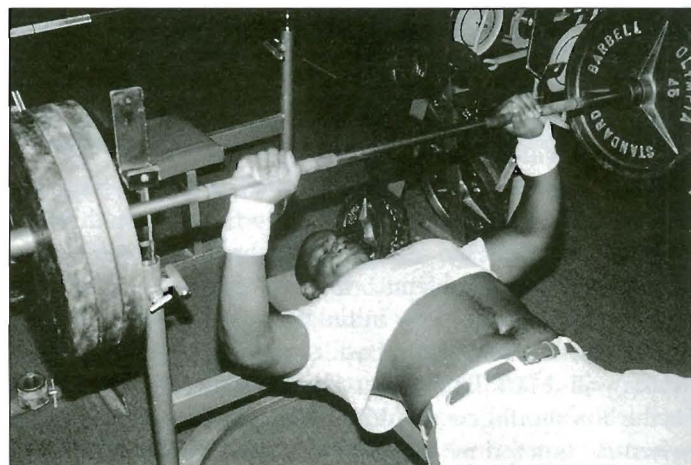
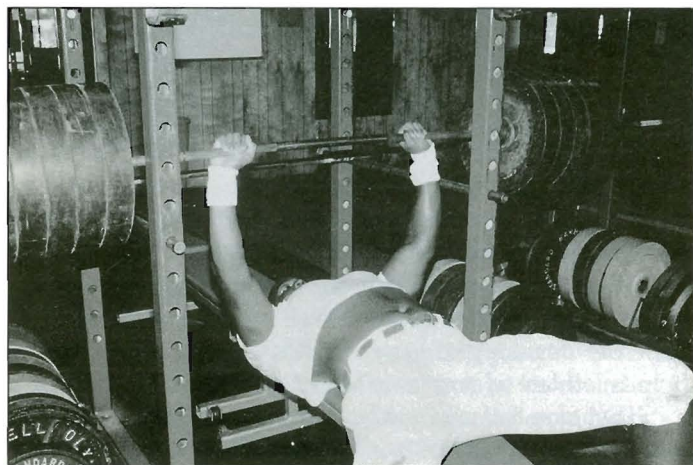
Bob grew up in a relatively poor section of Los Angeles near Long Beach. He attended Banning High School which has an enrollment of 2000 students, mostly of Black and Hispanic origin. There were gangs, guns, drugs and as Bob puts it, "opportunities for fast money." How did he rise above it? That's the essence of our story.

Bob began playing football in his 9th grade year and was huge at 6-4 and 255 pounds. By the time he was a senior, he grew another two inches and added another 45 pounds! Bob also threw the shot put 55 feet. He didn't start lifting weights until his 10th grade year and then only upper body exercises. "If I had it to do over again, I'd most definitely do it different," explained Bob. "It wasn't until my junior and senior year that I got into a more sophisticated program of doing Squats. We didn't do Cleans until my senior year."

Bob became a starter by his junior year and proceeded to set the world on fire. He was All-League, All-City, All-State and All-American. Coupled with his size and 3.5 GPA, Bob was what you call a can't miss blue chipper. He chose Stanford. It was a combination of what his mother and deceased father wanted and, of course, Stanford's elite academic reputation. Plus, the Cardinal team had a place for Bob to start as a freshman.

Bob has a brother who is three years older who got into trouble but actually helped his younger brother stay clean. "My brother scared me off," said Bob, "he wouldn't let me get involved."

Bob's father died when he was in 10th grade. It was



Bob Loves The Bench. He Does 410 Pounds and Lock-Outs With Nearly 500 lbs.

BOB WHITFIELD 6-6 300

tough. "We were close," remembered Bob, "He was my role model. He quit school when he was in the 10th grade. Then, he went back to get his high school diploma while in his twenties. My father started out with a low paying job but then worked his way up to managerial positions."

"I wanted to do the right thing for my father and my mother. I wanted to stick with football and school. I could have made fast money but the guys, the gangsters, respected me. I had a chance to be great. They saw it and allowed me to do it."

Editor's Note: Shouldn't everyone have a chance to be great? Shouldn't everyone be allowed to follow their dreams?

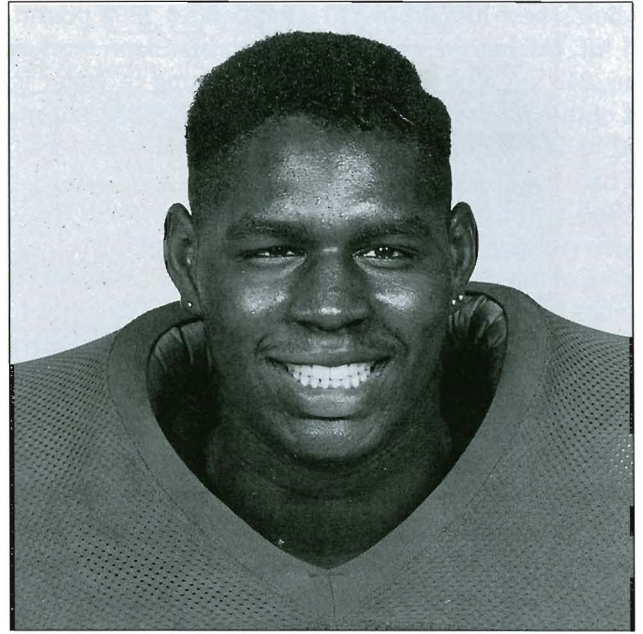
As a freshman, Bob doubted his strength at Stanford but it only took a week to adjust. During games Bob felt he was singled out by the opposition because he was so young. "But it turned out OK," said Bob. It was a great year, maybe my best."

That's saying something because last year as a sophomore Bob was an Outland Trophy finalist. He most likely will be drafted after this season. "As for leaving early, I think of it economically. If I happen to be drafted high, I might go. If not, I'll stay." reasoned Bob.

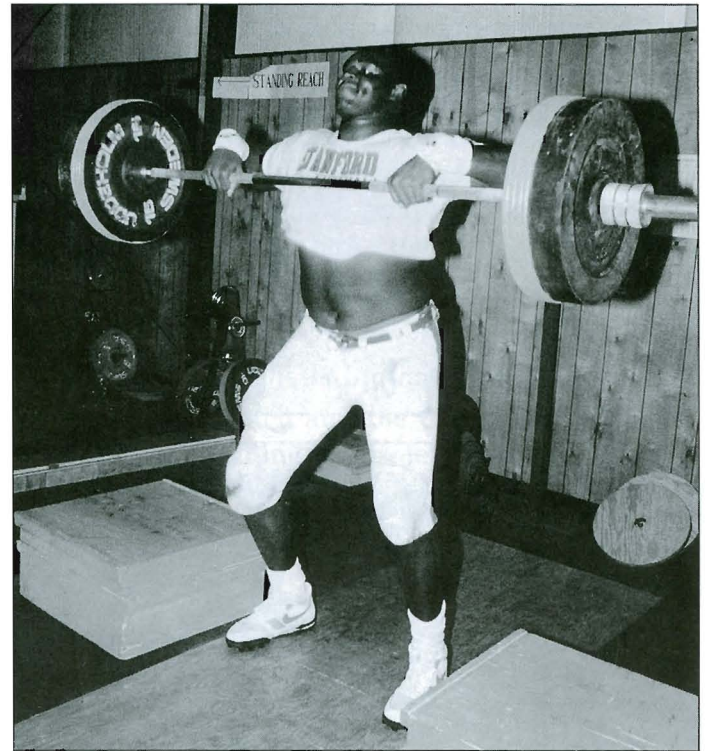
Bob is majoring in Industrial Engineering and carries a 2.1 GPA. That, of course, is low but as Bob says, "The competition here at Stanford is tough academically. You're going against geniuses with 1600 SAT scores. You've got to go to every class, take notes and use tutors. I mean you've got to use everything."

"I made the right choice by coming to Stanford," said Bob with strong conviction. "I like the challenge. Besides a degree from Stanford will be a real door opener."

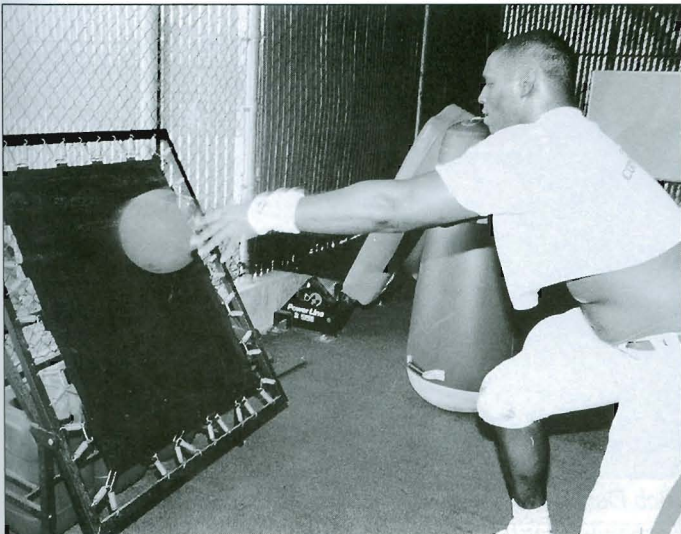
Bob likes to achieve his goals academically and athletically. Even if it doesn't look like it's going to work Bob states, "Give it another chance. Keep going!"



All-American OT Bob Whitfield Is A Strong Outland Candidate, Started As A Freshman!



Showing Great Form On High Pulls From Boxes



Bob Using Kraiburg Medicine Ball Against Mini-Tramp



Bob Displays Fine Flexibility On Adductor Stretch

BOB WHITFIELD OUTLAND CANDIDATE

Bob's best lifts are a 410 bench and a 1300 pound Hip Sled lift. During the season, he began his Clean workout by doing 245 x 6 reps. Stretching and running in water is also part of the training regimen. Bob thinks the water running is good as it's easy on the joints. He maintains 16% body fat and runs a 4.99 forty.

Bob's philosophy on peer pressure comes from one negative experience, "Do what's best for yourself. Think about the consequences. I don't listen to other people when it comes to the negative. I never drank too much but I gave it up entirely last year after getting very sick. I passed out in my own puke. It was the worst thing to ever happen to me. I was lucky that was all that happened."

Bob's mother has moved to San Jose so she can see all of Bob's games. His brother was in Desert Storm and is now doing well. Bob related, "My family is the most important thing." He also goes back to the old neighborhood and Banning High School. "It's fun. I know all the kids. I always tell them to stick with the positive and stay away from the negative."

We thank Bob Whitfield for sharing his Upper Limit life and hope it will be of value to others. We also thank Coach Montes for being so gracious and helping with this article.

"Bob Whitfield Is A Hard Worker And Knows He Has To Be Dedicated To Be Truly Successful. It's A Remarkable Story For Bob To Even Be Here At Stanford. He's A Shining Example Of What You Can Do: To His High School And Community. Bob's Also A Lot Of Fun. He's Got A Great Ability To Keep Things Loose"

Fernando Montes: Stanford Strength Coach



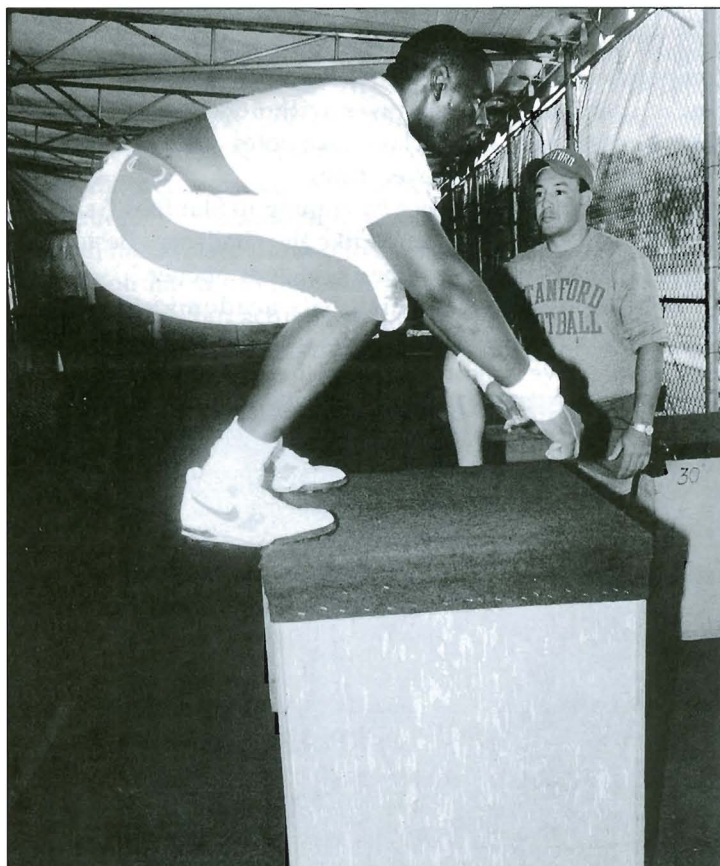
BFS President Greg Shepard, Bob Whitfield and Coach Fernando Montes.

**"MY
MAJOR
GOAL IS
TO PLAY
FREE
SAFETY"
BOB
WHITFIELD**

**"I Think He Was
Joking But With
His Ability -
Who Knows?"
Greg Shepard**



Vertical Jumps Measure Explosive Power



Bob Doing Plyometric Box Jumping With Strength Coach Fernando Montes. Doing A Total Conditioning Program Is Essential To The Success Of The Cardinal.