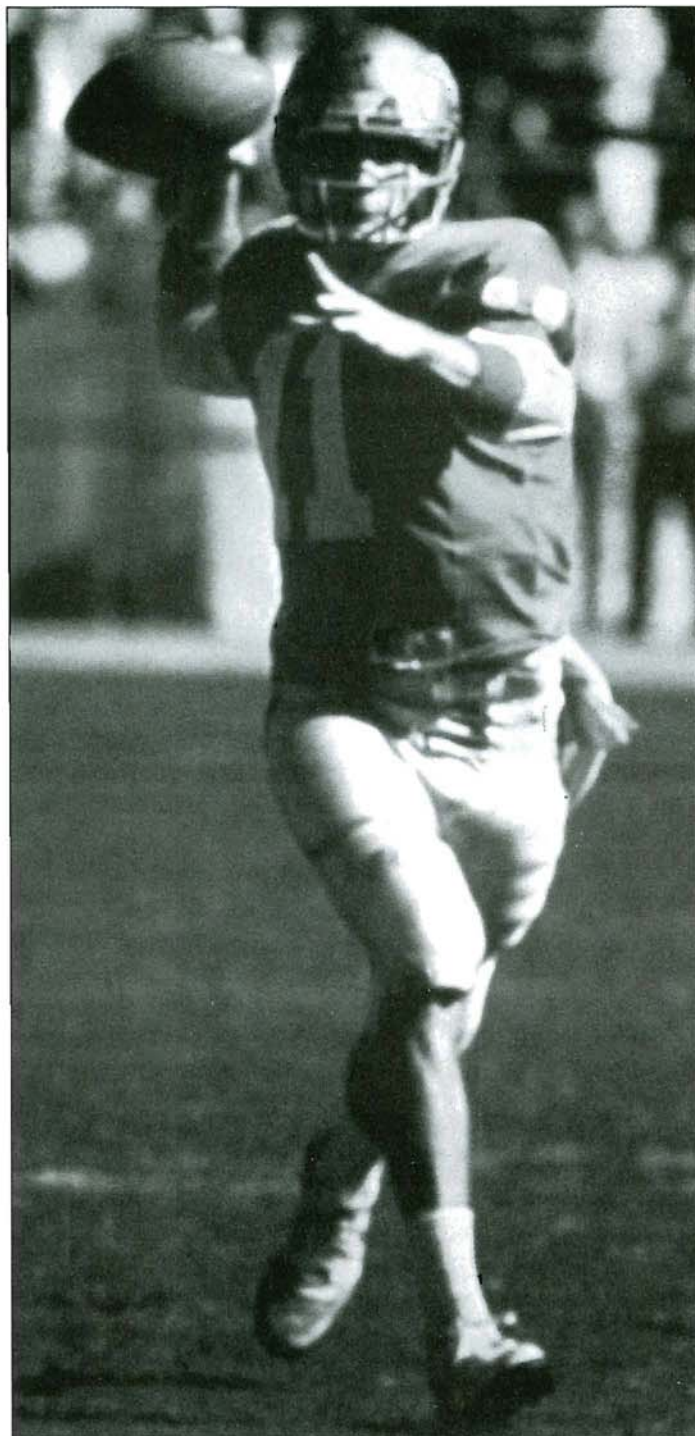


CASEY WELDON

HEISMAN
CANDIDATE

By Greg Shepard



Fifteen months ago, Casey Weldon was sitting on the bench at Florida State reading the headlines of the prodigious exploits of Ty Detmer and Dave Klingler. He watched Heisman-to-be Detmer beat Miami, something Florida State couldn't do in game five last year as Casey stood on the sidelines for most of the contest.

Who would have thought or even imagined that Casey Weldon would emerge not only as the Seminole's starting quarterback but also as a leading Heisman Trophy Candidate? They would have hauled you off to the funny farm if you had bet 15 months ago or even three months ago that Casey would outdistance both Detmer and Klingler in the Heisman voting. I hope you enjoy Casey's story as you discover how truly deserving he is of football's top honor.

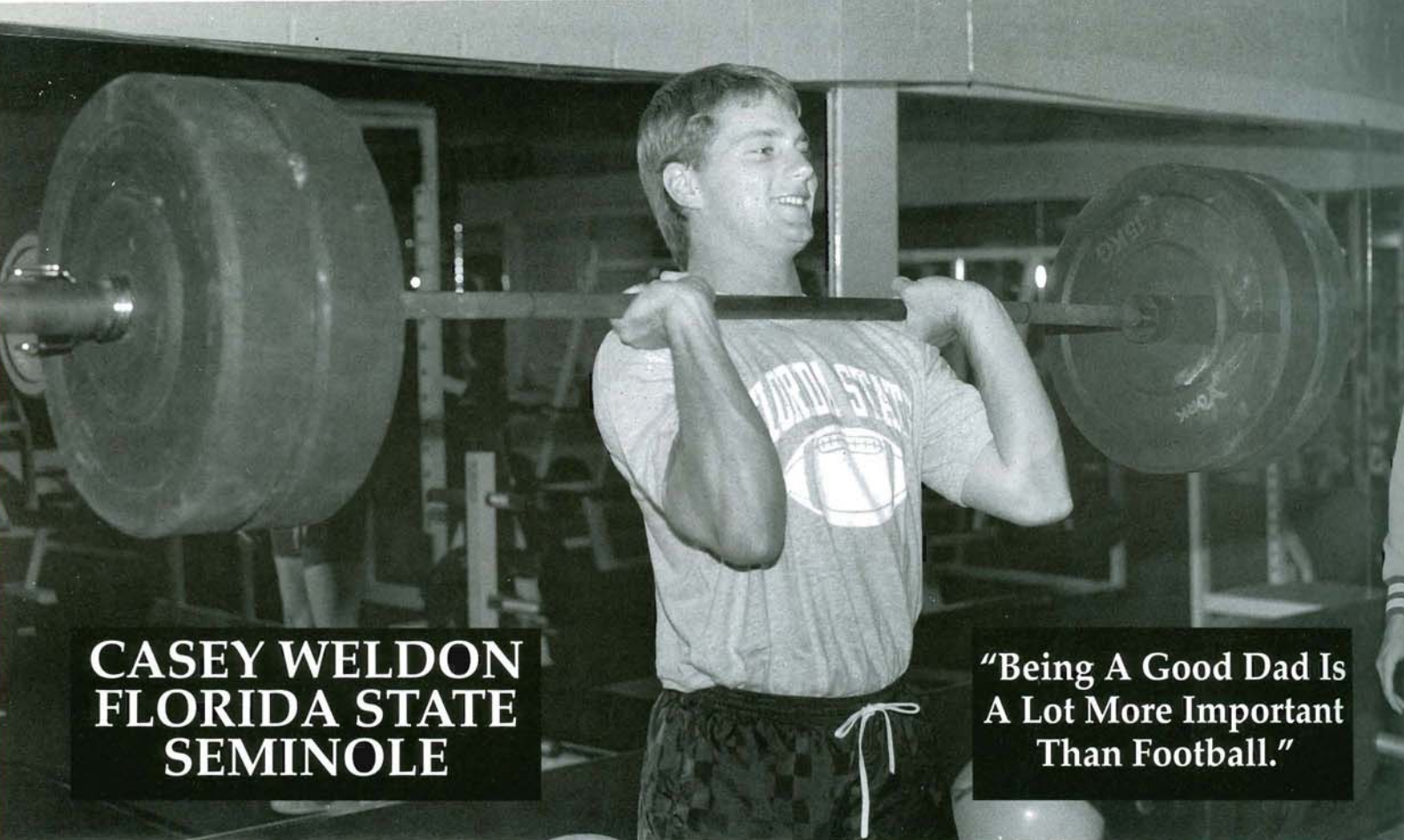
Casey began his football career as a 7th grade quarterback for the North Florida Christian School in Tallahassee. He started lifting in the 9th grade for Head Football Coach Howard Cane. "We got shirts for doing well," said Casey, "I remember the 150 lb. club and 200lb. club." Casey was a three sport athlete as he also participated in basketball and baseball. He started at guard as a junior and made All-Big Bend Area Honors. In his senior year, Casey was a Florida All-State Basketball player. When asked about his baseball honors, Casey laughed out loud, "I was pretty bad at baseball. I went out just to be with my friends."

Football is where Casey excelled as he led his I-A North Florida Christian School to Semi-Final finishes in both his junior and senior years. In addition to being All-State, he was also a "Super Prep Magazine" All-America and Co-Big Bend Player-of-the-Year. Casey passed for nearly 2500 yards and a state-leading 29 touchdowns. He was ranked 11th in the nation and fourth in the South among prep quarterbacks. Casey was 6-0 and 175 pounds with a 3.25 GPA. He also Benchpressed 250 and ran a 4.85 forty. Casey chose Florida State because of Head Football Coach Bobby Bowden and FSU was in his hometown of Tallahassee.

Continued On Next Page

CASEY WELDON'S PROGRESS CHART

YEAR	WEIGHT	SQUAT	BENCH	CLEAN	V. J.	DIPS	40
FROSH	178	385	260	245	28	30	4.85
SOPH	188	415	300	255	30	38	4.8
JUNIOR	193	435	325	260	32	40	4.7
SENIOR	200	455	345	265	35	46	4.61



CASEY WELDON FLORIDA STATE SEMINOLE

**"Being A Good Dad Is
A Lot More Important
Than Football."**

Casey red-shirted his first year. "It was great," Casey said positively, "It gave me a chance to learn the system, to physically mature and to get adjusted to college life." During the next two years, Casey saw limited action and attempted 50 passes while completing 22 for 501 yards.

With his junior year coming up, it seemed Casey had paid his dues and was ready to take over the starting reins. However, his "Boyhood dreams" as the starting Florida State QB were not to be as he lost that job to Brad Johnson during Spring Football in 1990.

"It was tough not starting," remembered Casey, "I went into the Florida State program thinking football would take care of me; that football would be the answer to life but it wasn't. I got my priorities back in order which are specifically God and family. I simply stopped worrying about starting in football and concentrated on working my tail off. You know, football soon became more fun."

"I got married to my high school sweetheart in January of my Sophomore year and we had a little girl. She's now two years old. I discovered being a good dad was a lot more important than being a good football player. My daughter is the greatest thing to ever happen to me." Casey even missed a couple of days of practice to see his daughter born and to be with his wife Lori.

During the sixth game of last year's season against Auburn, Casey took over in the second quarter for a series. "We scored," said Casey thankfully, "They let me stay in and we scored again, then again." Casey completed 20 of 30 passes for 244 yards and the rest is history. Florida State reeled off six straight victories,

concluding with a 24-17 victory over Penn State in last season's Blockbuster Bowl.

Casey finished the 1990 season third in the nation in passing efficiency. He completed 112 passes on 182 attempts for a .615 completion rate. Casey passed for 1600 yards, 12 touchdowns with only 4 interceptions. Casey has continued those same kind of statistics in 1991 and I believe his performance is truly worthy of the Heisman Trophy.

As we were coordinating this interview and photos in mid-season, Casey suffered a painful hip pointer before the Syracuse (11th ranked) game. I was tempted to bet against the Seminoles but Casey came out and destroyed the Orangemen with the best game of his life. However, Casey doesn't think about the Heisman. He simply states, "I want to go undefeated and win the national championship. Then we'll see what happens after that."

**"It's A Challenge To Me Not To
Be Like Everyone Else."**

Casey Weldon

With Coach Bobby Bowden at the helm, Casey's dreams could become a reality. Coach Bowden has over 210 career victories and has led FSU to nine straight bowl games without a defeat while ranking fourth in winning percentage among active coaches.

The Seminoles also have one of the finest strength and conditioning programs in the country headed by

CASEY WELDON ALL-AMERICAN HEISMAN CANDIDATE

nine year veteran Dave Van Halanger. He is ably assisted by Kevin Dufford, Toby Oldham and Ricky Slate. FSU boasts a brand new 7,200 square foot state-of-the-art strength complex. Coach Van Halanger has 20 athletes who Bench over 400 and 44 who do over 300 pounds. In addition, 15 Seminoles have a Vertical Jump of over 35 inches and 48 who get over 30 inches. In the Speed department, 13 FSU players race to under a 4.5 forty and 21 can make it under 4.8 seconds.

Van Halanger, who played for Coach Bowden at West Virginia, provides a program where players during a career gain 20-25 pounds, add 100 pounds on the Bench, 200 pounds on the Squat and improve by two-tenths on the 40 with a 4 to 5 inch improvement on the Vertical Jump. In other words, they get a lot Bigger, Faster, Stronger and more Explosive!

Casey believes a quarterback should work on a total program. "It's made a big difference with me," he asserted. "I've improved my throwing and also my ability to withstand a pounding." Casey also enjoys lifting with his linemen.

When asked what he'd do with a weight program with players if he were a high school football coach, Casey responded, "They'd have to in the off-season and twice per week during the season."

Casey is a political science major with a 2.5 GPA and will graduate in December. "After football," thought Casey, "I'd like to work with kids, possibly in a public school, camp or church setting." I'd like to have four children of my own or as many as it takes to have a boy."

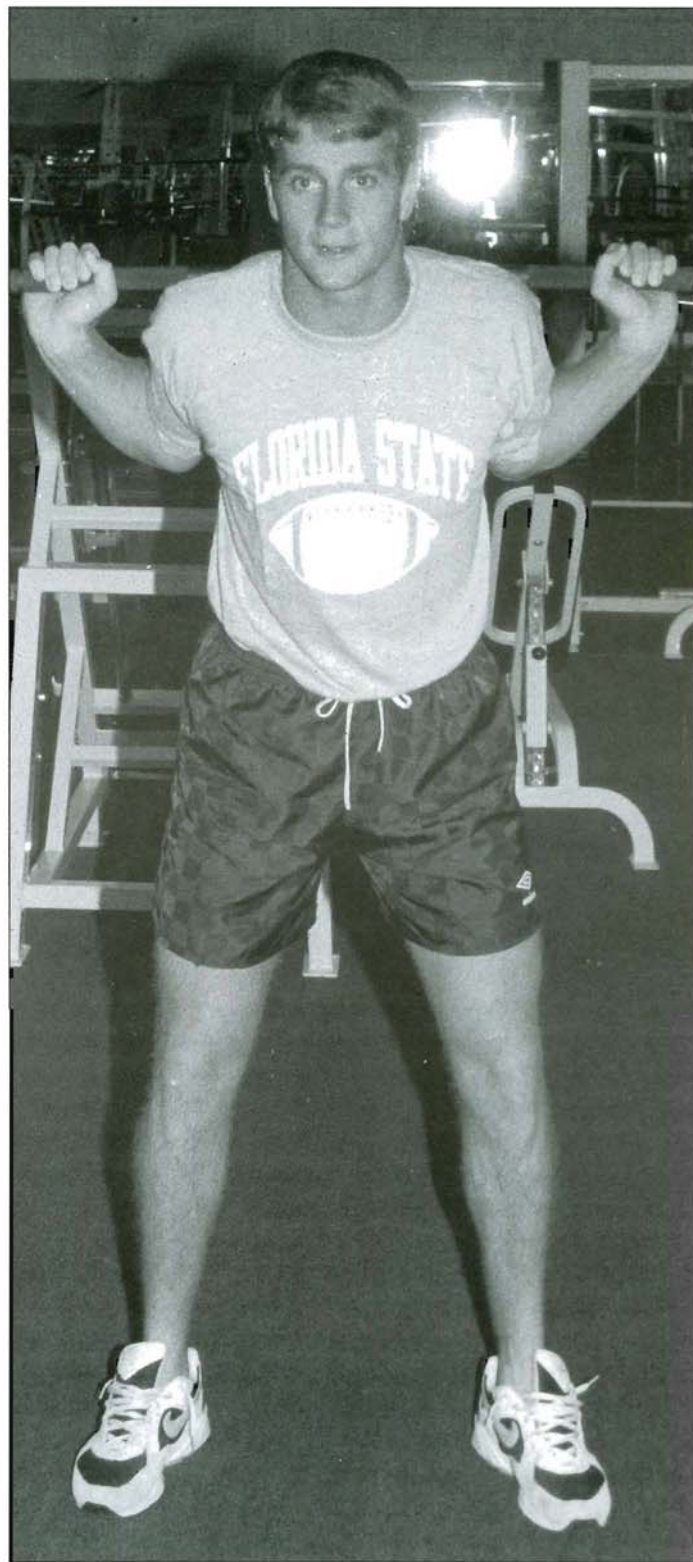
Casey is and has been a great role model and states, "It's a misconception that it's easy to stay away from drugs and alcohol at a Christian School. There are always kids who are going to rebel but with me drugs have never been a question. I'm also proud to say that I never had a drop of alcohol in high school. I've never even thought about it at college but then it's a challenge to me not to be like everyone else."

**"FOR GOD HATH NOT GIVEN US THE
SPIRIT OF FEAR, BUT OF POWER,
AND OF LOVE, AND OF A SOUND
MIND"**

THE APOSTLE PAUL

Finally, Casey gave this wisdom, "Nothing replaces hard work. Set your goals high and believe in yourself. My favorite quote comes from Paul in 2nd Timothy chapter one verse seven which states, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

We thank Casey for his true Upper Limit Heisman values and wish him well in football but most of all with his family. We thank Coach Van Halanger who worked swiftly to help put this article together.



"Casey Is An Excellent Leader And Worker. He Has Improved Himself Every Year He Has Been At Florida State. Casey Showed His Winning Ways When Things Were Not Going Great For Him Here. He Still Worked Very Hard And Showed A Winning Attitude. Casey Is A Special Young Man."

Dave Van Halanger: Florida State Strength Coach