

RUSS CAMPBELL 6-5, 255 SR KANSAS STATE TIGHT END

**CO-CAPTAIN
ALL-BIG 8
CANDIDATE**

Russ Campbell's career as an athlete has been filled with a number of trials and set backs. The Biblical verse, Romans 5:3-5, is a good descriptor of Russ' life as an athlete.

"... we know that suffering produces perseverance, character; and character hope. And hope does not disappoint us, because God poured out his love into our hearts by the Holy Spirit, whom he has given us."

Russ began lifting at age fourteen with upper body exercises. As a sophomore at Wichita North High School, Russ Benched 235 pounds. However, even though Russ was 6-5 and 185 pounds, he did not play football that sophomore year. His parents were afraid of injuries. Russ did play center on the basketball team and was All-City 2nd Team in Wichita in both his junior and senior years.

The football coach, Dale Burkholder, kept working on Russ to come out for football. Russ remembered, "Coach Burkholder was the main reason I went out. He had a lot of enthusiasm. I liked it right from the beginning, even two-a-days." Halfway through his junior year, Russ became a starter at 6-5 190 pounds. His Bench Press climbed to 260 pounds.

Russ became an All-City and Honorable Mention All-State Tight End during his senior year as he gained another 15 pounds of bodyweight. Wichita North had only

a mediocre 4-5 season and perhaps lack of exposure for not making the playoffs contributed to scholarship offers from only the Air Force and the University of Kansas. However, Wichita North is becoming famous for sleeping giants. First, was an unknown running back by the name of Barry Sanders and now Russ Campbell.

Russ was originally rejected by a recruiting coach at Kansas State. After deciding to attend the Air Force Academy, Russ quickly became disenchanted with the military life. He left the Academy to go back to Wichita, where contact was made with Kansas State University. KSU offered Russ a scholarship where he began his college career in August, 1987.

Stardom did not come easily. Two weeks into that first season, Russ hurt his knee and was consequently red-shirted. Russ reacted, "I was glad. I really started to lift. What a difference it made! Kansas State directed the strength program towards football by emphasizing Squats, Cleans and Plyometrics. That's helped me the most. I believe all sports should do the same thing for the explosive benefits.

Things were looking great. The plan was right on schedule. Russ became the starting tight end that first Spring. However, the next fall, the fall of 1988, instead of starting, Russ had a plantar's wart removed from his foot over the summer. Too much was cut from the foot and it took forever to heal and Russ lost his starting position.

RUSS CAMPBELL

Another operation took place to correct the situation and as a result Russ also missed two-a-days. When he finally did return and played in two games, Russ suffered a bad knee injury and spent two months on crutches.

After that disastrous chain of events, a new coaching staff was hired. The new staff gave every athlete the choice to play where they wanted. Russ chose to play Defensive Line because of the few number of athletes at that position. Even though Russ stuck it out through Spring Ball, he realized that he was not a Defensive Lineman.

At the end of Spring Ball he switched back to Tight End. Consequently he had to learn a new, complicated offense on his own over the summer. Upon returning in the fall (1989) he was the seventh string Tight End and had to work his way back.

"I thought about quitting a lot," reflected Russ, "but I

"Coach Palmieri Has Been a Very Great Friend. He's Helped Me In The Weightroom and Spiritually."

Russ Campbell

felt the Lord wanted me to keep playing. I prayed about it. As a result, I felt I could bring honor to God if I stuck it out. After the decision was made, things became good."

"The turning point was at the University of Oklahoma game. Our starting tight end got sick so I alternated each offensive series." At this game he performed so well that he received offensive MVP honors by the coaching staff for that game.

In the spring of 1990, Russ won the starting Tight End position outright and during the fall 1990, Russ had 27 receptions as the starting Tight End which led the Big 8 in receptions for Tight Ends. He earned Second Team All Big 8 honors. Academically he carries a 3.5 cumulative average in a Secondary Math Education degree program and received All Big 8 Academic honors.

Russ has a wonderful perspective on life in all areas and offers these views on education, "Go to class and manage your time wisely. Turn your assignments in on time. I try to stay on top of things and do something everyday. That way I don't have to cram."

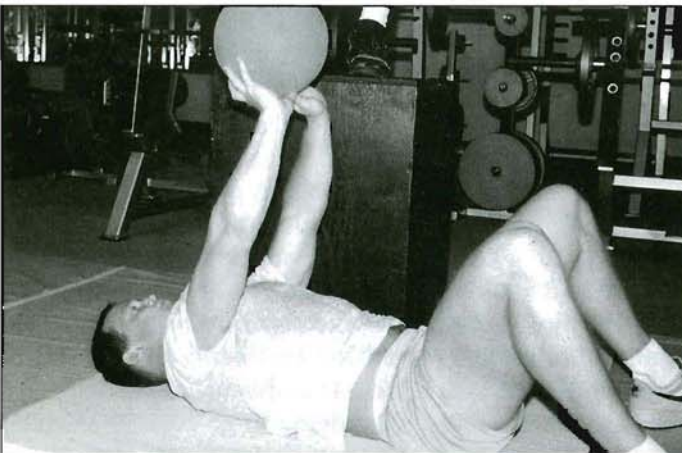
And on peer pressure, "I hung out with athletes and church so I didn't feel it. I just didn't get involved with that crap in high school (Drugs and alcohol). In college it's pretty much the same. I hang out with Christian type people."

Russ has been lucky to have supportive parents and comments, "They love me a ton and have instilled a lot of correct principles and discipline in me. People always ask me about pro football and I just say I'll do my best and see what happens but the most important thing is to walk with the Lord."

We thank Russ for his Upper Limit perspective and all those at Kansas State who made this article possible. Special thanks to Upper Limit Strength Coach, Jerry Palmieri.



Plyometrics Have Helped Russ Increase His Vertical Jump Over 4 Inches While Adding 33 Pounds Of Weight



Upper Body Plyos with Medicine Ball



Russ Has A 360 Pound Bench

KANSAS STATE TIGHT END



Russ Campbell has been a coach's delight: a true gentleman, dedicated student and athlete and a strong Christian. Russ has made as much improvement as any young man I have ever been around. We are immensely proud of what Russ has accomplished as a representative of Kansas State football: an Academic All-Big Eight captain. This has all culminated in Russ' selection to the 1991 Japan Bowl All-Star game. He is a great ambassador for our program and will represent us very well.

Bill Snyder Head Football Coach, KSU

Without question, the most improved individual in our two and a half years at Kansas State has been Russ Campbell.

Russ combines a very conscientious attitude with a tremendous work ethic. His overall development and contributions earned him great respect from his peers by being elected a team captain.

Russ has built himself into a fine Big Eight tight end through dedication in the weight room and on the field.

**Nick Quartaro Associate Head Football Coach,
Tight End Coach, KSU**

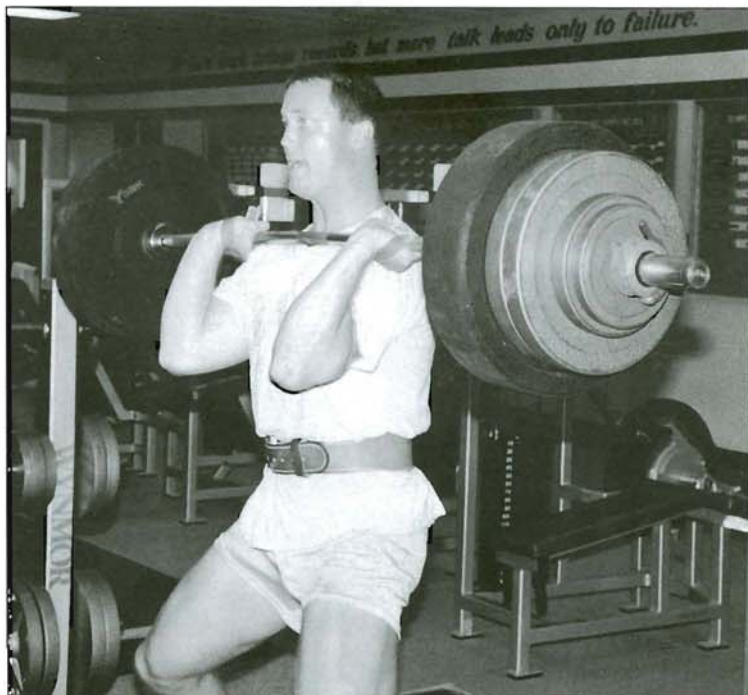
Through all the trials Russ had to face, he trained hard and excelled physically, mentally and spiritually.

He is a living example of Proverbs 24:16

"...Though a righteous man falls seven times, he rises again..."

Russ is a committed Christian who strives to live a life of high ethics and values. He believes all his experience at Kansas State has been God's way to develop him as a person, an athlete, and a servant of God.

Jerry Palmieri Strength & Conditioning Coordinator, KSU



Russ Showing Great Form: Power Cleans 358



Russ Parallel Squats 500 Pounds and Runs A 4.85 Forty



*Russ Being Stretched By Assistant Strength Coach
Jim Buchanan*