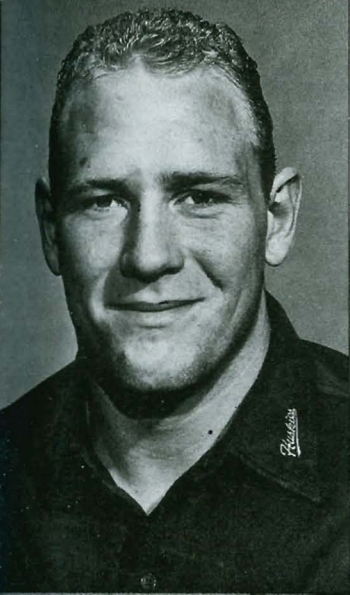


STEVE EMTMAN DEFENSIVE TACKLE

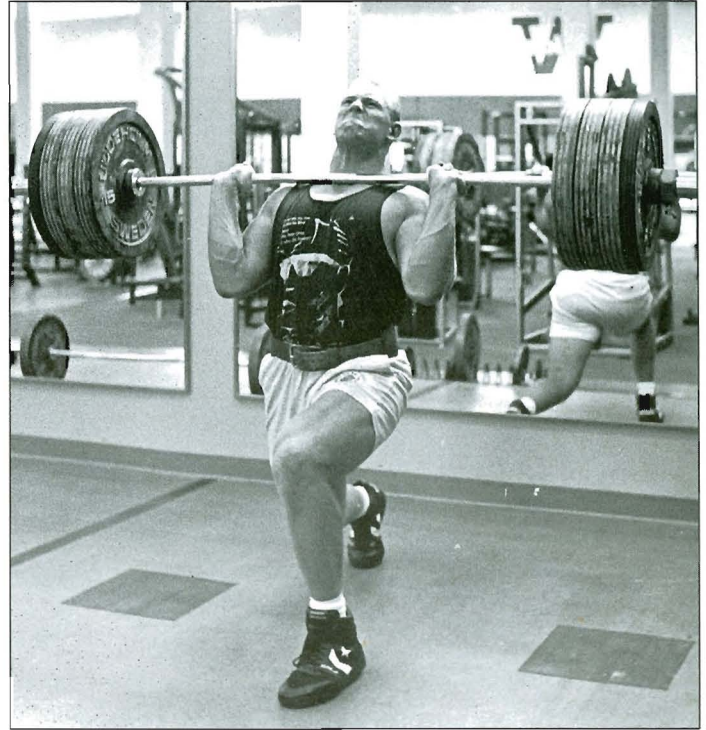
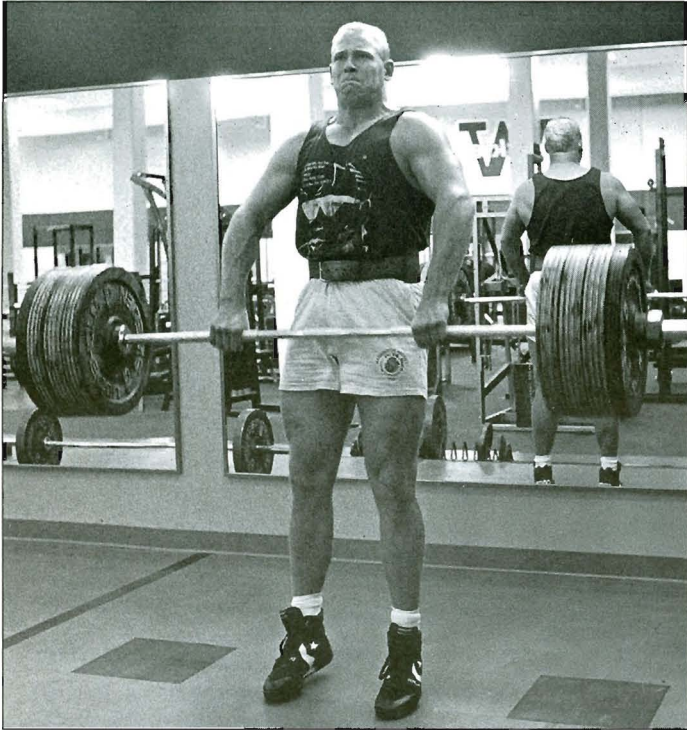


UNIVERSITY
OF
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OUTLAND &
LOMBARDI
CANDIDATE



6-4 280

STEVE EMTMAN ALL-AMERICAN



Steve Emtman Power Cleans 347 Pounds With Split Style Technique

It's hard to believe but only the Northwest Division I schools recruited Steve Emtman. He was a First Team All-State Nose Guard and Offensive Tackle under Coach Tom Oswald at Double A Cheney High School in Cheney, Washington. It wasn't like he was easy to overlook. Steve was 6-4 and 275 pounds. Maybe he was weak? Wrong! Steve Benched 335, Squatted 525 and Power Cleaned 315 pounds. He had lifted religiously since the 9th grade. Steve lived on a farm and had weights at home besides the school's equipment.

Well then, maybe Steve was slow? Wrong! He ran a 5.0 forty. Finally, you might surmise that maybe he just wasn't a very good athlete? Wrong again gurus of college recruiting. Steve won the State Discus title two years in a row with a 183 foot throw. In addition, he played center on the basketball team and was a First Team All-League player with 15 points and 10 rebounds per game. I don't know about you folks but that sounds like a real blue chip recruit to me.

It probably would not have made any difference if a lot of prestigious football schools had recruited Steve. "The University of Washington has put a lot of Defensive Linemen in the pros," reasoned Steve, "Besides with Coach James we always have a chance at the National Championship."

Steve did sustain a serious injury in his junior year of high school. "I missed more than half the season. My shoulder was almost paralyzed," remembered Steve, "I didn't stretch enough in high school. If I had it to do over again, I'd Stretch, Sprint, and do Plyometrics more besides my lifting. I should have done more of a total

program."

Steve also believes every athlete should lift in-season. "Definitely" stated Steve, "Last football season my Bench went up 10 pounds. That's a whole lot better than getting weaker as the season goes along."

Steve now Benches 445, Squats 660, Power Cleans 347 and does 360 for four reps on the Hang Clean. He's improved his forty to 4.8 seconds. However, the most significant change is Steve's percentage of body fat. It's now under 10 percent!

During Steve's freshman year, he had his only injury. He had a bone spur removed from his ankle. It's OK now. Being injury free takes a little luck, of course, but it still is a tribute to Steve's superb conditioning. The pros will also look very favorably on his injury free record.

Speaking of the pros, Steve is slated to be drafted very early after the season and may forgo his last year with the Huskies. "That's not even on my mind," maintained Steve, "I just want to concentrate on the

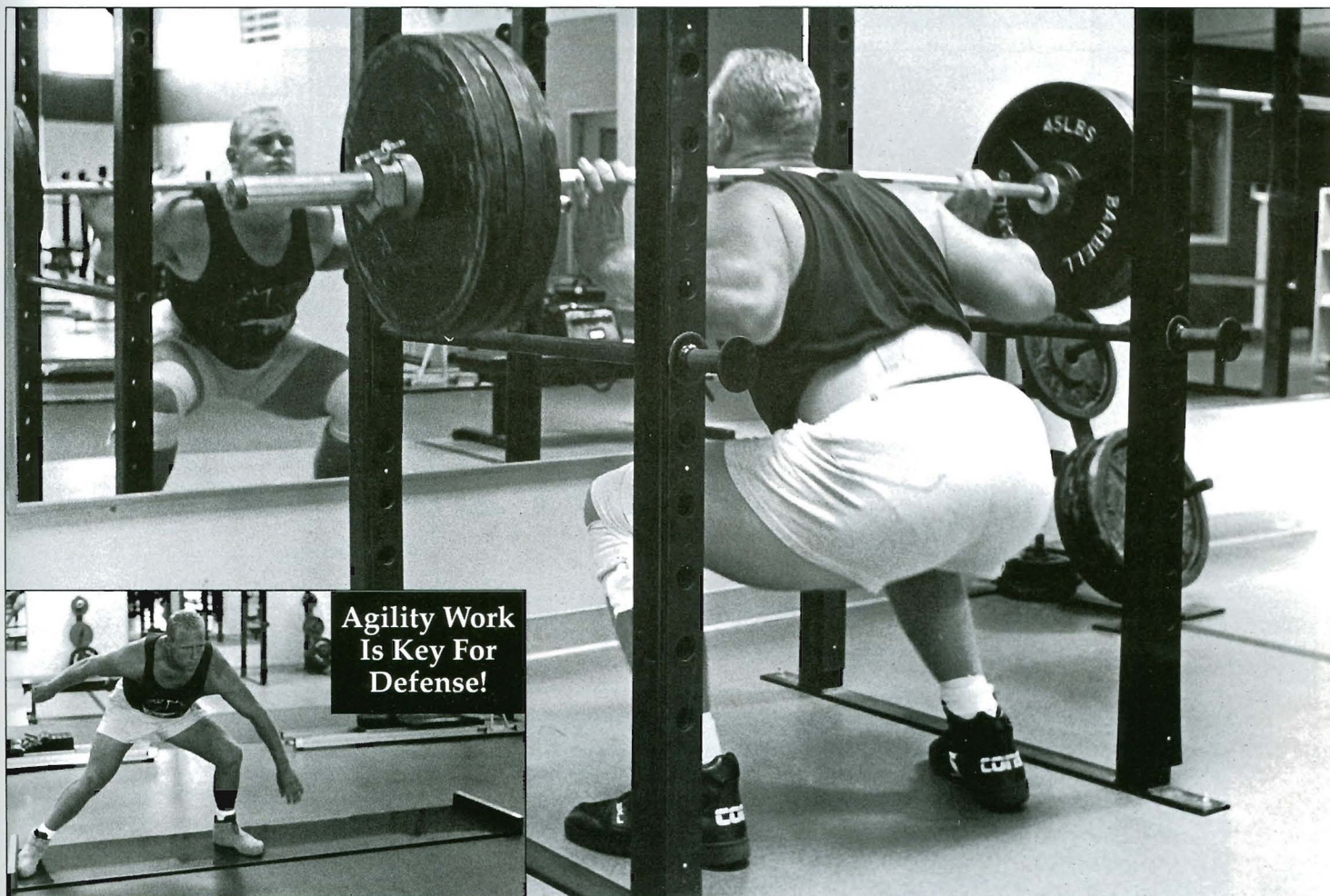
"Ability and desire to be a great player, toughness, reliability, a great attitude and a tremendous work ethic are all part of Steve Emtman's character.

He has a "Come-Early-Stay-Late" ethic in his preparation and provides excellent leadership and example to all his teammates.

Needless to say, it is my pleasure and good fortune to coach an athlete like Steve Emtman."

**Steve Huegli, Strength Coach
University of Washington.**

UNIVERSITY OF WASHINGTON



Emtman Squats 660 Pounds! Notice Great Back and Head Position

remainder of this season.”

Steve is studying business and sociology with a general study major. He’s a fourth year junior now and will graduate in one year and one quarter. Steve maintains a solid 2.65 GPA. He would like to use his business background after whatever happens in the pros and open up a restaurant and/or a gym.

If Steve approaches business the same way he does football, he should be very successful. Steve gets very intense as he mentally prepares for a game. “The closer game day becomes, the more intense things get,” revealed Steve, “I talk to no one when Thursday comes around; not even family. Then I just turn it loose on Saturday.”

As far as training goes, Steve offers this advice, “Speed is the biggest thing and that goes back to flexibility. You must stick to all facets of the program. It’s not the Bench. If you want to be an athlete, get your fanny over to the Squat Rack and Clean. I’d much rather get a 700 Squat than a 500 Pound Bench.”

One thing that really bothers Steve is when people assume he’s on steroids just because of being a big, strong football player. “I weighed 265 pounds when I was 16

years old and have lifted hard all my athletic life,” says Steve. “And I’ve been clean my whole life. I’ve been making gains by working hard and staying consistent. I’m thankful that the University of Washington runs such a clean program. Anyway, I think drug testing is the greatest thing to ever happen.”

Steve concluded by saying, “The most important aspect of life is your friends and family. As far as being successful, you’ve got to stay focused and know where you’re going. That requires more than living day by day.”

That philosophy has propelled Steve to last year’s Pac-10 Co-Defensive Player-of-the-Year as a sophomore. He was also the first ever sophomore to win the prestigious Morris Trophy which honors the Pac-10’s top defensive lineman. As this season has progressed, Steve is again a dominating force and is a top Outland and Lombardi Candidate. We thank Steve for sharing his Upper Limit thoughts and for being a great example. We also wish to thank Coach Rick Huegli for making this article possible. Over his 11 years with the Huskies, Coach Huegli has developed one of the finest college programs in the country which also features a modern 13,000 square foot strength and conditioning facility.