

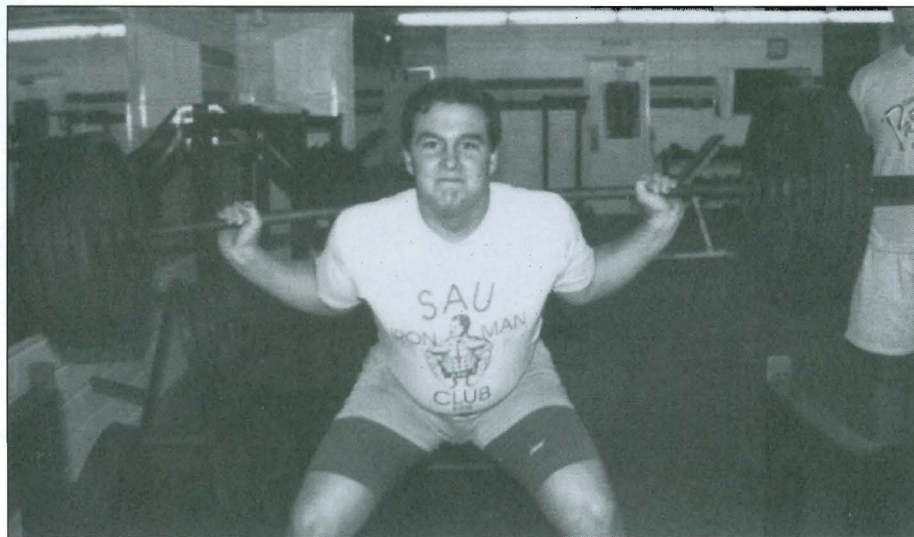
**JOSH
JOHNSON
6-2 250
OFFENSIVE
TACKLE
SOUTHERN
ARKANSAS
UNIVERSITY
SQUAT
510
BENCH
400
CLEAN
275**



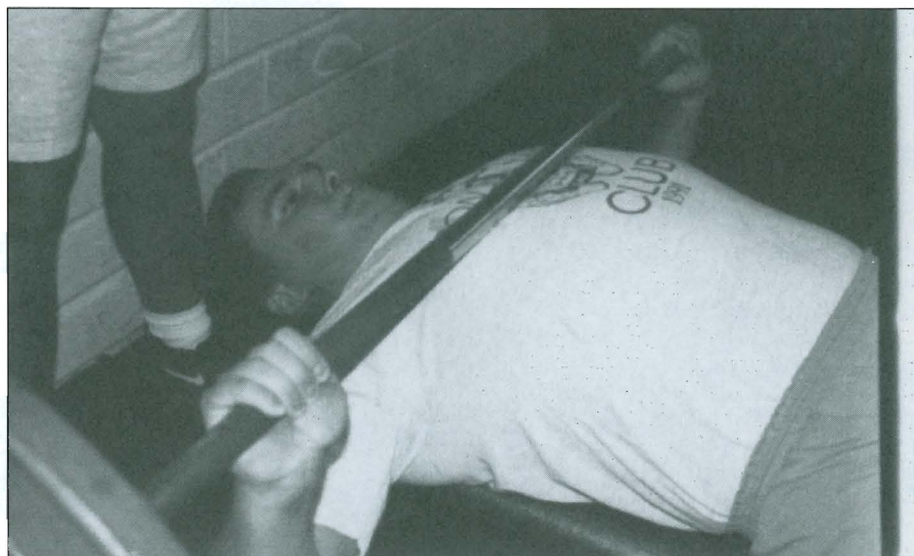
Josh Johnson was bitten by the football and weight training bug at a very early age. His older brother helped him start lifting weights in the sixth grade. One year later, Josh could Bench Press 185 pounds and so before his senior year of high school he improved to a whopping 380 pounds and Power Cleaned 255 pounds.

Since Josh grew up in a small Texas town living on 70 acres, he is majoring in Agriculture and Business. Josh takes care of cows and horses plus a job. He's a serious young man but he has to be. Josh just got married. "The Lord's been good to me," explained Josh. "My dad's a Baptist minister and my upbringing has kept me on the right track." Josh maintains a 3.4 GPA. "I've come from a disciplined background and so it's

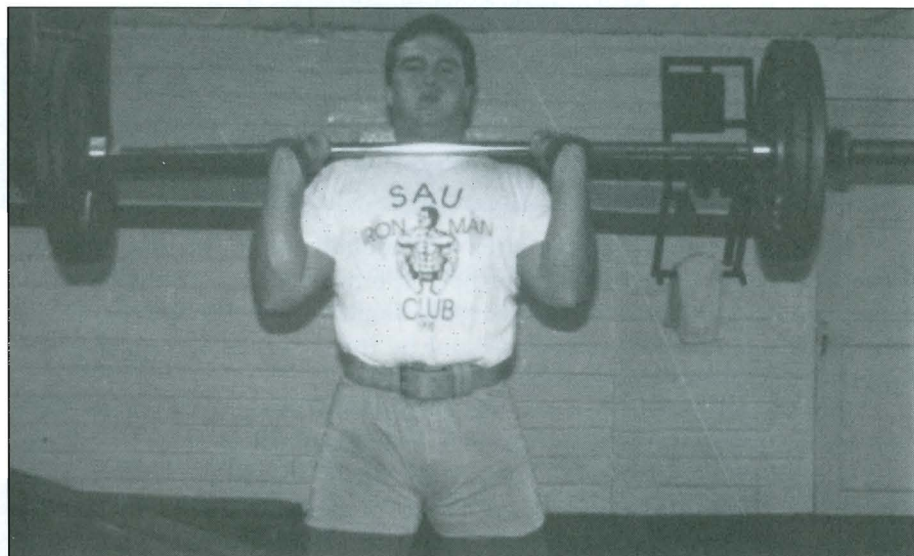
JOSH JOHNSON: SOUTHERN



Josh Did A 510 LB. Parallel Squat As A Freshman



..... And A 400 LB. Bench Press



..... With A 275 LB. Power Clean.

helped my understanding for the importance of a strong work ethic."

"I chose SAU (Southern Arkansas University) because they gave me a full scholarship and I like the school and the coaches. SAU is located in Magnolia in Southwest Arkansas which has a population of 13,000 and offers undergraduate degrees with over 50 majors. The SAU Foundation is very active in awarding a number of academic scholarships each year. SAU is situated on 781 acres most of which is an agricultural laboratory. The men's intercollegiate teams compete in football, basketball, baseball, track, tennis, golf and cross country while women field teams in basketball, volleyball,

**GET A GOAL
AND DON'T
TAKE YOUR
EYES OFF IT.**

tennis and track.

SAU plays in the tough NAIA Arkansas Intercollegiate Conference. The SAU Muleriders were ranked as high as second in the nation in 1990 under first year head coach Don Turney with an 8-3-1 record which included an Aztec Bowl win in Mexico City. Last year, they went 7-4 and this year they are hungrier than ever.

**JUST CALL ME
TO BE IN THE
GAME**

Josh never touched drugs in high school "No one ever messed with me because I was one of the biggest guys and no one has ever offered me drugs at SAU," said Josh. "I believe in goals. Get a goal and don't take your eyes off it. My goal was always to Bench 400 pounds. When I got it, that was a very happy day." Then Josh laughed, "It was right up there with my marriage and

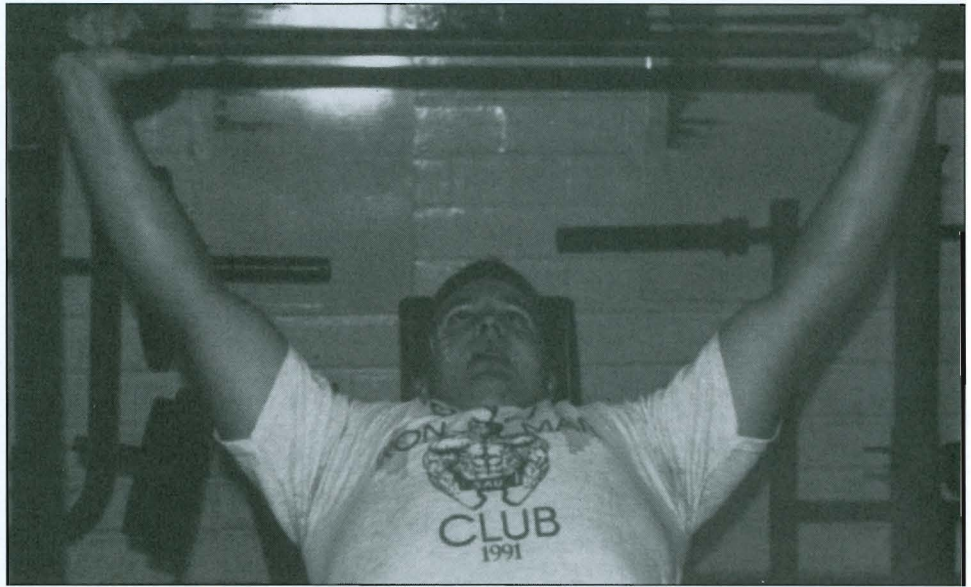
ARKANSAS UNIVERSITY OF

winning football games."

"Just do the best you can do. If somebody's in there cuttin' up, you gotta stick to business. The weightroom isn't anyplace to cut up."

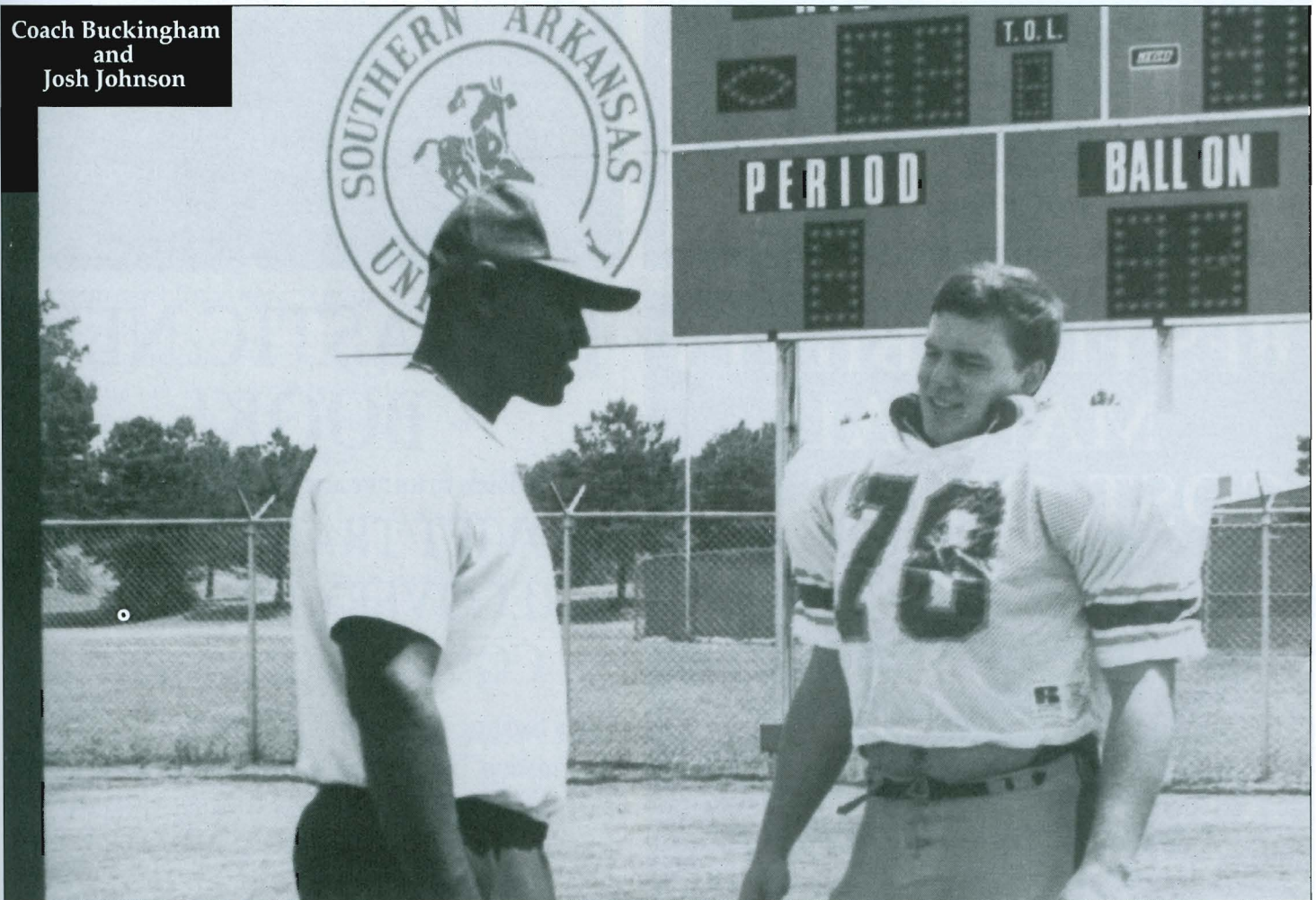
We are all concerned with the challenges our country faces in today's world. Here are Josh's thoughts: "We need good leadership in our country today. Maybe our national leaders need more of a Christian outlook."

We thank both Josh and Coach Buckingham on being Upper Limit people and as I ended the interview, I asked Josh, "Do you like to be called Josh or Joshua by your coaches?" Josh responded earnestly, "It doesn't matter, just as long as they call me to be in the game." Enough said!



Josh Also Has A Powerful Incline Press

**Coach Buckingham
and
Josh Johnson**



Josh has a tremendous work ethic and as a freshman, he was our strongest lineman. Josh is a tremendous young man and a great example I've never even heard him swear. Josh will do whatever you ask. The thing I like is that he challenges himself everyday. Josh also plays extremely smart and made adjustments that a normal freshman just wouldn't make. He could be an All-American by his Junior year!

Earl Buckingham: Offensive Line and Strength Coach

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