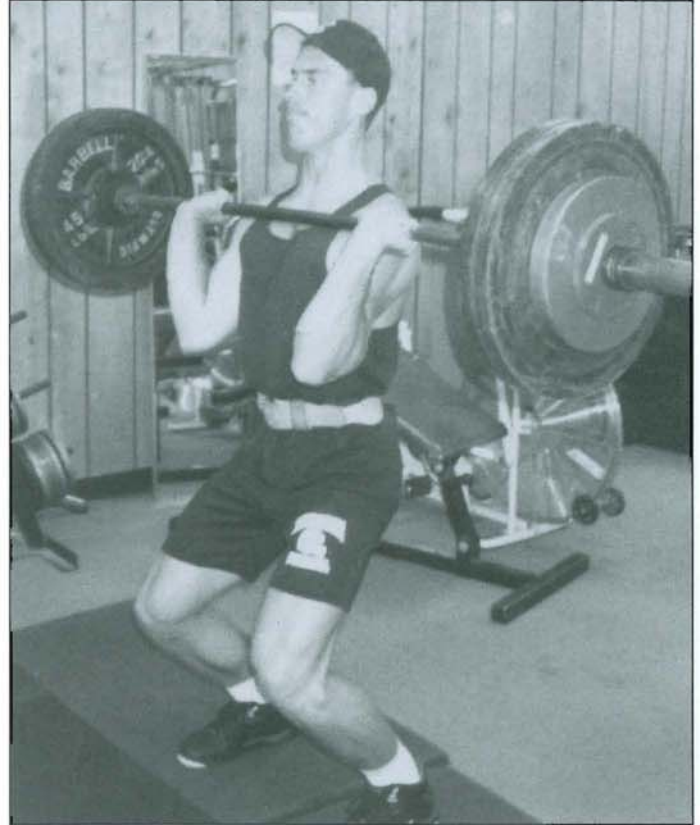


TONY DIEHL

MIDAMERICA NAZARENE COLLEGE



Tony Was A 2nd Team All-Conference Linebacker



Tony Has A 280 Lb. Power Clean

Tony's intensity and dedication in the weightroom has inspired his teammates and set a new standard for strength and conditioning at MidAmerica.

There may be some stronger and some faster, but no one takes it any more seriously and gets any more from their God given abilities.

Tony has personal goals of course, but he has proven to be a team player on the field, in the weightroom, in helping to recruit players, and "befriending" younger players.

**Mike Redwine: Head FB Coach
MidAmerica Nazarene College**

Tony is one of our leaders in the weight room, his work ethic is unparalleled.

Tony's dedication is such that if he had to, he would break into the weightroom.

Without Tony and some others we would not enjoy some of the successes we have had in our strength program here at MidAmerica.

Tony could have future in the pro ranks if he continues to work hard and to push his body to be the best.

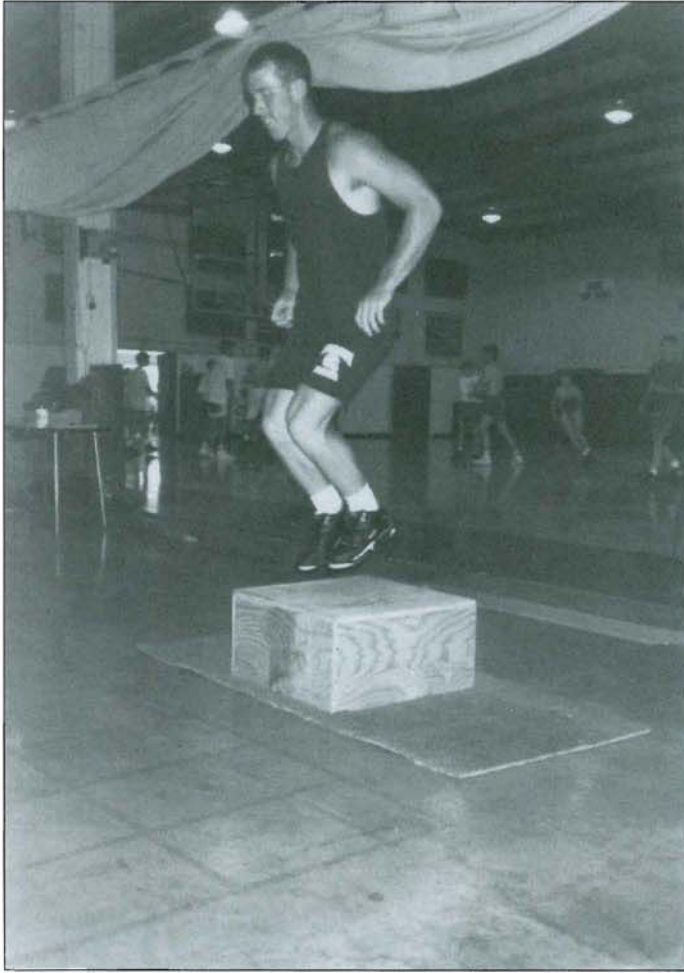
**Bob Salmons: Linebacker and Strength Coach
MidAmerica Nazarene College**

Tony attended Butler High School in a rural area south of Kansas City, Missouri. With an enrollment of 400 students, Tony led Butler to an 8th in State 2-A ranking with an 8-3 record. He was an All-Conference, All-District and All-State player. Tony played center, defensive end and some at middle linebacker. He was the starting center in the Missouri State All-Star game.

"When I was a senior in high school," remembered Tony, "We lost to Seneca High. They had a 98% turnout for their weight program. They really handled us. Their whole line benched over 300 pounds per man." Tony saw first hand the importance of a strong lifting program. He now helps run Butler's strength program in summer. It's great for Butler and Tony because he wants to be a head high school football coach in the future.

Tony grew up on a farm but now his family lives in town. Their family rents about 400 acres and raise hay and cattle. Tony helps his dad and other farms around the area. As a senior Tony was 6-1 and 195 pounds with a 4.9 speed. His GPA was in the 3 point range. Since Tony belongs to the Church of the Nazarene, he enrolled as a freshman in MidAmerica which is sponsored by his church.

TONY DIEHL: MIDAMERICA NAZARENE COLLEGE



Phyometrics Helped Tony To A 32^{1/2} Vertical Jump



Tony With Two Hand Dunk

Located in Olathe, Kansas, just outside Kansas City, MidAmerica Nazarene College offers 39 different majors and five degree programs for its 1250 students. The college was founded in 1966 and offers a quality liberal arts education within a spiritually alive Christian environment. The faculty/student ratio is only 1:20. It's a one of a kind environment for students who want to graduate from college with more than a degree."

Varsity sports include football, basketball, track, baseball and cross country for men while women's varsity sports include basketball, cross country, track and volleyball. Nicknamed the Pioneers, MidAmerica Nazarene College plays in the tough NAIA Heartland of America Athletic Conference (HAAC).

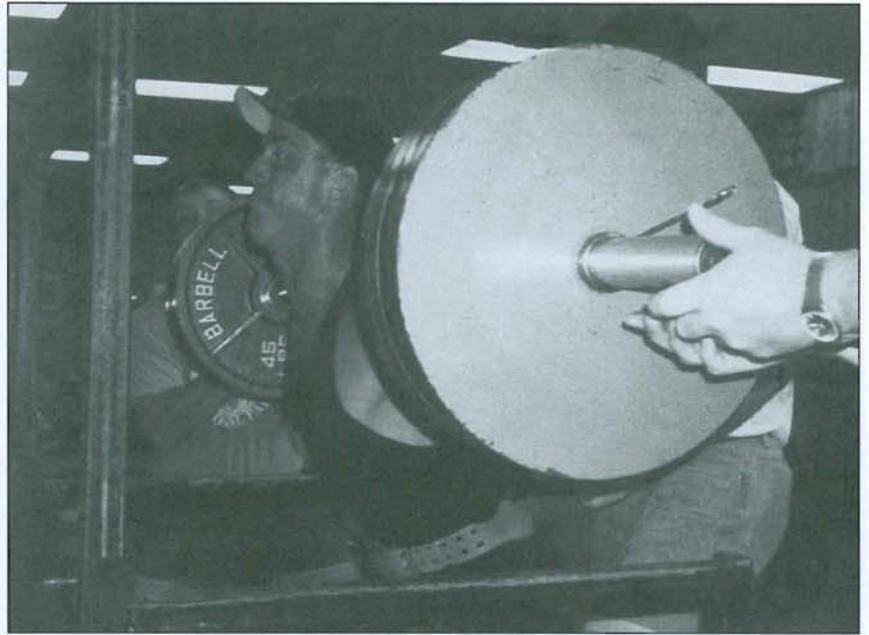
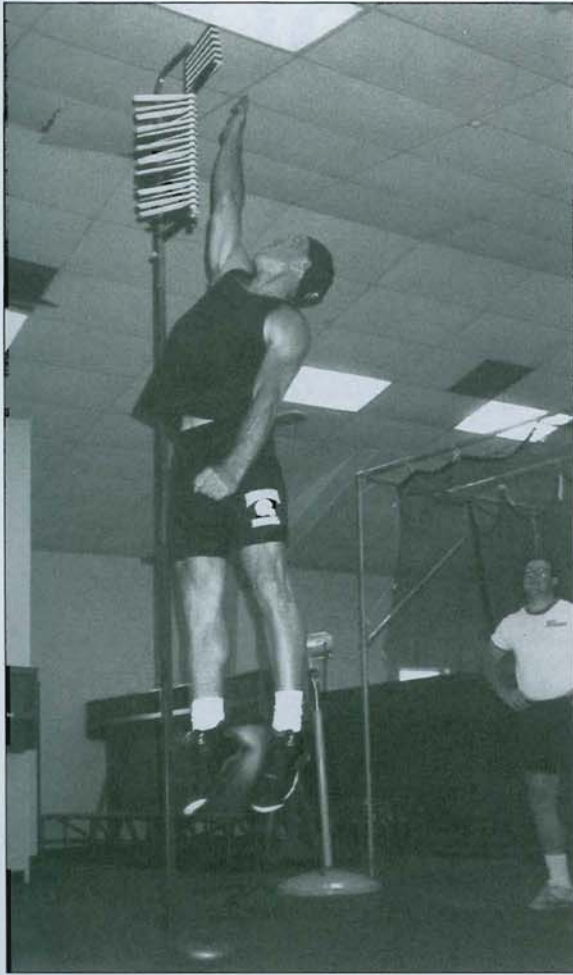
Tony started right away at defensive end but a shoulder injury forced him into very limited action after only four games. The following year Tony transferred to Missouri Southern State College an NCAA Division II school. He walked on and after a red shirt year made second team but played a lot on special teams. After 1 1/2 years there, Tony decided to go back to MidAmerica. "For me, the atmosphere for education was better," stated Tony. "Also, Coach Redwine was so enthusiastic. I just saw a better future for me by going back. I really like MidAmerica. There's a lot of togetherness."

WHEN YOU GET TIRED, THAT'S WHEN TO PICK IT UP A NOTCH

Tony is majoring in Adaptive Physical Education with a minor in English. He plans on getting a Master's degree in Special Education since he enjoys working with the handicapped. "My long term goal is to make sure I help people who have special challenges. I want to be able to look back and feel I helped a lot of people."

Tony was captain as a junior and leads by example. "My philosophy is whenever I get tired in the weight room that's when I try to pick it up a notch. I don't think you're in there to have fun. It's an attitude thing of working hard to make good things happen. You know Coach Shepard, I used to

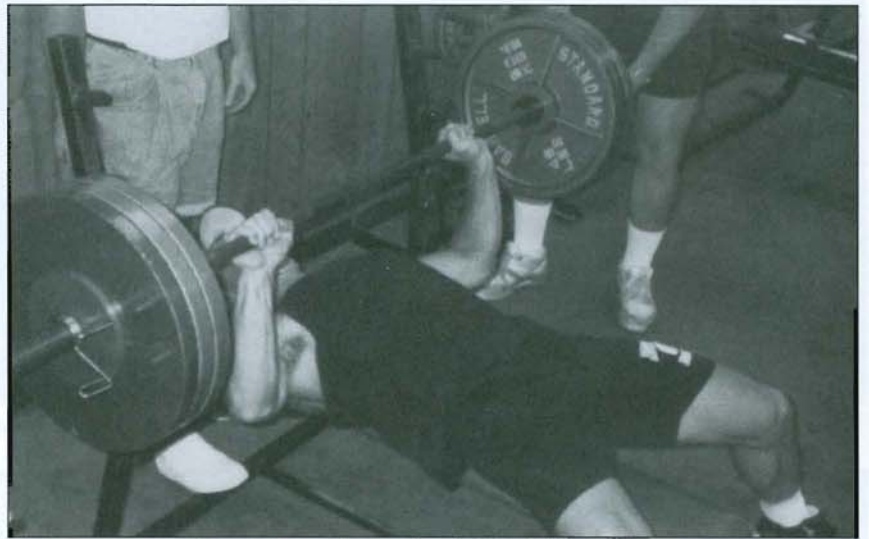
LINEBACKER AND NSCA ALL-AMERICAN



Tony Parallel Squats 405 Pounds

read about those guys in your magazine. I read every issue so I feel its a great honor to be in it. The hard work pays off."

Tony comes from a good Christian home. "That helped mold my personality," said Tony. We thank Tony for being a wonderful Upper Limit example. We thank Coaches Redwine and Salmons for making this article possible.



Tony's Long Arms Bench 325 With A Pause

TONY DIEHL PROGRESS CHART

	FALL 1988	SPRING 1992
Bench Press	240	325
Power Clean	210	280
Parallel Squat	330	405
Incline Press	190	300
40 Yard	4.96	4.7
Vertical Jump	28	32.5
Height	6-1	6-2
Weight	190	217



Tony's Incline Is 300 Pounds!