

SEAN SHODA

6-1 272 DT

EASTERN MICHIGAN



Sean played at Benedictine High School in Cleveland for Coach Augie Bossu. He played Varsity all three years helping his team to the state semi-finals. Sean also played baseball hitting .365 while maintaining a 3.1 GPA. Even though Sean earned All-State, All-District and All-Conference honors, the fact that he was short and blew out a knee in his junior year limited his offers somewhat for college.

"Some schools wanted me for offense which was out for me. I chose Eastern Michigan from the Mid-American Conference," said Sean. "We have a lot of pride. We feel we can play in the trenches with anybody. I don't care who we play; bring 'em on."

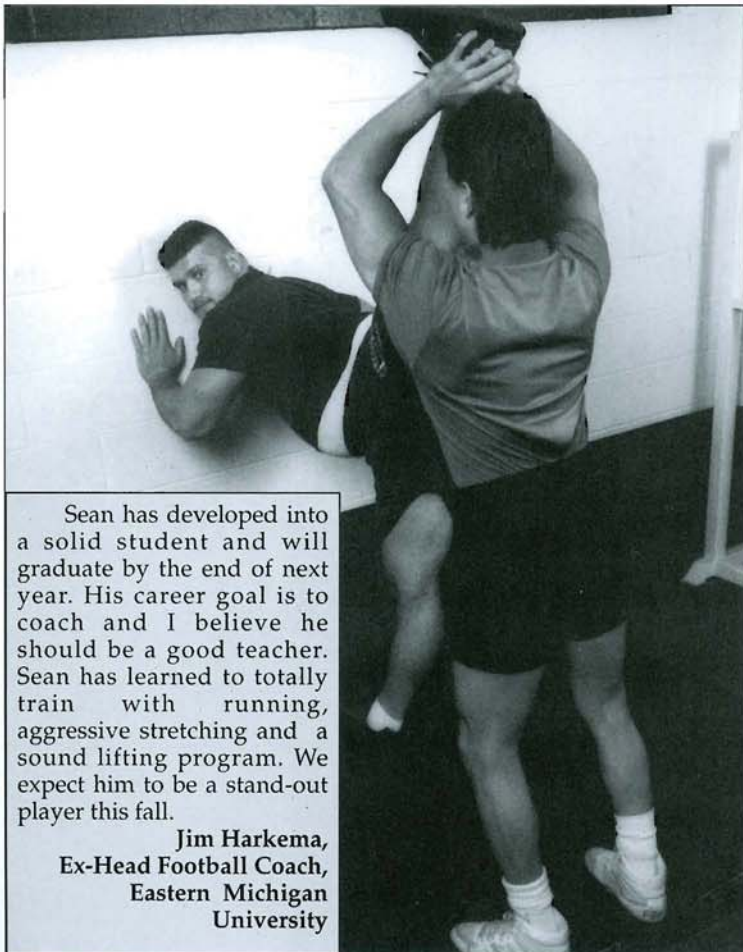
At EMU, Sean redshirted his freshman year in 1988 but he did get to travel the whole year with the team. The next year Sean started at defensive nose tackle. Exuding confidence, Sean stated, "I play over the center most of the time and I'm nastier than Zorich." (Chris Zorich - NT Notre Dame All-American drafted by Chicago)

Sean has started ever since and has developed the following philosophy, "I get my ultimate respect after the game. I don't care about the newspaper." And what keeps Sean going? "My opponent! I think about what he is doing in the off-season and in-season. What's he doing right now to beat me? No rest for the wicked. So I'm gonna train hard every day. When I go through my clean workouts, I'm not satisfied until I start sweatin' pellets."

Sean's intensity level can be credited partly to the support of his mother and father. "They never miss a game," said Sean proudly. They are the first people at the stadium coming four hours early." Sean's Dad also played football at Nebraska and played baseball for Cleveland. Another source of intensity was Art Bortnick, Sean's high school strength coach. "He did everything he could to help us. Coach Bortnick was fantastically dedicated. He was hard core - bad to the bone. I can't credit the man enough. We worked incredibly hard to get where I am today."

Sean, the consummate competitor, heard that Tony Mandarin supposedly did 39 reps on the bench press with 225 pounds during the pro-combine. "So I had to beat him," said Sean. Chris Winowich, Eastern Michigan strength coach, verified that Sean got 40 reps and said, "I challenge anyone in America to top that."

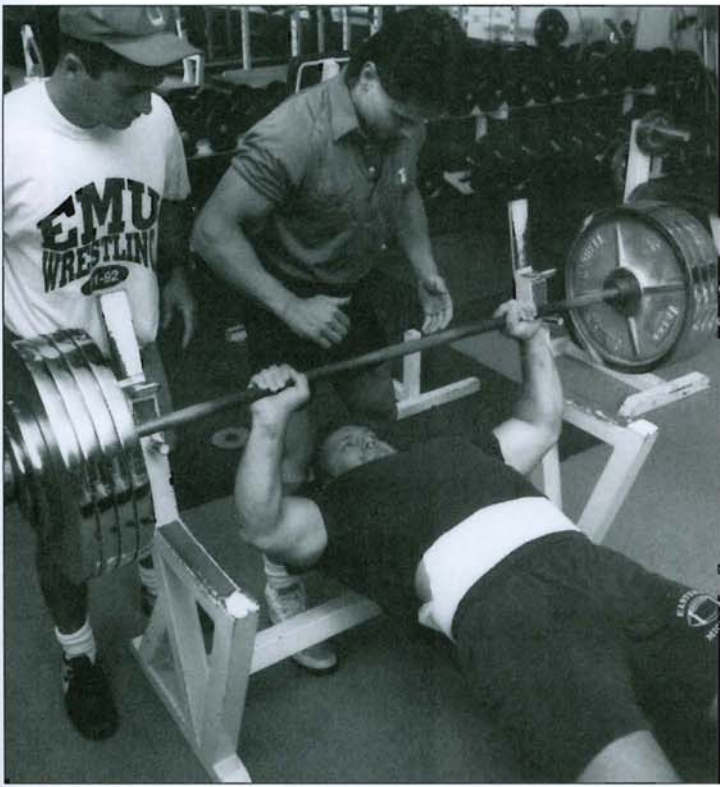
Sean is right on schedule to graduate with a management and communications degree. He maintains a strong 2.7 GPA and wants to continue in football as long as possible and then



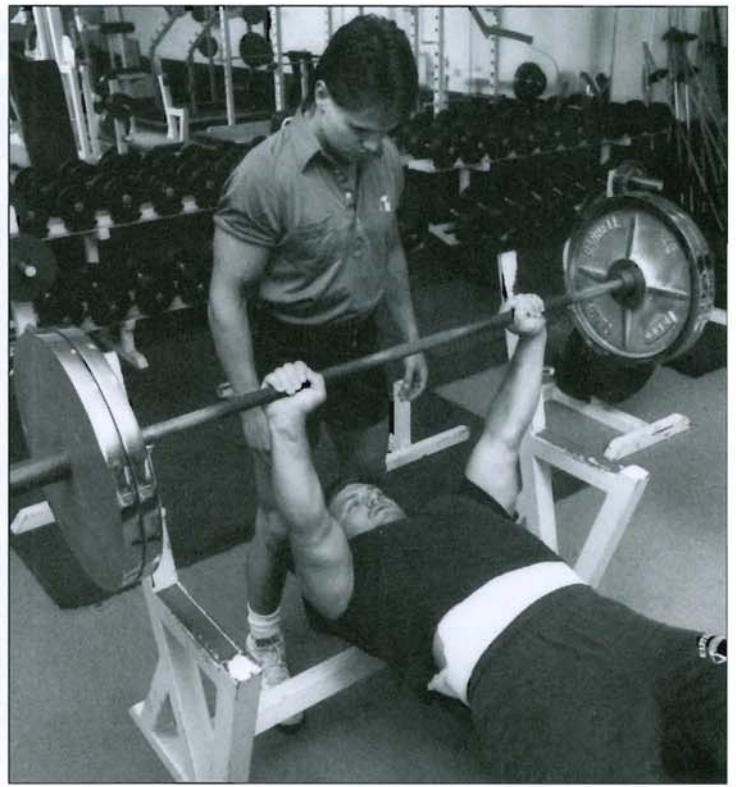
Sean has developed into a solid student and will graduate by the end of next year. His career goal is to coach and I believe he should be a good teacher. Sean has learned to totally train with running, aggressive stretching and a sound lifting program. We expect him to be a stand-out player this fall.

Jim Harkema,
Ex-Head Football Coach,
Eastern Michigan
University

*Sean with Strength Coach Chris Winowich.
Photos by Dick Schwarze*



Sean Benching 470 Pounds



But Even More Impressive 225 X 40 Reps!

Sean Shoda is an extremely valuable player to our football program, both on and off the field. His leadership, hard work ethic, and dedication to Eastern Michigan is evident in everything he does. Sean is living proof that if you want something bad enough and continue to strive toward that goal - and give it everything you have - you can eventually achieve that goal.

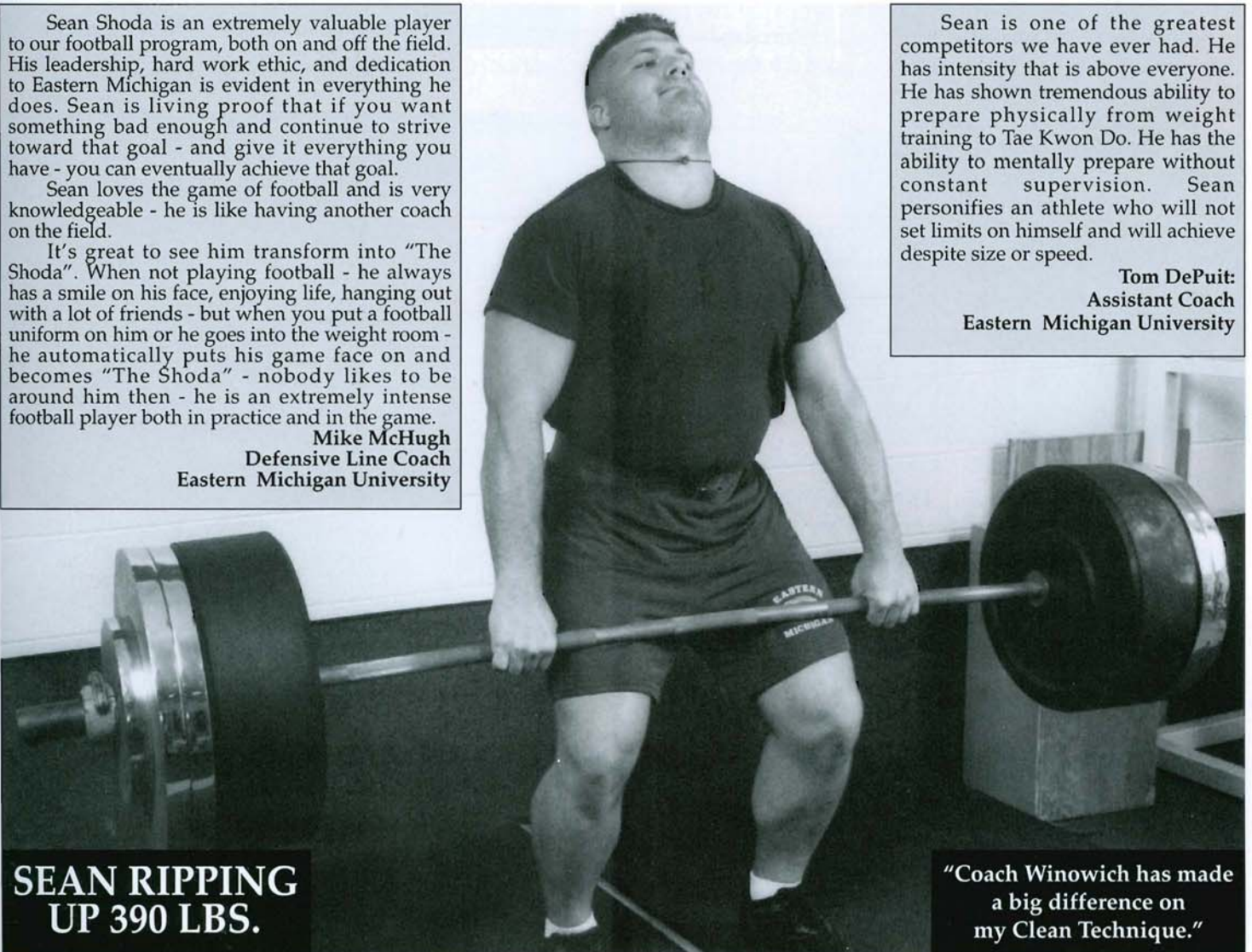
Sean loves the game of football and is very knowledgeable - he is like having another coach on the field.

It's great to see him transform into "The Shoda". When not playing football - he always has a smile on his face, enjoying life, hanging out with a lot of friends - but when you put a football uniform on him or he goes into the weight room - he automatically puts his game face on and becomes "The Shoda" - nobody likes to be around him then - he is an extremely intense football player both in practice and in the game.

Mike McHugh
 Defensive Line Coach
 Eastern Michigan University

Sean is one of the greatest competitors we have ever had. He has intensity that is above everyone. He has shown tremendous ability to prepare physically from weight training to Tae Kwon Do. He has the ability to mentally prepare without constant supervision. Sean personifies an athlete who will not set limits on himself and will achieve despite size or speed.

Tom DePuit:
 Assistant Coach
 Eastern Michigan University



SEAN RIPPING UP 390 LBS.

"Coach Winowich has made a big difference on my Clean Technique."

SEAN SHODA EASTERN MICHIGAN

become a college football coach. As Sean sees it, "I was born to play football and lift."

Eastern Michigan has over 26,000 students on its 217 acre campus. EMU offers a big variety of degrees from Bachelor's to Doctorate degrees. They've also been a member of the Mid-American Conference since 1971 and have been highly successful in many sports including a MAC Championship in 1987 and California Bowl Victory in post season play.

Coach Winowich states, "Sean does his Tae Kwon Do stretching program religiously after every running and lifting workout. This has improved his 40 from 5.1 to 4.79." Sean confirms, "It's helped me incredibly. The mental thing is also great. I learned how to relax and breathe during flexibility."

Sean on steroids: "Everybody accuses me of being on steroids. That's laughable. I've got great endurance. There are guys who bench more one time but they can't do 40 reps with 225 pounds. I've got to play 50 or 60 plays in football not one. You know, all big guys don't do steroids. It's not automatic. Everybody doesn't go on steroids. Here an EMU, we believe that steroids screw up your endurance and would hurt you as a player. Anyway, I'm so dang wired naturally, steroids would probably put me over the edge."

As far as drugs in general, Sean doesn't understand why they were even made. "It's not looking good for the future. Drugs tear apart our whole society."

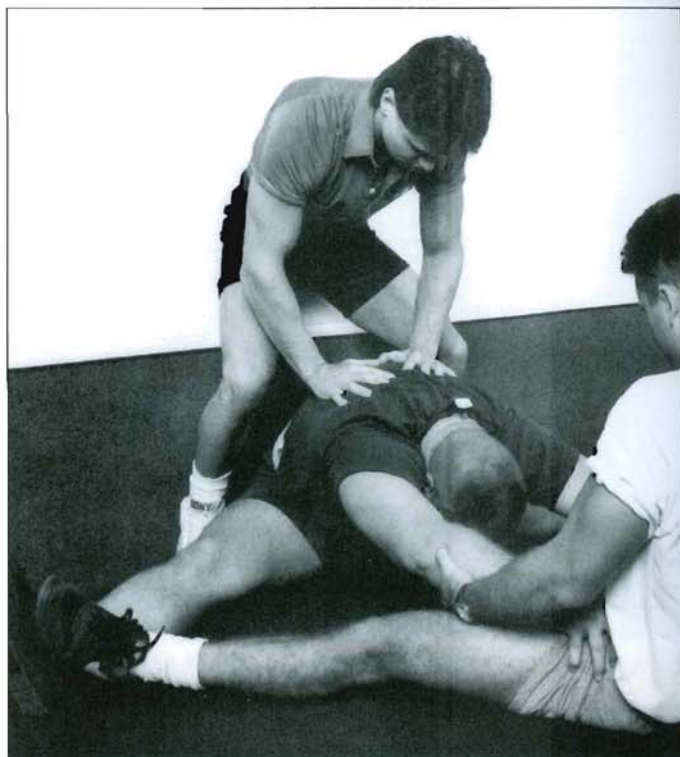
We thank Sean for his unique Upper Limit view of intensity, life and football. Thanks also to Coach Chris Winowich who helped make this article possible. It was one of the most fun articles we've ever done.

SEAN SHODA PROGRESS CHART

	Red Sh.	Fresh.	Soph.	Junior	Senior
40	5.1	5.0	5.0	4.9	4.79
Clean	285	330	350	365	390
Bench	225x8 405x2	225x33 420x2	225x36 430x2	225x38 450x2	225x40 470x2

Sean Shoda epitomizes an athlete who strives for excellence through patience and hard-work. He possesses the ability to consistently train hard in order to bring his game to the next level. Here at Eastern Michigan University we take each rep, set and day one at a time to build a championship team. Our strength program consists of 3 basic core lifts (Bench, Squat, Power Clean) with auxiliary lifts to assist in total body development. Sean has worked extra hard on his auxiliary lifts of the lower extremities since suffering a severe knee injury. The combination of Running, Plyometrics and Tae Kwon Do stretching has enabled Sean to move his massive 275 pound body to 4.79 in the 40 yard dash. Sean has been a great leader for me in the weightroom. He has proved by his results that athletes should never place limits on themselves.

Chris Winowich: Strength Coach, Eastern Michigan



Sean with Coach Winowich and Partner Showing Great Flexibility



Sean and Coach Winowich

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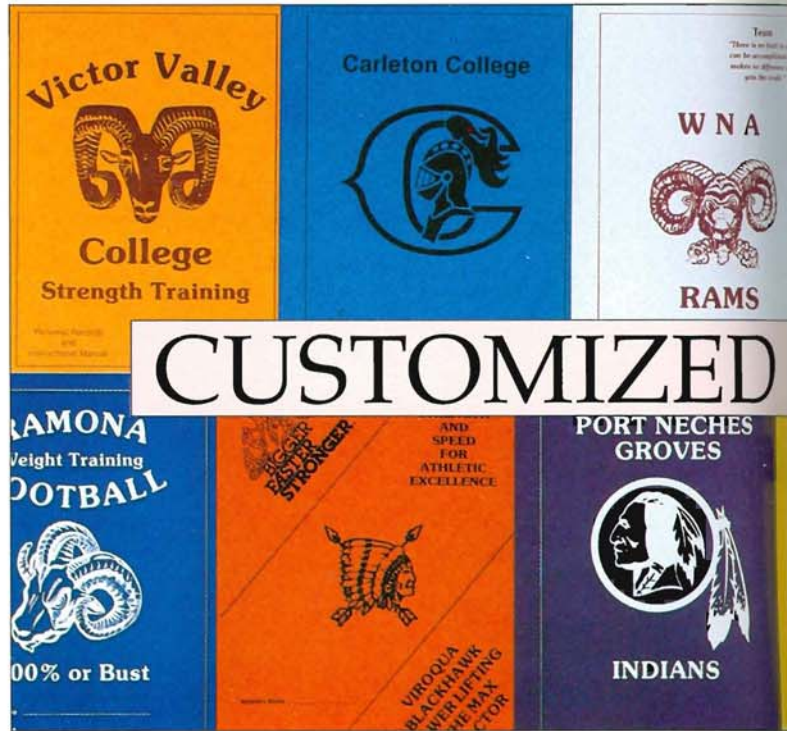


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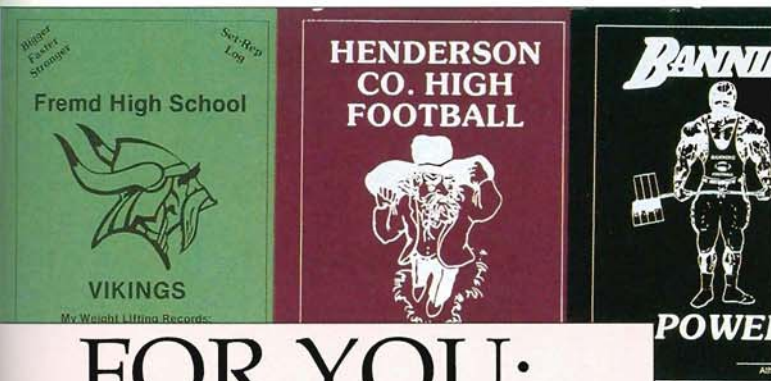
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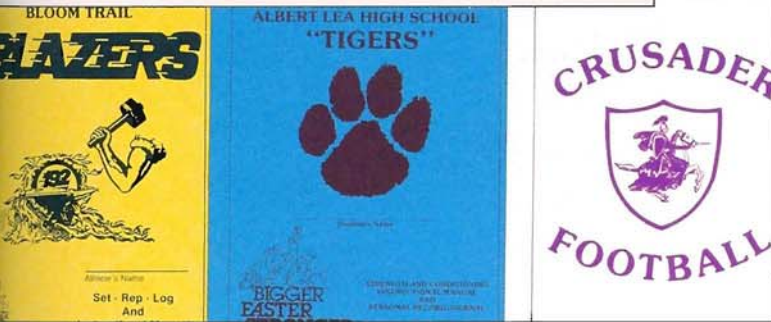
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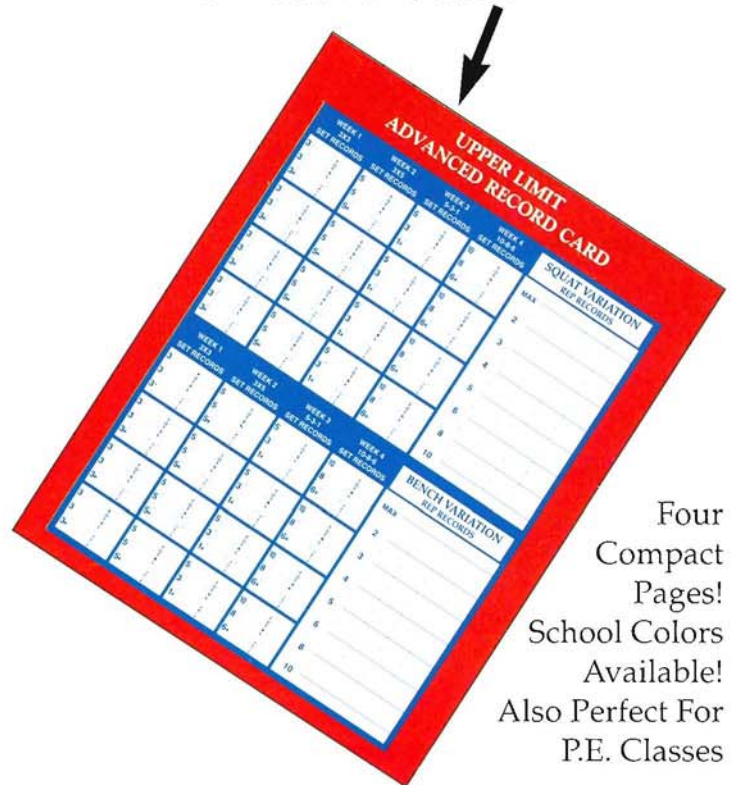
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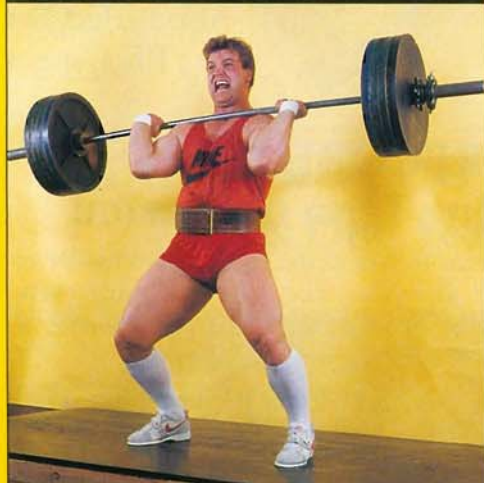
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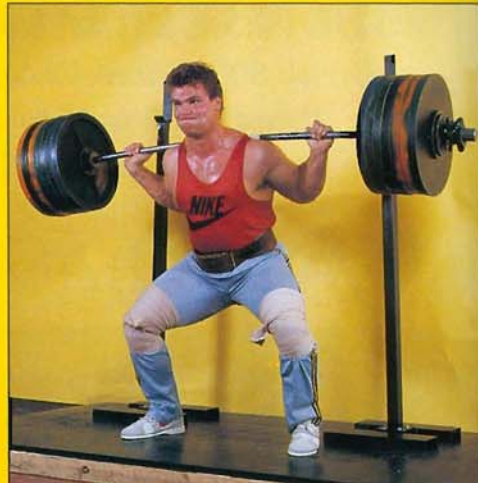
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4	4	4	4	4
5	5	5	5	5
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