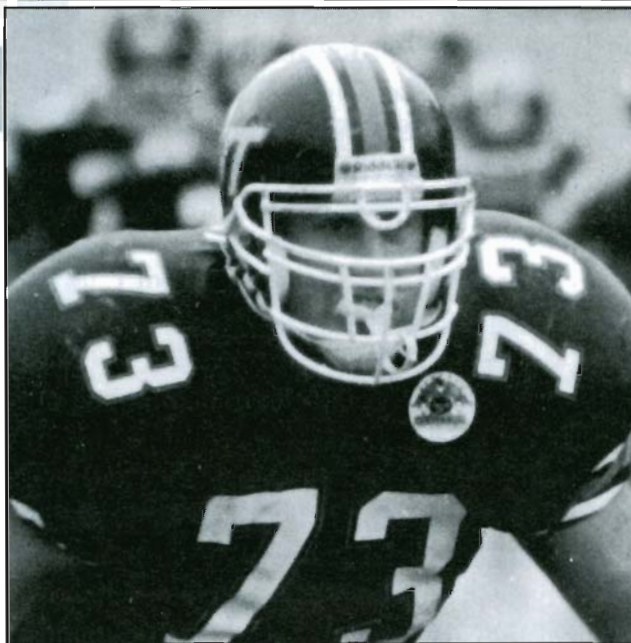


# JIM PYNE

**VIRGINIA**

**6-2  
280 LBS.  
CENTER  
ALL-AMERICAN  
OUTLAND TROPHY  
CANDIDATE**



**TECH**

<b>BENCH</b>	<b>445</b>
<b>SQUAT</b>	<b>655</b>
<b>HANG CLEAN</b>	<b>401</b>
<b>PUSH JERK</b>	<b>376</b>
<b>V.J.</b>	<b>30"</b>
<b>40</b>	<b>5.15</b>

## "THE CENTER OF ATTENTION"

Our center, Jim Pyne is a great football player and a tremendous athlete. He has made some pre-season All-American Teams and was rated the top center in the nation by Football Digest.

Jim is a rising Senior who has started at center for Virginia Tech for the past three years. He actually started as a true freshman. Jim is one player who has lived up to his High School hype. As a true freshman Jim Benchied 400 pounds legitimately with no bridging or assistance, at a body weight of 245 pounds. At this point, I knew that someone special was coming into our program.

Perhaps the biggest reason for Jim's football success is his family. He definitely comes from a football family. Jim has two older brothers who have played college football, his father, George Pyne III, played for the Boston Patriots, and his grandfather, George Pyne Jr., played for the Providence Steamrollers, which later became the Chicago Bears.

Jim has made steady consistent progress in our strength and conditioning program. He is our strongest player overall this year.

Jim's hang clean, of 401, is a Virginia Tech football record exceeding Eugene Chung's.

There is absolutely no doubt in my mind that Jim will have a great senior season and will play professional football. Jim understands how to set and reach goals. He is smart, tough, and strong.

Mike Gentry, Strength and Conditioning Coach Virginia Tech

### By Dr. Greg Shepard

One of the most amazing statistics I've ever heard of is the performance of Jim Pyne at offensive center. He's an All-American from Virginia Tech who's played a total of 1879 snaps without allowing a quarterback sack. Jim snapped the ball 412 times as a freshman, 736 as a sophomore and another 731

last year. Jim has started in 23 consecutive games and 29 of the 30 Tech games in which he has played. Another great stat is that he's seen action on 95.6 percent of Tech's offensive snaps during the 1991 season.

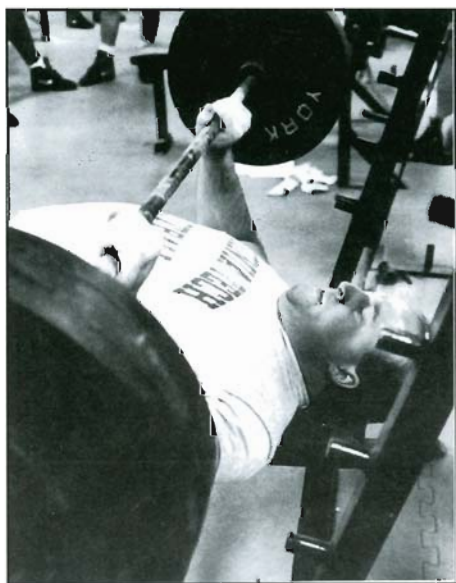
Jim maintains that his two older brothers helped him a lot developing his technique and attitude. Here's what he says about

allowing no sacks, "It's a mental thing. You've got to fully concentrate every play and move your feet. I accept each play as a personal challenge and wo, I'd feel horrible if I ever allowed a sack. I'd hate it. It's my worst nightmare. Being a good center is all technique and I picture it as fun. I dream football. I love football. I'm obsessed with it to a point."



Last season, Jim was selected to the All-Big East Football Conference Academic Team. "I'm more happy about All-Academic honors than anything else," said Jim earnestly. He's a marketing major in business with a 3.3 grade average. Jim has made the Dean's List three times. After his football career, Jim plans to work for a big company. "The big thing in high school should be to get your academics first," counseled Jim. "You gotta do the work to be successful."

Jim has a unique football tradition in his family as his gather, George Pyne III, played for the Boston Patriots and his grandfather, George Pyne, Jr. played football in the 1930's for the Providence Steamrollers, who later became the Chicago Bears. Jim's father has been able to guide his son with sage advice. For example, Jim didn't start to play football until the seventh grade where he began his career as a Little League Center. Jim continued as a center throughout Little League and at Milford High School in Milford,

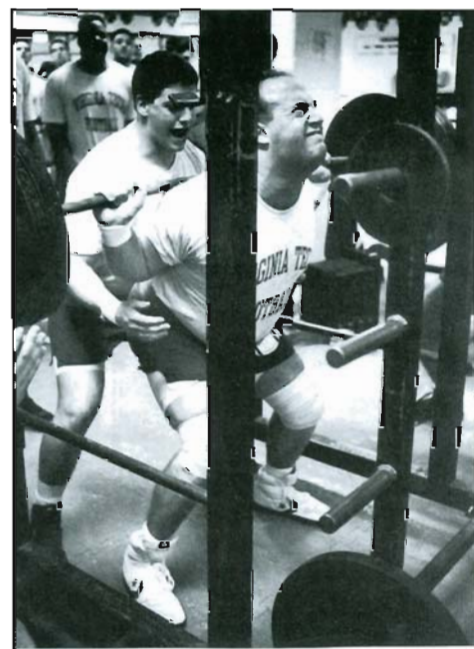


**Jim Has A Strict 445 Pound Bench.**

Massachusetts. Milford is a football power and boasts some famous alumni like Howie Long. Jim started on the varsity team as a 205 pound All-League sophomore with his team winning the Massachusetts Super Bowl, which is like a state championship. They did it again the next year, this time with Jim receiving All-State Honors. As a senior, Jim made some All-American teams while leading his team to a 7-3 season. He also played basketball and was the leading scorer averaging 16 points and 11 rebounds per game. In track, Jim threw the Javelin a whopping 220 feet, which puts you typically in the top three in the nation. He won the State Championship, the Junior Olympics and the highly prestigious New England Championship.

Jim maintained a solid 3.7 grade average, was captain in all three of his sport seasons and found time to Bench Press 400 pounds. Wow! Talk about your blue chip athlete. However, there was a problem. "I was only 16 years old my senior year. I had 20 scholarships, but I was too young and my dad insisted on Prep School."

It is very common for students in the New England area to attend a Prep School. It is done for a variety of reasons. In the south, it is common to graduate at the age of nineteen from high school. So an athlete who graduates young from New England, could find himself over his head at a major college where the athletes are much older. As it turned out, it was a wise decision. Jim enrolled at Choate-Rosemary Hall in Wallingford, Connecticut. It was the same Prep School his two older



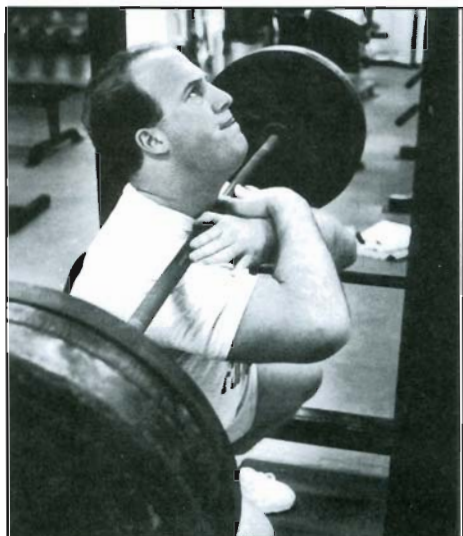
**Jim Parallel Squats a Rock Solid 655 Pounds**

brothers attended and other famous people like John F. Kennedy, Glenn Close and Michael Douglas. Jim received the Most Valuable Lineman award there and the scholarship offers were still prevalent.

Jim narrowed his choices down to Virginia Tech, Stanford and Michigan. "Something inside me told me Tech was the one," remembered Jim. "I was impressed with the people and just fell in love with it. Anyway, I started the first year so it worked out."

Virginia Tech is located in Blacksburg, Virginia with a population of 32,000. The campus lies on a scenic plain in the southwest region of the state between the Blue Ridge and Allegheny mountains, 2,100 feet above sea level. With an enrollment of 23,000 students, Virginia Tech is the largest University in the state and has all 50 states and 75 countries represented by its students and faculty population.

The Hokies from Virginia Tech play in the Big East confer-



**Jim Doing A Front Squat: A Great Squat Variation**

ence in football which has gained national prominence in just two years of operation and will play its first round-robin schedule this fall. (Big East: Boston College, Miami, Pittsburgh, Syracuse, Rutgers, Temple, West Virginia and Virginia Tech)

How will the Hokies compete against such formidable odds? In Jim's own words, "The one thing at Tech is that we have a phenomenal strength program. When we're in the weight room, it's war time. Even the night before, I visualize what I want to do. It's just you against the bar. Coach Mike Gentry, our strength coach, builds character and discipline among the players. On game day, he's right there giving a speech. Coach Gentry has really pushed

me to my limits. The thing is when I do well, Coach Gentry is the happiest."

Jim has an exemplary attitude about missing a lift or missing a workout. "If the bar ever beats me, I try to bounce back. I'll try to make up for it on the next lift. As far as missing workouts? I don't. I'd feel horrible if I were to miss. I'm captain this year, so I have to be a leader. If any of my teammates were to miss, I'd say, 'get your butt in there' but I know they'd be afraid of Coach Gentry."

Coach Gentry has been with the Hokies six years and, as a writer who's interviewed hundreds of college players, I can tell you that Jim Pyne's level of respect and admiration for his strength coach is not all that common. Virginia Tech, under Gentry's direction, continues to have one of the top programs in America. Last year 50 Hokie players recorded a vertical jump of 30 inches or better and had nine who leaped 35 inches or more. Forty players hang cleaned over 300 pounds, while 31 players executed a push press with over 300 pounds. As for team speed, 25 ran the 40 in 4.6 seconds or faster, 14 in 4.5 or better and 5 blazed to a time under 4.4 seconds. Also, Daniel Cole, whom we've featured as America's strongest linebacker during his playing days, is now a graduate assistant for Coach

Gentry. Cole is studying for his MBA at Tech. I was excited to hear about that.

Anyway, let's get back to Jim. He grew up in a blue-collar town with a lot of tough kids. "There were Italians, Irish and Puerto Ricans. You had to grow up tough. There were a lot of fights in my neighborhood." Jim's strong family helped him through teenage peer pressures. "I never had a beer and certainly no drugs. I was afraid to screw up because of my parents and older brothers. We are strong Catholics, especially my mom, and so we try to do the right thing. In high school, I always had people asking me to drink, even my best friend. After a while, I was proud to stand up and say 'No'. I'm glad I chose my life style." On being successful, Jim had these final thoughts, "You need to play as a team. It's really how you face adversity. How are you going to turn it around? For me personally, religion is number one in my life. Football will end soon enough, so it's how you stand up for yourself and how you believe in yourself that's important."

We thank Coach Gentry for his help with this article and especially thank Jim for his true Upper Limit Example. We know Jim Pyne will be successful in all things.....□

## JIM PYNE'S PROGRESS CHART

YEAR	1993	1992	1991	1990	PREP	12 <sup>TH</sup>	11 <sup>TH</sup>	10 <sup>TH</sup>	9 <sup>TH</sup>
WEIGHT	280	274	257	245	240	225	215	205	160
BENCH	445	430	410	400	400	400	390	320	280
SQUAT	655	600	550	X	500	480	400	X	X
H.CLEAN	401	361	300	X	295	250	X	X	X
PUSH JERK	376	370	X	X	X	X	X	X	X
V.J.	30	30	28	28	X	X	X	X	X
40	5.15	5.05	X	5.0	X	4.9	4.9	4.9	4.9