

ANTHONY McCLANAHAN

WASHINGTON
STATE

By Dr. Greg
Shepard

If only the others had known, they could have had Anthony McClanahan. You see, all a football recruiting coach had to do was bring a worm on a hook and reel him in. Anthony loves to fish and after his football career is finished, he'd like to make his home in the Pacific Northwest and be a Game Warden. Wide open spaces, nature, trees, mountains, rivers and a ball carrier flat on his back is all that it takes to make Anthony happy.

While being recruited by UCLA and attending a game, Anthony noticed the visiting team was Washington State. After the game, Anthony walked over to the WSU Cougars' locker room and introduced himself to Dennis Erickson (Miami) who was then Washington State's coach. "Two weeks later," smiled Anthony, "he gave me a scholarship."

Anthony attended



CANDIDATE
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Washington State opted to not worry about size. It turned out to be a smart decision, but even they didn't know the size of Anthony's heart.

Anthony has never missed a workout and exhorts, "If you

don't make your workouts, you won't be able to excel. I'm the smallest linebacker in the PAC-10, so I've got to make up for it. You've got to be willing to do things on your own and be willing to do whatever it takes to contribute to yourself and your team."

That intensity and work ethic is the same during football season. Anthony always practices hard and thinks about what was accomplished in practice before the game. "I'm pretty sure you can't talk to me during a game," laughed Anthony, "but I do have a controlled psych."

Highly successful WSU Head Football Coach Mike Price stated: "Two things set Anthony apart from most linebackers. One, he is so instinctive. That's hard to

Bakersfield High in California where he played football, wrestled and was a sprinter on the track team. He helped his team to a perfect 13-0 Central CIF Section Title. Anthony played both ways, averaging 6.1 yards as a fullback and making 80 tackles as a defensive end. Anthony was only 6-1 1/2 and 198 pounds but he ran a 4.5 forty and had 3.0 grades. His dad had been a running back for Arizona State and played for the Minnesota Vikings from 1973-80.

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No.No. I don't think so . I'd do it first if I had to and then try to do my own thing. But if the strength coach wouldn't let me, I'd respect what he said. He's hired to do the job so he should know what he's doing."

-Anthony McClanahan



Anthony is one of the hardest working athletes on the Washington State Football Team. I have worked with many athletes but not one that is as intense as Anthony. He is a highly motivated individual who will pay the price in the weight room to improve his potential as a football player. Anthony never misses a work out and is always asking me what he can do extra! With Anthony's excellent work habits and leadership, other athletes look up to him.

Coach Eric Fears
Director of Strength & Conditioning for Football
Washington State University

coach. He stunts a gap when he shouldn't, yet he seems to be right a lot of the time. He is also very fast. He has great speed, he is tough and he's aggressive. He slips blocks and runs around blocks well."

Anthony works hard on the Bench Press and related movement exercises. "I need to be able to push off linemen," affirmed Anthony. Strength Coach Eric Fears, who is in his first year at Washington State, has Anthony doing Tricep Pushdowns, Inclines and Declines. Anthony also does a lot of push-ups at home. Coach Fears has a wealth of experience as he was a two-time Academic All-American at the University of Virginia, and was an assistant there with highly touted strength Coach John Gamble. He also served as the director of Strength and Conditioning at South Carolina from 1988 to January of 1993.

Anthony red shirted his first year and then started the final two games the next year. As a sophomore, he tied for first in the PAC-10 in total tackles with 144 and was named to the PAC-10 second team. Last year, Anthony led the team in tackles and was ranked second in the PAC-10 and received 3rd team All-America honors.

This year he was selected to several pre-season All-America teams and listed as a Butkus Award Candidate.

Anthony is a great role model and example and offers this advice to high school kids, "Stay in school and keep your nose clean. Listen to those who have gone before. Always be a good person and really try to do right by your parents."

When Anthony was growing up in Bakersfield, California he never had a beer at a party nor did he ever do drugs. "I didn't have any peer pressure. I picked my friends carefully and my mom and dad helped. Good attitudes start with your family. If you don't have a good family situation, seek out a coach, someone at church or someone else in authority.

"Drugs and alcohol should be ended everywhere. That also means no steroids. I've never seen anyone shoot steroids or drugs. It's a scary thing and I hate needles. Get your high spiritually from God."

Anthony also gives a passionate plea concerning gangs and gang violence, "I think government could do much in helping the gang problem. The kids I've observed think they have no way out. If they don't have a mom and

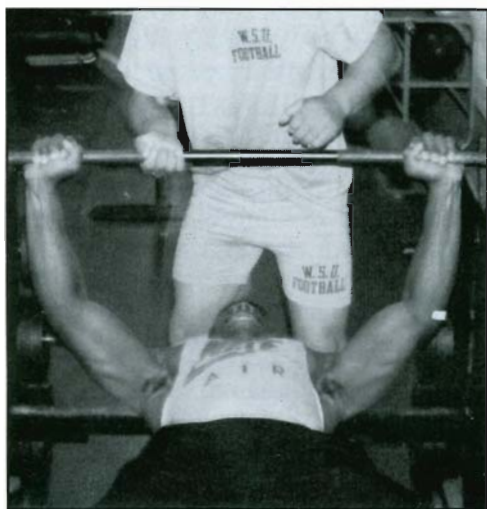


dad or a mom and dad who care, they turn to gangs. If they don't have a job or come from poverty, it's a real negative thing. We've got to find a way for them to have a positive feeling and a positive way out."

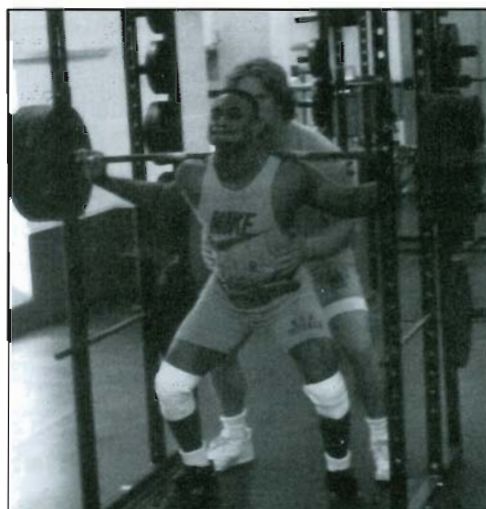
Last summer, Anthony lost one of his teammates in a car accident. His name was Buddy Waldron. "At the wake, I thought about family and friends. I thought about God and school. Buddy and I were really tight. At times like that, you put life in its proper perspective. My advisor is a minister and he too helps me understand these things. I'm always sayin' my prayers and I'm so thankful for my mom. She's always been there for me."

As we concluded our interview, I asked Anthony if he had any hunting or fishing trips scheduled. There was silence. He finally said, "The only things I'm huntin' right now are running backs."

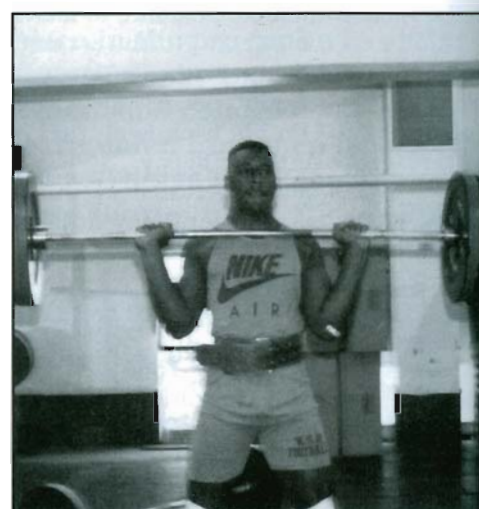
We thank Anthony for his Upper Limit values and thank Coach Eric Fears for his invaluable assistance in making this article possible.....□



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