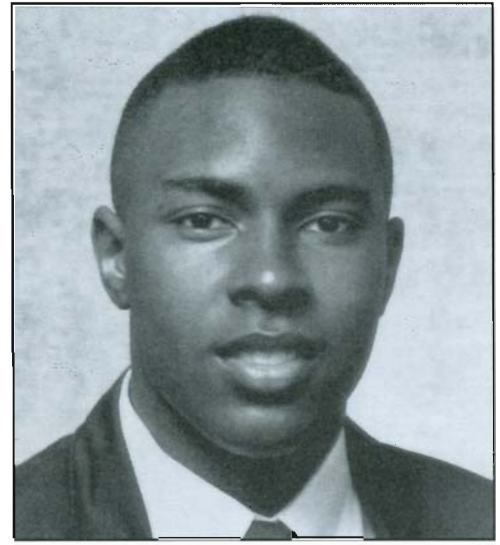
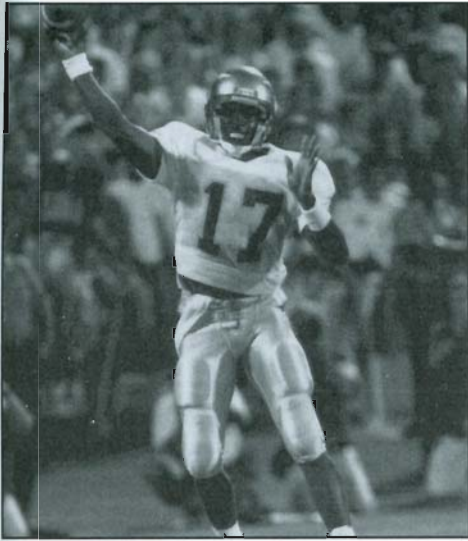


CHARLIE WARD



HEISMAN TROPHY CANDIDATE

By Dr. Greg Shepard

Is there any mystery as to who will win the Heisman Trophy? I don't think so. Charlie Ward has done more than most Heisman QB Trophy winners. He has a very real opportunity to lead his team to the national championship and his stats are right in there with the best of them. However, most people are purists when it comes to the Heisman. They want everything that embodies goodness. They want somebody that is beyond reproach, someone who could lead an army one day and preach a sermon the next. How does Charlie stack up against such expectations? Well, after you read this article, I think you'll agree with me: On a scale of one to ten, Charlie Ward is a definite eleven.

Charlie lettered in four sports (Football, Basketball, Track and Baseball) at Central High School in Thomasville, Georgia. He was the top quarterback in the State of Georgia as a senior in 1987 when he rushed for

1,000 yards and threw for 1,891 yards.

Charlie had remarkable stats as he completed 109-of-190 passes for a 57% completion rate. He accounted for nine rushing and sixteen passing TD's for a total of twenty-five. That was good enough to be selected as Georgia's Offensive Player-of-the-Year and "Super Prep's" All-Dixie team. As a point guard, Charlie was a Georgia second team All-Stater. Later in the summer, Charlie was the MVP in the annual Florida-Georgia All-Star Game during which he quarterbacked Georgia to a win.

If you get out a map, you'll find out Thomasville is only about

30 miles from Tallahassee, home of the Florida State Seminoles. He felt little pressure to stay in state but did heavily consider both Georgia and Georgia Tech. As it turned out, his choice could not have been better, playing both football and basketball.

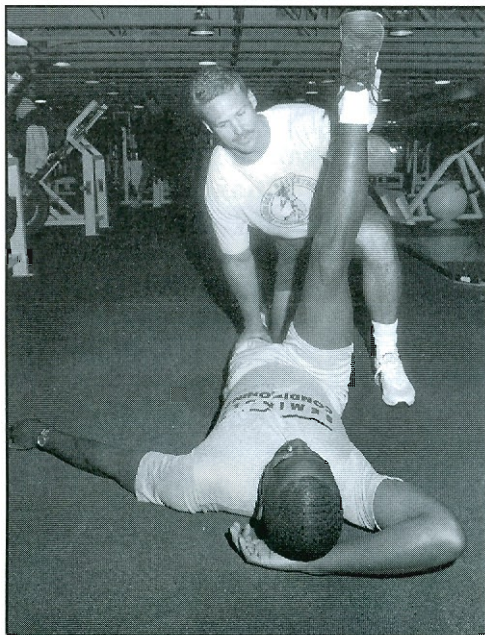
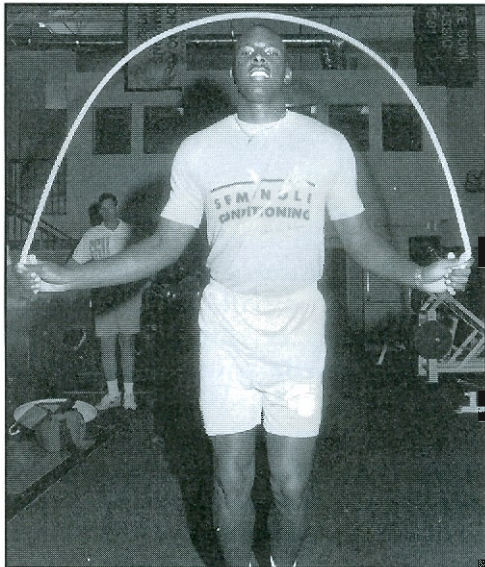
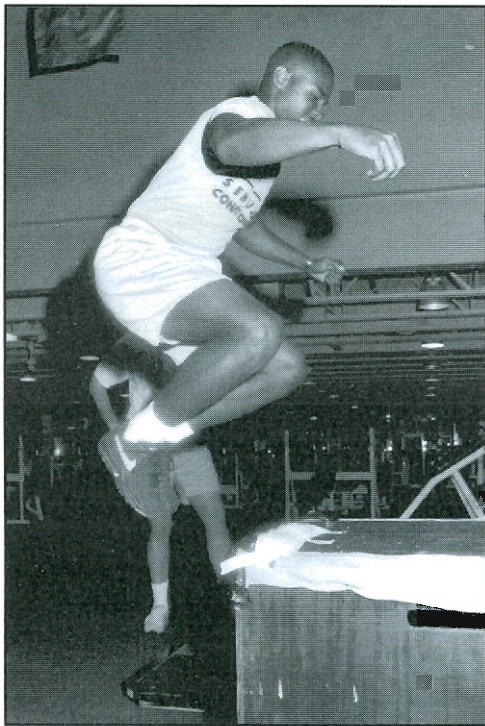
Being involved in so many sports, Charlie said, "I only lifted weights occasionally. I also thought in high school that weights might adversely affect your touch and make you tight. But since I've been here at FSU, I've found out that if you stretch along with your lifting, then it can be good. I really don't have a favorite lift. I like doing them all, but mostly just gettin' in there and working hard."

Charlie also works hard in the classroom. both his mother and father have served as role models in the education department. Both graduated from Florida A&M also in Tallahassee. Charlie takes pride in studying hard and has a 3.2 GPA in his major and will graduate this December. Charlie has

BOBBY BOWDEN'S PRE-SEASON COMMENTS

"Last year we tried a lot of different formations during the season. We tried this. Then we tried that. Finally, we found something that worked nearly every time we used it. We just said to ourselves, 'Boy, this shotgun is pretty good. We think that's Charlie's stuff.'

"When Charlie gets the ball in the pocket with people coming at him, he's just hard to stop because they don't know whether he's going to run or throw. And he flat wears the defense out. He's just unbelievable in the shotgun. It's like I've said before, 'Once Charlie leaves, we're going to have to start coaching again,' because the things he does, we can't teach."



received so many awards that perhaps few are aware that last year he was also selected to the Atlantic Coast Conference All-America Football Team.

There is another part of Charlie I also find stunning. No other athlete that I can

remember interviewing in our BFS Journal was a student body officer. Charlie spent a year as Vice President at Florida State. Maybe, since he's in the state capitol, he has an eye on something bigger in the future.

During Charlie's freshman year, he served as the Seminole punter averaging 37.1 yards per kick, but only saw limited action as a quarterback. The following year was a red shirt football year, but he became FSU's starting point guard halfway through the season and led the team to its only Metro Tournament Championship. He made the All-Metro Tournament team and the conference's All-Freshman team as he averaged 3.5 assists per game. Charlie also drilled a three-pointer to beat Louisville in the conference finals.

In 1991, Charlie was a back up to Heisman Candidate Casey Weldon and again saw only limited action. He did, however, lead the Seminole basketball team to a 22-8 record and the NCAA Sweet Sixteen. Charlie led the ACC with 4.4 steals per game along with 7.2 points and 3.2 assists per game.

Finally, last year, Charlie Ward got his chance in football and was the ACC Player-of-the-Year. He led FSU to the ACC title and an Orange

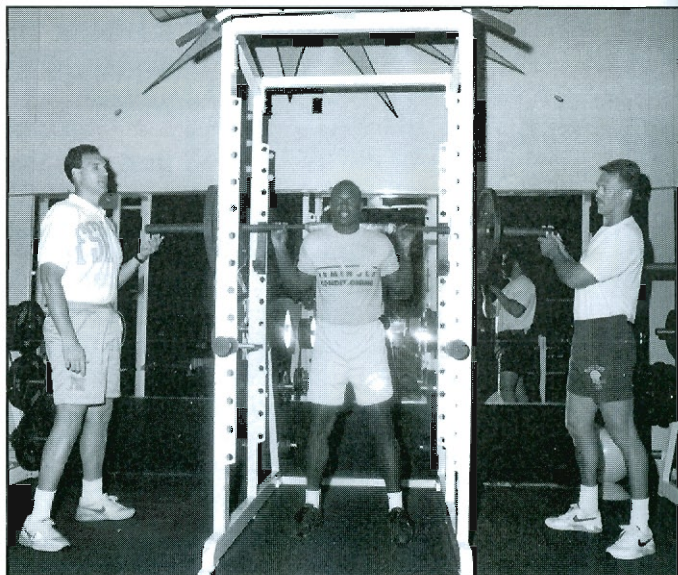
"Without a doubt Charlie has been one of the greatest leaders we've ever had at Florida State University. He's respected by everyone he comes into contact with. Charlie always has confidence without being cocky.

Charlie is also a real strong Christian man. He speaks all the time to help and encourage youth to stay off drugs and alcohol. Charlie inspires kids to want to be good people."

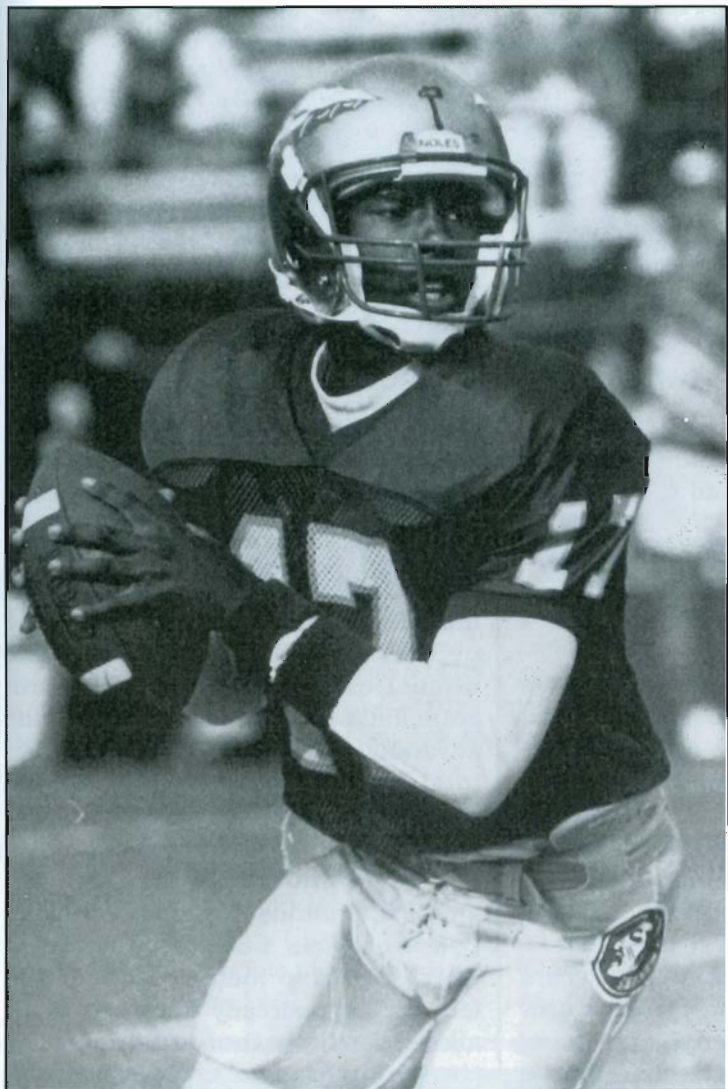
Dave Van Halanger, Strength Coach
Florida State University

Bowl victory as its MVP. He also made some All-America Teams and was one of the three finalists for the Davey O'Brien National Quarterback Award. Charlie had impressive stats completing 204 passes in 365 attempts (56%) for 2,647 yards with 22 touchdowns and 17 interceptions. He added another 504 yards rushing and 6 touchdowns. Charlie's total offense stats ranked him fourth nationally.

There was good news and bad news during last year's basketball season. The good news: Charlie's stats were better. He averaged 7.8 points, 5.5 assists and 2.6 steals per game. The bad news: A partial dislocation of his non-throwing shoulder during the season. He was only able to play in 17 games. The injury required surgery and Charlie had to miss spring practice. Still, Charlie helped lead his team to another ACC runner-up finish



Charlie Ward Squatting With Coach Dave Van Halanger and Coach Bill Morris.



in football with pads and a helmet."

Strength and Conditioning Coach, Dave Van Halanger has Charlie Bench, do light Squats, Leg Presses, Lat Pull Downs, Presses and a variety of other injury prevention body-strengthening exercises. He also does a lot of PNF stretching and runs the stadium stairs.

Charlie has improved his Bench from 220 to 285 pounds and his Vertical Jump has improved from 33 to 39 inches. Coach Van Halanger stated, "Charlie is a super worker. We work him hard but watch him carefully."

you will. Being successful means putting your family and the Lord first. None of what I have done would have been possible without the Lord.

"It's very important to have a relationship with the Lord and rejoice in Him all the time." To establish this relationship, Charlie prays every night and every morning. I asked Charlie what would happen if everyone did that. He answered softly as he had done consistently throughout our interview, "It would probably be a great world; a lot happier and without hatred."

When I inquired about Charlie's marital status, his answer surprised me and made me ponder on its significance. "Unfortunately, I'm not married," said Charlie, "I look forward to marriage someday and having a couple of kids. I enjoy kids and have fun with them."

Charlie Ward is a true Heisman Candidate, who not only takes its noble and lofty purity of meaning in stride, but embellishes its very nature.

We thank Coach Van Halanger for helping us with this article and especially Charlie for his wonderful Upper Limit example. We wish him well. He could very well be the first man drafted in the first round in both football and basketball.....□

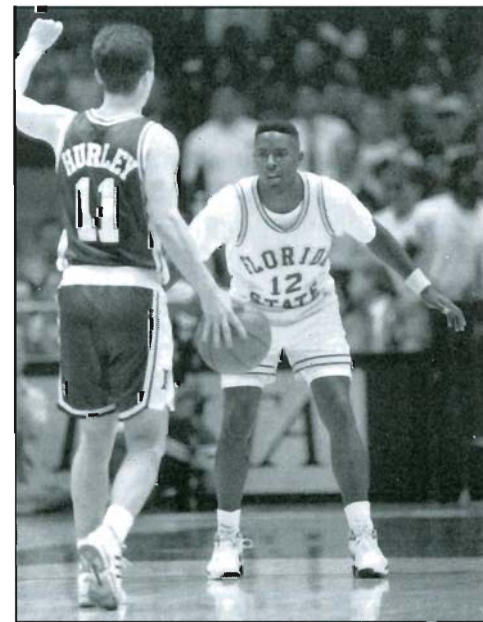
and advance to the Elite Eight in 1993. The Seminole basketball team has been 41-9 over the last two seasons with Charlie starting.

Surprisingly, basketball has been Charlie's roughest sport. All in all, he has had five knee surgeries; four of those came in high school. One doctor even thought at one time Charlie might have cancer. Fortunately, it wasn't. He has only gone under the knife once. The other knee operations were orthoscopic surgeries. "With basketball, you can have more injuries than football," claimed Charlie, "All my injuries have been with basketball. I've got protection

"My knees are fine," Charlie asserted. "I went to the track coach and he helped me with my running. In the summer, I lift and throw to prepare. I also like to stretch everyday. I'm only 190 pounds and I guess some people like me might be intimidated by big linemen in the weight room when they lift those huge weights. I don't really care about that. I just go in and do my best."

His best seems to be a 24-hour a day rule. He has not ever had one drink of alcohol or ever experimented with drugs. "I was always with guys who didn't drink," said Charlie with conviction. "I surrounded myself with good kids. I'm not worried about what people say or do. I have my own mind.

"Being successful means working hard. It means believing in yourself, but not being boastful. If no one else believes in you, at least



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"If the Strength Coach said to do it, I'd trust his judgment. I'd try it out."

-Charlie Ward