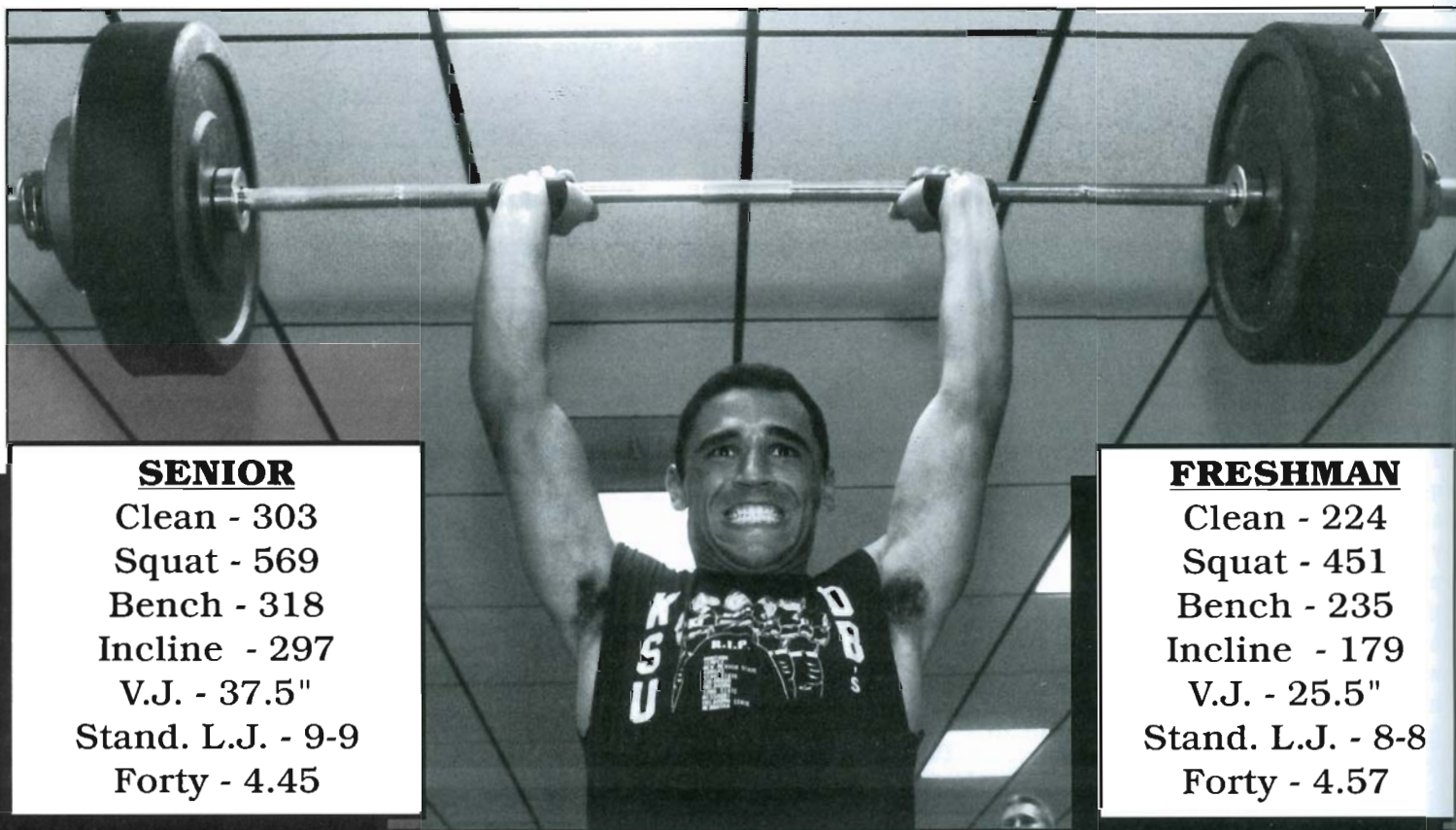


JAIIME MENDEZ

JIM THORPE AND ALL-AMERICAN CANDIDATE



SENIOR

Clean - 303
Squat - 569
Bench - 318
Incline - 297
V.J. - 37.5"
Stand. L.J. - 9-9
Forty - 4.45

FRESHMAN

Clean - 224
Squat - 451
Bench - 235
Incline - 179
V.J. - 25.5"
Stand. L.J. - 8-8
Forty - 4.57

KANSAS STATE UNIVERSITY •

FREE SAFETY

By Dr. Greg Shepard

"I was on the B list," remembered Jaime Mendez. "I was not highly recruited coming out of high school. I chose Kansas State because of what they were going to do. I've enjoyed it. People are now excited about our football team.

"Our new coaches came from a winning program. When I first came to Kansas State, the

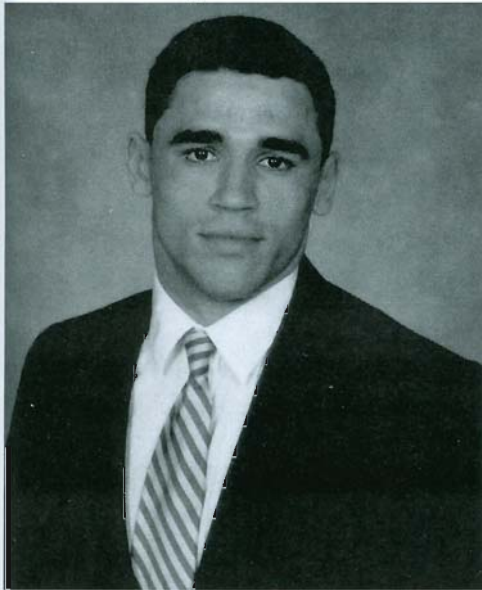
players had an attitude of 'I hope we can win.' You can't have that. No player would talk about how good we were but how good the other teams were. When we went 7-4 two years ago, then the players really changed. Everyone felt good about themselves.

"Now we have the attitude that we're going all out on every play. We feel we can compete and line up with any team. We are going to play a good football game."

Jaime is now a 5th year senior in Business Administration, carrying a solid 2.4 grade point average and is on line to graduate. He is a two-time first-team All-Big Eight Selection and could be the Defensive Player of the Year in the Big Eight this year. Jaime was a Jim Thorpe Candidate last year, being one of 20 finalists, while having six interceptions and breaking up a conference leading 12 passes. Jaime already holds the Kansas State career record with 13 inter-



ceptions (21 is the Big-Eight mark). He also holds the K-State single game and modern (?) Big Eight record with four interceptions against Temple last season. Once Jaime intercepts, he continues his marauding ways by averaging 22.2 yards per return and holds another K-State record for interception return yards (266) and is adding to that this year. If that isn't outstanding enough, he has four career blocked kicks and averages 10.4 tackles against ranked teams.



Jaime Mendez 5-11, 194 lbs. Only 5% Body Fat. Senior 3 Year Letterman, Co Captain

Jaime made his impact early in his career by being the Associated Press 1990 Big Eight Defense Newcomer of the Year during his freshman season. This "B list" player elevated himself quickly to an A+ in the Big Eight.

Jaime attended Cardinal Mooney High School in Youngstown, Ohio and began lifting 4 times per week in the 9th grade. He was an All-State and All-Conference defensive back in his senior year. Jaime started both ways and played running back and strong safety. He also participated in track running the 200, 4 X 100 and 4 X 400. Jaime had 4.55 forty speed and was 5-10 at 180 pounds with a 260 Bench and 405 Squat.

Jaime believes the formula

for success is simple. "It's hard work. It can make up for a lot of things. Just plain old hard work; my Dad taught me that. Nothing can beat it. I would never miss a workout. If I'm hurt, I try to do at least something. I look for what I can do. It wouldn't look good if I were to miss. I need to be a good example to the younger guys. The main thing is that you should always want to get better."

At BFS we are always suspect when a skilled athlete says he can squat big. We question the depth. We challenged Jaime. "We have three spotters," explained Jaime. "If we don't hit parallel, it doesn't count. We've then got to do it over." We were satisfied with Jaime's sincerity and we were deeply impressed with his K-State Secondary 569 pound Squat record.

Jaime does his homework to get interceptions. "I watch the quarterback's eyes. Not too many QB's look one way and throw another. I also watch game films a lot and they teach me how quarterbacks pump the ball to fake us. The more I watch, the more I can tell about fakes, so I don't fall for it."

It has been a two-way street for Jaime Mendez at Kansas State. He has given much, but received much and he's thankful. Head football Coach Bill Snyder and staff arrived in 1989 with Jaime. All that time, K-State was the door mat of

MENDEZ'S PRE-SEASON ALL-AMERICA HONORS

**Football News
-1st Team**

**Athlon's
-1st Team**

**Street & Smith's
- 1st Team**

**College/Pro Newsweekly
-2nd Team**

**Football Action
-2nd Team**

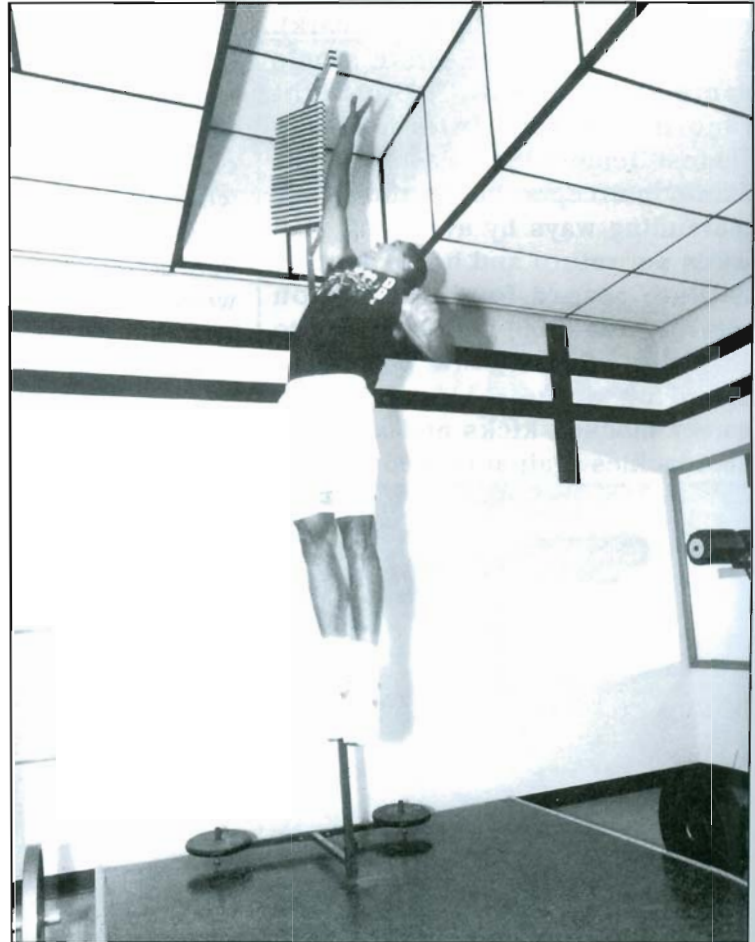
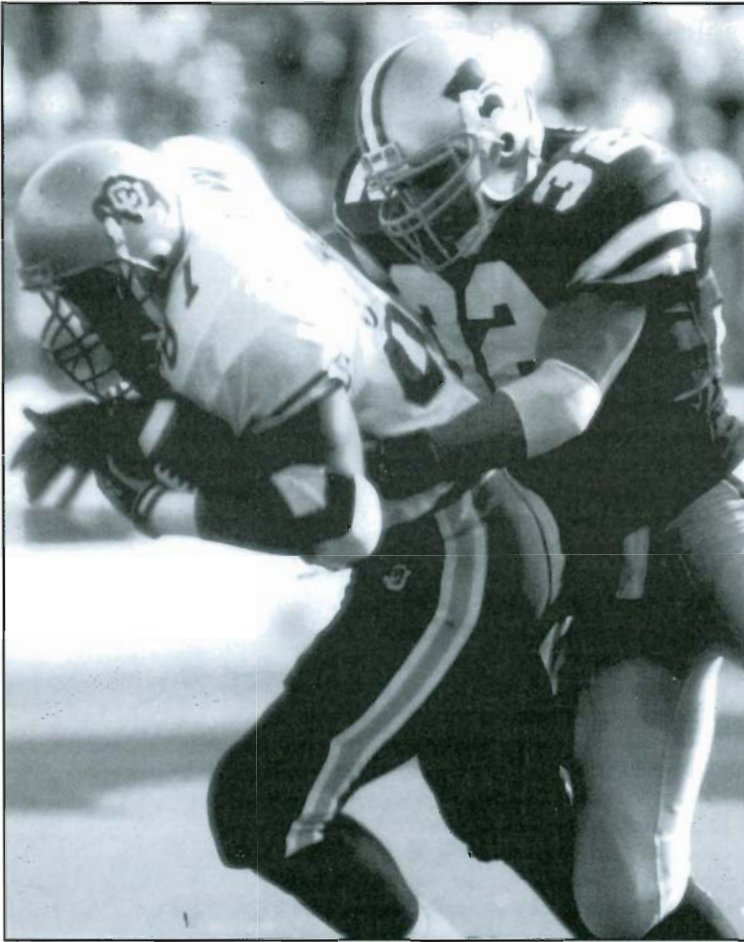
national football and the brunt of jokes with a 0-26-1 streak. Why would anyone want to go to K-State? Well, you go there because of a new energetic coaching staff with a desire to be part of a challenge nobody else thinks you can accomplish. You go there with the hope of turning things around and to feel pure joy when you do it.

Those hopes turned into a reality as the Wildcats lived up to their name by going 1-10 in 1989, 5-6 in 1990, 7-4 in 1991, 5-6 in 1992 and having continued success so far this season. The 7-4 season was Kansas State's best record in 37 years, capping one of the biggest turnarounds in college football history. Wouldn't it be

"I've only been at Kansas State for a few months but it's easy to see that Jaime is a very special athlete with tremendously gifted skills on the football field and a fine work ethic to go along with his abilities.

-Rod Cole: KSU Strength and Conditioning Coach

Coach Rod Cole replaced Jerry Palmieri late last summer. Coach Palmieri is now at Boston College. He worked with Jaime for four and one half years. Coach Cole served as Palmieri's assistant for one year and has a wealth of experience.



#32 Jaime Mendez Pre-Season All-America. Playing Hard Against University of Colorado.

Jaime Has Added 12 inches To His Vertical Jump Since His Freshman Year!

something if the Kansas State Wildcats were invited to a bowl game?

Perhaps now people can further appreciate Kansas State's academic achievements. They rank in the top one percent nationally in number of Rhodes Scholars. KSU is also first in Truman Scholarships and has won the National Debate Championship in both 1991 and 1993. Kansas State has a football graduation rate exceeding 70 percent with two of its players receiving the prestigious National Football Foundation Hall of Fame Post-Graduate Scholarship. This \$18,000 scholarship went to Tight End Russ Campbell in 1991 and Linebacker Brooks Barta last year. Only MIT can match that feat of having two players win the award the last two years. Academics and now athletics are two reasons why KSU enrollment of 21,000 is con-

tinuously growing.

Jaime Mendez has other attributes besides football ability. He is a wonderful role model off the field. For example, in high school, Jaime didn't like to drink. "A lot of rich kids went to my high school," said Jaime. "Many were spoiled and drank a lot of hard

bothers me when somebody says they can't do something. A lot of people told me that I couldn't play Division I football. I just used that as a motivational factor. I'd post their statements on the wall and then beat them.

"My goal is to play pro ball. I've got a realistic shot but if it doesn't work out, or when its over, I'll go into the restaurant business with my father. My parents see almost every home game. They bought a van to travel the thousand plus miles to KSU. They've taught me about the importance of God and family." Jaime concluded softly, "If you don't have that, you don't have much."

We thank Jaime for his Upper Limit values and his example of determination to succeed when others felt he couldn't. We also thank Coach Cole, as well as KSU and their Coaches for their example and contribution.....□

ONE SET OF 8-12
I wouldn't like it. I don't think it would do a whole lot for you. Also, Power Cleans definitely help explosive power. I'd find someplace else to lift.

-Jaime Mendez

stuff. I didn't like the taste. Maybe it was because I was an athlete trying to do the right thing, but the other kids didn't try to pressure me."

Jaime has other Upper Limit beliefs and states, "Don't set limitations on yourself. It really