

MIKE BEDOSKY

**Outland
Trophy
Candidate**



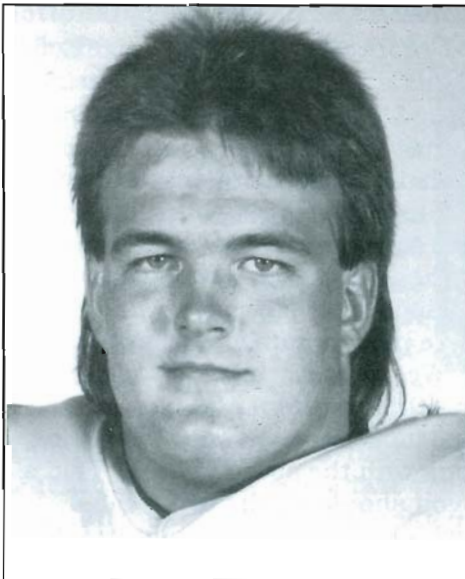
**6-5
288 lbs.
Seinor OG
Pre-Season
All-America**

UNIVERSITY OF MISSOURI

By Dr. Greg Shepard

"When I came to Missouri," related Mike Bedosky thoughtfully, "the strength coaches were so excited that it made me excited. I enjoy working out and I saw a lot of improvement. I hate to miss. I've made it policy not to miss no matter what. Over the last five years, I've been sick a few times in the weight room. I just leave for a few minutes and then come back. I found when I did that, I generally stayed healthier and recovered quicker."

Mike Bedosky is a great example of someone with a dedicated work



**Mike Has A 3.1
Grade Point Average**

ethic whose driving force has forged him into an All-American type player. He started lifting seriously in the 9th grade and was already 6-3 1/2 and 220 pounds. By the time he was a senior at Missouri's Jefferson City High School, Mike reached 6-5 280 pounds. He Benchted 280, Cleaned 235, Squatted 400 and ran a 5.35 forty.

Mike talks with deep respect when he remembers Pete Adkins, his high school football coach. Mike played varsity ball in his sophomore year and then anchored a fine team his junior year when they went all the way to the state semi-finals. In Mike's senior year, he was Captain and had the ultimate dream season. Jefferson City High School was ranked 6th in the nation capping the season with a stunning 53-0 State Championship victory.

Football honors poured in as he was the top prep-offensive lineman in the State of Missouri in 1988, a Parade All-American and an honorable mention All-America by USA Today. Mike was also a first team All-Stater both as an offensive and defensive lineman. Finally, Mike Bedosky's name appeared on USA Today's list of top 100 recruits in the country.

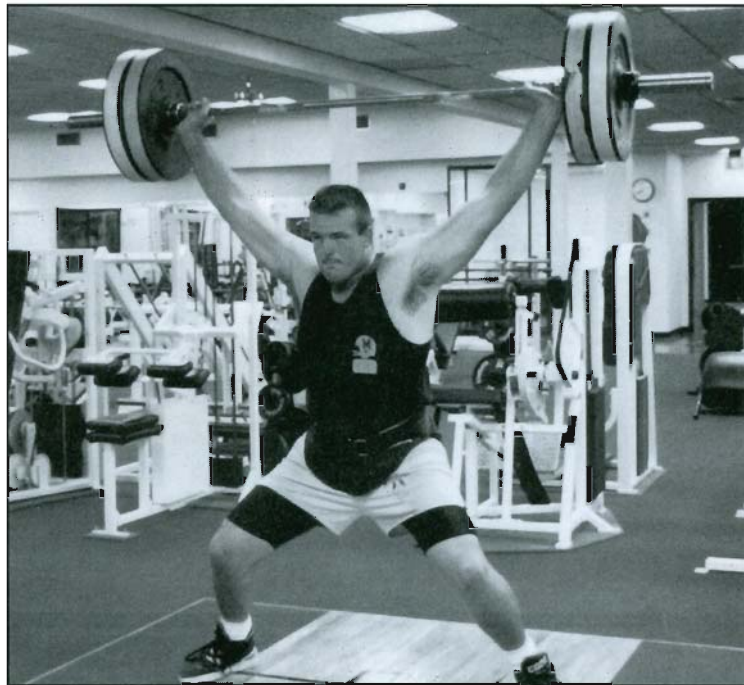
Mike was also a great high school wrestler with a 20-1-sophomore record and a second in state finish in both his junior and senior years. Mike set school records for most career pins, most consecutive pins and most team

points in a season.

Now, you take all these honors and achievements and put them with his size and a solid 3.67 grade point average and you have a blue chipper. Coach Adkins wisely had a policy that no college recruiters could talk to Mike until season's end. When that time came, everyone came knocking on Mike's door. He had 60 to 70 Division I offers, including Iowa, Indiana, Illinois, and Stanford. "When it came right down to it," explained Mike, "I wanted to stay close to home so my mom could see me play. Stanford was just too far.



**In Spite Of His Long Arms,
Mike Can Bench 350 Pounds**



Mike Cleans 350 Pounds And Also Does Power Snatches As An Auxiliary Lift

Besides, I liked the Missouri coaches.” Missouri is also rich in diversity and excellence. Students come from all 50 states and more than 100 countries. Missouri is among the top 15 universities in the nation with the most Fulbright Scholars. One in five Missouri freshmen is a Curators Scholar, Bright Flight Scholar or both. The freshmen also have the highest test scores in the

Big Eight Conference, with an average ACT score of just under 25. This rich tradition began in 1839 and represents the birth of public higher education west of the Mississippi.

Missouri instituted their highly acclaimed Total Person Program in 1986, which helps students reach their potential in a wide variety of areas. The results achieved are exemplary. The student-athlete graduation rate is a whopping 84%. Twenty-nine football players have GPA's above the 3.0 mark. Mike will achieve a degree in education with a 3.1 GPA and plans on being a history teacher in grades 7 through 12. “If the NFL happens, it happens,” reasoned Mike. “But after that, I’ll teach and coach football. I’d also like to be a high school strength coach and maybe get involved in wrestling.”

Strength Coach Dave Toub is in his 5th year at Missouri and came with Football Coach Bob Stull from the University of Texas -El Paso. Coach Toub keeps meticulous records and each year the Tigers steadily improve in all areas: Percent of fat, 40, Standing Long Jump, Vertical, Bench, Squat, Clean and Push Press. For example, Tiger team averages on the Power Clean were 255 in 1990 and now it’s 286 pounds. The Push Press has gone from 243 to 270 in the same time period. Bedosky has the best Push Press of any Tiger at 350 pounds. The exciting news for the entire athletic program was the edition of a brand new 10,000 square

foot strength and conditioning facility, including a plyometric training area. This new facility will accommodate over 400 student-athletes competing in 20 sports.

Mike was a captain as a junior and was on the Phillips 66 Big Eight All-Academic Team. He’s also been nominated for National Football Foundation’s Scholar-Athlete Award. By starting in 31 consecutive games before his senior year, Bedosky was a Freshman First Team All-American, a Sophomore 2nd Team All-American, a Playboy All-American and now a bonafide Outland Trophy Candidate.

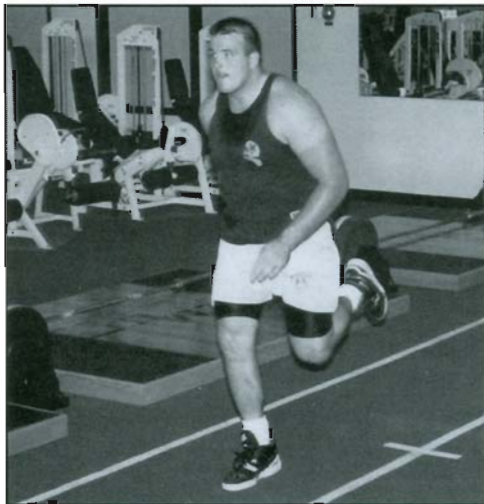
Mike feels that it is important to lift and run in-season. “My body feels better when I train,” states Mike. “We lift twice per week and a third workout can be done on our own. If I were a high school coach, I would absolutely lift in-season. In high school, Coach Adkins had us come in at 6:00 A.M. and on Saturdays.

“My favorite lift is the Push Press followed by the Power Clean and Squat. When I do those lifts, I try to get psyched and visualize. Seeing it in your

ONE SET OF 8 - 12
"That's strange but if my coach said do it, I do it because he's my coach. But to be honest, it seems kind of far fetched."
-Mike Bedosky



Mike Squats 600 Pounds!



Mike Working on Sprint Skills.

mind helps your technique. It's similar to when I prepare for a football game. I watch a heck of a lot of film to pick up tendencies. Then in practice, I work on my moves and how to counter. I do a lot of visualization and see myself making the plays. I do it the night before and again right before the game. I literally worked myself into a frenzy before I played, but now, since I'm Captain, I tone it down a little but not much."

Mike is a big believer in hard work and dedication for achieving success. "The ability to focus on one thing at a time is important, then you go out and do it the best you can. I'm also a big goal setter. If you set a goal like Squatting 600, you've got a number to

After working with Mike for the past five years, I have gotten to know him very well, on and off the field.

Mike hates to lose and he possesses a tremendous work ethic and desire to be the best in everything he does. Mike hasn't missed a weight training session in five years and the results of his efforts are obvious. His competitiveness and "never say die" attitude help propel Mike to a leadership role on the team.

Off the field, Mike is a thoughtful and caring person. This was evident when Mike led team members in a sandbagging effort this past summer to help flood victims.

It has been a pleasure for me to coach and athlete like Mike Bedosky.
-Dave Toub: Missouri Tigers Head Strength Coach

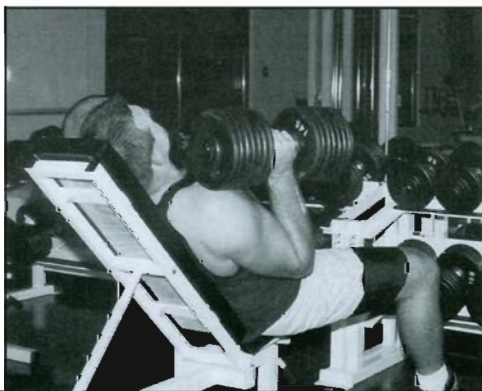
shoot for and you're either successful or you're not successful. When you achieve your goal, you feel great about yourself. Hey, it's the greatest feeling in the world. You know my high school coach told me that no matter what the outcome, always do your best because someone will be watching and taking notes. NEVER QUIT - NEVER GIVE UP AND NEVER SAY DIE."

Many times a great athlete will have the best of intentions but slip up because of a drinking or drug problem. Mike Bedosky would never allow that to happen. "I don't drink period. I felt my Dad had some drinking problems. I'd never want to put my future family through problems caused by drinking. The first time you're offered something, it's a little bit of a hassle, but then it gets easier once people know what you're about. I've never had a drink of alcohol, even in college. I just drink

water, juice or a soft drink. I never saw the need or purpose to drinking alcohol, plus the group I ran around with in high school never drank."

As we concluded our interview, Mike said, "The most important things in life are God and family. I always say a prayer before a game. My mother and father were divorced when I was three and so I grew up an only child. My Dad lives in New York and sees me play every year. That means a lot to me. I'm really thankful for my mother and all the support she's given me throughout the years. I'm looking forward someday to having my own family."

We thank Coach Toub and the University of Missouri for making this article possible. We especially thank Mike for his Upper Limit example of never missing a workout, staying drug and alcohol free and for his perspective on God and family.....



Mike Bedosky's Stats

- Squat - 600 lbs.
- Clean - 350 lbs.
- Bench - 350 lbs.
- Push Press - 375 lbs.
- 40 Yard - 5.2
- Vertical - 26"
- Arm Reach - 103"
- Standing Long Jump - 9-0

**Mike Practices His Pass Blocking With A Medicine Ball and Bag.
Then Duplicates The Movement With A Machine and Dumbbell Inclines.**

