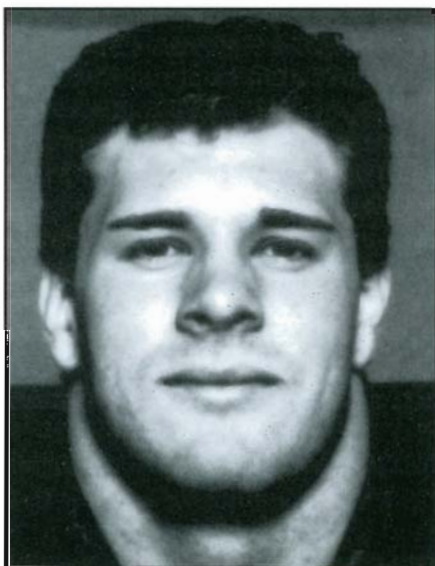
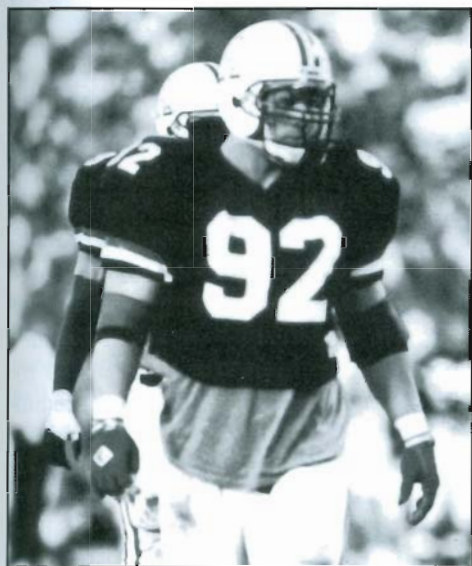


Rob Waldrop

Arizona Nose Guard

Outland Trophy Candidate



By Dr. Greg Shepard

Rob Waldrop has never missed a scheduled workout. "The only reason I ever would," said Rob, "is because of overtraining or an injury. Other than that, there is no excuse I can think of that is worthy of consideration. I didn't use to feel so strong about missing workouts, but after I got hurt during my sophomore year, I was scared."

Rob missed the final five games during that 1991 season after suffering torn ligaments in his knee. He still finished second among lineman at Arizona with 28 total tackles. No surgery was required and it rehabed on its own. "I went through depression after the injury," continued Rob. "My weight ballooned up to 294 pounds. I didn't go to class but one day I decided to get off my butt. I knew I'd hate myself unless I did something. I figured no one but me is going to take care of my business."

Rob moved up his intensity several notches and it was like

money in the bank. He had a fantastic junior year as he became Arizona's fourth football player to earn Consensus All-American honors. He was also one of three finalists for the Outland Trophy, presented annually to the outstanding lineman in the nation. The PAC-10 Conference bestowed the Morris Trophy on Rob. That award is emblematic of the Conference's top defensive lineman. What made it even more special was that the selection was made by the league's offensive linemen.

ONE SET OF 8-12

"I don't agree with it. My workout is totally opposite and not doing Power Cleans would take away from my playing ability. In the pros, I'd have to work out a compromise or maybe put it in my contract to work-out my way."

-Rob Waldrop

Last year, as a junior, Rob had 55 tackles, 22 of them for a loss along with 10 sacks and 3 pass break-ups. As a result, Rob was selected as the Wildcats' Most Valuable Player. He was also selected as the Most Valuable Lineman in last year's John Hancock Bowl.

This year, after making every pre-season All-American team, Rob Waldrop is ripping and shredding his way through offenses with frightening statistics. After five games, the Wildcats led the nation in rushing defense giving up a microscopic 0.2 yards per carry. No, you didn't misread that stat. Those five opponents only had a total of SIX rushing yards apiece!

Rob's dedication gave him an exceptional off-season. He Bench 500, Parallel Squatted 720, Power Cleaned 353, ran a 4.67 forty and leaped an awesome 33 inches on a vertical jump. Rob's form on lifting is impeccable. You can surely see the influence of Meg Ritchie, Arizona Strength Coach. With the



majority of our BFS articles, I can pick out technique flaws from the photos. Not with Rob's, his technique is perfect.

Margaret "Meg" Ritchie was the first Division I female head strength coach and is in her ninth year at Arizona. She learned her stuff in the best way possible. Meg was a formidable track athlete from Scotland. She won the Discus Championship at the 1982 European Commonwealth Games and was a Discus Finalist in the 1980 and 1984 Olympic Games. She also won AIAW and NCAA Championships in both the Discus and Shot Put.

As you've heard Dr. Greg Shepard say many times, "Throwers learned by trial and error what to do a long time ago. Anytime they varied from what was right, they could immediately tell it was wrong from their performance." Such was the case with Meg Ritchie. Now, hold on to your hat or helmet, as the case may be. Meg, in her prime, Bench 335, Clean and Jerked 350 and Parallel Squatted 515 pounds. The Arizona Wildcats have a new renovated 8,500 square foot strength

Rob Waldrop is an example of just how much a strength and conditioning program can contribute to the athletic ability of a football player. Rob has been blessed with good speed and an ability to develop high levels of strength. Both of these he has enhanced through a rigorous training program. Rob has made a personal commitment to become a highly educated athlete with regards to training theory, nutrition and speed development. Some of Rob's accomplishments read as follows: Squat 720, Bench 500, Clean 370, and in the spring of 1993 he ran a 4.65 and 4.68 in the 40 yard sprint on grass with cleats. These test results indicate the level of ability Rob Waldrop has as an athlete. Combine this with outstanding football skills and it is easy to see why Rob was voted All-American last season.

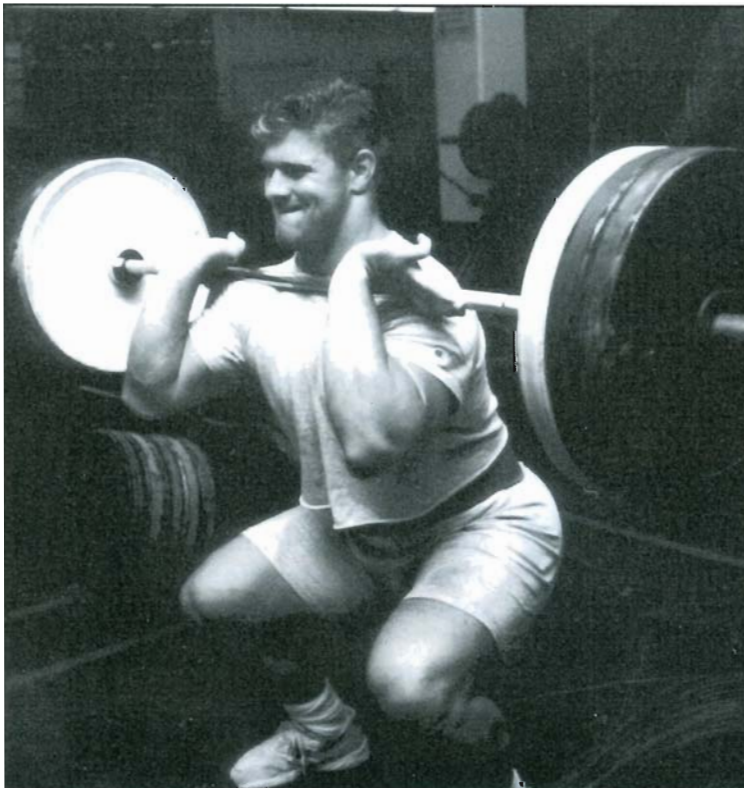
**-Meg Ritchie: University of Arizona
Head Strength and Conditioning Coach**

training facility. They have the teacher - and the will to do "Whatever it Takes".

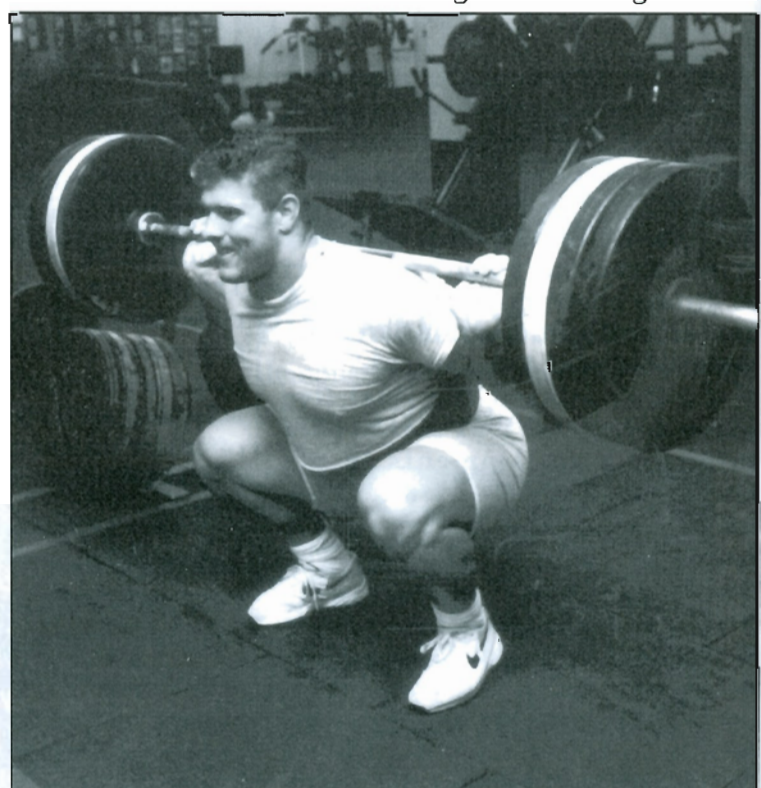
Rob believes in-season training is very important. "I get stronger as the season goes along. My goal is to improve by the end of the season. It really pays off. I workout four times per week for a total of 4 1/2 to 5 hours. My favorite lift is the Power

Clean. You can really feel improvement on that lift. My Vertical Jump had been 29 inches and then I maxed out on the Power Clean by doing 355 pounds. I was amazed as I immediately went to see how high I could jump. I got a new 32 1/2 inch vertical jump record."

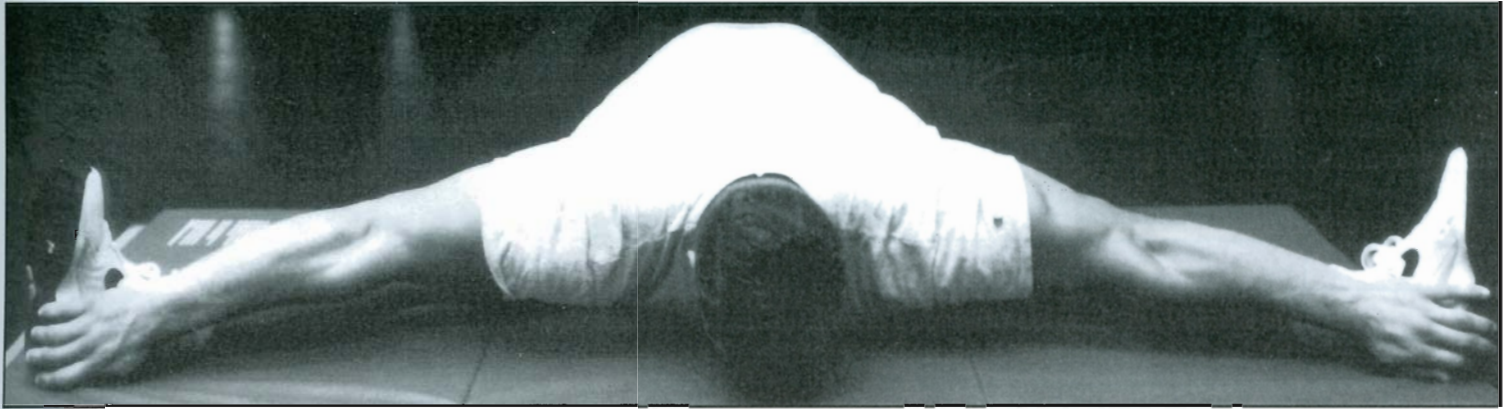
Rob went to Horizon High School in Scottsdale, Arizona. He started lifting in the 9th grade. "I



Notice Rob's Superior Form On his Squat Clean. Elbows Up High With The Weight Of The Bar On The Shoulders. Body Is Also Upright.



Again, Great Form On His Squat. Eyes Straight Ahead with Chest Spread Wide and Big Keeping an Upright Position.



had to lose weight for wrestling," remembered Rob. "I weighed 194 and cut down to 169. I did a lot of circuit training. I was a little pudgy and I'm glad I did it because I lost my baby fat."

As a sophomore, Rob took fourth in state wrestling and runner-up the next year, weighing 234 pounds. He finished third as a 250 pound senior and finished out his career with a 50-4-1 record. In football, Rob led his team to a 9-3 season as a senior and garnered All-State honors as a defensive tackle. Rob Benched 375, Squatted 505 and Cleaned 225 while running a 4.8 forty. He was also an A and B student during his junior and senior years at Horizon. Obviously, Division I schools were interested, and Rob was selected honorable mention in Sporting News Best 100 in their National List.

"In high school, all I ever heard of was Arizona State," stated Rob, "but I really liked the coaches at the University of Arizona. I was impressed when they said that I'd have to earn anything I got. I committed early, but I think I was a secondary guy at a lot of schools."

The University of Arizona turned out to be a good choice in more ways than just football. It's a great school academically with 142 different undergraduate programs, 140 masters and 97 doctoral programs. Sometimes old west stereotyping is true. The University got its start when two gamblers and a Saloon keeper donated a 40-acre tract of land 108 years ago. Now, this once tiny desert outpost called Tucson, has grown to a city of a half-million people and a University with 35,000 students and 12,000 faculty members, administrators

and staff members on a 350-acre campus. The University espouses three distinct noble missions: teaching, research and public service.

The Wildcats also have Arizona Stadium, one of America's finest, which holds 56,167 spectators. With great foresight, the stadium was built large enough on the eastern side to build a world-class telescope mirror laboratory beneath the stands. Maybe it's important to view the stars and planets to gain an Upper Limit perspective on football and life.

Rob believes to be successful you must be willing to work



Rob Runs a 4.65 40 on grass with cleats!

hard. "A lot of people sell themselves short," said Rob. "You have to believe in yourself. If you put forth your best, then you should be satisfied. A lot of people don't ever try. Some are satisfied with mediocrity."

"If I could go back and change one thing, I'd work harder. I don't think I gave my best effort when I first came to Arizona. Meg and I didn't get along. She'd throw weights at me. Now that I work hard, there's no problem. Coach Ritchie really knows her stuff, especially on the Power Clean."

"You only get one chance. I want to relive past moments to correct mistakes, but I know I can't. I was lucky to get my chance to come to Arizona. I've also learned it's important to be happy with what you are doing."

"After my football career is over, I want to be a high school football and strength coach. At that level, you can help kids change a wrong direction. Peer pressure can be a powerful force for doin' the wrong thing. I was fortunate. I always had a group of friends who were a clean bunch of guys."

"I've been hassled before about not drinking. I'd just say 'screw you'. Generally though, being hassled has not been a problem. I just think when other guys are partying, you have to decide a lot of times what's really important."

We thank Coach Ritchie for making this article possible and we want to recognize her special contributions to others in strength and conditioning. We very much want to thank Rob Waldrop, an Upper Limit athlete, who is about as close in abilities to our Stefan Fernholm as any athlete we've interviewed.....□