

Nobody Outworks Me!

The Story of SHANE WERLEY

By J.W. Campbell
SID Western State College

Note the name Shane Werley. You may see it again someday, listed among the elite number of athletes who earn chances to perform in the NFL.

Today, it appears on the roster of the Mountaineer football team at Western State College of Colorado in Gunnison. He is listed as #40, a left inside linebacker. Shane is only a sophomore from Rangeview High School in Aurora, Colorado and is majoring in sociology with an emphasis in law enforcement.

Just barely 21, Shane can demonstrate that he has both the physical and mental attributes required to achieve his burning ambition to play at the next level. More about the mental attitude later, but let's start by hearing him summarize his work ethic in three simple words: "Nobody outworks me!"

Next, let's check some objective measurements of his physical status: Shane stands nearly 6-4 and expects to play this fall at 245 pounds. Last year, playing beside fellow linebacker Lance Carlson, one of the best linebackers in Mountaineer history, Shane helped Western to an 8-3 record, just missing a third consecutive trip to post-season playoff competition. He was credited with an average of 6.9 tackles per game plus a fumble recovery and an interception.

Shane was always a big kid. In fact, he was 10-pounds at birth. Obviously



Shane has continued to grow and become strong. He Bench Presses 350 pounds, Squats 580 and Power Cleans 310 pounds. The latter two marks are records for linebackers at Western, which competes in the NCAA Division II. These strength achievements average 16.6 percent better than he could do as a freshman a year ago. Shane has also gained about 20 pounds since he redshirted his first year at Western in the fall of 1992.

Shane insists that his growth and improvement come only from maturity and hard work. "With the exception of an occasional Advil," Shane stated, "I have never taken any performance-enhancing drugs. And I never will. There are no shortcuts in life."

Perhaps as impressive as the raw strength is for a guy this size to flash a 35-inch vertical jump and an 11-foot standing long jump. Shane runs the 40 in 4.55 and his two-handed slam dunk after a two step start demonstrates amazing lower body power.

Shane cites two major causes for his physical abilities: genetics and an excellent strength/speed program. His family includes other big people and he has been involved in sophisticated and effective strength/speed programs in high school

under strength coach Chuck Mills and in college under Casey Coons.

Both of these programs utilize many of the principles set forth by BFS. Shane's weekly off-season periodization program includes four lifting days and two plyometric/form running days. The core lifts involved in the off-season program include the Squat, Power Clean, High Pull, Push Press, Bench Press and Incline Press. The in-season program calls for four lifting days per week, with reduced volume and intensity, according to the amount of activity involved in practice.

Shane attended a small private high school during his 9th and 10th grade years and competed at the 8-man football level. He then transferred to Rangeview High School and competed at Colorado's 6A level and was cited as an All-Continental League offensive lineman after both his junior and senior years. With these accolades combined with his size and desire, Shane was able to choose from among several Division I football schools. He selected Brigham Young University and reported as a scholarship athlete in the summer of 1991. However, due to a minor rib injury, he was not cleared to practice. Without losing any



Shane Doing a Plyometric High Hurdle Jump

eligibility, Shane moved to Arlington, Texas to live with relatives. He spent that year training and working.

Shane realized he was ready for more years of organized football. He passed on opportunities to walk-on at a couple of Division I schools in favor of a scholarship to Western. "I'm happy to be here," exclaimed Shane. "It's a great program with excellent coaches. I know I can realize my goals here - - - both in the classroom and on the football field."

Although Shane has played football since he was seven years old, he says his desire and love for the competitive nature of the game has never diminished. Shane continues to work all out in the off-season including the summer months where he works as a lifeguard in Fort Worth,

Texas. Preparation is the key element in true success and Shane is determined to do his part as the team seeks to add to the 17 wins that have been accumulated in Shane's first two years in the program.

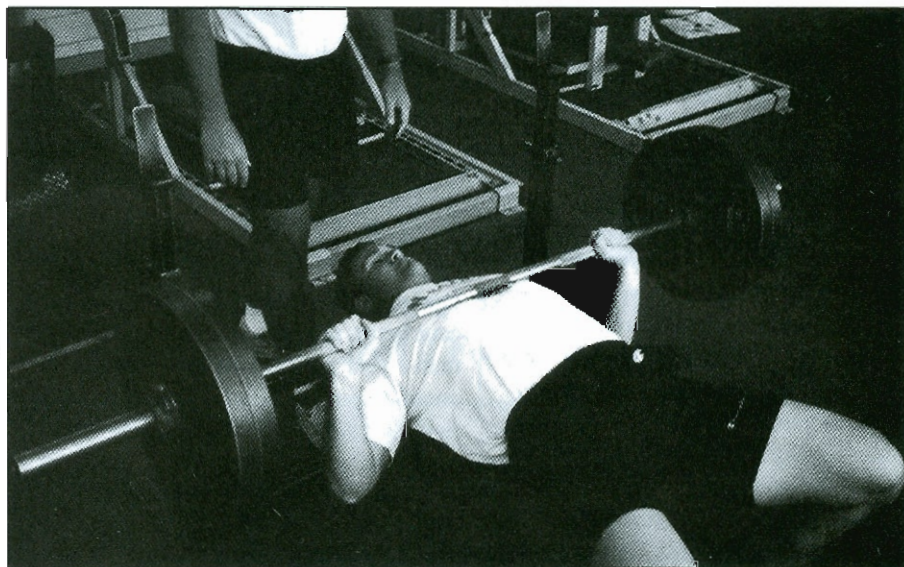
"Although I am confident that I have the size, athletic ability and attitude to play professional football, I don't talk about it much," he smiles. "I'll just keep on preparing myself so that when the time comes, I'll be ready. It's up to me and I'll do my part."

EDITOR'S NOTE:

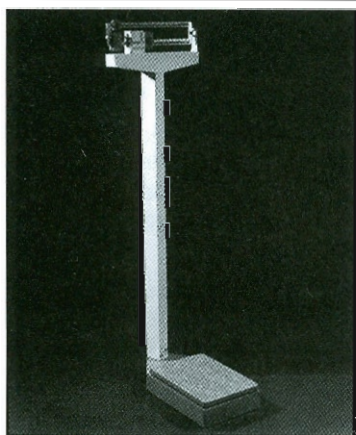
Western State College is located in the heart of the Rocky Mountains in Gunnison which is over 7,700 feet above sea level. They compete at the NCAA Division II level. Dr. Carl "Duke" Iverson heads one of the most successful football programs in America. The Mountaineers are in the hunt for the national playoffs every year.

Western also shines in men and women's cross country as they both placed third nationally. The Mountaineers field men and women's basketball, skiing, indoor track and outdoor track teams. The women also have a volleyball team and the men compete in wrestling.

Western is surrounded by natural beauty. Steep mountains, national forests, wilderness environs with streams and abundant plant and animal life make Western State College at Gunnison a unique and wonderful place of higher learning. They are the only college that has a nationally certified mountain rescue team. With an enrollment of only 2500 students in a small town, a close family atmosphere is part of Western's personality. We thank everyone at Western for making this article possible and thank Shane for being a great Upper Limit example.....□



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