

BLAKE BROCKERMAYER



Run Behind Me!

6-5 298 lbs.

By Dr. Greg Shepard

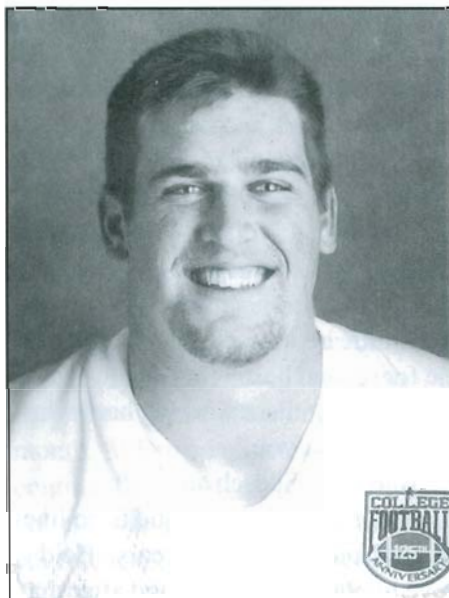
Blake Brockermeyer is a premier All-American candidate at offensive tackle. Blake is only a junior and is a 6-5 298 pound Texas Longhorn. He is a two-year starter and last year he was a consensus first team all-SWC tackle. Head Coach John Mackovic stated, "Brockermeyer is an all-star candidate who should get a lot of attention because he's going to be a premier player at his position. He would be a featured lineman in a lot of offenses."

Before the 1994 season got under way, Coach Mackovic was optimistic. One of the biggest reasons was Blake and three other returning starters on the offensive line. "I think this should be a coming-of-age type of team. We have some experience and most of the guys have been through our system, so we hope to be a pretty good football team," Mackovic said.

Coach Mackovic should know. He has been highly successful for a long time. That's one of the reasons Blake is so optimistic about Longhorn football. Coach Mackovic turned Wake

Forest's floundering program around in just one year in the late 1970's and did the same thing with the Kansas City Chiefs in the mid-eighties. The Chiefs made the NFL Playoffs for the first time in 14 years in 1986. Before coming to Texas in December of 1991, Mackovic was twice named Big Ten Coach of the Year while at Illinois. Yes, there is room for optimism.

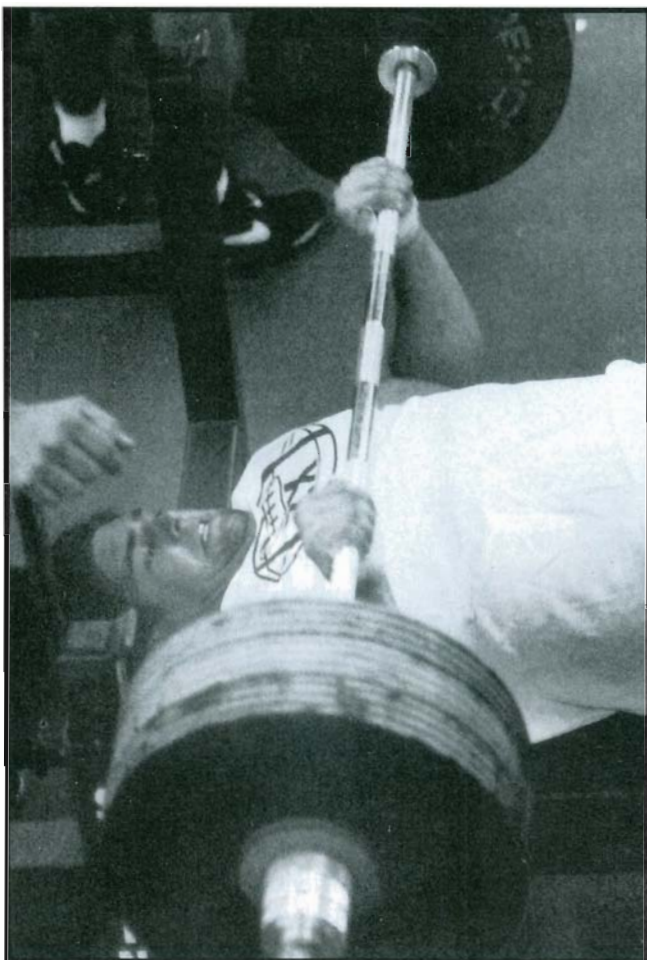
Remember the inspirational movie "Brian's Song" about the late Brian



Piccolo? Well, Coach Mackovic was the QB at Wake Forest and Brian was his close friend who was in the backfield. Blake was impressed, "Coach Mackovic brought a winning attitude back to our team after we had hit bottom."

Blake played his high school football at Arlington Heights in Fort Worth. He dabbled in the sports of basketball and baseball in his 9th and 10th grade years but then concentrated on football. Blake began lifting a little as a ninth grader. He was 6-2 180 pounds and Bench Pressed only 130 pounds. By his senior year, Blake had grown to a 6-5 265 pound consensus first-team All-State offensive lineman. He was rated as one of the top linemen in the country, as well as the most outstanding lineman in the state of Texas by a number of recruiting services. Super Prep magazine rated Blake as the 21st best prospect in the nation regardless of position.

These accolades were amazing for two reasons. First, Blake did mostly Bench Presses, only some Squats and



Rutgers for three seasons. Blake is the second strongest player on the team. He is a member of the Longhorn Strength Club, only eight other current lettermen are part of this 53-man group that began 15 years ago. Blake's 424-pound Bench Press was third on the team last Spring. His 529 Squat and 319 pound Power Clean tied for second on the team. Blake's hard work has paid off in more than just football honors. He has started all 22 games prior to this season and has been on the field longer than any other Longhorn offensive lineman.

no Cleans. He was rarely timed on the forty and never knew his vertical jump. His best Bench was 330 and Squat was 400 pounds. Second, Blake's team went 3-7 all three years that he started for Arlington Heights.

Blake had pretty good speed at 5.1 in the forty but to me, he was really blue chip material because he had not yet reached his fullest potential. All of Blake's recruiting trips were out of state but when it came down to it, he just "felt at home" at the University of Texas. "I wanted to be part of the turnaround that seemed to be happening with the Longhorns," remembered Blake.

Blake has had two great strength coaches to expand his potential. First, Dana LaDuc who is now at the University of Miami and second, Rock Gullickson who is entering his second year for the Longhorns. Coach Gullickson was previously at

Blake doesn't lift because he has to get his fanny in the weight room. "I lift because I enjoy it," he affirmed. "It makes me a better football player. I want to do every little thing I can to gain an edge. It gives me confidence and that feels good. I feel like I can dominate my opponent when I am stronger."

Blake's work ethic has molded his philosophy on being successful. "It takes hard work and dedication. You must lift, run and dedicate yourself to becoming the best. Don't go through the motions. If you do, you'll just be average. Whenever I go to the weight room or out for practice my goal is to get a little better each time. Never settle for second best. There's always someone out there working hard who wants to beat you."

Blake is a Speech and Communications major and is on line to graduate in only four years. He'd love to play pro football and after that

Blake is the type of athlete every strength coach admires. He takes coaching very well and sees the whole picture. As a tribute to his leadership, Blake was named as one of our football captains as a junior. Blake will take on any challenge and his goal is to win.

In our weight room, we always challenge our kids. Blake usually wins and exceeds every workout. He will also work on his weaknesses hard as well as his strengths. You can set your clock by Blake. He just wants to be the best. Blake Brockermeyer is a shining example.

**Rock Gullickson
Strength Coach
University of Texas**

opportunity he may stay in the sports area someplace. The most important things in life according to Blake are his family, health and friends. Blake's father and mother come to every game. In fact his father who is 6-4 250 played at Texas during his college days.

Blake advises youth on combatting peer pressure, "Be an independent person. It should be your decision. If you feel something is wrong, don't do it. As far as drugs, I've always said 'no' and I was never made fun of by other people. I think it depends on your values and who you hang out with."

Finally, I asked Blake what goes through your mind when it is 4th and one and the offense has got to go for it? Without pausing Blake exclaimed positively, "Run behind me!" Then upon reflection said, "I just think about all the stuff I've done to prepare."

We thank Coach Gullickson, the University of Texas and especially Blake Brockermeyer who's Upper Limit attitude we should all admire: "Work hard and run behind me."....□