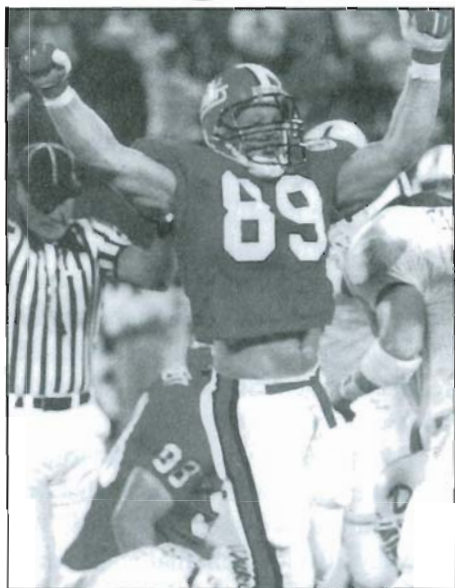


# BOBBY SNEATHEN



## TOO SMALL-TOO SHORT-TOO GOOD

**By Dr. Greg Shepard**

On November 6th, 125 years ago, the first intercollegiate football game was played. Rutgers beat Princeton 6-4 where the present day Rutgers gymnasium now stands in New Brunswick, New Jersey. Fifty combatants played in front of about 100 spectators. This year the Scarlet Knights usher in a new era with a new Rutgers Stadium which holds 42,000 spectators. The birthplace of college football boasts some of the finest facilities in the nation including the Hale Center where the modern training center, weight room and Rutgers Hall of Fame is located. Rutgers also features "the Bubble" which is the nation's largest air-supported indoor structure, measuring 420 X 230 feet at a height of 80 feet! The Scarlet Knights also boast of a fully equipped 4,750 square foot weight room with mirrored walls and carpeted floors.

Bobby Sneathen played his high school ball for the Buena High Chiefs under Coach Chuck Donohue and

Bobby is one of the quickest, most physical, dedicated athletes I've been around. He fully understands his phase of the game. Everyone wants to win but the consistent winner is the guy who year around will physically prepare to win. That describes Bobby Sneathen as a whole person and player.

**Mike Nelson: Rutgers  
Defensive Line Coach**

when it came time to choose a college, it was Rutgers. "It was close to home and I just felt comfortable here at Rutgers," remembered Bobby.

Coach Donohue got Bobby started on weights. Bobby's team went 11-0 in his junior year and 6-3 in his senior year. Bobby played defensive tackle and linebacker. He also ran 14.9 in the high hurdles, threw the Javelin about 165 feet and the shot 50-1, all under Coach Donohue. At only 6-1 200 pounds, Bobby was able to Bench 270 pounds with his long arms, Squat 400, Dead Lift 570 and

Hang Clean 290 for two reps. "Coach Donohue was also an excellent strength coach," praised Bobby.

Bobby red-shirted his first year and played in just one game the next year but all this time, he was lifting hard. In his sophomore year, Bobby started in seven of ten games and was credited with 37 tackles. Last year, as a junior, Bobby really came into his own as he amassed 42 tackles and led the team in sacks with six. He also earned BIG EAST Defensive Player of the Week honors against Duke. This year Bobby has moved from outside linebacker in a 3-4 concept to a down lineman in a 4-3 alignment. "Okay, Bobby," I asked, "But aren't you too small to play?" Bobby laughed at first like maybe I was stupid but then I continued. "I mean you are only 6-1 and only weigh 230 pounds? What are you even doing playing Division I football?"

Well, you could just see and feel the hair stand up on the back of Bobby's neck. The man was ready to kill. Talk about a rush of adrenalin.

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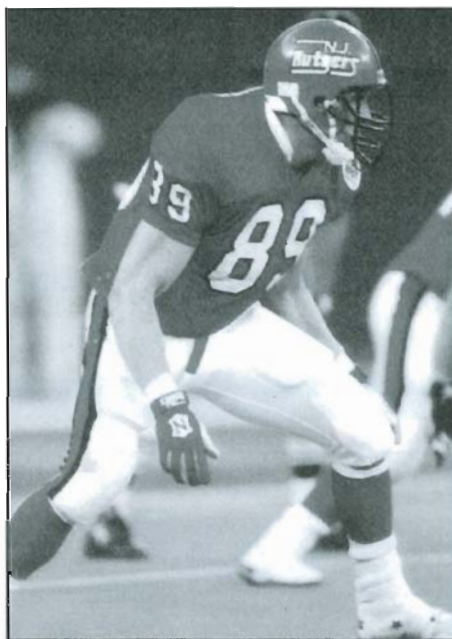
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If looks could kill, I'd have been tortured.

"What do you mean too small," Bobby challenged. "I can run a 4.58 and I can knock anyone off the ball!" He then calmed down a bit. "A lot of people put emphasis on height. My heart is big and my attitude towards football makes up for it. The important thing is not how tall or big you are but the results. That's what counts. For example, people come up to me after a play like at Penn State and say, 'Man, you are a tough SOB'."

Bobby has achieved some great marks in Coach Fuller's strength and conditioning program. He has moved his Bench up to 400 pounds and Squat to 595 pounds. The lift that is most impressive is Bobby's 400 pound Hang Clean. As further evidence of his explosive power, Bobby has a Vertical Jump of 33.5 inches and a 9-9 Standing Long Jump. Bobby enthusiasm is unique and seems pumped all the time. "I love lifting and being around the guys. Just knowing its going to make me a better football player gets me going," remarked Bobby. "You know, I could never do anything but go all out, even with a game like checkers."

To illustrate this all out mentality, here is an example of Bobby's thinking when he's going for a max. "I visualize coming out of the tunnel with a stadium full of people. I see myself making an exciting play like a sack or blocking a punt. I try to get into an adrenalin zone."



One of the most dedicated athletes we have worked with in the weight room. He physically dominates every lifting goal in front of him. One word to describe Bobby is INTENSITY. He is always pushing himself because greatness is his goal. Bobby fully understands the meaning of weight training.

**Skip Fuller Head  
Rutgers Strength Coach  
Mike Johansen Assistant  
Strength Coach**

Bobby is majoring in Criminal Justice and is on line to graduate. He will do something with law enforcement. Somehow, I now feel safer. Bobby's strong family life has helped keep him on the right side. He grew up on 10 acres of land with both his mom and dad. Bobby doesn't drink and has never done any drugs. As for steroids, Bobby has never seen anyone even inject themselves. Bobby states, "I don't promote steroids and I do not believe in steroids."

Attitude, hard work and dedication are the keys to Bobby's success. "I have a lot of great people behind me," said Bobby thankfully.

"My training partner and teammate, Ken Dammann, is the best. We push each other." Dammann is a 6-5 285-pound senior offensive tackle.

That attitude has certainly carried over onto the football field. For example, on 4th and one Bobby snorts, "They better run to the other side." On 3rd and long, Bobby gleams, "I love to rush the passer. I'm lookin' for the sack. I'm lookin' for the perfect hit. I love to embarrass the offensive tackle by outfinishing him and blowing by." Don't you get the feeling that this man enjoys his work?

Bobby does have another wonderful side. He states, "It is important to keep things in their proper perspective. Being a great player doesn't make you a better person than anyone else. Everyone has a role in life or on the team whether you are first team or scout team player. Everyone needs to feel successful. For me, my family is the most important aspect of life. Secondly, it would be to have peace within yourself. Everyone needs to feel like they can live with themselves."

We thank Coach Skip Fuller for making this article possible. He has been the Scarlet Knights strength coach since August of 1993. We thank Bobby for his candor and Upper Limit ideals. We thank him for helping us understand that height and weight are not as important as attitude and heart. Bobby Sneathen is neither too short or too small, he is just too good to be left out of the game.....□

## FLASH UPDATE

At this writing Bobby has 29 solo tackles & 16 assisted. 9 tackles behind the line for -42 yards. Leads team with 6 sacks for -52 yards. Tied for 10th in a career sacks. Team has a shot at a bowl game.