

# BIGGER FASTER STRONGER

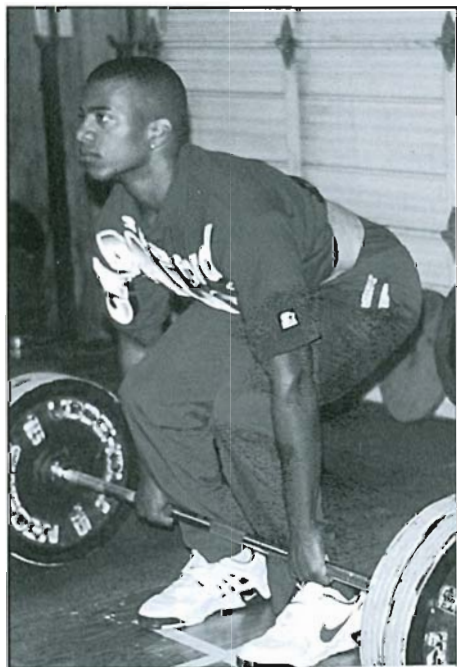
## 1994 HIGH SCHOOL ATHLETE OF THE YEAR

# Corey Hill

### By Dr. Greg Shepard

Corey Hill is our 1994 Bigger Faster Stronger Athlete of the Year. He is from Sabino High School in Tucson, Arizona. Corey becomes the 15th recipient of our most prestigious annual award. Selections are based on athletic achievement in sports, the ability to overcome obstacles, scholarship, leadership, general character and the ability to put things into their proper perspective. Corey Hill is indeed an Upper Limit athlete.

Corey began football and weight training in his eighth grade year. He benched 135 pounds as a 5-6 130 pound running back. One



**Corey Has A 275 lb. Clean**



### Coach Greg Shepard Presenting Corey With His Athlete of the Year Plaque

year later he was 5-8 and weighed 157 pounds. Corey thrived on Coach Scurran's program. He Benched 205 and Squatted 310 pounds while running a 4.9 forty. Corey also started on the JV Baseball team.

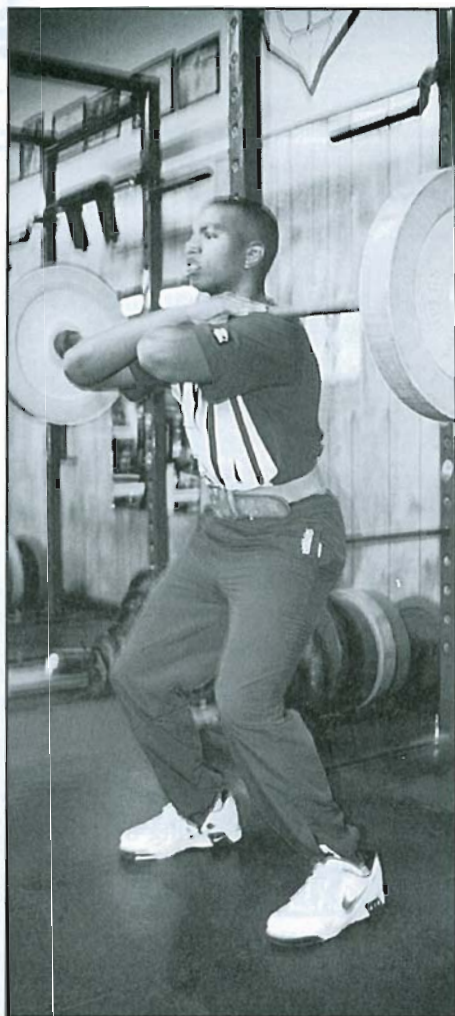
As a sophomore, Corey grew another two inches and put on another 18 pounds. He Benched 245, Squatted 350 and Power Cleaned 250 pounds. It should be noted that Coach Scurran is also a BFS Clinician. Corey's 40 time improved to 4.7 seconds. He started on the

football team and was a member of the varsity baseball team.

Corey was poised and ready for his junior year and it was spectacular. He made the All-League and Arizona All-State teams. He was also ranked as the #2 Defensive Back in the nation. Now, as a 6-0 195 pound athlete, he had 8 interceptions and rushed for 12.4 yards per carry and helped lead Sabino High School to the Arizona State Championship and a top 20 USA Today National Ranking! In the state championship game, Corey gained 129 yards on only 10 carries. Corey's strength kept on improving to 305 Bench, a 400 Squat, a 270 Clean and 650 pound



**And He Runs a 4.45 - 40**



**Corey Working Hard Doing Front Squats. He Parallel Squats 550 pounds!**

Dead Lift with a spot. In the spring, Corey made the switch from baseball to track and qualified for state in a relay. He also long jumped 22 feet and high jumped 6-2.

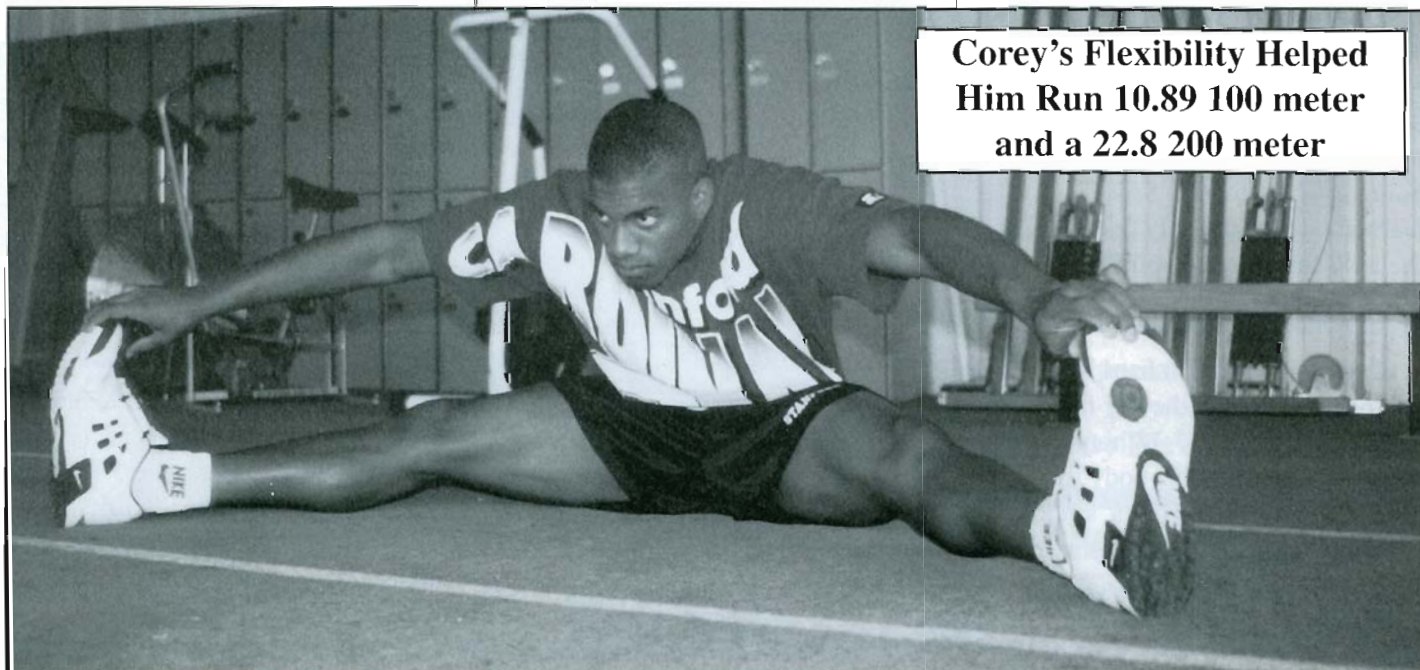
Corey didn't sit back and rest to prepare for his senior year but kept on pushing for excellence. His Bench skyrocketed to 365 while Squatting an amazing 550 pounds. His Clean edged up to 275 pounds. Corey's weight increased to 205 pounds which propelled him to a 4.45 forty. "I worked on my legs a lot during my senior year," said Corey.

Sabino had another fine season which saw Corey rush for 1281 yards, receiving for another 350 yards and scoring 27 touchdowns. He was also credited with 54 tackles, 68 assisted tackles and 7 interceptions on defense. Corey again participated in track and ran a 10.89 100 meter and a 22.8 200 meter. All through these outstanding achievements, Corey was able to maintain a 3.84 GPA in his senior year.

Little wonder the elite schools were excited about Corey coming to their college campus. "I chose Stanford," remembered Corey, "because of Bill Walsh and the fact that Stanford is a great school. I also



**Corey Working on Plyos with Stanford Strength Coach Fred Stephens.**



**Corey's Flexibility Helped Him Run 10.89 100 meter and a 22.8 200 meter**



Corey is a model citizen and an "A" student with a tough college-prep schedule. He is now attending Stanford University. His only other visits were to Notre Dame and Colorado. Both Lou Holtz and Bill Walsh gave Corey the choice of running back or defensive back. He is equally adept at both positions.

Outside of school, he is an excellent person with a very complete social life, but not too much. Corey chose not to drink and treats his body with the greatest of respect. He has wonderful lifting habits and needs no "pushing" to get his work done. Corey comes from an excellent family who provides him with both love and discipline. He has always had a modest curfew and does not do anything until after his homework is done.

Corey was a team captain and leads by personal example. He played in the Big 33 All-Star game in Pennsylvania last summer and was selected as an Arizona All-Star. Corey was on the All-Arizona 1st team for two years and was selected to five All-American Teams.

Even if something happens and Corey can't make it in football, he will be successful in life. He is a class act and I had the good fortune to coach him.

### JEFF SCURRAN: HEAD FOOTBALL COACH SABINO HIGH SCHOOL

liked the climate and it isn't that far from home. Another plus is being able to play a running back and not having to sit out a redshirt year."

Corey feels that Sabino's strength and conditioning program helped him reach towards his potential. "It got me a lot quicker and stronger along with endurance," claimed Corey. "I also did the dot drill a lot." He also praised Coach Scurran in helping him with his attitude. "Coach Scurran calmed me down a lot. I have a temper. When I was a freshman, I was rowdy and Coach Joe Abney also helped me."

Corey was also nurtured by fine parents. He went to class when he was supposed to go and always made it to his team assignments on time. "My parents really enforced the rule of doing my homework. So I learned what to do. My dad is the assistant chief of police in Tucson and my mother works at Hughes."

Corey believes that hard work and perseverance is the key to success. He spent 17-18 hours per week preparing his body for athletics by lifting weights, stretching, running, sprinting and playing basketball. Corey advises, "Don't give up hope. You can achieve your dreams if you really try."

You can have great talent with a great mind and great parents and still have problems trying to deal with peer pressures on negative choices and even gangs. Corey was asked to drink alcohol for the first time when he was in the 9th grade. He said,

mates wouldn't let me do anything stupid. They said I had a future. As far as drugs, I have never been asked to try crack or cocaine only marijuana. I have never tried any drug. I have been fortunate not to have any gangs in our neighborhood so I've never been asked to be on a gang. To me, being in a gang is an example of misguided youth."

Corey plans to major in business at Stanford and possibly be a financial advisor. In twenty years, he would like to be successful in making business decisions with a wife and two or three children. Corey believes the most important things in life are happiness and love. He goes to church on a regular basis and states, "Spiritual things have more influence now because I'm growing up. I need guidance so I just decided to listen to people like my parents and become more aware."

We are proud of Corey and think he is a wonderful choice for our 1994 Bigger Faster Stronger Athlete of the Year

award. We thank Coach Scurran, Stanford University and Corey's parents. Most of all we thank Corey for his Upper Limit attitudes.....□



"No! If they would have pressed me, I'd have gotten mad. I really have not had many problems with peer pressure. Most of the guys I hang out with were on the team. My team-