

By Dr. Greg Shepard

Head Arizona Football Coach, Dick Tomey, states that Bruschi has a "motor" that sets him apart from other players. Indeed he must! Last

"There's nothing better than gettin' the ball back," Tedy continued. "I have fun playin'. We have fun. I suppose in the pros you play for pay but here in college at Arizona, we just have a lot of fun and we're proud to

All-American TEDY BRUSCHI The Heart of the Desert Swarm

year we featured Arizona's Outland Trophy winner, Rob Waldrup. He was a great player and achieved great strength and quickness in the weight room. However, can you tell me who the Pac-10 sack champion was last year or who was the 1993 team MVP by the vote of the players or who led the Pac-10 in tackles for a loss with 27.5 or who was the Fiesta Bowl defensive MVP? You guessed it: Tedy Bruschi!

Bruschi (pronounced BREW-skee) was a first team All-Pac-10 Defensive End at only 6-1 and 255 pounds. He was also a 2nd-team AP All-America. Last year Tedy had sacks in every game and so far this year he has sacks in games. The University of Arizona Wildcats lead the nation in most team defensive categories. You could have a family picnic in their end zone and not be bothered.

Tedy was fun to interview. He was always laughing. This guy loves football and he loves to sack quarterbacks. "I love defensive end," Tedy giggled. "My favorite thing is to rush. We pin our ears back on 3rd and 10 to get the sack. I just want to hit him as hard as I can so I can make the ball squirt loose." With that, Tedy laughed some more. Somehow I got the feeling he'd rather play football than eat. It was like some kind of primal need.

play. And you know what else?" I shook my head not knowing what was coming next. "I love gett'em on their heels." This referred, of course, to offensive blockers as he blew past them. Tedy giggled again like a grade school kid who had just pulled some little girl's pony tail. Heck, I was having fun.

Tedy played his high school ball for Bob Jellison at Roseville High School in California. He began lifting in his junior year and was already 6-1 and 230 pounds. Tedy achieved a 275 Bench, a 400- pound Squat, a 225 Clean and a 500-pound Straddle Dead Lift. As a senior, Tedy weighed 240 pounds and moved his Bench up to 315, the Squat only to 415 and the Clean to 235 pounds. One day the team maxed out on the Dead Lift with a straddle stance. Tedy pulled 700 pounds on a gargantuan effort. "My head almost blew up," remembered Tedy. That was the last time he did those. Tedy ran a 4.85 forty but was never measured for a vertical or standing long jump.

Tedy started for two years in football at Roseville and was an All-Conference, All-Metro and All-Northern California defensive tackle. The team, in his senior year, went 11-2 which was the best season in school history. Tedy also decided to go out



"Us short guys gotta stick together." Tedy Bruschi, 6-1, 255 Defensive Tackle

for wrestling in his junior year. Perhaps his most remarkable achievement was on the mat. With no experience, Tedy grappled his way to a 38-8 record. That is truly amazing. Tedy was a thrower in track and made it to the state finals in both the shot and discus. His best shot was 58-10 and best discus throw was 175 feet.

Tedy had one problem. He was short. Only a few colleges were interested. He took three trips:



Arizona, BYU and Washington State. Tedy wanted to play in the Pac-10 because "it is the best conference in the nation." The significant reason for choosing Arizona was simply that Tedy liked the city of Tucson really well. It didn't take the Wildcat coaching staff very long to figure out that Tedy was a special player. He earned a starting position as a true freshman for the first game. However, a neck injury and later on a thumb injury forced an end to his season. Even though Tedy started in two games, he won a hardship red shirt year which restored a year of eligibility. Tedy shared starting time in 1992 and last year in 1993 was when he created havoc on opposing team's offenses. This year Tedy Bruschi is the heart of the famed Desert Swarm Wildcat Defense. He is the center of what is happening. Wherever the ball is found, you will also find Tedy. Pursuit, for him, is like a religion.

"My lifting at Arizona really took off. Meg Ritchie was a great inspiration and now my head strength coach Dan Wirth is helping me to new heights," praised Tedy. I gained a lot

of muscle and lost a lot of bodyfat. I didn't know what hard work was like until I got here. I approach going for a max in the weight room the same way as a game day. It is a test. You have got to want to win." Tedy now Bench Presses 370 pounds, Parallel Squats 575 for 3 reps, and Power Cleans 308 pounds. His forty is 4.7 with a 36-inch vertical jump.

Tedy is a communications major and will graduate on schedule in December of next year. He was a fine student in high school with a 3.4 GPA. Tedy might get into advertising or the media field like broadcasting. After a pause, Tedy's face lit up. "Maybe I'd like to coach. The high school level would be the best. My high school coaches were great. I'd like to give something back."

Tedy experienced his early life without a father because of a divorce. "My mom helped me a lot," said Tedy who was now serious. She was very influential. I had to always make it home before midnight. Whenever I was going out to a party, she would always tell me to make right decisions. So now when people ask me about peer pressure I don't try to tell anyone what not to do but I can

tell them to make the right decision."

Tedy gets asked about steroids from time to time. "I really want to tell everyone to stay away from steroids. I'm scared to death of them. You don't have to be a genius to figure out that steroids are bad. "If you want to be successful, you've got to have heart. If you've got heart, you'll be okay. People kept telling me that I was too short or too small. I'd just tell them they were wrong and point to my heart. So, never let anyone tell you, you can't. Once you start listening to the negatives, it will affect you the rest of your life. It is important to enjoy what you do and have fun at it. Life is too short."

Tedy's favorite football player is Chris Zorich who was the Lombardi Trophy winner at Notre Dame and is now a starter for the Chicago Bears. "My first position coach here at Arizona was Clarence Brooks. He now is Chris' coach at Chicago. They said Chris was too short and too small all his life. He overcame those obstacles and a whole lot more. Chris Zorich has been an inspiration." After a moment of silence, the old Bruschi laugh came back, "Anyway us 6-1 and under guys gotta stick together.".....□

FLASH UPDATE

At this writing, Tedy, has 5 sacks, 2 fumble recoveries and 21 solo tackles.

