



# Tony Boselli

UNIVERSITY OF SOUTHERN CALIFORNIA

## TOP OUTLAND TROPHY CANDIDATE

By Dr. Greg Shepard

Tony Boselli came to USC through Fairview High School in Boulder, Colorado. He had an outstanding high school career beginning as a sophomore helping Sam Pagano's team to an 11-2 record and a state championship. As a junior, Tony received first team All-State honors and became a 1989 Super Prep All-American as a senior. He also was selected as a USA Today Top 100 Football Player.

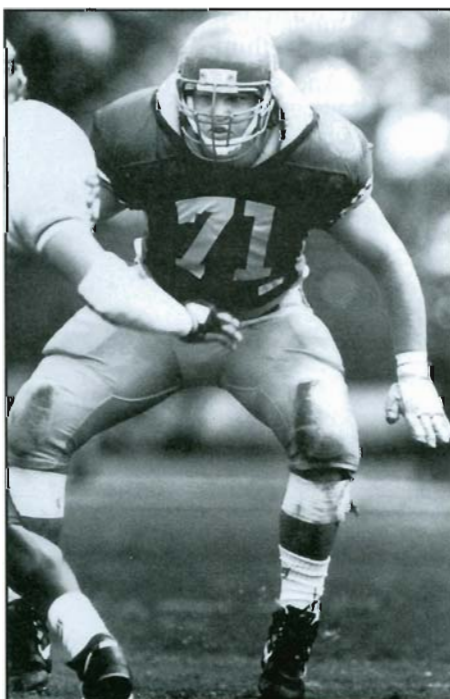
Tony has always had height but at one time he was actually skinny. He was 6-2 and only 155 pounds when he was in the sixth grade. By the time Tony was a senior, he had grown to a 6-7 260 pound athlete. How did he get so big? Well his dad owns 11 McDonald's outlets in Denver and sometimes Tony would work there. Tony laughed, "They probably lost money when I worked there. I ate more than I made."

Tony actually made things happen with hard work. He Benchd 310 and Squatted 455 pounds which is really outstanding for his height.



**6'8" 322 lbs.**

Tony played basketball in his junior year and averaged between 6 and 7 points and rebounds per game. He threw the shot 55 feet as a senior. Being a three-sport athlete, strong, tall, running a 5.2 forty and maintain-



## TOP LOMBARDI TROPHY CANDIDATE

ing a solid 3.5 GPA made Tony a blue chip recruit. You would have thought he could have literally gone to any school in the country.

Tony is a practicing catholic and goes to his church on a regular basis. "I thank God for everything," said Tony reverently. Sounds like Notre Dame material to me but Tony chose USC. "When I was a little kid, through my junior year of high school, Notre Dame was the team I rooted for, the team I wanted to win. In my senior year, they were one of my top five choices, but they didn't offer me a visit. I came to USC because I just thought of all the great players who had gone here. This is tailback U., but the offensive linemen played a big part in that," stated Tony.

It may seem like everything just came easy to Tony. Yes, there were many things to be thankful for but Tony's parents separated when he was only six years old. "It was a tough time with a lot of emotion," remembered Tony. "I was the oldest and tried to help out best I could. My parents were understanding and tried to make the transition as easy as possible. Life is never easy. The key to





life is being able to meet those obstacles and work through them."

Tony red-shirted his freshman year in 1990 but was the #2 quick offensive tackle. The next year Tony not only started but also made the Football News Freshman All-American first team and was All-Pac-10 first team. The first freshman offensive lineman so honored and one of only two freshmen ever to make the All-Pac-10 team. Tony made even more honors the next year by making a number of All-American teams: Playboy, Athlon, Football Digest, UPI Honorable Mention, AP 2nd Team and, of course, All-Pac-10 again. Last year as a junior, Tony was one of 12 finalist for the 1993 Lombardi Award. This year Tony is being touted as a prime candidate for both the Outland and Lombardi Award with a good possibility of being a first round draft choice.

Tony is a business administration major and has a 3.02 GPA which also garnered him All-Academic first team honors in 1991 and 1992. He was also one of just 7 players nationally honored as a 1991 Honda Scholar Athlete.

Injuries have been a nagging problem that Tony has had to work around. After the 1991 season, he had arthroscopic surgery on his right

Great hands, great feet and a large muscular body of 6-8 and 322 pounds. Tony has all the tools to become a long-term man in the N.F.L. After he injured his knee against Arizona last year, he became a different guy. I sat next to him on the plane ride home and he did not say a word. He just stared out the window. From that point on, he was a main stay in the weight room. Over the summer he improved his Bench Press 45 pounds by going from 395 to 440 pounds. His Squat improved with 405 pounds on the Safety Squat Bar from 22 reps to 27 reps. Tony's Push Press improved from 245 X 6 reps to 265 X 6 reps. When he comes into the weight room, he always has a positive attitude. Tony is a great role model for our younger and veteran players.

**JAMES STROM: HEAD  
USC STRENGTH COACH**

shoulder. Therefore, Cleans were not able to be done. Last season Tony dislocated his left kneecap at Arizona and missed the next five games. "I was more frustrated when it happened than anything," said Tony. "Angry. And scared. I think your

body goes in shock or something. You feel pain but it's not overwhelming." Tony always seems to look at the bright side. "I might have come out early if I'd played and had a good year. But that decision was made for me when I got injured. No big deal. I love going to school here, I love the social life, I love all of my friends and I love playing football for Coach Robinson. The NFL will always be there. This way, I'll graduate and my parents will be happy."

Tony believes that weight training is really important to football. "It gives you size and strength," claimed Tony. "You can really tell the difference on who does and who doesn't. I do it hard because I want to overpower people. I also train hard during the in-season 3X per week. It's important to do this. If you don't, by the middle of the season you'd lose your strength. My goal is to maintain my strength this season."

Mentally preparing for a lifting day is important for Tony. "I try to put everything from the outside out of my mind. I want to stay focused. A lot of guys who lift seem distracted. It's the same thing with being successful in any phase of life. You must stay focused. Put important things first. There are things that need to be done, so you've got to do it."







offensive line has the attitude that we're going to dominate the other team's defensive line, the guy in front of us, every play until he gives up." When asked what goes through his mind on 4th and one, Tony responded, "Run it to my side. Run the play right behind me. Wait a second. It's not just on 4th and one." He smiled, "I want them to run it behind me every play."

On third and long, Tony tries to concen-

trate on his technique and perform his assignment correctly. "I don't want to beat myself thinking about one particular guy," Tony reasoned. "I know my expectations are high, higher than anyone else. I want to be a great lineman. That's my goal... I haven't really played my best game yet."

Tony has a strong work ethic. He spent the summers of 1991 and 1992 working on a 150-acre farm run by 20 Benedictine nuns near Boulder, where he cut fields, baled and stacked hay, moved cattle and drove tractors. After all of that, Tony would then lift weights and run at night. In the summer of 1994, he worked with the construction crew that repaired the earthquake damage to the Los Angeles Coliseum. But working on that farm was a treasured experience. "It was a

Tony has the overall athletic ability to be an Outland Trophy and Lombardi Trophy winner. He's competitive, athletic, has great balance and has devoted himself to being stronger.

#### JOHN ROBINSON HEAD USC FOOTBALL COACH

hard job but it taught me a lot of discipline. I never knew farmers worked so hard. It was real tough some days but I knew I had to get ready for a long season. There were days when those nuns worked us harder than any USC coaching staff. It was great. The best job I ever had. The nuns on the farm worked at a house which took in AIDS patients who were dying and couldn't afford hospital care. I went there a few times to help out by talking with the patients and to encourage them. I felt so good after going there because I felt like I did something worthwhile."

Tony has his head straight in other areas. He feels his parents raised him right when it comes to peer pressure and staying away from drugs and alcohol. "You have got to be very careful. Surround yourself with the right people. As for steroids, I never thought of them as an option. Steroids are just a shortcut. Anyway, I've never even seen anybody inject themselves. For me it was easy to stay away from any kind of drugs. I had good friends both at high school and in college. You just have to stick together.

"The biggest thing is working hard. Don't let 'friends' get you off course. Don't put yourself in a position where you wish you'd have done something different. Put it all on the table."

We thank Coach Strom for making this article possible and especially thank Tony Boselli who's dream since he was a little kid was to play pro-football. We wish him well on this noble quest for greatness.....□

Tony just keeps on growing. He is listed in the program at 305 pounds but he really weighed 322 towards the end of the 1994 season. "I used to hear about these 300-pound players and think, 'Wow, that's really huge.' I couldn't comprehend somebody that big. But, I just keep on growing. Hey, it's fun to be big. As long as you're in shape. I love it."

Tony believes the offensive line at USC has to dominate the other player for the team to be successful. He stated, "It's more a frame of mind than anything. As an offensive lineman, you have to prepare yourself mentally to be dominating as well as physically in the weight room. My whole objective is to knock the guy off the ball 5 yards and put him on his back. I like being aggressive. Our