

Jonathan Ogden

A Front Runner From U.C.L.A. for the Outland & Lombardi Trophy

6-8" 310 lb Senior
Power Cleans 330 • Squats 565
Power Snatch 231 • Bench Press 385

By Dr. Greg Shepard

Jonathan began lifting as a sophomore in high school. However, he only did some Bench Presses and Leg Press exercises. "I mostly did upper-body lifts," Jonathan said. "I never did Cleans or Parallel Squats before coming to UCLA." Jonathan Bench a little over 300 at St. Alban High School in Washington, D.C.

Jonathan excelled both as an

offensive lineman and a thrower in track. He was a second-team USA Today prep All-American, a USA Today Washington, D.C., Player of the Year, a Washington Post Player of the Year and named to the All-City and All-League teams. In track, Jonathan powered the shot to a whoping 63-1 and a 186-10 in the Discus.

Jonathan maintained a 3.0 GPA at St. Alban High School, a private school. He graduated with 69 classmates. "My parents made me go to a

private school," remembered Jonathan. "I didn't want to go. All my friends went to a public school but it was great once I got there. I'm glad they sent me."

Education is important in the Ogden family. Jonathan's father is an investment banker and his mother is a consultant. Both are college educated. They decided to send Jonathan to St.

Alban, a predominantly white school in the Northwest part of Washington, D.C..

Jonathan's "little" brother, Marques, 6-2 240 pounds, a sophomore football player, also attends a private school.

"Drugs were minimal at high school, but just like other schools, alcohol was everywhere. My parents helped me stay away from bad influences. I recognized as early as the 9th grade that I had an opportunity in sports."

Jonathan, as a sophomore, went from 6-2 to 6-7 and weighed 290 pounds. The heaviest Jonathan can remember being was 350 pounds (UCLA throws Coach, Art Venegas, remembers 365 pounds). "I got heavier living at home," grinned Jonathan. "My family was always feeding me. I've now changed my eating habits, I try to eat better food and not overeat."

Obviously, Jonathan was considered a premium blue chip athlete. He basically had his choice of any Division I school in the nation. Jonathan wanted to play football and throw. "UCLA knew I wanted to do both sports," said Jonathan. UCLA has great academics, great track and great football. Terry Donahue, head football coach, is the 7th winningest active Division I coach and has

Jonathan Ogden is a unique athlete in two respects:

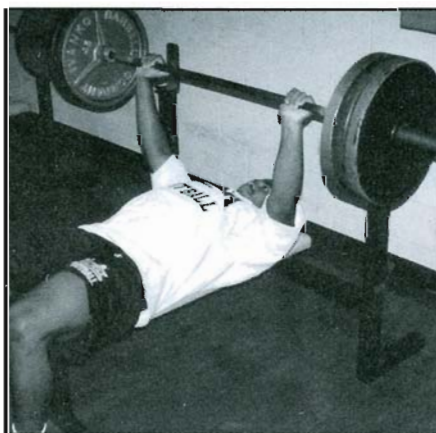
- 1) He was born with more talent than most athletes can train for in a lifetime.
- 2) He chose to improve those talents rather than just slide by. Weighing 296 pounds as a freshman, Jonathan has put on 16 pounds, now tipping the scales at 312 pounds, 12% of which is body fat.

The bulk of off season training for Jonathan, was accomplished with the UCLA Track team, where he participated in the shot put. Six to seven weeks prior to Fall Camp, Jonathan works with the remainder of the football team, refining his off season strength gains. Power development and conditioning are the primary goals of this training cycle.

Simply put, Jonathan took advantage of the resources available, to hone his physical attributes. He is in fact, "Bigger, Stronger, and Faster," and will continue to dominate opponents for many years to come. Jon is a classic example of an elite athlete training hard to improve his God given talents, rather than wasting those talents away.

Phil Frye: UCLA Head Strength and Conditioning Coach

the most PAC-10 victories of any coach in history. UCLA has a long history of football excellence, winning the national championship in 1954 and a Heisman Trophy Winner in Gary Beban in 1967. UCLA is the top ranked Academic-Athletic Institution in the nation and also ranked as the top athletic program in the nation. Art Venegas, the UCLA throws coach, is recognized world

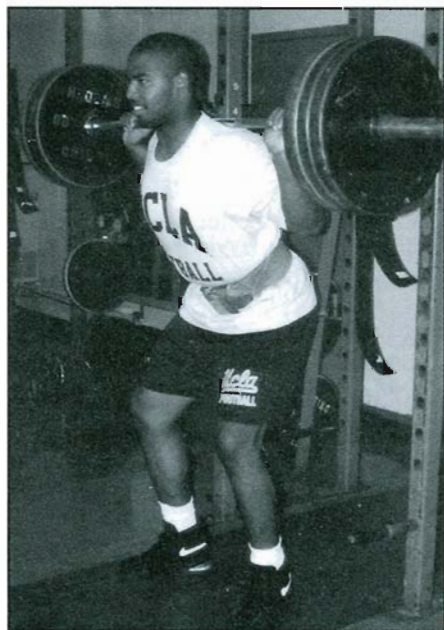


Jon's Bench of 385 Pounds helped him become a Pre-Season All-American.

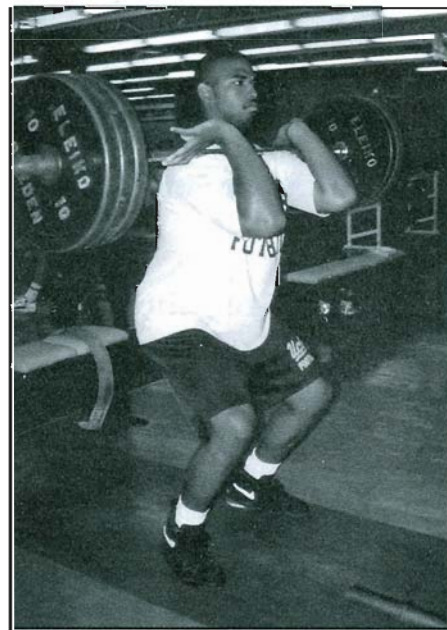
wide as one of the elite track coaches in his events. It seems Jonathan and UCLA fit together perfectly. Coach Venegas beams when the subject of Jonathan arises. "Jonathan is one of my pride and joys. When football ends, he goes 100% in track. That means no football meetings or spring practice. When football starts, I leave him alone."

Jonathan believes the most important lift for his shot put is Squats. "That's where you get all your power from and that's the lower body. Cleans and Snatches

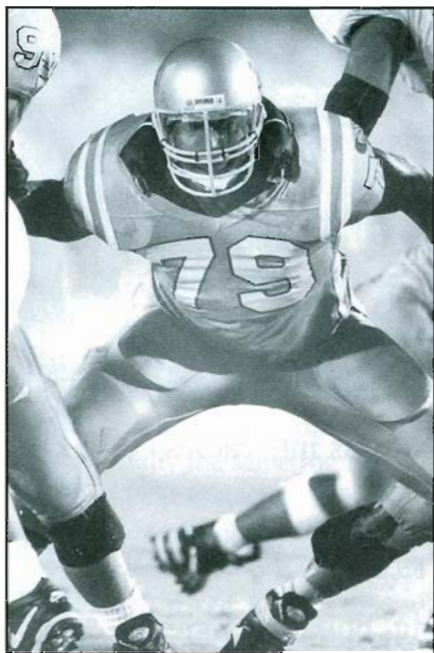
give me the explosiveness that I need. I really believe that without being able to do Cleans and Snatches I would only throw maybe 57 or 58 feet. Coach Venegas video tapes Jonathan's Clean and Snatch technique. "I want to make sure he gets a full extension." Jonathan placed 4th in the 1995 NCAA national meet with a throw of 61-1 1/2.



Jon Parallel Squats 565 Pounds



Jon Power Cleans 330 pounds !



Jon is a front runner for the Lombardi & Outland Trophy

Jonathan believes in the importance of intensity in the weight room. "Get the weight," he stresses. "It's kind of like football. I don't want to lose. It's me against the bar. No way do I want to lose that battle."

Jonathan did not red shirt and so he is on schedule to graduate in four years and two quarters. "I will have to come back between pro-football seasons to graduate," Jonathan calculated. He earned a spot on the Director's Honor Roll in the Fall of 1993 with a 3.33 GPA and last Fall (1994) with a 3.0 GPA as a Business Economics Major.

Jonathan has been a starting offensive lineman since midway through his true freshman season which earned him Freshman All-American honors. As a sophomore, he was selected second-team Sophomore All-American. Last year Jonathan allowed just one quarterback pressure and his man hit the QB just twice in 11 games. He played virtually every snap the

Jonathan Ogden has been a wonderful addition to our track program. He is a 3 time All-American who placed 4th at the 1995 NCAA Outdoor Championships in the shot put.

He is very strong because at 6'8" he has a long way to go compared to a 6'0" athlete. His power cleans usually travel 5" to 9" more than our other throwers. He has power cleaned 330 lbs, squatted (full) 565 lbs., snatch 231 lbs. and benched 385 lbs. He has been clocked at 4.9 in the 40 yd. dash and has tremendous balance and coordination.

When I started training him, he weighted 365 lbs. and was still fairly mobile, but has been between 290-310 lbs. the last 2 years and will probably play football at a lean 325 in the Pro's.

Jonathan is a gifted athlete but is even more unique as a person. Extremely intelligent and self assured, he is loved by his teammates because he never puts on airs as a football superstar.

He has told me he wants to keep on throwing when he's a Pro in football and I hope to coach him if he decides to do so.

Art Venegas: UCLA Track and Field Throws Coach

entire season. Jonathan was named first-team All-PAC-10 by the league's coaches and third-team All-American honors and is now considered a front runner for the 1995 Lombardi Award and Outland Trophy.

"I want to attend graduate school," explained Jonathan about his future. "Maybe I'll go to law school. I'm looking forward to helping the team be as good as we can possibly be, then pro-football will work itself out."

Another question was asked and Jonathan broke out laughing. "No, no. It's too much trouble to have a girlfriend right now." Then, he turned serious.

"Things that are important in my life include my health. To be successful takes hard work. I try to be straight forward with everybody. I believe in being accountable and being responsible. You should back up what you say you are going to do. I would advise anyone to make sure you hit the books. Stay away from bad stuff. Keep your head going straight forward down your path of success."

Since Jonathan is from Washington, D.C., I felt compelled to ask him about his thoughts on Mayor Marion Barry. "It was embarrassing. It sent the wrong message to everyone when he was re-elected. I said at that time, 'what are they thinking back in D.C.?' I know our youth face many problems. They are complex problems. Gangs are not the answer nor are drugs. My future plans include addressing these challenges. I would like to go out and help if I can."

Jonathan Ogden is a giant of a man with a giant heart. We thank him, Coach Phil Frye and Coach Art Venegas for making this article possible.....