



# HEAVY METAL

*SU's strength and conditioning program provides athletes a needed lift.*

Syracuse University's 1993 football season ended on a frigid Friday in November. By the middle of the following week, strength and conditioning coach Dale Hulett had the players preparing for next season in the Manley Field House weight room.

"Sit deep and stop," he shouted as one player struggled to negotiate the several hundred pounds worth of weights on his back.

"Good pause. There you go. Now stop it and hold it."

The recently refurbished weight room in Manley is impressive and vast. It measures 7,500 square feet. Bench presses line one wall. Squat racks line another side and face a mirrored wall. Nearly 24,000 pounds of free weights and 27 state-of-the-art machines crowd this iron jungle. There are curls, traps, grippers, peck decks, jump squats, and abductor machines, all of which look intimidating and torturous.

The weight room is the focus of SU's strength and conditioning program and a critical element in the success of the entire athletic program. For athletes to jump their highest, throw their longest, or swim their fastest, they must be physically fit.

"Our goal is to help the athletes reach their genetic potential and develop themselves to the fullest," says Hulett. "We take a holistic approach. We work on general strength areas and develop the whole body."

To enhance their overall condition, athletes regularly exercise

and lift weights before, during, and after their competitive season. "I've seen Coach Hulett just about every day for the past four years," says football player Dave Wohlabaugh.

Hulett and his assistant, Greg Caprara, design programs specific to the sport and playing position of each athlete. "We try to assess each individual and develop workouts for their needs," says Caprara.

A football player might spend much of his weight-training time concentrating on increasing his bulk and strength by lifting heavy weights—a typical lineman might squat lift 575 pounds 40 times during one workout and bench press 330 pounds 40 times the next day. Conversely, a triple jumper on the track and field team would probably focus on leg exercises designed to increase explosiveness rather than bulk.

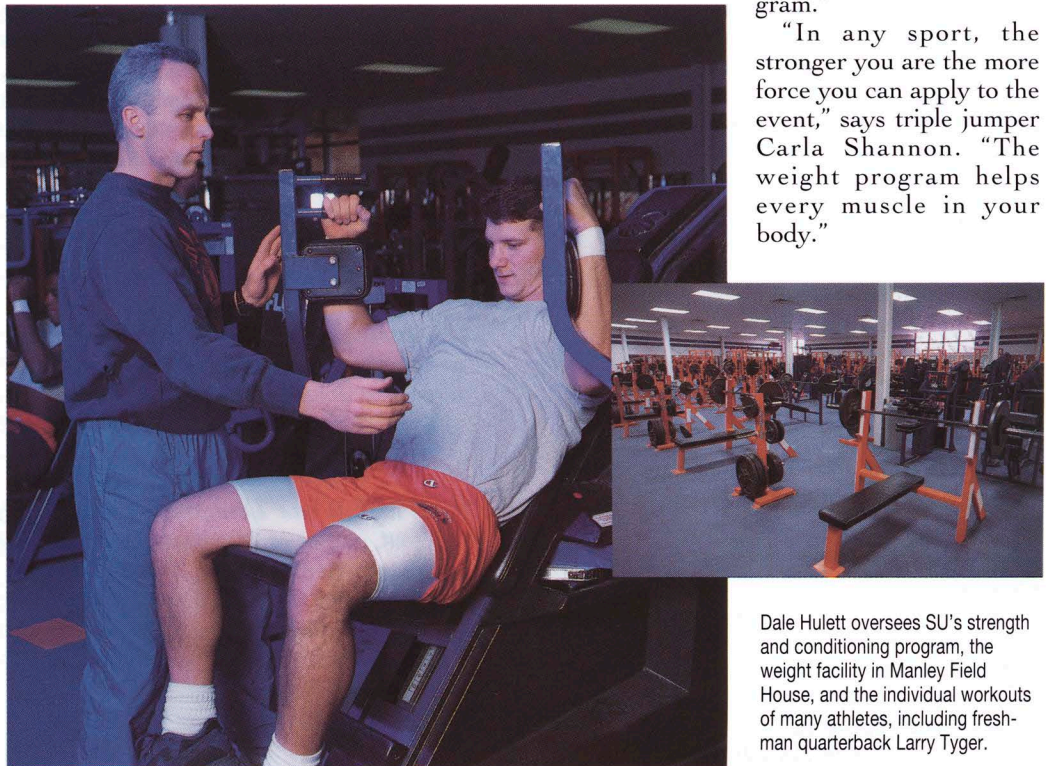
"We look at the whole package for all athletes in each sport," says Hulett. "Our intent is to give them an opportunity to develop themselves to the fullest."

"We're like the army. We want them to be all they can be."

Every year Hulett and Caprara orient all varsity athletes to the weight program. They explain which machines do what, how to properly use them, and why certain exercises are beneficial. In addition, Hulett and Caprara work closely with nutrition professor Sarah Short to educate athletes on the proper use of diet for weight gain and control, and warn them about the adverse effects of steroids.

"We use them as resources to help us develop a well-rounded program," says track and field coach Dick Coleman. "Their program is extremely beneficial to our program."

"In any sport, the stronger you are the more force you can apply to the event," says triple jumper Carla Shannon. "The weight program helps every muscle in your body."



PHOTOS BY STEVE SARTORI

Dale Hulett oversees SU's strength and conditioning program, the weight facility in Manley Field House, and the individual workouts of many athletes, including freshman quarterback Larry Tyger.



Hulett oversees the entire program, but works most closely with the football team. This is his ninth year at SU and his fourth in charge since succeeding Mike Woicik, now with the Dallas Cowboys.

"The strength and conditioning program is the foundation of our football program," says SU Football Coach Paul Pasqualoni. "If your team isn't physically well-conditioned, you're going to have a multitude of problems once you get into the season."

Pasqualoni attributes his players' good health to Hulett's program. "We've been a strong, well-conditioned team that has had relatively few injuries," says Pasqualoni. "The players have really enhanced their physical abilities by increasing their lean body mass, strength, and bulk. At the same time, they've also become faster and quicker."

Football players are quickly immersed in SU's comprehensive program as freshmen. The long-term results can be tremendous.

When running back Daryl Johnston arrived at SU in 1984, he weighed 214 pounds, bench pressed 295 pounds, and squat lifted 365 pounds. He had a vertical jump of 25.5 inches and ran 40 yards in 4.9 seconds.

By his senior season, Johnston, now a fullback for the Dallas Cowboys, had gained 25 pounds and increased his bench press by 100 pounds, his squat lift by 210 pounds, and his vertical jump by almost 7 inches. He also ran the 40-yard dash in 4.6 seconds.

John Flannery, an offensive lineman with the Houston Oilers and a former college All-American, gained 40 pounds between his freshman and senior years at SU. He added 125 pounds to his bench press, more than 200 pounds to his squat lift, and 7.5 inches to his vertical jump.

Such pronounced gains help the performance of the players and team, and aid recruiting, says Pasqualoni.

"Recruits see what's going on and they witness it on their visits to Syracuse," he says. "Then they review the statistical information and look at the success we've had in the weight room and on the playing field. Our strength and conditioning program is a big, big selling point for our program."

—ANDREA C. MARSH

## SPORTS SHORTS

### ➤ *Did Bo Know Lacrosse?*

Near the end of SU's season-opening basketball victory over Tennessee, senior Charlie Lockwood sat on the bench, ankles untaped, satisfied by the fact he was on the team if not in the game. He hadn't expected to play, which made what happened next so satisfying: He was sent in, uncorked his first uniformed basketball shot since high school, and drew a roar from the Carrier Dome crowd by making the three-point shot.

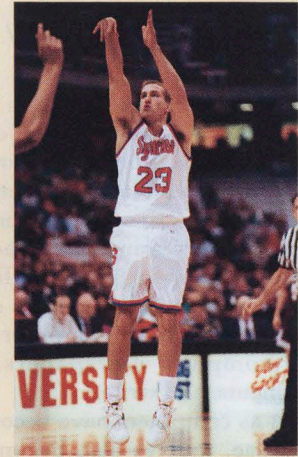
Lockwood, a three-time All-America lacrosse player for SU, spent the winter months moonlighting as one of the basketball team's four nonscholarship players. Though his end-of-the-bench role as a basketball player was in stark contrast to his starring role in lacrosse, he thoroughly enjoyed his hardwood hobby.

"In lacrosse my role is more of a leader, someone who wants the ball in the last minute of the game to try to win it for the team," says Lockwood, who set up the winning goal in last year's NCAA championship lacrosse game. "On the basketball team I'm a practice-type player. I'll be a spectator in the last seconds or minutes of the game, watching someone else out there trying to win it for us. But I accept that. I'm just happy to be on the team with guys like Adrian Autry and Lawrence Moten."

Lockwood earned a spot on the basketball team during open tryouts in October. "Charlie is an exceptional athlete," says basketball coach Jim Boeheim. "He has been helpful in practice because he's physical and he's made Moten work on both ends of the court."

➤ *Super Season for Field Hockey Team.* Under the guidance of Big East Coach of the Year Kathleen Parker, the SU field hockey team finished with a record of 17-4-1, a national ranking of ninth, and its first NCAA tournament appearance—SU lost to top-ranked Penn State in the national quarterfinals. Seven players earned Mid-east Region All-America honors, and two, Julie Williamson and Julie Clark, earned national All-America honors.

➤ *Mills Honored.* Syracuse assistant wrestling coach Gene Mills '81 has been inducted into the New York State Coaches Hall of Fame and named president-elect of the New York State Coaches Association. During his wrestling career at SU, Mills won two NCAA championships and had a record of 144-5-1. He was also a member of the 1980 United States Olympic team, which boycotted the Moscow Olympics.



STEVE SARTORI

Two-sport athlete Charlie Lockwood