

LOUISIANA STATE UNIVERSITY

NATIONAL CHAMPIONS

LSU TIGERS



Head coach Nick Saban of LSU celebrates after defeating Oklahoma 21-14 to win the National Championship at the Nokia Sugar Bowl on January 4, 2004 at the Louisiana Superdome in New Orleans, Louisiana. (Photo by Jamie Squire/Getty Images)

The Tigers' National Championship win was no surprise to those who know LSU



by **Kim Goss**

There was a time LSU fans had to flip all the way back to 1958 to remember their team winning a national championship, so only the diehards held out much hope for this year's Tigers to repeat the feat. Despite the Tigers' winning streak, the media had given this talented team relatively scant attention, choosing instead to focus on the BCS controversy between Oklahoma and USC. But when the Tigers roared to a 21-14 victory against Oklahoma in the Nokia Sugar Bowl on January 4, they won the respect of an entire nation.

From Oklahoma's perspective, with a national championship on the line and pitted against a 12-1 team like the 2003 Tigers, the Sooners obviously hadn't intended to take anything for granted. However, they could not have predicted that the Tigers would be able to shut down their offense, which had been averaging 45 points per game and was under the leadership of a quarterback who had won the Heisman Trophy. Nevertheless, matched up against LSU in the Sugar Bowl, Oklahoma was held to only 14 points and a mere 154 total yards offense.

A Strength Training Legacy

If it's true that a football team's conditioning can be judged by the strength of its defense, then LSU's conditioning program and sports medicine program must be considered among the best in the

country. And once you've seen LSU's athletic facilities and gotten to know their strength coaches and athletic trainers, you'll have to agree that this school really knows how to produce champions.

The Tigers perform their off-field workouts in the LSU strength

and conditioning facility. Located in Tiger Stadium, the weightroom is 10,000 square feet and contains all the combinations of Olympic barbells, lifting platforms, squat racks and benches necessary for building strong football programs. The man in charge of making the



Corey Webster #13 of LSU carries the football after intercepting a pass by Oklahoma in the first quarter. The Tigers' defense shut down the Sooners' offense, which had been averaging 45 points per game. (Photo by Andy Lyons/Getty Images)



Running back Justin Vincent #25 of LSU carries the football to score the team's second touchdown against Oklahoma. (Photo by Jamie Squire/Getty Images)

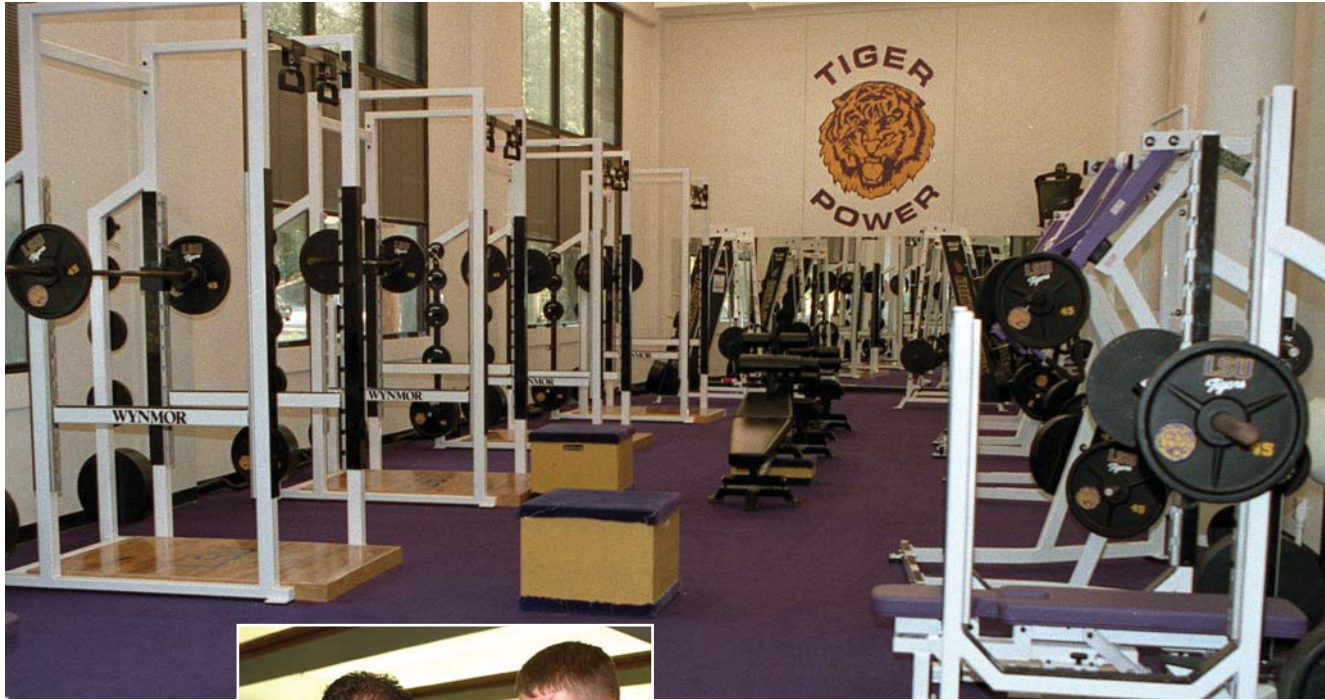
Tigers bigger, faster and stronger is Tommy Moffitt.

Currently in his fourth year as LSU's strength and conditioning coordinator, Moffitt previously coached at the University of Miami (1994-97) and the University of Tennessee (1998-1999). Moffitt coached many of the athletes who went on to win

national championships for those schools (Tennessee in 1998 and Miami in 2001). His accomplishments earned him the 1999 Collegiate Football Strength and Conditioning Coach of the Year awarded by the Professional Football Strength and Conditioning Society. Moffitt, a 1986 graduate of Tennessee Tech

University, comes from Springfield, Tennessee.

'Our football players really work hard here and this year's success is a direct result of all their labor,' says Moffitt. 'It all began last January when we started training. The intensity, effort and toughness that our guys exhibited was outstanding. It didn't matter



Tommy Moffitt is currently in his fourth year as LSU's strength and conditioning coordinator.

what we threw at them, whatever we asked them to do, they did it.”

The Tigers lift three days a week, emphasizing explosive multi-joint movements and strength development. Each spring the Tiger's participate in a "Fourth Quarter" program consisting of four days of speed improvement and agility drills. "This is where championships are won," says Moffitt. "Our goal is to compete for 60 minutes, and you can't do it if you are not in shape!"

Moffitt began his coaching career at John Curtis Christian High School in New Orleans, Louisiana, where he was the school's strength coach, wrestling coach and assistant offensive line coach. During that time John Curtis' football team won four of 18 football championships and four weightlifting state championships in class 4A. In

1992 Moffitt was also awarded the National High School Strength Coach of the Year Award. "It was always a dream of mine to coach at LSU and now that dream has become a reality. My wife and I used to come here and watch the Tigers play, and I knew that Baton Rouge and Tiger Stadium was something special."

While at John Curtis Moffitt met Gayle Hatch, a weightlifting coach from Baton Rouge who Moffitt credits for most of his success. Hatch was coached by the late Alvin Roy, and through him developed a total conditioning program for football that emphasized plyometrics and the Olympic lifts. An LSU graduate, Roy was recruited by head football coach Paul Dietzel to design the weight training program that helped LSU win the national championship in 1958.

In an interview by Karl Dubois that appeared in the December 26, 2003 issue of *The Advocate*, a Baton Rouge newspaper, Moffitt acknowledged Hatch's contributions. "What I've done is taken his theories and methodology for training weightlifters and adapted it for football," says Moffitt. "He's been a major influence in the things that I've done. I wouldn't be where I am today had it not been for Coach Hatch."

Tiger Sports Medicine

Football is a tough sport, and even the best-conditioned athletes are likely to get injured in due course. Whenever those injuries occur, LSU athletes receive the best of care at the Broussard Center for Athletic Training. The center is named after Martin J. Broussard, who served as an athletic trainer from 1948 to 1993 and as an assistant to the athletic director from 1993 to 2001. The 23,000-square-foot facility includes the largest hydrotherapy pools in the country, a full-service pharmacy, an on-site X-ray room and a full-service vision center.

John Burnside is one of nine graduate assistant athletic trainers



The Tigers lift three days a week, emphasizing explosive multi-joint movements and strength development.

at LSU. He attended Miami Southridge High School in Miami, Florida, where he says he became interested in his field from his association with strength coach Len Walencikowski, a BFS clinician who has been at Miami Southridge since 1979. From there, Burnside did his undergraduate work at the University of Central Florida, then applied to graduate school at LSU, working under Director of Sports Medicine Jack Marucci. “We have been fortunate

this year in terms of keeping players healthy,” says Burnside. “We’ve had pretty good success with everything we’ve done with treatment and in the strength room to keep athletes healthy, and across-the-board we’ve had a reduced number of injuries, both acute and overuse.

Burnside says that all LSU freshmen are evaluated by the sports medicine staff for possible orthopedic, biomechanical and flexibility problems. Based on

these assessments and a careful evaluation of the athlete’s injury history, the staff develops special testing and training programs. When rehabilitation is required, LSU is current with all the latest techniques.

During Burnside’s first year at LSU he worked with the track team, and it was through this experience that he was introduced to Dr. Michael Ripley, who taught him many Active Release techniques. Active Release is a



“Our goal is to compete for sixty minutes, and you can’t do it if your not in shape,” says LSU’s strength and conditioning coordinator Tommy Moffitt.



LSU's athletic training facility covers 23,000 square feet. Pictured is graduate assistant athletic trainer John Burnside performing Active Release, a soft tissue rehabilitation technique.



Power cleans are a core lift for the LSU Tigers.

soft-tissue technique that is revolutionizing athletic training, allowing injured athletes to return to the game much faster than with traditional sports massage techniques. "Active Release differs from sports massage in that it allows me to get sport specific, duplicating the same mechanics that occur in sports," says Burnside. "It also allows me to pinpoint certain areas that I couldn't with sports massage. We often use Active Release and other forms of soft tissue manipulation in conjunction with a progressive resistance exercise program for the best results."

Fantastic facilities, a skilled and knowledgeable sports medicine staff, the best rehabilitation methods and good communication with all departments and staff working with the athlete—that's the LSU formula to develop champion athletes.

Great Expectations

LSU's academic program is as impressive as its athletic

program. LSU opened in 1860 and has graduated more than 170,000 students. It offers bachelor's degrees in 71 major fields, master's degrees in 75 major fields and doctoral degrees in 54 major fields. The university is named as one of the nation's 20 most beautiful campuses in Thomas Gaines' *The Campus as a Work of Art*.

Academic excellence is also an integral part of the Head Coach Nick Saban's football program. When he arrived at LSU four years ago, 47 of his players had under a 2.0 grade point average. On this year's team there are only three under 2.0, and during the fall semester 39 football players finished with a 3.0 and three had a perfect 4.0!

The student body and the city of Baton Rouge are strongly behind LSU athletics, and on January 24, 2004, 75,000 fans lined the streets in downtown

Baton Rouge to cheer their team in the Parade of Champions. Coach Saban, who was named Associated Press Coach of the Year, summed up his opinion of his team and his expectations for the future: "This is the type of team everyone hopes they have an opportunity to coach. What I'm thinking is how are we

Nick Saban, head football coach, had this to say about trying to repeat in 2004, "This year's accomplishments are next year's expectations. You have to have special character, you have to have a special attitude, you have to have a special commitment and willingness to do a lot of things that some aren't willing to do."

going to get this done next year, because this year's accomplishments are next year's expectations." **BFS**

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Information on choosing and doing auxiliary lifts. Inclines, Straight Leg Dead Lifts, Neck work, the Glute Ham and more!

Dead Lift & Hex/Trap Bar 322038 - 25 min

A great motivational lift as well as being a core lift. Learn how the Hex/Trap Bar can build strength for jumping power. See Deadlift competition from a BFS clinic.

Flexibility 322050 - 25 min.

Flexibility is the key to speed, injury prevention and longevity. This is an essential part of any program. Includes the BFS 1-2-3-4 Flexibility Program for easy effective stretching.

BFS Sets & Reps #322039 - 63 min.

See how to record your lifts correctly. Teach everyone how to break 8 or more records every week with the BFS Total Program!

BFS In-Season Training #322041 - 39 min.

BFS In-Season Training Program in detail. With lifts, technique and more. Featuring NBA Center, Felton Spencer.

Upper Body Plyometrics 322047 - 17 min.

From medicine ball workouts to pushups with plyometric boxes, this video covers many different upper body workouts. Great for all programs.

Speed with Stefan Fernholm 322045 - 57 min.

The world's fastest big man. At 6'1" 270 lbs. Stefan runs an amazing 4.3 forty. Also includes the BFS 7-point sprint program.

Speed for Football with Kevin Devine 322044 - 57 min.

The NFL's fastest man shows his secrets for obtaining a remarkable 4.23 forty speed. Focused on speed for football players.

Weightroom Safety #322078.....24 min.

Protect your athletes and yourself with this informative safety video. Show this the first day. Liability protection is a must!

The Total Program for Women #322080 - 58 min.

The Total BFS Program designed for women features several talented female junior high and senior high athletes.

The Readiness Program #322055 - 58 min.

The BFS Program for junior high ages and beginning athletes - focus is on technique & starting out right.

The BFS Dot Drill 322060 - 22 min.

Five dots placed like a five on a dice make up the foundation for the BFS Dot Drill. This agility drill is great for warm-ups, speed work and injury prevention.

Plyos & Box Jumping 322046 - 60 min.

Transfer power from the weight room onto the field with explosive power developed with plyometrics. Includes field plyos and box jumping routines. The demonstrations are exceptional.