"James is a physically dominating player due to his commitment in the weight room. All the Pro Scouts have noticed what a physical player James Hardman is AND they love it!"

Art Wilkens:
Offensive Line Coach

Appalachian State University is a Division I-AA college nestled in the mountains of Western North Carolina in the small town of Boone. The school offers a variety of majors and plays in one of the toughest I-AA conferences in the nation. Appalachian State's majestic beautiful setting is where James Hardman chose to develop his talents among the quiet serenity of the Blue Ridge Range.

James often ponders and reflects back to his family in Jefferson, Georgia. Strong family ties forged a mental outlook that would help him overcome future obstacles. Instilled with the philosophy that hard work and dedication are the most important ingredients for success. James Hardman states, "You must believe in yourself."

"One day I came home from school and they told me. It was my father. I never expected him to die. It was tough for me because we were very close. I was fourteen at the time. Part of me quit but then I figured my father would want me to get on with my life and work hard to be a success. I received a lot of inspiration from my coaches. My mom has held our family together. She works hard at work every day to support my five younger brothers and sisters."

James attended Jefferson High School. Besides football, he participated in wrestling, basketball and track. James set the class A Georgia State record in the shot with a 56'2" mark. His football coach was Tab Gable in his senior year. The team had a 7-2-1 record and James’ 6-3 250 pound frame drew attention from a number of colleges.

James had a scholarship to Clemson but chose Appalachian State University because he had an opportunity to start as a freshman. Things went along fine as James did start in his first three years as an offensive tackle. However, a serious knee injury prevented his playing in his scheduled senior year. It was tough laying out as Appalachian State won the conference championship and Head Football Coach Sparky Woods was named "Conference Coach of the Year" for the second year in a row. The only thing left to do after surgery was knee rehabilitation and see if a football career was still possible.

Chip Sigmon, Appalachian State’s first and current strength coach, has high praise for trainer Rod Walters as he explained, "I think a lot of James’ comeback success is due to the rehabilitation program provided by Rod Walters."

James also had an intense commitment to make a comeback. "That commitment was key," Sigmon stated. "We really needed to work his hamstrings. James did leg curls, a lot of stretching, good mornings and straight leg deadlifts to build extra strength during his rehabilitation. It’s what he really needed. This provided a solid base in order to get him back to his regular workouts."

Coach Sigmon was instrumental in providing the photos and information interviews for this article. He has always been impressed with James.

James Hardman is also doing well as a student. He maintains a 2.4 grade point average and is a public

Continued on Next Page
relations major. Only 18 credit hours remain for his degree and James will graduate next May.

"As team captain, he provides great leadership in the weight room as well as on the field. He makes my job easy. James even gets mad when the team doesn't clean up properly. He's really a great person." Chip Sigmon

James was very happy about his rehabilitation progress. "I think squats are the most important lift for a football player. That's why it really felt good to get my 600 pound squat back after my injury."

I asked James if there was anything that really irritated him. He responded with a serious tone, "It's people who don't fulfill their potential and waste their ability. There are so many people who would love just to have a chance to play college ball. If my teammates aren't ringing with sweat, they should be."

How about drugs and alcohol? "That's really a waste. They hurt you a lot more than they ever help you."

And steroids? "I have mixed feelings. I haven't considered taking them."

What's the most important thing in life? "Being happy is working hard, eating good, achieving goals and making your dreams happen. I want always to be able to say: I gave it my best shot."

Any feelings on religion? "I'm a Southern Baptist and when I go, I enjoy it. It's a very important part of my life. I grew up with it."

James, are you married? He chuckled, "No sir! I was close to getting married one time but I got away. I've got too many things going on. My education, my upcoming season and hopefully a shot at pro ball."

We'd like to thank Coach Chip Sigmon for his help on this article and give special thanks to James Hardman for being an Upper Limit person and great example for all.
### James Hardman Progress Chart

<table>
<thead>
<tr>
<th>Year</th>
<th>HT</th>
<th>WT</th>
</tr>
</thead>
<tbody>
<tr>
<td>JR</td>
<td>6-3</td>
<td>205</td>
</tr>
<tr>
<td>SR</td>
<td>6-2</td>
<td>230</td>
</tr>
<tr>
<td>HT</td>
<td>5-11</td>
<td>205</td>
</tr>
<tr>
<td>Bench</td>
<td>220</td>
<td>275</td>
</tr>
<tr>
<td>SO</td>
<td>6-3</td>
<td>300</td>
</tr>
<tr>
<td>Squat</td>
<td>350</td>
<td>490</td>
</tr>
<tr>
<td>Sr.</td>
<td>6-3</td>
<td>300</td>
</tr>
<tr>
<td>40</td>
<td>5.2</td>
<td>250</td>
</tr>
<tr>
<td>40</td>
<td>8.1</td>
<td>205</td>
</tr>
<tr>
<td>40</td>
<td>4.9</td>
<td>270</td>
</tr>
</tbody>
</table>

### Lamar Baseball

Overachievers who spent many hours in the weight room and on the practice field. Their 86 record was 18-4, and the rewards of excelling beyond one's personal expectations can be the biggest prize of all. The Lamar system is one dedicated to excellence, and we are strong supporters of the OHSAA. Our players' equipment is state-of-the-art and we're always looking for new ways to make our gym a better place.

### Larry W. Jones

*Head Coach*

Assistant Football Coach

Robert E. Lee High School

### Larry Hardman

*Power Shrugging* 225

Continued from Page 15

Larry has been discovered by many colleges and universities for his athletic accomplishments. He's nominated for 100 yards in a single season, first Contact record holder for a single season, and what the stand for men of the starting eight. Larry's stand is as strong as he could possibly make them. Our school probably will never give two seniors like Larry and Carey again. Please give two seniors consideration for your All-American Team.
"IF MY TEAMMATES AREN'T RINGING WITH SWEAT, THEY SHOULD BE."

THE VISION
Coming
November 1987
BFS Journal
Don't Miss It

BFS MEDALS

BFS Medal comes in Beautiful Burnished Gold!
Ribbon is Red White and Blue

Great For Any Award!

<table>
<thead>
<tr>
<th>COST</th>
<th>One</th>
<th>2-9</th>
<th>10 Plus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medal Only</td>
<td>$5.95</td>
<td>$5.50 Ea.</td>
<td>$5.00 Ea.</td>
</tr>
<tr>
<td>Medal with Jacket Ribbon</td>
<td>6.95</td>
<td>6.50 Ea.</td>
<td>6.00 Ea.</td>
</tr>
<tr>
<td>Medal with Neck Ribbon</td>
<td>7.95</td>
<td>7.50 Ea.</td>
<td>7.00 Ea.</td>
</tr>
</tbody>
</table>

Call Toll Free 1-800-628-9737 or write BFS