



*The LSU Strength and Conditioning Facility is conveniently located in Tiger Stadium, just a few yards from the LSU Football Locker Room.*

# Strength & Conditioning

In just two short years, strength and conditioning coach **Tommy Moffitt** has proven to be a perfect fit in purple and gold. Since Moffitt joined the Tigers for the 2000 season, they have become one of the most fit programs in the nation as witnessed by their success in the fourth quarter each of the past two seasons. Prior to



## THE 4th Quarter Program

Making a difference down the stretch is important in every college football game. The Tigers follow the most strenuous off-season conditioning programs that give them what they need when the clock is winding down in the fourth quarter.

*"The 4th Quarter Program is designed to take our players to the next level. Our focus with the 4th Quarter Program is in five areas – discipline, commitment, toughness, effort and pride. Our players have devoted themselves to these values and as a result, they are having a great deal of success on the field, in particular the fourth quarter."*

**- LSU Strength and Conditioning Coordinator Tommy Moffitt**

The Tigers have recorded five fourth-quarter comebacks in two years under LSU coach Nick Saban. LSU is 14-1 over the last two years when taking a lead into the fourth quarter.

### LSU's 4th Quarter Comebacks Under Nick Saban:

2000		
GAME	RESULTS	4TH QUARTER DEFICIT
Mississippi St.	W, 45-38	down 31-17 entering fourth quarter
Alabama	W, 30-28	down 21-14 with 11 minutes to play
Georgia Tech	W, 28-14	down 14-9 entering fourth quarter
2001		
Kentucky	W, 29-25	down 25-22 with less than a minute
Tennessee	W, 31-20	down 17-16 entering fourth quarter



*The Tigers work on various karate techniques to help improve agility and flexibility.*

*Third-year strength and conditioning coach Tommy Moffitt was the 1999 National Strength Coach of the Year and brings a wealth of experience with many of the nation's premier programs.*



The LSU strength and conditioning facility, located in Tiger Stadium, was built in 1997 and features the latest in both strength training and cardiovascular training equipment.

Taking advantage of the best facilities in the nation, not surprisingly, LSU has had its share of Strength and Conditioning All-America recipients. **LSU has had at least one Strength and Conditioning All-American four of the last six years.**

coming to LSU, Moffitt was named the **1999 College Football Strength and Conditioning Coach of the Year** by the Professional Football Strength and Conditioning Coaches Society.



**More Info:**

[www.lsusports.net/fb/ipix/fbweight.htm](http://www.lsusports.net/fb/ipix/fbweight.htm)

Want to see more of the Tiger's Weight Room? Take an IPIX 360° virtual tour on the LSU Athletic Department web site.

LINK



## Broussard Center for Athletic Training

LSU boasts the largest and most complete athletic training facility in all of collegiate athletics. Focused on aggressive rehabilitation, the Broussard Center for Athletic Training is furnished with the latest in technology and equipment. Some of the features of the 23,000-square foot



facility include an on-site x-ray room, an in-house pharmacy, as well as state of the art hydrotherapy pools. The Broussard Center for Athletic Training is equipped with the largest hydrotherapy pools in both collegiate and professional sports and is one of the few collegiate training centers with a full-service pharmacy, as well as on-site x-ray room. LSU is





**The LSU Athletic Training Pharmacy is the only one of its kind in college athletics. Staffed by pharmacist Kevin Denoux, the LSU Athletic Training Pharmacy provides the Tigers with first-class service in a convenient location.**

also the only school in college athletics with a training room equipped with a full-service vision center. The facility is named in honor of legendary trainer Dr. Martin J. Broussard, who served as LSU's athletic trainer for several decades.

**More Info:**

[www.lsusports.net/fb/ipix/fbtraining.htm](http://www.lsusports.net/fb/ipix/fbtraining.htm)

Want to see the Hydrotherapy Pools? See the IPIX 360° virtual tour of the Training Room on the LSU Athletic Department web site.

LINK

**Dr. Martin J. Broussard**

LSU's multi-million dollar athletic training facility is named in honor of Dr. Martin J. Broussard, who served as head trainer for the Tigers for four decades. Broussard lettered in baseball and track and field at LSU in the mid-1940's winning the SEC broad jump title in 1944 and finishing second in the 220-yard dash. He served as head trainer at Florida and Texas A&M before being appointed to the same position at LSU in 1948 and the legendary Broussard has been an LSU fixture since. Broussard graduated from LSU in 1945 and he received his Master's of Science degree from LSU in 1960 followed by a doctorate in 1967.

"Doc" was also a trainer for the Pan American Games in 1955 and the U.S. Olympic team in 1960, and in 1963 he was named Trainer of the Year by the Rockne Foundation.



**Dr. Martin J. Broussard with LSU running back Billy Cannon in 1959.**

The Tigers receive the 2002 Nokia Sugar Bowl trophy after posting a convincing 47-34 victory over Big Ten Champion Illinois. The victory was LSU's fourth Sugar Bowl win.



# Championship Football

- 199** Academic All-SEC honors
- 172** First Team All-SEC selections
- 52** All-America honors
- 33** Bowl Games
- 23** NFL first round draft picks
- 19** Academic All-America selections
- 16** Bowl victories
- 10** College Football Hall of Famers
- 8** SEC Championships
- 3** SEC West Championships
- 3** Pro Football Hall of Famers
- 1** National Championship
- 1** Heisman Trophy winner
- 1** Biletnikoff Award winner



*Billy Cannon returns home from New York after winning the Heisman Trophy in 1959*



*Tommy Casanova was a three-time All-America selection at safety from 1969-71 and is one of 10 former Tigers (5 players, 5 coaches) enshrined in the College Football Hall of Fame.*



*LSU coach Paul Dietzel guided the Tigers to the 1958 national title and as a result he was named National Coach of the Year by the American Football Coaches Association.*



THE  
**Earthquake**  
GAME

**Eddie Fuller** hauled in this **Tommy Hodson** pass with less than two minutes left to lift the Tigers to a **7-6** win over Auburn in 1988. The play caused such a thunderous explosion from the crowd of 79,341 that the **tremor** caused by the vibrations registered on a seismograph in LSU's Geology Department on campus.

**NATIONAL CHAMPIONS**

**1958**

**SEC CHAMPIONS**

**2001**

**1988**

**1986**

**1970**

**1961**

**1958**

**1936**

**1935**

**SEC WEST CHAMPIONS**

**2001**

**1997**

**1996**



LSU captured its first **national title** in 1958 as the Tigers rolled to a perfect 11-0 mark while allowing just 53 points all season long.



**Charles McClendon** capped his 18-year career in TigerTown by leading LSU to 13 bowl games, seven of which were victories, including the 1966 Cotton Bowl.

**HEISMAN TROPHY**

**Billy Cannon • 1959**

**BILETNIKOFF AWARD WINNER**

**Josh Reed • 2001**

**NATIONAL COACH OF THE YEAR**

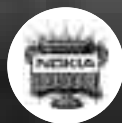
**Jerry Stovall • 1982**

**Charles McClendon • 1970**

**Paul Dietzel • 1958**

**Dwayne Pierce** raises the SEC logo celebrating the Tigers' 31-20 win over Tennessee in the 2001 SEC Championship game. The win clinched the **eighth SEC championship** in school history.





THIS IS LSU



**Mickey Mangham** hauls in the **Billy Cannon** toss for the only score in the 1959 Sugar Bowl against Clemson.

**BOWL APPEARANCES**

**Sugar Bowl**

1936 • 1937 • 1938  
1950 • 1959 • 1960  
1965 • 1968 • 1985 •  
1987 • 2002

**Orange Bowl**

1944 • 1962 • 1971  
1971 • 1983

**Citrus Bowl**

1979

**Cotton Bowl**

1947 • 1963 • 1966

**Gator Bowl**

1987

**Peach Bowl**

1968 • 1996 • 2000

**Sun Bowl**

1971 • 1977

**Liberty Bowl**

1978 • 1985

**Independence Bowl**

1995 • 1997

**Hall of Fame Bowl**

1989

**Bluebonnet Bowl**

1963 • 1972

# Bowl Games

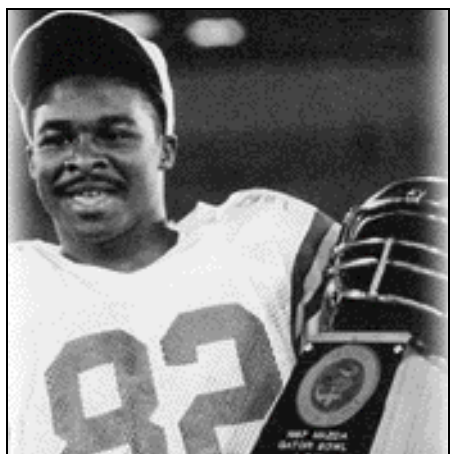


**Rohan Davey** passed for a Sugar Bowl record 444 yards to earn MVP honors in 2002.

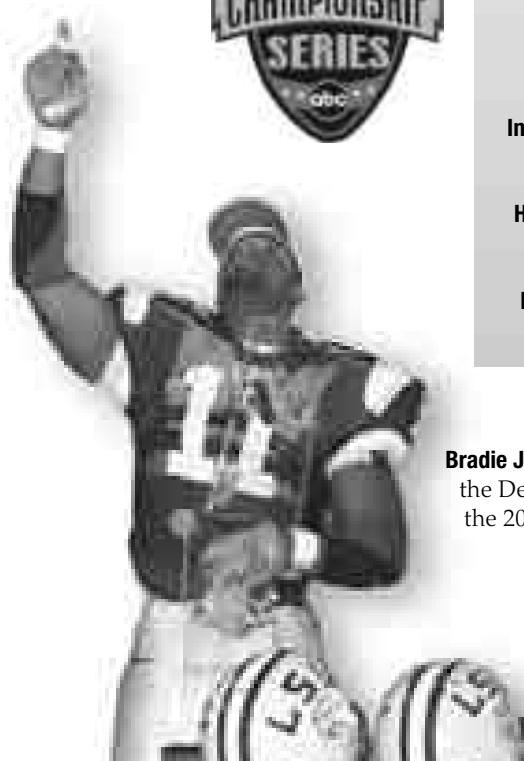
• LSU is one of only 14 schools across the country, including just five in the SEC, that have appeared in 30 or more bowl games.

• 18 of LSU's 33 bowl appearances have come on New Year's Day.

• LSU ranks ninth all-time in bowl appearances with 33 and the Tigers are 13th all-time in bowl victories with 16.



**Wendell Davis** holding the MVP trophy from the 1987 Gator Bowl.



**Bradie James** was named the Defensive MVP of the 2000 Peach Bowl.



THIS IS LSU

### LSU BOWL APPEARANCES

Sugar Bowl	11
Orange Bowl	5
Cotton Bowl	3
Peach Bowl	3
Independence Bowl	2
Liberty Bowl	2
Sun Bowl	2
Bluebonnet Bowl	2
Gator Bowl	1
Citrus Bowl	1
Hall of Fame Bowl	1

**Robert Royal** and the Tigers celebrate on the turf of the Superdome following their 47-34 victory over Illinois in the 2002 Sugar Bowl. The win was the first for LSU in the Bowl Championship Series.



**Dalton Hilliard** against Nebraska in the 1983 Orange Bowl.

### POSSIBLE BOWL GAMES FOR LSU IN 2002-2003

BOWL	DATE	TV	TIME (CST)	PARTICIPANTS
Mainstay Independence	Dec.27	ESPN	3:30 p.m.	SEC selection vs. Big 12
Gaylord Hotels Music City	Dec.30	ESPN	TBA	Big Ten vs. SEC Selection
Chick-Fil-A Peach	Dec.31	ESPN	6:30 p.m.	ACC selection vs. SEC selection
SBC Cotton	Jan. 1	FOX	10 a.m.	SEC selection vs. Big 12
Outback	Jan. 1	ESPN	10 a.m.	SEC selection vs. Big Ten
Capital One Citrus	Jan. 1	ABC	Noon	SEC vs. Big Ten
Rose	Jan. 1	ABC	4 p.m.	Bowl Championship Series (Big Ten vs. Pac-10)
Nokia Sugar	Jan. 1	ABC	6:30 p.m.	Bowl Championship Series (SEC)
FedEx Orange	Jan. 2	ABC	7 p.m.	Bowl Championship Series (ACC vs. Big East)
Tostitos Fiesta	Jan. 3	ABC	8 p.m.	Bowl Championship Series (#1 vs. #2)



**Charlie McClendon**, seen here riding the shoulders of his players after guiding the Tigers to a 13-0 victory over Texas in the 1963 Cotton Bowl, led LSU to 13 bowl games in 18 years from 1962-79.





## NFL Scout Day

Nearly 100 NFL representatives, including scouts, coaches and general managers, converge on the LSU campus each spring for Scout Day. Scout Day gives NFL scouts and executives an

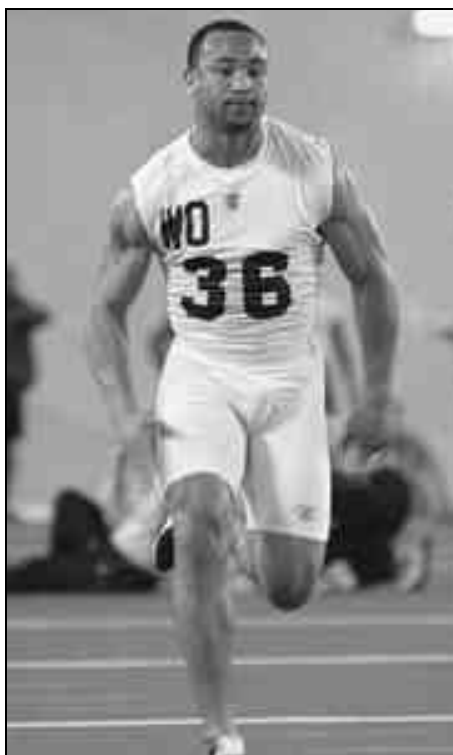
opportunity to view potential LSU pro prospects first hand through a series of drills. The LSU Indoor Facility is the ideal setting, giving both prospects and scouts all the necessary resources to conduct a productive

*"I looked at Scout Day as an opportunity to prove myself at the highest level. Coming from a school like LSU, many of the scouts and general managers will have seen you on TV already, but Scout Day gives them a chance to see what you can do up close and personal. I'll never forget looking up and seeing so many scouts there, but that's the advantage of being at a school like LSU and being at a top SEC program."*

- Anthony "Booger" McFarland , a Tiger from 1995-98 who went on to become the No.1 pick of the Tampa Bay Buccaneers in the 1999 NFL draft.



*LSU annually has one of the best attended Scout Days in the nation. NFL scouts and executives get an opportunity to test LSU player's strength, speed, agility and jumping ability in person.*



session.

Over his last six years as a head coach, Nick Saban has seen 27 of his players selected in the NFL draft. Currently, the Tigers have at least one representative

on 20 of the 32 NFL teams. Throughout its illustrious history, LSU has produced a total of 23 first-round draft choices and had one each year from 1996-99. The Tigers had five players drafted in the 2002 draft.





**Alan Faneca** has become one of the NFL's most dominating linemen. He earned a starting spot on the AFC All-Pro team last year.



**Kevin Mawae** is widely thought of as the NFL's top center. Mawae is also the league's highest paid player at his position.



## Tigers in the NFL



**Josh Booty** spent the 2001 season as a member of the Cleveland Browns.



**Tory James** led the Raiders with five interceptions in 2001. He has two Super Bowl rings from his days with the Denver Broncos.



**Rohan Davey** was a fourth round pick of the Super Bowl Champion New England Patriots in 2002.



**Anthony McFarland**, a first round pick in 1999, has recorded 10.5 sacks in three years with Tampa Bay.



After setting numerous SEC and LSU records in 2001, **Josh Reed** was a second round pick by the Buffalo Bills in 2002.



**Kenny Mixon** signed with the Minnesota Vikings after starting 50 games over four years with the Miami Dolphins.





**Kevin Faulk** carries the ball against the Raiders in a snowstorm in the 2002 AFC Divisional Playoff game. The Patriots went on to win Super Bowl XXXVI, the first Super Bowl victory in franchise history. Faulk graduated in three years from LSU.



In six years in the NFL, **Denard Walker** has picked off 10 passes, returning three of those for touchdowns.



**Wade Richey** has converted 75 percent of his field goal attempts in his career. He is now with the Chargers.



**Mark Roman** ranked fifth on the Bengals squad last year with 44 tackles and a pair sacks.



**Larry Foster** is one of the Lions' top offensive threats. Foster finished his LSU career ranked among the all-time leaders in receiving.



**Jarvis Green** was a fourth round draft pick of the Super Bowl Champion New England Patriots in 2002.



**Al Jackson**, a three-year starter for the Tigers, is now a member of the Dallas Cowboys.



### Current Tigers in the NFL

PLAYER	TEAM	POS.
Josh Booty	Cleveland Browns	QB
Alan Faneca	Pittsburgh Steelers	OL
Kevin Faulk	New England Patriots	RB
Larry Foster	Detroit Lions	WR
Raion Hill	Buffalo Bills	DB
Al Jackson	Dallas Cowboys	OL
Tory James	Oakland Raiders	DB
Reggie Jones	Kansas City Chiefs	WR
Eddie Kennison	Kansas City Chiefs	WR
Kevin Mawae	New York Jets	C
Todd McClure	Atlanta Falcons	C
Antony McFarland	Tampa Bay Buccaneers	DL
Kenny Mixon	Minnesota Vikings	DE
Marcus Price	Buffalo Bills	OT
Wade Richey	San Diego Chargers	PK
Mark Roman	Cincinnati Bengals	DB
Denard Walker	Denver Broncos	DB
Chuck Wiley	Minnesota Vikings	DT
Louis Williams	Carolina Panthers	OL
Brandon Winey	Denver Broncos	OL

### Tigers in the 2002 NFL Draft

PLAYER	TEAM	RD.
Josh Reed	Buffalo Bills	2nd
Rohan Davey	New England Patriots	4th
Jarvis Green	New England Patriots	4th
Robert Royal	Washington Redskins	5th
Howard Green	Houston Texans	6th



### NFL FIRST ROUND PICKS

1944	Steve Van Buren, B	Philadelphia
1948	Y.A. Tittle, QB	Chicago Bears
1951	Kenny Konz, B	Cleveland
	Ebert Van Buren, B	Philadelphia
	Y.A. Tittle, QB	San Francisco
1957	Earl Leggett, T	Chicago
1960	Johnny Robinson, HB	Detroit
	Billy Cannon, B	Los Angeles
1962	Wendell Harris, B	Baltimore
	Earl Gros, B	Green Bay
1963	Jerry Stovall, B	St. Louis
1966	George Rice, T	Chicago
1973	Bert Jones, QB	Baltimore
1975	Mike Williams, DB	San Diego
1977	A. J. Duhe, DT	Miami
1979	Charles Alexander, RB	Cincinnati
1988	Wendell Davis, WR	Chicago
1989	Eric Hill, LB	Phoenix
1991	Harvey Williams, RB	Kansas City
1996	Eddie Kennison, WR	St. Louis
1997	David LaFleur, TE	Dallas
1998	Alan Faneca, OL	Pittsburgh
1999	Anthony McFarland, NG	Tampa Bay