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### 05/14/1986 - Dan Polewski Recipient of 1985 All-American Athlete Award

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# **Panther Sports News**

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FOR IMMEDIATE RELEASE

CHARLESTON, ILL (May 14, 1986)--Eastern Illinois football player Dan Polewski (Dolton/Thornton CC) has been named a recipient of the 1985 All-American Athlete Award co-sponsored by the National Strength and Conditioning Association (NSCA) and the Drackett Company, makers of Nutrament.

91 collegiate athletes were honored after being identified by their strength and conditioning coaches as those who most effectively used strength and conditioning methods to improve their athletic performances.

The junior linebacker has never missed a workout and has tested to be Eastern Illinois' strongest football player. Polewski's top lifts include: 330 pounds in the incline bench press, 375 pounds in the bench press, 540 pounds in the squat and 550 pounds in the deadlift.

At 6-foot-1 and 232-pounds, Polewski has a 33 inch vertical jump, runs the 40-yard dash in 4.61 and bench presses his weight 22 times. He is majoring in dietetics.

The NSCA is an international organization of more than 10,000 professionals involved in the conditioning of athletes to levels of optimum performance. The purpose of the NSCA is to bridge the gap between sport science research and its practical application in the strength and conditioning facility.