

weight lifting

'Atlas' of another mold takes post at Oregon

By KEVIN HACKETT
Of the Emerald

The Oregon Ducks, tired of getting sand kicked in their faces by those beach bullies from USC and UCLA, have hired a former devotee of the Charles Atlas body-building course to come in and put some muscle into the Oregon athletic program.

Mike Flynt arrived in Eugene two weeks ago to take over as the Ducks' new "strength specialist." He will be charged with developing weight training and condition-

ing programs for each team in the men's and women's athletic programs. Flynt's hiring makes Oregon the only school in the Pac-8 and one of about a dozen universities in the nation to have a full-time strength coach on its athletic department staff.

Men's athletic director John Caine predicts that Flynt's expertise will have a noticeable effect on the Oregon athletic program.

"We think we have a man here who will enable our athletes to improve their abilities in all areas, especially strength," Caine said.

"The contributions he can make will be easily recognizable in all our athletic programs."

Although Flynt has relatively little coaching experience, weight training has been a part of his life since his childhood. As a boy growing up in Odessa, Texas, Flynt was rather small for his age. He saw an ad for a Charles Atlas course in the back of a comic book and sent away for the program. He stuck with the program and got "fantastic results."

"I was really dedicated. I ate right. I slept right. That course got me started and then it kind of snowballed," Flynt said. "Anytime you get involved with something and get results, that's incentive in itself."

Flynt's interest in weight training was nurtured further by a high school coach who developed a program for the varsity football team. Once again the results were apparent. His senior year, Flynt started on a team that won the Texas state 4-A football championship.

"Probably one of the main reasons we won that championship was because we were so much stronger than everyone we faced."

He was good enough to receive a football scholarship from the

University of Arkansas as a 150 pound defensive back. Following his sophomore year there, his father suffered a stroke. He was forced to drop out of school and return to Odessa to help with family business. He eventually returned to school at Sol Ross State University and played his final two years there.

Flynt didn't immediately plunge into a coaching career after graduation. He worked in construction and managed an insurance agency, all the while lifting competitively in state and regional meets in Texas. The 150 pound defensive back had grown and was now lifting in the 198 pound class. At the 1976 Senior National Weightlifting Championships in

Arlington, Texas he became acquainted with Boyd Epley, strength coach at the University of Nebraska. Epley has been at Nebraska for seven years and is considered one of the foremost authorities on strength conditioning in the nation. Epley was impressed with Flynt's knowledge of strength conditioning techniques and offered him an assistant coaching job. Flynt spent one year under Epley's tutelage before taking the Oregon job.

Flynt believes he can establish a top-notch weight training program at Oregon because the athletic department has cooperated in providing him with the best equipment available. In the past

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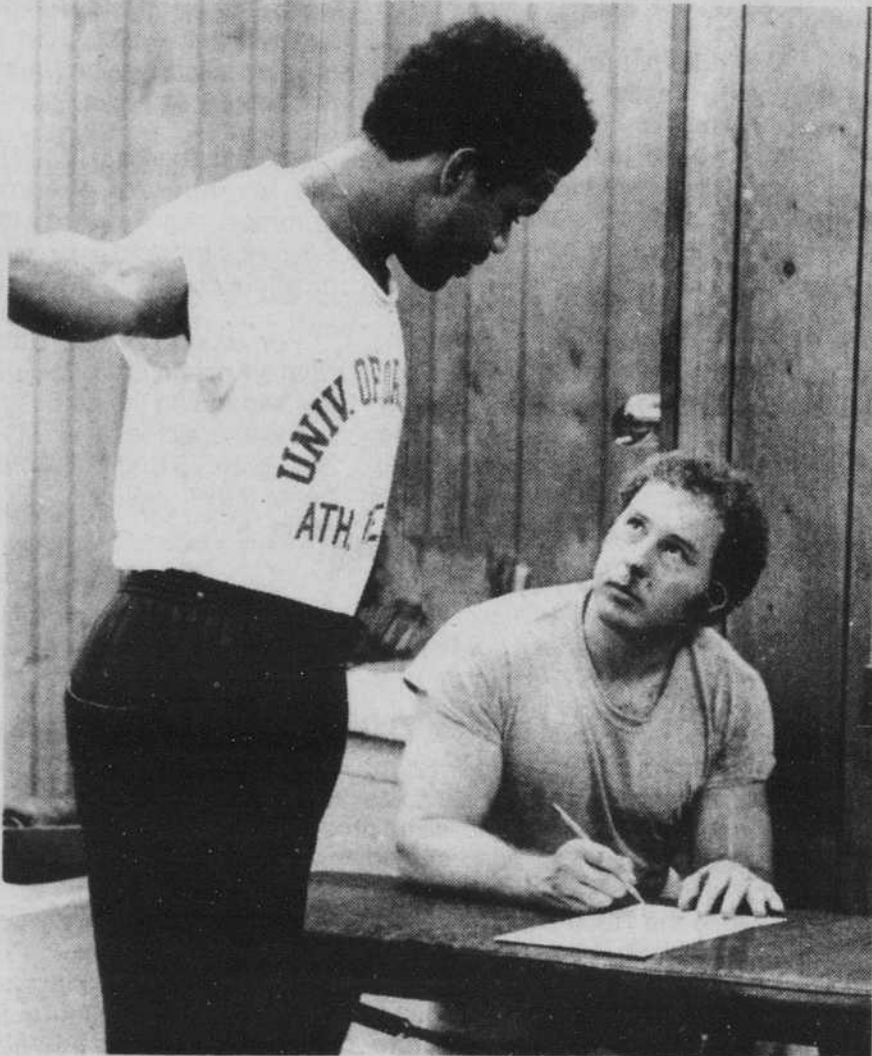


Photo by Mike Baer

Mike Flynt (right), a former devotee of the Charles Atlas body building course, has been hired as the weight training specialist for the Oregon athletic department.

LIVING LIGHTLY SYMPOSIUM FEBRUARY 8th and 9th

WED.

10:00 "ALTERING LIFESTYLES"

1:30 "BUILDING NEIGHBORHOODS"

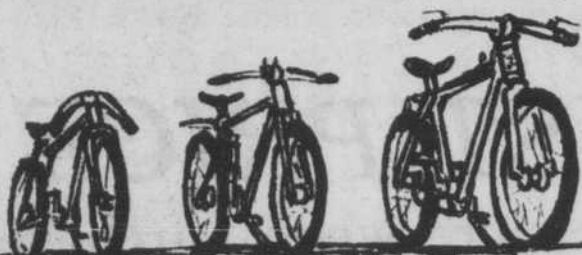
THURS.

10:00 "MAINTAINING LIVEABILITY"

1:30 "STATE CATALYST OF COMMUNITY DEVELOPMENT"

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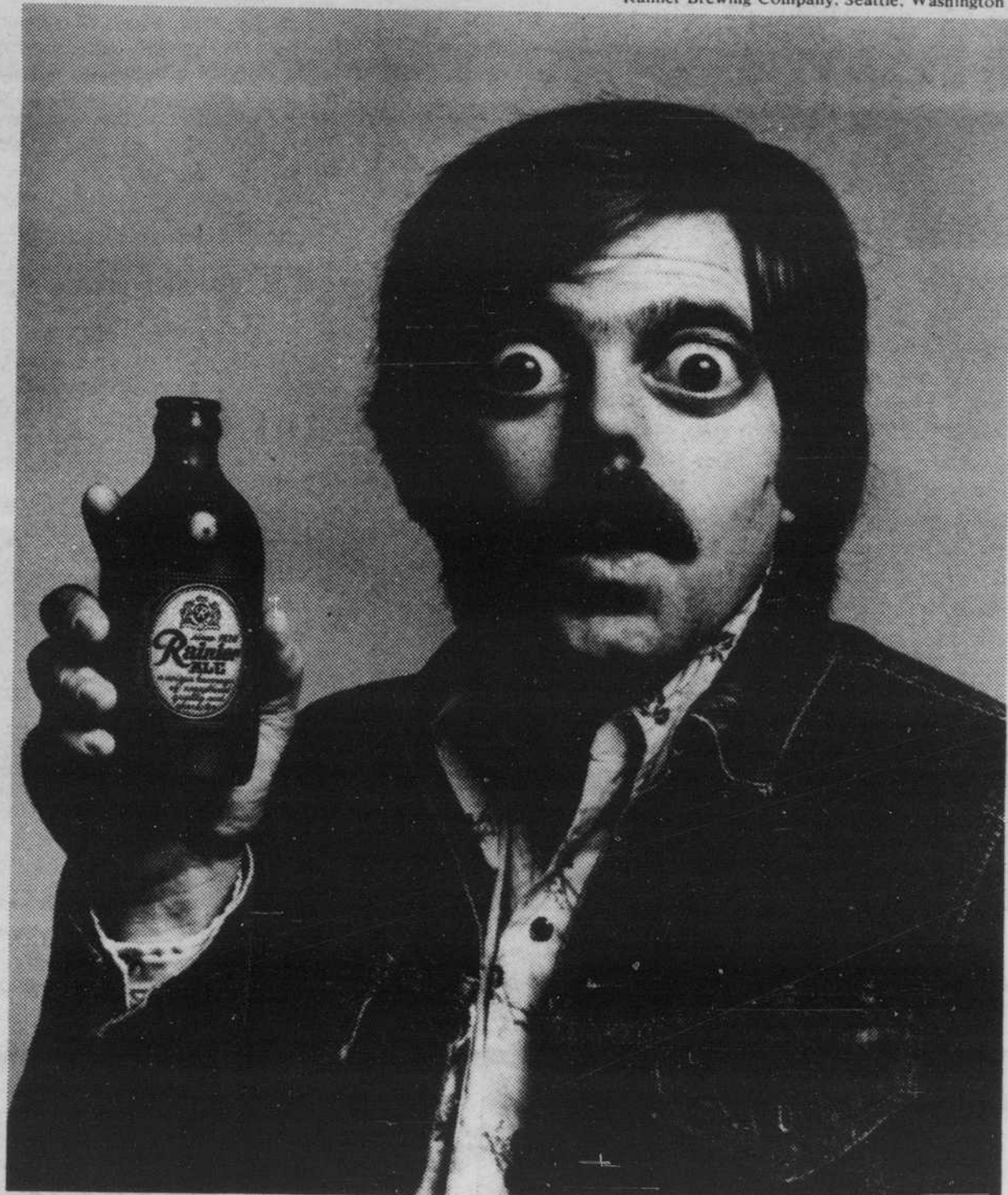
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