



**Roy Seidmeyer**  
Senior

**A**nationally recognized javelin thrower and a cadet in the Army Reserve Officer Training Corps, Roy Seidmeyer combines a rigorous extracurricular regimen with his studies at California State University, Fresno. It's a hectic lifestyle, but one that allows the CSUF senior to pursue each of the primary interests in his life.

During a European trip with the U.S. Junior National Track team in 1986, Roy met CSUF track coach Robert Fraley. Looking for a new school, Roy talked to the CSUF coach about the possibility of transferring here. After talking with Fraley, Fresno seemed like a good match. Roy recalls the tight schedule.

"I had a one-day recruiting trip and found the people very helpful. There was no question really. Then I left for a one-day visit home in Oregon, before going to Airborne School for the rest of the summer. I arrived in Fresno

two days before beginning my sophomore year without any definite plans of where I was going to stay.

"Both the track and ROTC departments were really helpful in confirming my courses, and it took roughly a week to find a roommate. The professors were very supportive. As a result, my studies have really improved. I made the Dean's List my first two semesters here, which was quite an improvement over my freshman year.

"The classes are challenging, but it's more relaxed here than my first year of college. I even found the process of meeting new friends easier. It's a really friendly atmosphere."

A scholarship recipient from both the track and ROTC programs, Roy must balance the requirements of each in concert with his studies. On a typical day, he is up by 5 a.m., showers and is off to campus. The first stop is the North Gym mat room, where he works out with the ROTC Ranger Challenge Team for a military skills competition. At 8 a.m., he returns home for a quick breakfast, before returning to campus for his midday class schedule.

After class, javelin practice lasts until 4:30 p.m., unless afternoon military science courses command his attention, in which case javelin practice is split into before and after class sessions. After practice, he returns home to eat dinner, study and relax. Bed time comes early, usually before 10 p.m.

"When I get to school, there's hardly anyone else around," he notes.

"It's a routine. It's mental. It can be miserable sometimes. You have to take responsibility for your studies, and yet still take time to enjoy life. You have to deviate from the routine every now and then.

"It's tough balancing it all. ROTC training is endurance. My track event is speed and strength. They work against each other. And you've always got something to do, somewhere to be."

Is it worth it? Consider that Roy has the assurance of immediate work after he graduates, thanks to ROTC, and he has a legitimate chance at making the U.S. Olympic Team, most likely in 1992. Not many people can make that claim.

"I'd like to have both," Roy says of his goals. "I definitely want to be in the military. I know I'll have a good paying job when I get out of school. I'll get to see some of the world.

"With the javelin, it depends on how well I do. I'd like to make the Top Ten nationally and make the Olympic Trials. I only need two more feet to qualify. And I know with maturity that I am only going to get better.

"The Olympics is really pushing it, but I won the junior nationals in 1986 and I wasn't supposed to place. There will be at least 20 competitors at the trials and three qualify. If not 1988, I'll be an even more viable challenger in 1992.

"The Olympics is as far as you can go in athletics. If I could get there, it would be a dream. The only thing that could top it would be winning."