

# : successful on and off the field

Stellato also learned a very important lesson from his family that has stuck with him and enabled him to reach his goal as an athlete.

It would be his work ethic. His parents and grandmother are an example of hard work. His father started selling newspapers in Boston Garden when he was ten years old. His mother worked at Filene's when she was 86 years old.

Whereas some athletes have other athletes as role models, Stellato's role models are his parents.

"They're very supportive. They help me when I'm down, and they have instilled values in me. They help me keep my motivation and tell me never to stop trying for the stars," he said. "Religion definitely matters to me. He said that he listens to gospel music before games, and that provided a relaxing effect. I feel grateful to have the opportunity to play sports, and I credit God for bringing out my abilities.

Stellato follows a strict diet and training program to get his body in shape to play football and basketball.

"I like to treat my body like a machine," he said.

His training includes the mentioned brick catching, driving cars in neutral, and running up and down steep hills.

Weight training has helped him gain some speed and help with length. During his college

career, his 40-yard dash time has improved by a quarter of a second. His bench press has gone from 270 pounds to 315.

Always careful to mention those who have helped him along the way, Stellato noted that Ron Jones, a former CFL player with the Winnipeg Blue Bombers, has helped him prepare during the off-season.

While making himself faster and stronger has definitely helped him progress, Stellato has also worked at becoming a student of the game. He has read books by Wayne Chrebet, Bill Parcells, and Muggsy Bogues. His knowledge of the game has not gone unnoticed.

"He's always been an athletic person, and now he's improved his understanding of the passing game and pass coverages," Parady said.

After the football season comes to a close, Stellato makes a quick transition to basketball. It is literally a quick transition, because he only took two days off between sports last year, and he does not plan on taking any this year.

The reason? In basketball, Marist plays at Boston College on Nov. 28. It will be a homecoming for him, and he wants to be in top shape if he is called on to perform.

Stellato cited the work of Peter Reppas in helping him prepare for basketball season. He helps him get into shape, and Stellato considers him to be a

great motivator.

Stellato has made his presence felt on the basketball team with his desire.

"You can never have enough guys like him," said assistant coach Stephen Sauer. "He has an extra passion for the game, and you hope it's contagious in a good way."

Stellato has also made his mark in the classroom. He sees the need to put as much effort into his studies as he does into his sports.

"When my college career comes to an end, I don't want to say that I dogged it. I want to say I gave 110 percent in sports and studies," Stellato said.

He has a cumulative 3.5 GPA, and he is such a frequent visitor to the Dean's List that he really can't be considered a visitor anymore. He is majoring in Communications with a concentration in Public Relations with a Business minor.

When he's done with school, Stellato has a plan. First, he wants to see if he can continue playing basketball or football. If that does not happen, he is considering going to acting school. If that fails, he has his degree.

Stellato said that no one should discourage you from going after your goals and dreams. He is determined not to let anyone stand stop him from pursuing his.