

Class of 1966

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Dear Men of '66,

When we arrived on campus in 1962 as freshmen, each of us had chosen Wabash for many different reasons. Our class was/is a diverse group and we brought talent, intellect and imagination to the College. While we had many athletes, not many came to Wabash because of the athletic facilities. On the third floor of the Armory was our weight room with about 200 pounds of weights and a sign that said “Welcome to Ernie's body shop-now get to work!” Ernie was Ernie Fritch, a former pro football player and defensive football coach for Ken Keuffel and the single wing. But times do change, and the young men looking at colleges today are serious about health and fitness. So, having a first class fitness facility is extremely important. But the facility is only as good as the training and supervision that an expert in the field can bring to all of the athletic programs.

On an early morning (6AM) walk through the Allen Athletic Center this past Fall there was a new face in the fitness center, and he seemed to have complete command of the numerous athletes in attendance. Being somewhat inquisitive and curious, it seemed an introduction was appropriate. Well, the College had taken a bold step and employed a true professional to work with our students in strength and conditioning. So, meet our new Director of Strength and Conditioning, David Williams, whom we are quite fortunate to have working with our students. What an impressive background he brings to Wabash, and what a gentleman he is-a true fit for Old Wabash!



Coach David Williams (MS, RSCC, CSCS, SCCC, USAW) brings over 15 years of experience in the field of sport science and strength & conditioning to Wabash College. He enters his career at Wabash College as the first ever Director of Strength & Conditioning and is tasked with creating and building the school's Strength & Performance program from the ground up. Williams hopes to quickly attain and implement an array of needed strength training equipment and technology for use with the next generation of Wabash students.

As a senior in the 235lb class, Williams was the first athlete from White Knoll high school to win 1st place at the South Carolina high school state weight lifting championship. He was an All-State defensive lineman also becoming the first athlete from his school to earn both a Division 1 FBS scholarship and “Shrine Bowl of the Carolinas” selection.



He started his strength and conditioning career at the University of Central Florida while playing football for the Knights. During his junior year he began interning in the weight assisting multiple UCF sports teams and earning his first strength and conditioning coach certification through the CSCCa before the start of his senior football season. As a three year starter and Team Captain, Williams was all conference honorable mention and earned numerous team awards including the UCF Iron Man award for being the strongest pound for pound player on the team. As a senior he helped lead a UCF team that would go on to win 11 games, win the conference championship over SMU, earn the programs first ever bowl victory against the

University of Georgia, and enter the AP National Top 25 rankings for the first time in school history.

While nursing a torn shoulder labrum through the end of his senior season, Williams decided to participate in the UCF Pro Day and designed his own training program for the 12 weeks leading up to it. Williams was named by the Orlando Sentinel as a top performer at the outing, posting 30 reps of 225lbs on the bench press with a torn labrum, a 4.67s 40yd dash, 10ft 4in broad jump, and 39in vertical jump at a body weight of 247lbs. Despite gaining interest from several NFL teams, Williams ultimately opted to have surgery on his shoulder two weeks later and declined a training camp invite from the Jacksonville Jaguars, effectively ending his playing career.



Williams became a graduate assistant in the UCF Human Performance Laboratory learning sport science and research while attaining his Masters Degree in Exercise Science in 2012.



Upon graduating he joined the Indianapolis Colts strength staff as an intern and immediately assisted in helping the Colts turn the previous years' 2-14 record into an 11-5 season with a playoff berth and loss to eventual super bowl champion Baltimore Ravens. Coach Williams was ultimately promoted to Conditioning Performance Analyst and helped implement and manage a new GPS tracking system in which all players' workloads were monitored during practice in real time. In Coach William's first year implementing this system, there was an 80% reduction in players on the Injury Reserve list from the year before. During his time with the team, the Colts would go on to make the AFC Championship game in 2015 and set an NFL record for 16

straight divisional wins, breaking the mark previously held by the 1972 Miami Dolphins.

Coach Williams would later serve as the Director of Strength and Conditioning for the Indiana Fever of the WNBA for the 2016 Season in which they would also make the playoffs for the 12th year in a row setting the WNBA record for the most consecutive playoff appearances.



In 2016 Coach Williams became the Director of Sports Performance at Zionsville High School and served in that role for 8 years. While there, every single male and female strength record was broken. During Coach William's tenure, Zionsville reached the state championship in multiple sports and secured as many state titles in 8 years as the previous 135 years combined.

David and his wife Erica were married in 2012 and have three girls: Emersyn, Kennedy, and Pierce. Erica is the Manager of Agency Promotions at Indiana Farm Bureau Insurance. The Williams family attends the Northwest location of Traders Point Christian Church.

“And o'er thy classic halls the scarlet flag shall proudly flash. ...”

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