

Bruce Wilhelm named

By DICK O'CONNOR

Bruce Wilhelm of Fremont High School in Sunnyvale is the 1963 winner of the Times Midpeninsula "athlete of the year" trophy.

Wilhelm, who stands 6-3 and weighs 235 pounds, is the biggest of the 10 winners of the annual award and has the potential to become the best of the group.

The judges voted him the award off of his outstanding record of having won two state championships.

He captured the state heavyweight wrestling crown and then became the best shot putter in California by beating an all-star field in the CIF track championships at Berkeley two weeks ago.

Wilhelm does not come by his tremendous athletic ability naturally. For every muscle he has, for every blue ribbon, for every A grade in class, there was an equal amount of hard work.

Perhaps the first to note the future greatness in Wilhelm was Hank Norberg, the dean of boys at Fremont. He was a fine shot-putter at Palo Alto High School in the late 1930s — before Bruce was born.

Recalls Norberg:

"Bruce was a big, scrawny kid when I first saw him as a freshman. But he was willing to work and the potential was there."

Wilhelm credits Norberg with bringing out the greatness.

"He worked with me and

showed me how to get the best out of my shot putting. He taught me to hold back as I turned so I could throw better."

"Better" for Bruce was 64-2 with the 12-pound shot and 54 feet the first time he ever tried to throw the 16-pound ball.

Wilhelm won't be happy until he makes the Olympic team. That may not be in Tokyo in 1964. Bruce is the first to admit that his competition for a berth then is stiff.

"If I don't make it in 1964 I will keep on trying. An athlete doesn't reach his peak until he is 30 and I plan on competing at least until then."

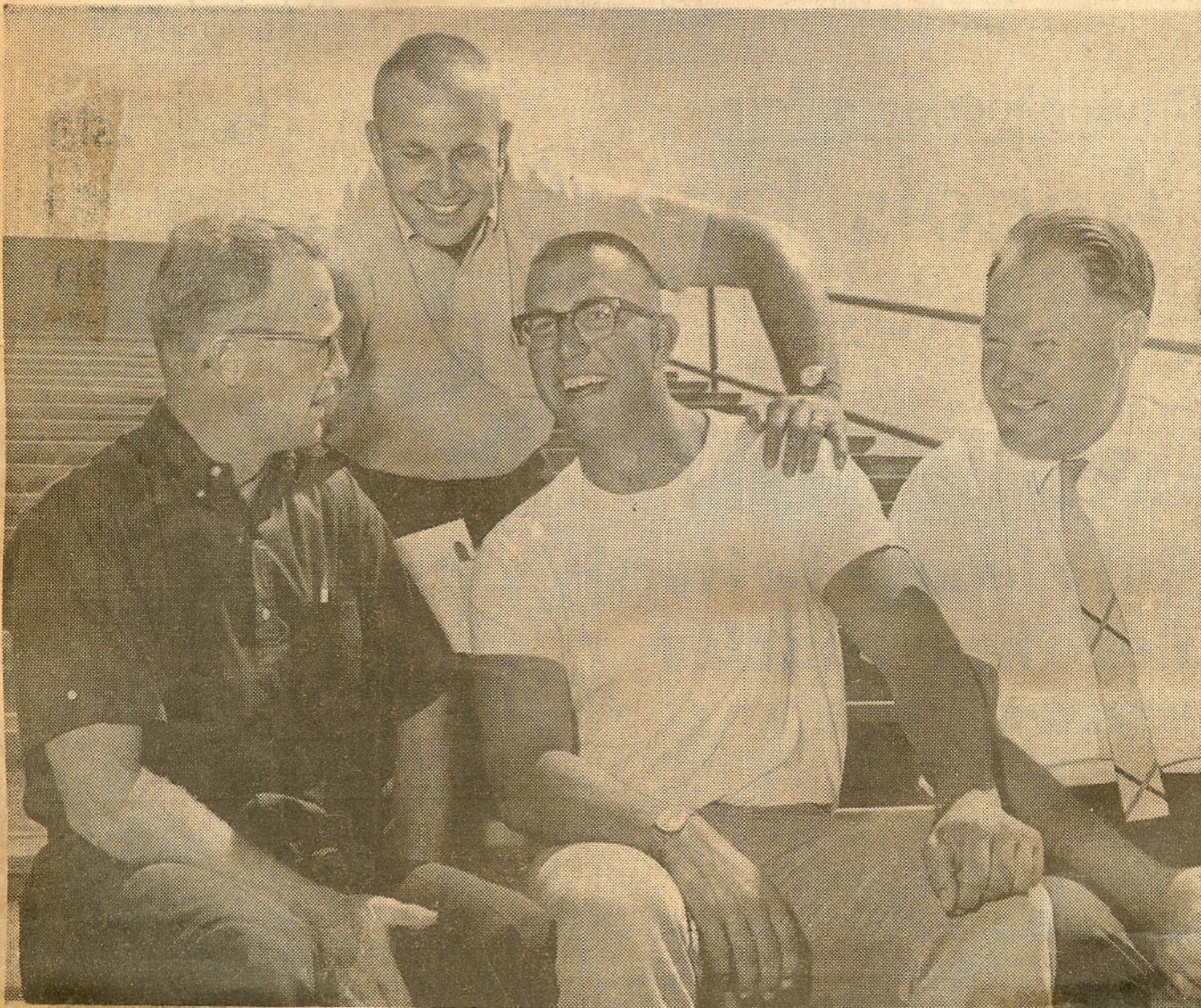
Wilhelm figures his toughest competition will come from Randy Matson, the Texas won-

der boy who threw the 16-pound shot 60 feet last week.

He may get to throw against Matson in his final high school competition. That will be the Golden West Invitational meet at Los Angeles June 22.

From now on track will be

Palo Alto
Sports



They helped mould the 'athlete of the year'

Here are the Fremont High School coaches who worked with Bruce Wilhelm (center). At left is track coach Gerry Ferguson, B and at right is weight coach Hank Norberg. To the rear is another track aide, Rod Sprecher.

ed 'athlete of year'

Wilhelm's major athletic activity. It hasn't always been that way. He also competed in water polo and wrestling.

And Bruce adds, painfully:

"I went out for cross-country one year but that wasn't for me."

Wilhelm found that water polo wasn't for him either. He was good enough to make all-league as a frosh-soph, however.

But Bruce didn't care much for team sports. He liked the idea of being on his own. He had that opportunity in wrestling and as a shot putter.

"There's no one to help you in those sports," he explained.

Bruce didn't need any help in wrestling. He won the state heavyweight title by beating a highly rated wrestler from San Lorenzo.

That match was actually decided at the breakfast table. Bruce decided that some extra weight would help him against his 230-pound opponent.

So he ate two steaks, a double order of pancakes, a quart of orange juice and nearly two quarts of milk.

Came time for the title match and Bruce simply rolled his foe into a ball and tossed him to defeat.

The bill for breakfast was \$8.50 but Wilhelm feels it was a good investment.

Food bills are not small at the Wilhelm home in Sunnyvale. Besides Bruce there is older brother, Bob, and younger brother, Steve.

Steve may someday be the biggest of the family. He's in the eighth grade and is 5-11 and weighs 175 pounds. He already

has thrown the eight-pound shot farther than Bruce ever did.

Should Wilhelm make the Olympic team, he would be the third Times "athlete of the year" to achieve that honor. Rinky Babka of Palo Alto High School, the 1954 winner, made it in the discus.

Steve Clark of Los Altos, the 1961 winner, made it in swimming.

It took an exceptional person to win the Times award this year. The winner had to beat out fine athletes like Tom Lundy of Sunnyvale, Henry Lasket of Menlo School, Rob Rideout of Cupertino and Greg Buckingham of Menlo-Atherton.

Bruce Wilhelm is THAT exceptional person.

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(Times photos by Gene Tuppi)

The 1963 Times Midpeninsula 'athlete of year'

Bruce Wilhelm of Fremont High School in Sunnyvale today was named the top senior athlete in the Midpeninsula area. He is the 10th winner of the award and second from Fremont. The other Indian winner was Tyce Fitzmorris in 1960.