

Former UK athletes appreciate what Pat Etcheberry did



Larry Vaught
Contributing Writer

Pat Etcheberry, a native of Chili, was a Southeastern Conference champion in the javelin in 1966 at Kentucky and then was an assistant track coach at UK from 1967-79 and head coach from 1979-84. However, he also was the strength and conditioning coach for all UK teams from 1973-89 where his innovative methods helped numerous UK athletes and was a major reason for his induction into the UK Athletics Hall of Fame.

He recently passed at age 82 and UK athletes who trained under him remember him well. After leaving UK he became a trainer for some of the world's best tennis players including Andre Agassi, Pete Sampras, Jim Courier, Justine Henin, Martina Hingis, Monica Seles and Jennifer Capriati. He also trained elite athletes in golf, football, basketball, hockey, baseball, auto racing, sumo wrestling and various Olympic sports, including 15 Olympic medalists.

"When (eventual All-American defensive end) Art (Still) and I got there (from New Jersey) we had never lifted weights. Pat just had a way to push you in the weight room. I was always grateful to him for that. He drove us and pushed us to be great," said Ramsey. "When we got to be juniors, he knew and we knew we had a shot of playing in the NFL and he told us, 'Do you want to eat hot dogs for the rest of your life or do you want steak?'"

"I came to UK weighing about 195. Art was like 205.

He had a bench press and squat test when we got there. We were both naturally strong but not weight-lifting strong. That first day I was watching guys doing 225 (pounds) but I didn't know how much it was. It got to be my turn and I told them just to put what weight those other guys were going. The thing almost went through my chest. The same thing happened to Art. Everybody was laughing at us but by the time we left I could bench 300 and was in the 400 (pound) squat club due to Etch.

"He was so motivational. I knew he was a guy who cared for us and not a guy just using us. In my high school, college and professional career I was never around a more effective, gifted coach that I enjoyed working with like Etch. I could never thank him enough for what he did."

All-American basketball player Kenny Walker remembers his freshman year when Etcheberry challenged some UK football players to see if they could lift more weight than basketball players Charles Hurt and Derrick Hord -- and they couldn't.

"As a freshman I was

maybe 190 pounds, at most 195. By the time I was a senior I was up to 218 from working with him. He was very good at what he did. He was ahead of the time with his techniques," Walker, who played in the NBA from 1986-1995, said. "He worked with basketball players on developing long, lean muscles and not as much bulk.

"I always got along with Etch because I had a good work ethic. He expected you to work and I did that."

Etcheberry normally worked with the UK bigs in the weight room and Walker remembers once when

"Pat Etcheberry worked well with all players," Dornbrook said. "He took a bunch of us out to the lake he lived on and sat in his sailboat while we -- the football players -- pulled the boat swimming for a couple hours. I liked Pat."

WTVQ-TV sports anchor Jeff Picoro has also been the radio color analyst for the UK Sports Network since 2002. The Lexington native walked on the UK football team in 1980 and earned a scholarship his senior season. His best Etcheberry memory does not involve football.

"I was on my honeymoon in Las Vegas and my wife and I went to a show at the MGM. We got great seats because I worked for the Reds," Picoro said. "In walks Andre Agassi and Steffi Graf along with their coach Pat Etcheberry."

Etcheberry was with the tennis legends, who are married, Picoro said he yelled, "You pencil neck mullet," because that was what Etcheberry called players when he was mad.



(UK Athletics Photo)

Pat Etcheberry was a SEC javelin champion at UK who went on to become the strength and conditioning coach at Kentucky for every sport from 1973-89

guards James Blackmon, Ed Davender and Roger Harden were "taking it easy" thinking he was not watching.

"He caught them and told them he was training them that day and he really got into them," Walker said. "He had a unique approach to his job and was very good at what he did."

Offensive lineman Tommy Dornbrook was not picked in the 1978 NFL draft but played two years for the Pittsburgh Steelers and won a Super Bowl in 1979. He also played one year with Miami and won a United States Football League (USFL) championship in 1983 with Michigan.

Launch

from 1B

not before Davis stole home for another run, 5-0.

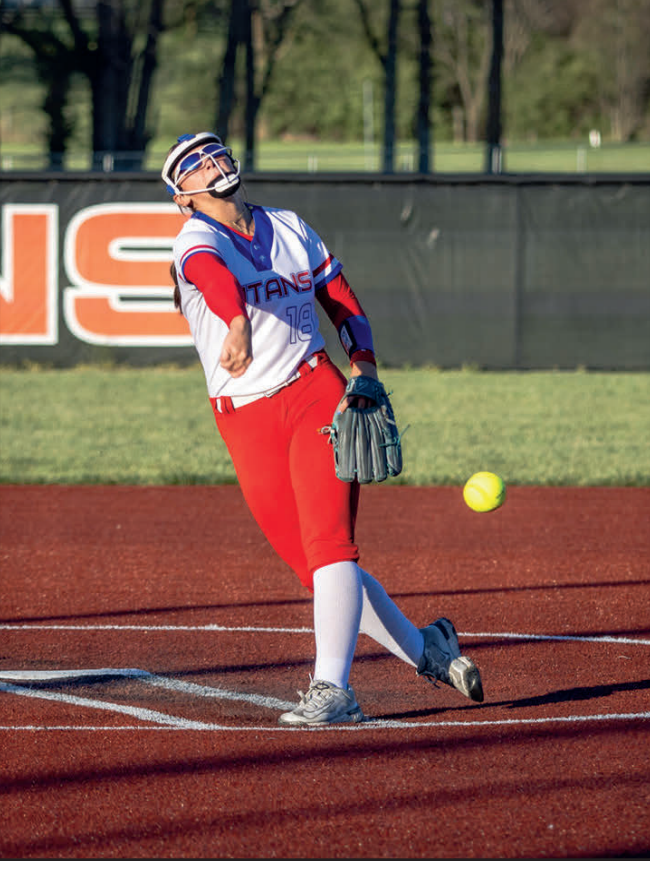
In the top of the third inning, Rockcastle County had their first hit, which was a triple to right field, but that was the end of their momentum because Musick struck out the next three batters.

The Titans quickly loaded the bases at the top of the third from hits by Carlton, Musick and R. Ransdell, who was hit by a pitch. Floro hit a deep shot to right field, scoring three runs, and she made it to third base, 8-0. H. Ransdell hit a grounder to third base that allowed Floro to score, 9-0. The Rockets picked up three outs with a catch in the infield and two strikeouts to end the third inning.

Musick started the top of the fourth inning with a strikeout, but gave up a single to center field. The Rockets grounded out to first base, allowing their runner to get to third base, and scored their first run on a single to left field, 9-1. The Titans got the final out on a grounder to R. Ransdell at shortstop.

The Titans started the bottom of the fourth inning with junior Natalie Johnson getting walked, and she stole second base. Johnson advanced to third on an error, and a single to right field from Carlton allowed her to score, 10-1. Musick grounded in a fielder's choice, and Carlton was out at second. Seventh grader Brooklyn Baker replaced Musick on first base as a courtesy runner. R. Ransdell hit a grounder to center field, and Floro was up to bat again with two on base. She hit a double to center field, batting in two more for the Titans, 12-1. H. Ransdell and Daves both struck out to end the fourth inning, but Floro was able to score on a wild pitch from the Rockets, 13-1.

In the top of the fifth inning, Musick picked up two quick outs from a grounder and a strikeout. Mercer had some younger players in the lineup and some errors allowed the Rockets to score the final run of the game, 13-2. Musick closed it out with a



The Harrodsburg Herald/Wesley Bird
Sophomore Ava Musick struck out nine batters in five innings in Mercer's win over Rockcastle County Monday, April 6.



The Harrodsburg Herald/Wesley Bird
Senior Mia Floro led the Titans in hits and runs batted in for Mercer in their 12-2 victory over the Rockets Monday, April 6.

strikeout for the win.

The Titans' defense was in control the whole game with Musick dominating on the bump. Mercer's offense had ten hits and seven runs bat-

ted and Floro especially shone with hits on all of her at-bats.

Mercer's next game is a district matchup against East Jessamine, the Jaguars, on Thursday, April 16, at 6 p.m.

THE MERCER COUNTY JOINT BOARD OF ADJUSTMENTS AND APPEALS

The public will take notice that a **Public Hearing** has been scheduled at the request of the following:

26-06 – Daynabrook Farmhouses LLC is requesting a Conditional Use Permit to operate a short-term rental. The property is located at 615 Beaumont Inn Drive in Harrodsburg, KY. The zoning map indicates the property is zoned R-2 (High Density Residential).

26-07 – USA Signs is requesting a 5' Variance from 25' to 30' on the height for proposed signage. The property is located at 905 North College Street in Harrodsburg, KY. The property is owned by GBT Realty Corporation. The zoning map indicates the property is zoned B-2 (Commercial).

26-08 – Luke Diemunsch is requesting a 20' Variance from 40' to 20' on the front yard setback. The property is located at 4463 Deep Creek Road in Mercer County, KY. The zoning map indicates the property is zoned A-2 (Agricultural).

This public hearing has been scheduled for **Friday, April 24th, 2026** in the Harrodsburg City Commissioners meeting room located at 208 S. Main St. (2nd Floor) in Harrodsburg, KY at **8:15AM**. If you have any questions or comments, or would like to view proposed plans, please contact the Planning & Zoning Office at (859) 734-6066 or you may visit the Planning & Zoning Office at 109 Short St. Harrodsburg, KY.

Bobby Upchurch
Chairman

ABSOLUTE AUCTION COMMERCIAL BUILDINGS AND LOT

ON LINE BIDDING ONLY

AUCTION CLOSURES ON SUNDAY, APRIL 26, 2026 AT 8 PM EDT



LOCATED AT 164 SUGAR STREET SALVISA, KY 40372

RM McGINNIS, LLC Real Estate & Auction Professionals have been authorized by the Mercer County Fire Protection District to sell the former Salvisa Fire Station real estate at ABSOLUTE AUCTION. This property is in very good condition and consists of a 35 ft x 48 ft garage/workshop with an entry door and 2 (12 ft x 12 ft) overhead garage doors with electric openers. This shop has a 150 amp breaker, water faucet, center floor drain, and a 220V wall outlet. There is an adjoining 37 ft x 38 ft garage/workshop with an entry door and 2 (9.5 ft tall x 12 ft wide) overhead garage doors with electric openers. This shop has a breaker panel and water faucet. Also attached is an approximate 2300 s.f. building suitable for a meeting room, storage, retail, or endless other possible uses. There are also 2 restrooms, a small office area, and kitchen area. The kitchen includes a sink, cooking stove, and microwave oven. The entry door faces Main Street. The total area under roof is over 5650 s.f.

These buildings are heated and cooled with 2 propane furnaces, heat pump, and mini-split system. There is North Mercer Water and KU electric connected. The propane tank is leased.

If desired, the new owner will need to install a sewage treatment system. The existing system will be disconnected from the neighboring property prior to closing.

There will be several personal property items available for on-line bidding as well.

Buyer's Premium – A 10% buyer's premium will be added to the winning bid amount. The bid amount plus the buyer's premium amount will be the Purchase Contract Price.

Payment Terms – A \$15,000 non-refundable earnest money deposit in the form of cash, a bank cashier's check, or wire transfer is payable to RM McGINNIS, LLC Escrow within 24 hours of the close of the auction. The balance is due on or before May 27, 2026, with deed and possession.

Real Estate Taxes – The 2026 real estate taxes (if any) will be prorated to the date of deed transfer.

Inspections & Appraisals – Any and all inspections, as well as any appraisals must be completed prior to bidding on this property. This Auction is a CASH SALE and is not contingent on or subject to financing, appraisal, survey, or inspections of any kind. Upon registration by the bidder, bidder is agreeing to all terms and conditions as written within this document.

This property offers many possibilities for future use and is ideally located in North Mercer County near the Blue Grass Parkway. Don't miss this ABSOLUTE AUCTION!

THIS IS AN ON-LINE BIDDING ONLY AUCTION. Review the complete terms and conditions, register, and bid at <https://rmmcginnis.hibid.com> or go to www.rmmcginnis.com and click on the ONLINE AUCTIONS button.

PUBLIC PREVIEW – SATURDAY, APRIL 18 FROM 10 AM TO 1 PM

AUCTION CONTACT – DAVID SEXTON 859-613-4310

Ritchie McGinnis – Principal Auctioneer and Real Estate Broker
Auctioneers – Ronnie Sims, Earl McRay, Jeff Rogers, Anita Stacy, Lee Brogde



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