

PhysicallyFIT

Philadelphia Soul's Sean Scott **is Hot!**

By Ronald Sklar

If you like your football games both intimate and infused with a community spirit, than you are most likely a fan of Philadelphia Soul. Co-owned by rocker Jon Bon Jovi and local business man Craig Spencer, the team is not only actively involved on the playing field, but also in such house-building projects as Project Home and Habitat for Humanity.



The stakes have been raised a bit now that ESPN, the powerful sports media giant, has taken part ownership of the AFL League and plans to increase its visibility through its television services. This season, ESPN plans to televise at least

seventeen regular-season games and nine playoff games. Additionally, the ArenaBowl (the Super Bowl of the AFL) took place in New Orleans after two legendary years in Las Vegas. This is the first time a major championship sporting event will be held in Louisiana since Hurricane Katrina.

Five-time "Ironman of the Game" recipient Sean Scott, a native of Philadelphia entering his fourth season with the Soul, took a quick time out to talk with us.

Tell us about your experience with the Philadelphia Soul.

Being with the Soul has been more than just a great football experience. I have been able to be a big part of community service and charity work. I think I have grown a lot with the combination of football and charity.

What was it like participating in an open tryout for the team?

Well, the open tryout was a bit of a love/hate thing. I really didn't think I should even have to go to the open tryout. But I'm glad I did. It let me know that nothing is ever guaranteed or given to you. Knowing that has helped me to become a better person and football player.

What makes the Arena Football League different from the NFL?

It's not just different but a bit more exciting. Not only does the AFL have non-stop action, but the personal relationship between the fans and the players is amazing. The fans are right on top of the action and sometimes they are a part of it.

What are Philadelphia Soul fans like?

Just like any other Philadelphia sport fans- they love you when you win and love you when you lose. But they will let you know of their dislike.

You still live in the Philadelphia area. What makes Philly such a special place for you?

Being able to interact with fans during the off-season is what makes still living in Philly special to me. It makes playing here not just about getting paid and winning

games. I think I have more of an emotional tie because I'm from here and live here.

What do you do during the off-season?

During the off-season I work for the CW Network (the new TV Network formed from the old WB and UPN Networks). I am a part of the CW Crew. We host live events and do television promos and commercials. We are also the bridge between the station and the community.

What was it like playing for the Berlin Thunder? How are the players and the fans different in Europe?

Well, the players are the same but the fans are what make it special. They really work to understand football and also bring the soccer-fan feel to football.

What type of workouts do you find most effective for staying fit for the team?

When I have to workout by myself I like to do what's called the 10/10/10 treadmill workout. It's basically just for cardio and it works well since our off-season is during the winter. What I do is put the tread on a 10 incline at 10 miles an hour. Then I run for 30 seconds at that speed and incline and take a minute break before the next 30 second run. I do that 10 times, hence 10/10/10

What is your advice to young athletes who aspire to play professional football?

Be versatile, not just in the sport you play but in the things you do off the field. Do as many activities as you can and play as many sports as you can. I believe everything you do in life affects the other.

Birthplace: Philadelphia

Favorite type of healthy food: Hummus

Favorite "guilty pleasure" food: Cheese Steaks

Favorite way to exercise: With others in better shape and/or faster. It helps me to be better than I am.

Most dreaded exercise: 10/10/10 treadmill workout!

Favorite way to relax: Listen to music and write "spoken word"

Favorite type of music: Everything!

Favorite movie: Awwwww, man! Annie and A Bronx Tale

Favorite TV show: Scrubs

Favorite season: All

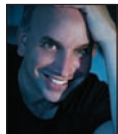
Any pets? If so, what kind and what are their names? Cat named Angel

Favorite thing about the Delaware Valley:

Jersey Shore, Avalon

Astrological sign: Libra

Any words to live by, or motto that you find meaningful? "It's only after we've lost everything that we're free to do anything!"



Writer Ron Sklar was born and raised in Philadelphia. He now lives in New York. Contact Ron Sklar @phillyfitmagazine.com.

