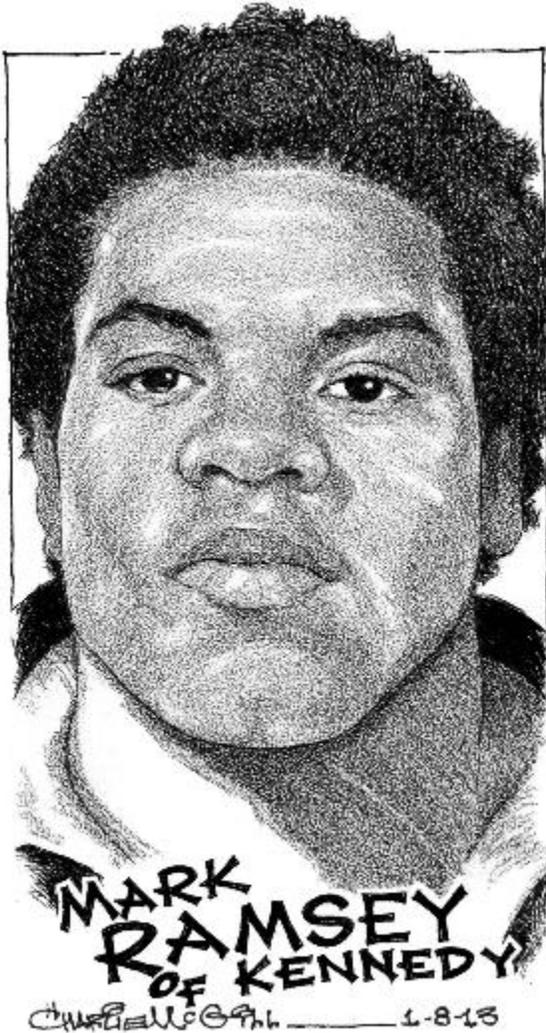


Mark [Ramsey](#) didn't know much, if anything, about the shot put when he was a freshman at Kennedy High School. He still remembers the day three years ago, when a coach approached him about joining track and field.



"He came up to me and said, 'You're a big [kid]; you should start doing the shot put,' " [Ramsey](#) recalled. "So I tried it, and I started liking it."

Today, [Ramsey](#) — who stands 6 feet 1 and weighs 275 pounds — more than just likes the shot put. The senior excels at it.

Last week, [Ramsey](#) shattered the [Passaic County](#) record, throwing 59 feet, 4 inches, at the [Garfield](#) Invitational. The throw is the longest recorded in the nation this season and earned Ramsey The Record Male Athlete of the Week honor.

It's no fluke [Ramsey](#) has made massive improvements since picking up the sport as a freshman.

"It really is just dedication," [Ramsey](#) said. "It's the time that you put in and the work ethic. If you put in the work, well, then you're going to be successful. You can't just sit around and do nothing and expect to get better."

Through the years, [Ramsey](#) has worked to refine everything from his technique to his body.

"My freshman year, I was pretty much fat," [Ramsey](#) said of his 5-foot-11, 275-pound frame three years ago. "I was more weight than muscle, I worked hard in the weight room, more push-ups and more crunches."

[Ramsey](#), also a lineman and captain for the Kennedy football team, hasn't made a college decision yet, but he's drawing plenty of attention for what he's done in the shot put.

Once he picks a school, he will study to be a nutritionist.