***Hall of Fame Coach Buck Nystrom and the 4th Quarter***

<http://www.freep.com/story/sports/college/michigan-state/2014/09/18/former-o-line-coach-buck-nystrom-heading-msu-hall/15811511/>

For the players, however, probably Coach Buck's greatest legacy was the off-season conditioning program he personally conducted from January-March. Called the 4th Quarter Program, it consisted of runs twice a week for endurance and speed and twice a week agility work, with 6:00am speed and agility Friday testing. In fact, one of the first things Coach Nick Saban did upon arriving to Alabama-was to create his own version based on Coach Buck's. (Saban coached at MSU with Buck from 1983-87) While the other assistant coaches were on the road recruiting, Coach Buck was sweating with them, making them better. They all realized how much Coach Buck improved us, no matter what position they played.

When games reached the fourth quarter, players on those MSU teams did something many teams do today — put four fingers in the air. Nystrom told his players those fingers stood for discipline, commitment, effort and enthusiasm. The thumb stood for pride. And Nystrom stood for the same things every day.