Tech's Sam Foggin

Slim Foggin is happier minus heft

By BOB TEITLEBAUM
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BLACKSBURG — There is no huffing and puffing up the court these days for Virginia Tech's Sam Foggin.

The 6-9 junior has found a new life minus some 16 pounds of weight. Because of it, he could provide a boost to the Virginia Tech basketball program.

When Charlie Moir took over last spring as Virginia Tech coach, he found Foggin as one of his returning aspirants. Foggin came to Tech hailed as a top recruit by former Coach Don DeVoe.

After playing a lot as a freshman, Foggin saw only 57 minutes of service last year. DeVoe blamed the lack of playing time for Foggin on injuries that prevented him from getting into shape.

"Coach Moir told me he thought my appropriate weight should be around 220 pounds to play effectively. I told him I'd never been below 225," said Foggin.

But after running a six-minute mile and con-