

Championship



Fountain Valley

A closer look at a great high school weightroom

Fountain Valley High School in Fountain Valley, California, was established in 1966 as part of the Huntington Beach Union High School District. Although its famous alumni include actress Michelle Pfeiffer and former football pros Andre Sommersell, Ken Margerum and Matt Stevens, the real draw of the campus is its location just 10 minutes from the coast. Surfing, swimming and sunbathing are the activities of choice among students.

Fountain Valley recently finished a massive remodeling, necessary because some of its buildings were sinking. The results are impressive. "Any small college in the country would be grateful to have a campus as nice as the one in Fountain Valley," says Evan Ayres, a BFS clinician who helped design the new weightroom. "I worked with head wrestling coach Brad Woodbury and school administrators over several months to design a new weightroom.

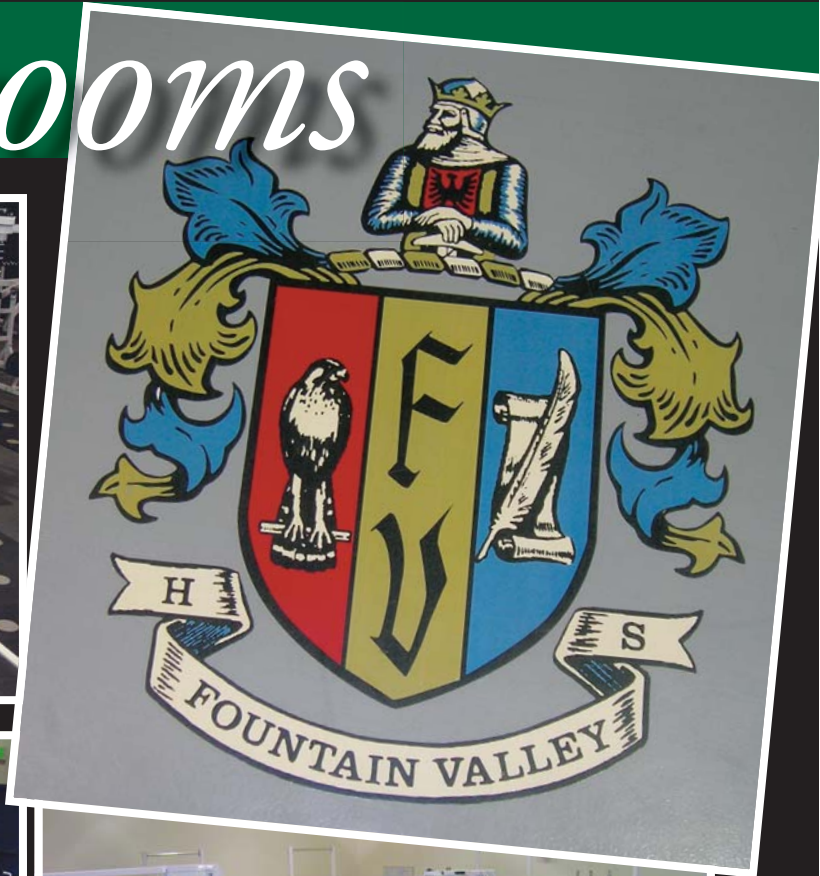
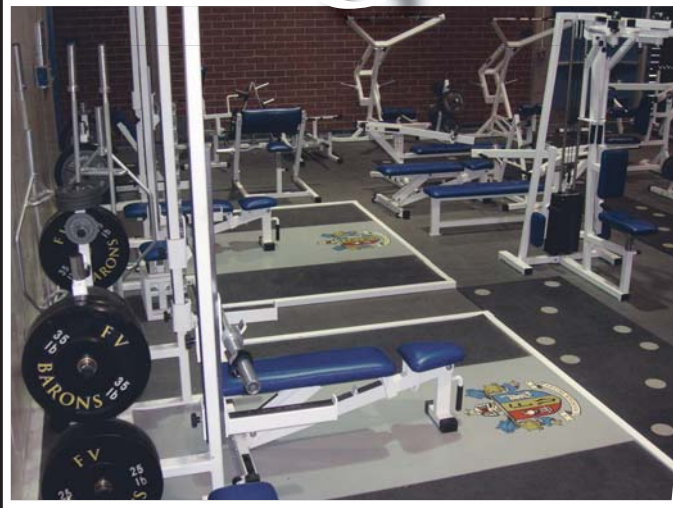
We wanted to put together a facility that would accommodate PE classes as well as team training. The weightroom installation was completed last December.

"The weightroom turned out fantastic, and many other schools in the surrounding area have been out to look at it as well as order rooms for their respective high schools that resemble Fountain Valley," says Ayres. "We also conducted a BFS Certification clinic in March for the staff and coaches to institute the BFS program schoolwide to address the legal and liability aspects of running a weightroom."

Fountain Valley's athletic program boasts 21 sports; the school's athletic teams are called the Barons, a medieval distinction of nobility and a worthy title for an impressive school. **BFS**



Weightrooms



PHYSICAL EDUCATION



BFS Clinician Evan Ayres

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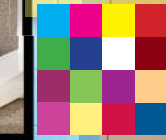
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