



**Small-Time  
School with**

*Big-Time Results*



## Greenwood High School's unified approach to athletic excellence

There's a popular misconception that the average high school in America has about 1,000 students, but that's simply not true. Perhaps it's because we tend to pay the most attention to large schools that have more resources than smaller ones, or because larger schools often have more outside community events. The fact is the average high school has only 300 students, which means of course that many schools have even fewer. One such school is Greenwood High School, which has only 155 students but is gaining a reputation for producing quality athletes in all sports.

Chad Hanson has been the head football coach at Greenwood for the past three years, having taken over a program that ended the season 1-8. Hanson recalls that during his first year, only about a half dozen athletes used the weightroom, a group that occasionally included one or two girls. The result was that at the end of his first year the team finished with just two more wins than in the previous year. The following year was not much better, but this time the team at least earned four wins.

Because Greenwood is the smallest school in its conference and must play against schools that have as many as 600 students, not much is usually expected from athletes in this position. Hanson, however, would not accept that excuse. So the following spring he enlisted the help of BFS Clinician Ray Cosenza.

Although Hanson had already

Greenwood High School is one of the smallest schools in the country with only 155 students.

begun implementing aspects of the BFS program at Greenwood, he felt that bringing in an outside BFS expert such as Coach Cosenza would help jump-start and improve his program. He was right. "The BFS Clinic and Be an 11 Seminar brought back the pride in Greenwood High School," says Hanson. That summer 38 boys, 26 of them football players, and 13 girls showed up for workouts.

When the Greenwood Indians took the field in 2006, it was an entirely different football team. This time they were physically prepared and believed in themselves, finishing 10-2, their most wins in a decade and their first playoff appearance since 2002. "This past season was the first season in which I had leaders on the football field – in my previous two years no one was willing to step up and lead," says Hanson. "I strongly believe that Coach Cosenza deserves a lot of the credit for helping transform the kids into leaders."

But it wasn't just the football team that enjoyed success from BFS.

### Strength in Unification

Jenni Mayenschein is the girls volleyball coach at Greenwood High, and she joins Hanson in praising the value of a strong weight-training program. In 2004, the Indians posted a 10-16 record, but the following year their record dropped to 5-20. In 2006,

however, as with the football team, the volleyball team was in a different class. They finished the year 20-11.

"This season we played and won in the regional finals, which we hadn't done in six years," says Mayenschein. "We also advanced to the sectional finals, which we also hadn't accomplished in six years. We had three All-Conference players; five starters recording over 100 kills, one setter recording over 400 assists and the other setter recording over 300 assists. BFS

*"The BFS Clinic and Be an Eleven Seminar brought back the pride in GHS"*

Chad Hanson,  
Head Football Coach

made our girls better, faster and stronger. It also gave the girls a level of confidence and attitude that had been missing for years at Greenwood." Penny Wehrs is Greenwood's girls basketball coach and has seen her team finish sixth in the conference for the past three years. This year she expects to move up several places. "We should finish with a 500 record or even better for the first time in five years. We beat Mosinee this season, and that hasn't happened since 1996."

Wehrs says her girls are staying strong by lifting not only in the off-season but also during the season. "I think a good core of girls are seeing the benefits and are starting to believe in the program. My girls are lifting actual weight and use positive peer pressure when someone is just taking the easy way out. I have seen an improvement with vertical jumps as well."

As for boys basketball, Coach Josh Hartman saw his last two teams place sixth and fourth in the conference over the past two years, but at the time of

## BFS SUCCESS STORY

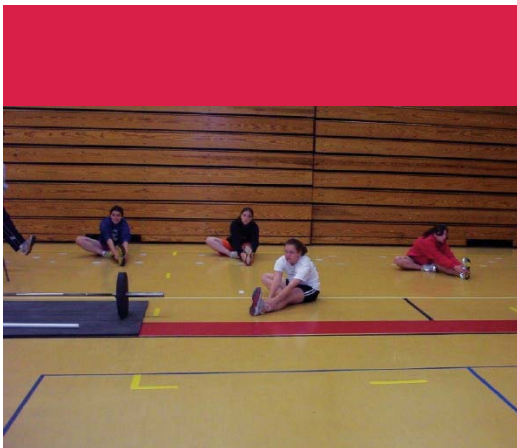
this writing his Indians were tied for first this year with an 8-3 record. “At this point in the season, I feel we have been in better condition than our opponents. We have had more stamina and have been stronger, especially in the fourth quarter when it matters. We have had six close games so far and have

managed to win five of those, including two triple-overtime wins and a single overtime win.”

Indeed, the entire athletic program at this small Wisconsin school has benefited from taking a different approach to its strength and conditioning program. Greenwood High School

may be one of the smallest schools in the country, but its program is certainly winning BIG! **BFS**

Last spring BFS Clinician Ray Cosenza gave a BFS Clinic and a Be an Eleven Seminar at Greenwood High to jumpstart their athletic program.





The BFS program made a big impact on the success of the girls basketball and volleyball teams. Shown are the seniors on the basketball team and the girls volleyball team posing after winning the Region 4 Championships.

# Greenwood High School

Kassey Ewoldt



Andy Sandelier



#10 Andy Sandelier, #82 Phil Ortner, #66 Senior Steve Wozniak, #30 Brandon Nigon, #48 Dustin Winkel

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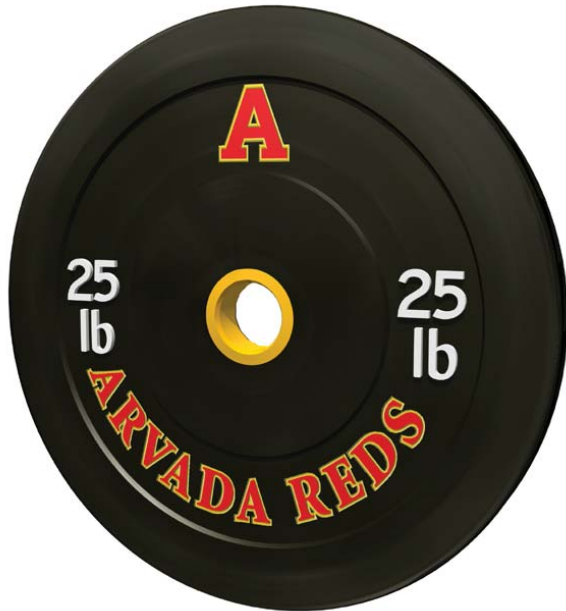
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