



PERFECT SEASONS FOR CENTRAL VALLEY CHRISTIAN

HOW ONE SPECIAL CALIFORNIA TEAM
PULLED OFF TWO MIRACULOUS SEASONS

When you play 13 games in a season, the odds of finishing undefeated are slim. It's tough for a team to be up for every single game, and injuries to key players can derail even the greatest team.

When a team does go undefeated, it's a once-in-a-lifetime high a player will never forget. So what are the chances of pulling off two undefeated seasons in a row? Dream on! But hey, Central Valley Christian High School did it, so there's hope for the rest of us.

Such an achievement takes great coaching, and the Cavaliers have it. Mark Gambini heads the coaching staff. A graduate of Fresno State, he has been coaching at CVC for the past nine years. Before Gambini became head coach four years ago, the Cavaliers' seasons were far from special. From 1996 to 2000, the win-loss record of this Division 5 team from Visalia, California, was 23-31. Since then, they have chalked up a 40-8 record, including their most recent two years of being undefeated. This year they achieved a number 2 ranking and had three players on the California All-State small-school team.



#7 Karl teVelde

CAVALIER
FOOTBALL

#21 Chris Oliver



With all their success, think the Cavaliers might be ready to cut themselves some slack? Think again. Gambini is continually working to make their schedule more challenging. "We can't let up — just about every school we play is larger than we are, and we consistently play Division 3- and Division 4-level schools — last year we took on two Division 2 schools. We also have a tough pre-season schedule."

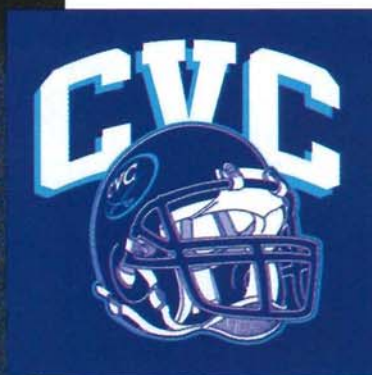
Shaping Up for Greatness

After his 2002 team finished with a mediocre 6-5 record, Gambini got together with strength coach Kevin Sellers and decided to implement the BFS program "hard core" in January using the Beat the Computer software program. "We tried other programs, but we were looking for something that the kids could easily follow," says Gambini. "The Beat the Computer program had all the elements we were looking for, and we were impressed that it provided incentives to train harder." Sellers agrees.

"The Beat the Computer program really motivated the kids," says Sellers. "The other computer pro-

Head Coach Mark Gambini

grams we tried didn't have a lot of meaning for the kids because the programs didn't challenge them. Beat the Computer is great for tracking progress—it's simple and the kids really get into it. Many workout programs I've seen are just too complicated and are designed more for college athletes. With our kids the workouts don't need to be that complicated; you just need the basics." And based upon their results in the weightroom, their plan is working to perfection.



"When we first started, our average squat was 238, bench 183 and clean was 153; and now you can add about 50 pounds to each of those numbers," says Sellers. He adds that to help motivate his athletes, the staff has developed three lifting-achievement clubs that are determined by the combined total of the bench press, squat and power clean.

"We have 750-, 875-, and 1,000-pound clubs. When you achieve membership you get your name on the wall, a T-shirt and a pin for your letterman jacket. These are big incentives to our athletes, especially getting your name on the wall."

Day Number 1	Did you BEAT THE COMPUTER on your last set?					Write those Reps Here!
Core Lifts	SET 1	SET 2	SET 3	SET 4	SET 5	
Bench Press	5x 130	5x 135	5x 145	5x 150	5x 160	
Power Clean	5x 145	5x 150	5x 160	5x 170	5x 180	
Towel Bench	5x 160	5x 170	5x 180	5x 190	5x 195	
Auxiliary Lifts	Last Weight				New Weight	
Leg Curl	10 Reps	10 Reps		30 lbs		
Heavy Dips	10 Reps	10 Reps		25 lbs		
Jerk Press	10 Reps	10 Reps		65 lbs		
Leg Curl	10 Reps	10 Reps		30 lbs		
Neck Exercise	5 Reps	5 Reps		25 lbs		
Straight Leg Dead Lift	5 Reps	5 Reps		140 lbs		

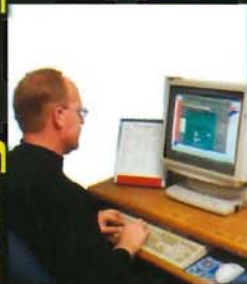
The computer automatically increases the weights over the course of the training season. The athletes try to beat the computer's recommendations for the final set. It's fun and motivational!

"Beat the Computer" has made my job unbelievably easier.

Coach Jon Hoch, Lancaster High School



Athletes fill out a form listing core & auxiliary lifts.



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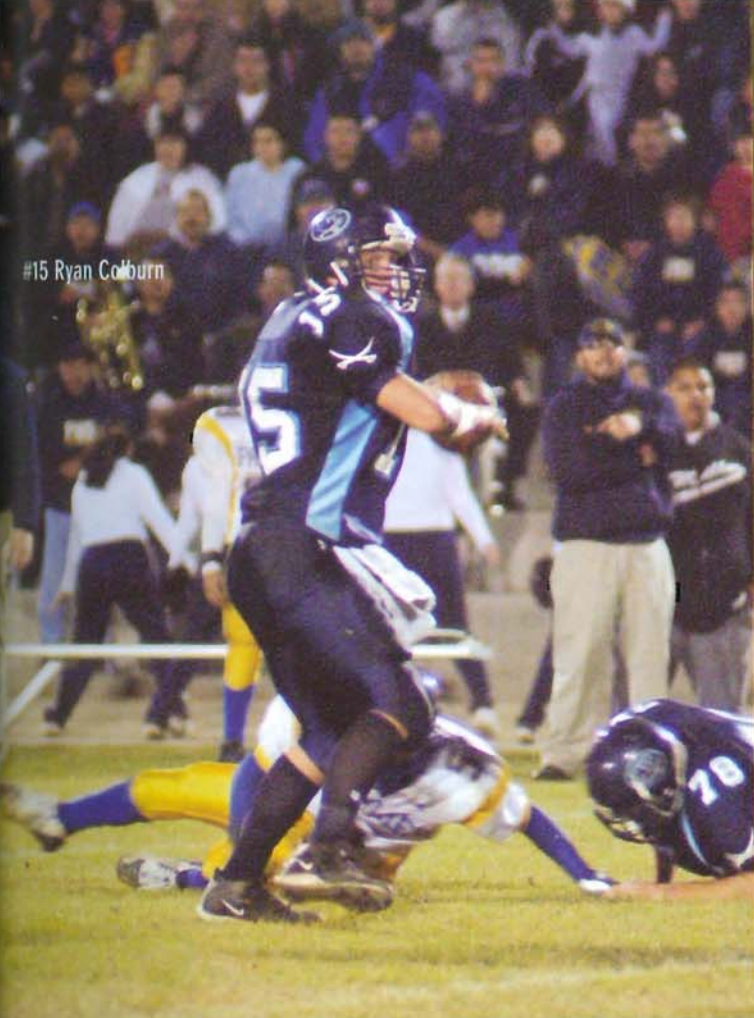
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#15 Ryan Colburn



Another reason for the big increases in the Cavaliers' strength results is that Sellers pushes his athletes hard in-season with twice-a-week workouts. "We talk about getting stronger as the season goes on, and I think a huge advantage of lifting in-season is not just prevention of injury but also the fact that the body heals faster when you're training."

In addition to putting in place a basic workout, the coaching staff simplified the weightroom. "We basically got rid of every machine that we could — the only machine we have now is the BFS cable crossover. We have two powerlifting stations with platforms, two squat racks and two bench press stations in an area of about 1,200 square feet. We can get up to 24 kids through at a time, and we've implemented the program with our junior high athletes."

Weight training classes throughout the day? "Yes," says Sellers emphatically. "We offer three different classes for the high school students and two for the junior high. Non-athletes are permitted to take the classes, but athletes have preference."

Sellers believes that with BFS his athletic program offers an ideal balance of rigorous challenge and potential for achievement. His opinion is that the more advanced programs promoted in strength training books and journals are not set up for multi-sport athletes. "Many of those programs are not efficient when you're running



Jon Oliver spots
Mark Tos on the
box squat



Mark Tos spots
Jon Oliver on the
power clean



Another undefeated season!

a high school strength and conditioning program, and almost without exception those programs would require larger facilities. Colleges often have tons of money to implement such programs, but even if we had the money it would be unrealistic because our class periods are only 48 minutes."

Building the Total Athlete

The philosophy of the athletic program at Central Valley Christian High School is to "be a dynamic and integral part of the whole educational experience." Sportmanship, with a commitment to fair play, is a top priority. As stated in the school's student handbook, "The ultimate goal of high school athletics should be to foster the value of participation without over-emphasizing the importance of winning and to improve positive citizenship traits among the program's participants."

Coach Gambini's personal philosophy runs along the same lines. His advice for anyone who wants to be a high school football coach is "You really can't become a coach for your own personal reasons — it has to be about the kids. What you want for your players is for them to learn to execute your program with a better sense of teamwork and selflessness. If they work on becoming better persons overall . . . if they can walk away with positive memories of their experience within your program—despite their wins and losses—you can consider yourself a successful coach. And you can bet the kids are going to remember you."

Of course, this year the Cavaliers have a very special memory to carry away with them: back-to-back perfect seasons!

BFS



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- Katie Heinlen

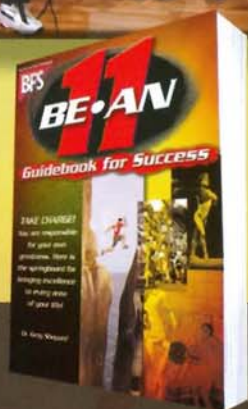
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~ Kyle Meyers,
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