

# Often Tested Always Faithful Brothers Forever

*Recruiting the best of the best for the military academies*

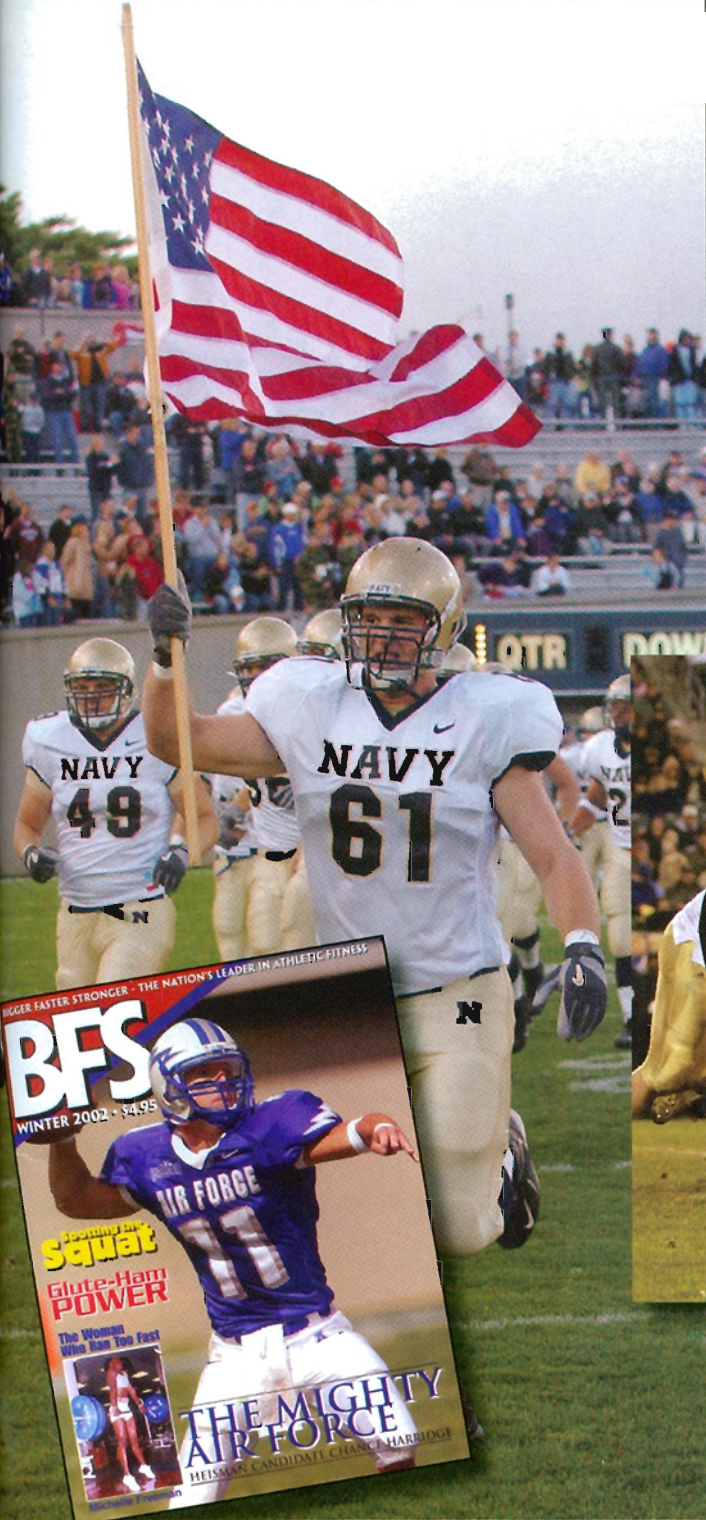
by David Padilla • Academic Advisor, Camarillo High School



The BFS program we run at Camarillo High School is designed to help young men and women achieve their goal of attending a United States service academy. I was first influenced by the BFS program in high school, where it was used in our football program. Many years later, when I became a coach, I was invited to attend a BFS clinic at another high school, at which time I was inspired to design and implement our current program.

I took the BFS strength and conditioning program and added a leadership and character development component. Our program not only stresses the importance of good physical qualities but also encourages a high level of moral integrity and responsible citizenship.





bright, then the consequence is five hundred push-ups. The punishment fits the crime! Some have commented that this consequence could be considered cruel, but it has been the best deterrent against obscene language I have ever used. I think twice before saying things I shouldn't for fear that my squad leader will enforce my rule on me or, even worse, for not setting the best example for those under my charge.

Our program runs much like any military unit. As the coach, I am considered the commanding officer (CO); we have a squad leader (executive officer — XO) who oversees all candidate training; and we have two platoon leaders. The structure of the program helps the candidates to understand the importance of receiving and carrying out instruction while respecting those in



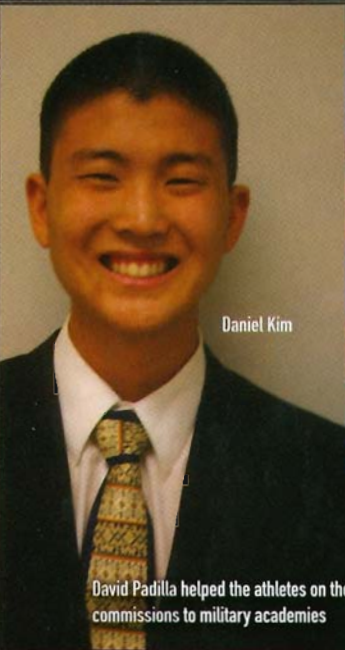
authority, even those who may be underclassman who have been put into leadership positions. It is also designed to teach them respect for duty.

One of the requirements of our program is community service. Each athlete/candidate in our program must participate in an activity that will better the community and those around him/her. This event or task must be an unselfish display of the individual's willingness to serve humbly and with a servant's heart. We have worked with local rescue missions serving food; we have done beach cleanups, tutored elementary school kids and conducted toy drives for Toys for Tots. One of our most rewarding privileges is our time with the Ventura County Special Olympics. We score events, give victory hugs and high-fives after events, and even hand out medals. The things that we learn from this opportunity are beyond words. These special athletes encourage all of us to be better people. We've learned that it does not matter

It's important to understand that the integrity of the program starts and stops with me, the coach/mentor. I am not above the rules of this organization, and believe me when I tell you that I have been called out by my athletes on more occasions than I would like to admit. Something I have said or done has made it necessary to stand before them and apologize for not upholding the values that we consider so precious. One example is our rule against using inappropriate or foul language.

If our candidates are caught using profanity or saying something that would cause people to believe that they are not overly





Daniel Kim



Christina Hudson



Christopher Valine



Charlie Bueker

David Padilla helped the athletes on the following two pages receive commissions to military academies

what position you finish in; all that matters is that when you finish, you know you gave it everything you had and you left it all on the field.

We have tried to carry that mentality over to our principle of goal setting, a high priority in our program. Shoot for the stars and believe that you will never miss. We believe that dreams and goals make the best chauffeurs: they can and will take you any

place your heart desires. The path that our kids have chosen is not one of the easiest roads to travel. Unlike many colleges' procedures, the application process for service academies is arduous and time consuming, with many essay questions to answer; academic and athletic background evaluations; and recommendations from teachers, coaches and school administrators. The students also must take the Strong Interest Inventory, an evaluation of likes and dislikes. One of the final parts of the

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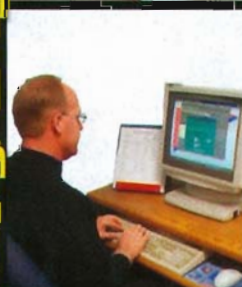
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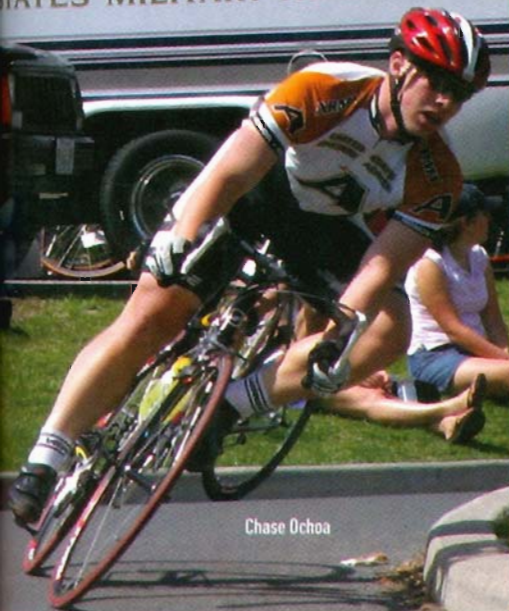


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Chase Ochoa



Keith Giacomuzzi-USNA



General Hagee and Christopher Whitley

application process is the Physical Aptitude Exam. This is a five-category physical assessment of each candidate. This is where our strength and conditioning program is really put to the test. We have been successful in passing all our candidates every year.

The second part of the application process is applying for a nomination from a US senator or congressman or the vice president of the United States. If the candidate is the son or daughter of a retired military person, he or she may apply for a nomination from the Office of the President. This process entails another academic, athletic and community involvement evaluation along with more letters of recommendation and essay questions. Throughout the history of our program every candidate we have had has received one or more nomination sources to an academy, including several presidential nominations.

We have begun a fine tradition in helping these young people achieve their goals and live their dreams. Currently we are enjoying the success of two of our graduates who graduated in June 2004 from the Air Force Academy, where each received a salute and handshake from President George W. Bush. They are both currently in pilot training for the Air Force.

The establishment of our honor code and core values has set the tone for the excellence that each student achieves. Upon entering the program they are introduced to the honor system and are expected to abide by the honor code twenty-four hours a day. The Honor Treatise is designed to give them an understanding of the

responsibility they have to one another, to those currently in the program and to those who have gone before them. There is an endless cycle of responsibility involved with being a member of this BFS program.

To conclude, this program was first designed as a strength and conditioning program to get these kids physically ready for life at an academy. What it has evolved into is a program whose foundation is the Core Values of Honor, Courage, and Commitment. Our group of young people learn to appreciate and uphold the ideals of serving others before themselves and have the integrity to not lie, cheat or steal, nor tolerate anyone who does. Our program is more than a strength program; it is one where character is built and integrity is forged. The young men and women who walk through our ranks will become the honorable citizens and officers that our military can be proud of, and our country as well.

We live by our honor treatise, discipline ourselves by our honor code, motivate by our core values, and encourage and mentor by our motto:

**SAEPE EXPERTUS, SEMPER FIDELIS, FRATRES  
AETERNI: Often Tested – Always Faithful –  
Brothers Forever**

**BFS**



Charles Bueher



Coach David Padilla



Julie Reichel



Preston Ochoa and Chase Ochoa



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