

**2005 BFS Male
High School
Athlete of
the Year:
Dylan Rush**

When Dylan Rush was born, his father, Greg, a coach and personal trainer, decided he wanted to do everything he could to enable his son to become a champion athlete. By the time he could walk Dylan was practicing balance and calisthenic-type exercises, and by the age of three he could do 60 push-ups. Now a senior honor student at Konawaena High School in Hawaii, Dylan has become one of the most highly recruited athletes in the country. He is also the 2005 BFS Male High School Athlete of the Year.

“Without question, Dylan is the most talented multi-sport athlete I have ever worked with,” says Todd Brown, head football coach at Konawaena High School and someone who has worked with a lot of talented athletes in the past 18 years. “Here in Hawaii we see a lot of big men who are athletic, and in my opinion Dylan is still numero uno.”

Greg says that he knew Dylan was going to be a big athlete, so he emphasized agility and balance exercises since the day he could walk. The result of such training is that Dylan makes a tremendous wrestler because he’s so hard to knock off his feet – in fact, his father says Dylan has allowed only two takedowns in his entire high school career. Dylan was a two-time state champion wrestler and has been ranked nationally by *Wrestling USA*. He also carried those same skills to judo, reaching the all-state level.

Another combative sport he tried – just once – was boxing. Dylan’s grandfather is a former professional heavyweight boxer who made it to the South African Hall of Fame; and according to Greg, Dylan “is the spitting image of him.” “Dylan has big hands, and in the ring he’s scary.” Several years ago Greg agreed to let his son take some boxing lessons. The result: “The first day he went in the ring with the instructor, a former heavyweight boxer, Dylan hit him and broke two of his ribs – that was the end of the lesson.”

Training a Champion the Right Way

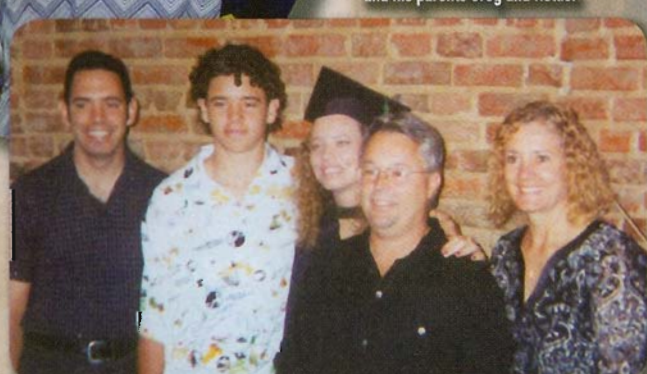
Philosopher George Santayana said, “Those who do not learn from history are doomed to repeat it.” Greg Rush took this idea to heart when he started training Dylan for a sports career.

Greg had read about how Todd Marinovich had followed a strict training regime from infancy all the way up to adulthood, eventually earning a starting quarterback position in the NFL as a rookie. Then Marinovich’s life broke down, he got into drugs, and just as quickly as he had made it to the pro ranks he was gone. “That was a case of extremism – they took it too far in what they denied this kid,” says Greg. “I’ve never made Dylan do anything he didn’t want to, and we wanted him to have fun.”

Coach Todd Brown and Greg Rush present Dylan Rush with the 2005 BFS Male High School Athlete of the Year award



Dylan congratulates his sister, Nira Colyn, for graduating from medical school. Pictured, left to right, are his brother Gerald Colyn, Dylan, Nira, and his parents Greg and Hettie.



BFS BIGGER, FASTER, STRONGER

2005 BFS ATHLETE OF THE YEAR
DYLAN RUSH
KONAWAENA HIGH SCHOOL

Dear Dylan Rush,

It is with great pleasure that we at BFS honor you with our most prestigious award. We have named you our 2005 BFS Athlete of the Year. Congratulations!

Dylan, you became our 24th recipient of this award. Your selection was based on a number of factors: athletic achievements, character, leadership, the ability to overcome obstacles, and the desire to put life into its proper perspective.

You have excelled in a variety of sports: football, wrestling, track and judo. At the same time, you continuously put in a lot of time in strength and conditioning. This work has obviously paid off and it has produced the and will continue to prove to be a wonderful example to athletes every where. To do all your sports plus have a 3.70 GPA, a 510 deadlift, a 285 power clean, a 580 squat while running a 4:30 forty yard dash, standing long jump is a real tribute to your work ethic. And with your 6'4", 225 pound frame it is all the more remarkable.

BFS Athletes of the Year must also excel in the classroom. You have done exactly this with your 3.7 GPA and getting a 1340 SAT score. This is why all the top colleges in the country have you on their "A" list.

Thank you for being such a great example. We wish you are very best and will follow your career with great interest.

Most Sincerely,
Greg Shepard
 Dr. Greg Shepard, CEO and Founder

To get Dylan started right, the Rushes laid a foundation of strength and conditioning for him with BFS and exposed him to numerous sports. Says Greg, "My wife and I are certified fitness trainers and are firm believers in the Bigger Faster Stronger program – we've run hundreds of kids through the program over the years." When Dylan was old enough, they put him on the readiness program, and soon after he turned 11 he was able to graduate to the BFS program.

"Frankly, I thought he would play baseball – he's a tremendous power hitter and I thought that's where he would go. But he loves football; he loves competition and contact." The only problem was that the high school Dylan was slated to attend, Ka'u High School, didn't have a football program.

As a result, Greg decided to enroll his son in Konawaena High School, which is 50 miles away. Yes, that's a 100-mile round trip, a daily trek that means leaving early in the morning and returning home at about eight at night. But the sacrifices were worth it, as Dylan has become all-state, playing both tight end and defensive end. As for stats, at a bodyweight of 230 and 6' 4", he has cleaned 290, bench pressed 375, squatted 595, dead-lifted 575, vertical jumped 35 1/4", standing long jumped 10'6", and

runs 4.6 in the forty.

But Dylan's success doesn't stop with athletics.

Dylan carries a 3.7 GPA with a 1310 SAT. "He's not a big studier, but he is an avid reader," a pursuit Greg and his wife encouraged in Dylan when he was younger. "At one point in school he was so far ahead that we home-schooled him for several years." Dylan's great grades and athleticism resulted in his being contacted by 41 colleges. Next year he plans to attend UCLA, where he will major in cinematography. Says Greg, "Dylan spends summers working as a cameraman for a film company, and he even acted in a movie last year."

Coach Brown commends Dylan as a fine role model for student-athletes. "He's a fantastic athlete, a great student, and is extremely popular – he's the exact opposite of a prima donna. A lot of the credit should go to his parents because they have been working on this literally his whole life

– they've done a fine job getting him to this level."

Congratulations, Dylan Rush, our 2005 BFS Male High School Athlete of the Year. You're a true 11!



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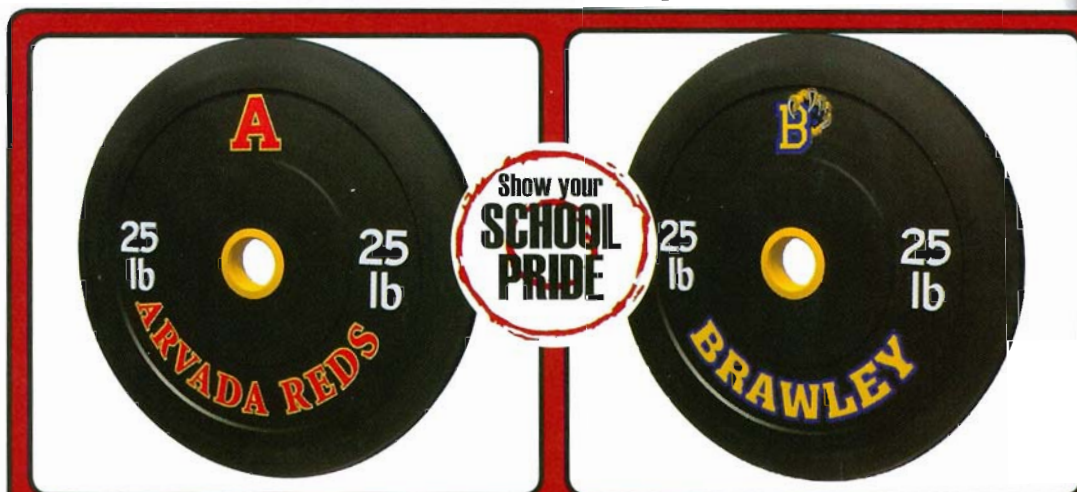


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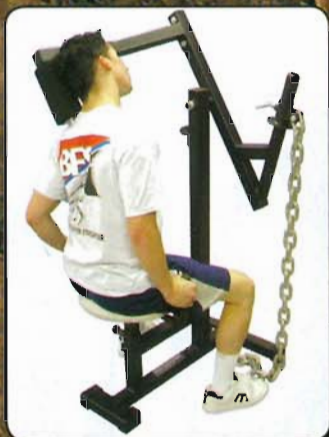


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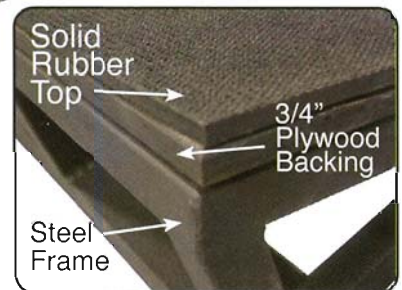


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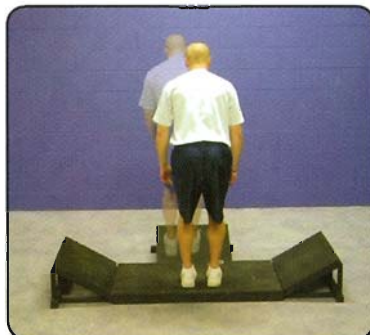


TRAINING TIP

All team sports require that athletes move quickly and explosively, not just forward but also laterally (and sometimes backward). So it just makes sense to include lateral plyometrics in your complete plyo package. BFS has the answer: the BFS Plyo Ramp.



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