

2009 BFS High School

Male Athlete of the Year

Multi-sport champion Jared Abbrederis wins BFS's highest honor



Action photos by Visual Image Photography, Inc.



Balance. If there is one word that best describes Jared Abbrederis, that would be it. A senior at Wautoma High School in Wautoma, Wisconsin, Abbrederis has achieved an admirable level of balance by succeeding in not just athletics but also academics. But what makes him unique is that his accomplishments are at the highest levels. For these reasons, this champion student-athlete is our unanimous choice for the 2009 BFS High School Male Athlete of the Year.

Coach Dennis Moon presents Jared with BFS's most prestigious award.

Let's start with academics. Abbrederis holds a 4.14 cumulative GPA and has earned athletic scholarship awards from the Wisconsin Interscholastic Athletic Association and the Wisconsin Football Coaches Association. He is also a member of the National Honor Society and the Fellowship of Christian Athletes. Now let's talk about sports.

At BFS we strongly believe that

As for track, during his sophomore year Abbrederis became the conference champion in the 110-meter high hurdles, and he finished fourth in that event in the state meet and fifth in the 300-meter intermediate hurdles. During his junior year he won the conference championships in the 110-meter high hurdles, 300-meter intermediate hurdles and the triple jump. He also won the state championships in

championships in his sophomore and junior years, and a state championships in his senior year. As a sophomore he was second-team all-conference quarterback, and in his junior year he was first-team all-conference defensive back and second-team all-conference quarterback. And it got even better in his senior year, as he won all-conference in both his positions and was the first-team all-state quarterback. As for

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high school athletes should play multiple sports and that our selections for our athlete of the year awards should go to athletes who excel in more than just one sport. Abbrederis has excelled in three: wrestling, track and football.

In wrestling, as a freshman Abbrederis made second-team all-conference in the 140-pound weight division, finishing with a record of 22 and 11. By his junior year he had moved up to the 160-pound weight division and won the conference championships, finishing with a record of 30 and 9. That year he also received the award as most valuable player.

the 100-meter high hurdles and placed second in the 300-meter intermediate hurdles. During his senior year Abbrederis set two state records in the 110-meter high hurdles (14.35) and the 300-meter intermediate hurdles (37.91). He also took second in the 200 meters with 22.24. Combined, these results helped Wautoma to a Division II state track championships. As for school records, Abbrederis finished his senior year with five of them, the two others being the 100 meters (10.6) and the 400 meters (49.42).

In football, Abbrederis has been with a great team that won conference

numbers, Abbrederis rushed for 1,500 yards and 24 touchdowns, and passed for 1,500 yards and 26 touchdowns. Wow!

The Heart of a Champion

One reason for Abbrederis's success is his hard work in the weight-room. Before assessing his lifts, consider that Abbrederis is 6 feet 2 inches and weighs only 175 pounds. That said, he benches 255 pounds, has cleaned 255 pounds, has squatted 385 pounds, and has done a vertical jump of 34 inches and a standing long jump of 10 feet 2 inches. Pound for pound



Jared, who enjoys hunting, was raised in a supportive family environment.

or absolute strength, Abbrederis is one strong young man.

What makes Abbrederis's athletic success even more remarkable is that during the sixth game of his sophomore year, he was tackled running from his quarterback position and suffered a torn ACL in addition to breaking off the end of his femur. According to head football coach Dennis Moon, who also helps with the strength program, the doctors didn't know if he would ever play football again. About his recovery Abbrederis says, "After my injury, I really wanted to focus on my strength and speed training.

Participating in BFS's program helped me surpass my goals, and I was back competing at a top-notch level in no time!" Abbrederis also says that Coach Moon played a big part in his success. "Coach Moon showed me the importance of setting goals high and was a great encourager through my high school career."

Finally, Abbrederis is a great young man who believes it is important to give back to the community. He does a lot of community service, such as helping the elderly with yardwork and coaching a youth football program. He is also a religious young

man. "If it wasn't for my strong faith in God my Father, I would not have been able to accomplish what I have today. I find strength in His promises and have learned to look to Him in every situation. Many times during competitions, I find myself asking Him for confidence and strength to do my best. As my dad has always told me, do your best and let God do the rest!"

When you put it all together, Jared Abbrederis is indeed a worthy recipient of the 2009 BFS High School Male Athlete of the Year. Congratulations to this fine young man! BFS



As a junior, Jared was a conference champion and finished with a 30-9 record.



Jared suffered a torn ACL in his sophomore year, but made a rapid recovery. In his senior year he rushed for 1,500 yard, passed for 1,500 yards, and helped lead his team to a state championships.



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