



Capital Results at Capital High School

A look at a great unified program

Our signature success story in *BFS* involves a school that has been doing poorly in sports, and then quickly starts enjoying success after implementing the BFS total workout program. We call these stories our “Worst to First” articles. But there is another iconic success story that we also like to share with our readers – the type of story that has been developing for nearly two decades at Capital High School in Helena, Montana.

We ran our first success story about Capital High in 1997, and then another

in 2000. We were impressed by their success not just in football, such as winning state championships in '93, '96 and '99, but also in many other sports. In the '90s their girls soccer team won four state championships in a row, the powerlifting team won three state titles, the boys track team won state titles in '98 and '99...you get the idea. But the success didn't stop in the '90s. Capital has won their last three state football championships, and their girls softball team also won a state title – the momentum just keeps building.

The individuals most responsible for bringing BFS to Capital are physical education instructors Lon Carter, Bob Ronan and Pat Hurley. Carter says that in 1991 the physical education staff decided they needed to take steps to improve the overall athletic fitness of their students. Although their football team had always enjoyed a tradition of success since the school opened in 1973, there was a definite weakness in overall strength and conditioning, especially for the girls sports. As a result, Capital started offering “enhancement

Powerlifting Photos by Debbie Dorrance, and all other action photos by Bill Kaiser.



Students at Capital High School show off their completed BFS Set/Rep Logbooks. Great technique and breaking personal records is what it's all about at this great Montana school.



The Bruins' football team have set a new state record in the AA of 28 straight victories in football, and are still undefeated this season!

classes" during the regular school day, with the first class starting at 7:20 in the morning. And to ensure their success, they adopted the BFS program.

Carter says that the first step to unification at Capital was to teach the core lifts of Bigger Faster Stronger. "As the program grew, we implemented the BFS Dot program, the BFS Plyometric program and the BFS Speed program... The program started relatively slowly, until the young women became involved. Since these women have begun working in the program, it has simply taken off. We believe that the competitiveness and intensity that these young women have brought to the program have positively impacted the entire student body as well as the student athletes." And this is key: *all students*.

Most schools that implement the BFS program do so because the football team used it. Their success encourages other boys sports to try it, followed by the girls sports. Only then does the physical education department start

to take an interest in BFS, resulting in complete school unification. At Capital, the scenario was reversed.

"Our football coaches in the past have just been football coaches – they were not weight training coaches. The Bigger Faster Stronger program began with our physical education program," says physical education instructor Greg Trenary, who has been at Capital for 18 years. "Our idea was to have an athletic weight training class – for all students, not just athletes. We tell our students that if they want to snowboard or ski



Health teachers at Capital who are certified by BFS (l-r): Reg Hagerman, Jen Loomis, Shirley Chesterfield-Stanton, Greg Trenary, Steve Gross, Ed Beniger, Mike Burk, Pat Hurley.

or do whatever activities they enjoy, the BFS program is going to prepare you better than any other program." Trenary says this approach also encourages students who have not been participating in sports to consider them later on.

"We might get a student who thinks he is too small to participate in sports, but when they start working out and becoming stronger, they end up saying, 'I'm benching and squatting what these athletes are doing – maybe I can do this.' That's why our turnout is so high for sports participation at Capital." Trenary adds that Capital is known for having large numbers of 130-pound kids who are strong and have great speed and foot quickness.

For those athletes who go on to play sports in college, Trenary says they immediately set themselves apart due to their experience at Capital. "Whatever colleges our athletes attend, we often hear back from the coaches that our kids 1) know how to lift and 2) know how to work. Our athletes tell us that



Name the sport, and the Bruins have probably won a state championship in it!

Capital High School's Tradition of Athletic Excellence

*State Championships Since
Beginning the BFS Program*

- '93 Football
- '96 Girls Track & Field
- '96 Football
- '96 Girls Soccer
- '97 Girls Track & Field
- '97 Boys Soccer
- '97 Girls Soccer
- '98 Volleyball
- '98 Boys Track & Field
- '98 Girls Soccer
- '99 Boys Track & Field
- '99 Football
- '99 Girls Soccer
- '00 Girls Soccer
- '00 Football
- '01 Boys Soccer
- '02 Football
- '02 Volleyball
- '03 Girls Soccer
- '04 Boys Track & Field
- '04 Fastpitch
- '04 Girls Soccer
- '05 Girls Soccer
- '06 Football
- '07 Football
- '08 Football
- '08 Fastpitch

often the first day after participating in a college strength and conditioning program, the coaches say, ‘Oh, you must be from Capital!’” He adds that his daughter, who plays fastpitch softball at Montana State in Billings, astounded the coaches at that school as a freshman “because she was the only one who knew how to do the plyometrics and running drills perfectly.”

How is the BFS program specifically run at Capital? First, there are eight periods during the day where weight training is offered, with the first training session starting at 6:00 a.m. and the last starting at 5:30 p.m. In the summer Lon Carter heads up the program that is offered five days a week, and up to 300 students participate. And to ensure that the programs are conducted properly, all the coaches

and physical education coaches who supervise the weightroom are encouraged to become BFS certified.

Capital High School is a perfect example of how good things can happen when a school unifies its physical education and athletic departments. We hope to hear about more success stories from this great school in the near future. **BFS**



Capital High School has a complete unified program, with both athletes and physical education students performing the BFS program.

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