

2010 BFS High School Female Athlete of the Year



Amy Elizabeth Medina is a winner in all aspects of life



There are many exceptional high school athletes in this country, and there are many exceptional students. The BFS Female High School Athlete of the Year is presented to a young woman who combines excellence in athletics with outstanding academics and who is an all-around great individual serving as a role model for others. This year, we found such an athlete in Amy Medina, an amazing young woman who recently graduated from Mountain View High School in Loveland, Colorado.

Medina is one of the best multi-sport athletes in Colorado. In the state championships in track and field in 2008, she won the high jump and 800-meter sprint medley relay, and placed second in the triple jump. In 2009 she won the triple jump, placed third in the

high jump, placed sixth in the 800-meter sprint medley relay and placed sixth in the long jump. This year she won the triple jump, the high jump, placed second in the 4 x 200 meter relay, and fourth in the long jump. In the final tally, in track she has won a total of 13 state medals – five of them gold. She is also a member of the 2007 volleyball team that won the state championships. The following are the school records she has set in track:

100-Meter Dash: 12.73
 200-Meter Dash: 26.10
 4 x 200 Relay: 1:43.30
 4 x 100-Meter Relay: 49.92
 800-Meter Sprint Medley: 1:43.30
 Long Jump: 17' 9"
 Triple Jump: 38' 2-3/4"
 High Jump: 5' 7-1/4"

Her favorite event is the high jump. “I think it’s the difficulty level of it, and it’s so different. I get people asking me, “How do you do that?” They don’t understand how you can jump in mid-air and turn your back over a bar like we do.... It’s just cool to be able to do something so unique.” And although she has achieved a high level in volleyball, she says she did not pursue a volleyball scholarship because she had not been doing the sport long enough and “because of my passion in track.”

Academically, Medina carries a 3.76 GPA. “To be honest, academics for Amy came naturally,” says her father, Jose Medina. “She was always independent as far as studying, and it was very important for her



Medina's favorite event is the high jump. She won the state championships in this event in 2008 and 2010, and her best result is 5' 7-1/4". Photo courtesy Steve Stoner, *Loveland Reporter Herald*.

to get good grades. We never had to get on her to do her homework, and sometimes that meant staying up till midnight to get the work done." He says that she was involved in a lot of activities, but she would not let that interfere with her studies. She is considering a major in exercise science and possibly pursuing the field of personal training. "I love working out and helping people, and personal training combines the best of both worlds for me," says Medina.

She has offers from numerous Division 1 schools, including Air Force, Kansas State and Wyoming. Her choice is Colorado State University, and she will start her studies there this fall on a track scholarship. One of her main reasons

for selecting the school is to be close to home, as her family is very close and supportive, and in fact her brother Chris has been her jumps coach since her sophomore year. "We have a real tight family," says Jose. "I was raised in an orphanage and didn't have a mom or dad around, and so it's real important to be there for my kids, so we put a lot of effort into being there for all my kids in all the activities they participate in. When we get together as a family, it's always good laughs and good times."

Strong Beginnings

In elementary school Medina played basketball and softball. Dad Jose was a coach, and Medina would often go along to events and was

always participating in various sports. Jose says he knew she was something special when she was in the fifth grade and came home from a field day at school and told her parents that she had beat all the boys in a race. "In seventh grade she started track, in particular the triple jump, and she was beating most of the boys in middle school as far as the distance she was making, roughly 28 feet, which was pretty darn good," says Jose. "Then she started high jump and in eighth grade jumped five feet, four inches, which was just ridiculous." He also says that with two brothers and a sister, all of them involved in athletics, she was always trying to compete with them.

Scott Barker, Medina's strength coach and a physical education teacher

BFS SUCCESS STORY

at Mountain View, says that Medina has always been an outstanding athlete, but her work in the weightroom made her exceptional and also inspired her teammates to train harder. Her best lifts at a bodyweight of 138 pounds include the following: bench press 160, squat 260, deadlift 285, and power clean 110. “She began her junior year in Athletic Weights class and learned the

fundamentals of weight training and then started to enjoy and excel during the workouts. The best part of having Amy in class was once she started to get noticeably stronger and her athletic performance became enhanced, other girls in class started to achieve amazing results as well. Thanks to Amy’s dedication and inspiration to the weightroom, we now have five other girls in that class

who are squatting over 250 pounds!”

Asked about the BFS program, Medina replied, “I love the whole program. I’m a little upset that I have to go to college and change lifting programs, because this one is just perfect. I like the way it changes each week with the amount of reps and how many sets, and that the computer program doesn’t give you weights that you are not capable of



Medina has won a state championship in volleyball and five state championships in track.

doing.” She says her favorite lift is the deadlift.

Medina says with all her friends going off to college, she has been spending as much time with them as possible doing normal activities such as swimming, going to movies and hanging around at a lake. She also says that she will miss her experiences at Mountain View High. “I love my school – it’s a

great school. Everybody is so supportive, and you get people in the hallways congratulating you – and when they heard that I had won this award from BFS, they announced it over the intercom.”

Her track coach, Kevin Clark, says Medina not only leads by example but also has been a vocal proponent of the track program for the past two years.

“Amy has had a large part in the track program almost doubling in size over the course of three years. She seeks her peers out to get involved and contribute to Mountain View High School. Amy is everything you want in an athlete, with a positive personality that rubs off on all that she is around. Amy is a coachable athlete who puts team success over individual.” BFS



The Medinas are a tight family. Shown at top, left to right, are Anthony, Chris, Dani, Amy, Grandma Roberta, Jacque and Jose.

Amy Medina is also shown, right, with the head track coach at Mountain View High School, Kevin Clark; and during the homecoming game, above, where she was crowned homecoming queen.



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SUCCESS AND THE TOTAL PROGRAM

Although athletics in high school means different things to different people most will agree that athletics can be a huge part of a young persons development. From making the varsity team to participating in PE classes, students can get the most out of athletics if they have a clear understanding of what is being taught and why. Even better, is if there is a consistent methodology that allows the students and athletes to move easily from sport to sport, season to season. The BFS Total Program is a complete system that can unify the disparate goals of athletic and PE programs.

THE PROGRAM

The BFS Total Program is a strength and conditioning program that helps athletes reach their full potential. Along the way the the Total Program teaches so much more. Building confidence and leadership through the process of setting and achieving goals, and consistently breaking personal records. The Total Program can be a step up, in high school and in life.

It is not a fad or a short cut, the Total Program is a time tested regimen that requires discipline and hard work. These are the qualities that make it a great system for team building by offering opportunities, every day, for students to help and encourage each other to go a little harder.

While it is not an easy path it is a simple one. For over 30 years coaches and administrators have found the Total Program to be highly efficient and remarkably effective, particularly within the confines of student's busy schedules. By utilizing the Total Program across all sports and in PE classes both coaches and athletes have a framework that keeps the athlete improving and provides each coach with measurable

results. We call this Unification and when an entire athletic department and PE curriculum are on the same page the results are amazing. BFS has it's roots in the football arena but we encourage all coaches, mens and womens, and administrators to attend a Total Program Clinic.

SAFETY

BFS has over 32 years of experience working with coaches and athletes in the weight room and understands that safety is priority one with your athletes. At a Total Program Clinic our clinicians spend as much time on proper weight room behavior and spotting as on proper lifting technique. This has the double benefit of helping keep the athletes injury free and building camaraderie between the lifters and spotters. By emphasizing the proper safety protocols *and* the perfect lifting technique we are building not only strength but responsibility and leadership.

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Dear BFS

Back to Back State Champions!!! What a dominating team we had this year. Our defense only allowed 37 points all year; only 6 points for the four playoff games. The offense racked up a lot of points and yards as well. We had three running backs with 1000 yards rushing. We ended the season beating Fairfield 31-0.

We have now won 24 games in a row. We have not lost a game since you came and put on the clinic... Might have to come back soon!!!

Its an amazing group of young men. We went up to Glasgow for the semi-finals One of their players was diagnosed with cancer earlier in the season so the football team and school raised money and we took a check of \$900.00 and gave it to their team captains at the coin toss.

Gotta go to the girls basketball practice now...
God Bless

Jay Santy
Head Coach
Huntley Project

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