



A Tradition of Excellence at Cary-Grove High School

This Illinois high school knows how to stay on top



Photo: Barbara Pitt

The athletes at Cary-Grove High School in Cary, Illinois, could choose from any number of justifiable excuses for failure: They are the smallest school in their division, the school budget is tight, and the weight-room is so inadequate that the athletes have to perform many of their exercises in the hallways. But rather than looking at these realities as obstacles that guarantee failure, the coaches look at them as challenges. The result is that Cary-Grove has one of the most successful athletic programs in the state.



Photo: Barbara Pitt

Some of their athletic accomplishments last year, for example, include state championships in volleyball and football. Head football coach Bruce Kay, who has been coaching for 32 years, had gotten close to the top, losing only six games in six years, but the big prize eluded his Trojans until they defeated Providence 34-17 in the championship game last winter. It wasn't until 2009 that they captured their first state championship since the school opened 49 years ago.

#7 Chad McCarron
#24 Trent Sorenson
#6 Alex Lyons

#8 Tyler Krebs	#43 Cole Connington
#36 Steve Hapanovich	#55 Matt Leinforth
#25 Eric Chandler	#65 Hayden Baker
#34 Alex Hembrey	#67 Ben Luedtke
#53 Rich Kersten	

Kay, who also serves as the athletic director, encourages all athletes to compete in multiple sports because with 1,900 students, they are at a disadvantage due to their relatively low school enrollment. When Kay was asked what the biggest differences are between coaching athletes now versus when he started, he replied, “Success requires a year-round commitment, but the biggest difference is the weight training – you have to get strong in every sport.”

Fortunately, at Cary-Grove, getting athletes into the weightroom is not a problem.

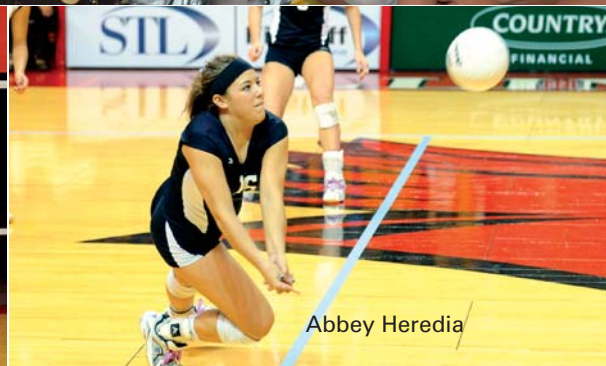
Kay believes that a culture change has been responsible for the large number of girls who are lifting but that all his athletes are “extremely dedicated” to the lifting program. He says that the sports with the highest representation in the weightroom are football, soccer, baseball, softball, boys basketball and girls track. “You have to give credit to

our head coaches, who hold the kids accountable for their lifting,” says Kay. “The kids in the programs know that if they don’t lift in-season, then many of them will not get to play.” This is especially true with the football team, which has no intention of becoming complacent with their state championship victory.

“This is the first state championship they’ve won, says Kay. They lost six games in six years, and with those losses



#16 Ashley Rösch
#9 Kayla Klinger



Abbey Heredia

The Trojans’ volleyball team shown in action and posing for a team photo after winning the 2009 state championships.

it was always a big play here or there, so our kids know they have to maintain a great work ethic for next year and focus on winning another state title.”

For all sports, Kay stresses that it is vital to lift in-season. Their athletes lift in-season two days a week, focusing on the squat and bench press one day, and cleans and towel bench presses the other day. Auxiliary lifts can be used, but Kay says the weightroom is so small that it’s necessary to perform plyos and agility exercises in the hallway. Kay says that allowing athletes to make this compromise is a credit to the administration and

their support of the athletic program.

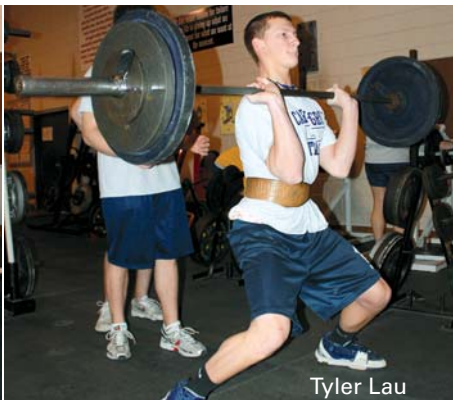
Cary-Grove has a physical education program that is fitness-based and is offered five days a week for all nine periods of the day. And everyone – even athletes – must participate. “Each semester every student gets a cardiovascular test, and with that test a student is placed at a specific cardiovascular level. If a kid gets a high score, they are exempted from performing the cardiovascular days.” Kay says that being able to lift during the school day enables athletes to focus on their sports workouts after school.

Kay did encounter some opposition

to the BFS program many years ago from athletes in sports other than football. “Those kids said they didn’t want to do a football program, but I told them BFS isn’t a football workout – it’s a workout designed for athletes, and it includes plyometrics and agility work.” As a result of the turnaround in attitude, there are now kids in sports other than football who are bench pressing over 250 pounds and cleaning over 200 pounds. Kay adds, “We may not have the strongest athletic teams, but what we have here at Cary-Grove High School is athletic strength.” **BFS**



Katie Springer,
Ashley Rosch



Tyler Lau



Sara Markelonis



Coach
Seabur



Cody Neckvatal



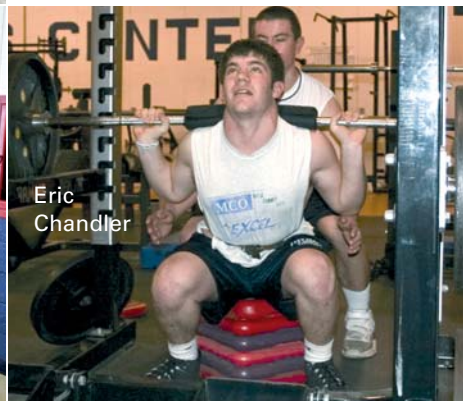
Because so many athletes are using the weightroom to become stronger for their sports, plyometrics and agility drills are performed in the hallways.



Amy Palminteri



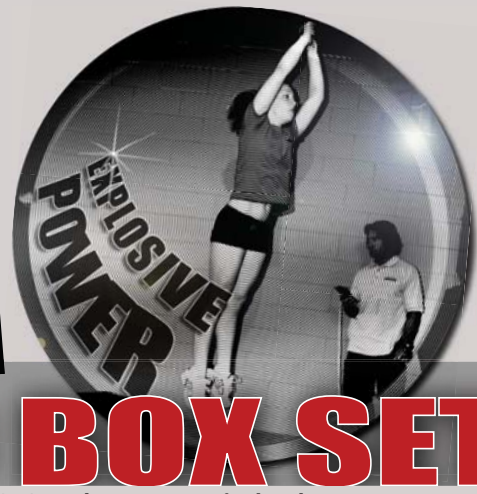
Steve
Hapanovich



Eric
Chandler

Photos: Nick Goshe

PLYO BOXES



VARSITY PLYO BOX SET

Set includes three 20" boxes, one 32" box with booster and a plyometric box jumping video.

\$599

Stock (Black Paint)
#320256
Call for
custom pricing



\$209
#320269
42" Box



\$169
#320268
32" Box



\$109
#320267
20" Box



\$89
#320266
10" Box



Our Plyo Boxes are fully stackable to save space.

BIGGER FASTER STRONGER



DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

GET EXPLOSIVE - CALL NOW 1-800-628-9737

online at www.biggerfasterstronger.com • email us at info@bfsmail.com
843 West 2400 South, Salt Lake City, UT 84119 • Fax (801) 975-1159