



Success in Unity at Brook Hill High

It's become a balance of power at this Texas high school

Brook Hill High School is enjoying tremendous success with its athletic teams, thanks in large measure to the implementation of the Bigger Faster Stronger program in

Brook Hill School, located in Bullard, Texas, competes in the Tapps Division 3 and has 191 students enrolled in high school. Many students letter in multiple sports, so “off-season”

Wally Dawkins as athletic director in spring 2009; a change of direction in the football program soon followed. Terry Pirtle was hired to head up a four-year football program, and he

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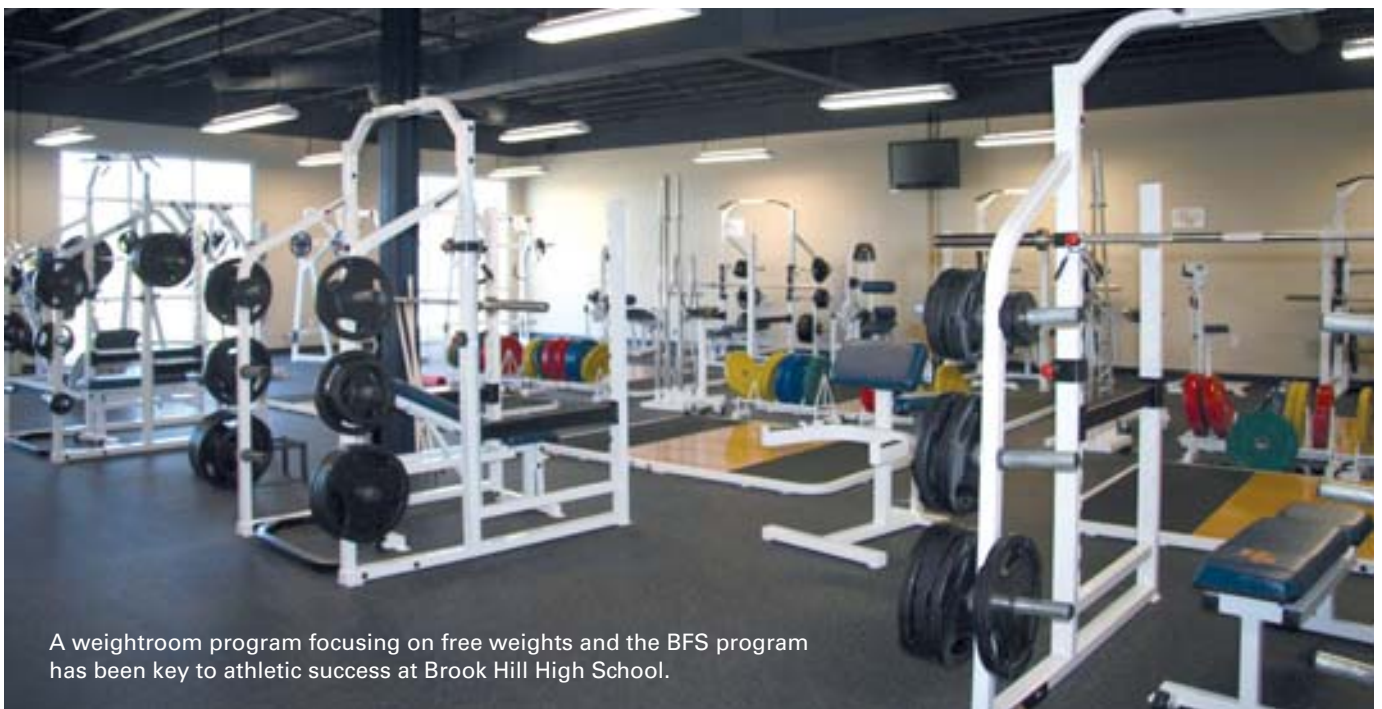
spring 2009. Since then, Brook Hill has competed in seven state championship events: football in 2009 and 2010, basketball in 2010, soccer in 2010, girls and boys golf in 2010, and baseball in 2010.

is a concept that rarely applies here.

A perfect storm has been brewing for the Brook Hill Guard for the past three years. It started with the hiring of longtime East Texas basketball coach

brought with him the BFS strength and conditioning plan. Brook Hill hosted its own clinic that spring, and the program was off and running.

Brook Hill's streak of good fortune



A weightroom program focusing on free weights and the BFS program has been key to athletic success at Brook Hill High School.

continued when the school unveiled its \$3.5 million Kyle Lake Athletic Facility in fall 2009. It has not one but *two* weightrooms and is the cornerstone of the BFS program. Pirtle says, “Kids love the weightroom and can’t wait to get into it.”

Because most of the athletes at Brook Hill participate in multiple sports, the summer speed and strength camp has been very successful. The six-week speed and strength program has helped the athletes make tremendous gains and has given them the tools they need to compete at a high level.

Many kids became much faster in the summers of 2009 and 2010, thanks to rigorous workouts using the BFS Beat the Computer system. More than 40 athletes spent the summer training, and each athlete who participated saw improvements in both strength and speed. The difference can be felt by the opponents that Brook Hill participates against in every sport.

On Guard for Victory!

The 2009 football season was the start of an amazing journey. The Guard, having only four seniors, made

it to the state finals, averaging over 44 game points along the way. Brook Hill finished the season with a 12-2 mark but was narrowly defeated by state powerhouse Waco Reicher in the finals, 35-28. The fall of 2010 presented an even tougher challenge as Pirtle loaded up the non-district schedule with traditional powerhouses. One such team was eventual Division II State Champion Dallas Parish Episcopal (13-1). The Guard pulled off one of the major upsets of the season, winning 27-21, and giving Parish its only loss of the season. Brook Hill fought through



In the past year athletes from seven teams competed in state championship events. Front Row (l-r): Amy Jo Teague (volleyball), MC Selden (softball), Tyler Baker (football), Michaela Tennison (track). Back Row (l-r): Carter Clements (golf), Austin Langemeier (basketball), Wally Dawkins (Athletic Director), Jared Dickey (soccer), Travis Pirtle (baseball).

tough injuries and again made it to the state finals before losing to another perennial power in Austin Regents.

During state championship week, as many as 12 players were suffering from the flu. All-state quarterback Tyler Baker played the game with the flu, while being treated with fluids before the game and during halftime. Many other players toughed it out and played, even with the flu. "I was proud of the kids for playing through the flu and competing under the harsh circumstances of their condition," says Pirtle. Brook Hill finished the season 11-3 and has achieved a two-year combined record of 23-5 since Pirtle arrived.

The boys basketball team of 2009-10 also had a tremendous season. The boys team made it to the state tournament and made it to the finals for the first time in school history. The Guard enjoyed a stellar season, going 29-5. This year, even though The Guard have had only underclassmen players, as of this writing the team is currently tied for second with a five-game

winning streak. The girls basketball team enjoyed a playoff run of its own last season and is headed to the playoffs again this season. The boys soccer team enjoyed a trip to the state finals before losing to Prince of Peace and its legendary soccer-player-now-Coach Tatu Pecorari during the 2010 season.

The boys golf team made it to the state golf tournament and placed third. The girls golf team not only participated in the state golf tournament but also were able to bring home the gold by winning the state championship in spring 2010. Many Brook Hill athletes competed in the state track and field championships, with Courtney Thomas bringing home the gold medal in the shot put.

Brook Hill High School ended the 2009-10 year in fine fashion, with the softball and baseball teams both winning district championships. The softball team finished 13-1, missing out on the state tournament by only one game. The baseball team finished 24-5 and made it to the state finals

before losing to Waco Reicher. The Brook Hill baseball team will enter the 2011 spring season as the number-one-ranked team in the division, and they are expected to have another run at the state title this season.

Many athletes have benefited from the Bigger Faster Stronger program at Brook Hill. The school has produced several multi-sport all-state athletes, such as Tyler Baker (football and basketball), JB Moss (football and baseball), Travis Pirtle (football and baseball), Jeremy Chappelle (football and basketball), Jared Dickey (football and soccer), Heath Dickey (football and track), AJ Minter (football and baseball), and Ross Lee (football and golf).

Many of Brook Hill's athletes excel beyond the field. Pirtle says, "Our athletes are held to a high standard on the field and in the classroom. We expect our kids to show class, Christ-like character and dedication in all areas of life. We expect this attitude will spill over into all areas of our athletes' lives." **BFS**



The Guard's football team achieved a record of 23-5 over the past two years. Shown is #2 Tyler Baker and #8 Austin Langemeier.



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