

Going Strong at Cameron High School



Success for everyone is the standard at this West Virginia high school



Cameron High School is a small school in rural West Virginia set in a town of about 1,200 people. There are no “big name” restaurants, just locally owned and operated places run by local people. Cameron High serves grades 7-12 and is one of 13 schools that are part of the Marshall County School District. With a student/teacher ratio of 12:1, it’s a great place for a student to get a great education. It’s also a great place to be an athlete.

Says assistant football coach Eric James, “We began a partnership with BFS about five years ago, and we’ve done some great things with our weight training program and our weightroom. Since then, we have achieved numerous accolades in all sports that our student-athletes participate in. Not only has our school experienced a successful trend in athletics, but we have also achieved a higher sense of school pride.” Coach James has been with the school for the

Eric James is a strength coach who has been involved in implementing the BFS program throughout the entire athletic program at Cameron High School.

past 10 years and is a physical education teacher who also serves as the head strength coach and head baseball coach.

Let's look at the numbers for the Cameron High School Dragons:

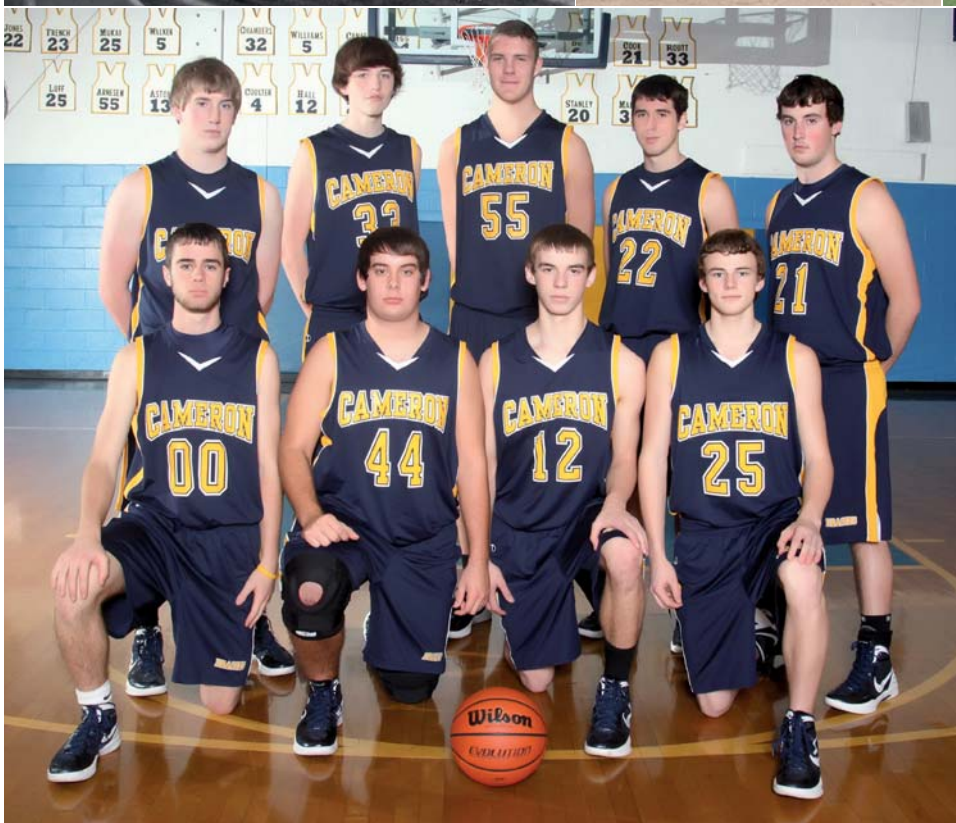
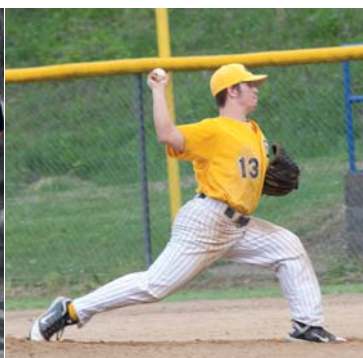
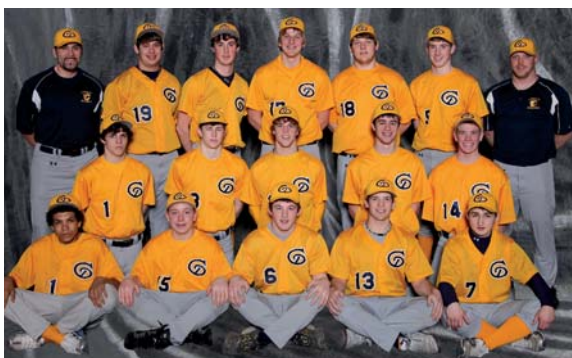
- 6 WV individual state championships in wrestling (one of those was undefeated)
- 5 baseball WV Region 1 Section 2 baseball titles
- 5 softball WV Region 1 Section 2 softball titles
- 4 Mason-Dixon Conference softball titles
- 3 girls basketball Region 1 Section 2 titles

- 3 OVAC (Ohio Valley Athletic Conference) wrestling team championships
- 2 Mason-Dixon Conference baseball titles
- 2 boys basketball Region 1 Section 2 titles
- 1 WV State Runner-Up in softball
- 1 state cheering competition

"We've always been the type of people to give credit where credit is due, and we owe much of what our programs are today to BFS. As you know, things tend to run in cycles concerning small schools. We had a few solid football teams in the late '90s

and some pretty good boys and girls basketball teams in the middle part of the 2000's, but we felt that these kids needed something more. When BFS clinician Tom Sullivan came to us in 2007, I knew that this was just the thing we needed. At the time Tom came, he was even able to assist me with the layout of our current facility. BFS was/is/always will be a tremendous asset to Cameron High School."

In the near future the student-athletes at Cameron High School will move into a new \$30 million school, thanks to the passage of a bond levy. James says the new school will be state of the art. Some of the buildings will



State, regional and conference titles in multiple sports have become commonplace at Cameron High. Ryan Hughes, #8 on the football team, is first in his class with a 4.56 GPA.

include various new athletic facilities, including the following:

- New gymnasium that will seat 1,600 people and will be regulation size (94 feet in length), with six baskets for optimal basketball practices
 - New 400-seat auxiliary gymnasium for middle school competitions and for physical education classes taught in the school
 - Two-lane public walking track on the mezzanine level of the main gymnasium
 - New 1,600-sq. ft. weightroom facility
 - Fully equipped athletic training room with hydrotherapy and a full-time trainer on site
- Says Coach James, "I'm proud to

say that I have been a part of all this as the strength coach at Cameron HS. BFS has played a tremendous role in the training of all our student-athletes, and having access to this type of organization makes the job of a strength coach that much easier at the high school level.

"Success at a school of this size [approximately 360 students in grades 7-12] depends on the people that are involved within the building, and we have some of the greatest people you would ever want to be around. From the administrators to the people that make sure that the facilities are maintained, I can attest personally that you will not find a more dedicated group of people.

"In a small school, you tend to 'wear a lot of hats' and your time gets spread pretty thin, but I wouldn't have

it any other way. I have the opportunity to see my three children on a daily basis, work with great people, and help student-athletes that I am in contact with to make themselves better. In my daily duties as a coach and teacher, no amount of money could ever equal the absolute joy that I get in preparing these young men and women for life. The fact that I will be able to do this within the confines of a brand-new facility makes it even better.

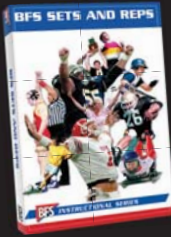
"I cannot thank BFS enough for providing coaches with such a successful program to follow and such reliable equipment. I urge all coaches out there to give BFS your continued support. Cameron High School is proof of the success that can be achieved with BFS. Go Dragons!" BFS



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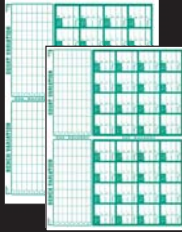


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