

Wide Receiver **Jared Abbrederis** *University of Wisconsin*

A former BFS Athlete of the Year is making it big in college football

Despite the advances in sports medicine, when a high school football player tears their ACL, especially if they are in a skill position such as quarterback, that often means the end of any possibility of moving on to play at the next level. The reason is that ACL injuries often affect speed, and college coaches recruit speed – plus they don't like taking chances on athletes they consider "damaged goods." But there are exceptions.

Jared Abbrederis was the 2009 BFS High School Male Athlete of the Year. He attended Wautoma High School in Wautoma, Wisconsin, excelling in football (as quarterback), wrestling and track. He was a member of the National Honor Society, carrying a 4.14 GPA, and was involved with the Fellowship



Photo by David Stuka, Wisconsin Athletic Communications



of Christian Athletes. What's more, he did community service by helping the elderly with yard work and coaching a youth football program. He was the total package, but his success didn't come easy.

During the sixth game of his sophomore year, Abbrederis was tackled running out of the pocket and suffered

a torn ACL in addition to breaking off the end of his femur. Head football and strength coach Dennis Moon says the injury was so severe that the doctors didn't know if he would ever play football again. Abbrederis had other ideas: "After my injury, I really wanted to focus on my strength and speed training. Participating in BFS's program



Action photo by Visual Image Photography, Inc.



In his sophomore year in high school Abbrederis suffered a torn ACL in addition to breaking off the end of his femur. But through hard work with the BFS program, by his senior year he was able to pass for 1,500 yards and rush for 1,500 yards to lead his team to a state championship.

helped me surpass my goals, and I was back competing at a top-notch level in no time!” Says Moon, “He actually made it to the state track meet during his sophomore year, taking fifth place in the high hurdles. For him to run hurdles about six months after an injury that severe is unbelievable.”

In his junior year Abbrederis won the conference championships in the 160-pound weight division and received the award as most valuable player. Then, in his senior year Abbrederis rushed for 1,500 yards and 24 touchdowns, and passed for 1,500 yards and 26 touchdowns, and his team won the state championships. Abbrederis didn’t have the most impressive 40 time, but he had great football skills and the ability to accelerate. Moon says, “He could just explode, such that once he saw an opening he was like “BAM!” – sprinting past the defense before they knew what hit them.”

Likewise, in track Abbrederis set five state records to help Wautoma to a Division II state track championships. At a height of 6 feet 2 and weight of 175 pounds, he could clean 255 pounds and squat 385, and had a vertical jump of 34 inches and a standing long jump of 10 feet 2 inches.

Abbrederis had a dream high school athletic career, but playing at the next level would be a challenge, one that Abbrederis was eager to accept.

Abbrederis enrolled at the University of Wisconsin and tried out for the football team as preferred walk-on, meaning he could come in early to work with the coaching staff. Although he’d been a quarterback in high school, Abbrederis switched to wide receiver in college. He redshirted that year but made a good impression, and the coaching staff thought he could make the depth chart the following year.

In 2010 Abbrederis played in 13

games, starting in two of them. He caught 20 passes for 289 yards and three touchdowns. The following year he more than doubled those numbers, catching 51 passes for 814 yards and seven touchdowns. He also returned 18 punts for 289 yards and one touchdown – his 16.1 yard average was second-best in one season. And then there was the Rose Bowl, where the Ducks edged the Badgers, 45-38.

In a shootout that racked up more than 1,100 yards of offense between the two teams, Abbrederis caught four passes for 119 yards, made a UW bowl record of 201 yards, and on the opening drive caught a 38-yard touchdown pass. Abbrederis is now a scholarship athlete, and he is on track to break school receiving records – but he hasn’t forgotten his roots.

During his winter break, Abbrederis came back to Wautoma High to talk with the student body about goal setting. “He talked to our upper classmen

about setting goals for beyond high school, and talked to our freshmen about being a good student,” says Moon. “He did a really nice job, and it was a big deal for Wautoma because he’s the first Division I guy we’ve had who really made it.”

The BFS High School Male Athlete of the Year is our highest honor, and it’s great to see our recipients go on to make it to the next level. Jared Abbrederis was a great choice then, and today he is fulfilling our hopes and expectations for him as an 11 athlete. **BFS**

Photo by David Stluka, Wisconsin Athletic Communications



During his recent winter break, Abbrederis returned to Wautoma High to share his experiences playing at the Division I level and discuss the importance of goal setting.

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