

2012 BFS High School Male Athlete of the Year

Nick Benhoff is part of a new generation of lacrosse players

In the past most of the recipients of our annual award for exceptional high school male student athletes were multi-sport athletes who excelled in football. This year, our selection for this prestigious award is Nick Benhoff, whose primary sport is lacrosse. Benhoff's skill in lacrosse is especially noteworthy, because in Maryland, where he played the sport in high school, lacrosse is big time.

At the college level, this year Maryland ruled in lacrosse, with Loyola University defeating the University of Maryland. Further, according to US Lacrosse (the sport's governing body) Maryland is the state with the most lacrosse players, and at the college level, men's lacrosse is ranked first in players' graduation success rates (88 percent!) of all men's NCAA sports. It is also one of the fastest-growing sports; in 2001 there were 253,931 active lacrosse players, and by 2011 there were 684,730!

For our annual BFS award, we look for an exceptional young athlete who also exemplifies the goals of the Be an 11 program. Benhoff is just that young man. He graduated this year from Dulaney High School in Cockeysville, Maryland. Guiding Benhoff throughout that four-year journey was the head coach for boys



Nick Benhoff

lacrosse, Kyle Fiat.

"Nick is a living example of the impact that BFS can have on transforming a young student-athlete into a more confident, harder working, and successful young man," says Fiat. "Much of his success on the field, as well as in the classroom, is a product of the work he put into the BFS program. Nick was meticulous with his record keeping and incredibly motivated to break records."

In his freshman year Benhoff committed to the BFS program and earned positions on the junior varsity lacrosse

and football teams. That year his best lifts were a 95-pound bench press and power clean, and a 115-pound parallel squat. The following year he was bench pressing and power cleaning 145, which was more than his body-weight, and was parallel squatting 200. He also earned positions on the varsity lacrosse and football teams, and scored one goal on the lacrosse team. And that's when his progress really took off.

As a junior, he best lifts included a 185 power clean and a 255 squat, and on the lacrosse team he scored 21 goals, six assists. In his senior year, despite weighing about a buck-fifty, he was bench pressing 195, power cleaning 215 and squatting 295. He scored 28 goals and had 18 assists. Through his consistent hard work and continual gains in the weightroom Benhoff was voted all-county for Baltimore County as well as all-American. As a nominee for the Kelley Award, Benhoff was also recognized as one of the best public school lacrosse players in the state. Now he is taking the next step as a student-athlete, playing lacrosse at Randolph Macon College in Ashland, Virginia.

"BFS has impacted me mentally in school and athletics by giving me more confidence and a work ethic that is hard to find anywhere else," says



In his senior year Benhoff was voted all-county for Baltimore County as well as all-American, and scored 28 goals and had 18 assists.

Benhoff. “It showed me how to work hard in the classroom and how to not

give up on the field even if I am tired. BFS has also impacted my confidence

on the field because it has made me both physically and mentally tougher. I know I can get the ground ball against a bigger kid, and I know I can run by a fast kid.”

Another BFS connection for Benhoff is BFS clinician John Rowbotham, who has given clinics at Dulaney High for several years. “I have known Nick since he was a freshman, and he is an amazing athlete and wonderful person,” says Rowbotham. In fact, Rowbotham was also Fiat’s coach when Fiat attended school at Olympus High School Salt Lake City.

Fiat has been coaching at Dulaney for seven years, three as head lacrosse



Benhoff trained on the BFS program for all four years in high school, and made great improvements in strength and power.

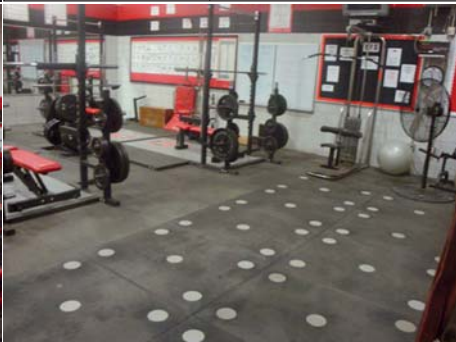
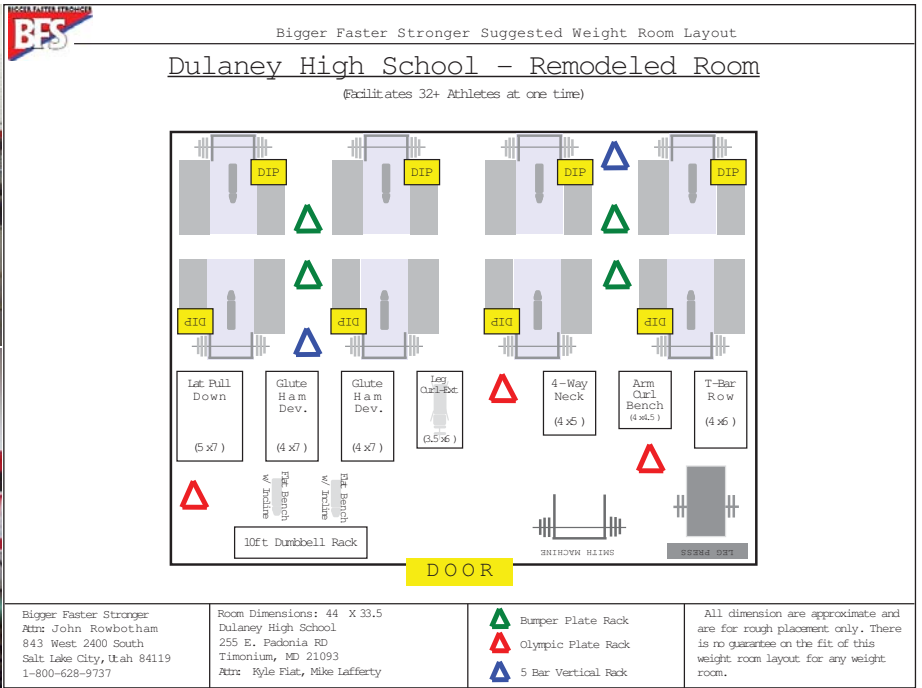
coach. Says Fiat, “Coach Rowbotham had coached me as an athlete in high school when he was playing football at the University of Utah, so I did the BFS program in high school – he lived about three blocks from me.” Fiat earned a college scholarship, and after graduation he and Rowbotham reconnected when Fiat took the job at Dulaney, working together to establish the BFS program in Baltimore County.

Nick Benhoff is a young man who will be successful because of what he learned through athletics and the BFS program. He says it best himself: “I benefited most in becoming more of a man from BFS. Before BFS I was lazy and not confident in



“Nick Benhoff is a living example of the impact that BFS can have on transforming a young student-athlete into a more confident, harder working, and successful young man,” says Benhoff’s high school coach Kyle Fiat.

my abilities, but afterwards I grew up and learned that hard work does pay off. BFS has taught me many lessons in life: in trusting myself and others, in working hard and in just being a good person.”



Benhoff trained in the outstanding Dulaney High School weightroom.

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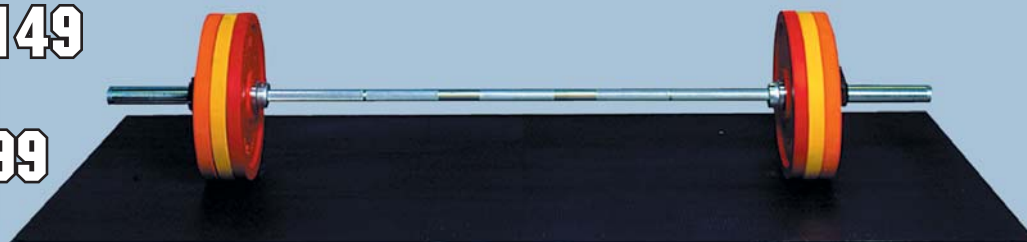
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