

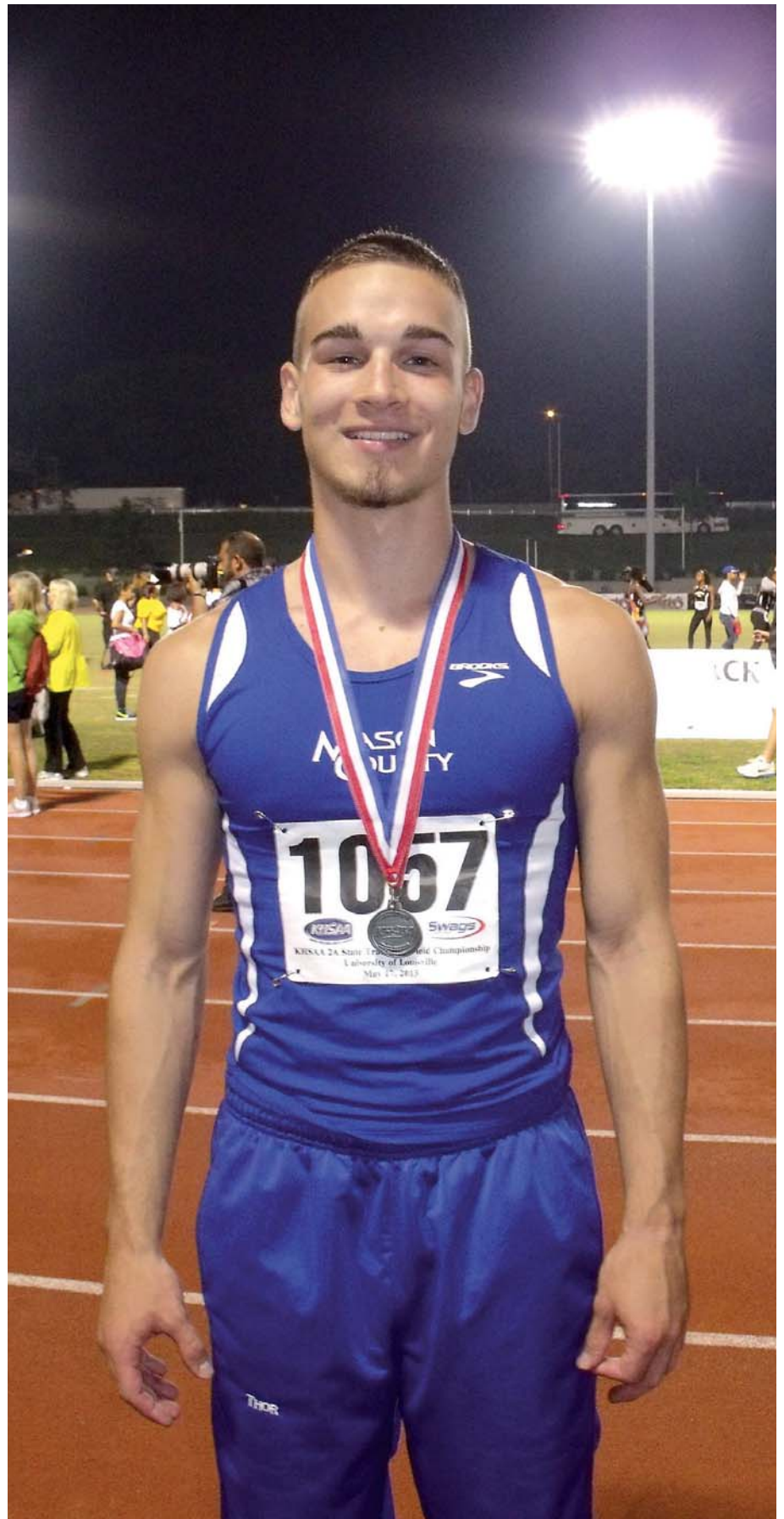
# Jacob Tompkins

## BFS Male Athlete of the Year

An exceptional Mason County High athlete wins the honor

**W**hen it comes to selecting a BFS Athlete of the Year, all the great qualities we look for can be summed up in one word: balance. There are many superb athletes who have excelled using the BFS program, and many athletes who have excelled in the classroom. What BFS is searching for is a great athlete who is also an exceptional student with great character – in other words, an 11. For 2013, we found an athlete who has achieved such balance: Jacob Tompkins.

Tompkins is a senior at Mason County High School in Maysville, Kentucky. The school was featured in our March/April 2013 issue for its outstanding athletic program. Tompkins plays wide receiver and defensive back but has made the most noteworthy contributions as a punter and kicker. Tompkins' skills have put him in the limelight: In 2011 he was AP First





Jacob Tompkins excels as a kicker, punter, wide receiver and defensive back.



Team All-State Punter, and in 2012 he was AP Second Team All-State Kicker. What's most interesting is that he became a football player by accident.

According to head football coach David Buchanan, Tompkins had a soccer background that initially sparked his interest in football. Says Buchanan, "At first he wanted to be our kicker and punter, and without a doubt his background in soccer gave him a good foundation to play those positions. But from there he ended up playing defensive back and wide receiver. He just found he really enjoyed the team atmosphere and playing the game."

Despite being introduced to

football relatively late in his athletic life, Tompkins excelled in all the positions he played. Coach Buchanan comments, "One of the characteristics of our coaching philosophy is that we do a lot of different types of kicks, such as onside kicks and trying to hit different spots on the field. In fact, when we came back in a game that gave us first place in our district, Jake had executed the onside kick perfectly. There are many other examples where our emphasis on special teams, especially the kicking game, has helped us win some big games."

How well has Tompkins performed on the field? With one year left in high

school, here are his stats:

	2011	2012
Field goals	2	4
PATs	16	36
Total points	28	48
Punt average	38	38.26
Tackles	22	30
Interceptions	2 (1TD)	4
Fumble recoveries	0	2

After football season, Tompkins participates in indoor track followed by outdoor track. He runs about every sprint event and also does the long jump. For 2011-13, he was first-team academic all-state for track and in 2013 was named Track and Field Male

Athlete of the Year, and he broke the school record in the indoor 400 meters. He has competed in the state championships in seven events since 2011. His best results are as follows: 100m, 11.00; 200m, 23.10; 400m (indoor), 54.03; long jump, 20-3.5.

In the weightroom, Tompkins leads by example. Coach Buchanan says that Tompkins' results were not impressive when he started, and in fact he couldn't bench press bodyweight. Now Tompkins has the following



Jacob ("Jake") Tompkins' family support system: (clockwise, from left): sister Lexie holding nephew Camdon, brother Zach, Jake, father Jeff, mother Nikole.

maxes: bench press, 225; parallel squat, 310; and clean pulls, 340. "Those lifts are even more impressive when you consider that he only weighs 150 pounds," says Buchanan, "and we're BFS, so we do full squats." As for football speed, Buchanan says he has hand-timed Tompkins at 4.53 in the forty.

Learning the technical aspects of kicking was key to Tompkins' success on the field, Buchanan says, while gaining strength in the weightroom definitely had a positive influence on his power, as evidenced by his career-best punt of 61 yards. "Being able to excel as both a kicker and a punter – as well as his speed – makes Jake more



Tompkins holds the school record in the indoor 400 meters and has competed in the state championships in seven events since 2011.

recruitable for college programs," says Buchanan.

Mason County has been using BFS for 17 years, and Coach Buchanan says that BFS is an ideal program for the school because so many athletes play multiple sports. "What makes Jake's accomplishments in the weightroom even more incredible is that he plays three sports, which puts his body under a tremendous amount of stress. Nevertheless, by following the BFS program he is able to stay healthy and also continue to get stronger through each athletic season. In fact, during the football season we lift three days a week, even the day before a game – we

just don't stop."

Academically, Tompkins applies himself and has taken 10 honors classes and has a cumulative GPA of 3.9. He is involved in his church and in Champions Against Drugs, a program that the Mason County school district promotes to educate young people about the dangers of experimenting with drugs. Tompkins is still considering what to choose as his college major; possibilities include kinesiology, athletic training, engineering and landscape architecture. Jacob Tompkins is an 11 athlete, and we are proud to name him our 2013 BFS High School Male Athlete of the Year. **BFS**

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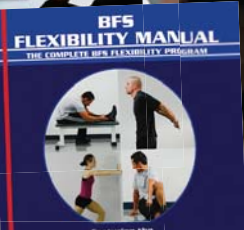
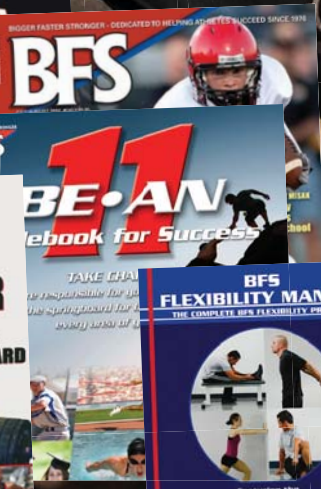
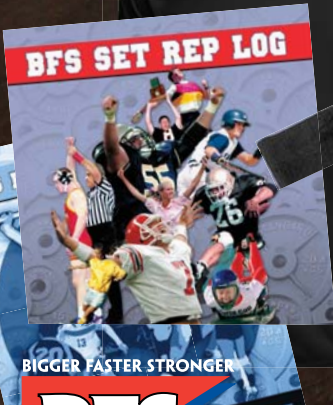
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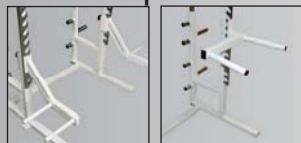
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