

Fast Track to Success at Edgar High School

Hard work has paid off for these outstanding student athletes

They say you can't go home again, but Greg Streit knows better. For the past seven years Streit has been a track coach at Edgar High School, the school he graduated from in 2000. As a student at this school in Edgar, Wisconsin, Streit played on a state championship football team. And just as he enjoyed his success as an athlete at Edgar then, the athletes he coaches today are having their own great student-athlete experiences. Edgar's girls and boys track teams both won their state championships last year.

The girls track team has been especially successful – last year's victory was their third in a row. They dominated the field, winning 10 of 18 events. Coach Streit says that one of the most interesting aspects of the girls team is hearing other coaches remark how athletic and powerful his athletes look. This impressive look, he says, can be attributed to hard work on the BFS program.

“When I got here, we just really started hammering into the kids that the BFS program is what they needed to be successful.”

—Coach Streit

Streit is a strong supporter of the BFS program; as a student himself at Edgar he attended a BFS clinic as a freshman and used the BFS program



Edgar High School's Wildcats girls track team won its third consecutive WIAA state track and field title in 2012. This team scored over 100 points in the meet for the third straight year – no other team has ever scored more than 100 points in the state meet. The girls also won 10 of their 18 events this year!

all four years. About coming to coach at Edgar, he says, “When I got here, we just really started hammering into

with their success – they are the talk of Wisconsin.”

In this school of just 220 students,

the kids that the BFS program is what they needed to be successful. With our boys it really made a difference, but our girls have just been over the top

all the boys and girls work out together. “One of the first things I teach the girls here is that they need to buy into the Bigger Faster Stronger program,

All photos by Sean Grady

and that the workout will transform their bodies into athletic bodies,” says Streit. “I tell them they should not be concerned about the number on the scale, but just work hard on the same core lifts the boys are doing so they can develop into a higher level as an athlete.”

Although some high schools have athletes who just play one sport, Streit explains that because there is relatively little to do in a small town, everyone usually plays two or three sports. “Playing sports keeps our kids active, keeps them busy.” The only off-season is the summer, and at this time Streit will include more plyometrics and special speed development drills in the program. The result is that Edgar High School has enjoyed success and has won conference titles in many other sports, football, wrestling and cross country (where they won 15 titles in a row!).

Edgar High School is contained in one building, which houses grades K-12. The advantage of this is the kids don’t get lost in the system, as can occur at larger schools. Streit says the BFS program is especially valuable in this regard because when he talks to his athletes about the program and gives them their set-rep cards, they already know what to do to succeed. “We also have a ‘big buddy’ program here in which the high school students help out the younger kids, taking them for pizza, challenging them with activities if they are gifted, and serving as role models for them to talk to.” Such proximity enables the high school coaches to encourage the middle school athletes to get a head start on their training.

This season, Streit says, the girls track team is considered the odds-on favorite in their area and they should win state “as long as we do the correct things to win.” He also says that when they do go for another title, they will



Holly Denfeld holds six state titles in track and field. At 5 feet 11, she cleans 185, benches 165 and box squats 275.



Jena Heidmann holds the school records in long jump, 4 x 100, 4 x 200 and 4 x 400, and she won the long jump at the state meet with a leap of over 17 feet. She and Tessa Thurs won four gold medals in state track and field this year, becoming just the third and fourth girls in Wisconsin history to do so. Heidmann finished her track career with eight state titles. At only 5 feet tall and 110 pounds, she cleaned 155 pounds, bench pressed 115 and box squatted 325.



Faryn Wirkus, now at Minnesota State, Mankato, is the school and state record holder in the pole vault. She is a three-time state champion in the pole vault and also won state titles in the 4 x 100 and 4 x 200 relays. In high school she cleaned 175, bench pressed 155 and box squatted 390.

have great fan support. “Our fans are unbelievably supportive. Anyone who has any connection to the program will come down to watch us.”

What advice would Streit give to other coaches who want to emulate his success? “Have a set strength and conditioning program and get your athletes to buy into it. If you’re jumping back and forth with different programs, you’ll have people who jump off the boat. I see some real potential coming up in the middle school range, and we find that every year the freshmen coming into the program have bought into the program and want to do what it takes to become even better than our current group of athletes.” **BFS**



Lizzie Pospyhalla is a state champion in the 400 meters and a three-time state champion in the 800-meter run and the 4 x 400 relay. She weighs 115 pounds and cleans 120, benches 135 and box squats 265.



The Wildcats boys track team has also become a state powerhouse, winning the state title this year. Shown is Kyle Schueller, a state champion in long jump and two-time champion in triple jump.



Tessa Thurs holds the all-time Wisconsin record for most state titles (10) in track and field. She now competes at the college level at UW-Oshkosh. At a bodyweight of just 110 pounds, she cleans 155, benches 135 and box squats 315.

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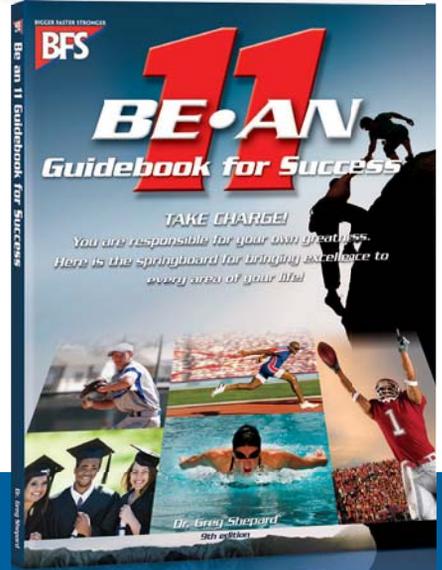
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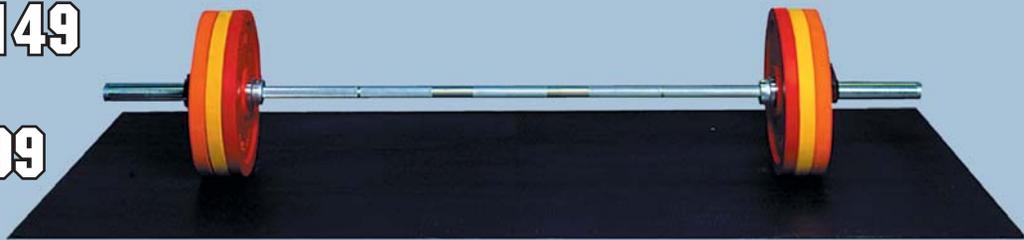
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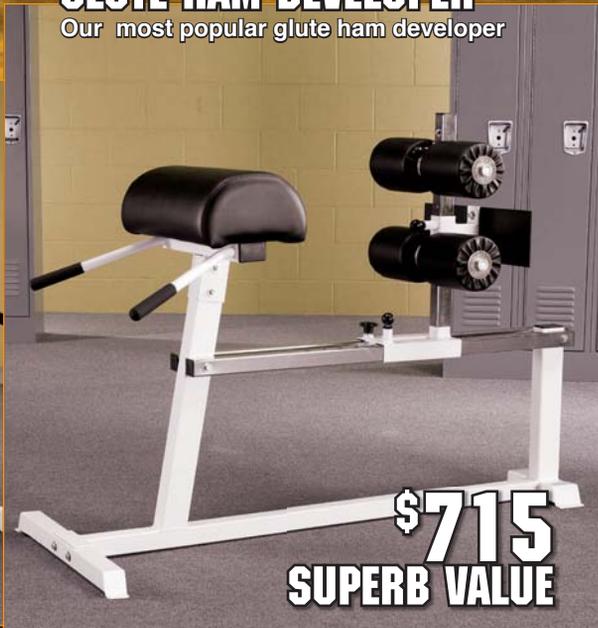
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