

Finding a Way to Win at Mason County

Unified training has given this school a tradition of excellence

BY **DAVID BUCHANAN, HEAD FOOTBALL COACH**
MASON COUNTY HS, MAYSVILLE, KY



Quarterback Neal Pawsat



At Mason County High School we have an old-school athletic program. By that I mean we still want our student-athletes to play multiple sports. We believe this approach is beneficial to the students and ethical as well, because for most of them, high school will be their last opportunity to play several sports.

Bigger Faster Stronger is a big part of helping our student-athletes become extremely successful in multiple sports and also stay healthy. In grades 9-11 they follow the BFS program in their weight classes, where football, soccer, basketball, baseball and track athletes all work out together. Although someone is always in season, we lift through the year, three days a week. We see a lot of improvement through each season in the weightroom.

We have used the BFS program for 17 years at Mason County. Before that, Mason County's football record was 63-111 and one quarterfinalist. In the 17 years of using BFS our record is 130-68, five district titles, four quarterfinalists, two semifinalists and two regional championships. We have had several scholarship athletes, including D1 signees at Cincinnati (Dustin Grutza), West Point (Jordan Murray), Kentucky (Josh Harris) and North Carolina (Harry Lewis). Grutza, Harris and Lewis all played basketball. Harris and Lewis also ran track.

Neal Pawsat and Jordan Gilbert were all-state football players who also made it to the final four of the Sweet 16 in basketball. Tyler Black, their teammate in both football and basketball, received a basketball scholarship



This team photo was taken at one of the two regional football championships the Mason County Royals have won since adopting the BFS program. Along the way the Royals have built an impressive 130-68 win-loss record.

to Jackson, Tennessee. Pawsat received a football scholarship to Georgetown College, where he started as a freshman QB and led his team to the NAIA Semifinals. Gilbert received a basketball scholarship to Transylvania in Lexington, Kentucky. Jackson Tolle (football, basketball) and Richie Cox (football, baseball) both played professional indoor football after receiving their degrees.



With our commitment to athletic strength in the weightroom and to playing multiple sports, we have produced several standout athletes. For example, Andy Fryman, a Division I track athlete who was all-state in

football as well as national shot put and discus champion in high school, went on to attend the University of Kentucky and made the Olympic try-outs; and Chris Lofton, a Division I basketball athlete who was all-state in football, went on to attend the University of Tennessee and became the top three-point shooter in SEC history. Lofton told me, "Playing football and having weight class made me stronger and tougher, preparing me for contact anytime on the basketball court."

We are equally proud of Darius Miller, who played some football in high school but especially excelled in basketball and in the weightroom. Miller was "Mr. Basketball" when he led our team to the state title (2008); in 2012 he joined Kentucky's NCAA championship team, and he is currently a member of the New Orleans Hornets of the NBA.

We are very successful in basketball at Mason County High School. Our first two state championships in



#10 Jordan Gilbert
#32 Justin Lang



#7 Dustin Grutza

Among the many athletes from Mason County High School who have received college scholarships are Jordan Gilbert and Dustin Grutza.

basketball came in 2003 and 2008, after we started using BFS. Our basketball coach, Chris O’Hearn (2008 state title), is a big believer in the weightroom, as was Kelly Wells, who led our team to a state title in 2003.

“The benefits that our basketball players have received from the Bigger Faster Stronger program have been instrumental in our success,” says Coach O’Hearn. “We’ve had many kids who had the typical basketball build: tall and thin. By the time they finished the program, they were strong and athletic, putting up big weight in the weightroom yet maintaining the finesse necessary to play the game of basketball. I’m much in debt to Coach Buchanan and Coach Ullery and to Bigger Faster Stronger.”

During the 2013 indoor track season, Tee King, Jaylin Jones, Carson Fearis and Jacob Tompkins

won the state title in the 4 x 400. All four are juniors and will be on the football field in the fall. Track coach Mark Kachler says, “Our partnership

with the football team has been the foundation of our sprinters program. The weight training program the football players employ works hand in hand with what we are trying to accomplish with our sprinters. In return I think the conditioning and sprint mechanics our athletes get in track and field translates well onto the football field. It is a great recipe for success in both programs.”

In 2012, we started the football season 1-4. We then won seven straight games, including two playoff games. We finished as undefeated district champions and reached the 3A state quarterfinals. Rashon Nelson was named district player of the year; he ran indoor track, plays baseball, benches 320 pounds and has a parallel squat of 385 pounds.

Over the past 17 years, there have certainly been some tough stretches for all our sports. However, those stretches don’t last very long. Because of the Bigger, Faster, Stronger program our multisport athletes have every opportunity to stay healthy and enjoy success in high school. BFS



Chris Lofton was all-state in football, went on to attend the University of Tennessee on a basketball scholarship and became the top three-point shooter in SEC history.

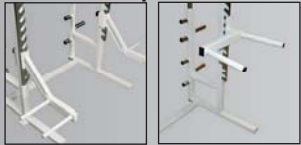
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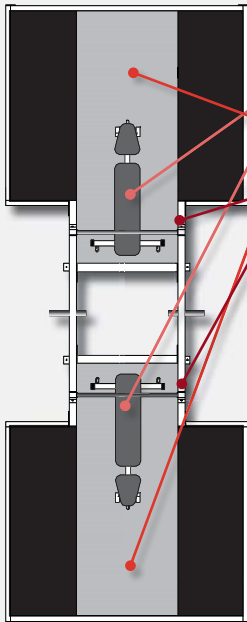


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Joseph Trongone, Head Coach, North High School

Regional Certification Sites in 2013	Cortland	NY	10/6/2012
	Springfield	MO	10/13/2012
	Verona	NY	11/14/2012
	Searcy	AR	12/15/2012
	White Plains	NY	1/12/2013
	SLC	UT	1/19/2013
	Timonium	MD	2/2/2013
	Perry	FL	2/9/2013
	Simi Valley CA	CA	2/9/2013
	Montgomery City	MO	2/11/2013
	Jackson	MS	2/16/2013
	Medford	OR	2/23/2013
	SLC	UT	3/9/2013
	Manchester	MI	3/23/2013
	Seattle	WA	3/23/2013
	Ft. Branch	IN	4/6/2013
	Lebanon	KY	4/27/2013
Fitchburg	MA	4/27/2013	
Las Vegas	NV	5/4/2013	
Ferris	TX	6/1/2013	
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School corporation administrators, dept heads, and athletic directors can potentially benefit as well, from supporting and encouraging their teachers working in the weight room to achieve the "WRSC" credential.

Together we can make America's weight rooms safer for students, more productive, and help teach students some of the workout skills needed for lifelong health and wellness.

Once certified maintaining all the benefits of being a WRSC Coach is easily maintained through \$99.95 yearly renewal fee. This will keep all the online benefits including video instruction available for incoming athletes and assistants as well as the BFS Magazine to keep up to date on the latest in safety and reducing liability concerns.



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