

Total Program Success at Ferris High

A look at a Texas athletic program in which every athlete is a winner

What an awesome start these last three years have been for Aaron Emeyabbi, the athletic director and head football coach at Ferris High School in Ferris, Texas. The school has experienced a huge turnaround since Emeyabbi took over the athletic program three years ago and implemented the BFS program, including a Be an 11 clinic.

Emeyabbi brought in clinician Jim Brown to install the program, and BFS has conducted a total of four clinics for the Ferris athletes and coaches since then. Ferris HS even hosted a BFS regional certification clinic this past June. During 2012-2013 Emeyabbi had the tremendous satisfaction of watching his program win 10 varsity district titles.

It hasn't always been this good at Ferris – in the previous 20 years the school had won only a handful of district titles. But in this past season alone the athletic program won 19 district titles. Additionally, 16 of the 17 sports offered at Ferris in 2012-13 advanced to the postseason. Here are some other athletic highlights at Ferris HS:

- The YellowJackets football team won a district title and made the Texas state playoffs for the third year in a row.



Athletic director Aaron Emeyabbi proudly displays some of the championship trophies won by athletes at Ferris High School.

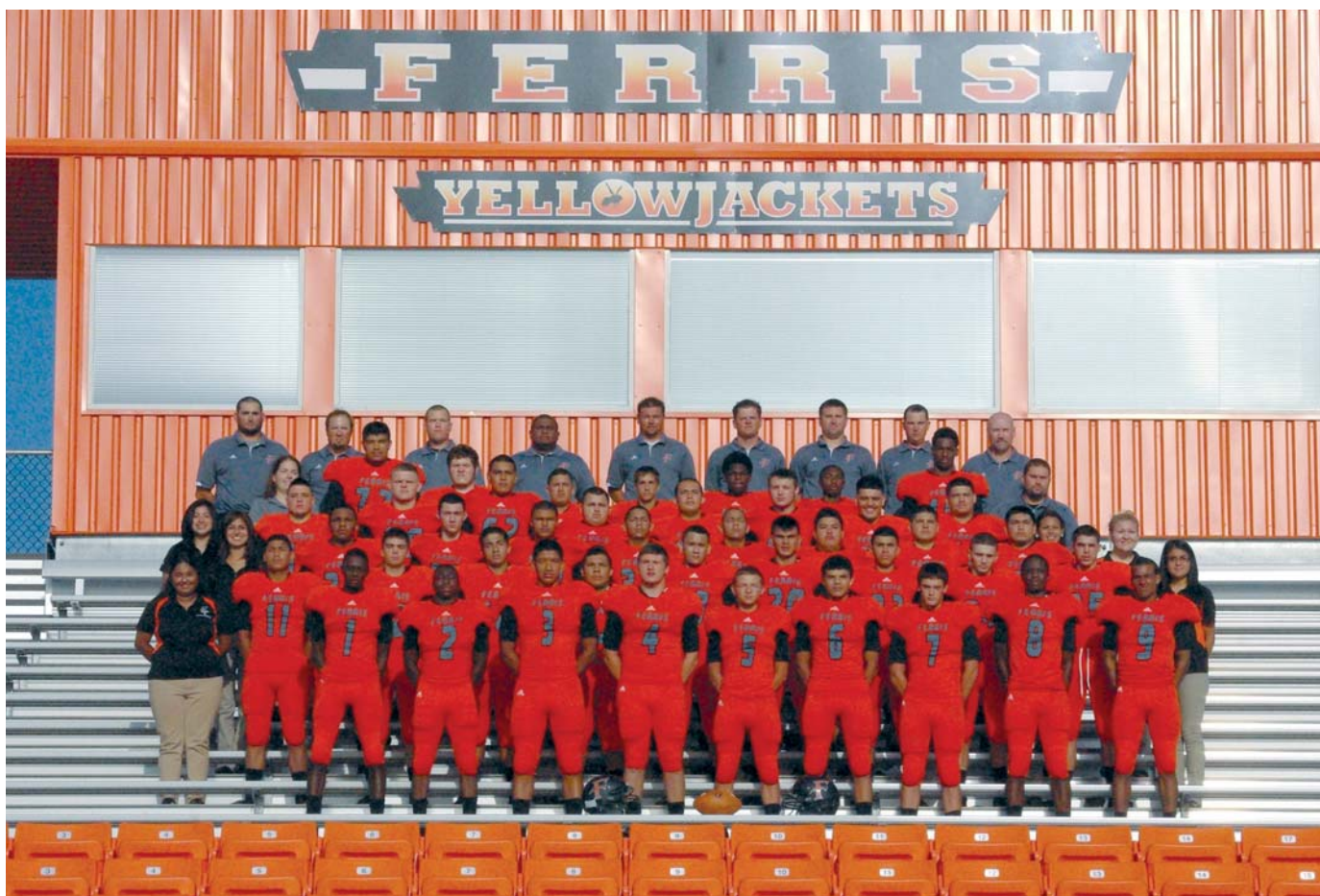
All the hard work they put into the BFS program resulted in 19 all-district players and one state player. Two sophomores have already fielded offers from D1 schools.

- The volleyball team and both the boys and girls cross-country teams won district titles, as well as setting new school and personal records. For the first time in many years the girls basketball team made the playoffs and won a district title.

- The boys and girls powerlifting teams both competed at the regional meet with a couple of state qualifiers over the past three years.

- The boys soccer team made the playoffs, and the girls soccer team made the playoffs for the first time in school history.

- The boys and girls track teams both won district titles, and several players qualified for the area and regional meets. Lyndsay Hulgan, a senior in 2013, advanced to the state track meet in the shot put, where she placed third in that event. She broke the school record in the discus with a throw of 135.9 feet in the district track meet. Hulgan also advanced to regionals in golf for the second year in a row, and in volleyball she helped her team



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BFS clinician Jim Brown has conducted four BFS clinics at Ferris High School, and this year the school hosted a BFS regional certification.

reach the area round of the playoffs.

- The baseball team advanced to the area round of the playoffs and won their first district title in over 30 years. First-team all-state player Evan Pontley threw four no-hitters, and player Niko Garza stole 45 bases. The girls softball team won a district championship and also advanced to the area round of the playoffs.

- Both the boys and girls golf teams won district titles and advanced to the regional tournament for the fourth straight year.

- In the tennis program several athletes competed at the regional meet and earned scholarships.

For the Ferris Lady Jackets softball team the year 2013 was a record-breaking year. They finished with an 18-14 record and were crowned district 11-3A champions after going 6-0 in district play. In their six district wins, the Lady Jackets outscored their opponents 110-1 and only allowed a single hit through that stretch. Pitchers Leah Yarborough and Shelby Savell both threw two no-hitters, and neither allowed a single run. Having lost only three graduating seniors, the Lady Jackets look forward to building on their experience and defending their district title with the same success. The coaches agree that their team success is a direct result of their strong off-season training program, in which the girls train day in and day out to achieve their goals.

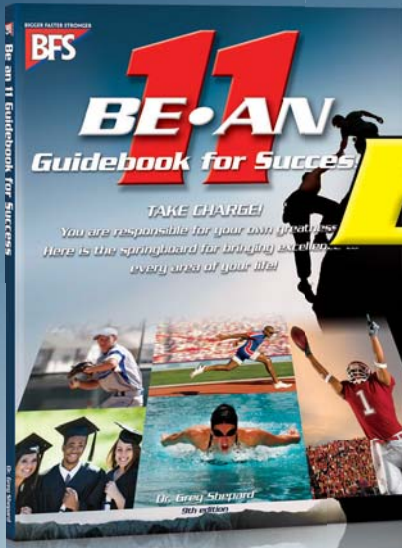
Ferris High School uses the BFS program exactly as it is intended to be used. This year they have definitely raised the bar and look to enjoy even more success. **BFS**



The Ferris High School boys and girls cross country teams and the girls volleyball team won district titles.



Many outstanding individuals in the YellowJackets athletic program have gone on to play at the college level. Here is shot-putter Lyndsay Hulgan after placing third at the Texas state track meet; kicker Miguel Mendiola (#47), who placed second out of 110 kickers at a University of Texas football camp; and JR Guterrez (#50), who earned a scholarship to play at the University of Southeastern Oklahoma.



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