



Multisport Powerhouse Sesely Omli

Good things come in small-town packages

by Kim Goss, MS

It's been said that "talent prevails," but the talent pool at a small school rarely teems with athletes who reach exceptional levels. This was the case with Ell-Saline High School, located in the city of

Brookville, Kansas, population 262. That is, until Sesely Omli showed up.

"In 38 years of coaching I have never worked with a student who comes to class more prepared to improve than Sesely," says the Cardinals' head

football and strength coach, Terry King. "Sesely is an amazing talent." What makes this high school senior so impressive?

Sesely is, first of all, a student-athlete. She carries a 3.96 GPA and plans to attend college to study kinesiology and dietetics. She also is involved in many activities at school and church and in her community, such as Big Brothers Big Sisters, Relay for Life, and Gravity Youth Ministry. She also works as a student aide, helping with the freshman PE classes. King says, "Sesely does a great job working with these students – she genuinely likes to help others with less ability."

As a talented multisport athlete, Sesely contributes to the overall success of the entire athletic program. She was an All-State catcher in softball in her sophomore and junior years, with the Cardinals reaching the state finals all three years. She has been an all-state setter in volleyball – her team placed second in state in her junior year – and she has been a starter on the basketball team for three years.

Although her favorite sport is basketball, Sesely believes that her best sport is softball, which she has been playing since the second grade. Sesely explains that she reached her full height in middle school, and when she transferred into high school



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Sesely is a multisport athlete who plays basketball, volleyball and softball at Ell-Saline High School in Brookville, Kansas.

she was considered relatively short for basketball and had to move into a guard spot. “This transition was tough for me because I didn’t have the ball handling skills that I needed.”

Her accomplishments in athletics, academics and community activities are remarkable, and on a scale of 1 to 10 Sesely is definitely an 11 – but there’s more.

At Ell-Saline, Coach King has implemented a year-round weight training program to help Cardinal athletes fulfill their physical potential. He encourages

all athletes to focus on the BFS core lifts, such as the power clean, back squat and bench press, and his athletes continue to train hard both off-season and in-season. Sesely has embraced the program, working side-by-side with the strongest boys in the school. As a result of her hard work and physical gifts she has become, pound-for-pound, one of the strongest multisport high school athletes in the country.

At a height of 5 foot 4 and a bodyweight of 140 pounds, in her sophomore year Sesely broke state weightlifting records in the clean, squat, bench

press and total. In her junior year, her best lifts were a 160 clean, 300 squat and a 170 bench press; this year she has done a 190 clean (full squat style), 300 squat and 185 bench. In competition Sesely squats to parallel, but in training goes slightly below parallel. She also can deadlift 300 pounds, although she hasn’t done a 1-rep max on that lift recently. Sesely says her favorite lift, but also the most challenging from a technique standpoint, is the clean.

Sesely recalls that when she signed up for her first weight training class, she didn’t have any fears of becoming muscle bound. “When I started lifting, I



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was a bit chubby, and after I started lifting I saw myself leaning down, so I wasn't worried about gaining muscle." Sesely also has two brothers who play college football, Tate and Toby, and they have been very supportive of her lifting. She also has a sister, Sydney, a freshman at Ell-Saline and multisport athlete who also plays softball, basketball and volleyball and believes she has the potential to break all her sister's weightlifting records.

Brookville is a rural community located in central Kansas. Sesely's graduating class will number about 40 kids, many that she's known nearly all her life. In a school environment such as this, everyone knows everyone else, Sesely says. "That keeps you grounded – we don't have any cliques at our school." She also says that the community is supportive of their athletic programs with good turnouts

for games and bonfires that ignite the spirits of the team and spectators alike. Although Sesely has a full plate of activities at school and in the community, she works part time as a lifeguard at a local water park.

Coach King points out that Sesely is disciplined and determined and will not be sidetracked in her goals of success: "She strives hard each day to reach her full potential and become the best person she can be, and gets better every day. Sesely will not back down, comes to every class with a plan, and executes that plan to perfection to achieve her goals." Sesely Omlie is a model student-athlete who has taken advantage of all her opportunities and is enjoying the high school experience. We look forward to seeing what this hometown success story does next!



Sesely visiting with Team BFS weightlifter Lindsey Cardinal on a recent trip to Rhode Island. Sesely carries a 3.96 GPA and plans to attend college to study kinesiology and dietetics.

At a height of 5 foot 4 and a bodyweight of 140 pounds, Sesely's best lifts include a 185-pound bench press, a 190 clean, and a 300 squat.



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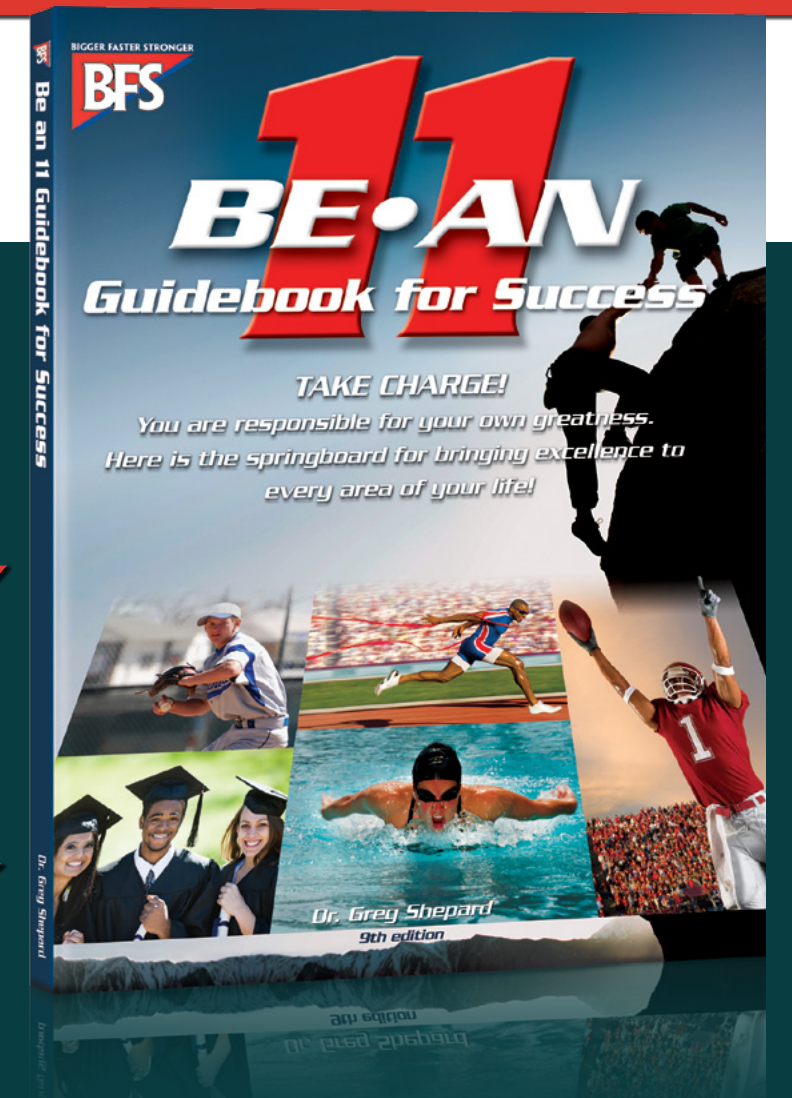
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