



Picture Courtesy of Steamboat Pilot Photo by Tom Ross.

Steamboat Springs High School BFS School Of The Year

In 1929, Steamboat Springs High School won six games while losing none. In 1978, Football Coach Mark Drake contacted me about a Bigger Faster Stronger Clinic and stated, "We have never won our league before and have never qualified for the state playoffs. We haven't done anything great in football since 1929." The 10 year veteran coach decided to have a clinic.

It was a great clinic with just the athletes from Steamboat Springs attending. The players learned how to Power Weight Train, set goals and to understand some new concepts as to why they should even play sports and why commitment is important.

Twelve weeks later they started the football season and came very close to that league championship with a 7-2 record. The following spring the Track team won the Colorado State Championship. Now, finally in 1979, after a 50 year drought, Steamboat Springs High School made history by winning the State Football

Championship and later in the Spring of 1980, ran away with another State Track Championship, truly a remarkable turnaround.

Coach Mark Drake maintains that "Weight training was the biggest key and we needed that extra push." He further states, "Injuries were minimal both years. We used the "Munchies" system in-season by using the 3 by 5 cards with our individual and team goals. Maybe the best thing is we also became very spiritual and close together."

We proudly honor Steamboat Springs High School as our pick for National Bigger Faster Stronger School of the Year. This award also entitles their school to special discounts on all BFS products for a lifetime.

We would like to know about any school who have overcome big obstacles and/or made great turnarounds in order to recognize their achievements for the 1980-81 year. Please contact us.