

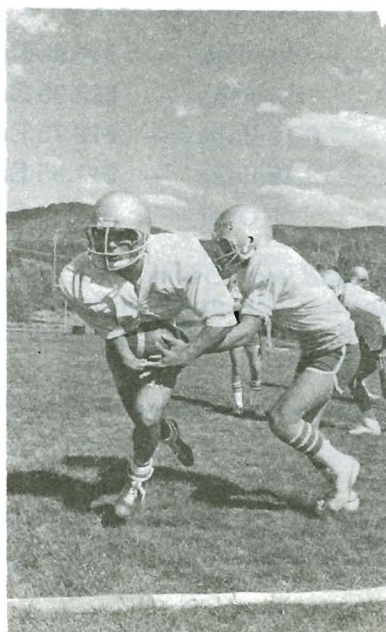


# TOM SOUTHALL BFS ATHLETE



**Tom's Long Jumping helped his school win two State Track Championships in 1979 and 1980.**

**In football, Tom was the MVP in Colorado as a 140 pound junior in 1979.**



*It is with great pleasure that Tom Southall is presented as the **BFS High School Athlete of the Year**. His story represents the essence of what the Bigger Faster Stronger program is all about. Tom has possibly given new definition to the meaning of "The sky is the limit."*

*Tom was a 120-pound ninth grader when he participated in a BFS Clinic at his Steamboat Springs High School in Colorado in June of 1978. I admired his courage in trying to play football and lift weights, but thought he would probably be better off being a manager. How could he "realistically" play sports with the "normal" kids? How could he play with one arm and being so small? Well, Tom filled out his goal cards, went through the clinic and began his high school career. Tom states, "The clinic really inspired us for sports." Here's the results up to June 1980 his Junior year:*

- 1. Increased his weight to 140 lbs. on his 5' 8" frame*
- 2. Squats 325 pounds*
- 3. With a special leather harness, he painfully bench presses 165 pounds*
- 4. Runs a 4.5 forty*
- 5. Played a very important role in back to back state track championships for his school in 1979 and 1980*
- 6. Started on the Varsity Basketball Team*
- 7. Plays first trumpet in the band*
- 8. Honor student*
- 9. Received punts*
- 10. Leading kick-off returner in the state*
- 11. Gained 2,182 yard rushing in his junior year*
- 12. Gained 7.7 yards per carry through the season*
- 13. Votes the Most Valuable Football Player in the State of Colorado*
- 14. Helped his team win the State Football Title*
- 15. Gained 412 yards rushing in the State Semi-Final game for an All-Time Colorado State rushing record*

# HIGH SCHOOL OF THE YEAR



*Tom has five sisters and brothers and he is the next to the youngest. His brothers and sisters really pitched in to help raise him. They would always say, "You can do it," and he was always included in any activity.*

*It wasn't easy growing up. He learned quickly that people were going to gawk at him. Many times total strangers would come up to Tom's parents and say in front of him, "What happened to the poor little boy. We're so sorry." He would cry countless times. One such time, while in the fourth grade, his mother heard him crying in the bathroom. She went in and with tears streaming down his cheeks, he asked his mother, "Why don't I have both arms?" Tom's mother said, "The Lord gives some people crosses to bear to help make them strong—your's is this." "Yes, I think I understand," Tom nodded in reply. Tenderly, his mother whispered, "I can't change it. I want to, but I can't."*

*Tom and his parents have concented to share personal aspects of his life in hopes it might be of help to others. Bigger Faster Stronger is trying very hard to complete a film on Tom's life and successes by January of 1981. Tom will also receive a scholarship for being the Bigger Faster Stronger athlete of the year. If any reader knows of any outstanding athletes who have accomplished great feats for this school year 1980-81, please contact us. Selections will be made in June of 1981. Thanks.*



**Tom was a starter as a junior on his school's Varsity team.**



**Is that any doubt that Tom scrambled across the finish line? Tom has inspired me to believe that everybody can scramble and finish.**