

WARRIOR FOOTBALL

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Editors note: I did a clinic at Walled Lake Western High School last year. Coach Apap gave me this information about his off-season program. As you can see, the value of record keeping is priceless.

Our weight program took a giant step forward this year. The following will show the strength gained since the first time I came to Western.

| <u>Bench Press</u> | <u>1978</u> | <u>1979</u> | <u>1980</u> | <u>1981</u> |
|------------------------|-------------|-------------|-------------|-------------|
| Team Average | 116 | 154 | 156.09 | *185 |
| Varsity Average | 130 | 173 | 183 | *215 |
| Junior Varsity Average | 119 | 130 | 130.9 | *159 |
| Freshman Team Average | 105 | No Team | No Team | No Team |
| Senior Average | 137 | 188 | 188.7 | *243 |
| Junior Average | 122 | 160 | 176.7 | *193 |
| Sophomore Average | 118 | 142 | 145.1 | *170 |
| Freshman Average | 105 | 126 | 120.9 | *147 |

*Giant Steps

Our speed improved because of our work on the squats, dead lift, and running.

| <u>40 yard Sprint</u> | <u>1978</u> | <u>1979</u> | <u>1980</u> | <u>1981</u> |
|------------------------|-------------|-------------|-------------|-------------|
| Team Average | Not Taken | 5.50 | 5.36 | 5.24 |
| Varsity Average | " | 5.37 | 5.22 | 5.07 |
| Junior Varsity Average | " | 5.64 | 5.49 | 5.40 |
| Freshman Team Average | " | No Team | No Team | No Team |
| Senior Average | " | 5.15 | 5.20 | 5.06 |
| Junior Average | " | 5.49 | 5.27 | 5.08 |
| Sophomore Average | " | 5.66 | 5.40 | 5.34 |
| Freshman Average | " | 5.63 | 5.77 | 5.47 |

In 1981 we tested our athletes in three other areas, the Squat, the Power Clean, and the Dead Lift.

| | <u>Squat</u> | <u>Power Clean</u> | <u>Dead Lift</u> |
|------------------------|--------------|--------------------|------------------|
| Team Average | 307 | 160 | 333 |
| Varsity Average | 338 | 179 | 392 |
| Junior Varsity Average | 277 | 173 | 280 |
| Senior Average | 354 | 186 | 400 |
| Junior Average | 324 | 173 | 385 |
| Sophomore Average | 298 | 148 | 300 |
| Freshman Average | 252 | 136 | 257 |