

BITS AND PIECES

About Hard Work

If the power to do hard work is not talent, it is the best possible substitute for it. Ambition by itself never gets anywhere until it forms a partnership with work.

James Garfield

New Clinic Record

A new BFS clinic DeadLift record was established in Bristol, Tennessee. I could not believe it. Kimbo Spencer from Graham High School in Bluefield, Virginia was spectacular. He wowed the 350 clinic participants by lifting **681 POUNDS!** Kimbo is a running back who weighs only 175 pounds and is only 16 years old. Last season Kimbo rushed for 528 yards and received another 285 through the air at Double A Graham High School. (Enrollment 800). Some of his other lifts include a 300 pound bench, a 275 clean and a 600 pound bench squat. He also runs a 4.8 forty.

About Morale

Morale is when your hands and feet keep on working when your head says it can't be done.

Admiral Ben Moreell

The 84 Olympics

Rick Anderson and Greg Shepard met with Bob Mathias in Colorado Springs Olympic Training Center. Bob is the head of the Center and was history's only two time Olympic Decathlon Champion. We were given the grand tour. We have loads of information and stories which will be coming out in future issues. We will also be doing a series of articles on Olympic happenings.

About Practice

A first grader had an explanation for the fire at his school. "I knew it was going to happen," he told his parents, "because we've been practicing for it all year."

Getting Bigger and Faster

There is no doubt about it. High School athletes are getting bigger and faster all the time. Rick and I were at the Texas Coaches Clinic in late July and came across the pre-season All-Area lineman. William Gaut 6-3, 268 4.9 Tulsa Washington, Oklahoma; Eric Andolsek 6-4, 248, 5.0 Thibodaux, Louisiana; Dave Richards 6-5, 290, 5.0 Highland Park, Texas; Shane Dybala 6-5, 253, 4.9 Van Vleck, Texas; Anthony Phillips 6-2½, 255, 4.9 Jeuks, Oklahoma; Joe Kubena 6-4, 260, 4.9 East Bernard, Texas; one of the top middle linebackers in high school this year will be Cedric Figaro 6-2, 235, 4.65 from Lafayette, Louisiana. Keep your eyes on any other top prospects and let us know. We are planning to pick a BFS All-American team after next football season.

Who Gets the Credit?

The world is divided into people who do things and people who get the credit. Try, if you can, to belong to the first class. There's far less competition.

Dwight Morrow

About Experience

You put your life in the hands of a doctor. He goes to school for some eight years. Does his internship and residency. Then he goes out into practice and we're willing to put our lives in his hands. In athletics, a man can be an assistant coach for 13 years at a university and people can say you're too young to be a head coach. Kind of makes you wonder where the experience starts in coaching.

Roger Reid
Assistant Coach, BYU

Money Record

Pete Mastandrea, head football coach at St. Francis High School in the Chicago area, had a BFS Clinic in August just before two-a-day practice sessions. This outstanding young coach held a Lift-A-Thon at his 650 enrollment school. Pete banked over \$24,000.00.