

ROOSEVELT H.S. FOOTBALL

By Ben Wright
Head FB Coach
As Written to Coach Shepard



Alan Brown #55 John Merna #66
Kieth Donovan #32 Joe Devane #56

ROOSEVELT H.S. FOOTBALL

I would like to introduce myself to you and tell you about a few of our athletes that through weight training have made some very fine gains. My name is Ben Wright and I am the head football coach at Eleanor Roosevelt Senior High School. Our school is in Greenbelt, Maryland which is about 10 minutes away from the campus of the University of Maryland. Our school is seven years old and I have been the head football coach all seven years. Five years ago we instituted a mandatory weight program for our football players. Since then we haven't had a knee or shoulder injury to anyone that has participated in our year-round weight program.

We follow a similar program such as yours emphasizing squats, benchpress, dead lifts and power cleans as the core program. We also require all returning players to pass a weight-lifting and running test in August before they are allowed to receive a practice uniform.

There are four young men that I would like to introduce to you. One is a senior named Joe DeVane. The other three are juniors named Alan Brown, Keith Donovan and John Merna. These four young men have dedicated themselves to weight lifting for improvement in football. All four of these young men have been lifting weights for three years. They have followed the set-rep program you recommend and they have certainly gotten stronger. I would like to list their lift totals for each year and give their height and weight.

JOE DeVANE OT and DT

10th — 5'8" 170
11th — 5'9" 195
12th — 5'10" 212

Bench	Squat	P. Clean	D. Lift
215	250	165	315
275	350	215	400
350	450	295	550

ALAN BROWN C and LB

9th — 5'6" 126
10th — 5'10" 170
11th — 6'1" 192

Bench	Squat	P. Clean	D. Lift
155	165	135	225
235	315	185	350
300	415	290	550

KEITH DONOVAN FB and LB/DE

9th — 5'6" 135
10th — 5'8" 145
11th — 5'10" 175

Bench	Squat	P. Clean	D. Lift
180	140	115	215
225	185	155	275
320	400	250	550

JOHN MERNA OG and NG

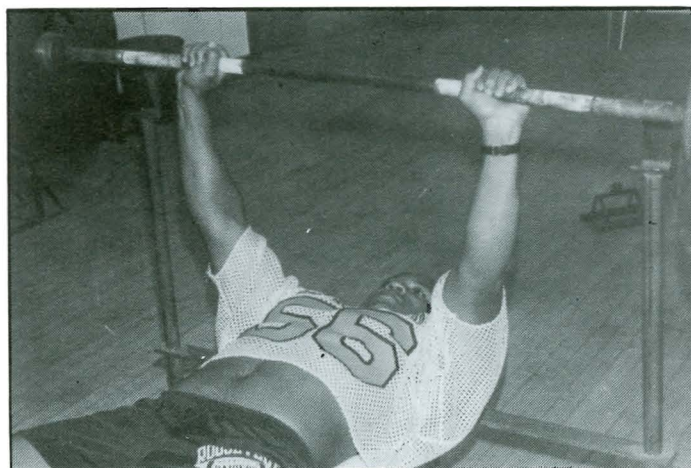
9th — 5'5½" 135
10th — 5'8" 160
11th — 5'9½" 185

Bench	Squat	P. Clean	D. Lift
185	225	115	250
235	405	175	400
315	510	235	550

(450) in competition

*All deadlifts over 450 spotter used.

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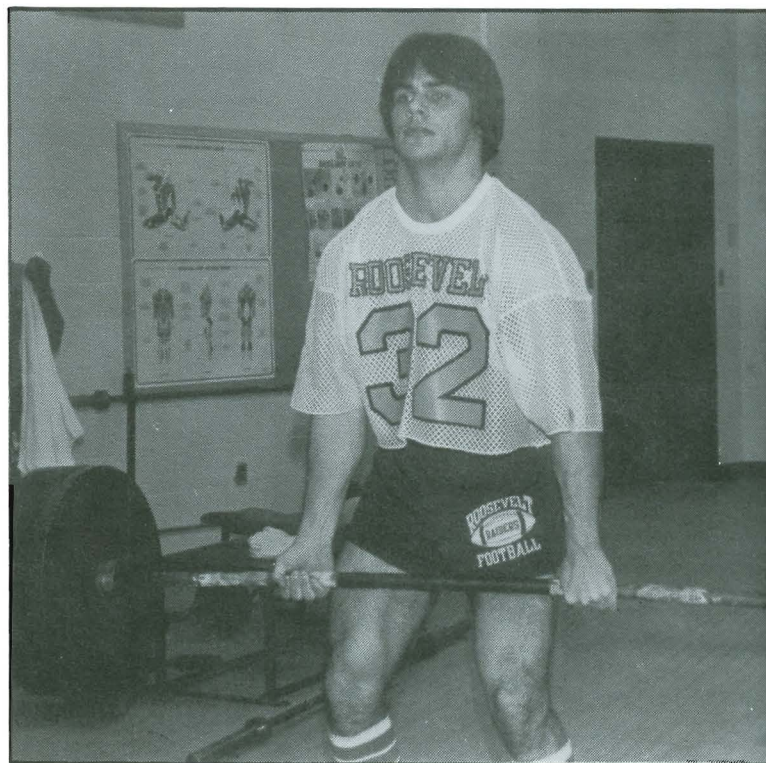
Joe Devane can Bench Press the BFS
All-American Standard of 350 pounds.

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All of these young men made most of the All-League or All-Region teams this past year in football. All of these lift totals were what they could do at the end of the grade level indicated except for this year. This years lifts were what they totaled at the start of summer practice, or what they have done within the last month or so in our weight room.

I feel that the weight program is the reason we have won 17 out of 20 games the past two years and one league co-championship. We have found that we are able to give forth more energy and enthusiasm in the 4th quarter than our oponents even though we are always one of the smallest teams in our league. I feel that the weight program that you recommend is worth 1-2 wins a year for us. We have been blessed with young men that are enthusiastic and believe in weight training to make them better football players. These four youngsters have been a constant inspiration to our team and myself and I feel that they are a great advertisement for weight training for athletics. I have a number of other young men that have the desire to be successful in athletics through weight training and this has been an inspiration to me as a coach. We are proud of these young athletes that have dedicated themselves to becoming Bigger, Faster and Stronger.



Keith Donovan Dead Lifts 550 pounds.
The BFS All-American Standard is 600.

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25 lbs per Hand: 55.00 for pair

30 lbs per Hand: \$60.00 for pair
35 lbs per Hand: 66.00 for pair
40 lbs per Hand: 72.00 for pair
45 lbs per Hand: 78.00 for pair
50 lbs per Hand: 84.00 for pair

55 lbs per Hand: \$90.00 for pair
60 lbs per Hand: 96.00 for pair

65 lbs per Hand: \$102.00 for pair
70 lbs per Hand: 108.00 for pair
75 lbs per Hand: 114.00 for pair

80 lbs per Hand: 120.00 for pair
85 lbs per Hand: 126.00 for pair
90 lbs per Hand: 132.00 for pair
95 lbs per Hand: 138.00 for pair
100 lbs per Hand: 144.00 for pair

105 lbs per Hand: 150.00 for pair
110 lbs per Hand: 156.00 for pair
115 lbs per Hand: 162.00 for pair
120 lbs per Hand: 168.00 for pair

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