

# SUCCESS STORIES



## FYFFE HIGH SCHOOL

Last Year 0-10

This Year 8-2

Area 16 CHAMPS

CLASS AA ALABAMA

Coach Ronnie Haushalter

At Fyffe High School, we have gone through all the various stages of trying to improve our strength, size and speed. We started with a multi-station Universal Gym, we could work a lot of athletes in a short period of time but were not getting the results we were hunting. We then progressed to using some of the Universal Stations in conjunction with body building. Working on having good looking bodies with a lot of muscle definition. We were doing numerous repetitions with moderate weights. This was definitely not what we wanted to improve our performance as athletes. Then I received a BFS Journal. I read it and was definitely impressed so I purchased your book BIGGER FASTER STRONGER. We have always been fortunate in our school with boys who are not scared to work hard. We purchased your set-rep-log and went to work very seriously. Our kids were breaking records every time they went into the weight room, and we were all becoming excited. Our boys were lifting and handling huge amounts of weight.

We decided to follow the outline of a weight lifting meet in your book. We invited seven other schools to compete in our meet. We won the team competition (seven first places, four second places). All the other schools were much larger in enrollment. I feel your BFS Program, along with a group of very dedicated kids, are responsible for us going from 0-10 to Area Champs in Alabama.

Ronnie Haushalter, Head Football Coach

## TERRY LONG ALL-AMERICAN!

Terry Long who was featured in our last issue as History's Strongest Football Player was selected as a consensus 1st Team All-American and received many votes for the Outland Trophy. Terry led East Carolina to a top twenty national ranking and best finish in the school's history!!

Mike Gentry, Strength Coach at East Carolina will be featured in our next issue!

## ARTESIA HIGH SCHOOL DOES IT AGAIN!!

Remember Scott Runyan our BFS Athlete of the year two years ago who led Artesia High School of New Mexico to the State Championship last year. Well, they won it again! Head Football Coach Mike Phipps who had a BFS Clinic last year said "You can quote me — We lost a lot of kids with Scott Runyan but you can tell everybody Bigger Faster Stronger won the State Championship for us this year for sure!"

Editor's note: Thanks but you're wrong. Hard work by you and your kids won it. We just gave you the plan.

## FROM AROUND THE NATION —

★ **MARK CISCO**, Head Football Coach of Monroe High School, South of Detroit went 10-0 last fall. Coach Cisco had a BFS Clinic in February and I brought Mark Eaton along for a training session while the Utah Jazz were in Detroit for a game. Needless to say the Monroe High School students went crazy seeing the 7-4 giant lift the day before a game. After the clinic, Coach Cisco and I saw Mark play well and the Jazz win. I guess the bug was catching because his kids worked hard and were undefeated.

★ **PAUL NESTOR**, Head Football Coach, at Columbus Ready High School won the Ohio State Championship and was named Coach of the Year. Paul had his BFS Clinic 1½ years ago. Jeff Happ — LB and Dan Mentel — DB, made 1st Team All-State. Jewell Jackson was selected as Ohio Back of the Year.

★ **TOM GREER**, Football Coach has sponsored BFS Clinics the last two years in the Toledo, Ohio area enjoyed his best season ever last fall. His 3rd annual BFS Clinic is March 17th. For info write: Tiffin Columbian H.S. 300, So. Monroe St., Tiffin, Ohio 44883 or Phone: (419) 447-6331.

★ **BUBBA DAVIS**, Head Football Coach at West Point High School in Mississippi, who coached Robert Smith, the 1983 BFS Athlete of the Year, had a 9-2 record including a bowl victory. Robert gained 1502 yards on 180 carries! All this while playing defense as well!