

BFS ALL-AMERICAN PROFILE

We are extremely pleased with the great numbers of BFS ALL-AMERICAN Football candidates. We have selected First, Second, Third and Honorable Mention teams. Our selection process was not easy. Many factors went into the selection process. We did not have space available to include everything about each individual. Selection was based on strength achievements, grades, speed, playing ability, character and obstacles overcome.

For example, Mike Prindle from Trenton, Missouri made the third team and overcame great obstacles on his road to success. He wore leg braces for most of his early years and was denied any opportunity to play sports. Mike only started competitive sports as an eighth grader. Special people seem to have a special spirit which allows them to overcome their obstacles. Mike Prindle is one of the special people. He could have given up but instead became an All-State linebacker as a junior. Mike also wrestles and participates in track. Even though Mike is a 3 sport athlete, he has still found time to lift hard and become the Missouri State Power-Lifting Record Holder. Congratulations to Mike Prindle, Coach Larry Chapman and the Bulldogs of Trenton.

PROFILE OF KYLE BLACKMON FIRST TEAM BFS ALL-AMERICAN

Kyle Blackmon is an exceptional young man who is in everyway emulating that special spirit we are striving to inspire all athletes to attain. Kyle is from Allendale, South Carolina and attends Allendale-Fairfax High School. I am firmly convinced that without weight training Kyle would have been an average athlete. But, Kyle was not content to be average. He wanted to MAKE something happen.

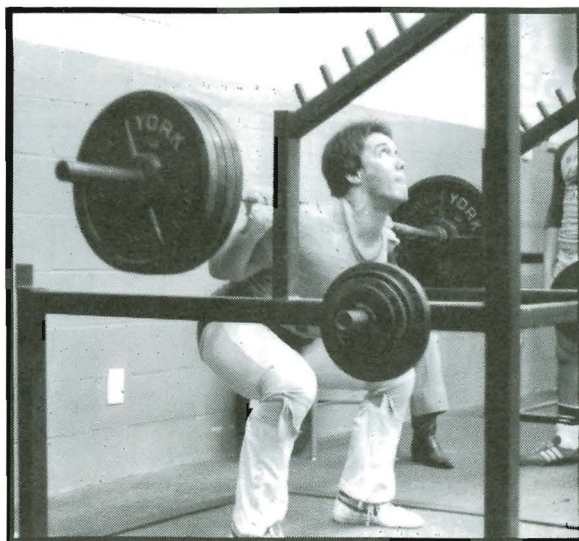
His football coach, Phil Williams, has coached 22 individual state wrestling champs and 6 All-State football players. Coach Williams states "In my entire coaching career, I have never seen a high school athlete as dedicated and strong as Kyle. As an All-State linebacker and fullback. Kyle led us to our first winning season in 9 years. His leadership character and will-to-win were an inspiration to both his coaches and teammates."

Kyle is a college prep student with an A average. His class rank is 16 and he will attend Woffard College (a very strong academic college) and play football next fall.

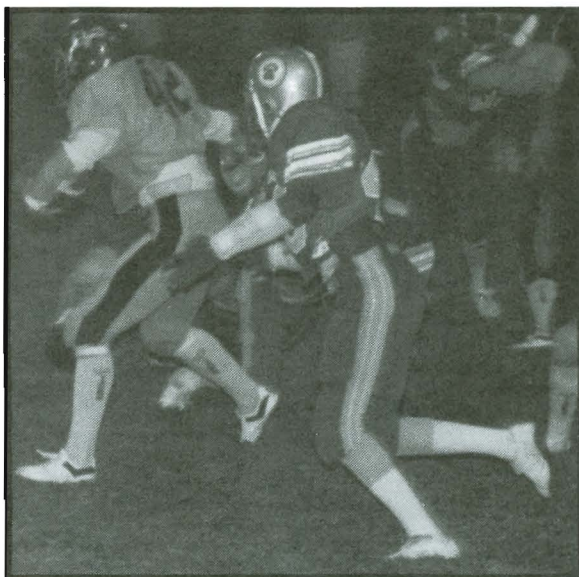
As a junior, age 16, Kyle squatted 485, a lift that was certified by a nationally certified, power lifting judge. Keith Kephart, the University of South Carolina strength and conditioning director sponsors a meet for high school athletes and verifies all marks. Kyle's other accomplishments were a 300 lb. bench, 4.7 40 and 30" vertical jump.

Now as a senior, Kyle has put on 22 pounds of bodyweight while improving his vertical jump to 31 inches and his 40 time to 4.65. This would not have been possible without squatting. During this time Kyle improved his squat to 530 pounds! Kyle will not turn 18 until May.

His father, Ron Blackmon, trains Kyle and is also on the football staff at AF High School. Needless to say, he is mighty proud of Kyle. We are too! We feel Kyle is most deserving as he strives to do his best in becoming Bigger Faster Stronger not only physically, but mentally and spiritually as well. Congratulations!



Kyle Blackmon does 10 reps with 405.



Blackmon #42 after an interception.



Kyle's teammates dead lift once a week.