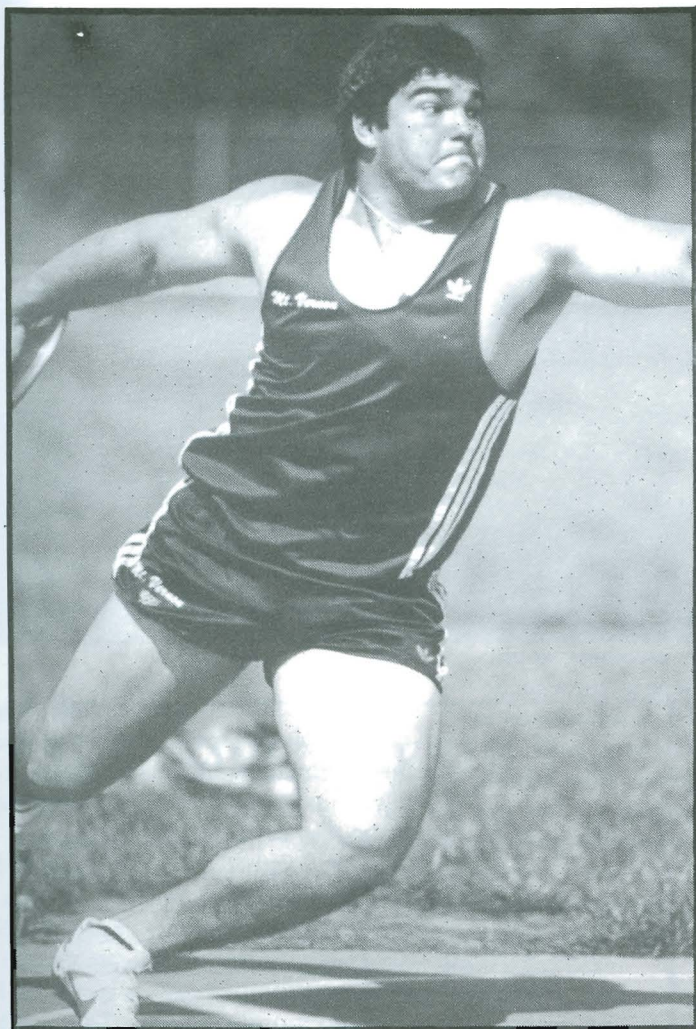
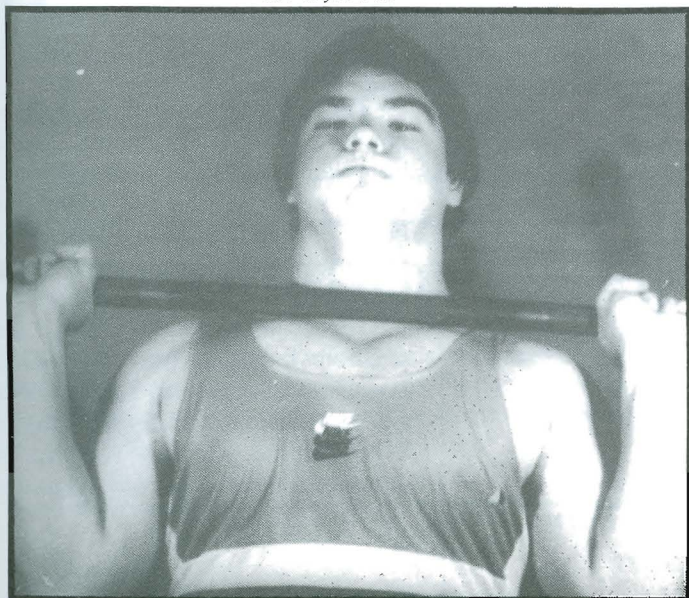


JOHN RYMISZEWSKI

HIGH SCHOOL
ALL-AMERICAN



John's Throw of 185-5 was Tops in the Nation for a Junior!



Rymiszewski's Awesome Power Enables Him To Clean 300 Pounds.

A COMMITMENT TO EXCELLENCE

Once in a great while a talented and creative coach will come along who possesses an unusual desire to give everything he has for his athletes. Once in a great while a talented and intelligent athlete will come along who possesses an unusual desire to give everything he has for excellence. And once in a great while a combination like this gets together at the high school level.

Such is the case at Mount Vernon High School in Alexandria, Virginia, where there are several coaches at Mount Vernon who have greatly contributed to the success of the athlete John Rymiszewski. We would like to particularly praise Coach Mark Bendorf, assistant football coach and John's weight event coach for his unique commitment to excellence. He is a 25 hour-a-day coach who loves his work and his kids.

We first became aware of John when we selected our Bigger Faster Stronger All-American Football Team. When John's nomination form was mailed in Coach Shepard exclaimed, "I don't care who else we hear about; this kid is First Team!" As you read further, we think you'll share Coach Shepard's enthusiasm.

Although, only a junior, John has started 27 football games for Mount Vernon and last season led the team in total tackles, extra point blocks, caused and recovered fumbles from his linebacker position. He was a First Team All-State Linebacker and John was named the Most Valuable Player in the State Championship game as he led Mount Vernon to a AAA (Big School) State Championship.

After winning the State Championship game John was being interviewed and stated "Let's face it, you can't win a State Championship without a great defense. Now it's back to the weight room and we're coming back next year for two in a row." "Gotta love a kid like that" says Head Coach Bruce Patrick.

Besides football Rymiszewski throws the discus better than any junior in the United States. He has blasted the platter an amazing 185 feet plus. John says "Since I'm so short (5-10) I have to make up for things by working harder than anyone on the weights."

We'd like you to know John is also an honor student with a 3.2 GPA and he is often called on to speak for church and community groups on goal setting and leadership. Since John is a leading candidate for our BFS Athlete-of-the-Year Award, we will finish his great story in our next November Issue. Below is John's Record:



John Rymiszewski A Serious Commitment To Excellence

(Cont. from Pg. 9)

WT: 210	HT: 5-10	Age: 17
Bench: 385		Squat: 575
Clean: 300		40: 4.8
Discus: 185-5		Shot: 56

Bigger Faster Stronger

P.O. Box 20612

Salt Lake City, Utah 84120

Toll Free 1-800-628-9737

Utah, Alaska & Hawaii 1-801-969-9935

Rymiszewski Struck Fear Into the Hearts of Many.

H.S. MEET RESULTS!

★ Coach Mike Reed of West Monroe High School in Louisiana was named National Power Lifting Coach of the Year. Had a 45-0 Record! Coach Reed's team won the National Championship held at Shawnee, Oklahoma. William Winn a 1st Team BFS Football All-American squatted 639 and totaled 1510!

★ Marty LaVelle directed the Ohio High School Power Lifting Championships with 170 lifters. Jack Buchanan a BFS Football All-American from Perkins High School squatted 645 and totaled 1550 in the unlimited class.

NEWS FLASH!

A new study released which was supposed to be unbiased research indicates water is far faster in replacing nutrients than expensive thirst quenchers. So save your money and use water.

