

BRIAN BLUTREICH

By
Greg Shepard



Brian Blutreich has the Best Double in High School Track history with 69-6½ shot put and a 210-8 Discus Throw!

Once in a while a potentially great athlete will come along in high school. Once in a while a high school will have a great strength coach who also really knows his stuff with the throwing events in track. Once in a while that potentially great athlete will have extra special parents who understand and support their son's ambitions and goals. Once in a while, that potentially great athlete will keep things in the right perspective and totally dedicate himself to the noble cause of being the best that he can be. Those extremely rare combinations all came together in Mission Viejo, California at Capistrano Valley High School. The athlete: Brian Blutreich, The Coach: David Elecciri. The parents: Len and Ginny Blutreich. Result: The best double in high school track history with a Shotput of 69-6½ and a Discus Throw of 210-8!

What a joy it was to go to Capistrano High School to meet with Brian and Coach Elecciri. I've seen bigger high school weight rooms and better equipped weight rooms but I have never seen a weight room with so much motivation and information on the weight room walls. It was fun and very motivating to be in the weight room. Coach David Elecciri was one of the most "up" people I've ever been around. He was on fire with enthusiasm and it had to be contagious.

Coach Elecciri has organized the South Orange County Weight-Lifting Invitational which has been held the last eight years. His team won the last meet which consists of the parallel squat and the bench press. Some 30 schools participate with over 150 athletes involved in the competition. He has helped produce over 40 Track and Field invi-

tational champions in the Shot and Discus since 1975. Coach Elecciri has helped over 100 Capistrano football players power clean 200 or more and takes great pride that 13 team members can slam dunk a basketball. He assists head football coach Dick Enright who has one of the best football teams in Southern California year in and year out. They have really been going after the squats the last two years. Coach Elecciri has to be one of the top strength coaches in America and now let's talk about his prize athlete, Brian Blutreich.

Brian is 6-5½ and weighs about 250 pounds. This summer he won the 19th annual Keebler Open which is a big national meet. Michael Carter is the only other athlete to win both the Shot and the Discus in this prestigious meet. Probably Brian's greatest asset is his consistency. "I can't miss workouts and it's important that when I do workout, I workout hard with intensity," states Brian. Incidentally Brian never missed a day of school from the sixth grade through high school. He is also a solid 3.1 student.

I asked Brian about drugs including alcohol. He responded, "I couldn't do drugs or alcohol. I'd feel guilty. It would hurt my self esteem and my parents." Besides that he said with a grin, "My dad's a probation officer." "How about steroids?" I asked. "I'll never take steroids unless there is documented proof from many world sources that they are safe," he cautiously stated.

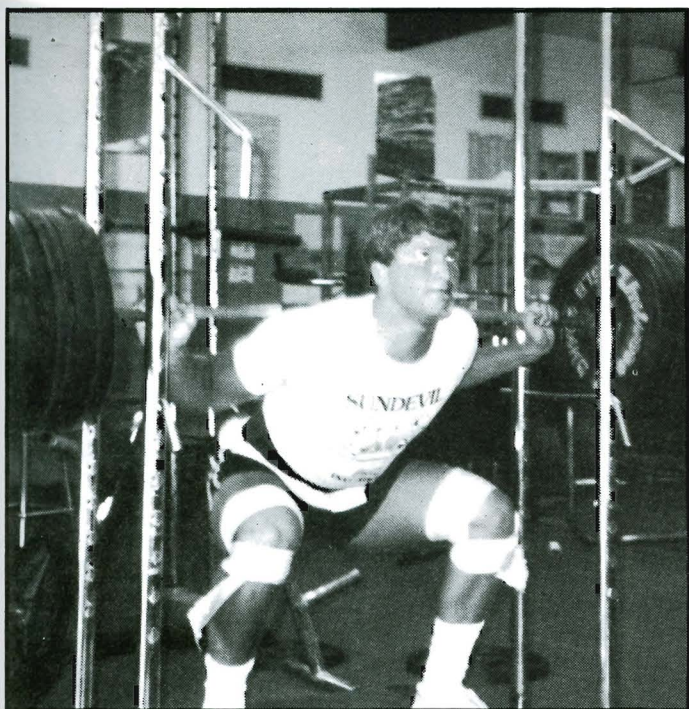
I further probed "Brian you are 6-5½, 250 and run a 4.8 forty. You Squat 515, Bench 405 and Power Clean 320 pounds. You can jump high and far. Why didn't you play football; that's where the money is?" Brian never gets too emotional and he has thought this question through before as he remarked, "I really had no desire to play football and after I realized what my track potential was, I didn't want to take a chance on getting hurt. Besides, I will survive without the money of Pro Football, especially if I get a good education at U.C.L.A." (Brian will attend U.C.L.A. on a track scholarship.)

"Brian what if you had to work on Nautilus or do one set of 8-12 rep on your lifts at college?" I asked. He stated, "I'd probably not sign with that school. I disagree with that philosophy. If I was forced, I'd do it and then go work out on my own."

Brian also has good flexibility as he can put his palms on the floor when he stretches his hamstrings. He tries to stretch everyday. He does some plyometric — agility drills but nothing like box jumps. As for nutrition Brian tries to eat well and he does take dessicated liver. (Dessicated liver sounds awful but it comes in pill form and can aid greatly in recovery from a hard workout.)

Brian has some big goals. He would like to participate in the 88 olympics and then make 1992 "my year." He will concentrate on both events in college and try a 280 or 285 bodyweight. However Brian prudently adds, "I'll have to

Continued on Next Page



Blutreich demonstrating fine Squatting Form. His max is 515!

see about my agility and fluidness." He isn't sure man is capable yet of throwing the 16 lb. shot 80 feet but he thinks someone can go 76-78 feet.

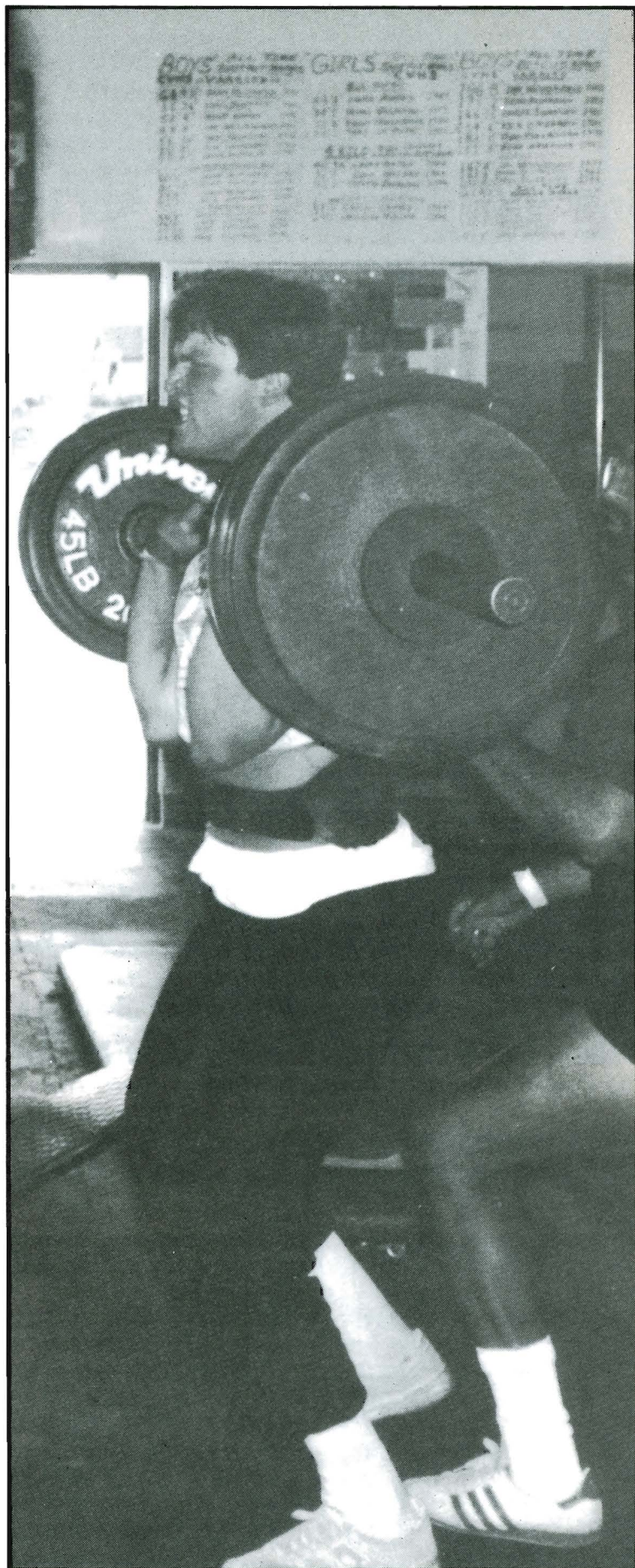
"Brian," I questioned, "What else is important?" He answered, "My family. They have really supported me." His dad was a former thrower and films his throwing. They view his throws together over and over. His mother sees that Brian has well balanced meals. "I also believe the spiritual religious aspect of life is important. God has given me some great abilities and I'm very thankful for that."

We wish to thank Brian and David Elecciri who have been a great example to all and who truly have life, sports and family put together in their right perspective.

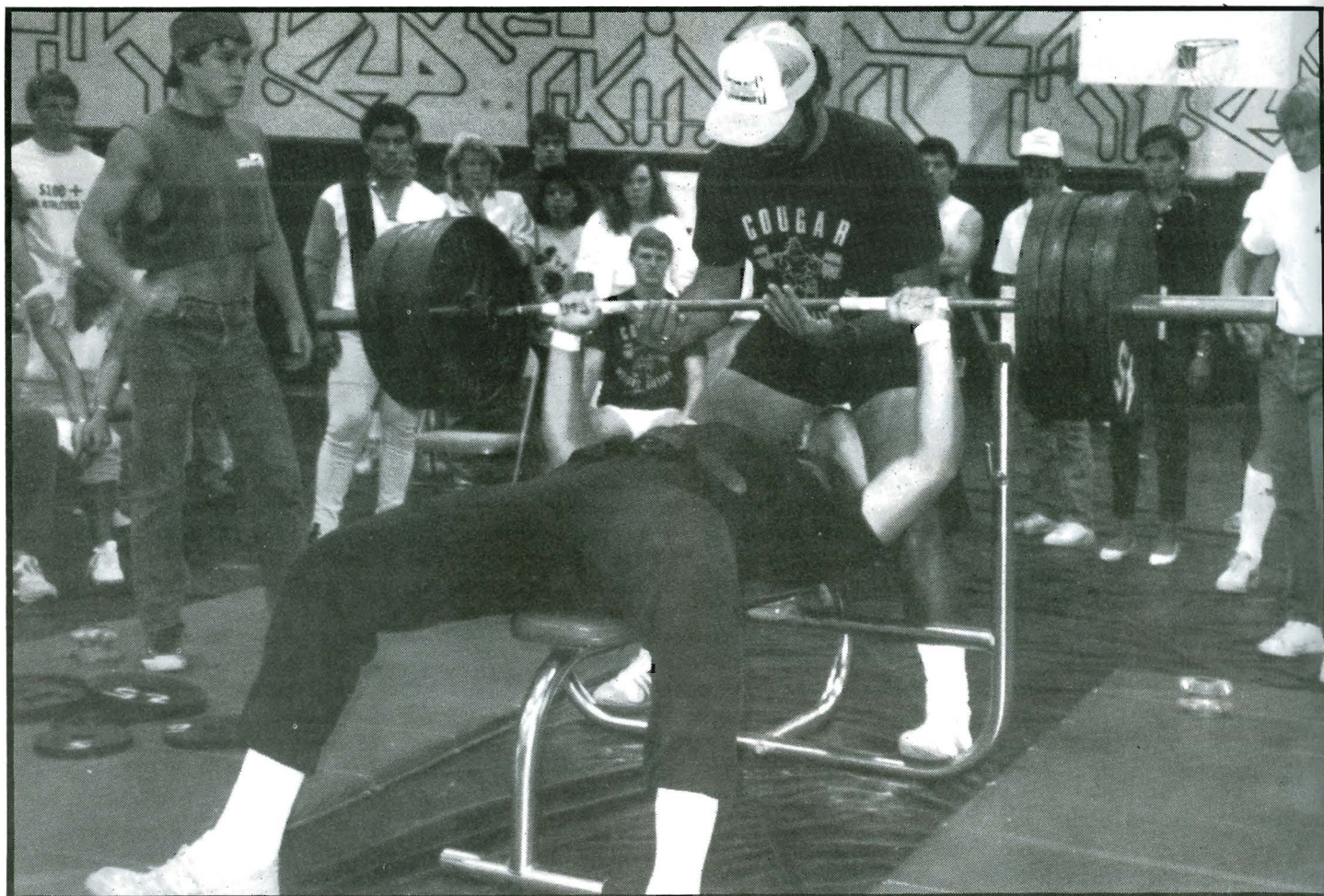
BFS CLINIC DATES

- November 2 Newark High School; Newark, Arkansas; Coach David Baxter
- November 9 Greenville High School; Greenville, Ohio; Coach Larry Masters
- November 16 Grandledge High School; Grandledge, Michigan; Coach Gary Boyce
- November 16 Trinity High School; Trinity, Texas; Coach Lynn Johnston
- February 16 Concordia College; Seward, Nebraska; Coach Larry Oetting.

When you schedule your BFS clinic, we can put your date and information in future BFS journals. Also, a special advertising will go out in February to help on BFS Open Clinics.



Brian Power Cleaning 320 Pounds! Spotting is Coach David Elecciri.



Brian Benched 405 in this Capistrano Valley High School meet. Coach Elecciri is carefully spotting but not touching the bar.

"Remember: Whatever a weak muscle can do, a stronger, more powerful and more flexible muscle can do it MUCH better!"

Coach David Elecciri

BRIAN BLUTREICH PROGRESS CHART

Grade	Ht.	Wt.	Shot	Discus	Bench	Squat	Clean	Snatch
12	6-5½	250	69-6½	210-8	405	515	320	200
11	6-4½	235	68-4	179-1	380	465	275 x 3	185 x 3
10	6-3	210	58-3	161-3	290	Bar	225 x 3	180 x 3
9	6-1	177	49-7	148	X	X	X	X
8	5-10	165	55 8lb.	X	X	X	X	X
7	5-5	140	35 6lb.	X	X	X	X	X