

MAURICE FRILOT

BFS
HIGH SCHOOL
ATHLETE
OF THE YEAR

MAURICE FRILOT

Maurice Frilot is the 1985 Bigger Faster Stronger High School Athlete of the Year. He becomes our sixth recipient of this most prestigious award since we began in 1980. The award is based on athletic achievement in sports, the ability to overcome obstacles, scholarship, leadership, general character and the ability to put things in their right perspective. Maurice is a great example of all these criteria and is most deserving of this honor.

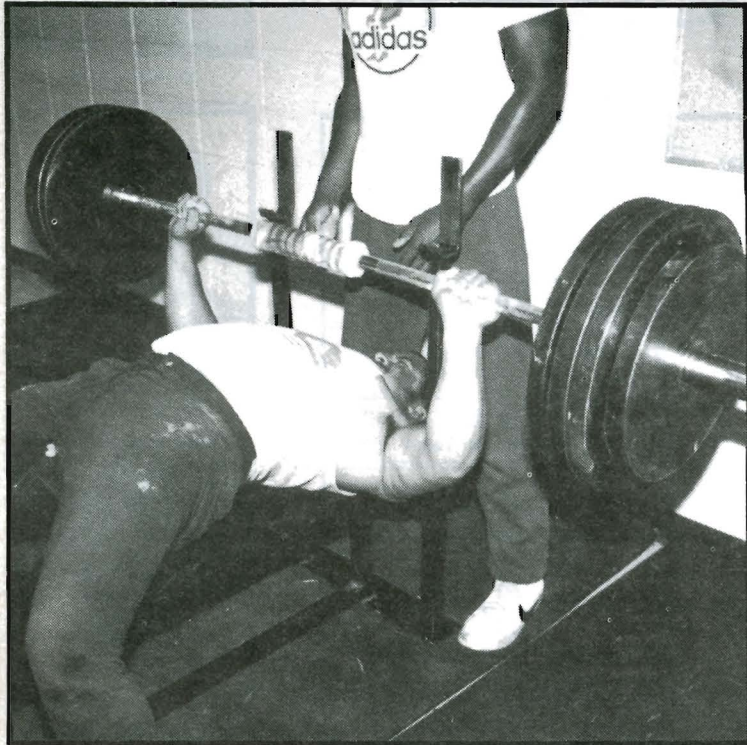
Past BFS Athletes of the Year are all doing well. Tom Southall, 1980, graduated with honors from Colorado College and leads Division III Schools in kickoff returns his senior year. He is now going for a Masters in business and accounting at the University of Denver. We made a movie about him (see page 8). Scott Runyon, 1981, is the starting QB at the University of Wyoming. Jeff Stump, 1982, is a great lineman at Michigan State University. Robert Smith, 1983, is a running back at Ole Miss and last year's recipient John Rymiszewski is continuing his football career at Duke University.

Maurice graduated from Montbello High School which is in the Denver, Colorado area. As I drove to the high school, I noticed how clean the neighborhoods were and how nice the houses were kept up. You can imagine my surprise when Maurice told me that many people outside the area call the school Montghetto not Montbello. As I walked through the school to find Maurice and Steve Finesilver, the head football coach, I did not see one white student. Maurice later gave me the schools statistics: 70% black, 20% Mexican-American, 5% Asian and 5% White.

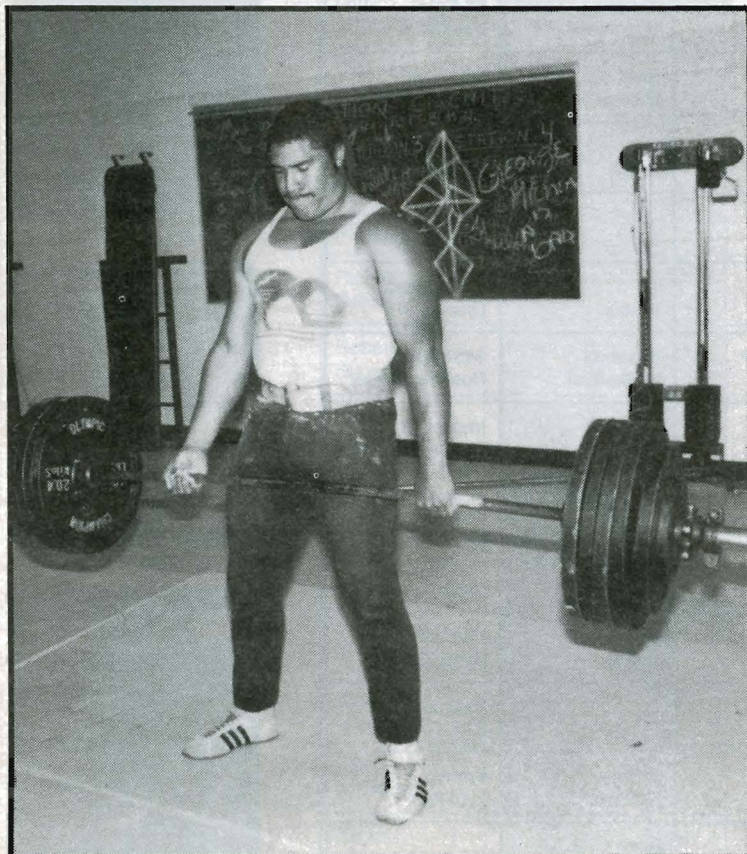
Now, my curiosity was really fired up. I had come to interview Maurice as an Athlete-of-the-Year Candidate because he was a fine athlete and a straight A student. Maurice and his teammate Vaughn Henderson were both selected to our 1st team BFS High School All-American football team. In fact, Vaughn carried a 3.3 GPA himself. Maybe Maurice took a lot of Mickey Mouse courses and wasn't really serious about school. Wrong, Wrong, Wrong!

Maurice said "You'll have to excuse me Coach Shepard if I appear to be a little tired. I worked all night on a 9 page essay for English Class. I wanted it to be just right." I responded, "Why bother, you and Vaughn have already signed for full scholarships at the University of Wyoming and it's the last week of school. It doesn't make any difference."

Maurice smiled and said "It makes a lot of difference to me. I sincerely believe academics come before athletics. When you are in the weight room, you should do your best. Same thing on the football field and when you're in the classroom you should also do your best - all the time. I guess you didn't know this but I'm not going to Wyoming with Vaughn. I blinked hard and asked "Why not?" He

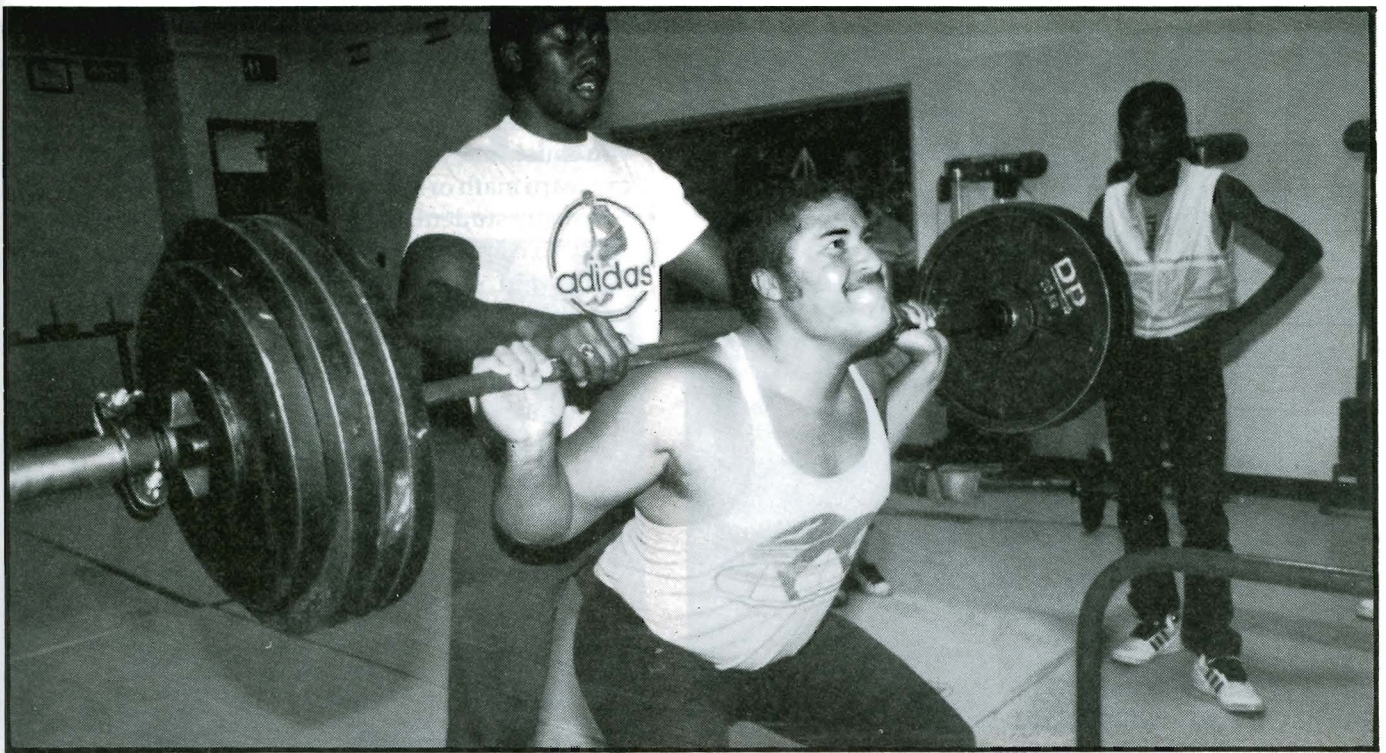


Maurice has tremendous upper body power. His best bench is 420 pounds!

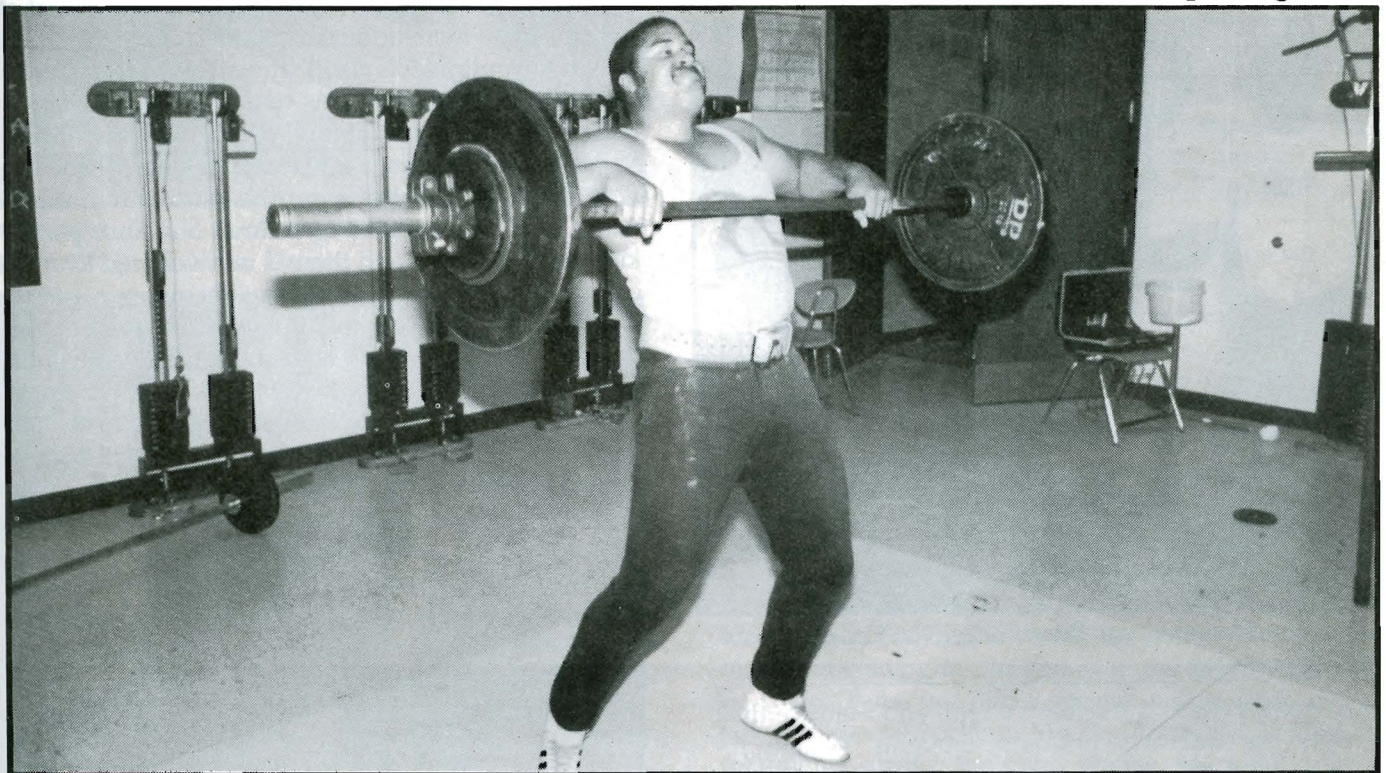


Maurice deadlifting 505 pounds!

Continued on next page



Maurice Frilot has a 500 pound squat to his credit. Vaughn Henderson is spotting.



Maurice Frilot can easily power clean 250 pounds!

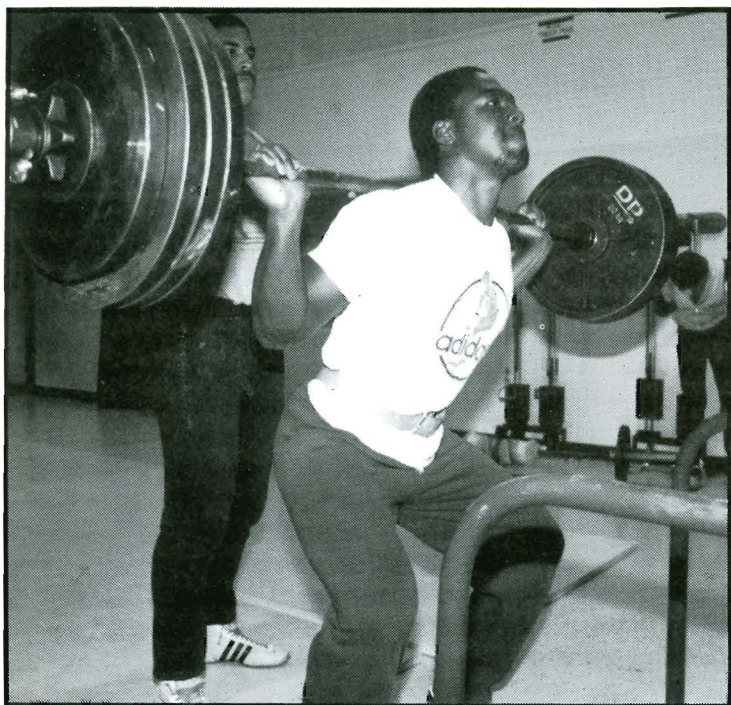
grinned again and revealed "I've just signed a full scholarship offer to Harvard. I wanted to attend there because of the academic challenges and the business connections available after graduation."

Right then, Maurice became my top candidate!

"I owe a lot to my parents, Maurice Sr. and Gloria Frilot. There is an eligibility standard in my house. Once, when I was a sophomore my grades fell to a 3.92 average while on the wrestling team. My father told me to turn in my wrestling uniform. I respect my father a lot; he was an olympic boxer and he believes the academics come first.

From then on, I had straight A's. I used that extra time to study, normally 3 to 4 hours a night," Maurice continued.

Maurice made several All-American football teams his senior year. He was an All-State lineman. In addition, he threw the shot well over 50 feet. He has run a 4.9 forty yard dash while weighing 250 pounds. He has a 420 bench, 500 squat, 250 clean and a 505 dead lift to add to his accomplishments. He and Vaughn were both offensive guards and played on the line together on defense. Maurice was also awarded the Golden Helmet Award which annually salutes Colorado's outstanding senior scholar athlete. 61



Teammate and lifelong friend Vaughn Henderson squatting. Maurice is spotting.



Vaughn Henderson, Coach Steve Finesilver, Greg Shepard and Maurice Frilot.

As I continued to interview Vaughn and Maurice they both came up with some profound thoughts. Vaughn remembered "I got a D once and was grounded for 6 weeks. Looking back now I'm grateful. I was very angry at first. A lot of kids parents don't care or are afraid to do something." He continued, "My best teacher is Miss Piasik. She pushes me to the limit. She doesn't give anyone any breaks just because you have a game or something. When an assignment is due, it's due!"

Then Maurice gave his philosophy, "Ask, why can't I do it; not make up excuses as to why you can't. Listen to your parents and teachers. Parents should take the time to listen and hear what is being said by their kids. Setting and remaining faithful to your goals is really important.

Don't ever quit on yourself. Don't let yourself make excuses or tell yourself you're not smart enough to handle classroom work. That's a phony excuse. Books need time and so you must find the time. Heck, if you can learn plays, you can learn math or school work. You've got to apply yourself. Too many students waste too much time on negative things or try to compete with others. I only wanted to do positive things and compete against myself. The drug scene or drinking is a one way street. There's a big world out there and I want my head straight and clear. I want to make something of myself. Peer pressure traps a lot of students. At our school, we've sent people to MIT, Stanford and other prestigious academic schools. So if you want it, it's there. Sometimes, people ask me about pro football. If it comes, great, but in the meantime, my education comes first."

Then I turned to Coach Steve Finesilver. "Where in the world did you get these two fine young men." He remarked "I'm so pleased to have had these two young men. You know Maurice found the time and effort to handle a course load that included computer math, college English, physiology, calculus and American history, four of which were advanced placement courses. He is ranked 3rd in his class. Maurice loves his family and attends the Montbello Catholic parish. He's a tremendous role model for a lot of little kids."

Coach Finesilver is also a student advisor and deals with student discipline. He feels two things besides Maurice's inner drive have contributed to his success. "First, is his home which is super and second, is our athletic program here at Montbello. We were the 1st to run a mandatory study hall. It is a highly structured one hour period. Our kids are disciplined and there is no swearing. Every athlete comes to study hall at 5:30 pm after practice and they all leave at 6:30 pm. I was told it wouldn't work but last year, out of the top 30 kids in school, 12 were football players. In the last 3 years, 36 football players have received scholarships. That's far more than any other school. Our kids know if they keep their grades up, they will have opportunities academically and/or athletically. Our players get help if they need it in our study hall, but they also get extra help if they cut a class. By extra, I mean a bunch of extra pushups or wind sprints. If a player tries to slide by with no effort, he won't play at Montbello," he stated.

I asked Coach Finesilver about the mandatory 2.0 eligibility requirement or the no pass/no play mandate adopted by states like Texas. His logic is hard to argue with as he stated, "There are some students who never miss a class and try their best. They are good kids who just can't make the 2.0 level. I feel some sort of school panel should be set up for these kids to evaluate them. If they are marginal students working to their level and not goofing off, why not allow them to play sports? If a kid is working hard at this level of intelligence, should we say he can't be part of a team because he isn't smart enough? Will these kids just drop out and quit on themselves?"

I consider myself quite fortunate to have talked with Maurice Frilot, Vaughn Henderson and Coach Steve Finesilver. They are indeed remarkable examples of athletes and a coach putting everything in its right perspective. We at BFS give you all a very big thanks and continued success.