

# THE WILL TO WIN

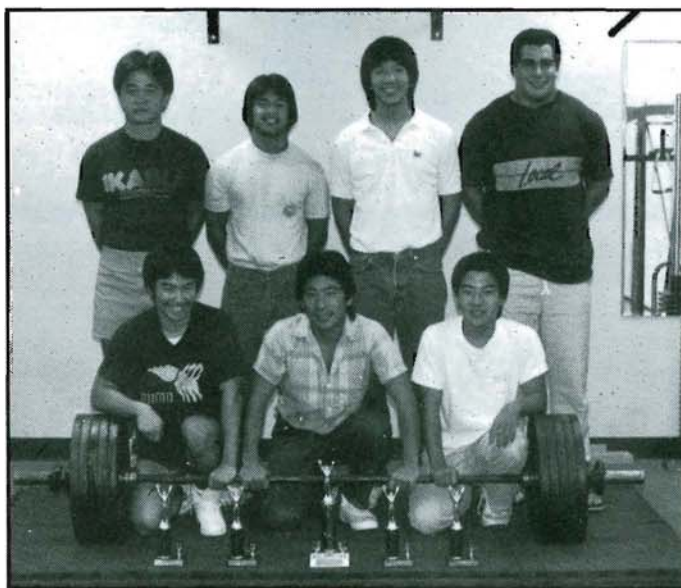
By  
Curtis Tsuruda  
Hawaii Baptist Academy

Editors Note: Last February, while in Honolulu working like a dog, I decided to take a break from the beach. I drove over to Hawaii Baptist Academy and walked into Coach Curtis Tsuruda's classroom. I told him I was there to check up on Kalani Kaleleiki who was to be named on our 1st team BFS All-American Football Team. Coach Tsuruda had nominated Kalani but did not expect me to come in person. I figured somebody had to do it. Anyway, it was a real treat for me to visit with Kalani who had a very special spirit about him. I was also very impressed with Coach Tsuruda who also is the school's strength coach. I asked him to write an article about his weight lifting team. Here it is: ALOHA!

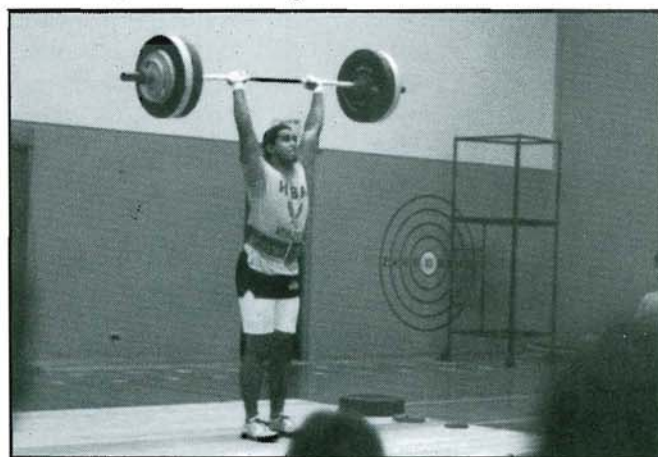
*"They can change their minds,  
but they can't change me,  
I've got a dream." — Jim Croce*

This is a story of a group of young men who wanted something so bad that they did whatever it took to become winners. Hawaii Baptist Academy is a small, private school with grades K-12 and a student body of 600. Some of the high school boys wanted to enter a weightlifting meet because they just wanted to see how they compared to the rest of the schools. I personally feel that the powerlifting events are good for overall strength, but actually the Olympic lifts are more pertinent to any sport. You see, powerlifting, or it should be called strengthlifting, can be defined as force x distance. It is moving a force (object) over a given distance with no time involved. Olympic weightlifting is the same thing, but there is a time element involved. The formula for Power is force x distance divided by time, or  $F \times D$ . So somewhere along the lines, these terms have confused the general public and coaches also. My belief is that someone in any sport should always train for power and not strength. Why? Because just like in Olympic weightlifting, the lift must be done in 1 second or else the lifter will not be able to do the lift. Now, doesn't that remind you of how you throw a ball or spike a volleyball? If you don't do it in a certain time period, you'll be the team's scorekeeper. But why coaches have put such a demand on powerlifting, I don't know. Anyway, with the weightlifters at our school, I decided to put them into a Clean & Jerk Competition. The interesting thing is that no student had any previous knowledge or experience in that specific lift so they all started from rock bottom and worked their way up.

Our first goal was to be committed to the lift and support the other lifters since no one was considered a veteran. So it started out in 1984, and there were just two young men. They laid the foundation of greater things to come. Other students laughed and were confused because they couldn't understand why someone would want to do the Clean and



The Championship Team: Front Row; (l-r) Brian Ishikawa, Dean Takamori, Keith Ito. Back Row; Coach Tsuruda, Eric Kamimura, Andrew Fong and Kalani Kaleleiki.

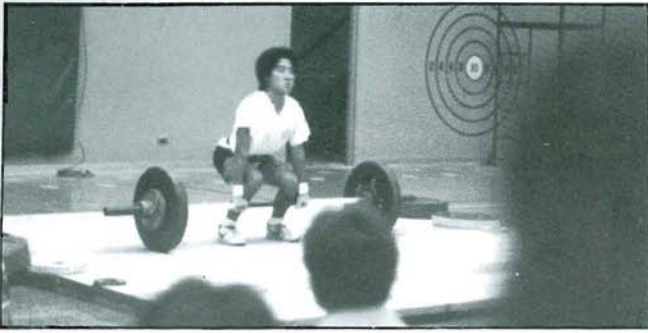


Kalani Cleaned and Jerked 275 pounds and was named the meet's Co-Outstanding Lifter!

Jerk lift. It is a lift where technique and flexibility are of utmost importance. Most students and athletes are not flexible and patient when they get into weightlifting or weight training. But these two young men stuck it out and they worked very hard, and both took 1st place in their respective weight classes in the Hawaii State High School Clean and Jerk Competition.

Now that the students know that it could be done, interest grew and other students soon picked it up. Our 1985 team now comprised 6 members: one freshman, three juniors, and two seniors. It just so happened that one of the seniors was a winner the previous year, so he was the inspiration to the rest of the team. On top of that, he was





Keith Ito in the 110 pound class. Keith Cleaned and Jerked 155 pounds and was named Co-Outstanding Lifter.

selected to the First Team BFS High School 84-85 Football All-American Team.

I decided to use the BFS core program with a few minor adjustments in preparation for our competition. It was quite some time before I found out when the meet was to be held, giving us only three weeks to prepare for it. So we worked our butts off and boy, was I surprised and pleased. We took 1st place in five weight classes and also took the team trophy because we had the most lifters. We even had one lifter who won after participating in a basketball game prior to the competition! But then the big test was ahead of us. We would have nine weeks to prepare for the state meet in April. However, the number of possible lifters went from six to one due to the school's Jr./Sr. Banquet that would be held on the same date. Three juniors wanted to go because their class was sponsoring it and the two seniors were in a pickle because it was their last year in school to go to this function but they also wanted to enter the state meet too. After a couple days of deep thought, they all made their decisions. Two juniors would attend the banquet and the rest would enter the state meet. The reason the seniors wanted to enter was their intent to break the state record in their respective weight classes. The stage had been set to go to the meet and for each lifter to do his very best. You see, in this sport, it is not you against the next lifter, but you against the weight. So our goal was for each lifter to attain his Personal Record (PR) at the competition. We used the 3 Day Workout Week. Our Program was:

MONDAY: full squat (back), hang clean, high pulls, calf raises

TUESDAY: jump rope, plyometrics, run, technique

WEDNESDAY: clean and jerk, front squats (full), shrugs

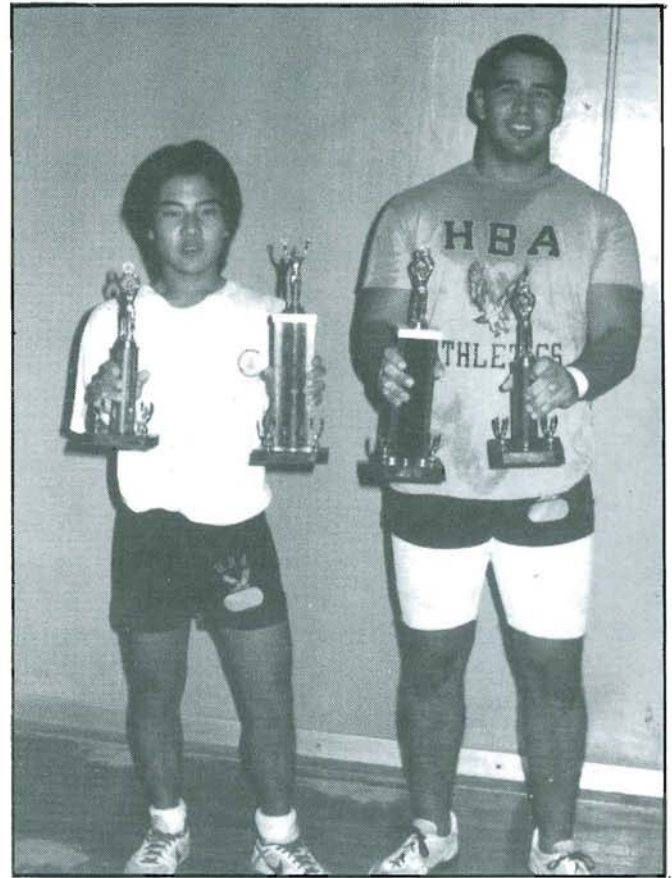
THURSDAY: jump rope, plyometrics, run, technique

FRIDAY: dead lift, lunges, upright rows, jerks

300 crunches and 60 hyperextensions daily

PNF stretching before and after workouts

On the night of the competition, we knew we were in for a battle, but to establish your PR was the most important goal. The results were, we ended up having everyone do his PR and have three state champions in three different weight classes. I think we would have had four, but two lifters were in the same class. Remember the two seniors who gave up their chance to go to their last Jr./Sr. Banquet?



Keith and Kalani with their trophies. Proof that the hard work did pay off.

Well, I guess it paid off because they both took first place but just missed the state records in their respective weight classes. To top it off, both were named Co-Outstanding Lifters of the meet and received a trophy along with a \$100.00 gift certificate from a local weightlifting shop! Since we had the most lifters from one school, our school also won a weightlifting belt of our choice.

In closing, I would like to say that in life, don't worry about the next guy, just try to achieve your own PR in whatever you do. And for some of you, weightlifting might be just the thing for you since you didn't make the school team or are just too small for anything. The key is to use what God has given to you and use it to its fullest potential. And to the members of the 1985 weightlifting team of Hawaii Baptist Academy, they remind me of a verse from Phillipians 4:13 "I can do all things through Christ which strengtheneth me." Find your dream and conquer it, but you'll never know until you try.

**What:** A Week Long Clinic Cruise

**When:** July 6 – 14, 1986  
7 Night/8 Day Cruise

**Where:** To Bermuda!

Greg Shepard: BFS

LaVell Edwards: BYU

Bill Curry: Georgia Tech.

Toll Free Call: 1-800-423-8834