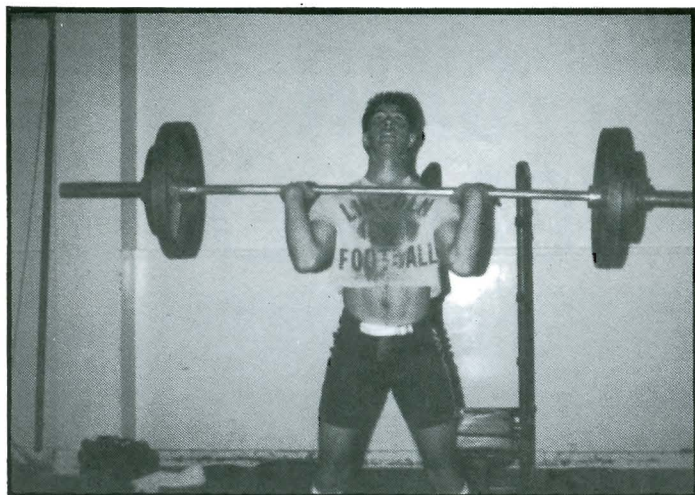


# NEW BREED OF TIGER



Steve Silva doing his Cleans. All-LA City Linebacker: Co-Northern League Player of the Year: BFS All-Sectional All-American.



Pablo Cano returning an Interception. All-LA City Defensive Back also Co-Northern League Player of the Year.



Memo Bustillos warming up on the Bench.

*Editor's Note:* This article is written by Randy Rodriguez, an Upper Limit Coach who was the Los Angeles Times Central City Football Coach of the Year and was the Offensive Coach at the Senior Bowl Classic All-Star Game in August.

The article deals with an amazing turn-around in the win-loss column and we'll all draw inspiration. But something more important, I'm sure, was created in the Lincoln High players. It is something hard to measure. It is the growth of the mental attitude and spirit of the athletes at Lincoln High. I am betting that this growth will reap positive rewards for lifetimes and perhaps through generations for those directly involved. I say generations, because of how those athlete's attitudes rub off on their children because of their rich experiences.

We will probably never know exactly how important coaches can be to basic human values and attitudes. Our thanks to a special coach, Randy Rodriguez.

**By Randy Rodriguez  
Head Football Coach  
Lincoln High School  
Los Angeles, California**

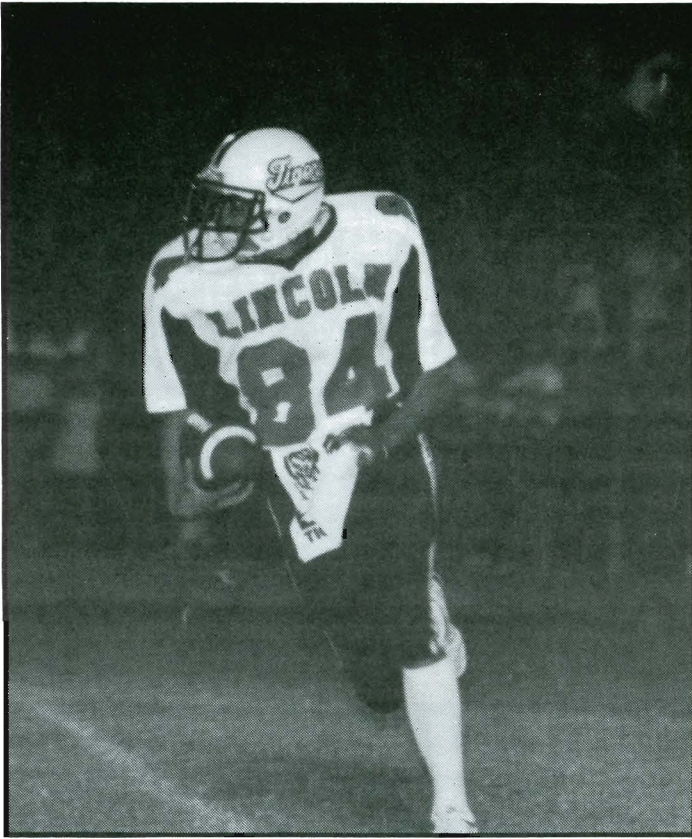
Twenty years of disappointment came to an end this year when the Tigers of Lincoln High School captured the 24 Northern League Championship. The Tigers finished the season with eight wins and one loss. Their outstanding league record was a perfect 5-0.

Lincoln, which made national news in 1977 by failing to come out after half-time against arch rival Wilson High School losing 63-0, has made a complete turnaround. One of the main reasons for this turnaround is the development of a youth football program in the community of Lincoln Heights. Led by brothers Jesse and Albert Carrillo, the youth program has finally fed its offspring into the Lincoln High School Program.

Once they entered Lincoln High School, they were subjected to a "C"-average-no-fail-L.A. Unified School District-rule in order to be eligible for an extracurricular activity. To top this off, we at Lincoln also added a rule of no more than two U's in cooperation at each grading period. These young individuals have to abide by these rules as long as they are students here at Lincoln.

I was very fortunate to attend a BFS clinic at East Los Angeles College while I was coaching the Bee football team at John Francis Poly High School. There at the clinic my eyes opened by the on-the-spot demonstrations performed by Greg Shepard and his staff as well as the coaches like me who were in attendance. I began to believe when I saw the ninth-grade son of one of the coaches dead lift an amount of weight that I could only dream of lifting. The more I saw the more I learned.

# NEW BREED OF TIGER



Jesse Godinez going in for Six!



Gus Hernandez returning a Punt.

When the clinic was over, I took my material home and did my homework.

Well, four years ago, I came to Lincoln High School as an assistant football coach in charge of the offensive and defensive lines. The head coach at the time was really not interested in weights as much as he was interested in throwing the ball. The athletes were allowed into the weight room to work out more or less on their own, alternating days with upper body and lower body. No progress was measured. Not trying to take over, I attempted to instill some of the BFS methods I learned at East Los Angeles College into the group. I remember one night we all dead lifted to see who was our strongest player. One by one they all lifted, and one by one they all were amazed at what they could accomplish.

At the end of the evening we had a champion. How thrilled we all were to be able to be part of this exciting competition. To my recollection, that was one of the highest points of our season — one evening in the weight room. That year we finished 2-7. The next year we went 4-5 but still a few of the athletes lifted. The athletes at Lincoln had an attitude problem. For years, Lincoln was the doormat of the Northern League. The talk around campus was, "How bad did you lose?", "Why bother going to the games, they're going to lose anyway."

Athletes didn't care about the loss as long as "they" (individually) had a good game. Losing was a way of life at Lincoln. The "football players" weren't properly treated in the weight room. They brought this upon themselves. They rarely gave a helping hand during schoolwide activities. They always left the weight room a mess. They were always too proud (Mexican machoism) to lend a helping hand on campus. Something had to be done.

At the end of the 4-5 season, his best in seven years, the head coach resigned and left to go to another school in the league. I was given the assignment to coach the team the next year. My first priority was twofold: 1) Get rid of the attitude problem, and 2) Develop strength if we were to compete. I hired the Carrillo brothers as my assistants, knowing that with them came a positive and winning attitude they had instilled in the youths they had coached throughout the years. They were like fathers to these kids, watching them grow and teaching them the fundamentals of winning football. The kids looked up to these two men. The strength part was to come from me.

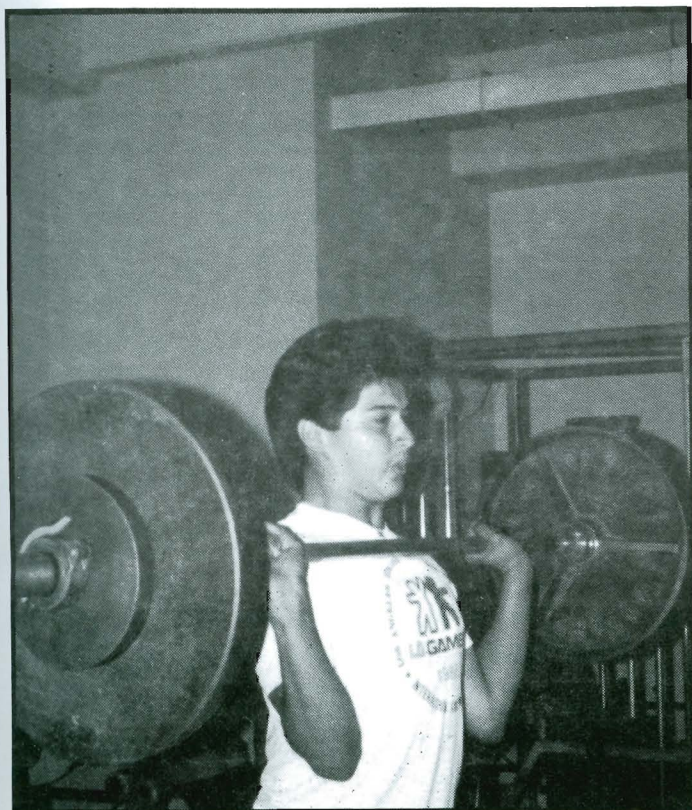
There are four male coaches at Lincoln. All of us believe that weights are the key to success. Each coach has his own system in the weight room for his own particular team. Our weight room is very modest.

We now have four olympic weight sets, two squat racks, and some loose free weights lying around. The room can only fit 20-25 people at a time, so we're small compared to other schools in our league. As the new head coach, I started to use the BFS method on my players in January of 1984. Most of the returning seniors

# NORTHERN LEAGUE CHAMPS



Head Football Coach (glasses) Randy Rodriguez congratulating his Tigers.



Chuy Padilla warming up on his Power Cleans.

were from the past administration and still had an attitude problem. Most of them gave excuses for not lifting. The "new" players were eager and willing to learn, thanks to the Carrillos.

We went 4-5 my first year, but it could have been 6-3 if some of the seniors had applied themselves real early in the Spring. No pain, no gain. In January of 1985, we went back to the weight room with a goal in mind to do better next year. We basically worked on the Squat, Bench, Clean, and auxiliary lifts all during the off season. We did our 3x3, 5x5, 5-4-3-2-1, and max's. We were ready when June rolled around. We breezed through the passing leagues going 8-1-2. Individual marks were set and broken during the months from January through August.

The season came and went in just 10 short weeks. Each and every one of us experienced an all-time high as we finished as Northern League Champions with an 8-1 overall record. Eleven of our players were selected for the All-Northern League Team. Two were chosen as co-players of the year, two were chosen for the All Los Angeles City First Defensive Team, one was chosen Radio Station KACE Defensive Player of the Week.

We've had a great year thanks to our school administration, our coaches, the supporters of our Tigers, and the young athletes that worked hard to capture the championship. We're already preparing for next year with a new goal in mind, "Defending our Northern League Championship." The weight room is clanging and the BFS program is in full progress.