

FOOTBALL STATE CHAMPS WESTBROOK HIGH MINNESOTA



Westbrook Blockers showing excellent strength in opening a big hole for Dan Weiske's 1st T.D.



Jim Kuilhang attempting PR in the Towel Bench. Spotting L-R Dale Mischke, David Weiske, Jim Marshall.



Bret Lindman working on the Box Squat. Dan Weiske (one of twins) Spotting on top.

Editor's Note: Since we have been doing BFS Clinics, over 50 High Schools have won their State Football Championships. Bill White has put together an outstanding program. Here is Westbrook High's story in his own words. Congratulations!

When I called to order the books, I talked to Bob about the F.B. success we have had here at Westbrook and how so much of it was due to our weightlifting program. Bob asked me to write our story down, so here it is.

I came to Westbrook in 1979 and in my first year here we were 5-4 and tied for second in the Conference. I realized that this program had potential but something was lacking. So another coach and I began to set up a weightlifting program as I had become hooked on it when I served with the Marines. I knew that lifting was good for adding bulk and strength but I still was leery of athletes becoming musclebound.

Then we attended a BFS clinic in the Spring of '80 and were introduced to your program and everything fell into place. We were especially impressed with the emphasis on stretching and flexibility.

We came back armed with new enthusiasm and implemented some of your ideas during the Spring and Summer. That Fall of 1980, we were 8-1 and second in the Conference.

We started receiving some of your magazines that Winter and decided to make a commitment to the BFS program. It really simplified the management of our weightlifting program and produced a great deal of enthusiasm among our kids. In 1981, we were 11-1 losing out in the semi-finals of the State Tournament.

The kids really became dedicated at this point and we no longer had to push them into the weight room. In fact, a couple of times that we were late in opening up the weight room, the kids literally ripped open the doors to get in. In 1982, we were 13-0 and had been awarded our first State Championship.

We then held a BFS clinic at our school in the Spring of 1983, and though it was very small by your standards, it really excited many of the kids in our program including the girls. The weight room was becoming crowded and we had to move to larger quarters. The success was rapidly spilling over into other areas. We are fortunate to have a Basketball coach/Athletic director who is enthusiastic about weightlifting and he has been encouraging and supporting our program from the very beginning. In the Fall of 1983, we had only 2 returning starters who were both hit by long-term illnesses and played at less than 75% capacity. Through all this we were 7-2 losing each of the games by the margin of a 2 point conversion attempt. The program continued to grow and in 1984,

WESTBROOK HIGH MINNESOTA



Danny Weiske #34 shown scoring 1 or 2 TD's in State Championship game. His twin brother David also scored 2 TD's.



Jim Kuilhang #22 showing strength and balance during a Punt return in State Championship.



Loren Noomen making one of his two interceptions as a defensive lineman!

we were 12-1 losing out to the defending State Champs in the semi-finals with a predominantly junior ball club.

This last Fall, in 1985, we were 14-0 State Champs again and the only undefeated team in the State.

Westbrook's record since I arrived here is 70-9 and I attribute the greatest degree of our success to our weight program.

The economy of our region is and has been very shakey and money for our weight program has been hard to come by. Through donations and the generosity of our local J. C. organization we have put together what we feel is a weight room that many small colleges would be envious of and as we are a town of less than 1,000 population it is something we take extreme pride in.

Whether or not this gets into print, I'd like to thank you for being such a tremendous factor in our success.

William E. White Head Football Coach

THE BFS 1 - 2 - 3 - 4

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comfortably placed as in a sitting position or the knee can be placed on the floor. The latter placement can also give a stretch to the groin and hip flexor area.

Now, bend forward as far as you can creating tension on the hamstrings. You may be able to put your nose on your knee or your chest on your thigh which is even better. You will also be stretching your lower back. For those who are really flexible, your nose can be placed beyond your knee. For those who cannot go very far at all; don't worry. Just get better. You most certainly will, if you do it daily.

You should do all our BFS flexibility exercises in three 10 second stretches or one 30 second stretch. Do one leg and then the other. You are now into our flexibility program one minute. In the next issue we will discuss "Two In The Air."

For more complete information, you may rent or purchase our brand new video which fully illustrates the BFS 1 - 2 - 3 - 4 flexibility program. (See Pages 8-9.)

UPPER LIMIT TRAINING CAMPS

Stefan Fernholm and our new BFS Coach, Sam Varner, conducted a great Upper Limit Training Camp at Grants Pass, Oregon. The host coach was Roger Freeborn, the Head Football Coach at North Valley High School.

It was a great experience for the athletes and coaches in attendance. Every person is already committed to coming back next year. The athletes from out of state stayed with Coach Freeborn's players. Everyone seemed to like staying in a home with a family with the added benefit of making new friends in a special way.

The athletes were up early and didn't quit learning and experiencing Upper Limit Training methods until 10:00 at night. The players seemed to appreciate the fact that they were there to learn and work, not just to have fun and games. Stefan and Sam reported that they have never been more exhausted in their lives. They put their whole heart and soul into the camp for the kids.

Next year's camp will be held in mid June both in Oregon and Ohio. Make your plans and we'll keep you posted on specifics.

FOOTBALL STATE CHAMPS



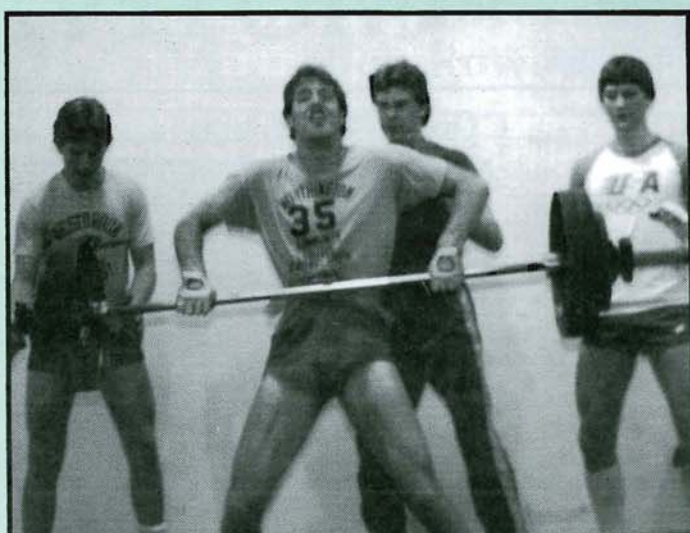
Jim Marshall, #32, 5-9, 150 on a 17 yard romp at State Championship game. Named to All-State team. Benches 255 lbs.



Loren Noomen, #68, 6-3, 215
Bret Lindaman, #44, 6-2, 210 getting ready to meet #30 ball carrier. Loren benches 325. Bret squats 525. Both were also All-Staters.



A host of Westbrook combine to stop their opponents on a 4th and goal at the one yard line. Westbrook went on to win 45-18 in State Championship game.



Brian Klute is attempting a PR and school record 290 lbs. on the Power Clean.



All-Stater Loren Noomen attempting PR in Dead Lift.



All-Stater Corey Bunting #26 working on Curls. He had a big date that night.