

# PAUL NOVICKY

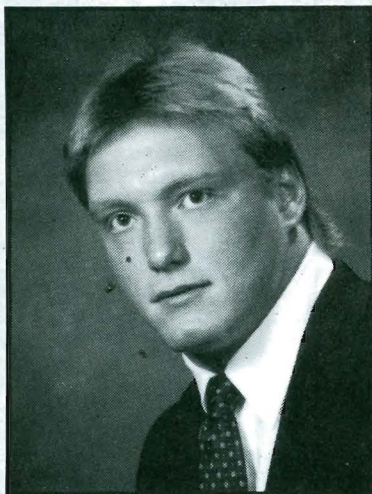
## BFS FOOTBALL ALL-AMERICAN PROFILES



Paul shows why he was as All-State selection at Linebacker two years in a row.

### DALTON YOUNG ALL-AMERICAN PLUS

Dalton Young has been a BFS All-American since his 9th grade year. His passion for excellence goes beyond the extraordinary. His bench press of 518 pounds is probably tops in America for high school. Dalton just signed with Oklahoma. However, even more impressive than his 518 pound bench is that Dalton maintains a 4.0 GPA. And, even more impressive than that, is the fact that Dalton takes college courses in his spare time and will enter Oklahoma as a junior, creditwise. Dalton wants to be the first college player to receive his doctorate on a football scholarship! Suffice it to say that Dalton Young is a leading candidate for our BFS Athlete of the 1987 Year!



Paul is a senior at School of the Osage in Lake Ozark, Missouri. His football coach is Phil Vogt. Paul is not a huge linebacker at 6-1, 200 pounds but his spirit and determination for excellence should be an inspiration to all.

Last year, as a junior, Paul was a second team BFS All-American. Besides football, Paul was a starting center and All-State in basketball and a district champion hurdler in track. He also competes in the shot, discus and triple jump. Paul lifted weights on the BFS program before school during the winter and spring and improved his lifts to a 526 squat, 286 bench, 550 dead lift and a 286 power clean.

Paul's football coach, Phil Vogt, states, "Paul is an integral part of our team. He carries a 3.36 GPA and is co-captain of our team. Paul has been a starter since his freshman year and All-Conference four years in a row. In addition, he was All-District for three years and All-State in his junior and senior years. This year, our team went 9-2 and made it to the quarterfinals."

During basketball last year, Paul hurt his knee slightly and during track it got worse. The doctor said it was a cartilage problem but advised to delay any treatment. Then, on the fourth day of football practice this past season, Paul suffered a slight cartilage tear in that knee. Immediate arthroscopic surgery was recommended with an approximate four week recovery time. After surgery, the doctors said that Paul had the thickest ligaments they'd ever seen and there was no reason to hold him back.

That's all Paul needed to hear. Paul was off his crutches in one day and came around to practice to watch. Three days later he was jogging. Nine days after surgery, (one day before the first game) Paul went in for an examination. The doctor said he'd never seen such a rapid recovery and Paul was ready to go. Paul was held out of that first game but was back in pads 13 days after surgery.

When Paul and Coach Vogt talked about the rapid recovery, Paul said it all in three words, "THANK YOU! SQUATS!!" To this Coach Vogt added, "Thank you, Bigger Faster Stronger for all the help you've been to our weight program and our injury reduction rate."

To this we add, "Thank you Paul for being a great example and the kind of a person that hasn't skipped a class and thank you Coach Phil Vogt for being an Upper Limit Coach."

Paul Novicky had these words of inspiration, "Stay with the weights. Stay dedicated and give all you can." He also states that drugs and alcohol at School of the Osage is pretty minimal. Athletics are important. Drugs and alcohol don't help things.

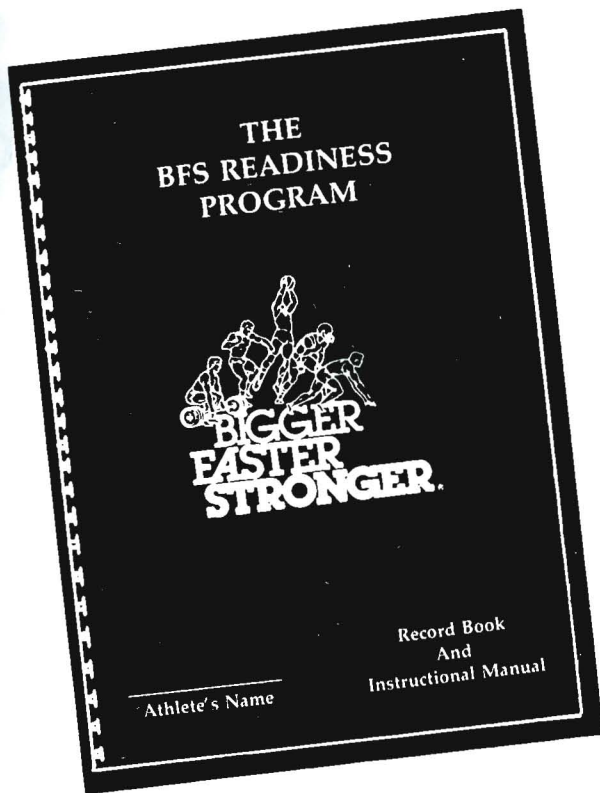
We wish Coach Vogt our best and Paul the best of everything at college.

**BFS ALL-AMERICANS  
ON THE NEXT PAGES!!**



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