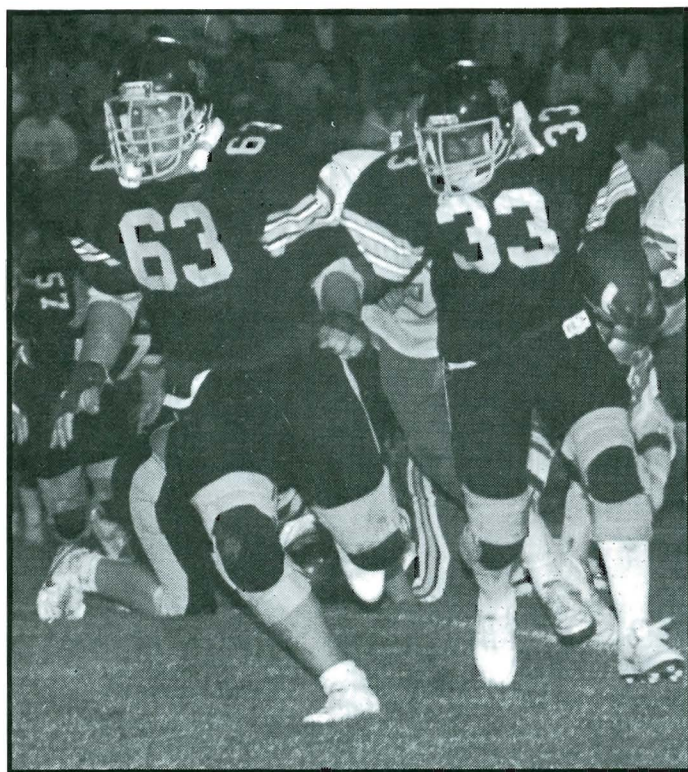


YELLOW JACKET FEVER



#16 LAVERN BELIN
BFS H.S. ALL-AMERICAN



#63 MARK HOLLIS
All-State Guard, leading the way for All-Piedmont
running back Calvin Hailey.

By Mark Weycker

Forest Hills H.S., Marshville, North Carolina
Defensive Coordinator/Strength Coach

There have been many inspirational articles written in your BFS Journal concerning programs that have become winners with the assistance of your training programs. We at Forest Hills High School believe the BFS program has helped us continue to be one of the top football programs in the state of North Carolina.

The dream came true for our kids in 1984 with the team winning the State 2-A Championship. Our record was 13-1 with the only loss coming at the beginning of the season against perennial South Carolina power, Pageland Central. It is at this point I joined the staff in the fall of 1985 and brought the BFS ideas with me.

A big change was to hit the Yellow Jacket program in '85. The state realigned all the conferences and we were bumped up to the 3-A classification. We would be one of the smallest 3-A schools in the state. Many observers believed we couldn't make the grade against the competition we would face. This was a team of champions though. An exceptional nucleus of seniors provided the leadership a great play necessary to take the team to the state 3-A finals, losing 7-3 to Burlington Williams. We had proven we could play outstanding football, no matter what the competition, with a record of 13-2.

Was 1986 to be a rebuilding year? Not if we could help it. Reaching the top was tough, but we enjoyed being there and wanted to stay. Forest Hills had always had a strong weight program, but we needed that little extra. Upon taking over the strength training responsibilities for the off season I suggested the change to the BFS program. In the spring of 85 I had the good fortune of hosting one of Greg's great clinics and knew first hand the jump in enthusiasm towards strength training we could generate. Log books were ordered and boxes were made for the box squat. The team returned from Christmas break determined not to fall short in their drive towards another state championship. The first month was tough. We were asking for a great commitment to something very different from what our players were used to. Log books were kept up to date and within weeks I was hearing things like, "This is great. I don't believe I'm breaking records every time I come into the weight room."

Soon they were pounding on the doors after school wanting to get in the weight room. Their enthusiasm needed to be recognized so I put up BFS record charts, created a "Wall of Fame", and started giving out 1000 lb. club shirts to those athletes that earned them. There are now 22 proud chests strutting around school wearing these shirts. With three months of lifting behind us we received the biggest push of all when four of our players were named BFS All-American selections. Needless to say the team went crazy.

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August 1st rolled around and we found ourselves picked to finish second in the conference. John Lowery, an assistant coach for the past 8 years, was named as head coach. A pact was made by the team to climb to the top of the ladder and repeat as the western representative in the state finals.

There was a great commitment to the in season program and our strength gains continued. Late in the season we were in a 5-3-1 week and one of our defensive linemen benched 300 lbs. for the first time. A tremendous roar broke out when a 175 lb. linebacker matched his lift. Not to be out done five others lifted 300 lbs. All seven stopped after lifting 310 lbs. (This was the 1st 300 lb. lift for all seven). Everyone involved in our program is a believer that gains can be made during the season!

The team rolled to a 10-0 regular season record. We found ourselves in the western regional finals again in '86. The quest for another state championship ended that night with the team losing to Shelby, the eventual state champion.

The time has come again to put the off season program in full swing. Come August 1st, with BFS' help, the Yellow Jackets will be Big . . . Strong . . . and ready to play.

We at BFS thank everyone in Yellow Jacket land and wish them continued success towards their "Quest for Excellence."

ESCAMBIA

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result in negative consequences.

We have three rules at Escambia: Be where you are supposed to be, doing what you are supposed to be doing, when you are supposed to be doing it. Obedience to these three rules will keep the players from having to have that private interview with me, which includes ultimatums. I tell my players the procedure one time and one time only. They are allowed to ask questions and no question, as far as I'm concerned, is too stupid to ask. Our rules are hard. Simple and few, but hard. These rules have been tried. It paid off to be firm and consistent. If I catch any of the players disobeying any of the rules, THEY ARE OFF THE TEAM; but they are allowed to return at semester break. I had one instance of telling the players to be at the school in a certain place at the end of the day. Well, it had been a tradition at the school for the players to cut that last day. Out of 105 players, five of them cut and were not where I told them to be when I told them to be there. Two of those five were college prospects and I cut all five of them from the team. Two went on to play at other high schools. I caught three drinking and those three were off the team. Some of the parents hired lawyers to get their son back on the team. But it was like I told the players. I did not kick him off the team. He knew the rules and HE made the decision to take himself off of the team when he disobeyed the rules. My decision was upheld. I firmly believe the morale of the team is much more important than an individual player. When you make rules, back them up and

be consistent. I make them wear a shirt and tie when we go out to eat on game day because I feel they are better behaved dressed like that. When they put on the jersey they know now is the time to hit somebody. Along with all of the discipline I preach a time and place for everything. We have plenty of times to relax and have fun. We went to the super dome to a college game. I try to expose them as much as possible to college activities so they will have a desire to set college attendance as one of their goals. We also went to the state capital and the museum of Florida history and the Senior Bowl. The players had a dance at the country club. Our football banquet this year was held at the Hilton in Pensacola and 425 people attended. This year I plan on taking my players to a college practice to show them some real intensity. Every minute of their game day is scheduled. They can't check out of school except through me. I want total control over what they do and eat on game day. I also determine the music they will listen to. I use inspirational, motivational athletic-type songs, and have made a tape of these. This prevents any discord that may occur over what their personal preferences are. Along with the songs, I play a tape the local radio station made of the play-off games.

If you practice during the week, you will have the honor of dressing out on game night. Conversely, if you do not, you will not. We truly believe that it does not matter who does the job or gets the credit as long as the job gets done. I keep any award the players get to prevent any jealousies amongst the players. I do not allow any individual players to be interviewed by the press, not do I allow mohawks, earrings or cutting of the sleeves on the uniforms. No hot dogging. Nothing to draw attention to oneself. When we score, all 11 players huddle on the three yard line and break the gator, which symbolizes the fact that it took all 11 players to arrive at that point. Now, I don't wish to give the impression that the individual is not considered or treated or encouraged to be an individual. He is, and we are interested in each one of our players as individuals, their problems, their interests, etc. But when it comes to the game or preparation for the game, we merge into one winning unit. With a total of seven overtimes in the play-off games, to say we had to draw on all of that discipline is an understatement. Some of my coaching friends were in the end zone and saw this and relayed it to me. A lot of the credit must also be given to my coaching staff for us having reached this level of discipline.

This year we had no unexcused absences, and I feel it is because of the consequences they would suffer which I term "Opportunity period." If it is an excused absence or a tardy they only have to do half of the opportunity period. An unexcused absence they will have to do the full opportunity. One gasser, one crab, one spider, one one-legged, one bellyflop, one roll, one gasser and 25 front-ups progressive each time. They get a one minute break in between each one of these, the distance is across the field and back as one. If two of our players fight, after everyone is gone, I personally handle this opportunity period. We do the complete phase of the opportunity period and I let them butt heads and fight for 15-30 seconds (they can't get hurt

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