

CHRISTY WARD NORTH VALLEY HIGH SCHOOL

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We have followed the development of Bigger Faster Stronger for many years. I have used the training techniques presented by BFS and feel they have contributed greatly to the programs I have coached in two different high schools.

I have read the *Journal* with great interest each issue. Two types of articles I'd like to see more of are those featuring High School athletes, especially female athletes. When asked if I knew of anyone who would qualify, I enthusiastically responded, "Christy Ward."

As a high school Sophomore, Christy won the Oregon Class AA shot put competition last spring, certainly quite a feat for an underclassman. Christy is a three sport athlete at North Valley High School and has already carved out a spot in the trophy case with her state championship as well as being selected Honorable Mention All-American last summer.

This fall she started on the Conference Championship Volleyball team that won district and a trip to the state playoffs. Right now she is an integral part of our basketball team which is in first place in the Skyline Conference and ranked second in the state poll. During all this, Christy finds time to practice the shot put regularly.

Such accomplishments are not new to the Ward family. Brother Charles won the shot put at State a few years ago and now helps with workouts. In addition, her boyfriend was a member of our state championship football team as well as a shot putter and discus thrower.

During her Sophomore year, Christy lifted weights in one of our scheduled weight lifting Physical Education classes. This lifting really helped her improve her performance culminating in a state championship throw of 41' 10 1/2" (best ever by an Oregon High School Sophomore). Since she has started a regular lifting program, Christy's athletic performance has shown steady improvement. Just how good these performances are is not easy to determine.

Strength and speed standards for male athletes have always been well documented in Bigger Faster Stronger articles. It is my hope that this article might be a catalyst for some of you other coaches around the country to send in information that you have on the female athletes that you have in your lifting programs so that strength standards might start to be formulated for female athletes as well.

Last summer, Christy was invited to take part in a good-will track exchange tour in China. She had a great time as well as it being a real educational experience.

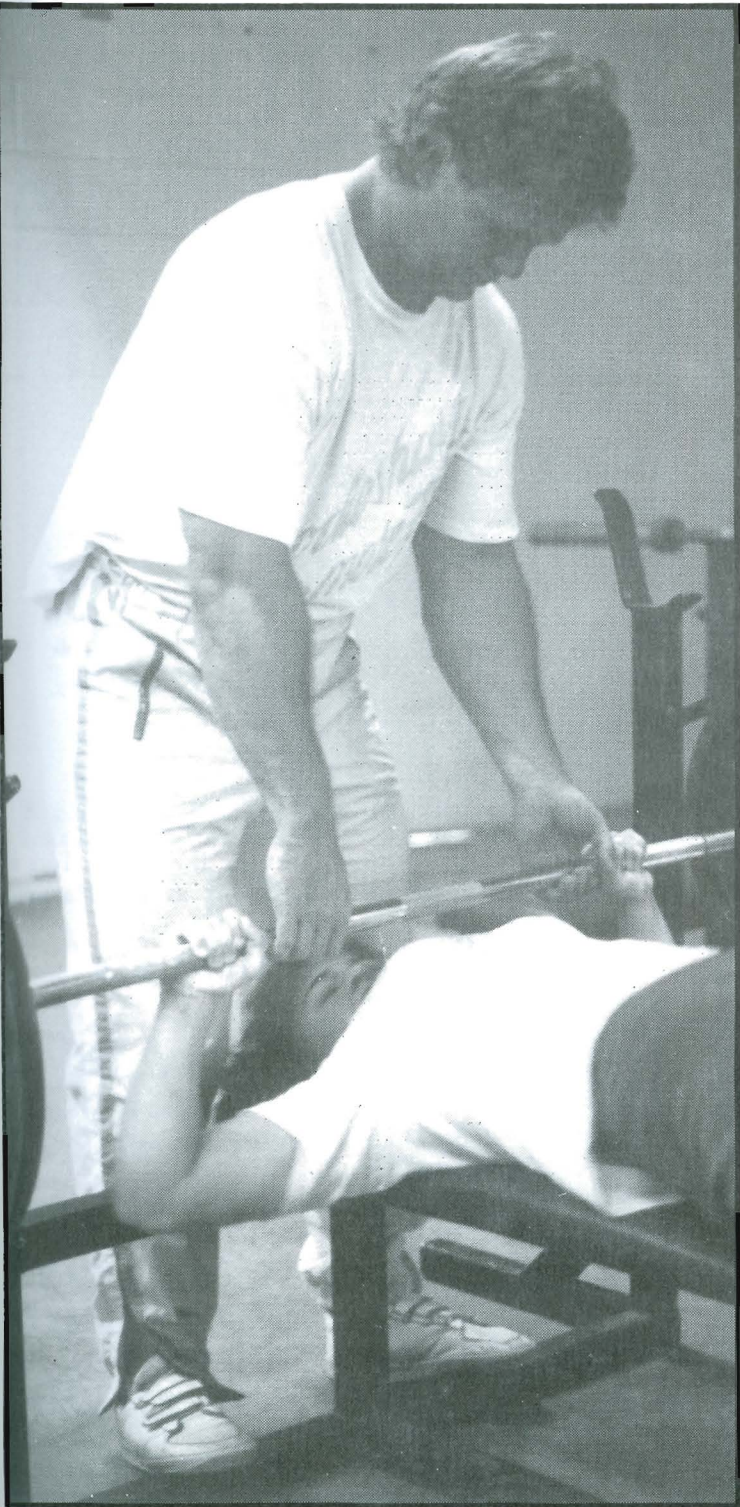
At our Upper Limit Camp last July, Stefan Fernholm and Sam Varner (BFS Clinicians) outlined a total training

GRADE	SHOT-PUT
6th	26-11 1/2
7th	35-9
8th	34-1 3/4
9th	38-7 1/2
10th*	41-10 1/2
11th**	43-3 1/2

*State Champion – Best Ever by Sophomore

**First Meet: Best Ever by a Junior

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Stefan Fernholm spotting Christy on a 200 lb. bench at Upper Limit Clinic!

Bench:	200
Box Squat:	520
Clean:	160
Vertical Jump:	30½
Incline:	145
Squat:	340

program for Christy to follow including lifting, running, jumping, and stretching. She has now followed this training program for six months. Her performance has steadily improved. In some ways, her athletic ability is remarkable. When the volleyball team was tested for vertical jumping ability, Christy's was the best on the team. There are not too many people, including myself, who would pick a shot put and discus thrower as having the highest leap. Since the U.L. Camp, her vertical jump has increased six inches.

During the first week of February, Christy competed at a big indoor meet in Portland. In this first meet of the year she put the shot 43' 3½" a full one foot five inches farther than last June. Needless to say, this was another in a long line of firsts for Christy. This 43 foot heave is the best ever by a Junior in the state of Oregon.

Christy's performance is a good example of the success that can be had by female athletes in the BFS program. Over the years we have been able to persuade some of our female athletes to follow the program. Those that have joined, have all experienced tremendous gains in strength, confidence, and improved athletic performance.

It's not easy to get female athletes enthused about weight lifting. Most fear that they will develop bulging muscles similar to male and female body builders. Far from that, what actually happens is that a firm foundation in physical fitness is laid upon which athletic performance might be built and improved.

We have incorporated an Upper Limits Training curriculum in our power lifting class at school. Christy is a charter member. We are running, jumping, visualizing, and lifting our way to the top. With the beginning of track season coming up, Christy is anxious to see what will happen. She has great goals for herself and high expectations for her performance. We all look forward to seeing her compete in the next two track seasons for North Valley.

All of this attention and notoriety might be quite heady for an athlete in just her Junior year, but she handles it very well. She knows where she is and where she wants to go. She knows that the road to get there begins with steps to the weight room and the shot put ring. Her dedication is a joy to work with and an inspiration for others.

We at BFS congratulate Christy Ward for her dedication and accomplishments. She is a pioneer for all women athletes in high school. Thanks to Coach Roger Freeborn for this article.

CHRISTY WARD UP-DATE

Christy is in the middle of track season at this writing. She has already improved to 46-3. That's over six feet better than the second best effort in the state. She has also thrown the discus over 110 feet. Christy is 5-6 and a firm 164 pounds. The following are personal bests: Bench 205, Towel Bench 235, Power Clean 170, Squat 355, Box Squat 520, VJ 30½, 40 5.13. Christy is also extremely flexible as she has a 12½ inch reach beyond her toes.