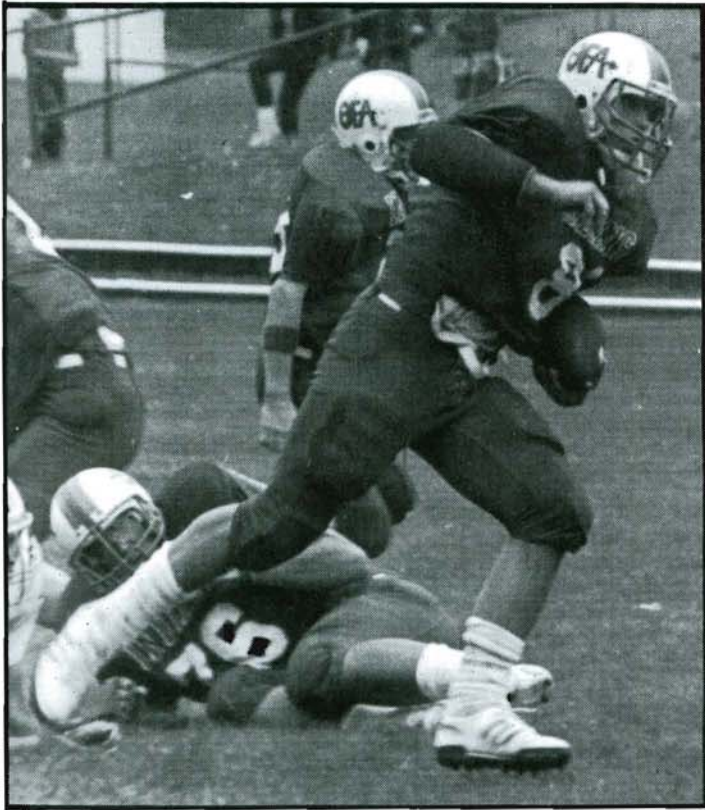


TEN GAMES!!!

By Al Brunetti, FB Coach
Owego Free Academy
Owego, New York



Jim Price BFS 1986-87 All-American

Editors Note: Coach Al Brunetti has been chosen All-Metro Coach of the Year for his 1986 finish with the Owego Indians. This was Al's eighth year. It wasn't easy. After a 6-3 finish in 1980, Coach Brunetti went through five straight losing seasons, including going 3-6 in 1985. Those three wins were the first three games. One of the losses was a 50-6 defeat to nationally ranked Binghamton.

It would have been easy to fold and give up by both athlete and coach. However, Coach Brunetti believed and had faith. He worked on mental attitude and conditioning. Owego had a BFS clinic. Coach Brunetti stated, "Our boys worked very hard." Perhaps the hardest and most dedicated athlete we've ever had was our fullback, Jim Price. He gained 25 lbs. through religiously putting time in the weight room. Jim was the second leading scorer in the whole Southern Tier. From the time Bob Rowbotham gave his clinic Jim set his goals and standards for himself. He demanded perfection from himself.

That faith and dedication paid off with a perfect 9-0 regular season finish. The tenth game became a reality! That ninth game saw the Owego Indians go wild as they defeated that Binghamton team 41-8. Talk about reversals!

Coach Brunetti reflected, "It was a season we'll remember fondly. It's one we'll be able to build on."

Our thanks to Upper Limit Coach, Al Brunetti and the Owego Indian football team for making the dream become a reality and showing us the way once again.

As we ended our 1985-86 campaign, we had just completed our fifth mediocre season in a row. Within those five years we had tried different offenses, different looks – anything to rise above mediocrity. But were unsuccessful. A fresh look to our team, a fresh outlook on football had to be attained.

After reading the Bigger, Faster, Stronger Journal, I decided a clinic was the way to get things started. I went to the Booster Club, to Student Council and Varsity Club to raise the fee. This clinic was to be for the athletes of Owego Free Academy. I talked to Bob Rowbotham on several occasions. The support and confidence was evident over the phone. We started our program in January of 1986. There were some nights we had 43 boys in a storage room turned weight room. It was close, but the boys seemed to get strength from each other, as the group leaders shouted encouragement. Leadership developed. Comraderie showed proud. Mental attitude became apparent.

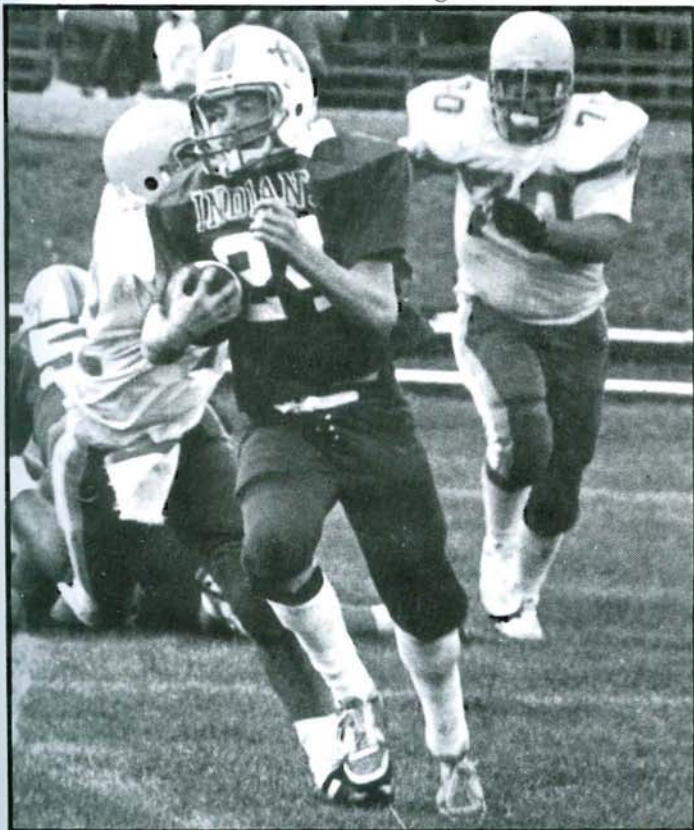
We had our clinic in March. As luck would have it we suffered through blizzard conditions on the night Bob was to arrive. The airports were closed. I thought for sure all our preparation would go for naught. Somehow Bob made it into Syracuse early Saturday morning and sped down to Binghamton in time for our clinic.

Bob instructed us in technique and quickness development, which I thought would be the major portion of the program. I was dead wrong. Presentations on goal setting and discipline and leadership were what really sent the boys through the "ozone layer." Many times during the past year I reminded the boys of how our Kevin Noble was asked how many games we wanted to play. The response was a resounding "TEN GAMES." (Ten games is all you are allowed in New York State.) Bob put a weight on the box squat that Kevin never attempted previously. Kevin had to do a rep for each game we wanted to play. He worked and strained through ten reps, with loud support of the crowd.

The program took off after the clinic. Records were being shattered left and right. Strength was growing at an unbelievable rate. Confidence became evident with each goal reached and each record broken.

Opening the season, the highest hopes of area experts was again 3-6. We had a goal of TEN GAMES, and the boys were bound and determined to prove all the "experts" wrong. We had "PRIDE BREAKS" throughout practice, where the boys shouted enthusiastically "TEN GAMES, TEN GAMES, TEN GAMES!!!" We won our first three games allowing only 3 points against our first defense, while scoring 82. Still many "experts" doubted that we were for real. Our fourth game was against a team we had not beaten in thirty-eight years. We won in the rain and mud 14-2. We continued towards our goal of TEN GAMES. We won our eighth game coming from behind in the last

Continued on Page 7



Joe Palladino: Owego Indian running to daylight

2 minutes. Our ninth game was against a team that was previously ranked number 1 in the state and ranked in USA TODAY. Last year they beat us 50-6. This year it was our turn as we turned them away 41-8.

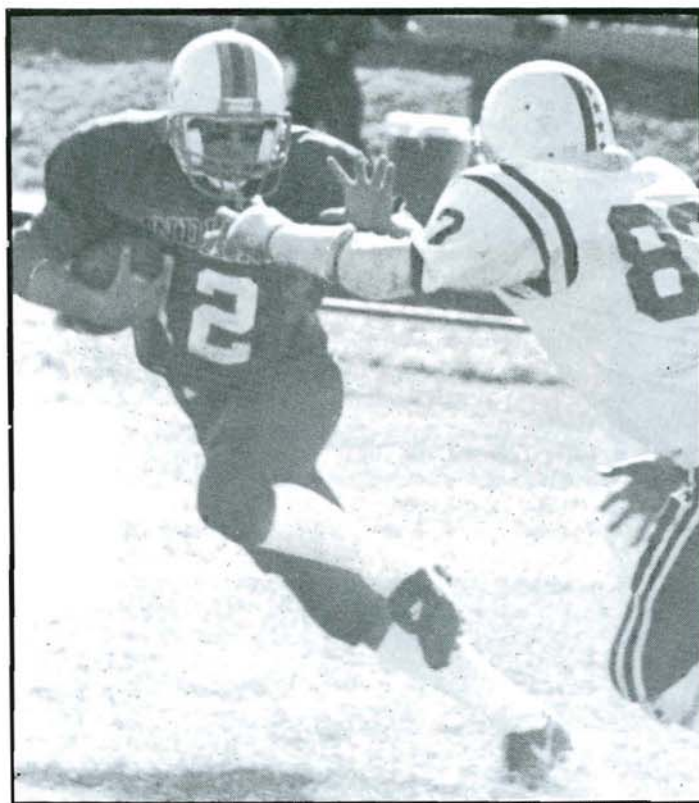
We recorded the best record in the annals of Owego Free Academy Football History, 9-0. The previous best record was 8-0 in 1933. The last undefeated team through a full year was the 1941 team with a record of 7-0. The survivors of this team were honored in our last game. Unfortunately we were not able to win our tenth game, a playoff game not included in the regular season, losing it 21-15.

The Village of Owego experiences "Small Town High School Football" at its best. Young and old, school and industry all together pulling for the 1986 Owego Free Academy Indians. Thanks to Bob and Bigger Faster Stronger, for getting us started.

LAWSUIT AVOIDED!

A student broke into a high school recently and got into the school's weight room. He was a non-athlete and habitually in trouble. The boy got hurt trying to lift by himself. Even though the student broke in and was obviously screwing around, the parents decided the school, not their boy, was at fault. They sued.

The judge, after hearing all the facts, pounded his gavel and uttered these sweet words. "Case dismissed." The judge ruled that signs in the weight room were clearly posted which stated, "ALWAYS USE A SPOTTER: NEVER LIFT ALONE." In addition, our BFS Posters were also clearly posted which illustrated correct lifting techniques and how to use spotters. Justice was served. (This school requested to remain anonymous upon the advice of their attorney.)



QB Kevin Schutt avoiding a Tackler.

SETS AND REPS A REVELATION?

The BFS philosophy since 1969 on sets and reps has remained the same: **To Attain Upper Limit Results an Athlete MUST Vary Set-Rep Routines.** There is no one magic set-rep system. No athlete can choose 5 sets of 5, 3 sets of 10, 10-8-6-4-2 or one set of 8/12 reps and expect to achieve optimum results over a long period of time. Using any one system day after day, week after week will result in a plateau very quickly.

Dr. Fred Hatfield or Dr. Squat, as he is known to many, just set a world's record with a 1014 squat. He recently visited Arthur Jones place in Florida. Arther Jones, as most coaches know, is the founder of Nautilus and the one set of 8-12 rep system.

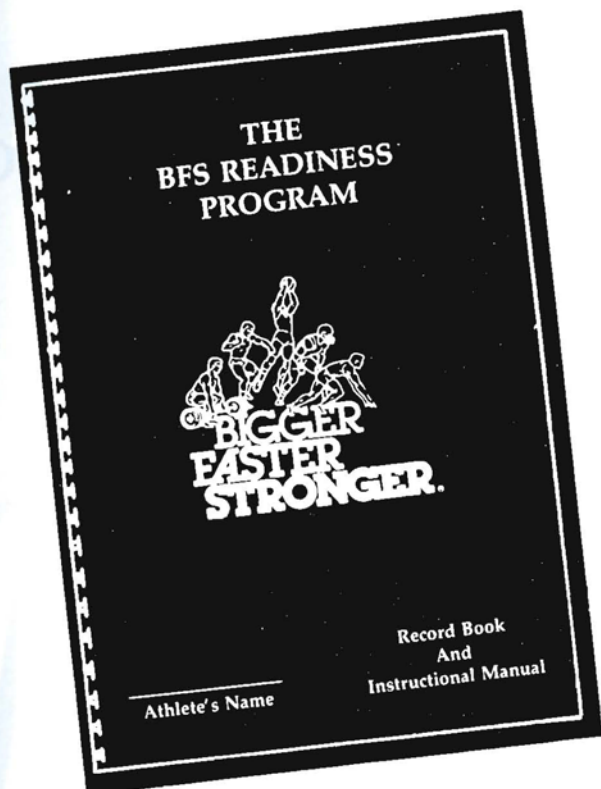
This one set of 8 to 12 idea has always baffled our BFS staff. How did it survive this long? We feel there are only about 3% of our nation's major colleges who still use this system on the core type lifts. No track athletes and obviously no Power lifters or Olympic lifters use this system. However, many of the people who visit spas to muscle tone their bodies use it. They just haven't been informed. We thought it might be interesting to relate some statements made in a published article by Dr. Hatfield in regards to his visit to Arthur Jones' place in Ocala, Florida.

"As we all know by now, the Nautilus system of one set to failure didn't work for most people, because it was based on thwarted logic." Arther Jones confided to Dr. Hatfield referring to his system, "I was dead wrong. And now I know why."

Jones has come up with a new system with brand new equipment. Dr. Hatfield offers a brief but eloquent statement, "Jones' new equipment sells, incidentally, for megabucks." We at BFS have only one comment. "Let the buyer beware."

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