

3. **Confident and optimistic, with a generally positive outlook.** A feeling of self-confidence, a positive attitude, or an inner sense of optimism about being able to perform well is reported as a key factor that determines whether the athlete can transform a potentially threatening athletic challenge into a success while maintaining poise.

4. **Focused on the present.** Athletes report having a sense of mind-body integration or of harmony between mental and physical functions, and of not having any thoughts or feelings about the past or future. When completely focused on the present, logical and analytical processes are suspended, and as this occurs the athlete has the sense that all actions are occurring automatically and effortlessly.

5. **Highly energized.** Words such as **joy, ecstasy, intensity** and **power** are frequently used to describe this highly energized state. Although fear, anxiety, and even rage have been traditionally associated with high performance levels, these feelings were rarely mentioned as contributing in any way to this high energy state.

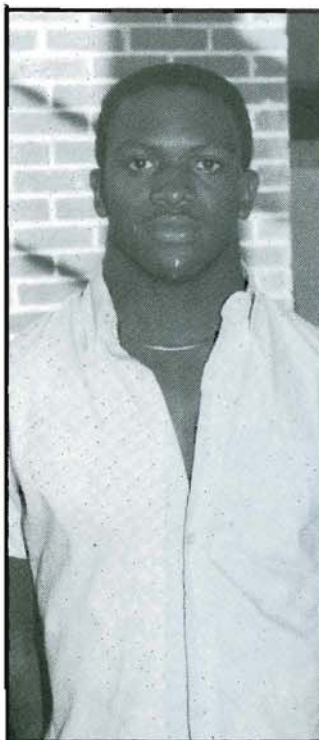
6. **Extraordinary awareness.** Athletes almost universally describe a state of mind in which they are acutely aware of their bodies and of the athletes around them and have an uncanny ability to anticipate correctly other athletes' moves and respond effectively to them. This awareness is closely related to the state of being focused on the present.

7. **In control.** Although athletes report a feeling of being in control, the control described is largely subconscious. There appears to be no deliberate effort at the moment of peak performance to **exert** control over the situations around them or over other people, but there is a definite sense of being able to make all the right moves, with the results being exactly what they intended.

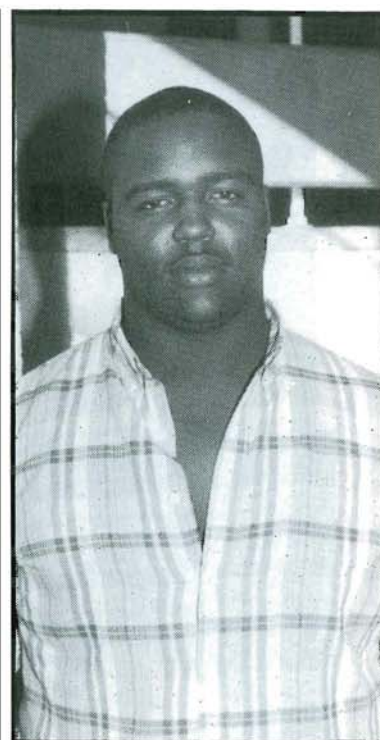
8. **In the "cocoon."** The word **cocoon** has been used for many years to describe the sense of being insulated from the anxiety or fear ordinarily associated with particularly challenging athletic situations, which would normally arouse fight-or-flight responses. Being in this cocoon, the athlete was able to avoid the loss of concentration, the accelerated, tight-muscled, out-of-control feelings commonly associated with the fight-or-flight response.

Editor's Note: I apologize. I really blew it as Larry Ware and Carey Jackson were not included in our March's Issue as BFS High School All-Americans. I was so impressed by Coach Perry's letter that I filed it in my "future story" folder then forgot to put them on a team. I think you'll agree they deserve recognition. Here's his letter.

LARRY WARE CAREY JACKSON
BFS HIGH SCHOOL ALL-AMERICANS



5-11 180 lbs.



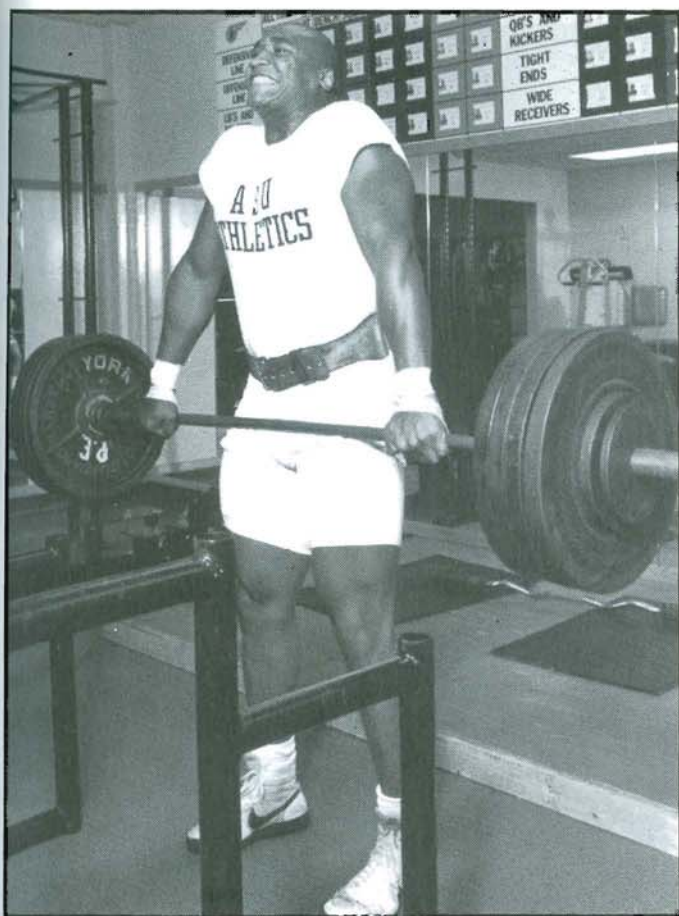
6-2 295

ROBERT E. LEE HIGH SCHOOL
6-A Alabama State Champs

Dear Bigger, Faster, Stronger:

I hereby enthusiastically nominate Larry Ware and Carey Jackson. I fully realize that the odds for placing a player on your All-American Team are minute and the odds for two is astronomical against me. But I would like to explain my nominations. First, I have never nominated anyone before for this team because I truly believe that those nominated should deserve to be nominated because of accomplishments or attributes that they possess. I am a five year member of the NSCA, and been involved with competitive powerlifting for eleven years. Never in my career have I come across two such athletes as Carey Jackson and Larry Ware. These two are the reason our football team was 15-0, 6-A State Champs, and ranked #2 in the USA in 1986. Let me elaborate on each player briefly.

Carey Jackson is 6'2" and weighs 295 lbs. Carey has the most dominant force I have ever had the privilege to coach. His massive body along with his incredible strength made him feared by most of our opponents. I have nominated Carey basically because of the tremendous amount of strength he possesses as well as his football accomplishments. I believe there must be a standard to judge performances. Therefore, all of our lifts are performed with strict style. Being a competitive powerlifter, I demand the strict style. A 390 bench competition (with pause) is outstanding. A 600 squat (breaking parallel) with no supersuit is equally outstanding. A 550 deadlift



Hardman Power Shrugging 435!

JAMES HARDMAN PROGRESS CHART

HIGH SCHOOL

	FR.	SO.	JR.	SR.
HT	5-11	6-1	6-2	6-3
WT	160	205	230	250
40	X	X	5.3	5.2
Bench	220	275	300	325

COLLEGE

	FR.	SO.	JR.	SR.
HT.	6-3	6-3	6-3	6-3
WT.	245	255	255	270
40	5.0	4.95	4.9	4.9
Bench	350	380	385	390
Squat	480	545	600	600
*Power	X	350	405	405
Shrug				
VJ	X	X	24	24

*Times 8 Reps!

Continued on Next Page

BFS HIGH SCHOOL ALL-AMERICANS

Continued from Page 15

is what he maxed without even practicing. Carey is being recruited by many colleges.

Larry Ware is 5'11" and weighs 180 lbs. We have had many backs to leave Lee and play major college football. Our school has won eight state championship games in the largest classification since the opening of the school in 1955. Larry is the best of the best. Here are some of his accomplishments.

- 1986 Bally's All-American
- 1986 Mr. Football in the state of Alabama-ASWP
- 1986 Top football player in Alabama-ASWP
- 1986 Althons Southeastern Football-Best back in Alabama and best in the south team
- 1986 Orlando's Dixie Dozen
- 1986 Montgomery Quarterback Club-Player of the Year
- 1986 6A Metro Player of the year
- 1986 All State Team-ASWP
- 1986 Two time All-City player-Montgomery, Alabama

Alabama High School Athletic Association State

Touchdown record holder for a single season

Gained over 2,000 yards in a single season.

I've nominated Larry on his athletic accomplishments first and his physical attributes, second. 505 squat is not bad for a 180 lb. high school senior. He also has a 335 bench press and a 500 deadlift which he only did for this nomination.

Larry has been discovered by many colleges and universities for a football scholarship. Here are a few: Auburn, Florida, Georgia, Texas A & M, and Pittsburg.

I want to close by saying that I believe in your journal and what you're doing for high school athletics. My nominations are as sincere as I could possibly make them. Our school probably will never have two athletes like Larry and Carey again. Please give these two seniors consideration for your All-American Team.

Jim Perry

Assistant Football Coach

Robert E. Lee High School

LAMAR BASEBALL

Continued from Page 54

overachievers who spent many hours in the weight room and on the practice field. Their 86 record was 18-4, and they ended the season losing the state championship game by a 6-4 score.

Winning state titles is both important and fun, but when teams overachieve due to their own hard work, the rewards of excelling beyond one's personal expectations, can be the biggest prize of all. The Lamar program is one dedicated to excellence, and we are strong supporters of the BFS system. Our players like the clinics, tapes, equipment, and work outs offered by Bigger, Faster, Stronger. Everything the system stands for will work if the players are motivated to desire the maximum from the end result.