

71st Falcon Football



SEVENTY-FIRST HIGH SCHOOL 1986 STATE CHAMPIONS BOBBY POSS, HEAD FOOTBALL COACH,
FAYETTEVILLE, NORTH CAROLINA

Editor's Note: In continuing our series of featuring the elite high school football programs in America, we are proud to present Seventy-First Falcon Football.

Here is their story in Coach Bobby Poss' own words from the years 1980-1986.

My coaching philosophy is centered around my faith in Jesus Christ. It was through my faith that I accepted the Seventy-First position in 1980. Seventy-First was 15-25 in the previous four years. There was a big challenge ahead. Fayetteville's nine AAAA high schools had a great reputation for football.

A close coaching friend, Ben Wright, introduced me to the Bigger-Faster-Stronger program that he was using in Maryland. I ordered my BFS book and set up our summer weight program. We didn't have a whole lot of equipment or space but we did have a very supportive administration and an excellent group of assistant coaches.

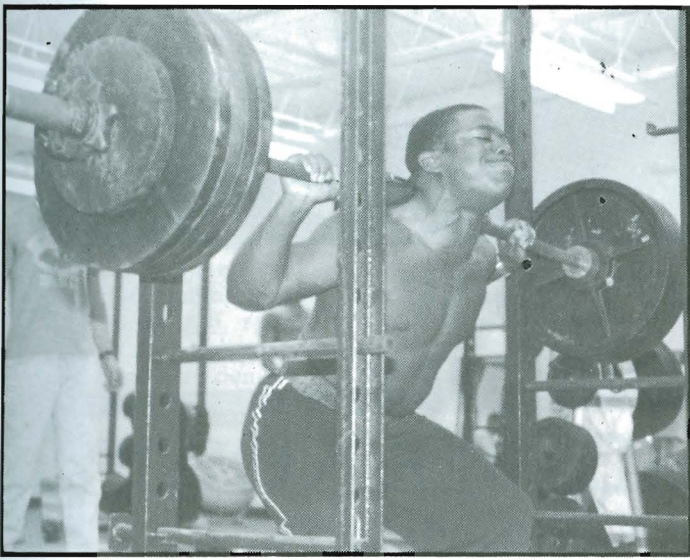
Our first season was a real test. We went 3-7, lost three games by one point. Naturally I questioned my decision to come to Seventy-First. Again, I relied on my faith for answers. We worked hard preparing for the 1981 season. Our players were definitely stronger, but we still needed to gain confidence on the field. Dwayne Kinston (a BFS feature story 1982) was one of our captains. The victories came. We won the Mid-South Conference Championship and advanced to the quarterfinals of the state playoffs. Our 1981 record was 8-4. After the season, our administration located a hut for us to move our weight training classes into. We had established two strength

clubs for our players. In 1982 we had a great ball club. We suffered 2 heart breaking losses (2 pts. and 3 pts). Although we defeated the State's No. 2 ranked and undefeated team in our last game, we failed to make the playoffs and finished at 8-2.

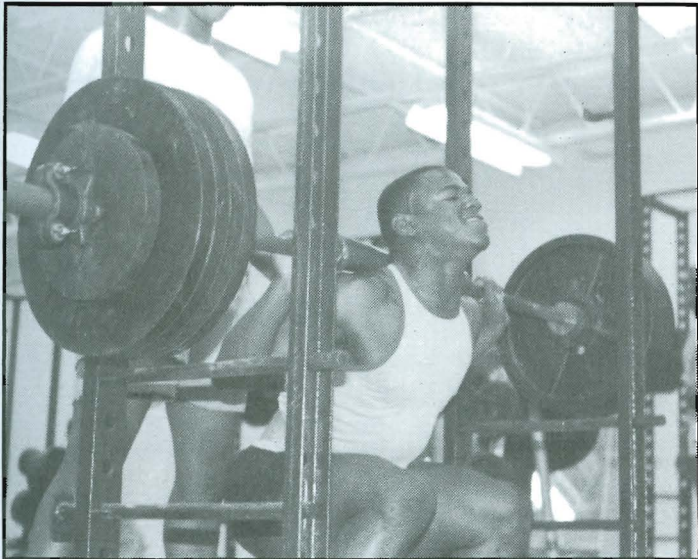
The success of the previous 2 years and our dedication to weight training carried our young 1983 ball club to a third consecutive winning season (6-4). We incorporated a summer aerobics program along with our lifting. We had a special group of players that looked forward to the 1984 season. After five games we were struggling to be at 4-1. We still had our key conference games ahead of us. In game six, we clicked. We looked awesome in defeating one of our conference's top teams. The team chemistry was right. We finished as Mid-South Conference Champions at 9-1 and ranked No. 3 in the State as we entered the playoffs.

We won our first three playoff games easily, out scoring our opponents 114-37. We were to meet a great Greensboro Page squad that was 13-0 and ranked No. 7 in the Nation by USA Today. Our Players were confident and looking forward to the State Championship game. The game ended in a 14-14 tie. At that time, North Carolinas rules stated that if a championship game ended in a tie, both teams would claim the State Championship. (The N.C. rule has been changed since our game with Page). I might add that it was a great football game and that the 4th quarter was the most intense quarter I have ever witnessed. We finished 12-1-1 and State Champions. A great season was rewarded with a special banquet from our booster club and the previewing of our highlight film. The highlight film was produced by the school's

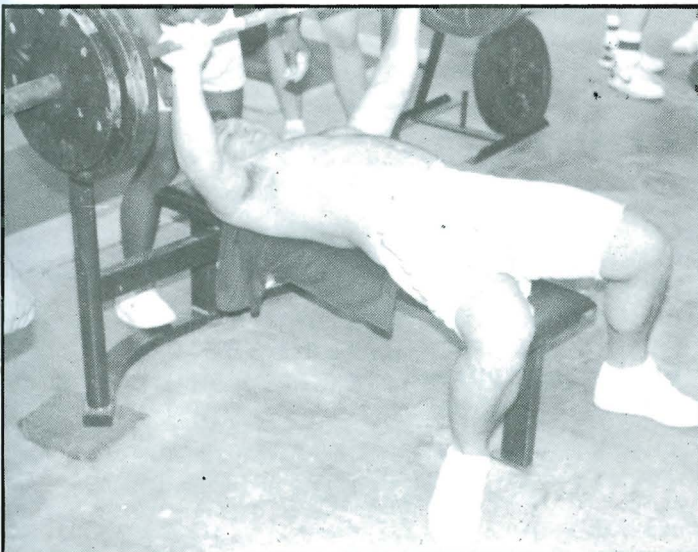
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Fullback Lamont Melvin 5'8", 182. Got a 500 Squat. Also Benches 350 and runs a 4.8 Forty.



Tailback Harris Heslip 5'8", 170. Got a deep 440 Squat. Also Benches 245 and runs a 4.6 Forty.



All State Tackle Jason Ormsby benched 350

Education Resource Center.

We expected everyone to be gunning for us in 1985 and they were! Again, we were a young squad rebuilding from the graduation of the State Championship team. We were counting on our young squad to work hard and improve during the season. We lifted all year. I believe this really pays off during the season. We won our last three games impressively. We had our 5th consecutive winning season at 6-4. Our strong finish encouraged us to work hard in the off-season.

Our squad had high expectations for 1986. Our seniors were sophomores during the State Championship season in 1984. They loved to watch the 1984 highlight film. I know they wanted to make one of their own. Our conference was as strong as ever, five teams received state rankings during the season. We finished at 9-1, our only loss was a 14-13 heart breaker. North Carolina had expanded the State playoffs to five games. We met some excellent teams in the playoffs and we were happy to be hosting our second State Championship in three years. Heavy rains had set in for two days and our field was soaked. Both teams relied on quickness and great defense. The soggy field slowed both offenses. With the score 0-0 and only a little more than a minute remaining, we completed a 48 yard pass to the 8 yard line. We won a thriller on the last play of the season on a 19 yard field goal, 3-0. We finished 14-1 and with our second State Championship in three years.

Again our booster club outdid themselves with a championship banquet. A local formal wear store provided the players and coaches tuxedos to wear. The big moment of the banquet was the previewing of our highlight film. Again, our school system's Educational Resource Center produced the film. Maybe the 1986 film will plant seeds for future success.

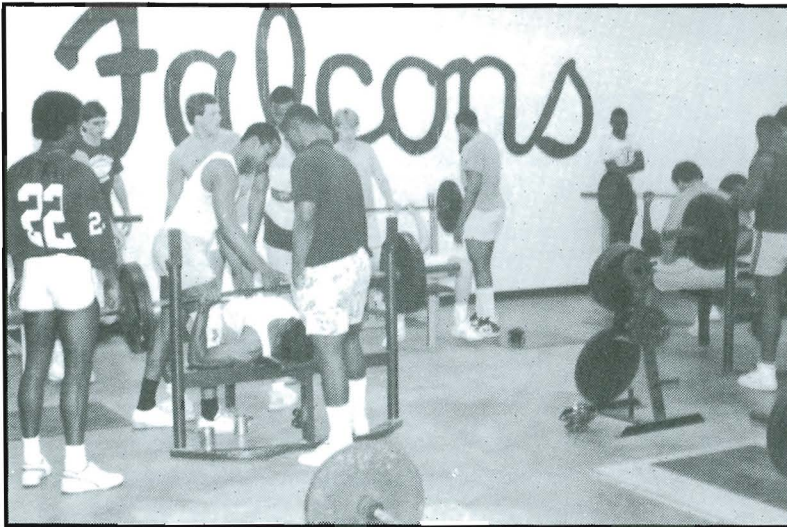
Through the support of our administration and with our gate receipts, we built a \$55,000 weight room addition to our gym. We have 14 olympic lifting stations for our BFS core program. Our players realize that strength training can improve their performances. The BFS program has also helped our other sports. The basketball team advanced in the State tournament and finished at 24-5. Our wrestling team finished second in the State. In the spring our baseball and track teams won the conference championships.

Seventy-First has excellent administrative support and our entire coaching staff works well in preparing and supporting all the teams. Our players are encouraged to participate in more than one sport. One special characteristic stands out as a key for our success: That is, our players have the proper mental attitude. They want to work hard – they want to be coached – and they want to win.

Sometimes we don't always get bigger. But we do get faster and stronger. Our teams have not been blessed with great size. We have utilized our quickness and strength. Listed is an example – our starting defense for 1986. We called them the "Rally Bunch" because they rallied around one another, with no individual standouts.

1986 FALCON DEFENSE - STATE CHAMPIONSHIP GAME

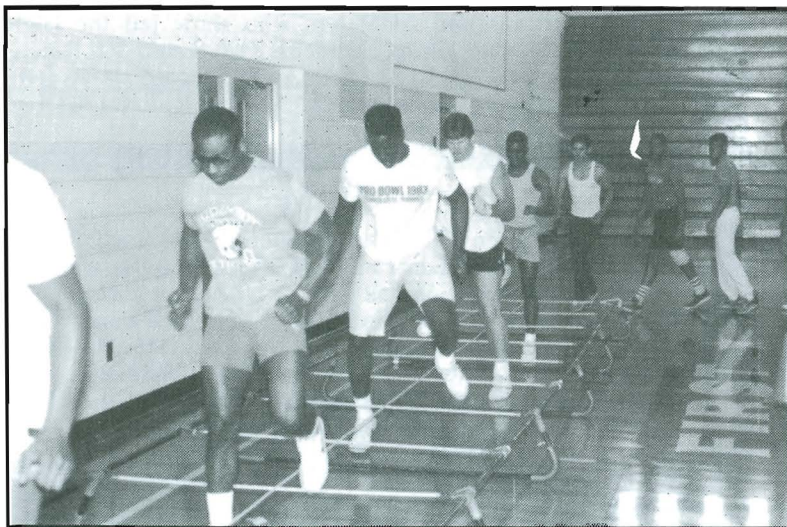
Position	Height	Weight	40 YD.	BENCH	SQUAT
D.E.	6'1"	185	4.8	200	420
D.G.	6'1"	172	4.8	295	340
D.G.	6'1"	195	5.2	X	X
D.E.	6'	183	4.8	255	410
OLB	6'	170	4.7	230	300
ILB	5'10"	177	4.9	220	405
ILB	5'11"	176	4.9	240	355
OLB	5'6"	157	4.6	285	430
C	5'11"	170	4.6	295	415
S	5'11"	162	4.6	200	340
C	6'2"	175	4.6	200	310



Intensity – Teamwork and Consistency are Falcon weight room trademarks



A MIGHTY MEAN FALCON



Running the Ropes for Quickness

HIGHLY RECOMMENDED!
 Get the Falcon Highlite video. A super way to get psyched for your playoffs. Also, use it as a model to enhance your program.

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