

CB WEST HIGH SCHOOL



CB West High School owns the nation's longest winning streak at 49 and counting!

By
Glen Fairclough

Editor's Note:

Continuing our series highlighting the elite high school teams in the United States, *Bigger Faster Stronger* is proud to feature Central Bucks West High School of Doylestown, Pennsylvania.

Going into the 1988 football season, Central Bucks West High School was riding the crest of the nation's longest winning streak—a skein that extended over four undefeated seasons and 43 games! (At this writing, "The Streak" is at 49 games.)

Despite being located in suburban west-central Bucks County in eastern Pennsylvania, CB West and its winning streak have become big news. The daily newspapers in nearby Philadelphia and the five-county Philadelphia area focus lots of attention on CB West, prominently chronicling the Bucks' exploits game by game in their sports pages.

Even the national press keeps tabs on "The Streak."

CB West has consistently been ranked among the top ten in the weekly *USA Today* poll of the "Super 25 High School Football Teams." At the conclusion of the 1987 campaign, CB West had climbed to seventh.

ESPN rated the Bucks even higher. CB West finished the year ranked third by the network's "Scholastic

Sports America" program.

With the publicity from "The Streak" comes added pressure. Fans expect the Bucks to win and think it is a disaster if CB West loses one or two games. Opponents are always gunning for CB West, hoping to be the team that ends "The Streak." But so far the Bucks have proven themselves equal to the challenge.

As impressive as keeping the current Streak intact is, the Bucks have a 21-year tradition of football excellence that is even more amazing. Head Coach Michael A. Pettine, a 48-year-old grandfather, has guided football fortunes at CB West since 1967. Since taking the reins, he has amassed a superb record of 188-30-3 en route to 11 outright championships and two shared titles.

Coach Pettine, a standout at Villanova who spent four years as an assistant coach at two high schools, has never suffered a losing season since becoming a head coach. The Bucks rolled to a 9-0-1 mark in Coach Pettine's first year, and a legend was born. CB West has since logged nine undefeated and untied seasons. And in two additional campaigns, the only blemish on an otherwise perfect record was a tie. The Bucks have won the mythical state title (voted by the *Pittsburgh Post-Gazette*) six times in the past 11 years. His poorest season record (5-5) happened in 1969, the year the school was split to create rival Central Bucks East High School (which managed only a 1-9 mark in its inaugural season). The Bucks are 17-2 against the CB East Patriots, the last team to beat them, in their traditional Thanksgiving Day rivalry.

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CENTRAL BUCKS WEST HIGH SCHOOL, THE PRIDE OF DOYLESTOWN, PENNSYLVANIA

CB West just broke what is generally believed to be the state record for consecutive wins (48), set by General Braddock from 1954 to 1959. The Bucks are also closing in on the mark for Southeast Pennsylvania's longest unbeaten streak (51, which includes four ties).

"To go undefeated, you have to be good, and you have to be lucky," said Coach Pettine. "We have good talent, and as for luck, you make some of it for yourself. But I think [in 1986], divine intervention was in play."

The Bucks' potent offense routinely lights up the scoreboard, while the team's tenacious defense makes shutting out opponents a common occurrence (they have administered 25 whitewashings in the last four seasons). CB West has suffered only two setbacks—both by just a single point—in its last 60 games!

Over 40 of the players that have worn CB West's black and gold uniforms in the past have gone on to excel in various divisions at the college level. Several of those have gone on to play professional football in the National Football League. Former CB West quarterback Jim Jensen, a 1976 graduate who is in his eighth year as an all-purpose back with the Miami Dolphins, is the only ex-Bucks' player currently active.



Randy Cuthbert (#42) was an All-State and High School All-America last season. He is currently at Duke University as a Running Back and Punter. Randy is 6-4, 205 pounds.

CENTRAL BUCKS WEST WEIGHTLIFTING PROGRAM

By Mike Carey, Offensive Line and Strength Coach

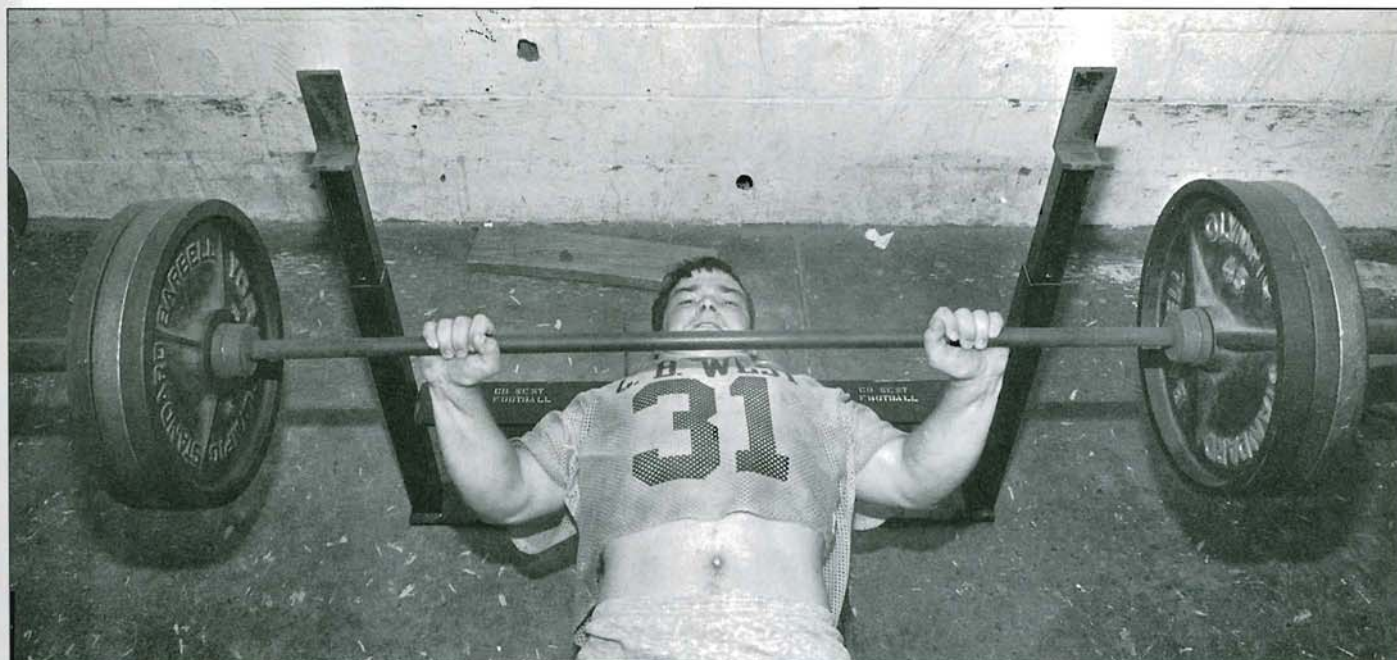
Lifting weight at Central Bucks West High School in Doylestown, Pennsylvania, is not a sport, but a mission. We strive to increase our poundage or repetitions every workout.

We base our program on two major factors. One is a "hands on" approach by the weight coaches, and the second is an intense free-weight workout. As the weight coach, I actually lift with the team, spot as many lifts as I can, and give praise or voice concern over their lifting. This must be a constant effort, as young men in this age group will tend to lose sight of our ultimate goal—to become bigger, faster, and stronger.

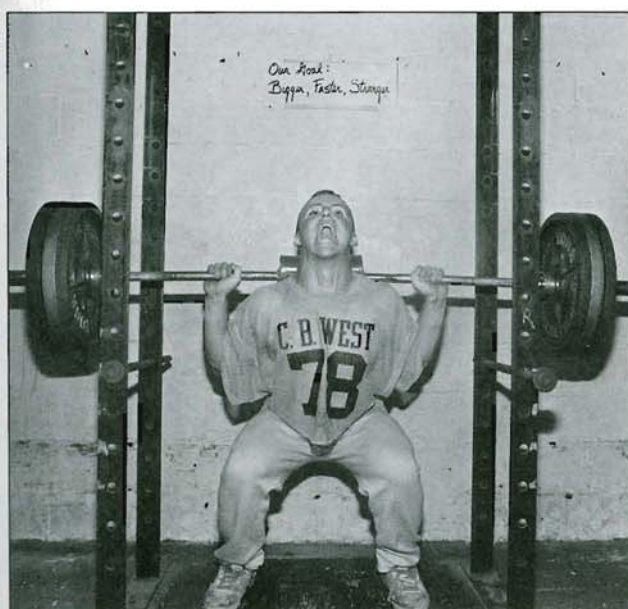
We started our free-weight program in earnest in 1977. At that time there were not many area high schools seriously lifting weights. CB West had an edge, but only for a few years. As area high schools looked at our success, weightlifting and off-season training came into vogue. To stay ahead of the pack, we've since built a superior weight room and we've organized our workouts with intensity in mind. We've also continued our "hands on" approach and feel this could be a deciding edge.

Our workouts are based on our core lifts of Bench, Squat, Military Press, and Heavy Dips. We also do auxiliary lifts—Hip Sled, Curls, Lat Pulldowns, Rows, Leg Curls, Neck Exercises, Calf Raises, Incline Bench, etc. We lift three times a week. The workout usually takes 1 1/2 to 1 3/4 hours. As the weight coach, I feel it is extremely important to keep the young men interested and not bored with the lifting program. To accomplish this, we have each young man complete progress books that chart their weights and reps each workout. We also change their poundage and rep program every five to seven weeks. This not only invigorates them mentally, but "confuses" their muscles and keeps the muscles growing. About every two months we run a power-lifting contest. This is a fun event that breaks up the weekly schedule and allows the young men to compete against each other.

Let me again stress that it is imperative to a weight program to have as many coaches as possible lift with the team. You are then there first-hand to spot, to encourage, to prod, etc. You just can't open the weight room door and say, "Go to it men"—not if you want exciting results. Also, and equally important, while working out with free weights, you must stress to overload the muscles by constantly adding weight. Obviously, this makes it harder on the young men who might just go through their lifts at the same level as the last workout. Once our players see significant growth and strength gains, then self-motivation takes over and I have to do less pushing as a coach. Once you have reached the point when the majority of your players become self-motivated in the weight room, the gains will be tremendous—and you'll be a tough team to beat.



C.B. West High School: FB-LB Nick Oniskey 5-10, 205-pound Senior.



OG - NG Mike Eck 5-10, 195-pound senior.

We have four main testing times for our off-season program. This test consists of various lifts, running, jumps, and stretching tests. Once the first test is given in January (when we officially start our off-season program), I meet with each player and ask him to set up his August-camp test goals on the basis of his January test.

We then test in late March and early June and the final one is the August-camp test. We make a big deal out of who makes their goals and who doesn't. The goal setting, the goal meeting, and the periodic tests have been solid motivators for improvement. —Coach Michael Pettine

Some of our key returning Seniors and some of their gains over the last three years.

Tony Ventresca—Offensive Guard

Grade	Height	Weight	Bench	Squat	Military
10th	5-8	190	175	280 x 3	150
11th	5-10	210	285	405 x 3	200
12th	5-11	222	355	425 x 3	230

Mike Eck—OG-DE

Grade	Height	Weight	Bench	Squat	Military
10th	5-9	159	175	300 x 3	140
11th	5-10	180	275	365 x 3	190
12th	5-11	200	330	430 x 3	230

Steve Alderfer—OT-DT

Grade	Height	Weight	Bench	Squat	Military
10th	6-2	200	195	215 x 3	165
11th	6-3	210	255	265 x 3	200
12th	6-4	235	320	375 x 3	235

Greg Ventresca—TE-DE

Grade	Height	Weight	Bench	Squat	Military
10th	5-11	180	195	230 x 3	145
11th	6-1	195	245	290 x 3	195
12th	6-2	210	285	385 x 3	220

Nick Oniskey—FB-LB

Grade	Height	Weight	Bench	Squat	Military
10th	5-8	175	235	275 x 3	165
11th	5-9	195	335	305 x 3	185
12th	5-9 1/2	212	395	405 x 3	255

CB BUCKS WEST HIGH SCHOOL

What is Coach Pettine's formula for success?

Coach Pettine is a taskmaster who insists on hard work and dedication from players, assistant coaches, and himself (he walked off the picket line during a school strike in 1982 to join his team in preseason workouts).

Early this summer, BFS President Greg Shepard called the weight room at 10:00 p.m. Coach Pettine answered the phone. When asked why he was working so late, Coach Pettine replied, "If you want to stay ahead, you work harder and longer than the competition."

With an average enrollment of 1,300, CB West (with students in grades 10 through 12) finds itself classified among the "big" schools in Pennsylvania. But the Bucks' AAAA opponents range from schools with 1,280 students to those with 3,000, so CB West is at the low end of the scale. Obviously it's easier to win if you have the largest enrollment. That's what makes CB West's streak even more amazing.

In an average year, some 75 players comprise the CB West football squad. The sophomore turnout was so poor in 1986 that the school had to cancel the 10th-grade football schedule. All comers are allowed to participate. Coach Pettine says, "We don't cut." He also said, "I can't remember when we've had a really good transfer student."

"A lot of times kids don't realize what their capabilities are. And as a coach, you have to get them to a higher level than they think they're capable of."

—Coach Michael Pettine

Although all students from one local junior high—and half of those from another—feed into CB West, the junior high coaches aren't required to teach the Bucks' varsity system. Also, participation in midget football has declined in recent years because of increasing interest in soccer.

CB West has a modest football budget—around \$5,000, which is average for AAAA schools. The school first provided a weight room in 1977, and most of the weight equipment has been purchased by the football mothers booster club. And CB West didn't hire a full-time trainer until 1986.

Coaches at CB West rely on good nutrition, conditioning, and a year-round weight-training program to increase physical development in their athletes. All players are encouraged to take a protein supplement—not anabolic steroids—to improve their strength, build, and performance. Those that could benefit from a few extra pounds are given a combination protein and weight-gain supplement to help them beef up. Even so, Coach Pettine says his players are smaller than those of

every other team in the league.

When CB West left its "rinky dink" league two years ago, critics gleefully predicted that the Bucks would lose four or five games. In spite of fielding a team with few returning starters and just one bona fide star (who missed the final six games of the season with a broken foot) in 1986, they have still managed to come through the past two seasons unscathed even though they have had to face several other top-ten opponents each year.

Coach Pettine's players are always well prepared. One college coach said that the Bucks don't do anything special, they just do everything well. Execution is a key ingredient in their success—they carry out their game plan with precision. They find ways to win.

"A lot of times, I guess I'm guilty of trying to get something out of a kid that just isn't there," Coach Pettine said. "But a lot of times, kids don't realize what their capabilities are. And as a coach, you have to try to get them to a higher level than they think they're capable of."

Others note that what sets CB West apart from the crowd is that everyone on the squad plays together as a team, even if that means sacrificing personal glory and individual statistics.

Coach Pettine's formula has developed a program that has bred enormous success. Despite losing many top players through graduation and facing another so-called rebuilding year, CB West shows no signs of letting up. The coach called last year's sophomore class the best he's ever had.

Congratulations and best wishes to Coach Pettine, his coaching staff, the hard-working players past and present, and their parents and other dedicated boosters who have developed one of the nation's finest winning traditions at Central Bucks High School.

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