

CHAMPIONSHIP POWER



Marlo Stanley, of BYU-Hawaii Box Squats 505 and Parallel Squats 315. She is a member of the 1987-88 NAIA National Collegiate Volleyball Championship Team. Marlo is being spotted by BYU-Hawaii Campus Strength Coach John Farley, Jr.
Photo by Kauokalani Moikeha.

Editor's Note:

Last summer (1987) I took my wife and four children to a Hawaiian island paradise on Oahu. We rented a house on the beach in Laie for 30 days. However, I couldn't stay away from the weight room and did several mini-clinics at BYU-Hawaii. The campus is located right in Laie, and without reservation I can say it is one of the most beautiful college campuses on this planet. The "Aloha Spirit" is at its best with BYU-Hawaii students and faculty.

I met strength coach John Farley in the weight room. He is very knowledgeable and possesses great strength and ability himself. We hit it off immediately and he began using the BFS program with all his athletes. At the end of our stay, our families got together for a special farewell Hawaiian dinner. It is something we shall always remember.

After we left, Coach Farley introduced the BFS program to Coach Navalta and the volleyball team. The following article by Coach Navalta illustrates the results that took place during the following months.

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By Dr. Wilfred Navalta

Head Coach: Women's Volleyball
BYU-Hawaii Campus

Many tangible and intangible elements influence the winning of a national championship. Some of the intangibles are the emotional, mental, social, and spiritual influences, which are very difficult to measure. The tangible qualities include the technical and physical aspects of training, which are more objectively measured. All of these aspects must be accurately evaluated, effectively monitored, and progressively developed.

This article considers perhaps the most important aspect of physical development — explosive power. One of the best ways to develop this explosive power is to implement a well-planned, intensive, weight-training program. Our successful weight-training program was a result of a consistent coaching philosophy following the Bigger Faster Stronger core exercise and auxiliary programs, and adjusting training resources to the needs

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Photo by Ken Brozen

CHAMPIONSHIP POWER VOLLEYBALL BYU-HAWAII NAIA 1988 NATIONAL CHAMPS

of the individual players. Players following these techniques must realize that newly gained strength and power complements other existing programs, such as plyometrics, anaerobic drills, aerobic development, and sports skill-related practices.

Once we established our general philosophy toward a weight program we agreed on specific rules of conduct for our players. The rules governing conduct and performance during training sessions were simple and direct:

1. Each player must be mentally, emotionally, and physically ready to train seriously, and to give 110 percent.
2. If a player is not prepared, she will not be allowed to enter the weight room.
3. Each player must be positive with non-verbal and verbal expressions with her partner, especially when she is going for a personal record.
4. Partners are expected to encourage each other.
5. When a player attempts and fails at a record or weight, we expect comments such as: "Keep on trying your best and you'll get it next time." Or, "We're with you. Give it your best shot next time."

Enforcing the rules during weight training is largely the responsibility of the strength coach.

The two most important qualities of a strength coach are technical knowledge and ability to motivate. As the expert, the strength coach should understand the mechanics of the exercises and teach players properly, so as to avoid injury and to ensure they are developing all the proper muscle groups. He should also continually motivate the players by encouraging, challenging, and pushing them to lift more weights. Choosing the right strength coach is critical for an athletic team.

We are fortunate to have John Farley, Jr., as our strength coach at BYU-Hawaii. John has been an integral part of the success of our volleyball program the past three seasons.

Here are some of his beliefs about the strength program and our team.

About his beliefs:

"If one of our women athletes is to improve her on-court skills, she must give 100 percent intelligent effort to get back 100 percent possible results from her conditioning. They must understand that games are won in the noise and excitement of the playing court, but championships are won quietly and without applause in the weight room."

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About his expectations:

"I motivate the team members when they come in. I expect them to come in with a positive mental attitude and be prepared to give their best every training session. There is no room in weight training for negative attitudes. If they want to succeed, they must constantly push, think strong, and stay hungry."

About the team:

"This is the strongest team (at BYU-Hawaii) that I've had the opportunity to train the past three years. Their attitude is super. They train with 110 percent intensity and never quit. The amount of weight they lift each time is astounding, and a credit to their team commitment."

John's strength training program consists of the core exercises, including the box squat, towel bench press, dead lift, parallel squat, and bench press. We also selected auxiliary lifts. The chart below records the strength development and vertical jump increase of seven players of the championship team.

	P1 = Pre-test		P2 = Second test			P3 = Post-test	
	Marlo	Mona	Winnie	Bonnie	Kristin	Dana	Jackie
Towel P1	105	95	75	85	85	75	85
Bench P2	145	135	145	125	115	135	125
P3	165	165	205	145	135	145	135

Average increase per player = 70 pounds, or a plus 81%

Dead P1	105	95	95	95	95	95	95
Lifts P2	125	135	125	115	105	125	125
P3	285	285	295	205	205	225	135

Average increase per player = 147 pounds, or a plus 153%

Cleans P1	95	95	75	95	85	95	80
P2	125	125	135	105	105	135	115
P3	145	125	155	125	115	135	115

Average increase per player = 44 pounds, or a plus 49%

Bench P1	110	95	105	105	95	95	75
Press P2	145	135	145	125	115	125	115
P3	165	165	185	145	135	145	135

Average increase per player = 56 pounds, or a plus 58%

Box P1	225	175	275	155	175	155	135
Squats P2	435	435	355	355	335	285	235
P3	505	505	475	405	335	315	315

Average increase per player = 223 pounds, or a plus 120%

Par. P1	200	135	205	135	135	115	115
Squats P2	285	300	245	255	225	205	165
P3	315	315	265	265	245	185	175

Average increase per player = 104 pounds, or a plus 70%

Vert. P1	24.5	23.0	20.5	22.0	22.5	20.0	20.5
Jump P2	28.5	25.5	22.5	24.5	25.0	22.0	22.5

Average increase per player = 2.44 inches.

The improvement in strength development and victories on the court were gratifying for the individual player and team. Each player increased her overall

strength by 80 percent over the seven-month training period using the core program. The highest increase was 153 percent in the Dead Lifts, followed by 120 percent in the Box Squats, and 81 percent in the Towel Bench Press. The remaining exercises were the Parallel Squat (70 percent), Bench Press (58 percent), and Cleans (49 percent).

This added strength naturally led to the establishment of personal and team records. Winnie Ngatuvai holds the record in the Towel Bench Press (205), Dead Lift (295), Cleans (155), and Bench Press (185). Marlo Stanley, the shortest and lightest member of the team, and Mona Afalava hold the record for the Box Squat (505) and Parallel Squats (315).

The Box Squats and Parallel Squats helped Marlo Stanley lead the team in the Vertical Jump. She increased her Vertical Jump by four inches. The team's average increase was 2.44 inches.

Although there were significant increases in strength and Vertical Jump, the players had to adjust to the high expectations and demands of the program. They were asked to do certain exercises the day before a match. This was very difficult for some since they wanted to "save themselves" for the match the next day. They questioned the physiological recovery rate of their bodies. However, this team kept on improving on all their core and auxiliary lifts and also kept on winning volleyball matches that culminated by winning their second straight National Association of Intercollegiate Athletics women's volleyball championship.

"Yes, games are won on the field and on the court, but championships are definitely won in the weight room. To be successful, athletes and coaches must establish and implement a well-planned, strength training program." — Coach Wilfred Navalta

About Coach Wilfred Navalta

Overall record: 79-14, or an .849 winning percentage. Last season, his team won its second straight NAIA National Volleyball Championship. Coach Navalta also garnered NAIA Coach-of-the-Year honors for the second time and was selected as the Sportsperson-of-the-Year in Hawaii. Coach Navalta earned a doctorate in education in 1978 at Brigham Young University, coached six All-American players and trained national teams in preparation for the South Pacific Games.