

MORROW HIGH SCHOOL



The sign says it all. Cheerleaders Lauri Hendon, left, and Lora Howard, right, with QB Jeff Howard, Georgia Player-of-the-Year.



Ray Doran (5-9, 210 FB) squatting. Ray will attend Jacksonville State University. Spotting on left is Paul Clark (5-9, 235 Lineman), on right is Bernard Gibson (5-7, 185 SS - LB, and returning letterman), and back spotter is Brian Ellis (6-3, 186 QB for 88).



Tony Harris (Dead Lifting 505) is a 5-foot 11-inch, 250-pound Nose Guard, who will attend Georgia State.

Morrow High School in Morrow, Georgia, has enjoyed a fine winning tradition in football. Coach Bud Theodocion has guided his Mustangs to the region playoffs eight out of the last ten years. In his years at Morrow, Coach Theodocion has had a remarkable .690 winning percentage. As a baseball coach, his Dykes High School team won the state championship in 1970.

Coach Theodocion wanted the same thing in football. He assembled an outstanding staff which included five previous head football coaches: Mike Bankston—defensive line, Mike Creasmen—defensive backs and receivers, Jerry Moore—running backs and defensive backs, A.C. McCullers—offensive line, Marcus Trivette—linebackers and offensive line, and Glenn May—quarterbacks and defensive ends. Dr Fred Allman, a sports medicine specialist who is the director of the Sports Medicine Foundation of America, provides quality care for the players along with Nora Eichvalds, the team trainer. Coach Theodocion also wanted a Bigger Faster Stronger clinic to bring things up another notch and to get the state football championship.

The team raised nearly \$5,000 with a lift-a-thon. That money was used for weight equipment and their BFS clinic. Coach Rick Anderson did the clinic for Morrow, which is located near Atlanta. Coach Theodocion reflected back, "I was really impressed with Coach Anderson's enthusiasm and motivational expertise. We like BFS because of the positive leadership concerning weight training. BFS is run by ex-coaches who know things first hand concerning problems of high school athletes. We also like the motivational articles in the BFS Journal. The BFS equipment is good and reasonably priced. We like the toll-free number that we can call that has a staff available for help."

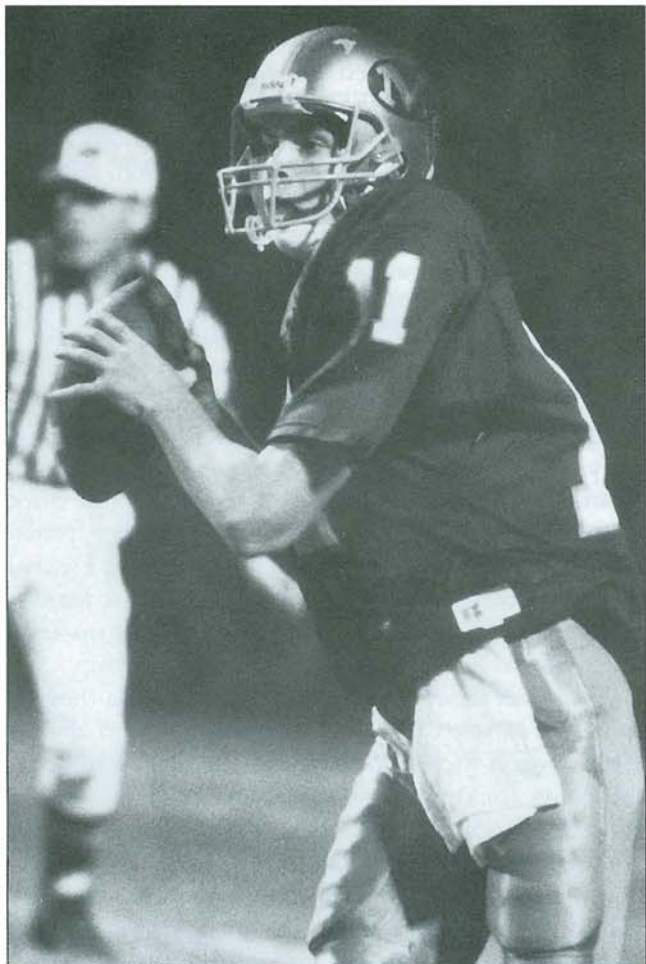
Athletes at Morrow High School lifted four days a week during the school year, three days in the summer, and two days a week during the season. "The thing I like best is that the BFS program keeps changing every week and this keeps your players motivated," praised Coach Theodocion. He continued, "How hard you work in the weight room is in direct relation to how much football means to you! We got a great effort from our players and a lot of hard work by our coaches. We received great support from our cheerleaders, band, student body, and community."

Coach Theodocion wants his team to lift for two reasons. He stated, "First, it will help us to improve our football skills and, second, it will help us from getting injured in a collision sport."

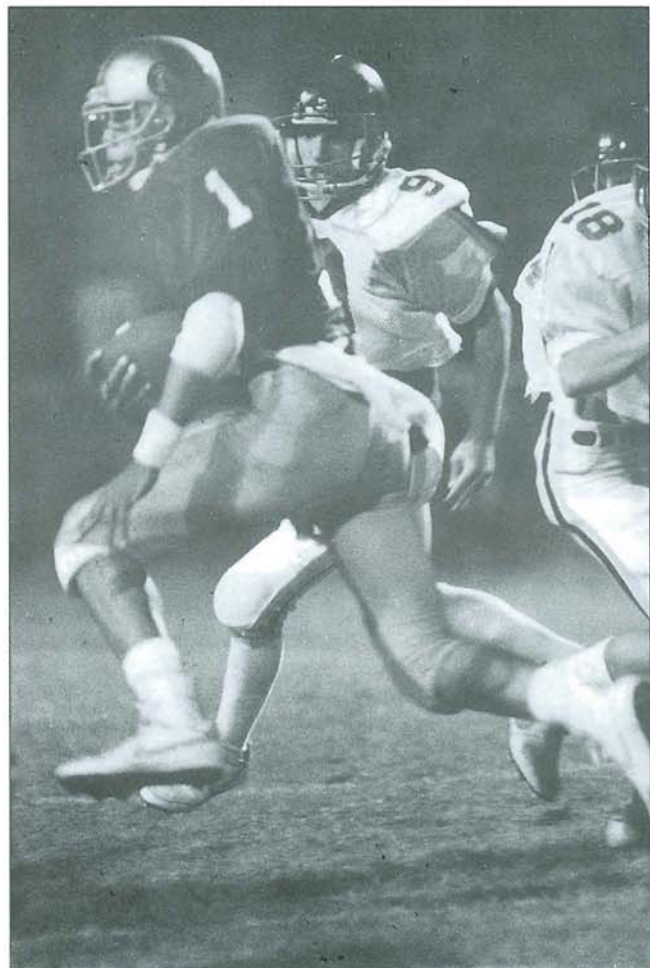
Morrow played 15 games in 1987. Only two players missed games during the year. One player was out for two

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STATE CHAMPS BY AIR,



Morrow High Quarterback Jeff Howard, Georgia Player-of-the-Year. Jeff signed with Georgia Tech.



Wide Receiver Andre Hastings caught 61 passes for 11 touchdowns as a sophomore.

games with a bruised knee and another player missed one game with a minor injury.

When Bud Theodocion arrived at Morrow in 1977, the school had won only 15 games in seven years. "They were \$12,000 in debt after buying two Universal gyms and had no free weights," remembered Theodocion. "We got a free-weight program going, and then we really got it going with a BFS clinic with Rick Anderson."

"Anyway, we went 7-3 in 1986, and we set a goal to beat those teams that beat us. We had only 15 seniors, but they were good ones. We dressed out only 39 players. We avenged all three of those defeats last season and beat perennial conference champion Griffin High School twice. After that second victory against Griffin, I told our kids that we could be playing on December 19 for the state championship," revealed Coach Theodocion.

I exclaimed, "Wow, December 19! Isn't that carrying out the season too long?"

Coach Theodocion looked me square in the eye and

with great conviction said, "Greg, I'll guarantee you, those teams that make it to December are glad to be there."

On December 5, 1987, Morrow played McEachern High School of Powder Springs, Georgia, which was ranked second in the state. They had given up only 52 points in 12 ball games and were 12-0. The Morrow Mustangs stamped past the McEachern Indians 49-20. It was Coach Theodocion's 150th career win. The proud Morrow defense held the opposition to just 22 yards in 15 carries.

However, there was more good news. National powerhouse Valdosta High School got beat in Southern Georgia in their quarterfinal game. It was now anybody's right to go get the state championship trophy.

One week later, Morrow took on S.W. DeKalb and won 14-7 to claim the North Georgia Championship. The game was tied with 1:13 left in the half. The Mustangs charged 80 yards and scored in less than a minute with the passing skills of Jeff Howard.

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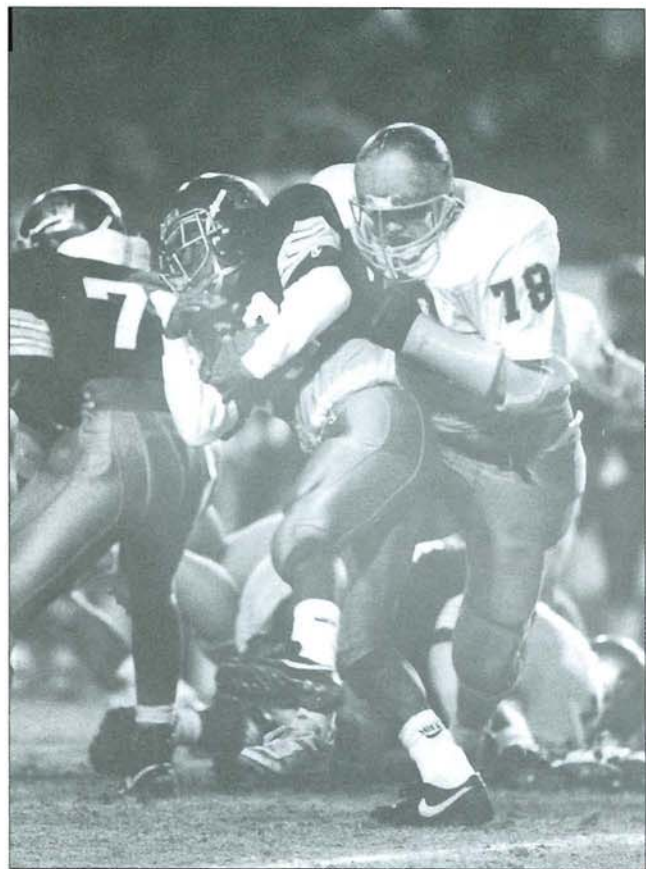


Ray Doran rushed for all three touchdowns in a 21-0 shutout of Effingham County High School in the State Championship game.

Then, the big moment arrived on December 19 at Tara Stadium. It was Morrow High School against the Effingham County High Rebels, the Southern Georgia AAAA Champions. The gate receipts were \$61,000, which set a state record. Effingham County was the highest-scoring team in the state, averaging 32.3 points per game. But Morrow High had shut out 5 of their last 14 opponents and held 11 of 14 to 7 points or less. The stage was set for a classic offensive-defensive struggle, but it didn't turn out that way. The Morrow Mustangs ran roughshod over the Rebels from Effingham County. The Mustangs galloped for 326 yards of total offense and 15 first downs. Effingham County had only 160 yards and six first downs, with their deepest second-half penetration going only to the Morrow 47-yard line. Morrow was State Champion! The final score: Morrow 21, Effingham County 0!!

"To win the State Championship was the most fun I've ever had," beamed Coach Theodocion.

I asked the players about "peer pressure" and its effect on drug and alcohol abuse. They agreed unanimously "First of all, say 'no!' If people can't accept you as you are, then they're not *true friends*. Second, you could get into it if



Rusty Wright helped lead a defense which shut out 6 of 15 opponents and held 12 of 15 to 7 points or less.

you want, but you have to *stay faithful to your goals*."

Needless to say, I was impressed with this group of great young men. I then asked each one of them what advise they would give to high school players this fall.

Ray Doran: "Work hard on the practice field."

William Moody: "Work hard in the classroom."

Andre Hastings: "Always believe in yourself."

Mike Gaskins: "Use your books as a way to build your mind."

Tony Harris: "Set high goals and aim for them."

Brian Ellis: "Work together as a team. Don't worry about the individual things."

Paul Clark: "Work as hard as you can in the weight room."

Bernard Gibson: "Be careful what you say and do around others. You want to influence others for the positive."

Steve "Peanut" Fuller: "Have a great positive attitude in everything you do."

Todd Nettles: "No matter what happens—don't give up."

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MORROW HIGH SCHOOL, AAAA GEORGIA STATE CHAMPS

And finally, Quarterback Jeff Howard (who maintained a perfect 4.0 GPA), stated, "Set down priorities in life and stick to them. For me, my priorities are God, and Family, then my education, and sports."

What a pleasure it was to visit Morrow High School and to be around so many Upper-Limit people. We at BFS thank you for being a great example.



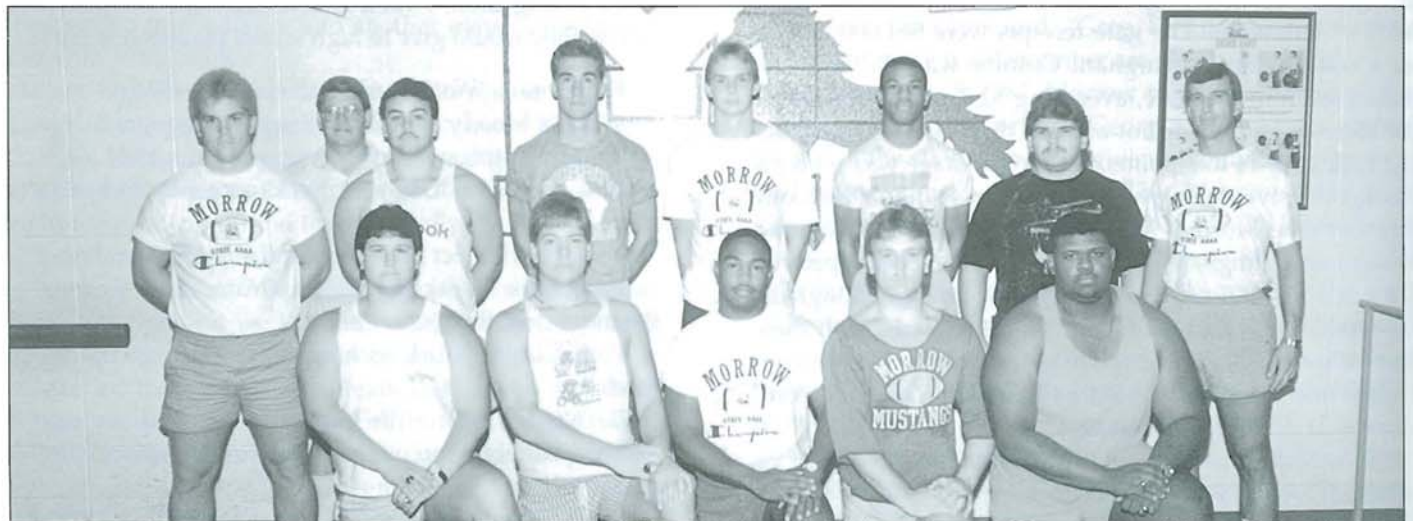
William Moody benching. At 6-1, 320, he plays wide receiver. Just kidding! William will attend Morehouse College. His top bench is 365.



Head Coach Bud Theodocion with Greg Shepard, BFS President. Morrow High School, our 75th State Champ.



This is Morrow's wide receiver. Andre Hastings 6-0, 165. As a super soph., Andre caught 61 passes.



Part of the team that made it happen at Mustang Country in Morrow Georgia.

Top Row, L to R: Ray Doran, Coach Mike Bankston, Steve Peanut Fuller, Brian Ellis, Jeff Howard, Andre Hastings, Paul Clark, Coach Glenn May. Bottom Row, L to R: Tony Harris Todd Nettles, Bernard Gibson, Mike Gaskins, William Moody.