

SUCCESS AT GLENMILLS



1988 High School Powerlifting Champions at Glen Mills Schools in Pennsylvania. Sitting (L-R) Vince Carter, Paul Oakes, Nate Taylor, Dennis Dixon. Second Row (L-R) Terrance Maxwell, Austaniel Brown, Dontay Webb, Ty Mahan, Cornelius Ivy. Third Row (L-R) Ron Praither (manager), Jerry Adams, MIKE TENNANT FIRST TEAM BFS ALL-AMERICAN, William Moldonado, Reggie Wade.

By Coach Jeff Mills

Glen Mills is not an ordinary high school. Our students are court adjudicated delinquents. They have been in trouble with the law and sent to our school. We, as staff at Glen Mills, try to help these young Men get their lives together. We try to provide the student with every opportunity to become a success. The school offers excellent educational curriculums, vocational programs, social counseling and excellent food services. Sports involvement is a major key in our learning process. We encourage our students to participate in sports. We are a member of the Pennsylvania Interscholastic Athletic Association (PIAA) and the Delaware Valley League.

Since we instituted powerlifting and strength and conditioning programs our teams have had great success. Our powerlifting team started in 1983. We took eight students to the first meet. Seven years later our accomplishments speak for themselves.

- 5 consecutive State Teenage Championships
- 5 consecutive State High School Championships
- 1987 National Teenage Runners-Up
- 1988 National High School Champions

- 43 Individual State Champions
- 12 Individual National Champions
- 18 National High School Records
- 31 State Teenage Records
- 1/3 of Statres deadlift records are by Glen Mills lifters

We also take pride in the manner our athletes represent our school. Our students are first class at all meets and act like gentlemen. We feel we provide our students with a first class experience of a lifetime. They learn to take pride of their accomplishments and the team.

One of our best lifters earned a Track and Field Scholarship to Dartmouth College. His name is Marty Perkins. He is the only person on record to deadlift 700 pounds in high school.

All our lifters aren't as successful as Marty, However, our students have left the team with a higher self-esteem, a heightened inner confidence, a more developed work ethic and hopefully a new outlook on their future.

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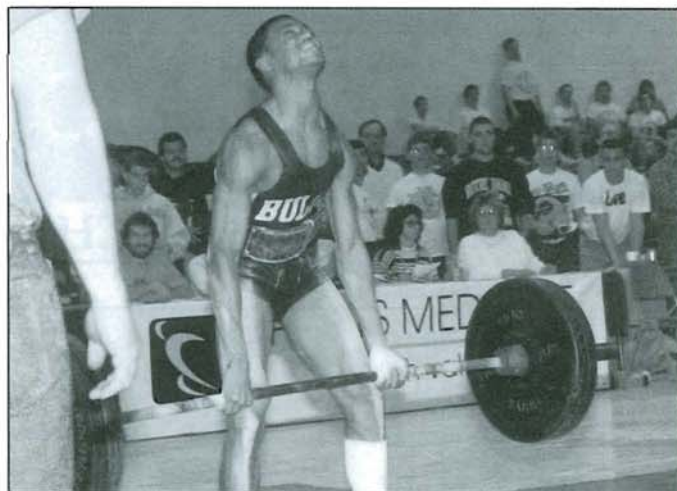
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I also coach defensive line for our football team, which went 7-3 last season. Our powerlifters are encouraged to participate in football. Wouldn't you know, our best football players usually are powerlifters. We also do plyometrics and sprint work as outlined by your journal and tapes.

GLEN MILLS POWER TEAM

NAME	WT. CLASS	FB POS.	SQ	B	DL	40
M. Tennant	242	DT	600	330	635	4.67
D. Rice	220	DT	500	290	540	4.75
A. Clark	198	FB	510	280	540	4.65
T. Mahan	114	DB	310	175	370	4.55
R. Wade	275	OT	550	235	450	5.13
H. Rouse	275	OT	510	240	475	5.20
J. King	148	KR, FB	450	285	455	4.65
R. Sivells	165	DB	420	265	470	4.83
S. Croquette	181	DB	470	250	410	4.7
C. Williams	181	OG	555	275	450	5.2
R. Woods	181	OG	470	255	520	4.9
T. Fields	220	OG, T	550	260	480	5.0
D. Dixon	165	RB	460	290	540	4.6



Glen Mills 114 lb. lifter Ty Mahan attempting 405 pounds!

THE UNSTOPPABLE BFS DEFENSE

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run a 3-deep secondary. This completes The Unstoppable BFS 6-4-3 Defense. Just tell the refs we said it was okay.

Greg Shepard 4-1-89

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