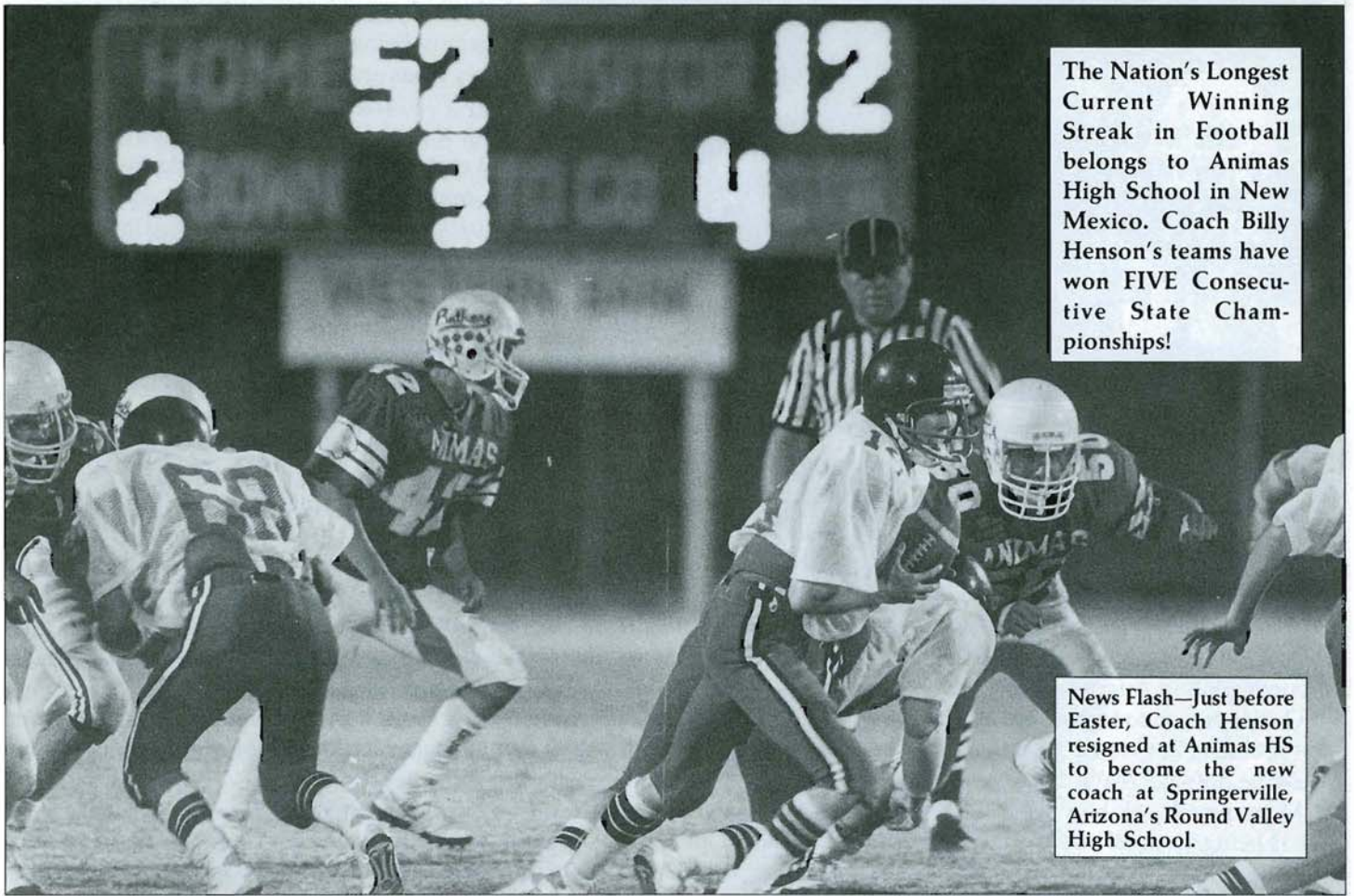


THE WINNING STREAK



The Nation's Longest Current Winning Streak in Football belongs to Animas High School in New Mexico. Coach Billy Henson's teams have won FIVE Consecutive State Championships!

News Flash—Just before Easter, Coach Henson resigned at Animas HS to become the new coach at Springerville, Arizona's Round Valley High School.

50 AND COUNTING ANIMAS HIGH SCHOOL

Story by Greg Shepard

I've always had the philosophy that enrollment, more than any other factor, is the most important ingredient for success in high school football. Many Animas High School opponents are half again as big and some schools are more than twice the enrollment of Animas. It should be obvious that something special is happening.

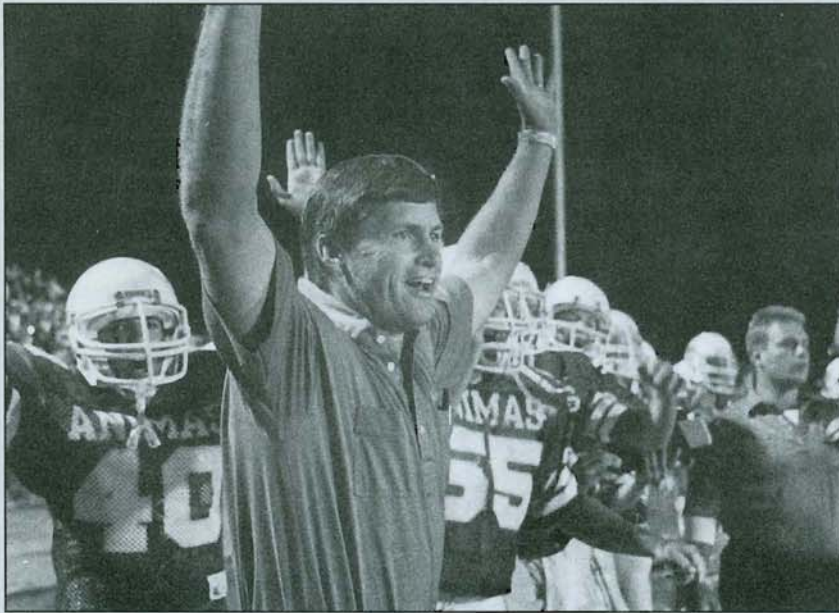
Animas is located about 30 miles south of Lordsburg or 70 miles southwest of Deming or 120 miles west of Las Cruces, New Mexico. You get the idea. It's a little out of the way. However, this school of 180 students has made national headlines for having the country's longest winning streak.

We featured C.B. West High School in Doylestown, Pennsylvania in our December 1988 issue. They did have the longest winning streak but on their last game on Thanksgiving day against cross-town rival C.B. Bucks East they suffered a tie. At that moment, Animas High School became heir to the streak.

I've known Coach Henson since he came to Animas in 1981. He requested the BFS program and has been using our principles from that time.

Coach Henson began his career in 1981 with a 1-6-1 record but he went right to work to change things for the better. For instance, there was an old storage shack

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A LETTER FROM COACH HENSON

There is no doubt as to where we think the majority of our success stems from: it is definitely our strength and quickness program. Being formerly the strength coach at Alice, Texas and before that at E.N.M.U. in the early 70's, I knew where to begin. The first thing was to put our universal gym in storage and replace it with Olympic style-free weights. We relocated our weight lifting area and the results began to show immediately. The strength and quickness program is the foundation to our success, and Bigger Faster Stronger has given us the direction that has gotten us where we are today.

Our first season, 1981, was a terrible 1-6-1. In 1982, we were 11-1 and went to the semi's. In 1983 we lost again in the semi-finals

Coach Billy Henson's teams have averaged 39 points a game over the streak!

but since then we have won five consecutive state championships and have the current longest winning streak in the nation at 50 straight. With our system and facility now in place our young athletes just plug in at the seventh grade level and work toward being the best they can be.

We break our program into weight-lifting, plyometrics, and flexibility. We try to record everything we do and we use a goal oriented approach to all things. We try to keep it as interesting and as motivating as possible. Our out-of-season program includes many combative drills both individual and team oriented. Of course we compete constantly in the weight room. Our in-season lifting goes completely through the regular season and into the playoffs. We set our individual strength goals in August and we test in November. Our team goal is to be the strongest team in the playoffs.

Our approach to football is team quickness. We will take quickness over size every time. The strength training helps our size problem, but we depend more on power and quickness than size. If a young man comes into our program heavy or obese, he does not leave that way. We teach nutrition and advocate protein supplementation.

Many people ask how we can have the consistency that we have in such a small school, year after year, My answer to that is being as small as we are may help our situation. Our formula is to take 7 to 10 athletes per class (9th through 12th grade) and blend the skills and personalities together, then shape a Varsity and a J.V. team from what we have. Some of our kids will know as many as three positions. Our players commit to us, each other, and we commit to them. Each year our team has a secret theme. This past season it was "Big Team Little Me" It brought us closer together.

next to the stadium that was turned into an athletic office. The carpet in the office was once "reject stuff" from the school administration building. Coach Henson proudly stated, "I taped the carpet down myself."

The next renovation that came was new locker rooms, a weight room, meeting rooms and showers. All next to the stadium, which incidently, was named after Coach Henson two years ago. During this phenomenal streak, Billy Henson has become a legend.

Coach Henson glows with pride when he thinks about his kids. "What really excites me is their willingness to work so hard towards their only goal which is to win another state championship. They inspire me because they just continue to meet the challenge."

You'd think that over confidence or complacency would set in but I'll let you judge for yourself. Here are some quotes: "Sometimes the thought of losing comes to mind but when the game starts, we just give 110 percent and never think about losing."

Paul Ragle, All-State Running Back

"I'm proud to say that I play with the best bunch of kids ever assembled to play football.

Mark Figueroa, a 5-foot-5 Quarterback

"I can still remember Coach Henson's words as a freshman. He said, if we just listened to him, we would be winners."

Shane Coker, Senior Lineman

"There's a little mystique about Animas. Teams that succeed sometimes win just because they think they're supposed to win."

Coach George James, Hatch Valley High School

(Four of the 50 wins are against Hatch Valley)

"We ask ourselves, 'Can we be champions if we're on drugs.' There's no way."

Derek Hill, All-State Defensive Back

"Drugs are for losers."

The 1988 Animas Panther Football Team

"They are not big-headed or cocky. They're just neat

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THE STREAK

By Greg Shepard

kids and people tell me they handle themselves real well in public. That says a lot about them."

Coach Billy Henson

The Animas spirit is probably best explained by relating the following story about Derek Hill.

Derek had prepared very very hard. He was a 5-9 receiver with All-State credentials as a junior. Now, it was time for his special senior year and to participate in extending the streak. However, Derek injured his knee in an August scrimmage. After successful arthroscopic surgery, doctors declared that Derek would miss the entire season.

"I believed the doctors for about a week," said Derek. He watched his teammates play and practice. During this time, he is going through his rehabilitation program with the thought of coming back.

"We were told Derek wouldn't play. I took him off the roster. But then, I saw the dangnest thing. Derek was running laps around the practice field, lifting weights ad sitting in the whirlpool. This was just a few weeks after surgery. I didn't know what to expect," stated Coach Henson.

Derek said, "After I saw the first game, I decided I was going to do everything I could to come back." He developed the belief that nothing, not even a serious injury, would keep him out of his senior year at Animas High School.

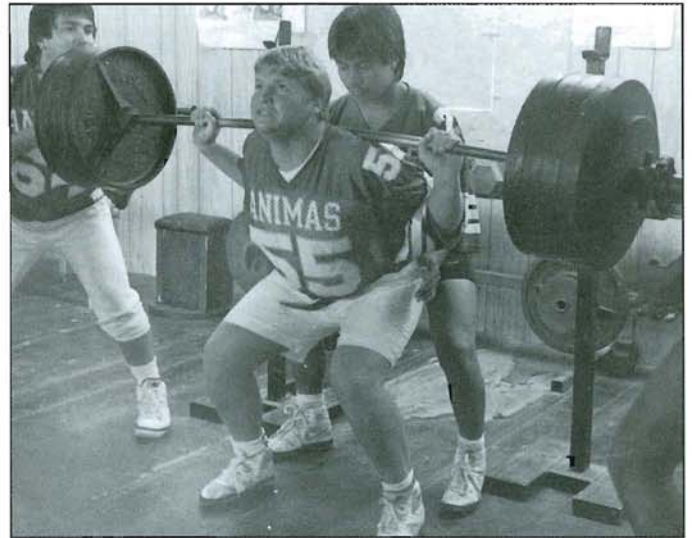
With a serious laugh, Derek explained, "Football in this tiny town is too special and too much fun to miss." As Derek continued to rehabilitate himself, his knee improved as did his 40 yard dash. Derek was a state champion hurdler as a junior and had run 4.7 in the forty. "When I got it down to 4.8, I felt I was ready."

Coach Henson wisely decided against playing Derek again as a receiver. The risk of getting hit from a bad angle was too great even with a protective knee brace. Derek Hill was to become a defensive back. Coach Henson stated, "Derek became a starter by the fifth game and just had a great year. He played a key role in our State Championship victory and can you believe this—Derek Hill made first team All-State as a defensive back!"

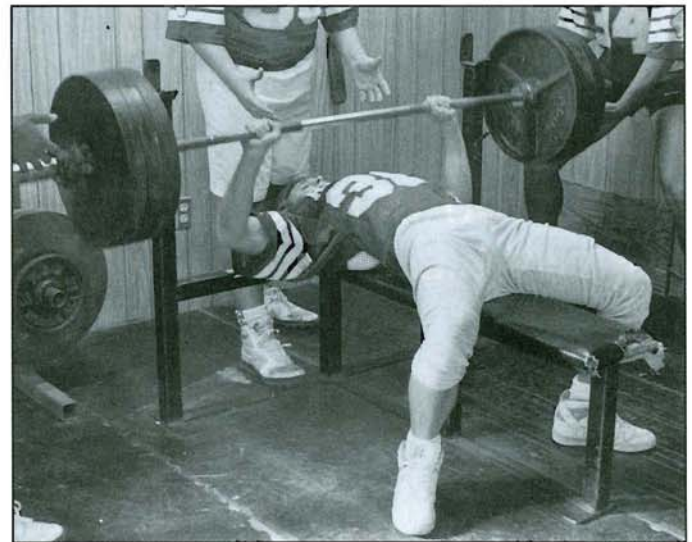
Coach Billy Henson is definitely an Upper Limit Coach. He has not only won a bunch but helped kids see life in its proper perspective. Paul Ragle sagely commented, "A lot of people say football is just a game. But what football has taught us at Animas is leadership and character."

Our BFS hat is off to Billy Henson and the Animas High Panthers for helping us more fully understand the efficacy of total commitment towards a noble Quest—a True Quest for Greatness.

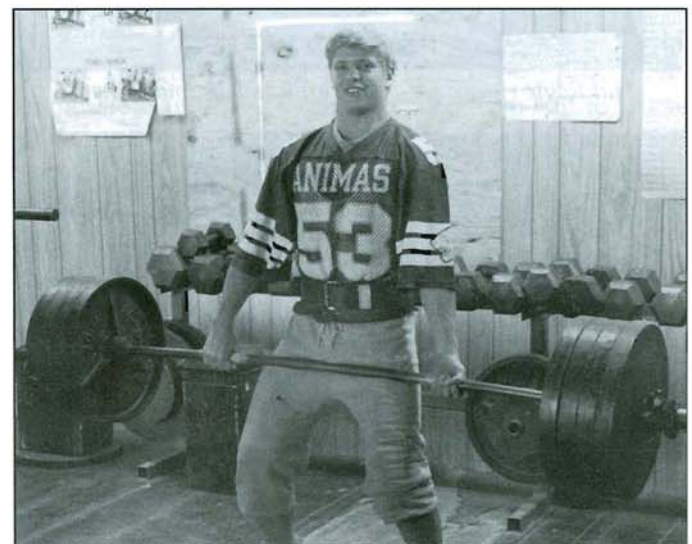
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Robert Danielson 6-1, 220 has parallel squatted 385 pounds as a sophomore.



*Paul Ragle, Senior, All-State Running Back. (5-9, 165)
Paul Benched 285 pounds.*



*James Danielson, Junior, All-State Defensive End.
(5-10, 180) James toys with this 415 pound Dead Lift.*

THE STREAK ANIMAS H.S.



*"When people ask me where I'm from, I tell them I'm from Animas.
I'm proud to say I'm part of this organization," Mark Figueroa, Quarterback.*

ANIMAS PROGRESS CHARTS

Paul Ragle (Senior) Running Back—Defensive Back

GRADE	HEIGHT	WEIGHT	SQUAT	BENCH
9	5' 3"	125	185	135
10	5' 6"	145	285	220
11	5' 7"	155	320	250
12	5' 9"	165	375	285

James Danielson (Junior) Off. Tackle—Def. Tackle

GRADE	HEIGHT	WEIGHT	SQUAT	BENCH
9	5' 3"	125	185	135
10	5' 6"	145	285	220
11	5' 7"	155	320	250

Fred Anzaldua (Junior) Off. Guard—Def. Tackle

GRADE	HEIGHT	WEIGHT	SQUAT	BENCH
9	5' 6"	180	275	180
10	5' 7"	185	350	250
11	5' 9"	198	410	275

Robert Danielson (Soph.) Off. Tackle—Def. Tackle

GRADE	HEIGHT	WEIGHT	SQUAT	BENCH
9	5' 11"	175	290	225
10	6' 1"	220	385	270



Paul Ragle rushed for 1909 yards and 36 touchdowns.



*Fred Anzaldua Junior having fun?
He was an All-State Defensive Tackle.*

THE BFS SET-REP LOG

A DYNAMIC, PROVEN SET-REP SYSTEM

- ★ No Plateaus!
- ★ Organizes Every Workout!
- ★ The Ultimate Motivator!
- ★ Sets Daily Goals!
- ★ Creates Upper-Limit Intensity!

Over 150,000 Set-Rep Logs Sold!

Organizes Every Workout: Your athlete now has specific goals with every set, every rep, and every workout. Absolutely no more worrying about how much weight to put on the bar, ever again. Contains workout schedules for one year.

Contents: Each Log Book contains a section explaining the weekly lifting schedule. The second section explains the lifts—their proper execution, spotting techniques, and why we do the lift. The next section explains recording and contains the actual weekly workouts and recording areas. The fourth section contains record charts for all core lifts at all repetitions. The last section contains a running record chart, an explanation of the BFS nutritional rating system, an agility record chart, the BFS Dot Drill, and a goal record chart.

All Sports: The Set-Rep System is applicable to all sports. Professional basketball players use it.

Time: In a well-organized weight room it takes a group of athletes only 45 minutes to accomplish their weightlifting. Many schools use the Set-Rep Log during P.E. classes, leaving valuable time after school for sport specific-skill training. Great for the multi-sport athlete (in-season training).



THE BFS GUARANTEE
*Break 8 Personal Records
Per Week!
Break 400 Per Year!*

Motivation: Athletes thrive on the competitive nature of the BFS system. Breaking records is the ultimate motivational factor in building great confidence! A motivated, confident team is a winner in the arena of competition.

No Plateaus: All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems, like one set of 12–15 reps or 3 sets of 10 reps, reach this point very quickly, but even complex computer-cycle systems eventually have problems. The new BFS Set-Rep System will keep your athletes progressing month after month after month. The key is keeping track of personal records. This is why every athlete should have his own Set-Rep Log.

Since each athlete in your program needs a Set-Rep Log, the following discounts will help on larger orders.

COST:

One: \$4.00 • 2–9: \$3.00 Each
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Custom Set-Rep Log Books with your school logo and school colors \$2.70 each (minimum order of 100).