

ARE YOU TOUGH ENOUGH?

THE COMANCHE CLUB



Darrin Ward on left is a Sophomore. Strength Coach Sam Varner, Doug Graham Asst. Strength Coach on right. Both Darrin and Doug are in the Comanche Club.

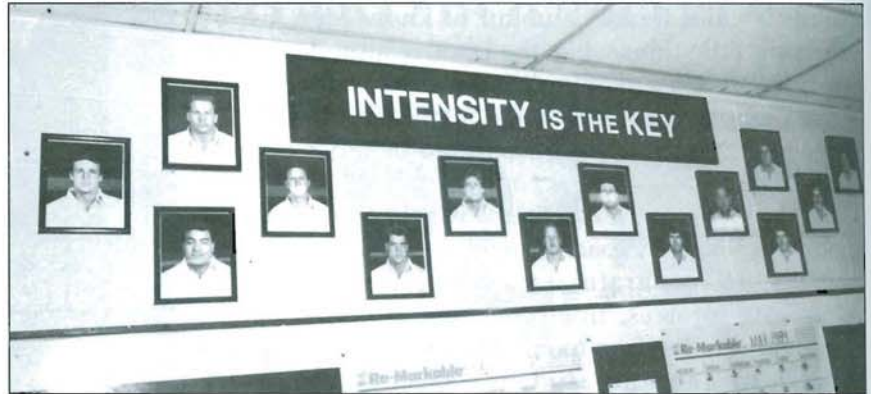
COMANCHE CLUB WORKOUTS

JANUARY

1. 4:00 AM Sprints to the top of a 30 foot snow bank for 1 hour.
2. 5:00 AM partner blindfold two mile run/walk through campus; finished in the stadium with losing groups doing 30 minutes calisthenics
3. 1:00 AM met in strength room for 1 hour nonstop weight circuits then had discussion on how important winning the conference was to us.
4. 6:00 AM divided into groups and did competitive leadership games.

FEBRUARY

1. 2:00 PM visited local children's hospital for 1 hour and gave out gifts and took pictures.



Editor's Note: The Comanche Club was the brainchild of the University of Utah Strength Coach Sam Varner. Sam does clinics for Bigger Faster Stronger and is a Regional Representative of the NSCA. Several high schools have instituted their own version of the Comanche Club after Coach Varner's BFS Clinics. It has met with so much success we thought you'd like us to share the Comanche Club's concept.

I started the Comanche Club to develop football team unity. I wanted to challenge our guys. I wanted to push them to different levels. I came up with the first two workouts and then the players came up with their own. I couldn't believe it. They were harder than anything I could have come up with.

We also went to other sports and school events together to show our support. It was a prestige thing to be in the Comanche Club. I'll tell you, it took a lot of guts and discipline to be in and stay in our Comanche Club. If you were one minute late, you were out. One player missed a 3:00 AM meeting by two minutes. He was out. It's a discipline thing.

We developed great bonds of friendship. You might think that only lineman wanted to be in it. One of our main guys was QB Scott Mitchell our All-American and Heisman Trophy Candidate. Our Comanche Club was for anybody and everybody.

Sam Varner - Strength and Conditioning Coach

2. 2:00 PM visited downtown homeless shelter and helped serve food to approximately 120 homeless victims.
3. 3:00 AM completed military obstacle course which took approximately 2 hours.
4. 12:00 Midnight did conditioning workout in stadium which lasted approx. 2 hours

MARCH

All three workouts in March were group community service

Criteria for membership in Comanche Club:

1. Perfect attendance in strength room during winter quarter
2. Completed all Comanche workouts
3. No failing grades during winter quarter

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Dr. Greg Shepard, BFS President

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