

*33 Rubidoux Falcon Football Players Dead Lifted 500 Or More At BFS Clinic!*

### **Editor's Note:**

On July, 1988, BFS Clinician Bob Rowbotham arrived at Rubidoux High School with head football coach, Wayne Cochrun. Rubidoux is about 55 miles east of Los Angeles in Riverside, California. The schools in that area are huge and they emphasize football. Rubidoux has 3200 students but so does their competition.

Coach Rowbotham noticed immediately the high level of intensity which was maintained throughout the clinic. "I could see it in their eyes. They were not going to be denied," stated an enthusiastic Rowbotham. "The entire Rubidoux football coaching staff was there. They were tremendous. They had great intensity. It was obvious that it had rubbed off on the players.

I asked Coach Cochrun about that Fontana game at the end of the season. "Well Greg," he said, "You wouldn't believe it. People started arriving at 1:00 for an 8:00 pm game. By 4:00 pm there were 500 people at the gate to see our kids. When we went out to warm-up, the stadium was full."

The Rubidoux Falcons lifted twice per week in-season and actually gained in strength. They also lifted all summer. I asked Coach Cochrun how the attendance was for those summer workouts. "It was rare for anyone to miss. We lifted in the evening," came the answer. "But, what did you do if a player skipped a workout?" a brief moment of silence followed. Coach Cochrun firmly responded, "We don't have kids just miss at Rubidoux."

Rubidoux is an Upper Limit example and we applaud their efforts. The following is an account of Rubidoux's last football season in Coach Cochrun's own words.

By Wayne Cochrun  
Head Football Coach  
Rubidoux High School

I just want to write you a thank you not for the great clinic we had July 16, 1988. It was one of the greatest experiences of my coaching/athletic career. My coaches and our players were totally motivated for the 1988 season.

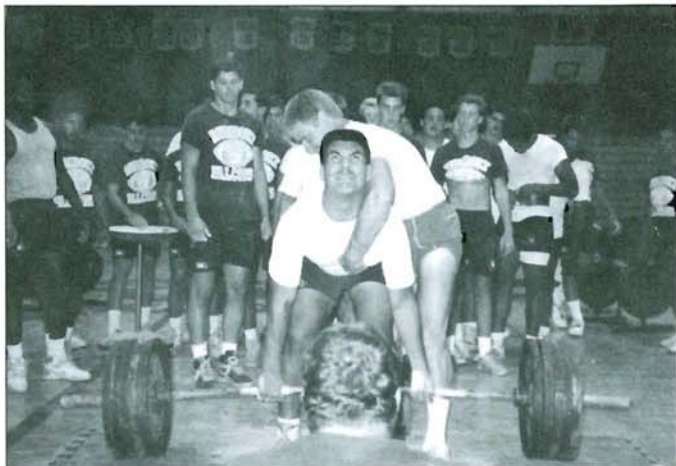
Our league, the Citrus Belt League, is one of the strongest leagues in the country. All of our schools have good solid football programs, with athletes who love to lift and hit! It is a very physical league to say the least. It is very, very competitive.

We developed a slogan for our team through the results of the clinic. During the clinic Bob Rowbotham kept talking about "working out of one's comfort zone to achieve success." Our players took up the challenge and went a step further by saying not only would they, as a team, work out of their comfort zone,

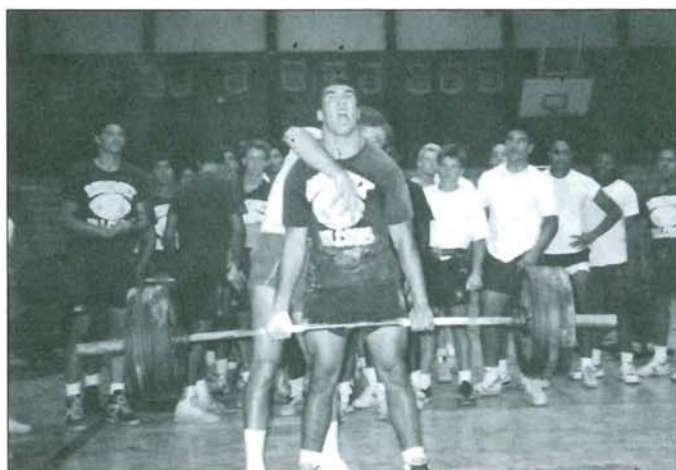
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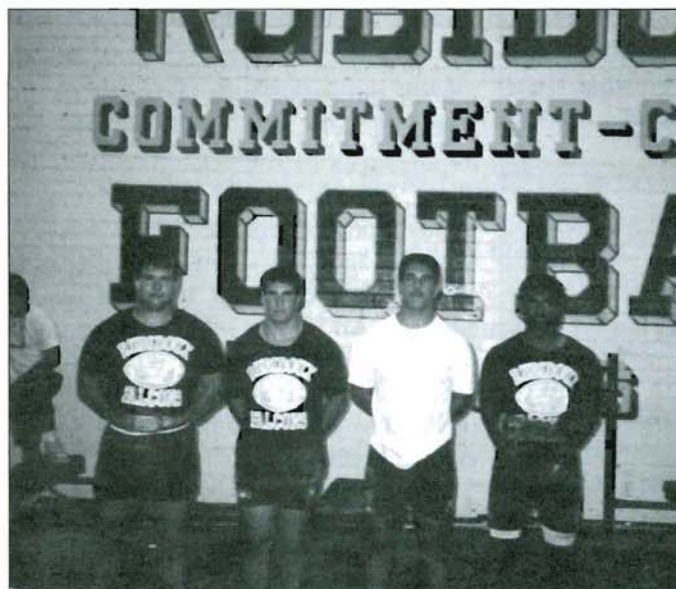
## RUBIDOUX FALCON SUCCESS



*Marty Cano Dead Lifting  
with BFS Clinician Bob Rowbotham*



*Jeff Huerta victorious over 500 pounds.  
Coach Rowbotham spotting.*



*These Rubidoux Falcon Athletes Dead Lifted 605 pounds.  
Left to right are:  
Jason Deason, Jeff Huerta, Marty Cano, George Chenier.*

but they would also play at a higher level of intensity than any opponent could! Our players believed they could keep taking it up a notch, take it up another level, and that would cause such pressure on the opponent that they would falter. We were successful a vast majority of the time.

This success led to our overall record of 9-3, and 8-2 regular season and a 6-1 Citrus Belt League record. We lost our opening game to Bishop Amat, traditionally a powerhouse. Bishop amat played for the Division I Championship of the Southern Section against Fountain Valley. Fountain Valley defeated us in the second round of the playoffs 10-0. Two of our losses were to teams that played for the Division I Championship. Fountain Valley was the winner of that championship contest.

After our opening season, we won six consecutive games before we were upset by San Geronio 27-6. They were good and just beat us. They took it to us. Before losing that game we defeated Colton 29-0, holding the CIF's leading rusher, at that time, to 31 yards. We played well and really attacked Colton; our next game was against Redlands! We knew they had broken our BFS Dead Lift Record so we knew they would be ready and very physical. We were victorious by a 34-14 score. All season long we wanted the opportunity to play the final regular season game against Fontana for the title. Fontana was our defending league champions, CIF champions and National Champions in 1987. At the time of our game, they were #20 in the nation, #3 in the state and #2 in CIF Division I and they were 9-0. Fontana has a great football program and tradition. Led by Coach Dick Bruich they are always a challenger for high national honors.

This game was to be a great experience for myself, my staff, our players, our school and community. It was a home game for us, played at our field, Falcon Field. Our stadium holds 6500 fans. For this contest, there were over 8,500 fans! It was a S.R.O. crowd. It was an extremely exciting event!

Both teams were very physical. The tackling and blocking were tremendous. The hitting was unbelievable, yet the sportsmanship was truly outstanding. I know we really respect the Fontana coaches program. I hope they feel the same about us. In the second quarter we marched 65 yards for a T.D., kicked the extra point and led 7-0 at half. The second half was a dream come true for us. Everything went right for and very little went correct for Fontana. I remember telling our players the title was there for them if they would all work out of the comfort zone and take it up to another level. Our players did just that! We blocked two punts, forced a bad punt, we intercepted passes (4), one returned for the final score. In the most exciting game, against a tremendous football program, we defeated Fontana 37-0 to share the Citrus Belt League Championship.

The Rubidoux Falcons of 1988 will long be remembered for their unselfish attitude, their competitive desire, their willingness to work out of their comfort zone and to take it to a higher level!

Thank You Bigger Faster Stronger.



# MOTIVATION CHARTS

Organize, Motivate, Succeed!

## IRONMAN CHART

**BIGGER FASTER STRONGER**

SCHOOL \_\_\_\_\_

### STANDARDS FOR MEN

GRADE	9	10	11	12	POINT
1 BEGINNING	2 x 250	2 x 250	2 x 250	2 x 250	1
2 GOOD	2 1/2 x 300	2 1/2 x 300	2 1/2 x 300	2 1/2 x 300	2
3 GREAT	3 x 350	3 x 350	3 x 350	3 x 350	3
4 ALL-STATE	3 1/2 x 400	3 1/2 x 400	3 1/2 x 400	3 1/2 x 400	4
5 ALL-AMERICAN	4 x 450	4 x 450	4 x 450	4 x 450	5

**GRADE 9**

WEIGHT	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
1																					
2																					
3																					
4																					
5																					

**GRADE 10**

WEIGHT	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
1																					
2																					
3																					
4																					
5																					

**GRADE 11**

WEIGHT	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
1																					
2																					
3																					
4																					
5																					

**GRADE 12**

WEIGHT	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300
1																					
2																					
3																					
4																					
5																					

**TOTAL POINTS**

4-6 --BEGINNING  
7-10--GOOD  
11-13--GREAT  
14-17--ALL-STATE  
18-20--ALL-AMERICAN

**CHART ADJUSTMENT**

1. 10% more for each year of age.  
2. 10% more for each inch of height.  
3. 10% more for each 10 lbs. of weight.  
4. 10% more for each 10% of body weight.  
5. 10% more for each 10% of body weight.  
6. 10% more for each 10% of body weight.  
7. 10% more for each 10% of body weight.  
8. 10% more for each 10% of body weight.  
9. 10% more for each 10% of body weight.  
10. 10% more for each 10% of body weight.

**EXAMPLES FOR ALL-AMERICAN**

1. 100 lbs. x 1.10 = 110 lbs.  
2. 110 lbs. x 1.10 = 121 lbs.  
3. 121 lbs. x 1.10 = 133 lbs.  
4. 133 lbs. x 1.10 = 146 lbs.  
5. 146 lbs. x 1.10 = 161 lbs.  
6. 161 lbs. x 1.10 = 177 lbs.  
7. 177 lbs. x 1.10 = 195 lbs.  
8. 195 lbs. x 1.10 = 214 lbs.  
9. 214 lbs. x 1.10 = 235 lbs.  
10. 235 lbs. x 1.10 = 259 lbs.

## SQUAT RECORD CHART

**BIGGER FASTER STRONGER**

SCHOOL \_\_\_\_\_

YEAR \_\_\_\_\_

### YEARLY RECORD

NAME	WEIGHT CLASS	POUNDS
	115	
	125	
	135	
	145	
	155	
	165	
	175	
	185	
	200	
	HWI	

### SCHOOL RECORDS

NAME	WEIGHT CLASS	POUNDS	YEAR
	115		
	125		
	135		
	145		
	155		
	165		
	175		
	185		
	200		
	HWI		

## FIVE CHARTS!

Others include: Clean Record Chart, Bench Record Chart, and Dead Lift Record Chart.

- ★ No more hassles making progress charts. These 22" by 28" charts look sharp and will save you hours of time!
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# SPEED & PLYO CHARTS

*Complete record keeping now possible.*

Use in conjunction with the BFS Motivation Charts.

**20 YARD SPEED**

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

YEAR \_\_\_\_\_

YEARLY RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ TIME \_\_\_\_\_

\*Top Three In Each Class

SCHOOL RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ TIME \_\_\_\_\_

\*Top Ten In School History

**TOTAL POWER RANKING CHART**

COMBINED TOTAL POINTS

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

YEAR \_\_\_\_\_

YEARLY RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ TIME \_\_\_\_\_

\*Top Three In Each Class

SCHOOL RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ TIME \_\_\_\_\_

\*Top Ten In School History

**40 YARD SPEED**

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

YEAR \_\_\_\_\_

YEARLY RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ TIME \_\_\_\_\_

\*Top Three In Each Class

SCHOOL RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ TIME \_\_\_\_\_

\*Top Ten In School History

**ALL CHARTS  
22" x 28"  
EASY TO USE!**

**STANDING LONG JUMP**

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

YEAR \_\_\_\_\_

YEARLY RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ DISTANCE \_\_\_\_\_

\*Top Three In Each Class

SCHOOL RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ DISTANCE \_\_\_\_\_

\*Top Ten In School History

**AGILITY BFS DOT DRILL**

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

YEAR \_\_\_\_\_

YEARLY RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ TIME \_\_\_\_\_

\*Top Three In Each Class

SCHOOL RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ TIME \_\_\_\_\_

\*Top Ten In School History

**VERTICAL JUMP**

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_

YEAR \_\_\_\_\_

YEARLY RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ DISTANCE \_\_\_\_\_

\*Top Three In Each Class

SCHOOL RECORD\*

NAME \_\_\_\_\_ YR \_\_\_\_\_ DISTANCE \_\_\_\_\_

\*Top Ten In School History

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