

# DESALES WINS STATE THE DREAM! THE GOAL! THE GLORY!



**Editor's Note:** Last fall I did a BFS Clinic for football-baseball coach Kim Cox of DeSales High School in Walla Walla, Washington. They worked hard and won the state baseball championship. Over 80 high schools have gone on to win State High School Football Championships after their BFS Clinics but it works also for other sports.

The following letter was sent by Coach Cox after an emotional state title win:

Dear Coach Shepard,

I wanted to share with you the great experience fulfilled by members of the DeSales Baseball Team. Earlier this year we invited you to give a clinic at our school. The kids still talk about it and they have worked very hard at becoming Bigger, Faster and Stronger.

We have seen a magnificent change in our kids this year. Their approach to aspects of life have been great. We have always had fine students and athletes. This year we have noticed a closeness and respect develop among our players. This spiritual unity is of utmost importance to us since DeSales is a Catholic/Christian school. It is our feeling as coaches that your clinic was a factor in what was to become the greatest thing to happen to DeSales athletically in its 27 year history.

Our pre-season newspaper coverage was very good.

We had made it to the state championship game in 1986 and 1987. Both years we were favored. Both years we lost to good teams but teams we should have beaten. In 1988 we lost in the regionals. Again, we probably should have won. This year we were not picked to do as well. We were the conference favorite but not projected to go much further. Even myself and staff members Tim Duncan, Jeff Martuscelli, Jim Sanders and Tom Lewis felt we would have a successful season but probably not go very far in the playoffs. Even though we were skeptical, our kids were not.

We made it to district and won the district championship. At the regionals, we defeated Granger 2-0 and previous state champion Kittitas 10-3. Kittitas had lost only 2 members from their 1988 state championship team. BFS football Honorable Mention All-American Todd Miller and outfielder Richard Gies rocked home runs in the 1st inning off Kittitas' fine pitcher Mike Brewster in a semi-final game at the Kingdome. Eric Martuscelli was the winning pitcher and we defeated Brewster 11-4. Following the game, the specialness of these team members would shine through. The players asked to go visit Jason Johnson, a young man who had been critically injured when struck by lightning. He was saved by Darrin Wales a young man who played first base on our 1986 team. Darrin administered CPR and was able to revive Jason. Jason was air lifted from Walla Walla to Seattle. We

jumped into motor homes and drove to the Childrens Hospital. Everyone had a nice time and Jason was doing extremely well. The players, coaches, wellwishers, Jason and Mr. and Mrs. Johnson shared in the Lord's prayer for Jason's full recovery.

The next day Dan Donaldson lead us to the State Championship trophy by pitching a 5 hitter. This was the 1st state championship for a DeSales team. We had also finished 2nd one year in football (1985). There was a lot of emotion enjoyed to say the least. Some neat things happened this year. Eric Martuscelli and Dan Donaldson had 10 wins apiece. We finished 25-1 (best ever). Todd Miller hit a school record 11 Home Runs. Bill Lapke set records for singles (36) and total hits( 47). We also set team records for best E.R.A., most runs scored, most R.B.I.'s, and Homers.

Thanks for helping us develop quality kids for tomorrow.

Warm Regards,  
Coach Kim Cox  
DeSales High School

### SOME QUOTES

"We could not have done this without weights"

Dean Dunham

6'4" 245 lbs. First Base, hit .421, 30 R.B.I.'s

"The added strength certainly is a factor in producing power. Even as a freshman, weights helped me to compete with older players."

Todd Miller Hit .476 and had no errors!

Miller is also the third ranked career rusher in Washington history with over 5000 yards. As a freshman he could Bench 235. As a senior, over 350 lbs.

Ryan Dickey, a part time player as a freshman increased his bench from 135 to 215 lbs. His Squat from 190 to 315. He is only 5'7" 138 lbs., hit .416. This is what he had to say. "The BFS program has helped my strength and speed tremendously. It has also helped me to avoid plateaus."

Louie Murray a 6'3" sophomore shortstop improved his first step and Vertical Jump by 6 inches. He had 20 R.B.I.'s.

Rich Gies Hit .352, 33 R.B.I.'s

"I had not lifted much before coming to DeSales. There is no doubt that BFS techniques helped me improve my game."

Bill Lapke and Dan Donaldson came as close to reaching their total potential as any players I've seen. Their workouts after basketball were a big boost for their confidence and abilities.

Coach Kim Cox

The BFS Program is easy to use in a P.E. program. It meets all the criteria for increasing strength, flexibility, and endurance. It also gives students added self confidence. More so than any P.E. activity I have ever seen, I highly recommend it.

Coach Kim Cox



Dan Donaldson threw a 5 hitter in the championship game. He states, "Weights helped me overcome a lack of natural athletic abilities. With improved strength and coordination, I became confident."



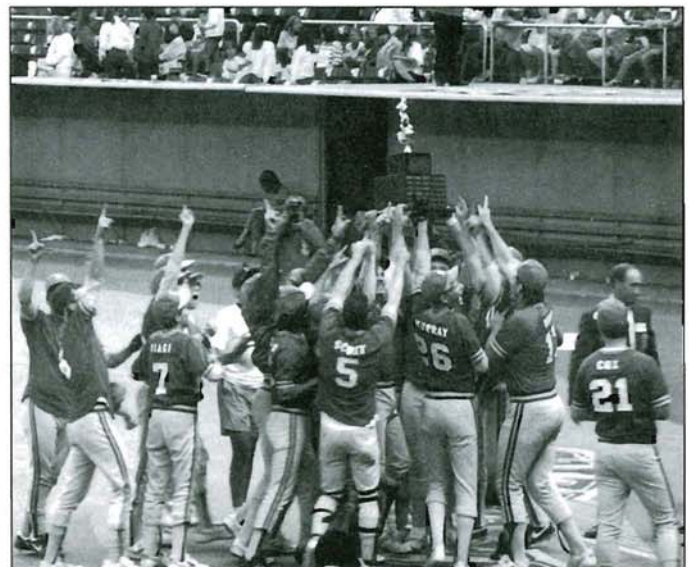
BFS Football All-American. Todd Miller hit a school record 11 home runs. He hit 4 home runs in one game. Todd was All-State in football and baseball.



"Shortly following our celebration on the field, our players came together just as we do each day we play with a prayer of thanks to God win or lose."



Billy Lapke (second base) overcame lack of size and speed to become the all-time hit leader. He had 49 hits in 25 games with 3 hits in the title game.



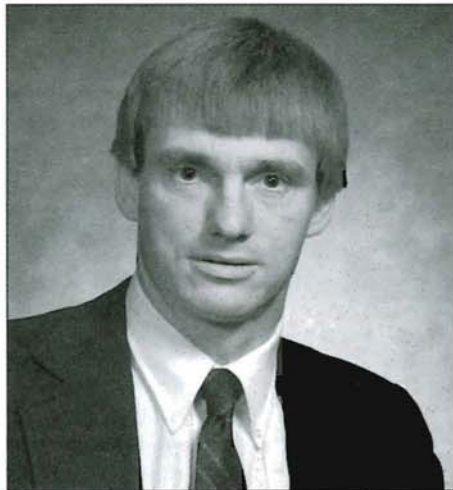
*The Dream! The Goal! The Glory!*

# SEVEN BFS CLINICIANS!



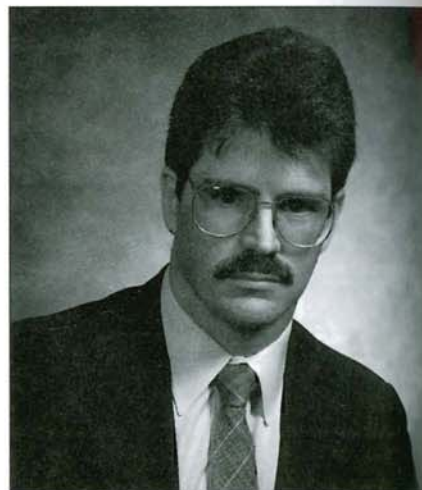
**Greg Shepard, BFS President**

- Strength Coach for the NBA's Utah Jazz since 1981 • Training All-Americans since 1965 • 1976 Utah Football "Coach of the Year" • Coached BYU to the 1973 National Powerlifting Championship • A Power Lifting Champion 1969-80 • Previous Strength Coach at Oregon State and University of Oregon • A Football Coach (1964-78). Turned two High Schools with previous winless records into immediate Champions and Winners • Won Olympic Style Lifting Medals in Austria in 1962



**Bob Rowbotham, Vice Pres.**

- With BFS Since 1979 • Highly successful Minnesota high school Football and Wrestling Coach • Utah Jazz flexibility coach • Over 15 years experience in strength training • Specializes in BFS Clinics for younger athletes • Super quick and a great example of strength and flexibility • Martial Arts Experience • Kids love Coach Rowbotham! Has the ability to establish great rapport quickly • Author of BFS Flexibility book • Has done BFS Clinics in all 50 states



**Rick Anderson, Vice Pres.**

- With BFS since 1979 • Highly successful Minnesota high school Football Coach • Widely sought-after Fitness Consultant • Utah Jazz Strength Coach • Over 20 years experience in strength training • Specializes in BFS Clinics for women athletes • Super motivator. He gets you laughing and crying at the same time! Great success record! • Has done BFS clinics in all 50 states • Expert on weight room organization and supervisory skills • Makes complex concepts easy to grasp.

**COMPLETE CLINIC INFO ON PAGES 20-21, 23-25 Call Toll Free 1-800-628-9737**



**Sam Varner**

**Stefan Fernholm**

- University of Utah Strength Coach • Strength Coach for Clemson Football Team when they won National Championship • Strength Coach for U.S. Ski Team for two years • Certified Strength and Conditioning Specialist • Specializes in Speed and Plyometric clinics

- Top-Five Discus Thrower in the World for 1988 • Broke NCAA Discus Record • Finalist in 1984 Olympics • Squats 820, Cleans 450, Benches 500, VJ 39", forty 4.25, SLJ 11'3", 6-1 1/2, 270 lbs. • Specializes in Speed and Plyometric clinics • Relates his extraordinary abilities super well with athletes and coaches at any level



**Jim Brown**

- High School Coach in Missouri • Dynamic and Motivational Speaker • A veteran BFS Clinician, Coach Brown can teach the Total BFS Package in easy-to-understand terms • Coached four major sports for 11 years at all size schools • Has done BFS Clinics from Coast-to-Coast • Expert in organizing the Total BFS Program for any high school situation for any sport during the in-season or off-season.



**Goran Svenssen**

- Past NCAA Record Holder in Discus • Currently ranked 3rd in the United States Discus • Originally from Sweden now a U.S. Citizen. 6-3, 250, SLJ: 11-3, 40: 4.55, Bench: 533, Squat: 600, Power Clean: 425, Power Snatch: 330, • Articulate Speaker • Specializes in Upper-Limit Clinics • Appears in BFS Video: Beyond Man's Upper Limits • Relates his talents well with athletes.