

**BIGGER
FASTER
STRONGER**

READINESS PROGRAM

**THE
TOTAL
PROGRAM**

By Dr. Greg Shepard



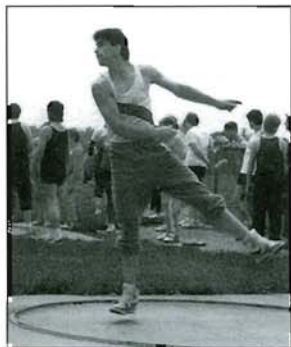
*Kevin Tipping Off
In 8th Grade: Age 13*



*Kevin Led Team To
An Undefeated Football Season*



*At National Youth 1988 Track Championships in California:
Shot Put 1st, Javelin 2nd, Discus 2nd, High Jump 8th (7th grade)*



*Kevin throwing 163-6
in 1989*



*Kevin with 55-1 1/2 Shot
Put in May of 1989*

Kevin Robinson is a gifted 9th grader who has been receiving the BFS Journal since the 6th grade. He began lifting at home at that time. The results have been spectacular. Granted, Kevin has matured early in life but he has also worked very hard and is making things happen in all areas of life. Kevin is already an Upper Limit Athlete and person.

Kevin attends Perryville Junior High School in Missouri. He was born in May of 1975 and is only 14 years old. Able to dunk a basketball at the end of his 8th grade year, Kevin is an impressive 6-1 1/2, 170 pound three sport athlete. By doing the BFS in-season program twice a week, Kevin has increased and gained strength. Kevin Bench Presses 283 pounds, Parallel Squats 350 pounds, Power Cleans 185 pounds and has a Vertical Jump of 30 inches.

Kevin led his eighth grade football team to its first undefeated season. He played defensive end and running back. Kevin led the team in tackles, yardage gained and forced fumbles. Varsity football Coach Rick Chastain, said that Kevin was told to hold back on his hitting in practice because his teammates were getting injured.

In basketball Kevin, from his center position, led the team in scoring and rebounding in both his seventh and eighth grade years. Last year Kevin averaged 16.3 points, 12 rebounds, 3 steals and 7.7 blocked shots per game.

As a seventh grader, Kevin went to three National Championship meets in track and placed either first, second or third in the throwing events. His best marks were as follows: Javelin (600gm) 173-10, Shot Put (4K) 51-5, and Discus (1K) 144-6. Kevin did many events as an eighth grader: High Jump 6-2, Long Jump 18-9 1/2, 100m Hurdles 15.7, Javelin 176-1 1/2, Shot Put 58-9 1/2, Discus 170-0, 100m Dash 12.0, 200m Dash 25.6, 400m Dash 58.3, 800m Dash 2:34.7 and he accumulated 2,956 points in the TAC Pentathlon.

Besides lifting, training and competing in sports all year long, Kevin maintains a 3.5 grade average and was selected by his peers to represent them in studying and advising about drugs and alcohol, the detection of those who use them, and to be a leader in helping others to overcome and resist becoming involved with drugs or those associated with them. Kevin has set high goals for himself and we look forward to monitoring his progress from year-to-year. We thank BFS clinician, Jim Brown, for making this article possible.