

LAMAR'S 27 YEAR QUEST



*Lamar High achieved its real life Quest For Greatness as they won the Colorado AA State Baseball Championship.
The first in any sport in 27 years!*

Editor's Note: Rick Anderson did a clinic at Lamar High School for Coach Jess Downey several years ago. Coach Downey writes, "Rick, I wanted you to know these kids who won the state baseball championships were at your clinic here as junior high kids and all of them remember that day and what many of your words of inspiration were all about. It was the first state title in any sport in 27 years and the first in baseball since 1957. The seniors lifted many a cold winter evening for three years and they all reaped the benefits.

Thanks Rick! and we are hoping to have you back soon... We want more!"

The Dream. The Goal. The Glory.

Story By Coach Jess Downey

The Lamar baseball program has always set high, challenging goals and strived to obtain those goals. The spring of 1989, was the season that a group of players at Lamar High School decided that no goal was too extreme or beyond their limits. They not only won the "AA" State Championship, but broke many team and individual

records along the way.

For the past six years LHS baseball has been involved with many good performances and accomplishments. The team of 1989, was a group who over a three year span developed into the best "AA" baseball team in Colorado. Individual players have advanced to college and professional baseball, and each team over the past six seasons has helped to establish a program recognized throughout Colorado for its level of excellence.

At LHS Coach Downey stresses weight training as an essential and integral part of the baseball program, equivalent to developing playing skills. Relating to a cliché by Yogi Berra; Our philosophy at Lamar High School is that if pitching is 90% of the game, then having our players involved in resistive exercise year round is the other 90%. We expect our players to commit themselves to their work-outs with the same enthusiasm as batting practice. Our players all do the six BFS Core Lifts and many baseball related auxiliary exercises.

During the winter sports season, the weight room becomes a gathering place for our players not out for a sport. The physical benefits are important, but the camaraderie developed and the interest we take in our

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*Scott Brocail: Junior right hander, 6-3, 170
First Team All-State and Player-of-the-Year.
ERA: 1.55 Leading Hitter: .484*



*Joe Lucero: Senior 3rd Baseman 5-10, 175 All Stater for 3
years, led team in overall production .410 average
.420 Squat, .230 Bench, increased speed from 4.9 to 4.6.
Also was All-State in football.*

kids is a tremendous plus for our program. Players who bust their butts in the weight room on a cold snowy evening won't quit or "say die", during a tight situation in May.

The Savage Baseball Team of 1989 finished with a 19 and 3 record, winning 16 games in a row on their way to the State Championship. The past six seasons the LHS baseballers' have a record of 95 wins and 21 losses. They have won three district titles, 2 seconds, and a third in a conference who owns 4 state titles and 3 state runner-ups over the past six seasons. The Savages were state runner-ups in 1986, and three of the past six seasons the first and second place team from the conference have played each other for the state title. This is a six school conference with a fierce baseball tradition. During the past six years eight players have signed with division one schools while many others have become outstanding players in four year college and junior college programs.

The combination of baseball coach and strength coach is unusual to many but, Coach Downey believes the importance of resistance exercise is a priority in all sports. Five years ago Rick Anderson of BFS conducted a clinic at LHS and the rewards are still being reaped. There are now seven weight training classes at LHS with much of the course structure in conjunction with the BFS program. The weight room is in full use before and after school five days a week. The results of new equipment, new coach, new program, and first to achieve new standards has now given way to "TRADITION".



*Jeremy Comacho: Senior Catcher 5-10, 165 All-State
Bench 250, Squat 400, Dead Lift 500, Power Clean 230.
Hit .434*

MOTIVATION CHARTS

Organize, Motivate, Succeed!

IRONMAN CHART

SCHOOL _____

BIGGER FASTER STRONGER

STANDARDS FOR MEN

GRADE	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350	355	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435	440	445	450	455	460	465	470	475	480	485	490	495	500	505	510	515	520	525	530	535	540	545	550	555	560	565	570	575	580	585	590	595	600	605	610	615	620	625	630	635	640	645	650	655	660	665	670	675	680	685	690	695	700	705	710	715	720	725	730	735	740	745	750	755	760	765	770	775	780	785	790	795	800	805	810	815	820	825	830	835	840	845	850	855	860	865	870	875	880	885	890	895	900	905	910	915	920	925	930	935	940	945	950	955	960	965	970	975	980	985	990	995	1000																																														
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TOTAL POINTS

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

GRANT ADJUSTMENT

EXAMPLE FROM ALL-AMERICAN

NAME _____

SQUAT RECORD CHART

SCHOOL _____

YEAR _____

BIGGER FASTER STRONGER

YEARLY RECORD

NAME	WEIGHT CLASS	POUNDS
	115	
	125	
	135	
	145	
	155	
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