

SUCCESS STORIES

By Greg Shepard



1st Team Florida All-Stater Chris Thompson 6-0 225 at State Championship coin toss for Key West High School.



Andre Poole senior SE-DB getting instructions from Key West H.S. Head Football Coach Pat Freeman.



Key West team members: All-American QB #42 Corey Sawyer, #52 Spencer Williams Jr. 6-0 232, #51 Chris Saunders 2nd Team All-Stater, #24 Soph. Orin Greene, #7 TB Craig Allen 4.3 Forty.

It was unbelievably exciting last December in Daytona Beach, Florida. There were 5,000 rabid high school fans on one side and another 5,000 on the other side. The whole town of Key West, Florida seemed like they were there. It was the culmination of one of the dreams and the goals. Coach Pat Freeman, his staff, team, student body, band, parents, townspeople, teachers and administrators were enjoying the glory of participating in the state championship game.

All of our BFS Clinicians set the dream and goal in motion at BFS Clinics for making the State Championship game a reality. Over 85 schools that have had clinics have gone on to win it all. If at all possible, I like to be there for the game. Coach Pat Freeman let me stay with the team and be with them on the sideline. It was great especially after doing several clinics for the Key West coaches.

Key West All-American Corey Sawyer began the excitement with an electrifying run for the first score. Key West built a 10-0 lead but in the end the final step in the dream was not to be. We believe much was learned, Upper-Limit examples were established. We know it is not so much the outcome of one game that's important but the obstacles overcome along your journey's way



Mark Wilson Dead Lifting 600 lbs. at BFS Clinic with Coach Shepard at South Mecklenburg High School in North Carolina.

BRENT NOON

that's important. The dream. The goal. The glory.

Brent Noon a senior at Fallbrook High School in California has recorded some of the most phenomenal efforts in high school history. His father, Jim Noon, is also Brent's coach. They have worked together with weights and track all through junior high and high school. Below are Brent's Stats:

GPA 3.4 (University Prep Courses)
 California Boys' State Representative
 California Scholarship Federation
 San Diego Union-Tribune Scholar-Athlete-3 years
 1988-89 High School National Indoor Champion
 Boys' Shot
 1989 High School National Outdoor Champion
 Boys' Shot
 Established a new all-time California State Record in High School Boys' Shot Put — 69' 1/2"
 Selected First Team All-American by Track & Field News
 California State Champion — Shot Put

Height: 6' 2"
 Weight: 261

| | |
|---------------------|-------------|
| 40 Yd: 4.79 | Bench: 510 |
| Parallel Squat: 605 | Clean: 330 |
| Hang Clean: 300 x 3 | Snatch: 245 |
| Incline Bench: 410 | |

GREAT TIDBIT

BFS Clinician Jim Brown's son Michael did the BFS Dot Drill in high school record time of 39.52 seconds.

South Mecklenburg *Continued from page 60*

Head Football Coach Steve Shaughnessy wrote:
 The clinic has proven to be more valuable than I can say. All of our players set their goals very high during the off-season and we had a great year of work. 29 of our 40 varsity players are now Dead Lifting over 400 lbs. 15 Power Clean over 225. I am very pleased.

We are off to a 3-0 start defeating last years state 4-A runner-up West Charlotte 28-14 in our first game.

EDITOR'S NOTE:

Coach Steve Shaughnessy's South Mecklenburg Red and White Sabres turned it around by making the playoffs with the best season since 1981. Eleven players made All-Conference with two making All-State.

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