

EXTRA EFFORT PEOPLE



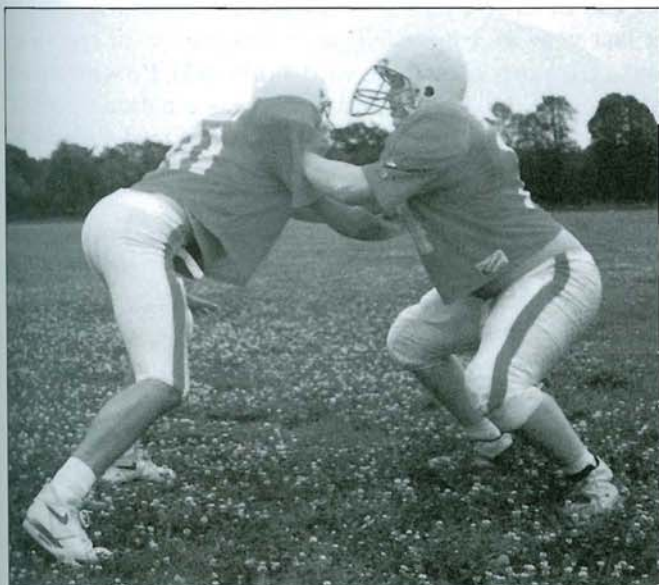
MILLINGTON HIGH'S NATIONAL RECORD HOLDERS

JOE SAYRING

500 SQUAT

MIKE DRONKO

305 BENCH



Both Joe and Mike as Juniors (1989) led millington to a Conference Football Championship.

Millington High School is located in the small rural town of Millington, Michigan about 30 miles North of Flint and 70 miles North of Detroit. Millington may be small but they have people of great worth making extra efforts. Their example should be emulated.

Head Football Coach Tim Furno planted his weight lifting program seeds way back in 1978. As his program grew and developed, his athletes both male and female became great extra effort people. Millington has now won 11 Michigan State Power Lifting Championships and two National Drug Free High School Powerlifting Championships. Coach Furno has nurtured 26 individual national champions.

As a result of this effort, many athletes have gone on to play college football. Coach Furno trains not only football players but athlete from other sports. For example, Coach Furno has produced 11 female national champions.

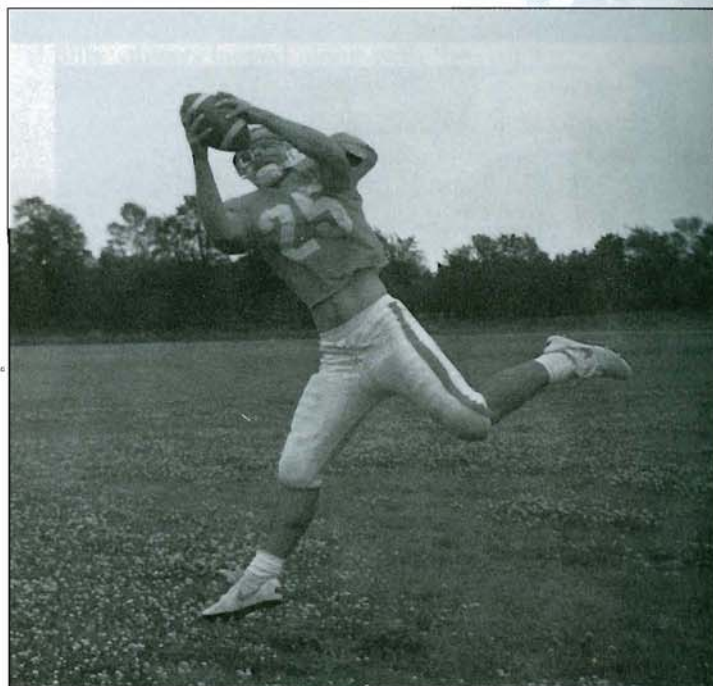
Coach Furno states, "The success of our program is due to the fact that we concentrate on whole body lifts

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EXTRA EFFORT AT MILLINGTON H.S.



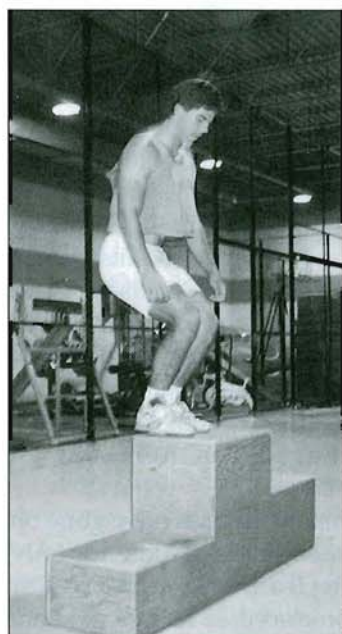
Mike was MVP in Track



Mike made 1st Team All-Conference and All-Area .



Joe also Throws Shot and Discus



Plyometrics and Athletics are Synonymous for Mike Dronko



like the Parallel Squat, Bench and Clean and Jerk. My most important goal as a coach is to improve athletic performance through weight lifting."

Millington also participates in the Olympic Search Clean and Jerk meet which is sponsored by the American Weightlifting Federation and the Olympic Committee.

Coach Furno provides a rich experience for his athletes as they travel all over the country for their meets. For example, their National Championship Team traveled to Washington D.C. in 1987 and last year they attended the American Drug Free Powerlifting Meet in Minneapolis. Two of his best kids were Joe Saying and Mike Dronko.

Joe is 6-1,232 and maintains a 3.46 GPA. Joe played center and defensive tackle on the conference championship team last year and now will lead Millington in trying to repeat. He won the State and National Powerlifting Championship. His 500 pound Squat was a national record. In addition, Joe Benched 300 pounds and Dead Lifted 490 pounds. Joe also won first place in the Olympic Search meet with a 245 pound Clean and Jerk.

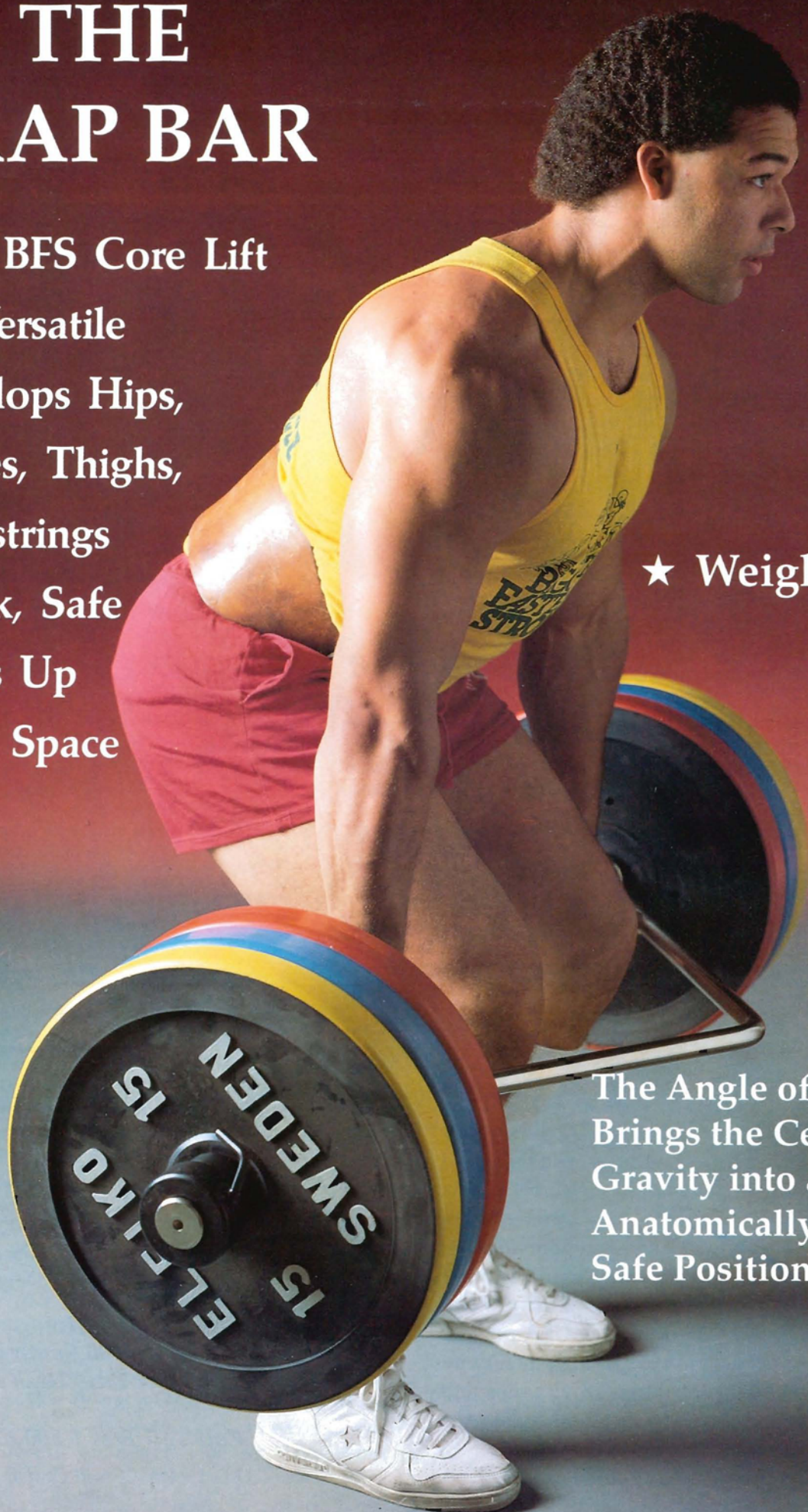
Mike Dronko is 5-11 and 193 pounds. As a Junior Mike garnered All-Conference and All-Area First Team Honors. He played wingback and linebacker. Mike has 4.8 speed and will also lead Millington's football hopes this season. Mike was All-State in Powerlifting and was runner up in the National Meet last year. His 305 bench was a ADFPA National Record. Mike also Parallel Squatted 400 and Dead Lifted 445 pounds. In the Olympic Search Meet, Mike took first place with a 250 pound clean and jerk.

Our BFS hats are off to Coach Tim Furno, Joe Saying, Mike Dronko and all the other extra effort people at Millington. They deserve to be recognized as being Upper Limit.

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- ★ It's Versatile
- ★ Develops Hips,
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- ★ Quick, Safe
- ★ Takes Up
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★ Weighs 45 lbs.



The Angle of the Grip
Brings the Center of
Gravity into an
Anatomically
Safe Position.