

JOHN GODINA BFS H.S.



John Godina 6-4 260: Wyoming Lineman-of-the-Year, Gatorade Wyoming Football Player-of-the-Year, Threw Discus 210-4 and Shot 63-1, Gatorade Regional Track Athlete-of-the-Year.

In January of 1988, John Godina began our BFS program and got some of our Bigger Faster Stronger Videos and books. "I watched Stefan on Video at least twenty times," John said. He made giant gains as a 15 year old sophomore and by May, John threw the Discus 172 feet 5 inches. That was good enough to win the 4-A State Discus Championship and helped his Cheyenne Central High School team win the Wyoming State Track and Field Championship.

John Godina did not rest on those accomplishments but continued to make giant progress month after month. He is our 1990 Bigger Faster Stronger Athlete-of-the-Year. John becomes the eleventh recipient of this most prestigious annual award. Selections are based on athletic achievement in sports, the ability to overcome obstacles, scholarship, leadership, general character and the ability to put things into their proper perspective. John's Upper Limit efforts throughout his high school career makes him most deserving of this honor.

John was a two-time All-State Lineman, the Gatorade Regional Football Player-of-the-Year and Wyoming Lineman-of-the-Year. He helped the

Cheyenne Central Indians to two consecutive State Championship seasons. Jim McLeod, pronounced "McCloud", who has run a class program for ten years praised him, "John Godina is a great football player. Nobody could stand in against him all year long and when we got in trouble we just ran behind John. He's amazing on both offense and defense. John never comes out of the game."

John really worked hard on his training program between football and track - the results speak for themselves. As a junior, he set the State discus record with a throw of 194 feet nine inches. That throw landed him Prep All-America Honors in track. The following year as a senior, John improved his discus to 210-4 which propelled him to one of the top throwers in history. In addition, John also broke the Wyoming State record in the Shot Put with a heave of 63 feet one inch. These prodigious efforts garnered John Godina the Gatorade Regional Track and Field Athlete-of-the-Year. This Summer John continued throwing with the college discus and won the National Championship for Teenagers with a throw of over 176 feet. (That's good

ATHLETE OF THE YEAR

enough to win most college meets)

"Track is fun for me," exclaimed John. "It's more internally rewarding than football. I feel natural throwing. I never felt better than when I threw over 210 feet. I went crazy. My training partner, Kevin Walden, went crazy. I was hugging my coaches. It was the greatest high possible. I was smiling for six hours."

John's father, Bill Godina, coaches football and track at Cheyenne Central and teaches the ROTC program. Bill Godina has done everything possible to help John reach his potential. They have gone all over the country to receive special coaching and to compete in national and regional meets. Coach Godina remembered, "As a thrower, John had a good technical foundation but the gains in strength at age 15 were directly responsible for huge gains in the Discus and Shot. (See John's progress Chart) The elements of success can be attributed to the BFS program done on a regular structured basis, along with technical training, regular rest, good diet and flexibility training." The secret was learned and used!

John has been on the BFS program for 2 1/2 years. He states, "I've saved my BFS Set-Rep Log Books. I've got six or seven of them. It's fun to look back and see the progressions I made during that time. Everyday I'd break a record. In the off-season, I always made progress everyday. Plus, every once in awhile, you'll make a monumental gain."

John admits that a lot of times it has been hard working with his dad, "But mostly it has been great working with him. We've spent loads of time together. We celebrate, have fun, work together and even fight sometimes. We are definitely very close. He's my father but also he's a close friend."

On selecting a college and deciding on whether to participate in football, track or both, John's father said, "Do what you want. I am not going to live with a decision like that 35 years from now he says I made him make."

John was recruited by virtually everyone in football but he revealed, "Track is my first love. I've done it since fourth grade. (John's father bought him a Discus at age ten.) I believe I have to specialize in order to achieve my goals in the Discus." Finally, after much soul searching, John found with football that it was time to move on. Simply put, John wants to become an elite thrower. He chose UCLA. "It was the best school for my career which is leaning towards the medical field or biomechanics. Besides, UCLA cranks out good throwers and, of course, the weather for throwing is perfect," reasoned John. "Wyoming's weather for throwing is bad so UCLA looked good."

Not only was John a good catch athletically, he was a good catch academically. John earned a 3.96 GPA throughout his high school years. John stated, "I did my homework usually before school. My grades didn't



John maintained an accumulative 3.96 GPA all through high school.



John's Flexibility training has helped him run a 4.76 Forty.



Despite his long arms, John Benches 350 and Towel Benches 370 pounds.

JOHN GODINA BFS H.S. ATHLETE OF THE YEAR



Proof of John's 30 inch Vertical Jump



John and his dad Bill Godina accepting congratulations from BFS President Coach Shepard.

come easy. I disciplined myself to make sure everything was done."

John believes his most important lifts are Cleans and Squats and when asked, "What if your college wanted you to do primarily one set of 8 to 12 reps?" Seriously, John answered, "I'd negotiate. If there were no negotiation, I wouldn't go there."

As far as combating peer pressure, John remarked, "People know I don't drink. So after awhile it was no hassle. I'd sit back and drink water, laugh and have a good time with my close buddies. We'd watch people fall down but by my senior year, I got tired of watching people do that. I just hung with friends that had the same values."

The family motto has always been "Don't Quit." John Godina has remained ever faithful to that motto. We thank the Godina family for their Upper Limit Values and wish him the best throughout his future career.

JOHN'S BEST MARKS

Bench: 350

Clean: 310

Squat: 580

Vertical Jump: 30

St. Long Jump: 9-1

Forty: 4.76

JOHN GODINA'S PROGRESS CHART

Age	Height	Weight	Shot	Discus
17	6-4	260	63-1	210-4
16	6-4	235	57	194-9
15	6-4	230	50-2	172-5
14	6-2	235	32-8	138-2
13	6-0	225	X	*171-1
12	5-10	210	X	*128-7

*Junior Discus