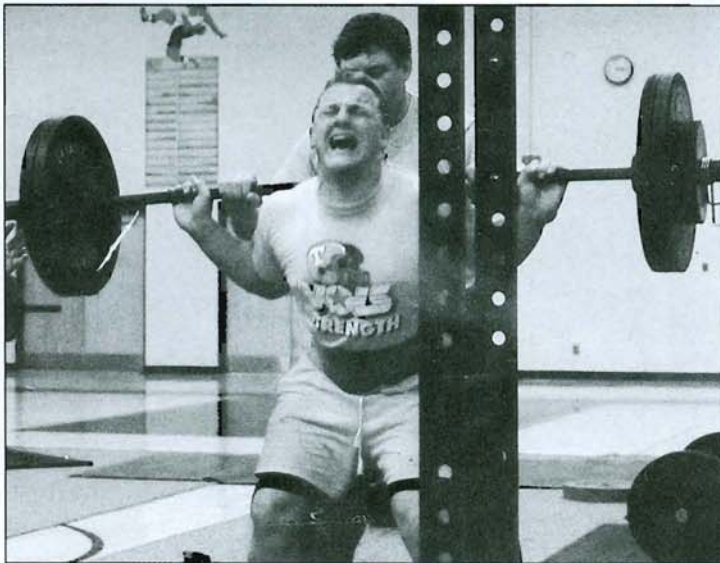


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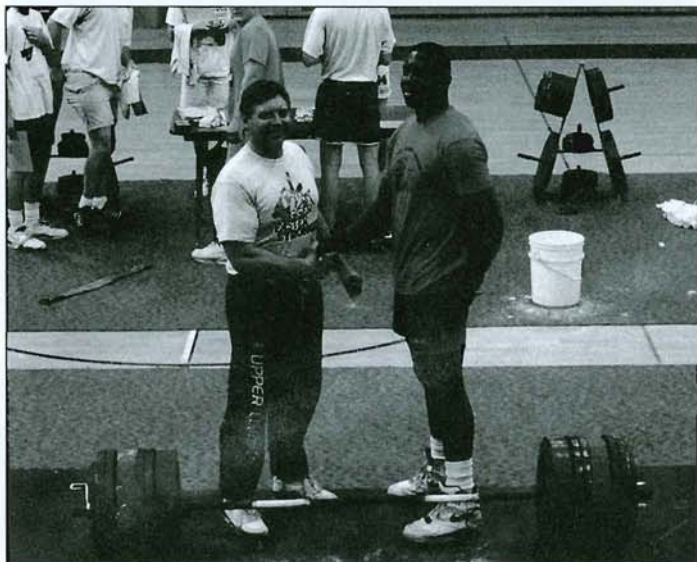


Troy Patterson, Soph. Parallel Squats 275 lbs. for 14 reps at Coach Shepard's BFS Clinic last May

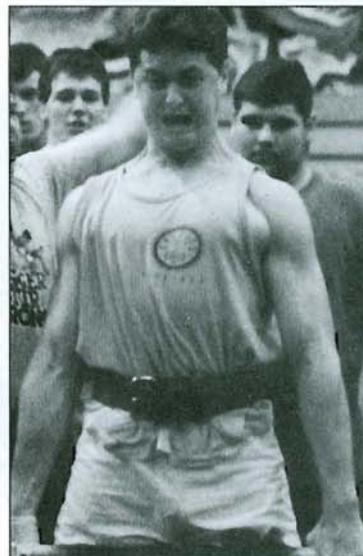


Six Athletes From Gordon Central Dead Lifted 500 Or More. That's a AAA Record for Georgia.

*Top Row (L-R): Todd Morrison, Wayne Smith Barry McEntire.
Front Row (L-R): James Richards, Matt Hale and Troy Patterson*

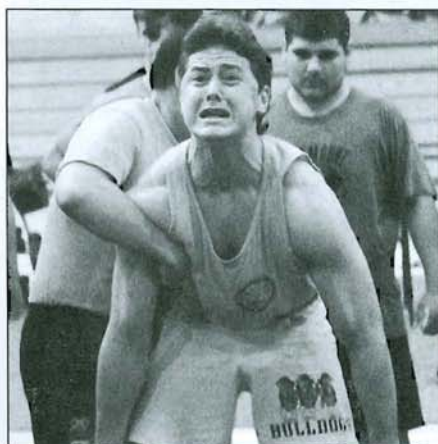


James Richards Junior is Congratulated By Coach Shepard After Dead Lifting 600 Pounds. James is 6-3 218 and Getting Bigger

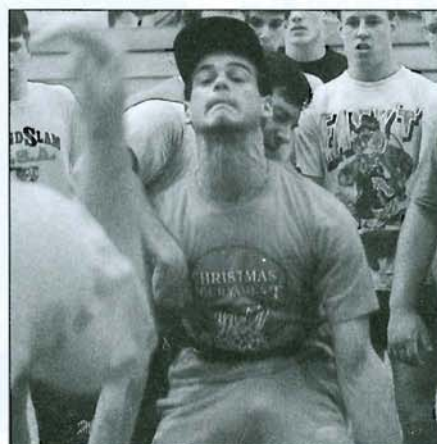


Last May Gordon Central High School in Calhoun, Georgia had their Bigger Faster Stronger Clinic. Head Football Coach David Ellis and assistant football/ strength coach Bruce Potts were going to give their Warriors a shot in the arm for the summer.

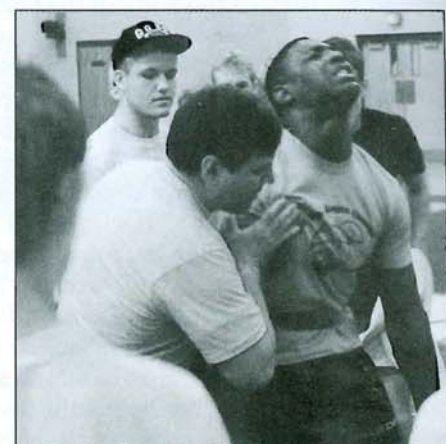
The result: "More kids came into the weight room than ever before. A lot of kids came in every workout day," said Coach Potts, "We had kids come into the weight room that never had come in before. And James Richards, he is just getting huge and he can almost do a 360° dunk now. He's hooked!" James who never missed a workout exclaimed, "It's been great!"



Senior Wayne Smith Dead Lifting 500 with Coach Shepard



Junior Heath Walraven Getting 400 pounds



Coach Shepard Making Sure James Richards Has Good Technique on 600

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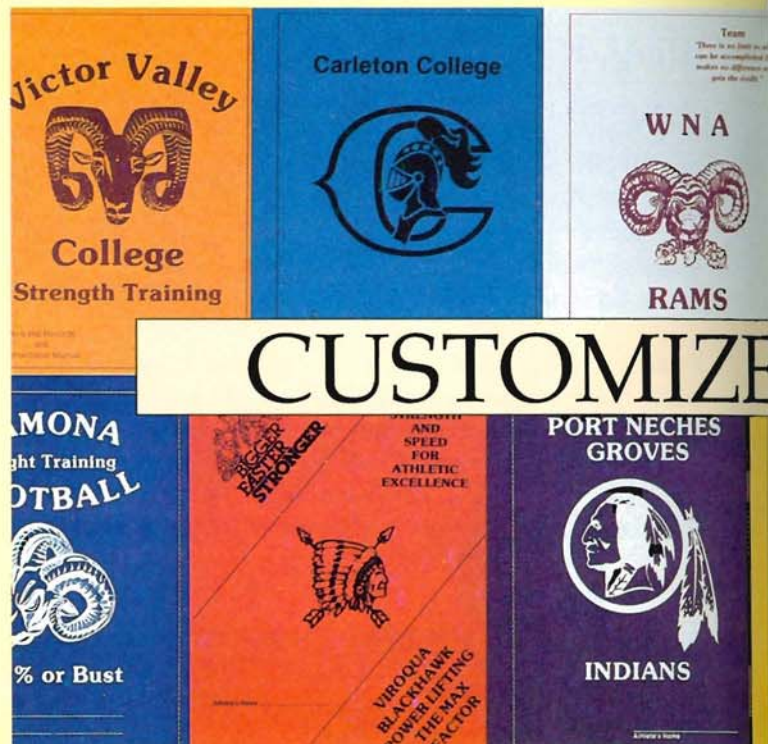


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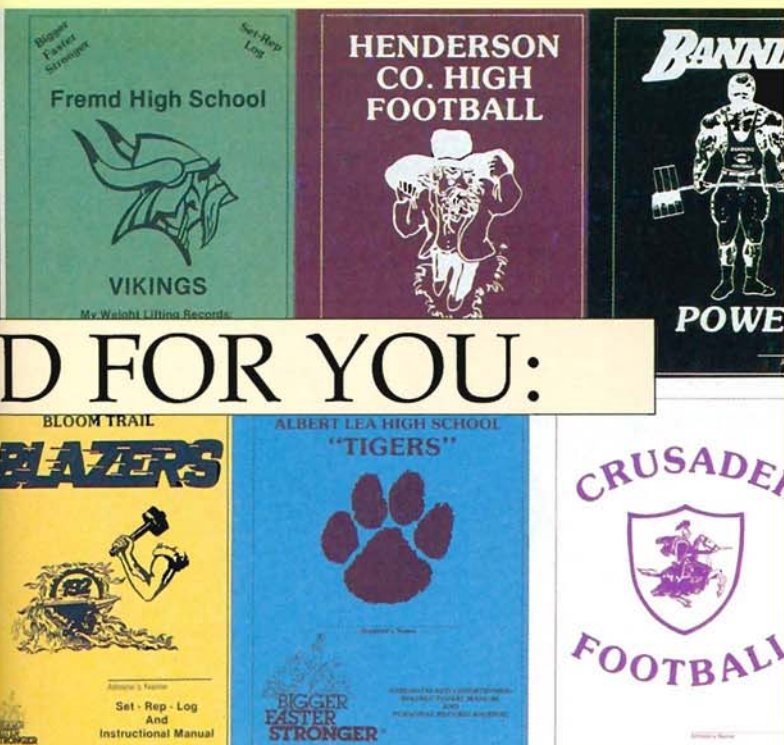
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