

# WEST PERRY HIGH

## ALMOST PERFECT

### WEST PERRY 1990-1991 RECORD

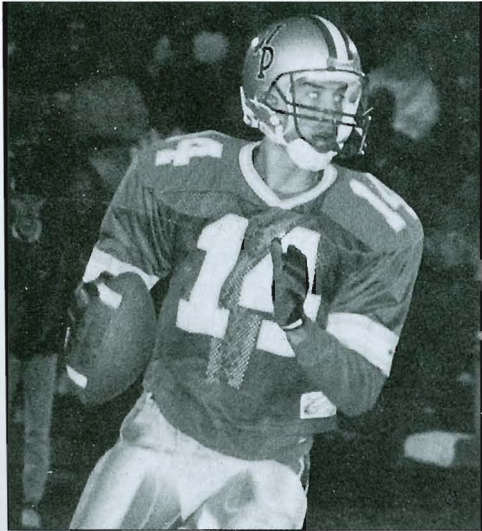
#### FOOTBALL

Won 19 Out of Last  
21 Games Including  
A Perfect 10-0 Season  
in 1989

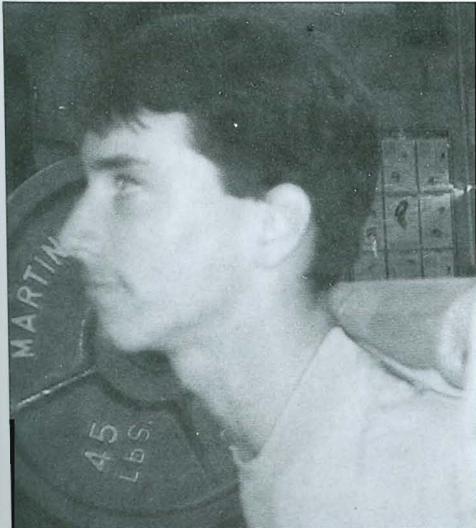
GIRLS BASKETBALL  
1991 League Champs

GIRLS SOFTBALL  
1991 League Champs

GIRLS TRACK  
1991 League Co-Champs



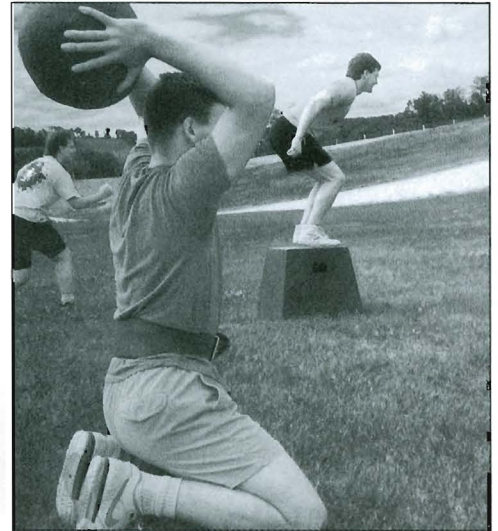
*Kyle Murray set 3 school passing records and became Male Athlete-of-the-Year.*



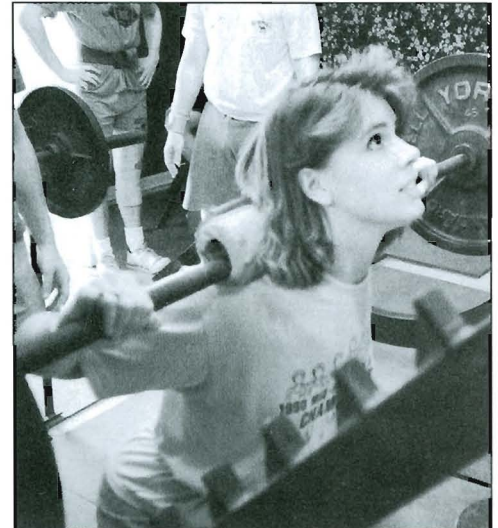
*Kyle Murray Doing a 235 Pound Squat.*



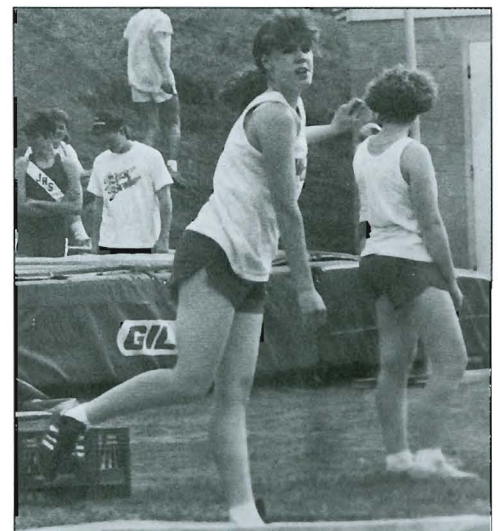
*Female Athlete-of-the-Year Lori Thebes Leading Team To Victory.*



*West Perry Athletes Doing Upper Body and Lower Body Plyometrics on BFS Boxes.*



*An Effective Off and In-Season Weight Program Helped Amy Foose in Track.*



*Amy Foose Throwing the Shot Helping Team to League Co-Title*

# WEST PERRY HIGH SCHOOL



*Lori Thebes Preparing To Squat*



*The Softball Team Were League Champs*

## WEST PERRY 1990-1991 RECORD CONTINUED

**BOYS BASKETBALL**  
1991 League champs

**BOYS BASEBALL**  
1991 League Champs

**VOLLEYBALL**  
Winning League Record

**FIELD HOCKEY**  
Winning League Record

**WRESTLING**  
Winning League Record



*Lori Thebes Displaying Field Hockey*



*Senior Megan Nolen Was Female Scholar Athlete, Also A 3-Sport All-Star.*

West Perry High School does exactly what we at BFS recommend and the results have been almost perfect. They have a United Total Program philosophy in that all sports both boys and girls engage in a strength and conditioning program all year round using the same equipment and same general philosophy. A 70-page packet is given to all coaches to follow.

West Perry has our BFS Videos and all sports use our BFS Set-Rep System. Coach Roger Austin who serves as assistant football and head wrestling and strength coach states, "We keep the core lifts going all year round. We always try to work together. We've painted the BFS Dot Drill in various places and we stretch hard everyday. As a result, our injury rate is very low. For example, in football no one has missed a game in 2-3 years."

The in-season program is done morning and evening.

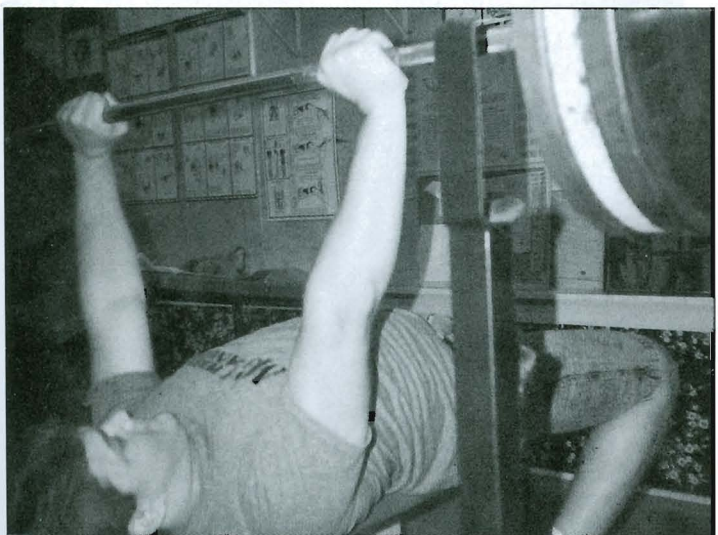
Some Coaches do it during practice and because some teams are large, they split up to get their workout in.

West Perry High School is a Triple-A school in middle Pennsylvania and the community is solidly behind their Mustangs. A beautiful new weight room is being built.

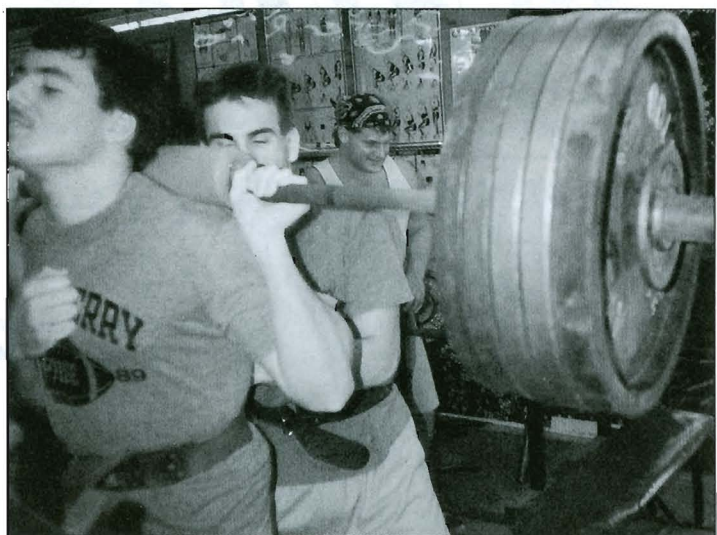
Do you want to dominate in all sports? It's simple because only about one in a hundred schools unify their conditioning program. Our advice: Have all sports both boys and girls get on the same page with a United Total Program philosophy.

**GET ON  
THE SAME PAGE**

# ALMOST PERFECT IN ALL SPORTS



*All Conference Tackle Chuck Hincer Gets A Double On A 315 Bench*



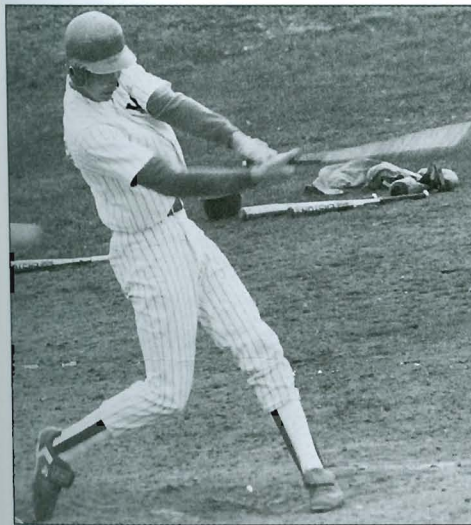
*Offensive Guard Kurt Nace Triples At 500 Pounds On The Squat*



*#67 Chuck Hincer and #51 Kurt Nace Provide A Powerful One-Two Punch*



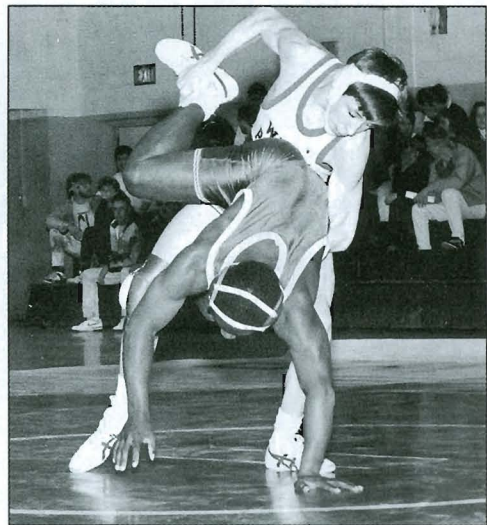
*The West Perry Spring Weight Lifting Team Has Captured Two Perry County Lifting Titles Plus Many Individual Awards*



*Kyle Murray Slugging Away To Help Team To League Title*

**SOCCER**  
 Winning League  
 Record

**WEIGHTLIFTING**  
 1991 PERRY COUNTY  
 CHAMPIONS



*A Total All-Sports Conditioning Program Has Lifted West Perry Head And Shoulders Above The Competition*