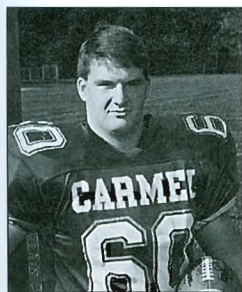


1990-91 BFS FOOTBALL ALL-AMERICAS

SECTIONAL



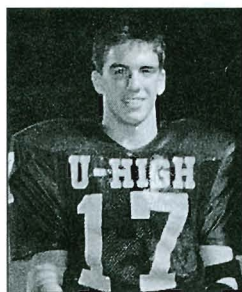
Steve Long

SECTIONAL



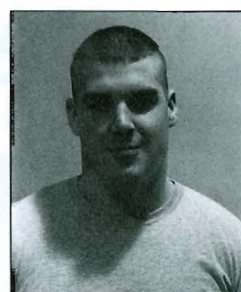
Dorion Hudson

SECTIONAL



Corey Christenson

SECTIONAL

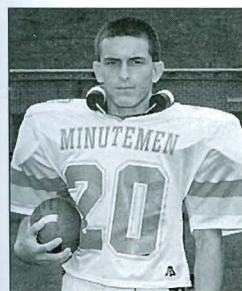


Kris Long

SECTIONAL



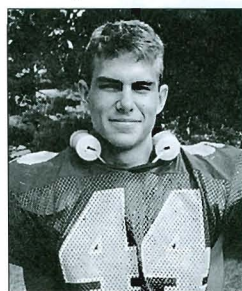
Donnie Epling



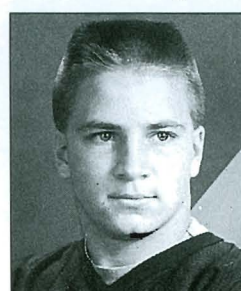
Chris Hatfield



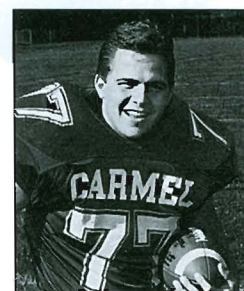
Mike Pilon



Jim Wendler



Steve Holcomb



Pat Feltrinelli



Brian McGee JR
First Team

TONY BIESZCZAT MAKES FIRST TEAM

Dear Dr. Shepard and Staff.

This past March myself and many of our athletes attended the B.F.S. Clinic at Center Grove H.S. south of Indianapolis. Previous to this time I had spun my wheels as a strength and conditioning coach trying to periodize my programs. I am nationally certified by the National Strength Coaches association so I thought I knew it all. Boy did I get educated at your clinic and by the book. Since then our athletes have made incredible results. Tony, the young man I am nominating is one of those who really excelled.

When Tony came to me as a freshman, four years ago he was chubby and very much a non-athlete. Through dedication like I've never seen before, Tony has become a true "Upper Limit" athlete. A great amount of his progress came after he attended that clinic.

Tony also counsels troubled grade school and middle school athletes in our township. He is very much a Christian and lives by his beliefs.

On the questionnaire I put that Tony had a 4.0 GPA. This is false. He actually has over a 4.0 because he gets extra grade points for taking accelerated classes.

I have worked with much larger, and more gifted athletes than Tony Bieszczat, but have never been around anyone as committed. Tony currently holds all of our records for the Clean, Dead, Bench, Squat, Box Squat, and Towel Bench. By the time this is published his lifts will be greater than what I have put on the questionnaire, because Tony keeps making progress in his set-rep book.

Thanks for helping make me a better strength coach and young men like Tony a "Upper Limit" athlete.

Yours in strength,
Michael K. Tomey Perry Meridian High School, Indianapolis

BFS ALL-AMERICA NATHAN DANIEL: WHITEFACE TEXAS

I would like to nominate Nathan Demel for High School BFS All-America. I have coached for twenty years including stints at Baylor, Liberty University, and University of Texas at Arlington and produced two collegiate All-Americans. I can honestly say that Nathan is an exemplary candidate for this honor... in every area of his life. He is "everybody's friend", "Mom's apple pie", and a truly promising American citizen. If I had a son, I would wish he would try to become all that this youngster is. He will graduate Valedictorian this year and it appears that he is headed for the U. S. Air Force Academy to attain a degree in Aerospace Engineering. Several colleges have talked to him, but he must be very selective because of his major. His teammates have elected him Team Captain for the past three years. His Senior stats are as follows: Team Captain, 1381 yds. rushing, 16 TDs, blocked 2 punts & 4 PATs, 154 tackles for 123 negative yds., 16 sacks, 2 interceptions. Voted 1st Team LB and RB All District, 1st Team All South Plains LB, 1st Team All State LB and Honorable Mention RB.

Terry Kinard, FB Coach White Face High School



1990-91 BFS FOOTBALL ALL-AMERICAS

SECTIONAL



Ray Zitkus

SECTIONAL



Bruce Haga

SECTIONAL



Chris Klick

SECTIONAL

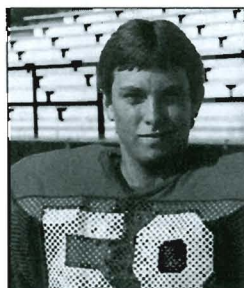


Marcus Reynolds

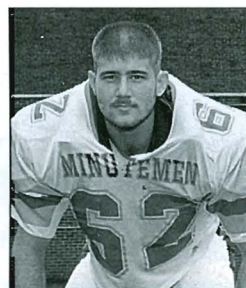
SECTIONAL



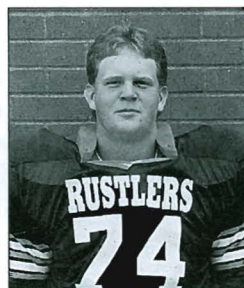
Kendall Gadson



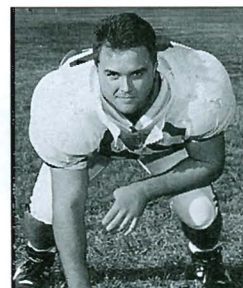
Chuck Wilson



Dewayne Cantrell



Shane Joseph



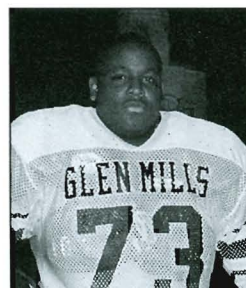
Mike Moss



Marvin Davis



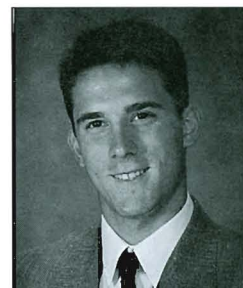
Bob Worthington



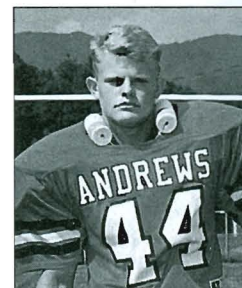
Lamont Garmon



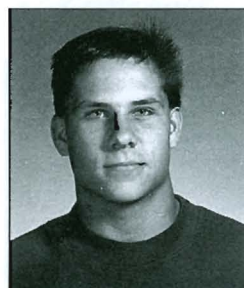
Todd Johnson



Doug Grant



James Andrews



Denis Wacławski



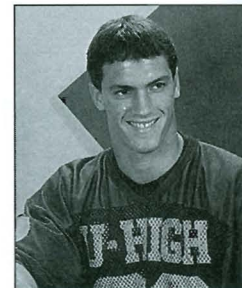
David Schuman



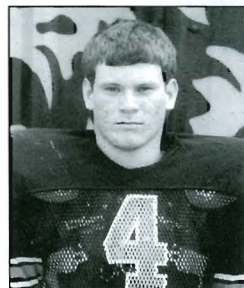
Scott Carr



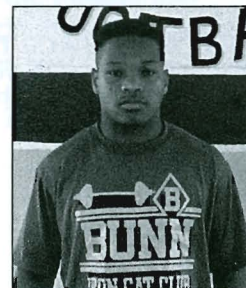
George Anthony



Paul Langellier



Eric Miller



Charles Bumpers



Dean Dumais



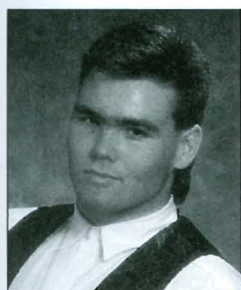
John Coleman



Ricky Nipper

1990-91 BFS FOOTBALL ALL-AMERICAS

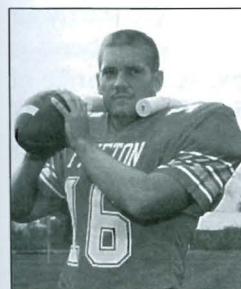
FIRST TEAM



Shawn Kries



Joe Durham



Chad Gullion
(Second Team)



Greg Anderson
(Second Team)



Jamere Montgomery
(Second Team)

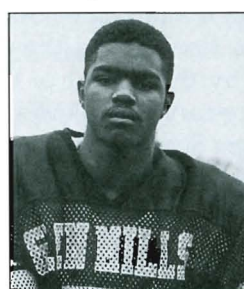
SECOND TEAM



Eric Sandifer



Barry Williams



Demetrius Johnson



Paul Pennington

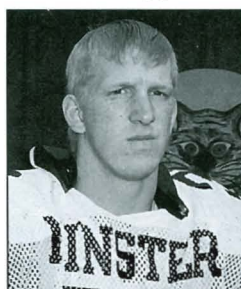


Leo Hsu

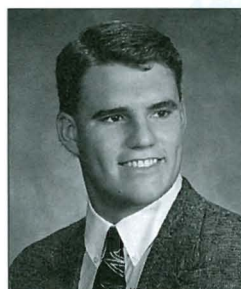
THIRD TEAM



Fred Schoppman



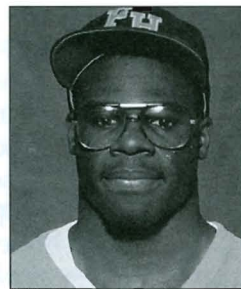
Bill Oldiges



Scott Smith

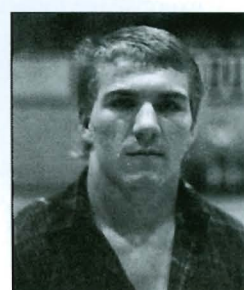


Tyler Basely



Chris Houston

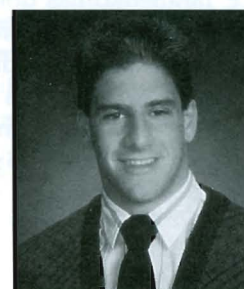
HON. MENTION



Mike Pense



Brandon Karas



C. J. Brucato

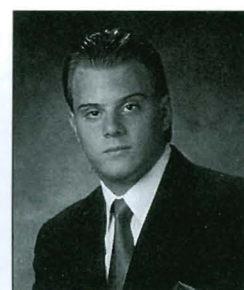


Larry Winder



Dan Walsh

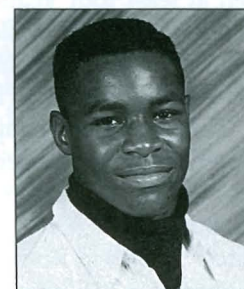
HON. MENTION



Lynn Johnson



Greg Helser



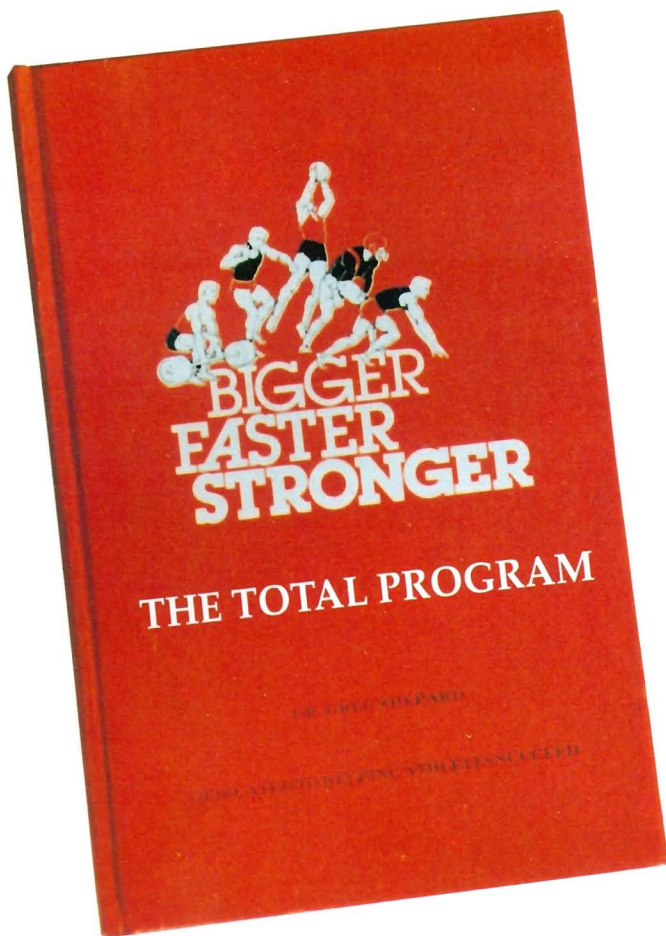
Jeff Rogers



Josh Wilfong



Joe Marinaro



**BRAND NEW
1990 BOOK
COST \$17.95
HARD BOUND EDITION**

State-of-the-Art 21st Century Training Secrets. Now put into an Easy-to-Understand Master Total Program. Especially written for the High School Athlete and Coach.

THE TOTAL PROGRAM

STRENGTH!

POWER!

AGILITY!

PLYOMETRICS!

SPEED!

EXPLOSIVENESS!

FLEXIBILITY!



THE TOTAL PROGRAM

Also includes: All Core Lifts, Auxiliary Lifts, In-Season workout, Motivation Ideas and much more!

Call or Write:

Bigger Faster Stronger
805 West 2400 South
SLC, UT 84119
1-800-628-9737