

STATE BB CHAMPS



Douglas High School Wins 3-A State Basketball Championship in Wyoming

DOUGLAS H.S. WINS

By Rick Yeaman, Head Basketball Coach

History was made at Douglas High School in Douglas Wyoming last basketball season. Douglas High School won it's first ever State 3A Boys Basketball Championship. Now to many observers, that may not be too significant, but to us it was monumental. The coaching staff and team members are quick to realize one of the major factors for our "HOOP" success was the implementation of the Bigger, Faster Stronger program.

Last spring the coaching staff was treated to a one man clinic put on by BFS Clinician Jim Brown. Coach Brown spent an afternoon, evening and early morning session with all the coaches who are employed by Converse County School District #1. During this time he lectured, and demonstrated various aspects of the BFS program. Coach Brown was so energetic and informative one couldn't help but want to jump from his seat and attempt the lifts himself.

You must understand that as a coach I was from the old school (that of not touching a weight during the basketball season for fear it would hurt our shooting touch). After hearing Jim and listening to some of the testimony of the results of the BFS program, I reluctantly decided to incorporate the BFS Dot Drill, the Squat, Dead Lift and Lunges into our basketball program. Now from what I hear and listen to at the numerous clinics that I have attended d basketball coaches are not quick to try weight programs during their season. We did the Dot Drill every day during the season and lifted every Monday and Wednesday mornings before school. We did our reps and recorded each athletes weight and charted their weekly improvement. The results were absolutely amazing. We increased our vertical jumping ability anywhere from two to 5 inches. Before the season started, we did not have one player who could dunk the basketball and by

the end of the season we had 4 on our team that could dunk easily. One of whom stands five foot eight inches.

Our opponents learned quickly that they couldn't throw the basketball over us but had to go around. They had to work particularly hard at blocking us off the boards because we jumped so well. We also improved our over-all quickness and foot speed. Consequently, we went to a 94 foot game plan whereby we pressed the entire game and played a very aggressive up-tempo style of offense. Without the physical improvement of our athletic skills of jumping and footspeed none of this would have been possible.

The State Championship is terrific but equally important is the fact that our younger student athletes have seen the results of a total commitment to a program and what it can do for them and for their high school. Not only the names of the players and coaches should appear on the plaque of our state championship trophy, but the name of Bigger Faster Stronger should appear on the plaque as well.

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