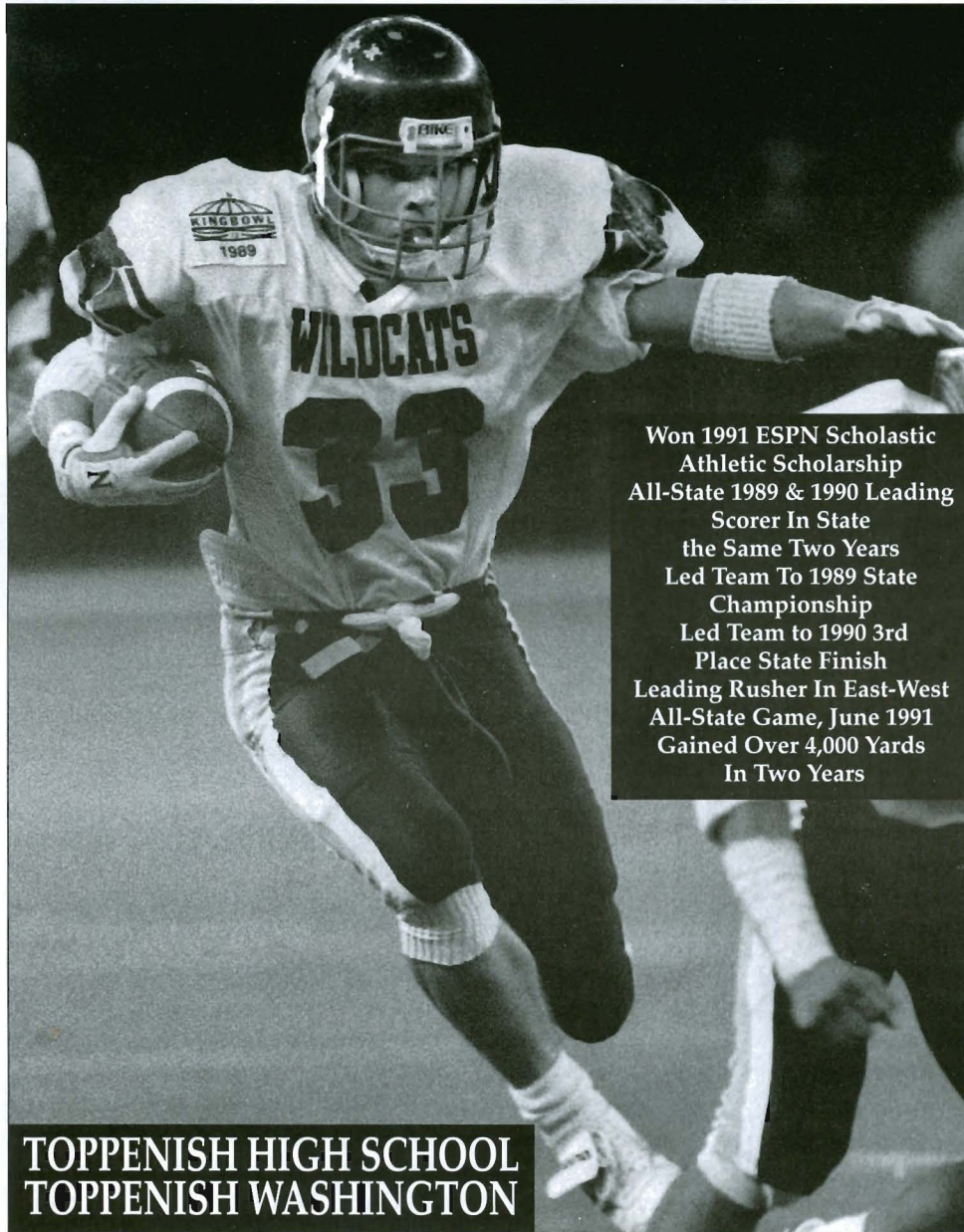


RYKER LABBEE BFS H.S.



Won 1991 ESPN Scholastic
Athletic Scholarship
All-State 1989 & 1990 Leading
Scorer In State
the Same Two Years
Led Team To 1989 State
Championship
Led Team to 1990 3rd
Place State Finish
Leading Rusher In East-West
All-State Game, June 1991
Gained Over 4,000 Yards
In Two Years

**TOPPENISH HIGH SCHOOL
TOPPENISH WASHINGTON**

Ryker Labbee is our twelfth annual recipient of the Bigger Faster Stronger Athlete-of-the-Year award. It is our most prestigious award. Selection is 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. We couldn't be happier with our selection of Ryker. He is most deserving of this honor.

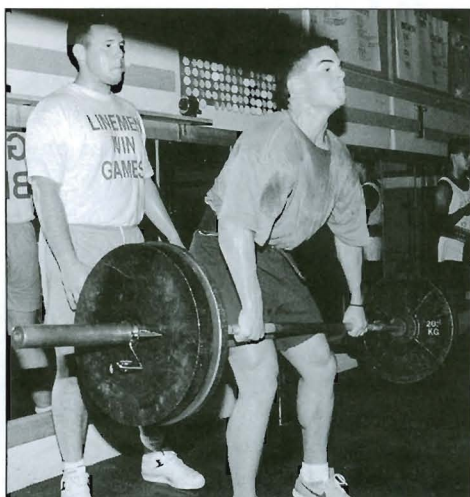
Besides his legendary football accomplishments, Ryker, as a point guard, led his basketball team to a 2nd place finish. He was also a state finalist in the triple jump and javelin. Throughout his entire high school career, Ryker always maintained a perfect 4.0 straight A average and was ranked number one in his graduating class. Now let's hear from two of his coaches:

Ryker Labbee's strongest asset is his unwavering positive attitude, true champions are those people who live through what they are taught. Ryker believes in the importance of the family. He knows the importance of love, respect, effort, determination, and self sacrifices.

I suppose, I coach for the relationships that I develop between fellow coaches and players, and having the opportunity to work with a young man like Ryker makes me feel that I have the best job in the world.

Ryker always sees the best in people; and seems to bring the best out of them. Ryker Labbee is truly a coach's dream.

**Frank Steele
Ex-Strength Coach,
Defensive Coordinator,
Toppenish Wildcats**



Ryker Power Cleans 235 lbs.



*Coach Frank Steele (Glasses)
and Coach Bob Winters*

ATHLETE OF THE YEAR

Ryker exemplifies all the good things a player should be in athletics. He is a great competitor, strong, smart and has those qualities of unselfishness, humility, and graciousness that make him outstanding in whatever situation he is put in. Because of these characteristics he is liked by everyone. For example, one night after a long hard practice late into the evening, as everyone had showered and left, I came out into the parking lot to go home. Ryker was there helping one of the other team members trying to get his car started. As it worked out they couldn't get it started so Ryker gave him a ride home. He should be considered the most unlikely by any coach to have to help anyone after practice because he lives farther than anyone from the school.

Ryker is the type of person that you would think people would call teachers pet, book worm, etc., because he carries his books with him and whenever he has a few minutes he does his homework. It's surprising because he seems to set the example and induces those around him to do the same. In his four years at the high school I haven't heard one student say anything derogatory about Ryker, rather they want to be around him and be his friend.

No one seems to be jealous of him in the classroom or on the football field for his 4 point grade average or for his outstanding play on the field. Teachers and students alike are proud of Ryker and like him. He is just a very likable personality. His hard work ethic makes those around him work harder. His personality helped make a successful atmosphere especially on the football field where I saw him most. He would encourage everyone else and give them all the credit if he gained yardage. He's what every coach wants in their players and sees some of the attributes in outstanding players, but rarely so many in one person.

I believe Ryker's special characteristics are a reflection on his family. He comes from a great family - his father is a hardworking, selfless, quiet-mannered man, his mother is kind, considerate, very tenderhearted and caring and these attributes have carried on to their children.

During 1989 season Ryker had the opportunity to be the team spokesman for the three local TV stations and I could see him develop even more as a thinker and speaker. His Christian activity background and this opportunity coupled to make him a great leader.

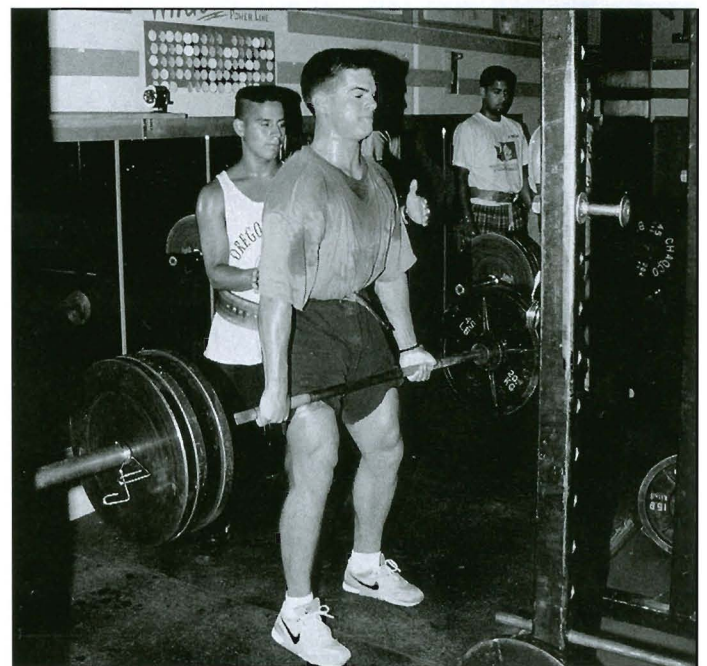
Bob Winters, Head Football Coach



Ryker Lifted In-Season In Football, Basketball and Track



Ryker's Powerful Legs Have Squatted 500 lbs.

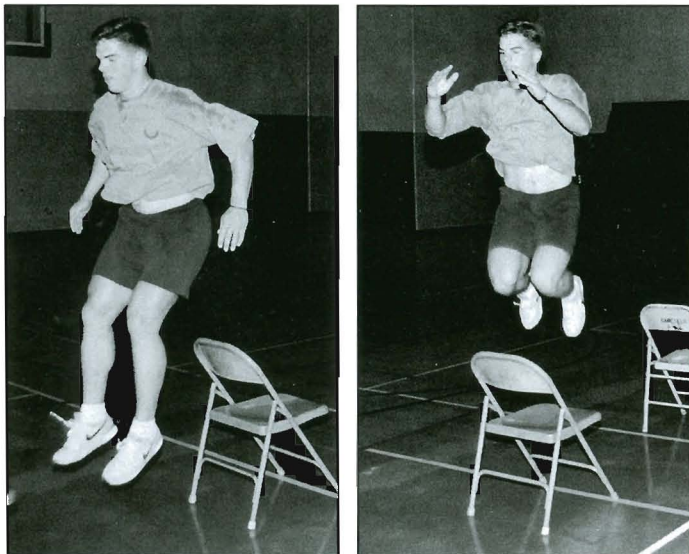


Ryker Dead Lifts 500 lbs.

RYKER LABEE BFS H.S. ATHLETE OF THE YEAR



Eric "Hacksaw" Miles stretching Ryker's Quads and Hips.



Ryker Doing Plyos Over Chairs



Ryker On Right Doing Agilities With Teammates. Robert Perez on Left, Anthony Vasques behind and Eric Miles with Ryker.

It wasn't easy to keep up the lifting being a three sport athlete. "The only reason I had time to lift is we had a class for it during my junior and senior year," said Ryker. "My sophomore year I did it as part of practice for all three sports and my freshman year I was fortunate again to be able to do lifts in class. In-season lifting helped me. You have to find out what your body can take but you know my better performances in track came after I lifted hard."

"Coach Steele was the reason we had such a good weight program and he was the reason I lifted. You could see the result. I worked on the Squat the most. That's what a running back needs. I didn't work on the Bench that much. Coach Winters was more than a coach. He taught us to strive for the team and to lean on each other. Coach Steele was also really important in my personal growth.

Ryker also did stretching, agility, and plyos not only in weight class but in his sports. "We especially got after plyometrics in basketball and track," remembered Ryker.

To get all A's in every class every year didn't just happen. "I made time for it," said Ryker, "Sports actually made it easier because I had to set priorities. When I was younger I lived 15 miles from school so I didn't get home and started on school work until after 9:00 pm" Ryker studied till after midnight every night and twice he stayed up all night without sleep. One of those times, he just wasn't satisfied with a research paper so he did it over.

Ryker took his SAT test and scored 760 on the math section. He knew he got every question correct that he did but misjudged the time by one minute and didn't finish the last two questions. "I was tempted to take the test again just to get the perfect 800 score but I got in the college of my choice so it really wasn't necessary," thought Ryker.

Ryker never felt peer pressure to get into negative things. "I guess I didn't feel any because of my friends," revealed Ryker. We hung together. I had a group of friends who got good grades. I was never offered drugs in high school."

"There was only one party where there was alcohol and I wasn't even offered a beer. I've never even tasted the stuff. I smelled it once though."

"I picture myself as an example in our town and especially with little kids," explained Ryker. "I gave lots of talks at elementary schools so I needed to do the right thing not only for myself but for them. It actually made things easier to have those kids around."

Ryker chose to go to PLU (Pacific Lutheran University) to play football and participate in track. Ryker stated, "PLU is what college football should be, for me at least. I'm really enjoying the attitude and philosophy. PLU is different. They involve the team in the community and teach us what it takes to be successful in

FOOTBALL — BASKETBALL — TRACK

life. Our football coach, Frosty Westering wrote a motivational book called "Make The Big Time Where You Are." I really liked it. Every freshman at PLU redshirts, so this year I'll learn and get adjusted to college life."

Ryker's father and mother never pushed him but remained ever supportive. They taught their son to always do his best. "Our whole family is strong religiously," said Ryker. "My parents run a non-denominational youth group which I'm also involved. We study Christian principles. I thought it was really neat. The relationships formed were fun and enlightening. I also talked a lot about spiritual things with Coach Winters. He's a strong family man with strong morals. He'd let me offer prayers before games."

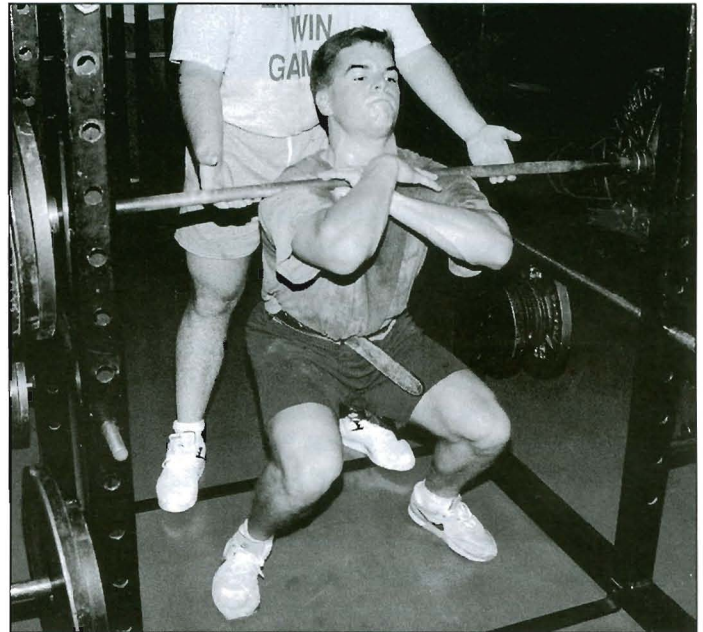
"Success in life starts with attitude," maintains Ryker, "Go into everyday, every practice and every class trying to make the most of it. Learn to enjoy what you do. You have to want to be successful. My religion, friends and parents helped me cope with the downs and helped me appreciate the good times."

The interview was now complete. Coach Shepard, the editor of the BFS Journal was ready to vote Ryker in as president of the United States. As Coach Shepard began to put his pen down Ryker intervened, "Wait, there's one more thing that's important. The community helped me and was always supportive. Toppenish is a small town so they really rally behind their teams. I was very lucky to be in such an environment. I was in the right place at the right time. All my awards should be shared with everyone: my teammates, community, family and coaches."

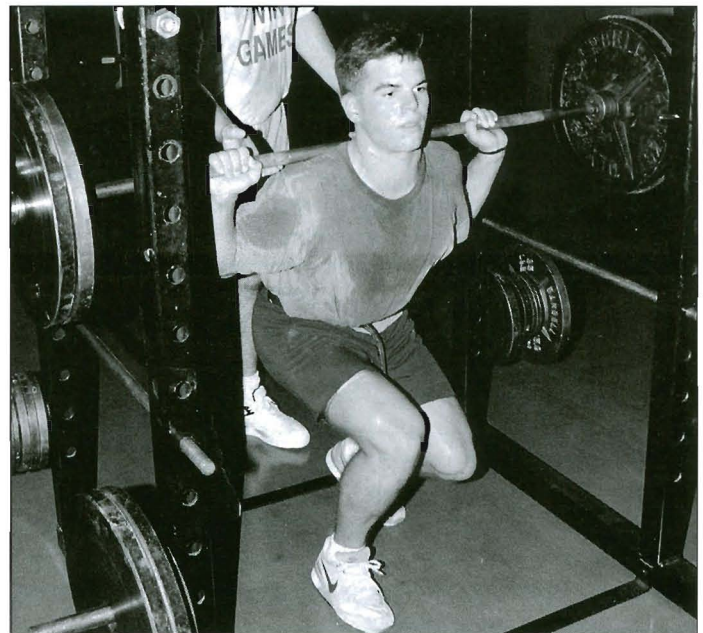
So there you have it. Everyone should agree that Ryker Labbee is most worthy of being our BFS Athlete-of-the-Year. Thanks to Ryker for being such an outstanding Upper Limit person and thanks to Coaches Steele and Winters for sharing this priceless story.



Ryker On Left With Buddies: Eric "Hacksaw" Miles In Back, DB-RB Robert "Ambush" Perez In Front, and QB Anthony "Ant" Vasquez On Right.



Front Squats With 315, A Great Squat Variation



One-Legged Squats, Another Great Variation

Greg Shepard, BFS editor, drove to Toppenish. A wonderful cultural experience was enjoyed by he and his family at the Yakima Indian Center. Greg also went to another historical museum and library and asked the librarian about Ryker Labbee. She gave a glowing account of Ryker's contributions to the community.

After that conversation and knowing all of Ryker's accomplishments in three sports, being on the Power Lifting Team, being a straight A student and a 1st team BFS High School All-American, the choice was clear. Ryker Labbee was to be the 1991 BFS Athlete-of-the-Year.