

# 1991-92 BFS FOOTBALL ALL-AMERICAS

## SECTIONAL



Travis Wools

## SECTIONAL



Kory Kunze

## SECTIONAL



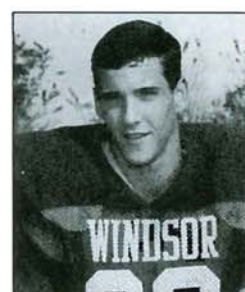
Scott Houston

## SECTIONAL



Edgar McGee

## SECTIONAL



Stewart Hudson



Troy Smith



John Cline



Marty Hannon



Tony Nazworth



Bryan Paslay



Jim Bearden  
(3rd Team)



Chester Tucker



Jeremy LeFeber



Brad Warren



Keith Drayton

## SPECIAL MENTION



Jason Straub: WR-LB Wilmington, DEL.

Jim Brown did a BFS Clinic for Coach Jim Straub at Tower Hill School. Coach Brown felt Jason should be nominated even though he can only Bench 180 pounds. One week after the BFS Clinic Jason sustained a crushed sternum and couldn't lift for 4 months but he did dead lift 500 at the Clinic. Jason had 106 career catches and will play in the summer All-Star Game. He'll play football and baseball at Swarthmore College.



Tower Hill Field Hockey Team  
1991 State Champions

Girls are always invited to BFS clinics. They do the same program as the boys. Here are the comments of Coach Pam Matsuka after Coach Brown's 1991 May BFS Clinic in Wilmington, Delaware. "Our girls worked hard to become Stronger and Faster all Summer and continued to lift during the season. The program helped us to succeed. Thanks!



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## SECTIONAL



Matt Johnson

## SECTIONAL



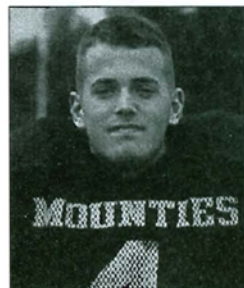
Jeff Medley

## SECTIONAL



Kevin Booker

## SECTIONAL



Adam Patterson

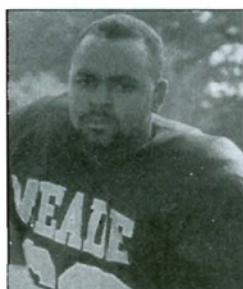
## SECTIONAL



Jeff Wilms



Jason Ball



Levaniel Hicks



Todd Pearson



Tim Johnson



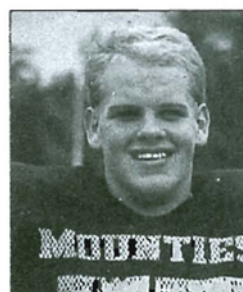
Chad Butler



J.R. Roby



Shawn Lusher



Ed Crowe



Mark Phillips



Nathan Arthur



Matt Taylor



Jason Redman



Andy Tenor



Josh Fulwider



Robert High



Mike Hereim



Lewis Wood



Chad Ulm



Eric Schmitz



Jason Muhlstein



# 1991-92 BFS FOOTBALL ALL-AMERICAS

## FIRST TEAM



Scott Freeney



Steve Brock



Travis Britton



Moses Sherman



Brian Smith

## SECOND TEAM



Trevor Britton



Craig King



Andy Johnson

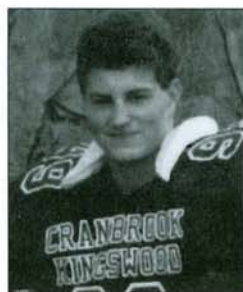


Morgan Baker



Craig Swann

## THIRD TEAM



Michael Howell



Joel Ferguson



Andy Hillstrand



Joe Krcma



Brad Church

## HON. MENTION



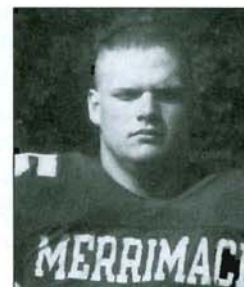
Joe Jaehnke



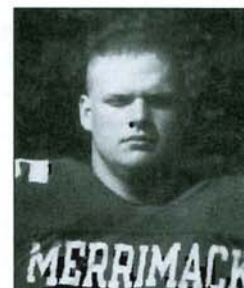
Rod Gadson



Brian Grimes



Paul Drone



Derick Atchley

## HON. MENTION



David Lafleur



Andy Babcock



Brandon Wilkerson

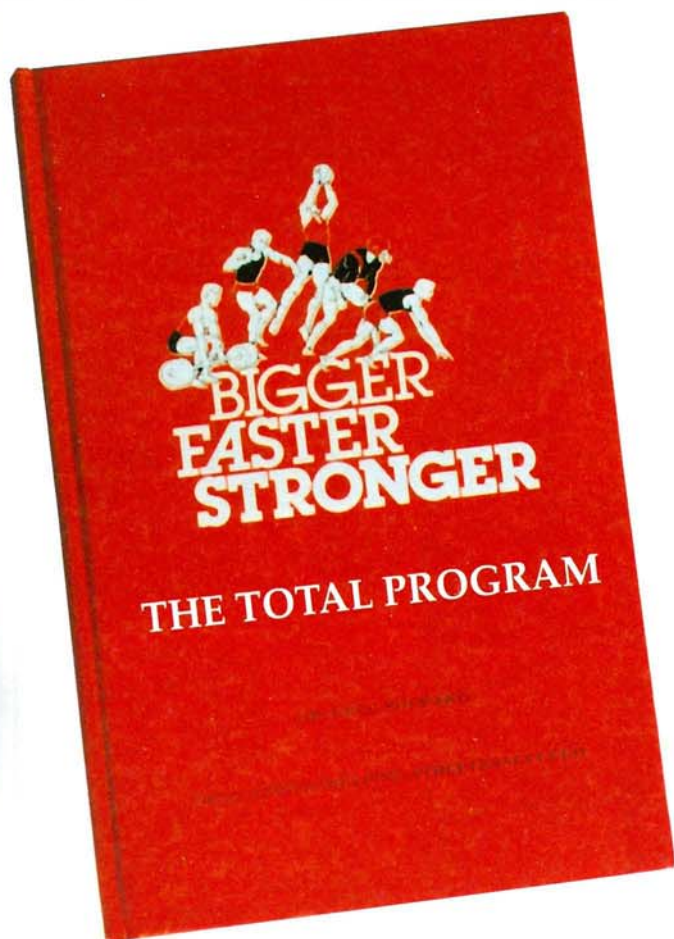


Lynn Johnson  
(1st Team)



Michael Blenis  
(3rd Team)





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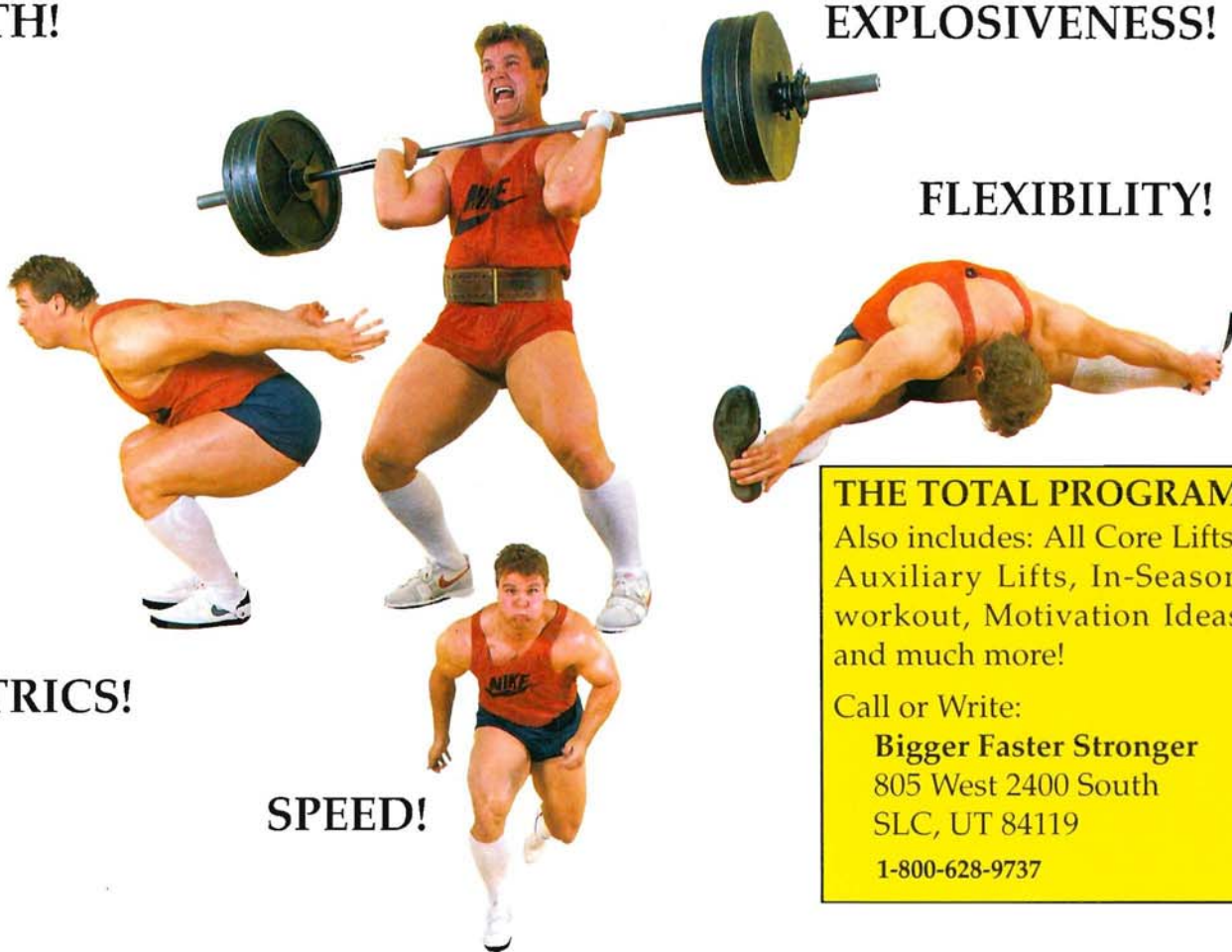
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**SPEED!**



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super flexibility and the BFS  
1-2-3-4 flexibility program.

**Poster 3**  
**SQUAT:** Stefan squats 800  
pounds! Illustrates leg and hip  
power with correct squatting  
technique.

**Poster 4**  
**CLEAN:** Stefan cleans 415  
pounds! Illustrates correct power  
clean technique with awesome  
poundages.

**Poster 5**  
**PLYOMETRICS:** Stefan  
demonstrates beginning and  
advanced plyometrics!

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possible to be the best. Simply  
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**1 THE START:** Head level, eyes straight, hips down, arms locked, spread chest, lower back locked in.



**2 THE BEGINNING PULL:** Head, eyes and arms the same. Begin lift with legs only. Maintain same back angle. Do not jerk weights off the platform.



**3 MIDDLE PULL:** Move hips in explosively under shoulders. Do not jerk shoulders and head back. Head, eyes and arms keep the same position.



**4 ERECT POSITION:** Head straight, eyes level, arms locked, shoulders over hips. Bar moves in a straight line. Do not jerk shoulders and head back.



**5 FINAL PULL:** Pull up on toes, fully extend your legs. Do not pull with arms or jerk shoulders back. Bar should continue in a vertical path.



**6 THE FINISH:** Stand erect, knees up, bar resting on the deltoids and collar bone.



**Stefan Fernholm:** 6'1 1/2", 270 lbs., Squat: 820, Clean: 440, 40.4.3, VJ 40

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