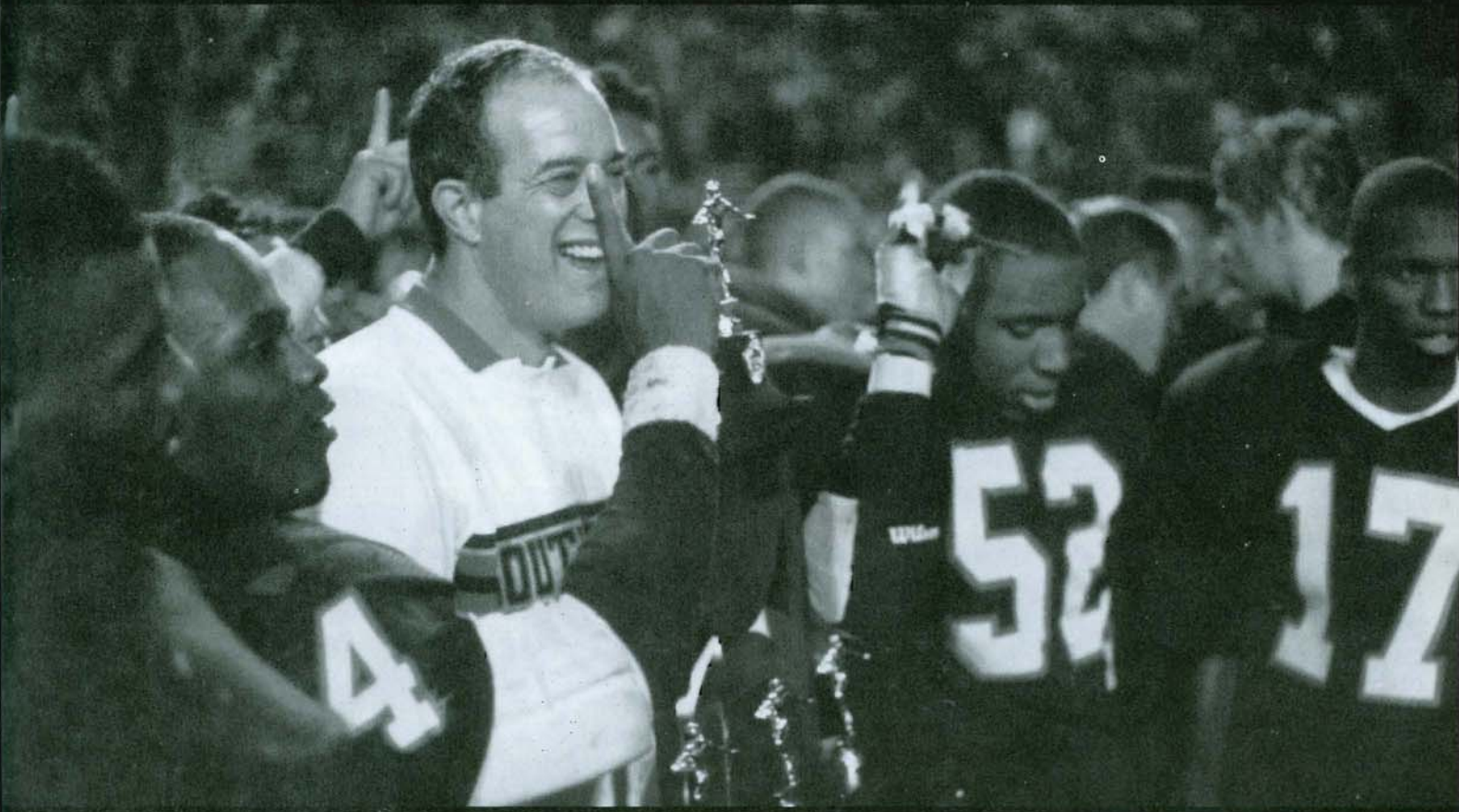


MIAMI SOUTHRIDGE



Coach Don Soldinger With Florida 5-A State Trophy

Miami Southridge has an enrollment of 2700 in grades nine through twelve. Head Football Coach Don Soldinger had spent seven years on Jimmy Johnson's staff at the University of Miami. When the staff changed, Coach Soldinger, who was born and raised in Miami, decided to stay in the area. He took the Miami Southridge job and in 1990 went 6-4 in his first year.

Don remembered, "When I was at Miami, we had kids that had gone through the BFS program in high school and they seemed to be our enthusiastic leaders. They were different. You could pick 'em out."

"Our kids at Southridge refused to get enthusiastic and until you start cheering for each other you're not going to win big time. I believe character is the key. Building camaraderie is key along with pulling for each other. I'll guarantee you it isn't all X's and O's. We just had to have a BFS Clinic, so we gave it a shot."

"At first the lifts were hard for our kids to record," remembered Coach Soldinger, "but then we told them the key is seeing the improvement. Now, it's no problem."

The bulk of the Southridge football players are two or three sport athletes. The coaches push all of our players to play other sports. "Our baseball team is now doing the BFS program and now they are hitting the ball out of the park all over the place," said strength coach

Len Walencikowski.

"Our community isn't rich," related Coach Soldinger. "Ninety percent of our kids are black. We tell them that football will be over soon and that we want each player to take something of our program with them — like attitude and wholesome values. Athletes alone don't win it. We want our team to have a great spirit and great feeling for each other. We hope there's a carry over and stress being great in all areas."

"Coach Anderson helped put all of that philosophy into one super BFS Clinic day. The BFS program is very specific. To me, it's a classic. If you do it the right way, it's a can't miss thing."

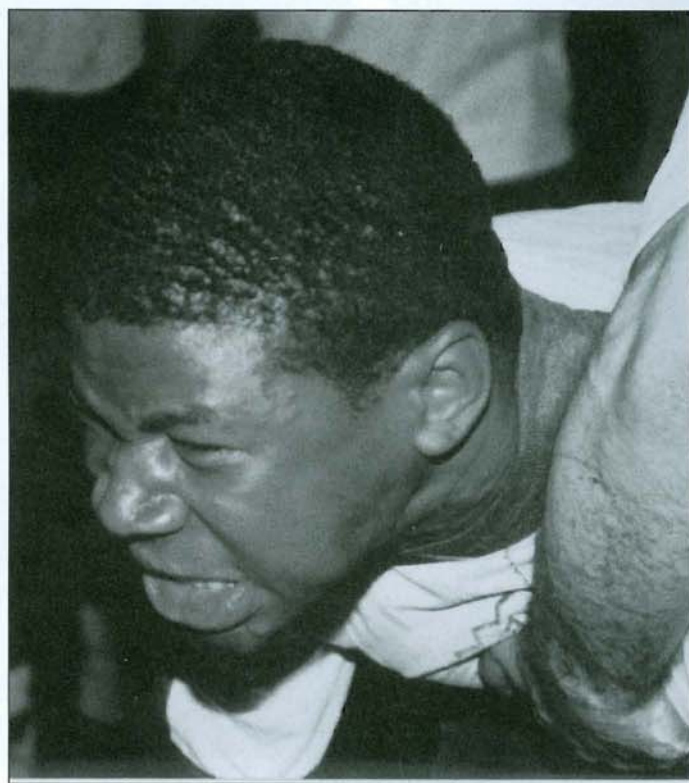
"The big thing is it helps develop a winning positive attitude. Florida is supposed to be the most recruited state in the nation, but we only have one kid being recruited as a Division I player and he'll probably sign in baseball."

Attitude had to be important to Southridge's success. Their offensive and defensive line averaged only 180-185 per man. When they played Orlando Evans High School for the State Championship, Southridge looked like the "Smurfs." Southridge was outweighed by over 100 pounds per man. That's right, no misprint. Orlando Evans line averaged 286 pounds per man. All year long Southridge was referred to as the

MIAMI SOUTHRIDGE: 5-A FLORIDA STATE CO-CHAMPS



BFS Clinician With Junior Al Rolle Lifting 500 Pounds.



*Junior Corey Woodberry Dead Lifts 600 Pounds.
"We Taught Winning Attitudes In The Weight Room."*



Len Walencikowski:
Miami Southridge High Strength Coach

"Ridgets"

During the regular season, Southridge lost one district and one non-district game. They blew out their first playoff opponent 34-7 but then it was a real dog fight for the next three games. In the Quarter-finals, Southridge avenged it's non-district loss and claimed the Miami City Championship by beating North Miami 7-0. Then, playing at Vero Beach, Southridge eked out a 17-6 Semi-Final victory. This set the stage for the final game against Orlando Evans.

"We killed them stat wise," said Coach Soldigner, "but we found ourselves behind 22-16 with 7:49 left. We drove the ball 69 yards in 17 plays and used up all but 7 seconds. We didn't throw once but went right at them and converted three 4th down plays. I called time-out to talk things over with our quarterback, Lorian Mallary. It was 4th down with a long yard to go. I didn't know what to call. He told me that he could do it. I told him "I trust you. Do it." Lorian rammed it over with a QB sneak." Now all Southridge had to do was kick the extra point for the win. However, the goal posts had not been changed. They were the narrow college goal post width. The kick was wide by only a foot and there are no tie breakers in Florida for a State Championship game.

After the 1990 football season, Coach Soldinger and I spent many hours evaluating what was needed to improve our program. We knew that we could get our players to work hard in the weightroom to develop strength, power, etc. The question was how to bring this together to develop the total team athlete, who cares about his teammates and wants them to succeed in order to bring the team to a championship level. After reading and discussing the contents of your book "Bigger Faster Stronger The Total Program," we felt we had found a program that could help our team reach this level. We were right! Your program is not just a weight training program, it is a way of life."

We followed your program step by step. By the start of the second day we saw a change in attitude beginning to occur. I used your toll free number and spoke to Rick Anderson letting him know what was happening. He made me feel like he was part of our staff, wanting us to succeed as much as we wanted to. I called Rick many times for help to solve problems that did occur at times, as well as sharing success stories that were taking place with our football players. Rick also motivated and helped us put on our first BFS clinic for our total athletic and physical education program. Coach Soldinger, staff and myself truly feel that BFS was a key factor that allowed us to reach the Upper Limit Goal of winning a 5-A Football State Championship.

THE ATTITUDE OF A CHAMPION

Result: Orlando Evans and Southridge were crowned Florida 5-A State Football Co-Champs.

Our congratulations to the Miami Southridge Spartans and their coaching staff. For they truly rode the "High Places" where vision, goals and attitude are seen with Upper Limit perspective.

**"The BFS Program Is Classic
If You Do It The Right Way,
It's A Can't Miss Thing."
Don Soldinger, Head Coach**

LAW OF THE JUNGLE

Now this is the law of the jungle
As old and as true as the sky;
And the wolf that shall keep it may prosper,
But the wolf that shall break it must die.

As the creeper that girdles the tree trunk
The law runneth forward and back --
FOR THE STRENGTH OF THE PACK IS
THE WOLF, AND THE STRENGTH OF THE
WOLF IS THE PACK.

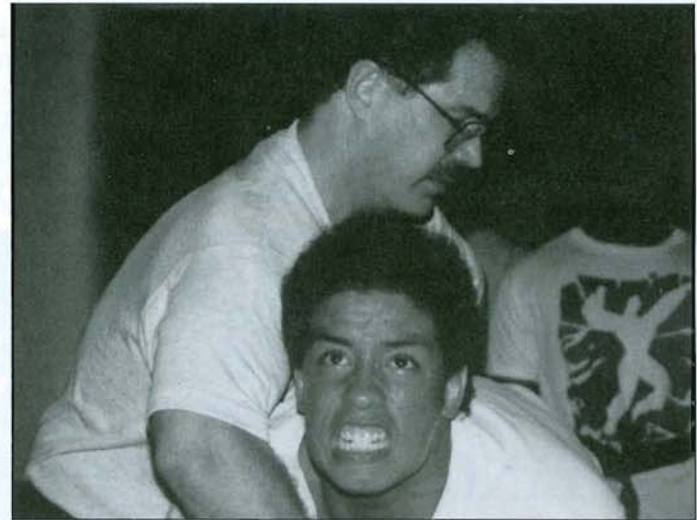
by RUDYARD KIPLING

"With Seven
Seconds Left, I
Called Time-out.
We Had a Long
Yard To Go To Tie
For The State
Championship. It
Was Fourth
Down. My QB
Lorian Mallory
#14 Said He
Could Make It.
He Did."

Don Soldinger



Marion Parnell #25 a Junior and Cerleston Bargman #8 a Senior. "Above All We Pull For Each Other."



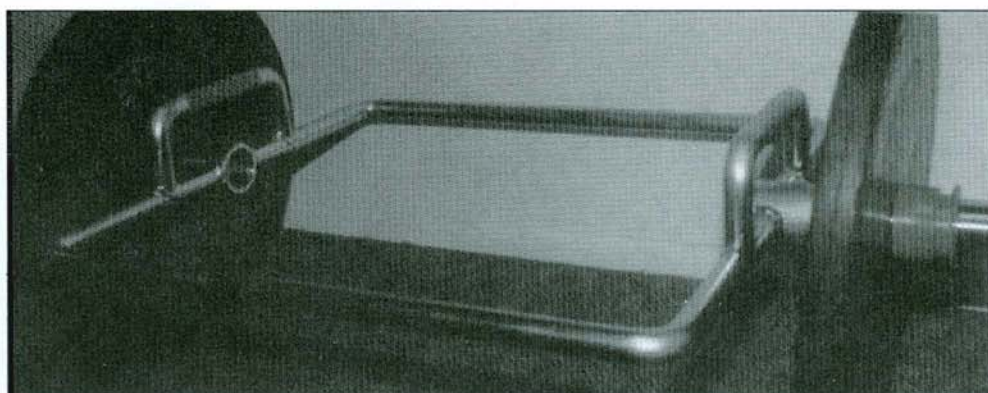
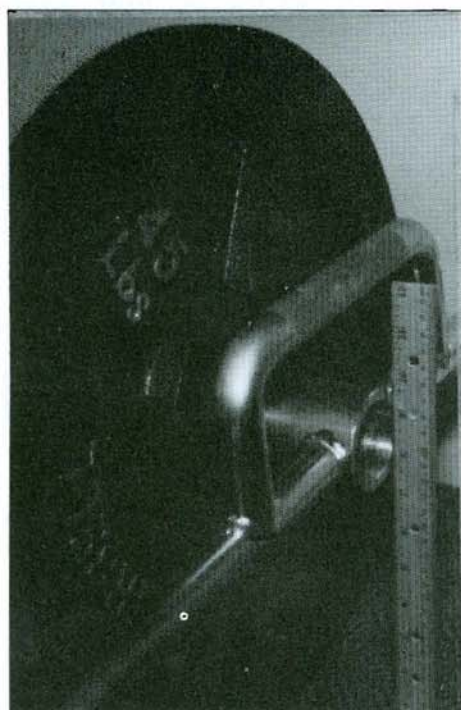
Senior Jesus NaVarro Dead Lifting With BFS Clinician Rick Anderson. "You Bite, You Claw You Fight and You Never Give Up."





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THE HIP BAR: OVERCOMING PLATEAUS THRU VARIATION!

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STANDARD PAD

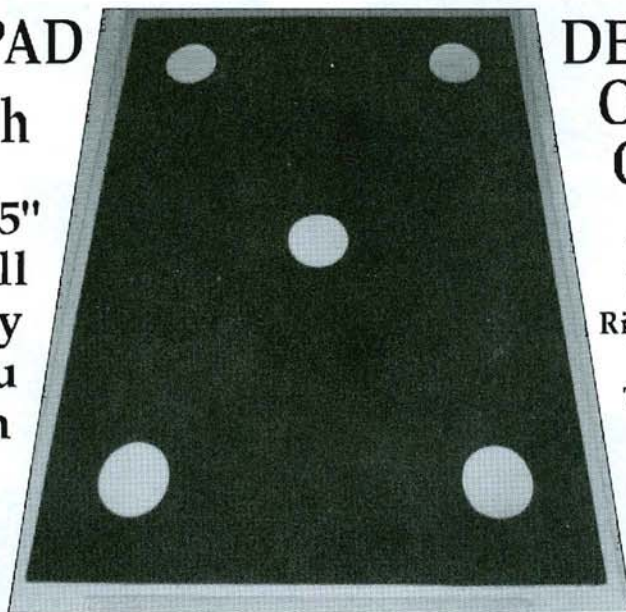
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