

# MORE SUCCESS STORIES



Lou Fogle, Asheville Head Coach

## ASHEVILLE HIGH WINS ELEVEN IN NORTH CAROLINA

Coach Lou Fogle was in Lexington High School in Lexington, S.C. back in 1986. This large 4A team had never come close to a conference championship since the school was consolidated and gone 4A. In his second year they had only won 1 game. Strength coordinator, Roger Hayes, and Coach Fogle decided to go to the BFS program. The next year (1986) Lexington went from last place in the conference to winning the conference championship and Coach Fogle was recognized as AP State Football Coach of the Year.

Then Coach Fogle came to Asheville, North Carolina four years ago and found a situation where the previous four years were all losing seasons. Coach Gene Hammonds, the strength coordinator and Coach Fogle installed Bigger, Faster, Stronger in the second year and went 6-4 that year. In the second year of the program they won the first conference championship since joining this conference and advanced to the second round of state 4A playoffs. Coach Fogle stated "We won 10 games that year. This year with many of our players in their third year in the BFS program we won 11 games going undefeated in the conference the second year in a row and we advanced to third round of state. We have led Western N.C. in both offense and defense the last two years as well as being the top ranked team in WNC the last two years."

## FROSTBURG, MARYLAND GOING STRONG

**Editor's Note:** Adam Patterson, Ed Crowe and Chris Vinci made our All-Sectional team. They are from the Mountaineers of Beall High School in Frostburg, Maryland. Here is a letter from Head Football Coach Bill Patterson and progress chart of Adam Patterson:

In receiving the latest issue of the BFS Journal, I was made to realize how quickly time passes. Three years have past since becoming familiar with the BFS system. From a very personal perspective, I would like to commend you and your staff on the BFS set/rep program. I started my son, then a seventh grader, on the readiness program. Needless to say, he quickly graduated into the regular set/rep system. The enclosed chart we devised for his progress and accomplishments is positive evidence of the effectiveness of the great BFS program. We have since incorporated the form for our team use.

I would highly recommend this program to any father, coach or P.E. instructor. The increases in strength, size and flexibility etc. are amazing but more importantly the self confidence developed through BFS system carries over into all aspects of a young mans' development academic and otherwise.

Through this personal experiment of my own with your system, I have since ordered many of the BFS equipment items (safety squats, learning tapes etc.) and have started our entire Football Team on the program. Last season it helped to propel us to a Regional Championship and State Playoff appearance. This season we fielded our strongest team ever. As you can see things are going well and I only wish I had started it sooner.

GRADE	HT	WT	BENCH	D.LIFT	SQUAT	CLEAN	40	VJ	SLJ	SHOT	DISCUS	FB HONORS
7	5-8	148	125	—	185	115	5.3	21	7-0	—	—	—
8	6-0	185	180	—	260	170	5.2	24	7-6	—	—	—
9	6-1	191	215	455	375	220	4.9	26	8-0	43	124	All-Conf.
★10	6-2	207	225	500	430	225	4.85	28	8-2	?	?	All-Conf.

★ As of Aug. 30th 1992 Adam also has a 3.85 G.P.A.

### SILSBEE, TEXAS DOES IT AGAIN!

Remember Mark Henry? At Silsbee High School in competition, Mark (6-2, 390 pounds) Squatted 840, Benched 500, and Dead Lifted 710 pounds. He's now at the Olympic Training Center in Colorado Springs and is making rapid progress towards the 1992 Summer Games.

Well, now they have two more amazing athletes. Jack Lloyd, Power Lifting Coach, reports that Adrian Arline, a 181 pound All-District running back, Squatted 620, Benched 345 and Dead Lifted 590 enroute to setting two state records. Wiley Webster, 198 pound sophomore All-District linebacker, also set two state records. Wiley Squatted 575, Benched 340 and Dead Lifted 700 for a 1615 pound total!

### TODD COLLINS TURNS PRO EARLY

Todd Collins, past BFS Athlete-of-the-Year, declared his intent to leave Carson-Newman College one year early. He should go very high in the draft. At the pro-draft camp where all 400 potential college draft choices are tested, Todd went Wild. He beat all other linebackers by two-tenths of a second in the forty! Art Shell, Oakland Raider Coach, remarked, "You kind of blew the black-white speed myth out of the water. How did you do it? Todd answered, "Bigger Faster Stronger!" Todd also set an all-time Pro-record on the agility test and the Cybex test. Good Luck Todd!