

HOW SWEET IT IS

SWEETWATER HIGH SCHOOL FINISHES 10-2 & DISTRICT CHAMPS

Sweetwater, Tennessee is just 40 miles south of Knoxville, with 450 students in the high school. The Sweetwater Wildcats are a 2-A school. Tennessee only has three classifications in football. Last August a veteran coaching staff greeted 53 players.

Head Coach Bill Dupes has had 35 years experience in college and high school. Bobby McKinnon, offensive line - defensive secondary - strength coach, has had 16 years experience also at the college and high school level. Rex Rhodes defensive coordinator, and Mickey Berrong, defensive ends - wide receivers, have 14 years experience between them. Coach Dupes has had a lot of previous success but in 1989 his squad finished 5-4 and in 1990 he experienced his first losing season going 4 wins and 5 losses.

**"Our Players Realized
Breaking Records Was Great."**

At the end of that disappointing season, the Sweetwater Coaches felt the level of play had dropped and the entire program needed a lift mentally and physically. They decided after that season to have a BFS Clinic. They waited until May after the winter program. The BFS Clinic was to kick off the Summer Conditioning Program.

Prior to the 1989 season, the Sweetwater Wildcats started a weight program which had five athletes Benching 200 with one at 240 pounds. During the winter of 1991, Sweetwater incorporated the BFS System into our routine. Coach McKinnon exclaimed, "The results were incredible."

Bench Press: 11 at 300-2 at 350
Parallel Squat: 12 at 400 plus
★ Power Clean: 17 at 200 plus
Dead Lift: 13 at 400 plus -1 at 615
Four Lift Total: 34 at 1000 plus

★ "Our Technique was way off until Coach Anderson's Clinic in May."

The Sweetwater Coaching Staff Wanted the following areas covered during the clinic:

1. **Motivation:** in the weight room and total program.
2. **Belief:** The Staff felt their team forgot how to win. Coach Anderson's job was to get the Wildcats to believe in themselves, the coaches and the program.
3. **Work Together Ethic:** The primary goal was to instill a We Not Me attitude.
4. **Get Back On The Winning Track In All Areas.**
5. **Learn Great Power Clean Techniques.**

Coach Dupes remembered the effects of the clinic, "It was a very positive result. It gave us a real focus. It all started in the weight room. We had the most interest ever with the best intensity. Our players realized breaking records on the BFS System was great."

"In past years, we had got knocked around but not last year. We lost by only point in the second round of the playoffs to a team we dominated statistically as we finished with a 10-2 record."

SWEETWATER PLAYER PROFILE

PLAYER	POS.	HT	WT	YR	40	BENCH	SQUAT	CLEAN	D.LIFT	STATS
Jon Moree	QB	6-1	190	SR	4.9	325	300	190	375	62% 1623 Yds 15 Tds
Sterling Davis	WR	6-3	190	JR	4.6	265	345	200	465	62 Catches 13 Tds
Larry Arwood	RB-LB	5-8	180	SO	4.6	280	405	210	505	929 Yds 19 Tds 70 Tackles
Tim Stiles	OL	5-11	225	JR	X	350	400	215	505	Made the above happen
Steffone McClendon	DL	5-11	220	JR	X	350	400	210	500	Made the above happen