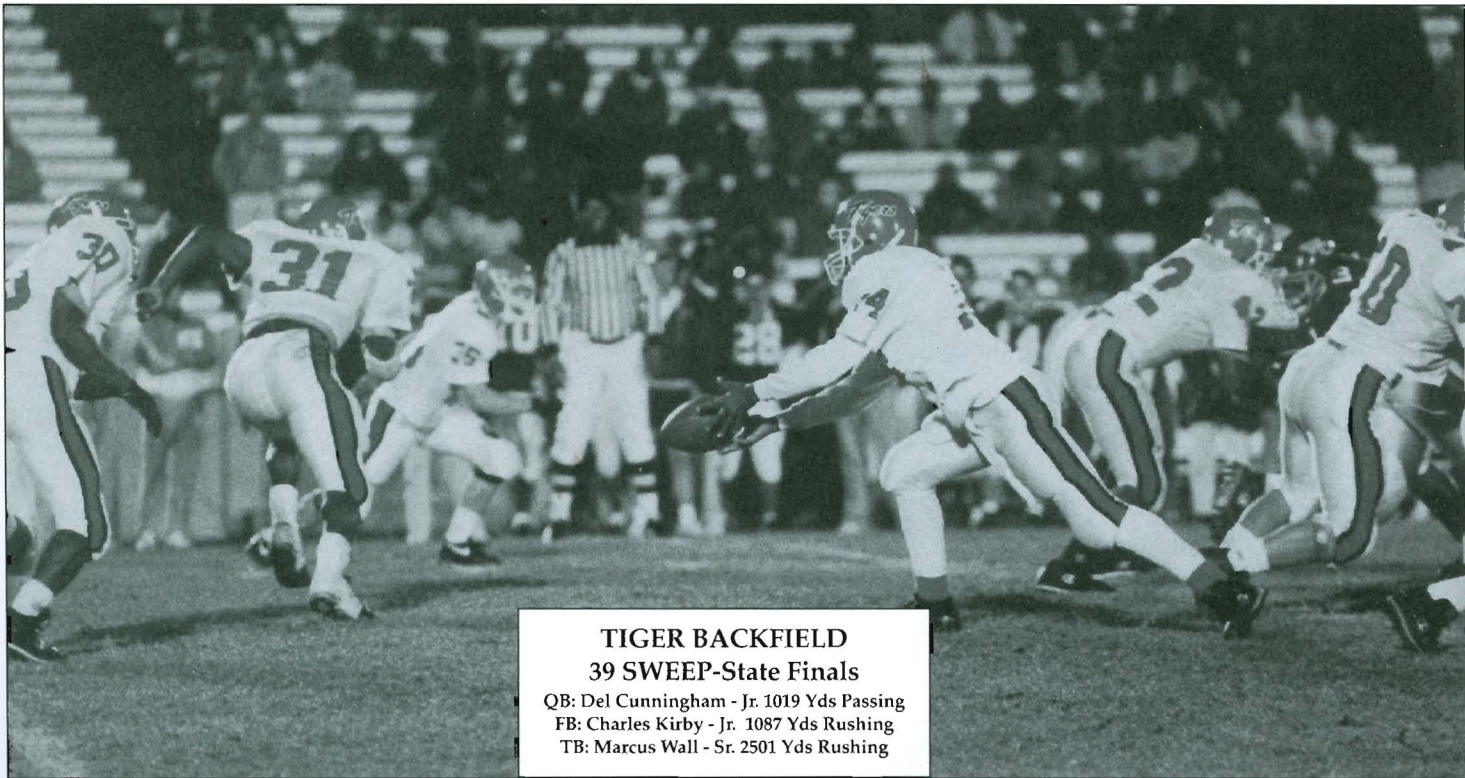


FROM RAGS TO RICHES



TIGER BACKFIELD

39 SWEEP-State Finals

QB: Del Cunningham - Jr. 1019 Yds Passing

FB: Charles Kirby - Jr. 1087 Yds Rushing

TB: Marcus Wall - Sr. 2501 Yds Rushing

SOUTH VIEW TIGERS

by Bobby Poss

Head Football Coach: Southview High North Carolina 4-A State Champions

After 17 years of football frustration, the South View Tigers began a new era in 1989. With a career record of 27 wins, 141 losses, and one tie, South View entered the 1989 season with a new coach, a new approach, and a new attitude.

Coach Bobby Poss came to South View that summer bringing enthusiasm, motivation, and the "Bigger, Faster, Stronger" program to a school that had finished at or near the bottom of its eight-team conference almost every year.

The combination of new coach, new attitude of the players, and the BFS program clicked and South View found itself in for the state playoffs for the first time ever as it posted a 7-3 regular season record. The Tigers finished 9-4 after winning two playoff games.

The following year, 1990, South View compiled a best-ever 8-2 regular season record losing two close games and failing to make the playoffs.

Eager to earn a trip back to the playoffs the team worked extra hard and had high hopes for 1991. Once

Editor's Note: Coach Bobby Poss is an Upper Limit Coach of the first order. We featured his Seventy-First High School team in the BFS Journal after they had won their 2nd State Championship. Then he moved to South View and Coach Poss and his new Tigers overcame great obstacles in winning another state championship. Coach Poss beat two other schools which have had BFS Clinics in the late playoff rounds, so the competition was tough. Congratulations to Coach Poss and the South View Tigers for winning state but more important congratulations to the entire program which reflects Upper Limit attitudes and character.

again the Mid-South 4-A Conference proved to be very challenging as the league's two playoff spots were not decided until the final night of the regular season. South View earned the number two berth in the playoffs after completing their second straight 8-2 season.

In the opening round of the playoffs, the Tigers traveled 220 miles to defeat Elizabeth City Northeastern, 34-6. The following week in a superbly played contest, South View defeated Raleigh Millbrook, 14-7. The playoff bracket finally brought the Tigers home for their third contest against undefeated Northern Durham. With a great Thanksgiving Holiday crowd on hand, the Tigers roared to

SOUTH VIEW HIGH SCHOOL



*Coach Bobby Poss Instructing Offensive Linemen
In State Championship Game.*

a surprising, 48-20 victory, qualifying for the North Carolina Eastern 4-A Championship game. South View traveled to meet unbeaten, 13-0, Wilmington New Hanover. The game was a thriller as the Tigers battled back from a 30-14 deficit to pull out a 37-36 last second victory and earn the right to play for the state title.

It was on to Chapel Hill and the University of North Carolina to play for the championship. The Tigers had to take on their third straight undefeated opponent, the nationally ranked by USA TODAY #12, 14-0, West Charlotte Lions. South View played its best defensive game of the year holding the high scoring Lions to seven points. The Tigers ball-control offense managed to keep possession for 29 minutes -- ten minutes longer than West Charlotte. With 49 seconds remaining, the Tigers kicked their only field goal of the year and edged out a 10-7 win to take the state crown.

In three years, the Tigers compiled a 30-8 record -- an amazing turnaround for a program that had won only 27 games in 17 years.

In 1989, Coach Poss came to South View from Fayetteville Seventy-First after having won two state championships and compiling a 68-27-1 record. Adding to the career challenging move

was the fact that Seventy-First was in the same conference and the two communities adjoined each other.

The BFS program had been used by Coach Poss at Seventy-First and he knew that it would be an important aspect in turning the South View program around. Through the support of the administration Coach Poss was able to move the weight room from the gym's back hallway to a 2,000 square foot vocational room. With the help of a local farmer, Buckshoot McMillian, Coach Poss was able to build 6 power racks, 5 plate holders and 4 power platforms. The school purchased 6 benches and eight 400 pound sets to go with the existing equipment. Putting the final coat of Tiger Orange paint on the racks the night before their first summer workout, Coach Poss could only vision the enthusiasm his players would have for their new workout area. The players responded and a new and positive attitude unfolded.

The Tigers took full advantage of their new weight room and scheduled six classes per day in weight training. The weight room is used year round and often after school for students and athletes.

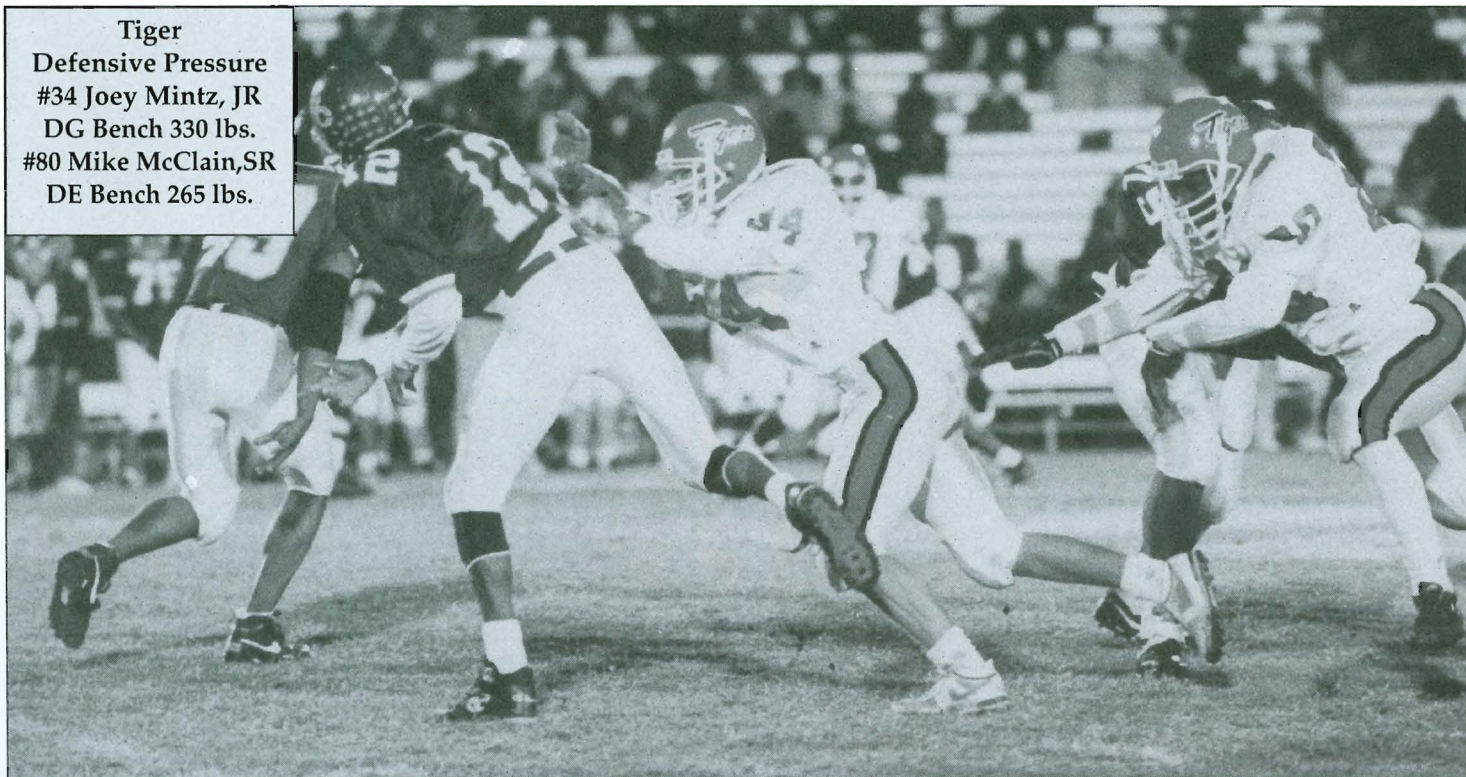
Now the Tigers are able to help skilled athletes become even better. But more importantly, take average athletes and give



The South View Tiger High School 2000 Square Foot Weight Room

N.C. 4-A STATE CHAMPIONS

**Tiger
Defensive Pressure**
#34 Joey Mintz, JR
DG Bench 330 lbs.
#80 Mike McClain, SR
DE Bench 265 lbs.



them a chance to excel to their fullest potential. Coach Poss believes that the key to success does not remain on the skilled athletes, but with the dedication of the average athletes to develop to their fullest abilities.

The 1991 Tigers were loaded with dedicated seniors that arrived on the scene with Coach Poss in 1989. Lead by record setting All-State tailback Marcus Wall (2501 yards rushing) and a veteran offensive line, the Tigers used a strong running game to win the state championship. The offensive line was built around five seniors and a junior. All were intense weight lifters who spent many hours in the weight room preparing for tiger football.

The Tigers lift year round. The summer program begins the first week of July and players lift three times per week during July and August. During the season the players lift four times per week. The off season program runs five days per week. It includes weights, running, quickness and plyometrics. The BFS dot drill is used for warm-ups!

The program really emphasizes the bench and squat. The power clean, trap bar dead lifts are also in the core program. BFS principles are taught and used.

The Tigers believe in the total development of the players. They truly believe that strength training and conditioning are an important aspect of the program. However, the most important component of the program is the spiritual development of our players. We have a team chaplain that speaks to our players each Thursday. This time is set aside for reflection. Tony Jernigan,



South View Fans Support The Tigers At the State Championship Game at University of North Carolina's Stadium

Chaplain, is also available to counsel and work with our players during the week. We also have a Fellowship of Christian Athletes huddle for our players to be a part of. Last summer, Coach Poss, Coach Rice, and nine athletes attended the National FCA camp at Black Mt., North Carolina. FCA plays a vital role in our teams development.

Dreams do come true. Through the various programs and hard work of the players South View Senior High School's football team went from Tiger Rags to Riches in just three years.

SOUTHVIEW: REAL LIFE QUEST FOR GREATNESS