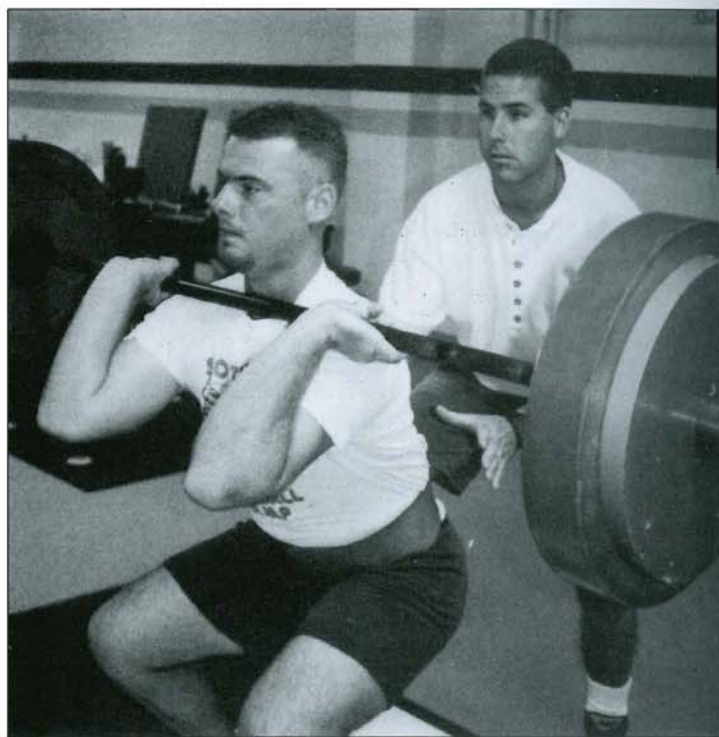


THREE RIVERS: JR. COLLEGE



Guard Latrell Sprewell: From Three Rivers, To Alabama, To First Round Draft Choice in 1992 By Golden State.

Head Basketball Coach/Athletic Director Gene Bess stated, "It would be hard to think of anybody else having a better year than we just had." Three Rivers Community College in Poplar Bluff, Missouri won an amazing 73 percent of its contests with an overall record of 158-59. Including all five sports of men's and women's basketball, volleyball, softball and baseball. Three Rivers brought home two conference titles, two sub-region titles and two region titles. But to top this off was the national Junior College Championships won last March in men's basketball. Coach Bess and team had a 35-3 record while laying claim to being the best out of all of our nation's junior colleges.



Baseball Player Shane Kearbey

Every team including the girl's teams, lift all year round. They even lift hard during the season. It's a complete program of the BFS Core Lifts, Auxiliary Lifts, BFS Dot Drill, Flexibility training and Plyometric Box Jumping. Jim Brown, BFS Clinician, works with and has made an impact on the Three Rivers program. Thomas Brundage ATC-C.S.C.S. serves as the Three Rivers trainer and strength coach. Coach Brundage, over his two year tenure, has seen less injuries and more wins.

He states, "We all do basically the same program. The coaches and players have all responded quite favorably. A lot of our women athletes have never lifted before but they have really got into it with a great attitude."



Angel Henson Represents Volleyball

UNIFIED CHAMPION PROGRAM



Women's Basketball Players Robyn Pekarek Squatting and Spotter Monica Williams.

Our baseball team does a team workout and we lift three days per week all year round. I've coached here at Three Rivers for eleven years and we've had a lifting program all of those eleven years.

I'm a firm believer that weight training will enhance you as long as it's done properly. I feel you must stretch afterwards and do your lifts with a full range of motion. I feel it can make good players better.

Coach Brundage, my assistant and myself are usually there for all workouts. I just feel that if its worth doing, its worth out time to be there.

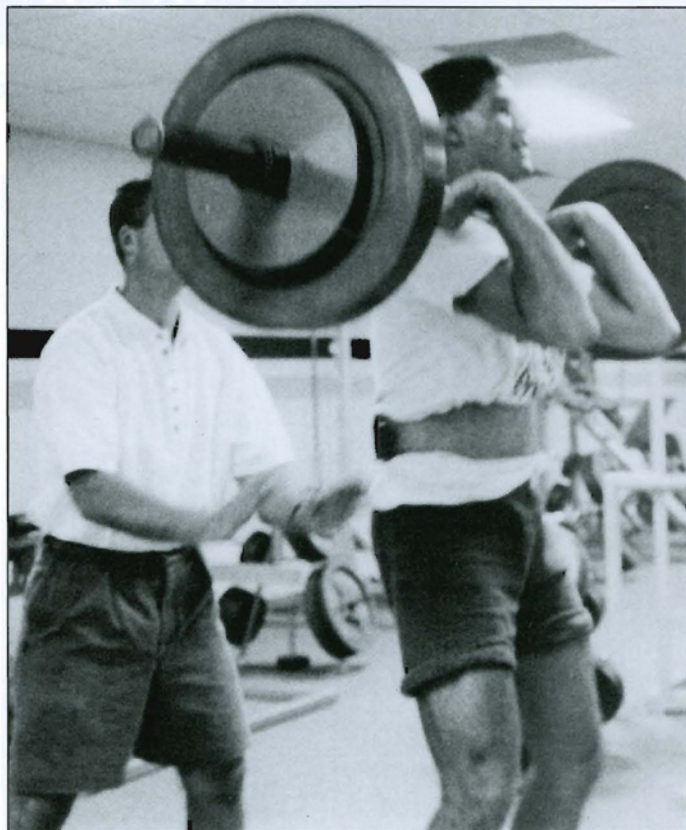
Dave Jarvis: Three Rivers Baseball Coach

Editor's Note: Coach Jarvis has been the head coach for 8 years and has compiled a 290-138 record including two regional, one conference, three sub-regional and two runner-up Central district championships.

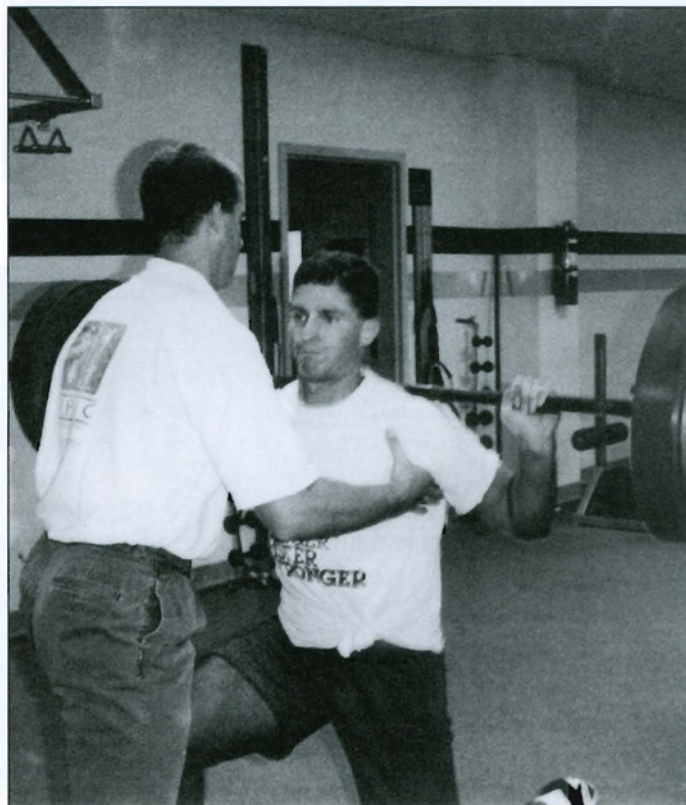
Our women volleyball and basketball players workout on a total strength and conditioning program two to three days per week. We do it all year round. It's made a vast improvement in our play and injuries. We only had two minor injuries last year. Both athletes were back in two weeks or less. Our improvement has been unbelievable.

Our girls just get right in there and do it. They know they're getting stronger. Their jumping ability and side-to-side movement improved. We've now been on the BFS program for two years.

Jack Childress: Three Rivers Women's Basketball and Volleyball Coach



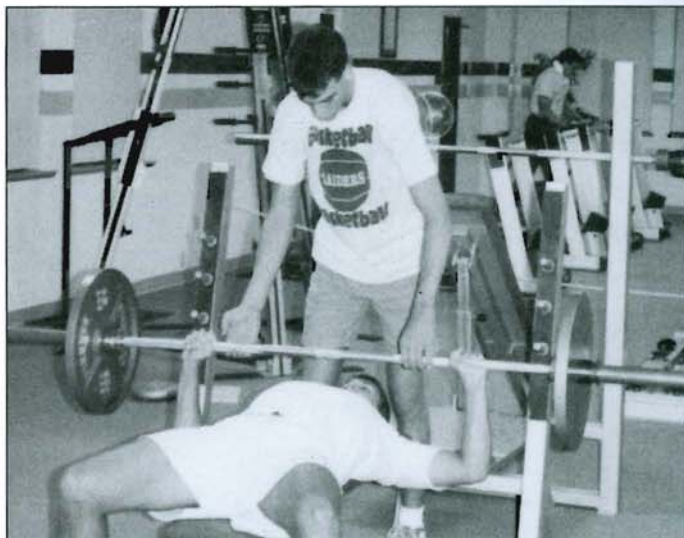
Brian Blackburn Starter on National Championship Basketball Team



Brian Blackburn Doing Lunges. He Signed with Arkansas State. Strength Coach-Trainer Thomas Brundage Spotting.



Brian Blackburn Doing Back Hyperextensions



Basketball Players: Brian Bess and Spotter, Justin Wimmer



Brian Blackburn with Coach Brundage



Brian Blackburn with Coach Brundage

Coach Gene Bess started 35 years ago with a weight program for his athletes. "It was Taboo back then but we even did Cleans," remembered Bess. "Joe Uhlis was my coach and he was a pioneer. He told me that the stronger you get, the quicker you'll be."

As a result, Coach Bess' teams began training in 1957. "I always thought that it'd give me an edge," stated Bess. "I even had my girls volleyball team lifting!" Coach Bess has been at Three Rivers for 25 years and has never had a losing season. His career record is 634 wins with only 161 losses. "I've seen great improvement. We lift the day before a game—maybe a little different but we lift. We also lift Monday, Wednesday and Friday all year long. The important thing is that we want to be at our strongest at playoff time," asserted Bess.

Finally, when asked about hurting a player's touch Coach Bess simply said, "I just tell people about Danny Foster. He was my best player, my best shooter and my best lifter."

"We've had a very positive response to the strength and conditioning program. When we first started three of four years ago, some of the girls were afraid of getting 'muscled up'. However, today they've all improved body wise and performance wise. They enjoy it and I think we've even improved academically."

"I've seen our girls improve in running bases, hitting and throwing. I can really tell the differences in my sophomores when I compare them to my freshman, most of whom have never weight trained before. When they train, their wrist action is faster and, of course, we have cut down on injuries."

Ron Rains: Three Rivers Softball Coach