

SUCCESS STORIES

NORWICH AGAIN!

Editor's Note: Did a BFS Clinic for Norwich High School and Coach John Pluta. Two of his kids made first team BFS All-Americans: Tom Stoddard and Dan Jennings. Here's a letter from Coach Pluta:

Dr. Shepard,

The Norwich Purple Tornado Football team has taken it to the top this past season. After being beaten by Division I Binghamton (pre-season number one ranked, end of year eighth rank in state) we cranked out ten consecutive wins on our way to a Section IV Division III (defended our 1991 Championship) title, a Section IV Class B Championship, and a New York State Class B Regional Championship. At this time we are ranked sixth in the state. I don't believe there is a better Class B team in New York than us! Next year the final game for a true state championship is being planned. We plan on fighting our way back so we can be the first to win it!

We owe so much to you and BFS for a sensational strength training program. Our off season program is still going strong and we had a great inseason program this season.

**TOM
STODDARD**

**NORWICH
HIGH
SCHOOL**



A first team BFS All Star from last season, Tom Stoddard, had another BFS Greatness year. This young man, who has overcome a serious hearing disability, started off by being the Section IV 215 lb. Wrestling Champion last spring. This past fall he became a two-time captain for us, made the All County, All League, and All Metro All Star teams, and is being considered for All-State honors.

He was awarded our MVP trophy for this past season and most importantly reached his long time goal of making the High Honor Roll. Tom is truly a great young man.

Because of the efforts of young men like Tom, and a wonderful coaching staff that led us to a 10-1 record and a Regional Championship. I had the honor of being selected as Section IV Coach of the Year. I thank God, my family, and you for your special inspiration.

Go Purple!

John Pluta: Football Coach, Norwich High School

AMBROSE GARCIA: RB

Editor's Note: Because of a serious injury we could not repeat Ambrose as a first team BFS All-American, but we can honor him here as a Special Mention, as told by Coach Tomey.

5'-10 1/2"

190 lbs.

4.5 - 40

3.6 GPA

TB - LB

Track

Baseball



475
Squat

300
Bench

290
Clean

535
D. Lift

250
Cl. & Jk.

**Ambrose Garcia: Perry Meridian High School
Indianapolis, Indiana**

Dear Dr. Shepard and staff,

The young man I am nominating was a first team B.F.S. All-American as a junior. Unfortunately Ambrose Garcia broke his ankle the third game of the season. Because of this misfortune Ambrose did not break our school record for rushing and all-purpose yardage. He also did not make all-conference or state. I still must nominate Ambrose because of what he has done for our program; how hard he has worked for four years; and that he lives his life daily as an "upper-limit" athlete.

Despite the injury and the fact that many major colleges that recruited him a year ago have backed off because of that injury, Ambrose has kept a great attitude. Ambrose continues his focus on being a very successful collegiate athlete. Considering that many of the Ivy League schools are still recruiting him speaks highly of his academics.

Ambrose has avoided the drug, alcohol, and tobacco pressures which has become a serious situation at our school. He is a fantastic example to our younger students.

If Ambrose had not received the injury there is no question he would have been all-state and broke every rushing record we have. We realize that it is not possible to become a repeat first team B.F.S. all-American, but please give some special recognition to this special young man.

Coach Michael K. Tomey, C.S.C.S.

SUCCESS STORIES



Coach Travis Farrar of the Lumberjacks at Spring Hill High School in Louisiana just completed his third BFS Clinic. After his first one, Travis won the State Championship. At this Clinic we set a BFS State Record! These 19 athletes Dead Lifted 500 or more pounds. It was one bodacious ending to the clinic.

COACH FARRAR, "BFS CLINICS ARE THE BEST KEPT SECRET TO WINNING IN THE NATION."



Three athletes from Springhill with Coach Greg Shepard. These men Dead Lifted 600 pounds at the BFS Clinic.

ADAM PATTERSON

Beall High School
Frostburg, MD
2nd Team BFS
All – American

"Adam and I have been a disciple of the program since his 7th grade graduation from the BFS Readiness Program. Adam continues to sing the praises of Dr. Shepard and the Bigger Faster Stronger Program. Coach Shepard, thanks for opening up so many doors to our football program."

Bill Patterson: Head FB Coach Beall H.S.

ADAM PATTERSON: BEALL FOOTBALL PLAYER PROGRESS CHART										
GRADE	HT.	WT.	BENCH	D. LIFT	SQUAT	CLEAN	40	V.J.	S.L.J.	G.P.A.
7	5-8	145	125	-	185	115	5.3	21	7-0	-
11	6-2	210	250	600	460	240	4.7	29	8-2	3.92

KEVIN ROBINSON

In the December 1989 issue of Bigger Faster Stronger we did a Readiness Program article featuring Kevin. We thought an update would be interesting.

Kevin was selected to the All-State 2nd Team his Junior year at middle linebacker and First Team as a senior, having recorded 157 tackles this year in 10 games. Kevin has tremendous work habits as you can see from his PR's in the weight room. He is being recruited seriously by Tennessee, Iowa, Kansas State, Memphis State, and Wisconsin, and is being written to by more than 2 dozen others. His success extends over into track and field and he still has that ahead of him.

It was a great motivation for him when he and other members of the Perryville Pirates were able to attend the Bigger Faster Stronger Clinic at Poplar Bluff, Missouri, in the spring of 1990. He had the opportunity to meet and talk with Stefan Fernholm and to this day regards it as a highlight in his young life. Since that day, Kevin has had 3 knee surgeries to fight back from, and he has done it convincingly.

In an area in which large consumption of alcohol by the students is the expected norm, Kevin has taken a strong stand against it and has been a strong leader among his peers. Kevin's football coach, Ron Fritz, made the comment in a radio interview after their last game that he was a coach's dream that you hope may come along once in a lifetime. The head football coach from Southeast Missouri State University, a Division 1AA school, after scouting a game in which Kevin had 25 tackles and a pass interception, said he was the first high school middle linebacker he had seen that could tackle from sideline to sideline.

Although unsure at this time as to his choice of university, Kevin is leaning toward Tennessee or Memphis State, on the condition of being able to participate in track along with football. As far as his field of study, he is looking strongly toward veterinary medicine.

Kevin is also thinking heavy about doing only the Decathlon in college as he should be throwing the Discus over 180, the Shot over 60, and High Jumping about 6-10 his Senior year at Perryville High School.

ERIC BUTLER

5'-7" 170 lbs. 4.35 - 40 39" V.J.
340 Bench 500 Squat 270 Clean

Single Game Rush: 17/401 Yds. 23.5 Yds./Carry, Single Season Rush:208/2,198 yds., 10.6 Yds/Carry, 220 Yds. Per Game, 28 TD's, Twice Scored 5 TDs/Game, Career Rush: 611/5,056, 8.3 Yds/Carry, 51 TD's, 310 Points, All State:2 Years

Dear Coach Shepard,

I know you are always interested in young men who excel in the Wt. Room as well as on the athletic field. I would like to give you some stats on Senior Running Back Eric Butler, who led us to a District, Conference and County championship this year. We are very proud of Eric and his accomplishments, and wish him well next year as a Jr. College prospect.

Although Eric has tremendous natural ability he has benefitted greatly from a sound Wt. Lifting program. A program which last Wt. Lifting season produced 8 lifters over 300 Bench and 6 over 250 clean/jerk. The group was lead by Mike Robinson (5'11" 320 lbs.) with a 405 bench, 600 squat, 600 dead lift and a 295 clean/jerk. I enjoy teaching, motivating and even pumping a little iron with these young men; even as a member of the "over the hill gang" (40 yrs. old) I can still hold my ground (405 bench, 500 squat).

Well, I'll close for now, but I thought you might like to know that many of your ideas (BFS Journal) are put to good use.

**John Wallauer, Head Football Coach
St. Cloud High School, St. Cloud, Florida**

KEVIN ROBINSON RECORDS & STATS

**Bench:345 Power Clean:275 Squat:465 GPA:3.3
Dead Lift:505 Age 14 BFS Clinic 40:4.68**

High School Football Records at Middle Linebacker

Most Tackles in One Game:25 Season:157 Career:353
2nd Team All-State: Jr. Year 1st Team All-State: Sr. Year
Blue Chip Magazine Pre-Season All-Regional Team

Shot:56'3" Soph. Year Discus: 163'-11" Jr. Year H.J.:6'6" Jr.
Still Current AAU Indoor National Record Holder in Shot Put
Age 13-14 Year Olds: 59' 2 3/4" Set in 1989 at Univ. of Kansas

NATIONAL WOMEN'S POWERLIFT CHAMP

Mindy Alexander from Tunkhannock High School in Pennsylvania won the National Drug Free Powerlifting Championship and set records: 418 Squat, 225 Bench, 385 Dead Lift. Mindy also throws the discus and now attends Ohio Wesleyan Univeristy as a freshman.