

TWICE AS NICE



Dave Walls, # 20, finds running room against Tattnoll Square

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Raiders’ State Titles Begin to Roll

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Winning football games has always been a tradition at Southland Academy in Americus, Georgia. In 1986, on the fifth trip to the Georgia Independent School Association AAA Title Game, the Southland Academy Raiders won their first State Championship. However, over the next three years, disaster struck Southland as their record reached a dismal 12-20 with two consecutive losing seasons in 1988 and again in 1989. From State Champs to repeat losing seasons, the Raiders were looking at a possible third losing season with no real promise for the future. During this time the Raider coaches decided that a change must be made in order for Southland to reclaim its title as the best AAA team in Georgia.

Considering the teams’ physical size and the small number of kids out for team in the spring, and continuing through the fall, the Raider Coaching Staff decided they needed a change in the weightlifting program. Head Coach Loveard McMicheal and his staff, Craig Rhodes, Tony Anderson, and Carl Pollock considered many different approaches and techniques, and decided to use the *Bigger Faster Stronger*, Total Program. Mainly due to the success they knew other schools were having using the program in similar situations.

In the winter of 1990 the rebuilding of a championship team began. The coaching staff knew that they needed to expand the weight room facilities and make a commitment to the *Bigger Faster Stronger* program. With the help of truly dedicated players and two weeks of hard work over the Christmas holidays, the team renovated an old locker room and made it into the Raiders' new weight room.

As the foundation for the Southland program, the core lifts have formed the base. Some new equipment was purchased from *Bigger Faster Stronger* and the intensity began to build as the team began to work harder than ever before. The attitudes of the athletes changed tremendously. The small team that came out in the spring of the year suddenly became more confident while the Raiders grew to become bigger, faster, and stronger.

The months of hard work and dedication began to show on the field as Southland went 10-2-1, making

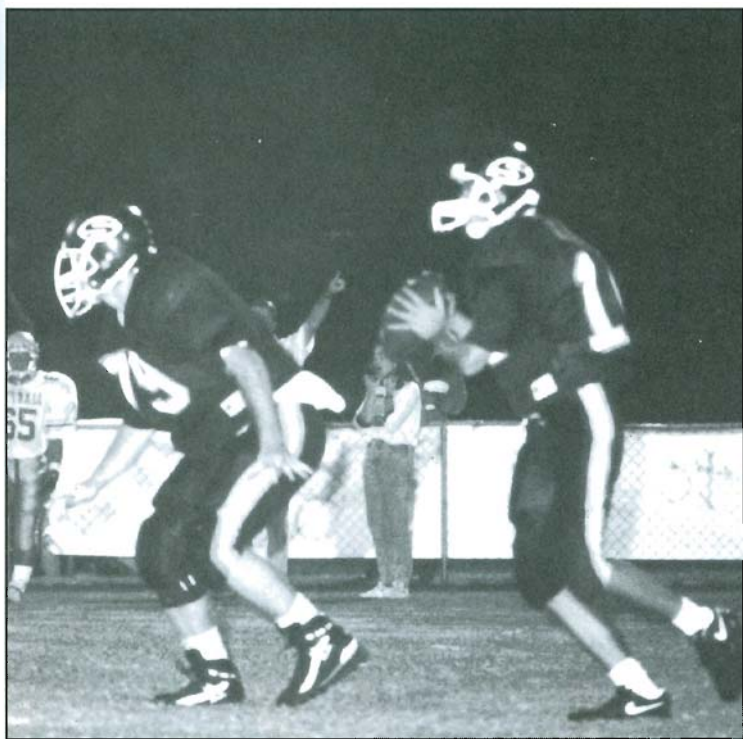


Chris Castleberry, #30, opens a hole for #20, Dave Walls, in a brawl against Tattnoll Square

it to the State Semi-finals that 1990 season. The best was yet to come. In 1991, the tradition of hard work and determined commitment to becoming the best grew. The team continued to use the **Bigger Faster Stronger** program which brought the Southland Academy Raiders an undefeated, 14-0 season and a State Championship. In 1992, it was twice as nice, the Raiders finished 12-2 and secured for the second time running, the State Championship in a tense game decided in double overtime by a score of 27-21.

Southland Football Coach Craig Rhodes stated, "Because of the information provided by Bigger Faster Stronger, we coaches feel that BFS has definitely made a difference in Southland's program."

Bigger Faster Stronger congratulates and praises the Southland Academy Raiders for their commitment to excel and their determination to win.



Jason Mitchell, #79, sets up to block for Quarterback Chad Roland, #16.

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Coach Craig Rhodes