



THOMAS MORE COLLEGE

NEW DIVISION III POWER

By Bill Vernard

Head Strength Coach & Assistant Football Coach

As a Division III school in Crestview Hills, Kentucky, Thomas More College offered most collegiate sports as well as a great education, but not football. It wasn't until 1990 that Thomas More College fielded its first ever football team.

Vic Clark became the first head coach in Blue Rebel history and immediately built a weight room adequate to house all athletes at Thomas More College (TMC), including at least 100 new football players. However, only 1500 pounds of free weights were available to the athletes at that time, but the players worked hard and finished the first season at 3-

6, one loss coming to 1-AA University of Montana. The Blue Rebel weight room then received a face lift with the addition of more weights and equipment.

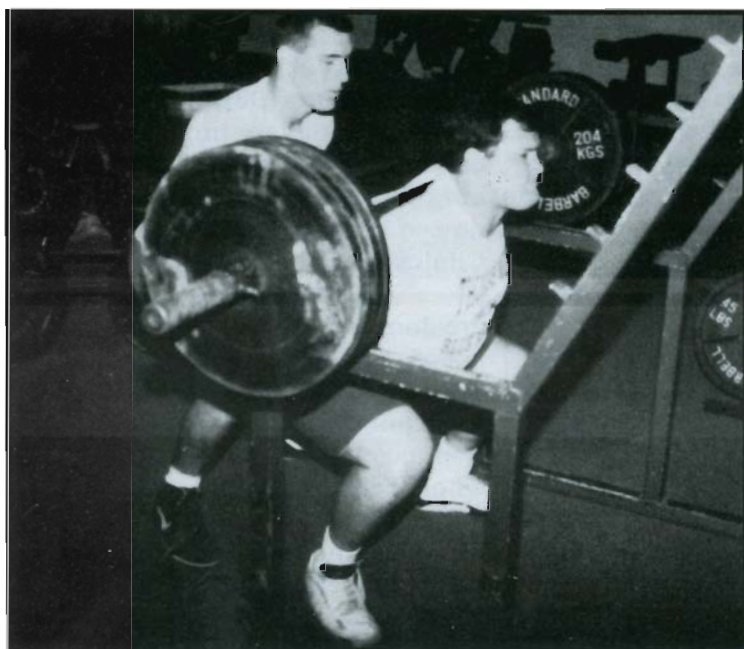
When I arrived before the 1991 season as the first strength coach in Thomas More history, there was 7000 pounds of free weights and dumbbells, but no Power Clean Stations. Coach Clark handed me the key to the weight room and said to do whatever it takes. We then put together Power Clean Platforms and purchased materials necessary to institute the BFS Program at TMC.

In 1991 Thomas More College did what no one else had ever done; they went undefeated,

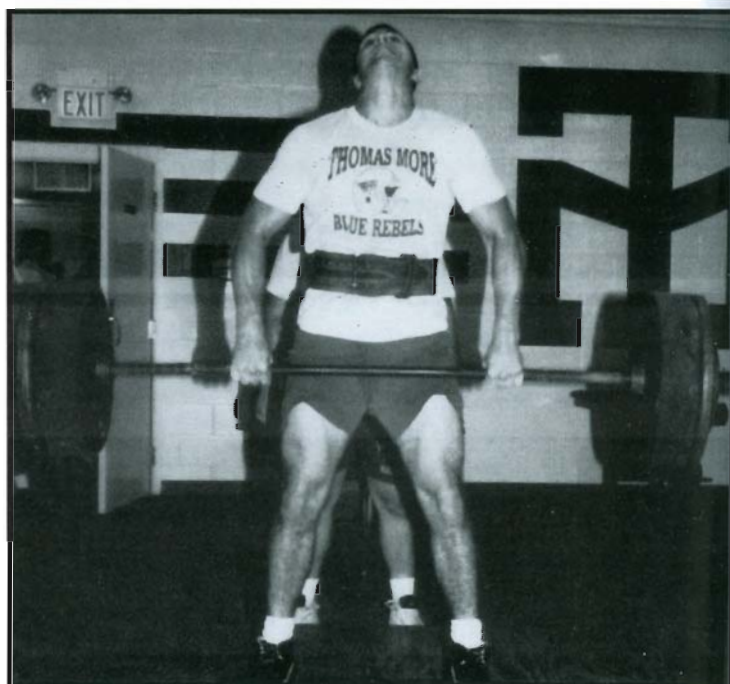
10-1 in their second year at football! The down side to this story is Thomas More did not receive a playoff bid. This only served as the driving force for the 1992 Blue Rebels.

The Blue Rebels spent their first full off-season in the BFS program and broke most of the existing records. The results were fantastic, a 9-1 record with the only loss coming to the #1 ranked Dayton Flyers, 18-7. The NCAA did not overlook the Blue Rebels this time. Even though TMC lost in the first round of the playoffs, they had taken a giant step for a third year program.

The 1993 season is underway with the Blue Rebels current-



Two Time All-Conference Center Scott Steiner Is Tops On Squat For The Offensive Line At 575 lbs.



All-American Defensive End Joe Shriver Rips Up 285 lbs. On The Power Clean.



All-American Linebacker Mike Woolf Owns A 370 lb. Bench.

ly at 5-2, 1-0 and improving weekly. Like any other program though, it takes great players who are dedicated to being champions in order to succeed. Thomas More will be looking to win its third straight conference championship: TMC has never lost a conference game! With numerous All-Conference players returning, as well as three All-Americans,

it is understandable why Thomas More College is 8-0 in Conference history.

The story does not end there. The Thomas More volleyball team also utilizes the BFS program. Their success has been phenomenal with two NCAA appearances, 1991 and 1992, coming one game from the Final Four last year. The ladies are currently ranked #4 in the country for NCAA Division III.

I would like to thank BFS for being a part of our success, especially Greg Shepard for being such a great motivator.....□

EDITOR'S NOTE: Coach Vernard sponsored a BFS clinic through the college. He was a dynamic go-getter who instilled Upper Limit values in his players. He has created and developed one of the top college strength and conditioning programs in the country.

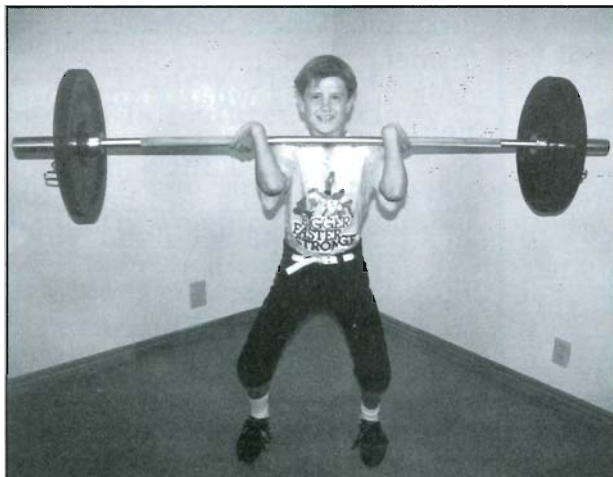
Coach Vernard also had Tim Odom, Head Football Coach at Simon-Kenton High School, at the clinic with his players. I stayed with Coach Odom and he decided to go totally with our BFS program. At this writing, Simon-Kenton is 7-2 and already qualified for the playoffs. They've never done that in their 25 year history. In fact it's the first winning season in 15 years.

Coach Odom stated, "In one of our games, we were behind 21-0 with ten minutes left. We came back and won in overtime. The kids never lost the vision Coach Shepard gave them at the clinic. We're going to have another BFS clinic next January and this time a 2-day one."

What is the BFS Readiness Program?

The Bigger Faster Stronger Readiness Program has been specifically designed for those athletes who are just starting out, as young as 7th grade. It teaches athletes how to lift with precise technique. When the requirements are met athletes graduate to the Advanced BFS Program. Also covered: Speed, Agility, Flexibility, Vertical Jump and More! **Excellent for Junior Highs.**

Below is Adam who is barely 9 years old - he weighs 75 pounds and is Cleaning 35 pounds! Adam is using the 15 pound BFS Aluma-Lite Bar and BFS 10 pound Bumpers!



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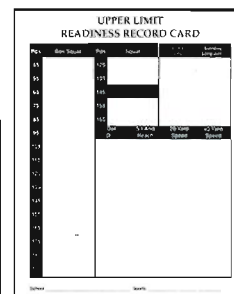
**BFS ALUMA-LITE
BAR
\$119**

Readiness Manual \$4.00 Each



The Readiness Manual is 22 pages of instruction for each lift complete with photographs. A full record section to record all lifts and agility workouts. A must for first time Readiness users.

Record Card .50 ¢ Each



The Record Card is a double sided heavy card stock record sheet. Set up to record all lifts, until graduation to the advanced BFS system. Recommended for those already on the program