

TRIGG COUNTY KENTUCKY

BREAKS READINESS RECORDS

Editor's Note:

Football Coach Dixie Jones has long been a leader in strength training at the high school level. His athletes have produced prodigious totals for many years. Two of his athletes, Kenny Allen and Tim Bush, made our 1994 Southern States All-Sectional Team. Coach Jones wrote to me about his young kids. They have already achieved some remarkable results. The Trigg County Wildcats are a vanguard for our nation's young athletes.

Once again I commend you, Dr. Shepard, and your staff on an excellent job of selecting All-Americans. It is quite obvious that every year the quality improves. This is testimony to the job being done by many coaches across the nation. We, as coaches must all realize the tremendous influence we have on youth today, not only for their physical development but as molders of citizens for the future. This task is more important than wins or losses.

I was especially interested in the 8th grade athlete recognized in the journal and felt compelled to write and "brag" on the accomplishments of some of our 7th and 8th graders involved in our middle school readiness program. These results are accurate as our High School team has been competing in powerlifting for 11

years. (Editor's note: Trigg County has finished in the top three at the Kentucky State Powerlifting meet for 11 straight years and just recently won the 1993 championship with an enrollment of only 545 students.)

I included a chart that shows the final test results for our entire "Midcat" weight training program. Just look at the team averages for the 8th grade. Four of these eighth graders even qualified for the state meet and Cedric Bingham placed 5th competing against juniors and seniors. He was the only 8th grader in the state to place in the top five. We also had a 9th grader who placed 2nd in the 175 pound class who only a year ago was in our readiness program. This freshman really was "ready" when he got to high school. He started for us at linebacker and did a good job.

As you can see, we have several individuals with outstanding maximums, including: Seven with a Bench Press of 165 or more. Two of those were 200 pounds. Six athletes have Squats of 225 pounds or higher. (Check out the two 8th graders with 315 and 350 pound Squats) Nine have a 300 pound Dead Lift or higher while eight Hang Clean with 150 pounds or higher. Five have 20-inch plus Vertical Jump and five have better than 5.0 speed.

Needless to say, we are expecting great things from this group of young men. And how did we achieve results? It was a combination of commitment and hard work by the kids and the BFS Readiness Program with some modifications to fit our needs and situation. We have been using this program for 8 years now and our first 7th graders to go through the readiness program reached the state finals in football and won two state powerlifting titles.

I am a firm believer in the program and the results it will produce. Our readiness program consists of the four core exercises: Bench, Squat, Clean and Dead Lift. We have other suitable auxiliary lifts. We also begin with the BFS Dot Drill and include plyometrics in our workout.

As a coach, I know that a player who has completed the readiness program has a good solid strength base and when he enters high school he is ready to begin the olympic lifts to really improve his athletic ability.

Thank you for letting me "brag" on these guys. They have worked hard.

Dixie Jones, Football Coach
Trigg County High School,
Cadiz, Kentucky

Name	Class	Wt.	Bench	Squat	D.Lift	Clean	V.J.	40	Dots
Oakley	8	134	125	185	295	130	20	5.2	44
Ginn	8	99	125	155	195	105	16	5.5	49
Carter	8	217	136	205	315	115	15	6.1	76
Webster	8	126	95	145	225	110	18	5.6	105
J. Boyd	8	155	95	165	265	115	14	5.5	76
Brady	8	153	145	205	315	160	22	4.8	49
Cavanaugh	8	121	175	225	315	180	23	4.6	57
Pellegrino	8	145	210	275	350	180	25	4.8	45
Waldrop	8	228	200	350	415	185	22	5.6	52
Alexander	8	135	115	165	295	135	21	5.3	-
Skinner	8	145	195	195	315	150	23	4.9	-
Quarles	8	129	115	185	285	145	21	5.0	-
Bingham	8	145	190	315	405	210	28	4.7	-
AVERAGE		148	147	213	308	147	20	5.2	61

Name	Class	Wt.	Bench	Squat	D.Lift	Clean	V.J.	40	Dots
Baker	7	153	165	215	245	175	16	5.4	51
James	7	168	125	195	-	-	-	6.4	68
Curtis	7	130	75	125	175	85	13	5.9	72
L. Radford	7	97	105	135	155	105	19	5.5	55
Cowbell	7	150	135	-	-	-	-	-	57
Hensley	7	93	80	145	175	80	18	5.5	57
Price	7	177	165	225	350	170	16	5.4	60
Johnson	7	112	95	135	245	95	18	5.3	56
Rush	7	154	115	185	190	160	16	5.5	62
Randolph	7	141	115	155	245	110	19	5.3	49
Willis	7	120	85	135	175	75	12	6.6	80
Simmons	7	134	130	155	225	115	17	5.5	64
J. Radford	7	-	-	-	155	80	13	6.1	75
AVERAGE		136	116	181	277	125	18	6.7	67