

GRACEVILLE TIGERS



Coach Bill Wiles was a brand new coach at Graceville last year and began coaching in February 1993. Ten months later his team was crowned with the Florida Class A State Championship.

**By Bill Wiles
Head Football Coach**

The first thing I did when I arrived at Graceville was to start the BFS program. Our athletes made great improvements right up to December 11th, our state championship game. It was the first time these kids had been on an intense structured program.

We feel that we run the Total BFS Program at Graceville High School. We are

a small high school, therefore we must share our athletes, that is most of our football players are also basketball, baseball and/or track athletes. As coaches, we are glad to see our kids participate in ALL sports for a variety of reasons. Mainly because we know that they are involved in something positive year-round.

We attempt to have our athletes enrolled into Physical education classes where we

implement the Bigger Faster Stronger program. We run our program according to most BFS guidelines. That is, In-Season athletes train twice per week while during the Off-Season athletes train five days per week. Football wise, we continue to train throughout the summer. We lift, do agilities and sprint work two nights per week. We do this as a TEAM. It only takes about 75 minutes. We feel this is invaluable.



Graceville High School

Graceville Florida

Class A (Enrollment 219)

Overall Record 12-2

District Champions (4-0 in district)

Outscored District Opponents 108-12

Outscored Playoff Opponents 111-27

RECORD KEEPING: We use the BFS Record Cards. Each athlete has his own and we keep track of records broken. We do different things to inspire our kids to give solid efforts. (T- Shirt, Awards, Etc.) We test one rep maxes, 40 times, vertical jumps and flexibility and so on once every six weeks and post the results on our BFS Record Board in the weight room.

STRENGTH OF THE TEAM: The biggest part of our success

came from our senior leadership and team unity. Lots of folks talk "team" but we were the epitome of that word. Our seniors led the way . . . and our kids had a genuine love and respect for each other. We had several types of senior leadership. We had vocal leaders in Alex Broxton and Shane Dawkins. Sean Kelly and Jay Jett were two of the hardest working kids I've ever been around. Then, we had kids like



**Senior RB-OLB, Jay Jett,
6-0, 175. Squats 445.
Benches 235. and
has 4.69 Speed**

Rod Adams, Jeremy Sowell, Craig Laster, Boo Curry, Anthony Church, and Cornelius Wesley, who just packed their lunch box, put on their hard hat and went to work. There is no doubt that our underclassmen looked up to these guys and worked their tails off so as not to let the seniors down. Our success was undeniably a total team effort from top to bottom.

INJURY FREE: We played 14 football games in 1993 in-route to the state championship. Only one player missed one game because of an injury. I would like to think that our preparation had something to do with that.

It seems like a lifetime experiences can be shared through a football season with some great lessons learned in the process. I guess that's what makes it such a great game. Graceville did not have it all that easy, especially at the beginning of the season. They won their first game but then



**Junior Lee Wesley Gained 6.4 Yards Per Carry
for The Season and One TD and a Fumble
Recovery in Graceville's Final Game**



dropped the next two. The team could have folded and made up excuses but too much work and sacrifice had been given throughout the year. A meeting was called to discuss possible problems and then if there was what could be done to correct the situation. Team captain Alex Broxton said there was no yelling or finger pointing as the Tigers went about the business of self management. They went about correcting themselves, predictably in a calm and cool manner. Broxton explained, "Nobody was really doing that badly - everybody was trying - but we couldn't win."

That meeting paid big dividends. The Tigers reeled off 11



Terriance Curry Averaged 6.7 Yards Per Carry During the Season and scored two TD's in the State Championship Game

straight wins and a number of those games they were the underdogs. What a lesson! When things aren't going well in business or in a family, shouldn't you do the same thing? Talk things out without finger pointing and reunite the people involved with a common resolve. When you can respect and love one another, anything is possible as a team, business or a family.

My thanks to Head Coach Bill Wiles and his staff of Butch Kindig, James Harris, Al Hayes, Rob Armstrong and Brian Collins. They are Upper Limit. Thanks also to the Graceville Tiger football team for working hard, staying together and being great examples.....□

Beall High School Finds Success With BFS

A Letter From Bill Patterson Beall High School Head Football Coach

"I would like to send along my gratitude for our team and myself personally for the impact your BFS program has had on our team and on my son for the past four years. This season our team broke many school records on it's way to the State Championship Game including a first ever undefeated regular season. This was our first ever playoff victory and obviously a first ever appearance in the championship game. It was a dream season for me as a coach and father. Your program and the kids commitment to it brought many firsts for our team, school and community.



I personally appreciate your BFS Program and recommend it highly as a program that builds the total person physical, mental and spiritual. I only need to look at my own

son Adam and how he grew from a 117 pounder on the Readiness Program to a 6'2" 223 pound Div I-A scholarship athlete today!".....□