

KNIGHT TIME

NORTHERN KNIGHTS OF NORTH CAROLINA CAPTURE THEIR FIRST STATE TITLE AND A #9 USA TODAY RANKING

**By Bob Larson
Northern High School**

Northern High School in Durham, North Carolina, has long enjoyed a rich football tradition. On December 11, 1993, Head Coach Kenny Browning's Knights captured the school's

first 4A football state championship. The Knights defeated a very talented and undefeated West Charlotte team by a score of 39-6, the largest margin of victory in 4A state championship history. This incredible team began the 1993 campaign ranked #1 in the state by the Associated Press and remained there throughout the 15-0 season, fin-



**Bobby Jones, Steve Carrson, and Defensive MVP
Sherrod Peace, Sack West Charlotte Quarterback**



**Northern Knights Celebrate
Their State Championship**

ishing the year ranked number 9 in the nation by USA Today. The coaching staff at Northern feels certain that our six year relationship with Dr. Greg Shepard and the Bigger Faster Stronger program has helped us to reach our current level of success.

Our coaching staff began reading about the BFS program in the Spring of 1987. We decided to implement some of the coaching points and lifting techniques in our physical education classes and in our after school strength and conditioning program. We liked what we saw, and in 1988 we decided to host a BFS Total Program for our entire



1993 Northern High School AAAA North Carolina State Champions

coaching staff and all our athletes. Dr. Shepard put on a GREAT clinic for us. Our athletes were really excited about the clinic, and especially loved participating in the box squat session and the dead lift competition at the end of the clinic. As a result, I have never seen such a high motivation level in the weight room.

All the coaches, together with all the athletic teams, then

decided to make a commitment to the BFS program. We were able to assemble the needed equipment for the weight room by building our own boxes for the box squat and the plyometrics, purchasing squat racks and benches, and spray painting dots for the dot drills. We now have some of the best facilities in the state. Athletic Director and Head Coach Kenny Browning has been instrumental in supplying the needed equipment and supervision for all our athletes.

Our initial reaction from coaches and student-athletes to the program was enthusiastic. The athletes worked to set and break records and found they could always accomplish something every day. They enjoyed the diversity of the set-rep program. Ranking and posting their records was a great motivational tool. The coaches enjoyed the organizational methods used: the record keeping and the set-rep log. We have found we can keep track of our athletes and their progress on a daily basis.

In 1989, we advanced to

the third round of the state playoffs, losing our only game of the year to the eventual state champion, Richmond County. In 1990, we advanced to the second round of the state playoffs, losing again to the eventual state champion.

In January of 1991, Greg Shepard came back to Northern High school and put on an Upper Limit Clinic. Again, it was tremendous success. The athletes and the coaching staff were re-energized. It reinforced the idea that BFS was steering us in a positive direction.

Our 1991 season began an unprecedented string of three years of being undefeated in the regular season. In the 1991 state playoffs, we lost in the third round to the eventual state champion, Hope Mills South View. In 1992, we captured the Eastern 4A Championship by winning the state semi-finals against Hope Mills South View, thereby avenging our previous loss. We finally made it to the "Big Show." At 14-0, we played for the state championship against 14-0 East Forsyth,



Sherron Peace Breaks Free



Western 4A champions, at Kenan Stadium at the University of North Carolina at Chapel Hill. A touchdown pass with less than 30 seconds left in the game gave East Forsyth a 28-21 victory. We took pride in our accomplishments that year. However, we left the stadium in Chapel Hill that evening knowing there was only one thing left to do: get back to Kenan Stadium in 1993 and WIN IT ALL!

At the start of the 1993 season, our seniors had a meeting with Coach Browning and wrote down their goals for the year. As coaches, we were committed to helping them achieve those goals. We accomplished every one of those goals! During the 1993 season, we posted five shut-outs in fifteen games, allowed an average of 7 points per game while scoring an average of 37, captured our tenth consecutive conference championship, and then began to prepare for our "new season," the playoffs. We defeated Jacksonville 35-7, Greenville J.H. Rose 40-6, and Elizabeth City Northeastern 21-0 before



Offensive MVP Jason Peace

defeating Garner 41-18 for our second consecutive Eastern 4A Championship.

The following week we traveled to Kenan Stadium again, this time to take on a very explosive and undefeated West Charlotte. They were the top ranked offensive team in the state, dominating their opponents throughout the season. We felt we could frustrate them if we could keep them in check early. We were a very strong second and third quarter team, outscoring our opponents 331 points to 27. In fact, we would not be scored upon in the third quarter for the entire season. If we could contain them early, we would have a chance. As it turned out, we could not have written a better script.

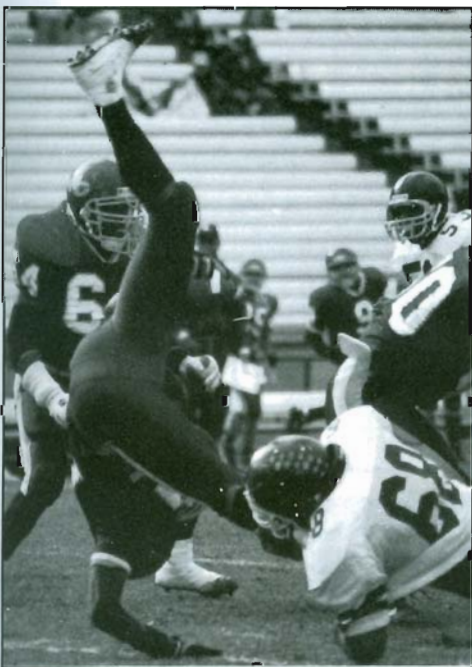
The first half was a battle of two excellent programs. We were able to force a fumble, an interception close to the goaline, and two punts while controlling the clock on offense. With time running out in a scoreless first half, previously injured junior quarterback Jason Peace entered the game. He sparked a scoring

drive with seconds left on the clock, and a field goal by Ed Brinkskelle sent us into the locker room leading 3-0 at half-time. We entered the locker room at halftime with a tremendous amount of confidence.

The flood gates opened in the second half. Senior tailback Sherron Peace broke a 65 yard run on the first play from scrimmage to increase our lead to 10. A safety on a kickoff further frustrated West Charlotte. Jason Peace threw four touchdown passes in the game (tying a state championship record). Our offense finished the game with 367 total yards, 209 on the ground. Jason Peace threw for 149 yards and was awarded the Most Valuable Offensive Player award. His cousin, Sherron Peace rushed for 128 yards on 17 carries. The defense allowed only 213 total yards, forcing 6 fumbles and 2 interceptions. Senior defensive end Sherrod Peace was named the Most Valuable Defensive Player. Senior defensive lineman Bobby Jones recorded a dozen tackles and 3 sacks.

Our fans and our community have shown us overwhelming support throughout the years, while our families have encouraged us every step of the way. Our program has been built on a solid foundation of commitment, effort, and dedication to training, both in-season and off-season. The BFS Total Program has been a key part of meeting that commitment.

We ask all of our student-athletes to enroll in a physical fitness/weight training class. Coach Browning (OL) and Coach Tommy Parker (DB) cover the 6 core lifts and 12 auxiliary lifts on Monday, Wednesday, and Thursday. On Tuesday and Friday, they concentrate on agili-



Bobby Jones, #68, tackles For Another Loss



ty and foot quickness, speed training, and plyometric training. A proper flexibility session and warm-up (dot drill) are included. I run the after school strength and conditioning program Monday-Thursday in the off-season and summer. This program is for student-athletes who are not enrolled in weight training during the day (mostly freshmen) or any weight training student-athlete who needs to fin-

ish auxiliary lifts on Monday and Wednesday, and agility, foot quickness, speed training, and plyometric training on Tuesday and Thursday.

We would like to thank Dr. Greg Shepard and his staff at BFS for their diligent work and encouragement on our behalf over the last six years. A year has not passed that Greg has not called us at the beginning of the season to wish us luck. He also calls throughout

the year to see if we need any assistance.

On behalf of Kenny Browning and his coaching staff - Gary Merrill, Craig Torrey, Bob Larson, Mike Eakins, Tommy Parker, Paul Rodio, Danny Long, Jon McCoy, James Hamm, Walt Hensler, Greg Lyles, Ken Huff, and athletic trainer Janet Merrill, we are very grateful to have found the benefits of Greg Shepard and the Bigger Faster Stronger program.....□

Northern High School Special Mention All-Americans

Team Honors

North Carolina 4A State Champions
North Carolina Eastern 4A Champions
PAC-6 Conference Champions
Ranked #1 Throughout The Entire Season
Ranked #9 in USA Today Final Poll
Coach: Ken Browning



Sharron Peace



Jason Peace



Curtis Allen



Sherrod Peace



Brian Bivins



Steve Carson

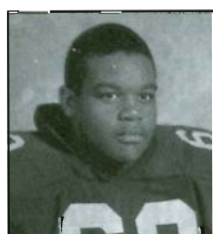
Name	Yr.	Pos	Ht.	Wt	40	GPA	Squat	Bench	D.Lift	Clean
DeMaul Monk	SR	OG	5-7	222	5.3	2.6	505	265	500	215
John Suriago	SR	OT	6-6	235	5.0	2.9	450	250	-	280
Steve Carson	SR	DE	6-1	201	4.7	2.4	505	355	689	301
Bobby Jones	SR	NG	5-10	227	4.9	3.2	520	250	550	260
Sherrod Peace	SR	DE	6-4	228	4.6	2.1	475	360	-	225
Curtis Allen	SR	LB	6-1	194	4.7	2.9	425	265	-	215
Sherron Peace	SR	RB	5-10	184	4.5	2.8	505	365	505	235
Brian Bivins	SR	OT	5-11	217	5.2	3.35	515	275	440	215
Dewon Booker	SR	DT	5-6	264	5.6	2.2	570	315	505	205
Greg Booker	SR	DG	6-1	185	4.7	3.6	415	205	435	225
Jason Peace	SR	JR	6-1	165	4.5	3.0	375	215	407	215



Dewon Booker



John Surigao



Bobby Jones



Greg Booker



DeMaul Monk