

# "Spartan Power!"

## **Miami Southridge High School Florida 5-A State Champs #5 USA Today Nationally Ranked**

**By Len Walencikowski  
Southridge Strength and  
Conditioning Coach**

**A**fter Coach Rick Anderson put on our second BFS Clinic in April of 1993, our total school bought into the Bigger Faster Stronger Total Program. We have nine weight lifting classes each day working hard at the dot drill, 1-2-3-4 flexibility program, core lifts, auxiliary lifts, upper and lower body plyometrics, speed work and nutrition. The program really works.

This 1993 football season you could hear studentbody yelling "Win each play! That's the way to stay focused! Spartan Power!". It's great to see a total school behind their team. The players also have bought the program. This summer 86% of our starters did not miss a workout. During two-a-days, the players would walk 5 blocks to a grocery store, rather than walk 3 blocks to a fast food hamburger



**The Miami Southridge Defense  
#45 Lamont Green Calling The Play**

place. This Upper Limit attitude was also shown on our player's report cards this first marking period, with 25% of the team earning a 3.0 or better Grade Point Average. 100% earned conduct grades of "B" or better, and out of a possible 294 grades, only 2 were below passing. Our team believes that to win you must be a total person, having both mind and body in balance.

Our kids are no different than any other kids when starting the program, but those that stay with it and work hard at keeping good records and help-

ing others to get better, reap the benefits and become great team players. Quarnail Arnold made himself into this type of team player. Quarnail came to us the winter of his 10th grade year at 5'4", 125 pounds, running a 5.1 40, power cleaning 125, squatting 210, and benching 135. Not very impressive stats, but he was willing to work hard and with correct technique. This year, as a senior, he made many "Big Plays" at slot, running a 4.65 40, power cleaning 175, squatting 396, and benching 210 at a body weight of 135. The BFS program worked for Quarnail because he worked hard at doing the total program.

Everyone at Southridge knows that any athlete can become an Upper Limit person by working THE RIGHT WAY, THE SPARTAN WAY, THE BIGGER FASTER STRONGER WAY.

In 1993, as the 5-A Florida State Football

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### The Southridge Spartans Take The Field

Champions, we were able to Ride the High Places. Our goal now is to keep this tradition growing. We thank you Dr. Shepard and your Bigger Faster Stronger staff for all your help and support.

#### MIAMI SOUTHRIDGE FLORIDA 5-A STATE CHAMPS DR. SHEPARD'S SPECIAL COMMENT

Coach Don Soldinger commented before the season, "Greg we have to start six sophomores but they are good ones. If we can get through our first few games, to give those young kids

some experience, can be really tough." Coaches Don Soldinger, Len Walencikowski and staff believe in hard work and their kids believe in them. Along the way, great Upper Limit values are taught. Soldinger surmised, "I'll tell you one thing about our players. They can run and they can run all out, all day."

Much applause can be given to the players and coaches for winning the state championship and being ranked #5 in the final USA Today National Rankings. They finished with a perfect 15-0 record and set 19 championship game records. The most

formidable of those records was the 69 points the Spartans scored in their victory over Bradenton Manatee. However, even more congratulations should go to the kids for making Upper Limit choices.

Miami Southridge is a predominantly black school in Miami. The players could have chosen to be in a gang or sell out to drugs and violence, instead they chose to be great. They chose to work their fannies off in the weight room and in their conditioning. The negative influences that surround their community are probably greater than the average high school but what the Miami Southridge Spartans accomplished with their grades, behavior and championship is a bright shining light in a sometimes dark world. I'm thankful for the wonderful and remarkable coaching job that was done. While great political and law enforcement minds debate about what to do about drive-by shootings, rampant youth crime and the senseless slaughter of kids on the street, I hope they can learn something from schools like Miami Southridge.

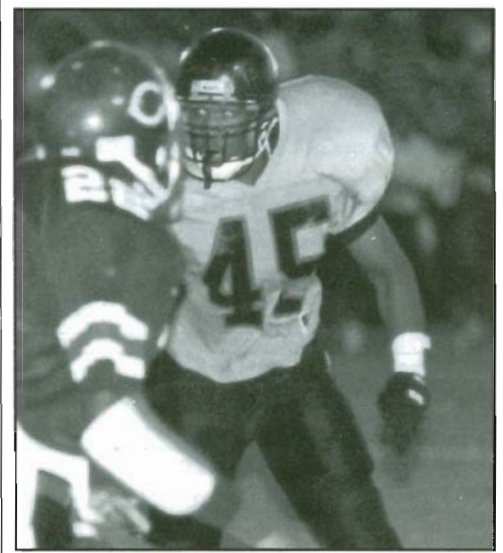
Lamont Green was an extra-



**Sedrick Irvin Soph. RB**



**Darren Davis, #3 Slot Back  
With QB Kevius Clark**



**Lamont Green Sr. Linebacker**





**Troy Davis, Tailback, 2,111 Rushing Yards This Year**

ordinary linebacker. At 6-3 and 230 pounds he was big but what made him dominate every offense was his 4.66 speed. You couldn't go at him, over him or around him. USA Today honored Lamont as their Defensive Player-of-the-Year. He was also a Parade All-American and the Columbus Ohio Touchdown Club Sam B. Nicola High School Football Player-of-the-Year. Lamont capped off a brilliant high school football career by signing with Florida State. This three-time Florida All Stater

Parallel Squats 475, Benches 275, Power Cleans 275 and Dead Lifts 605. His future looks bright. He may even have a shot at pro football. He has probably been told that a million times.

In a recent Harris Poll, 51% of black student athletes surveyed believe they can beat the 10,000 to 1 odds and make it in pro sports. Only 18% of white students think they can qualify. To me, the easiest and best way to get out a bad environment or simply reach your potential is to do it through education.

That's why I was so impressed with the Miami Southridge coaches and the pride they feel in the academic accomplishments of their kids.

If I've learned one thing from being with the Utah Jazz for 12 years is that life doesn't stop at rookie camp or when you sign your contract. It is only another stop along the highway of life. Perhaps a vehicle to give greater vision and to help other people. One thing is absolutely for sure, making it in the pros never has and never will insure true success and happiness.

My challenge to Lamont, his teammates and all other athletes who read this column is to take what you've learned in athletics



**Coach Soldinger and Wife Phyllis After The Game**

to go forth and make a difference. The challenges your generation is facing are indeed great but you can do it. Be strong. Be educated. Be caring. Be able to get back up and go forward. Make the world a little better than it is now. Please read and ponder the significance of the article on page 22 entitled "Three Life Choices." Our thanks again to everyone from Miami Southridge and their Upper Limit example.....☐

## Miami Southridge Spartan Team Stats

### Team Averages

**Speed 40 yd 4.85**  
Starting Defense 4.62  
Starting Offense 4.92

**Squat 387 lbs.**  
Starters Ave. 419

**Bench 212 lbs.**  
Starters Ave. 232

**Power Clean 200 lbs.**  
Starters Ave. 215

### The Best

**Speed 40 yd 4.47**

**Squat 550**

**Bench 290**

**Power Clean 275**

### Summary Of Honors

**All-Americans** One-1<sup>st</sup> Team

**All-State** Three 1<sup>st</sup> Team  
Two 2<sup>nd</sup> Team  
One 3<sup>rd</sup> Team

### All-Dade County

Five 1<sup>st</sup> Team  
One 2<sup>nd</sup> Team  
Three 3<sup>rd</sup> Team  
Fifteen H.M.