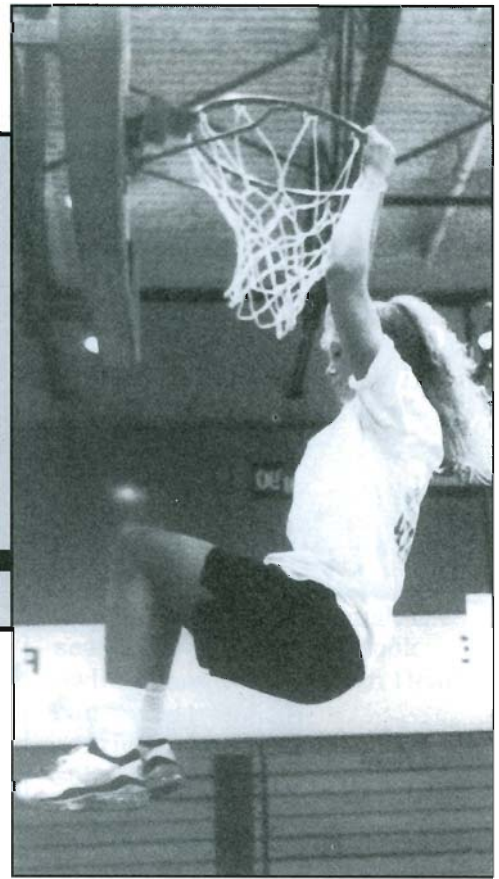


The Phenomenal Heather Bailey

By Dr. Greg Shepard

Several years ago I did a BFS Clinic at Hillsboro High School, a western suburb of Portland, Oregon. They pooled their resources with Centennial and Beaverton High School, also of

Portland. Hillsboro wrestling coach Ron James and their football coach Dave Ackerman were the hosts along with Chris Knudsen, football coach at Centennial and Faustin Rilley of Beaverton. They were great and bought into the BFS principle of a United-Unified Program: All sports both boys and girls, grades



7 thru 12 do basically the same program.

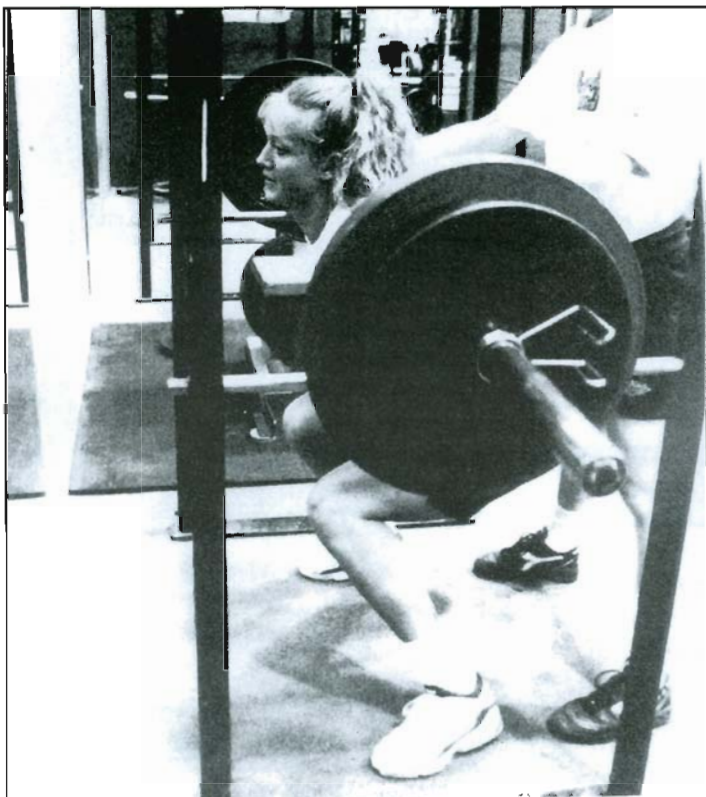
Coach James provided this



Heather Has A Vertical Jump of 21" And It Shows!



Heather Power Cleans 210 Pounds, Coach James Spotting



Heather Had A Full Parallel Squat Of 245 lbs. In Her Senior Year at Hillsboro



Coach Ron James Spotting Heather On The Box Squat

opportunity to the Hillsboro girls and last year they decided to have me back again and, wow, was I dazzled. When we got to the Power Clean part of the clinic, I brought some of the better girls

from each school out to demonstrate. Heather Bailey represented Hillsboro. We started with the BFS Training Plates and then went up to the BFS 25-lb. Bumper Plates. That's 95 pounds

which is our varsity standard for high school women athletes. Well, Heather popped up 95 with great form like it was nothing. I looked over at Coach James who just smiled.

Cautiously, we went to 115 then 135 pounds. Each time the lift was completed easily. I finally exclaimed, "What's going on here? How much can you do?" Heather modestly told me 185 pounds. Perhaps what threw me was that Heather looked like a model. She had wholesome good looks and carried her 160 pounds of bodyweight gracefully on an athletic frame. The only thing I could find noticeably wrong was that sometimes her chin would dip down as shown in the Clean photo. When this happens usually your eyes look down also and such is the case in the photo. This creates a tendency for the bar to pull away from the body resulting in a huge loss of potential power. Another thing I always coach, no matter



Heather Benched 150 Pounds As A Three Sport Athlete



Heather Throws The Discus 136' And The Javelin 132'

what is, that an athlete can always attempt to jump higher and extend the knees and toes more. Heather learned quickly and when we put on 185 pounds, she Power Cleaned this weight for three reps with power to spare. Later, Coach James called to

Heather Bailey's Record Board

Age	18	Bench	150	Military	125
G.P.A.	3.6	Clean	210	Curl	80
Height	6-2	Squat	245	V.J.	21"
Weight	160	Dead Lift	345	S.L.J	8-1 1/2
40	5.0	Incline	135	Arm Hang	32

report that Heather had maxed out at 210 pounds during her 1993 track season.

Heather was first team All-Metro in Volley-ball and Track. (136 Discus and 132 Javelin) She also played basketball. Besides being a three-sport athlete, Heather made the Honor Roll all four years in high school and was the recipient of numerous academic and athletic awards. She now attends Western Oregon State College and continues to play both volleyball and basketball.

Volleyball coach, Judy Lovre, reports that Heather had a good freshman year. She was the starting outside hitter. It is quite uncommon to start as a freshman. Western Oregon finished with a sparkling 43-7 season and took 5th in the NAIA Nationals. Heather had 196 kills (2.1 per game) and had 96 blocks. After volleyball she decided to try out

for basketball even though the seasons overlapped. It took awhile to adjust but then Heather came on strong.

Heather may go into med school after graduation and has over a 3.0 GPA thus far. She also has her ideas on lifting weights. "It definitely will not hurt your touch if you do it right. I noticed a huge difference and as far as I'm concerned lifting weights can help anyone in any sport. In regards to losing femininity if you lift, I don't think people think that way anymore. You don't have to get huge - - just get stronger. No one ever teased me in the weight room in high school but sometimes the boys would say 'whoa' when they saw me lift or get embarrassed when they couldn't lift as much."

Our thanks to Heather and all her coaches. She has set a worthy new standard of excellence for others to strive to emulate.....□

WOMEN AND STRENGTH TRAINING

STRONGEST WOMAN

Carla Garrett can lay claim to that title with a 303 pound clean & Jerk. She is a thrower and is currently an assistant Strength & Conditioning Coach at The University of Arizona.

Carla trained under Meg Richie who is now head Strength Coach at Texas Tech. A full feature article on Carla and her technique will be featured in our Fall BFS Journal.

COMMENT PLUS

Sylvia Hathcell, head women's basketball coach at No.3 seed North Carolina, made the following statement after reaching the final four last month. "At this level, strength is such an important thing in rebounding and defense. We're in the weightroom twice a week. We will sacrifice a practice to make sure we lift weights."