

UNITED WE STAND

WINSLOW HIGH UNITES WITH BFS SUPER CLINIC

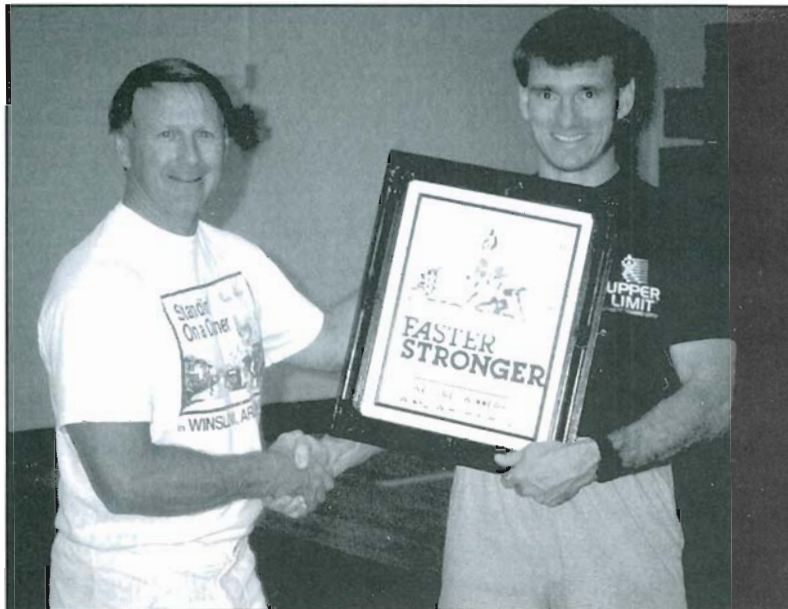
By Dr. Greg
Shepard

Editor's Note

Winslow High School in Arizona had a three-day BFS Super Clinic in May of 1993. BFS Clinician Bob Rowbotham conducted the clinic. As in all BFS Clinics our objective is to unite all sports under one strength & conditioning umbrella. Three sport athletes should not be subjected to three different philosophies which often contradict each other. Sadly, about 99% of our nation's high schools operate on disjointed philosophies with each coach going his/her separate way. When a school can work together on the same united program which stimulates continuity with their shared athletes, all programs and athletes benefit. Here is Winslow High School's story which is typical of the results of our BFS Clinics.

RICH HOYT FOOTBALL COACH

We are extremely satisfied with our program at Winslow after the BFS Super Clinic. All our coaches and athletes are pleased with their progress and most attribute this success to our adoption of the BFS program. Also, our district passed a bond issue to build a new gymnasium.



Coach Rich Hoyt and BFS Clinician Bob Rowbotham

The BFS Super Clinic did more than give us a weight lifting program, it served as the catalyst to bringing our athletes and coaches together. BFS actually helped the school "bond" and set goals for all athletes under a common umbrella we all understood and supported. In the past, each athletic program did their own thing. The athletes had to play the coaches, philosophies and off season programs against each other. There were often hard feelings between coaches in different programs because of petty jealousies and different modes of thinking. Practically all of that type of behavior has disappeared at WHS in the past year. Having all the coaches and all types of athletes at all levels, helped to plant the seeds for this program unity. This new attitude change caused by BFS has created another positive byproduct: More new athletes are coming out for

sports.

We also feel the best kept secret of the BFS program is its attention to speed and flexibility. We strongly adhere to the stretching, agility and speed aspects the program affords on Tuesdays and Thursdays. We have as many athletes setting jumping and speed records as we do weight lifting records.

In our opinion, the

speed and jumping improvements have more

impact on the athletic field or court than do the weight lifting records—although the former is directly related to the latter. We have dots painted everywhere.

We are so excited about the initial success of the program, we have constructed the major part of our P.E. curriculum around BFS. We currently offer 7 sections of weights with BFS as the core of the program (four sections are team taught, one section is new with freshman only, and all sections are co-ed). We incorporate all our varsity athletes into the last hour of the day within the BFS guidelines. All of this has been accomplished with staff cooperation and a tremendous amount of support from our administration. I estimate that 300 of our 750 students are currently in the program.

Because the jr. high campus is adjacent to the high school, it is logistically easy to accommodate



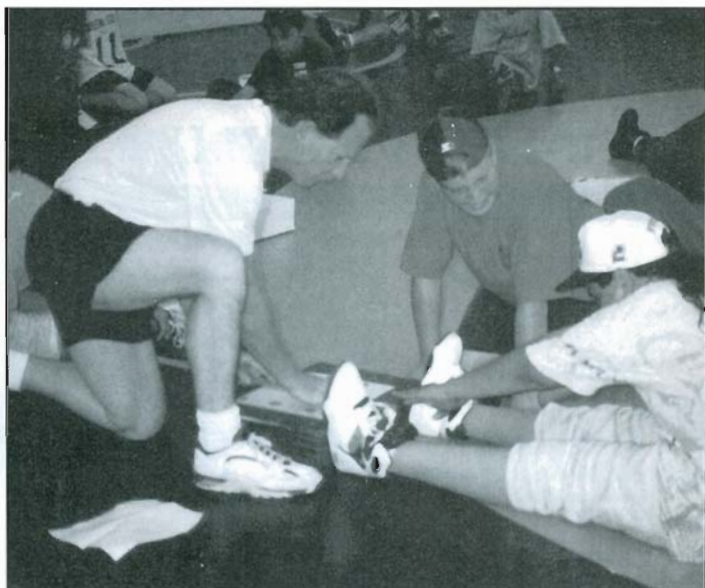
Coach Rowbotham Teaching Correct Technique On The Squat.

those students. Eighth grade athletes with leadership potential participate in our after school BFS program with our freshman athletes. This helps us "tie in" our entire feeder program and sends a positive message of BFS to the junior high. We believe the kids will grow to expect weights, dots, stretching, agility and speed as part of their every day P.E. program.

Since the inception of the program all of our athletic teams have improved. Last year the football team had its first winning season in 10 years with a 5-4 record. Two of the losses were narrow conference tilts which were complete blowouts the previous year. We feel the affects of BFS were only minimal to our physical prowess on the field because we only had two months to implement the program over the summer—but the change in attitude it provided definitely made a huge difference in our season. Now, we have many athletes who are squatting, benching, cleaning, jumping and running well. At this writing we are 7-1 and ranked 4th in the state. Winslow is going to the state playoffs for the first time in years.

**LIZ McLAWS
VOLLEYBALL COACH**

Jumping is one of the most important fundamental skills in volleyball to block and spike as well as using jumping in other skills. We saw a big improvement through BFS in our jumping ability. We also noticed an increase in our strength and quickness. I believe in it. Thanks!



Testing Flexibility With The Sit and Reach Method

**BILL TAYLOR
TRACK COACH**

Since the BFS program was instituted last spring, our boys and girls track teams have seen a tremendous improvement in speed and strength, especially the distance runners.

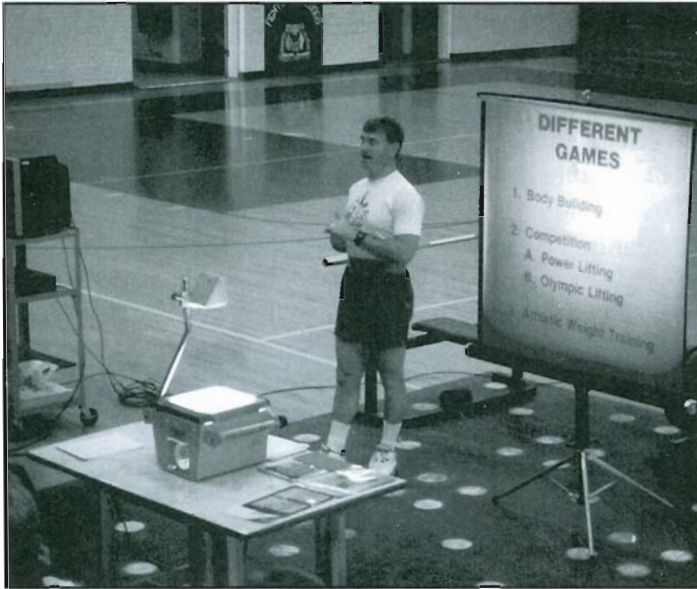
Our sprinters, hurdlers and weight men have always been lift oriented but the BFS program has helped them focus on setting goals in their lifts. The distance runners have, as a team, become the best distance group in the conference in one year because of their added strength.

Editor's Note: Last spring the track team won two invitational meets. The combined boys and girls dual meet record was 10 wins with only one loss.

**DON PETRANOVICH
GIRLS BASKETBALL**

The Bigger Faster Stronger program has had a huge impact upon the girls basketball program. Our team won the regional championship and made to the semi-finals. Our record was 26 wins and 3 losses. As a coach I noticed vast improvement in jumping ability. Our quickness was better and our team seemed stronger physically than the other teams we played. We are looking forward to even better results in our 94-95 season. A great program.

Editor's Note: Coach Petranovich was named 3A East league Coach of the Year.



Coach Rowbotham Explaining The Different Weight Room "Games"

**DON BAKER
WRESTLING COACH**

In 1993 Winslow qualified 6 for state and finished 11th at state. Last year we qualified 12 for state and finished 4th in state.

**ART GRIFFITH
BASEBALL COACH**

The BFS program has vastly improved the overall performance of our 1994 baseball team. I have seen remarkable improvement in our quickness and agility in all of our position players and our team speed has increased throughout the lineup. I have been very impressed with the bat speed and added power in our hitters. This after one year on the program. I also have seen considerable strength gains in our pitcher's lower body which translates into more pop on the fast ball and fewer injuries. I believe the BFS program to be a tremendous asset to our program in all the areas necessary to baseball success. We won our league with an 18-3 record and made it to the state quarterfinals.

**RICH BRATT
BOYS BASKETBALL COACH**

We were definitely stronger and quicker on the court. All 12 varsity players participated on the BFS program. We went from a 4-21 record in 1993 to a 15-12 record this year qualifying for the state tournament.



Everyone Gets To Learn A Perfect Low Power Squat Position For Parallel Squats

Editor's Note: Coach Bratt was named 3A East League Coach of the Year.

**SHARON FAYLOR
SOFTBALL COACH**

Bigger Faster Stronger has given our athletes the competitive edge in athletic events. Participating in this program has improved our muscular development, foot speed and confidence. This training program is easy to implement and fun for the athletes to participate in. As a staff, we are convinced of the importance of this conditioning program. It does produce results! As a coach, I have observed a great deal of enthusiasm among our student body regarding weight records that have been established and broken throughout the school year. Almost daily we hear through our daily bulletin about another record breaking performance. It is beginning to catch on! This program is essential to girl's athletics. It is a must if you want your team to survive the punishment of volleyball, track and softball. We owe it to our athletes to provide them with the means and techniques to be successful.

Editor's Note: The softball team finished the season with a 15-10 record and made it to the state quarterfinals. □