

Amber Affeldt

A HEART OF GOLD



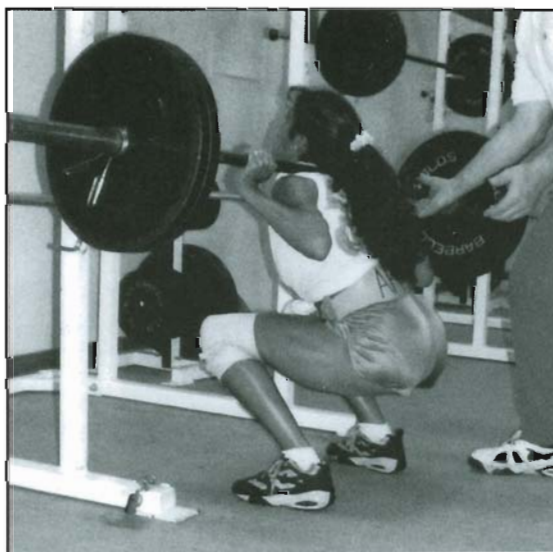
Amber has been called the greatest runner - male or female - to ever compete at Coon Rapids High School in Minnesota.

BY DR. GREG SHEPARD

Many feel Amber Affeldt will go down in history as Coon Rapids best runner. To say Amber was a dominant force in track is an understatement. She garnered a career total of FIVE Gold Medal finishes (400 & 800 meter races) in Minnesota State High School Track competitions. The gold medals tell only a small part of Amber's story. As you will soon learn, she also has a heart of gold.

Amber has been involved in track since the 7th grade but didn't get serious with strength training until 1993 after she was hurt during her sophomore year. Amber prefers the shorter races but she ran cross country in the

fall to stay in shape. She finished 8th in the state her sophomore year, a miraculous 12th place finish after her broken femur injury in her junior year, and 4th place as a senior.

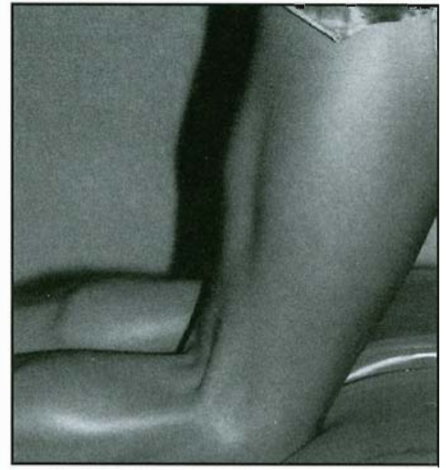


Amber Squats 260 Lbs.

Amber Affeldt is a coach's dream. She is intelligent (a 3.4 student), physically talented and a great competitor. She is the athlete that shows up with "all the tools" and then simply outworks everyone around her. No one was more committed to the pursuit of excellence than Amber. As a senior, she ran every individual event from the 100 meter dash to the mile, and was never beaten.

But, there is so much more to Amber than what observers saw on race day. She is a great leader - both as an every day role model and an encouraging and caring captain. Amber gives everyone around her a sense of confidence. Yet, she remains unimaginably humble and selfless. Whenever she was asked about her preference of events for any given competition, her answer was always the same, "Whatever is best for the team, Coach." The lady is one in a million!

Roger Gorham:
Head Girl's Track Coach
Coon Rapids High School, MN



Here, Amber does a great Glute Ham sequence. This shows how this BFS top auxiliary exercise attacks the entire hamstring and glute muscles.

Amber has developed great strength for her 5-6 120 pound frame. Her best lifts are as follows: 260 deep Parallel Squat, 145 Power Clean, 140 Bench and a 300 Trap Bar lift. Amber also does the BFS Dot Drill in 53 seconds, runs a 4.89 Forty with a 22" Vertical and 7-8 Standing Long Jump. Her best times are as follows: 100 meter 12.25, 200 meter 25.47, 400 meter 54.7 and 800 meter 2:12.97.

"My favorite lift is the Power Clean," beamed Amber. "It's fun once you get the hang of it." As far as being self conscious in the weight room with the guys, she laughs. "I do what I gotta do and work hard to get it done. At first the boys thought I couldn't do anything but then they saw how hard I worked and how much I could lift. Then they respected me.

"The whole experience of lifting weights has been kind of neat because a lot of my teammates started lifting. The 9th grade boys have been fun to coach. It's worked out well. I have been able to help them especially in the Power Clean."

Amber continued to laugh when asked if weights adversely affect a girl's beauty or femininity. "My

body is leaner and more defined but not bulky. The main thing I like is how much faster I can run. Anyway, I feel like guys now days like a healthy, well-defined girl not a skinny one."

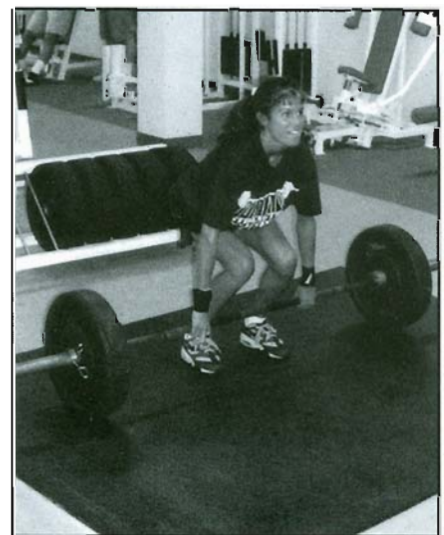
Amber's mother was worried at first about her daughter lifting weights. Maybe she would get hurt. "But now," Amber said, "she can really tell the positive difference. My gains in the weight room have given me more confidence. To me it is kind of like a sport."

Amber believes that to be truly successful you have to work hard. "You have to have a strong work ethic and be self motivated." Her worst experience in life was when her femur broke. "I was scared. I couldn't even get out of bed the first day." Coach Copple remembered that time. Amber's Doctor told her she wouldn't be able to start running for 6 months. Well, she cut that time in half!"

That same competitive drive was needed in her last race of her high school career at the state meet. Amber faced another Minnesota phenom in Carrie Tollefson who came into the meet with a personal winning string of a record 108 consecutive races. She was a five-time

Minnesota cross country champion and seven-time state track champion in the 1,600 and 3,200 meters. Said Amber with a smile, "When I found out that I would be running against Carrie in the 800 meter run in my final high school race," I said to myself, "We're going to have a great one." In the spirit of competitive thinking, Amber wanted to be the runner who ended the longest winning string in Minnesota high school running history.

It turned out to be Amber's greatest race. Two intense competitors battled all the way to the finish



**Amber Power Cleans
145 lbs.**

line but in the end it was Amber by a half a second with a time of 2:14.65.

That same grit and determination is evident outside the track. Amber has never missed a workout. She has never skipped a class or been tardy. She has never turned in an assignment late. Those things would be out of character. Amber is Upper

Limit all the time! She doesn't pay any attention to peer pressure. "Do what you know is right. I hang around people who have the same values. Everyone knows I don't drink. I don't respect people who do. There should be no time to mess around with drugs or alcohol if you are truly serious."

Amber wants to teach in high

school after college and coach track. "Of course," she smiled, "all my girls will definitely lift weights."

We thank Coach Copple for gathering so much information for this article and for the photos of Amber. We are most grateful for Amber and her wonderful spirit, example and heart of gold.....□

Amber Affeldt is a true gem, a once in a lifetime experience. I have never had a better female athlete to work with - ever, in my 22 years of coaching. Her intensity and work ethic is unparalleled by any other. Amber is unbelievably strong for her size and she has great explosive power. She has the ability to focus intently on the business at hand with tremendous concentration. Amber is such a quality person besides being a talented athlete who works harder than any other to enhance and better her abilities.

Bob Rowbotham did a BFS Clinic and had a great influence on the coaches in attendance and an even more profound affect on the athletes including Amber.

Amber graduated with a 3.4 GPA and is just beginning her freshman year at Texas Tech University on a full athletic scholarship in track. She has the heart the size of Texas and a personality to match it. Amber is extremely humble to success and always recognizes her teammates, coaches and competitors, giving them all the praise. She exemplifies everything you would want as a coach. She's everything you would want for a daughter.

To give you an idea how tough Amber is; Amber broke her femur at the start of track season during her sophomore year. That same day surgery was done to set the bone. The next day the doctors discovered her femur was not lined up to their satisfaction. They had an IV drip going which they thought was morphine (a pain killer). However, a mistake was made. The drip bag contained only a saline solution. Thinking Amber was sedated, they pulled out the staples from the incision and removed the screws. The femur was adjusted, holes redrilled, screws put back along with new staples. She never shed a tear. After the medical staff left, she turned to her mother and said 'that really hurt.' Then, she cried a little.

If you believe Angels are among us, Amber would be that. She always has a smile and is very upbeat. Amber lifts your spirits daily. She has all the tools: great work ethic, ability, character, integrity, leadership, academics, loyalty, compassion and honesty.

This summer I hired Amber to work in our strength and conditioning program. She has been outstanding in working with our young athletes. Some of our boys coming into the 9th grade questioned taking advice from a girl until they saw Amber Squat, Clean, Bench Press, Push Press and Trap Bar lift. To top it off, she then destroyed all of them in the 20's and 40's. Now, they don't come to me, they go to Amber when they have questions.

Amber did not lose a race this year. She beat the state 100 and 200 meter champ from Apple Valley in a meet earlier this season. Her best time in the 100 meter was 12.14.

Amber has some of the best times in the nation in the 400 and 800 meter events. As a junior, her 2:17 time would have placed her 8th in the 800 meter run in the Big Ten meet. This year, her time in the 400 would have placed her 4th in the Big Ten meet.

We are really going to miss Amber but she has bigger and better things ahead. She is a special girl!

Clayton Copple: Head Football and Strength Coach
Coon Rapids High School, Minnesota