



BFS SUCCESS STORIES

High Schools Throughout The Nation Find Success With BFS

BFS Clinicians Don Solding and Len Walencikowski who coach at Miami Southridge High School almost did it all. They were ranked #1 in the USA Today Poll with only the state football championship game left. They lost in a hard fought battle and their 27-game winning streak came to an end. Coach Walencikowski stresses two vital points in the BFS Set-Rep System: "Read Your Body and Make Great Decisions". Following are the Southridge Spartan Varsity Football Strength Stats with the Bigger Faster Stronger Standards (in italics), 9 of the 57 team members were sophomores. (Example: Varsity, Squat, BFS Standard 300 lbs. and 49 of the 57 players can squat that amount or more)

<u>LEVELS</u>	<u>SQUAT</u>	<u>CLEAN</u>	<u>BENCH</u>	<u>TOTAL</u>
VARSITY	<i>300 lbs - 49 of 57</i>	<i>175 lbs - 41 of 55</i>	<i>200 lbs - 27 of 56</i>	<i>675 lbs. - 41 of 55</i>
ALL-STATE	<i>400 lbs - 19 of 57</i>	<i>235 lbs - 7 of 55</i>	<i>300 lbs - 3 of 56</i>	<i>935 lbs - 6 of 55</i>
ALL-AMERICAN	<i>500 lbs - 1 of 57</i>	<i>300 lbs - SOON</i>	<i>350 lbs - SOON</i>	<i>1150 lbs - SOON</i>

FRANKLIN TOWNSHIP HIGH SCHOOL NEW JERSEY

When the dust had settled last December in Giants Stadium, the Franklin Warriors were on top in New Jersey. Head Football Coach Joe George wrote Rick Anderson, his BFS Clinician, "I'm proud to say our state championship was done with the help of the BFS System and Total Program Concept. It was a great group of kids to work with!"

Coach George and his Blue and Gold Warriors went 4-5 two years ago. Then 5-2-2 and now state champs! However, this last season was supposed to be a down year. Franklin was picked to finish last in their conference. They were not even picked in the top 25 in the area. Their QB, John Simeone, was only 5-5 and 135 pounds but this little stick

of dynamite had 1450 yards and 15 touchdowns! Before the season began, Coach George and his coaching staff took the team to the mountains for a week of training. The staff and some 45 players spent four days at the Trails End Camp in Beach Lake, Pennsylvania. They practiced, held meetings and watched films.

It was there that seeds for a championship were planted. The seniors took the initiative. "They were a special group," Coach George said. They were the ones who carried us all year. At camp in the Poconos, we had Pizza night for the seniors. They were talking about the idea of being a team and what we needed to do as a team. they stressed that we didn't have any superstars, but a lot of quality players. If anything, we had to do it together.

"That's the way it should be. The seniors should carry the team." The only problem was that there was only 13 seniors.

After winning, Coach George

exclaimed, "I told these kids that our championship didn't happen during the game. It didn't happen last week in practice. This happened over the summer. This happened during two-a-days. This happened in the Poconos.

"You had to be there to see the turnout during the winter weight program - it was a perfect turnout. Or had you been around the Warriors as they traveled to the Poconos after training camp in August, you would have seen a team turn into a family."

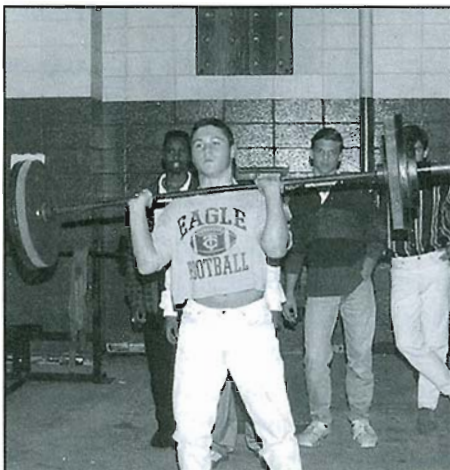
MURTAUGH RED DEVILS OF IDAHO

"I just wanted to thank BFS for what I consider to be the best high school lifting program available. Three years ago when I came to coach football, I started the BFS program. Although at first the players complained about dot drills, cleans and true parallel squats, the results

have been amazing. After two years of continued improvement, this year has been capped off by 6 All-State selections, a Player-of-the-Year, a second conference championship and the first state title in 12 years. Thanks again.”

- **JIM HAMBLIN**
HEAD FOOTBALL COACH

TRI COUNTY HIGH SETS BFS CLINIC RECORD



Steve Stubbs, a 150 lb. 13 year-old 8th Grader, Cleaned 205 lbs. at a BFS Clinic.

Coach Carl Willis had a BFS Clinic last January at his Tri County High School in Buena Vista, Georgia. I couldn't believe it! Steven Stubbs, a thirteen year-old 8th grader, Power Cleaned 205 pounds! Steve, who is a FB-LB, had never cleaned before the clinic and only weighed about 150 pounds. Steve, who turns 14 in May, had a run of 67 yards for a TD on his 8th grade team. I suspect that TD is only one of many to come in a future that looks very bright.

SHAKER HEIGHTS FOOTBALL

David Sedmek, head football coach at Shaker Heights, writes: We had great success this last season due in large part to the BFS Total Program.

Shaker Heights is a large (1500) public high school that is on Cleveland's east side. In 1985, Shaker was 10-0 in the regular season but then lost in the first round of the playoffs. Shaker's records regressed yearly to 0-10 in 1990. By 1992, Shaker was 3-7 but those 3 victories were against teams with a combined final record of 1-29. Shaker football had a practically non-existent weight program and no agility/plyometric/flexibility program.

I was named head football coach in February of 1993 and immediately instituted an off-season program using BFS principles. Lifting three days per week and doing plyometrics, agility and running on the other three days. We averaged 15-20 players for the lifting workout and 10-15 for the other workout. In the fall of 1993, Shaker went 6-4 for its first winning season since 1986 and won the Lake Erie League's Erie Division championship (the school's first title since 1985).

Although things were moving in the right direction, we felt there was something still missing. Although we could not afford a BFS Clinic, we purchased and studied the BFS Total Program book and many instructional and motivational videos from BFS. Also, we purchased the BFS Training Plates, Trap Bar and boxes for Box Squatting. In addition we got their wall posters for instruction and motivation and the BFS Set-Rep booklets for recording. We decided to implement the entire BFS Program at

Shaker Heights High School. We instituted the BFS Set-Rep System, testing ideas and motivational ideas plus some of our own ideas to motivate the players/lifters. Our goal was to build bigger faster and stronger players with great intensity and more discipline than in the past. The results of our decision to follow the BFS plan were a 10-0 regular season, a school record 354 points scored, only 7 touchdowns given up in 10 games by the first team defense, a final A.P. ranking of 11th in the state. This was the first time Shaker had ever been ranked by the A.P. Unfortunately, Shaker lost to 3-time defending state champion St. Ignatius in the first round. They went on to win it all again and some say we gave them their toughest game of the playoffs.

We are committed to the BFS Upper Limit principles. Our players walk the halls proudly as gentlemen. The students and teachers in the school respect the players for their accomplishments and attitude. The elementary school kids look up to the players as role models. I feel our program is on the top to stay, due largely to BFS!

CHAMPIONS TEXAS CITY HIGH SCHOOL

Our good friend from Texas City, Jeff Dicus, reports: I believe that our success was earned through hard work, commitment and **our belief in BFS Training Principles**. Our team motto for this year was "**FOCUS ON THE FUTURE**". This meant 1 minute, 1 hour, 1 day, 1 practice and one game at a time and to focus on what needed to be accomplished at that time.

They could have given up because



Texas City High School Team Captain Kip Urps Power Cleaning with his teammates.



Texas High School Senior Dominic Clay, rushed for 1259 yards with 11 TD's this year. He is a first Team All-District DB and a 2nd Team All-District RB

at one point they were 1-5 but the Texas City Stings stayed focused. They won from that point on and made school history by going all the way to the third round of the playoffs.

Coach Dicus stated, "The community of Texas City has something to

be awfully proud of as we finished in the top 16 of 5A schools when we were picked to finish 5th in our district. (Editor's note: there are 250 5A high schools in Texas.) All the hard work was worth every second as we made school history in becoming Bi-District Champions, Area Champions and a Regional Finalist, a first for Texas City ISD!

EIGHT MORE! SCHOOLS WIN WITH BFS

Manchester High School in Georgia went 14-1 with Coach Tim Barron using the BFS Program.

Coach Mike Calhoun reports that his team, Fort Hill High School, from Cumberland, Georgia went 12-1 last season.

Monroe Jefferson High School in Michigan won it all. Our congratulations to football coach Mark Cisco who had a BFS Clinic.

One of the truly great guys coaching football is Pat McNally of Minot Ryan High School in North Dakota. Pat has had a BFS Clinic and he and his family stopped by our Salt Lake offices to see us last summer. We gave him a few updates and away he went. His team, the Lions, won their first ever state championship. The really neat thing was that Pat's son Ryan, a junior tight end, played a key role in the victory. Ryan said, "It feels good to help give your dad something he never had before in his coaching career. It's something that may not happen again. He waited a long time for this."

John Godina, who throws the shot for UCLA and past BFS Athlete of the Year, set a school indoor record. John threw the shot 67-4. He is now up to a 500 Bench with a 3.4 GPA. Wow!

Jim Brown did a BFS Clinic for Jay Corlew at Ledgemont High School in Ohio. They had never won more than six games in football. Jay exclaimed excitedly, "We went 8-2 and made the playoffs for the first time in history. It was the biggest thing ever!"

Mike Burgener, who is one of the great high school strength coaches at Ranch Buena Vista High School in Vista, California, reported two successes. First, the football team did very well in the playoffs and second, three kids broke our Olympic Record Board Totals: Adam Lancaster, SR 185 pounds did a 247 Snatch and a 319 Clean & Jerk, Don Baligad, JR 130 pounds did a 180 pound Snatch and a 220 Clean & Jerk. Also, Greg Schouten, SR 150 pounder from Notre Dame High School did a 236 pound Snatch and a 280 Clean & Jerk.

Jack Frowen of Greater Latrobe Area High School has been to everything BFS has sponsored. He wrote to us about Tony Ratica who was a 6-2 145 pound sophomore wide receiver. Tony just signed with the University of Tulsa as a 6-5 261 pound offensive tackle. Coach Frowen, who is the AD said, "Tony learned to set goals and did whatever it took to achieve them. Rick Anderson did the BFS Clinic at Greater Latrobe and Tony commented, "The BFS Clinic and program not only changed me physically, it changed my life too."

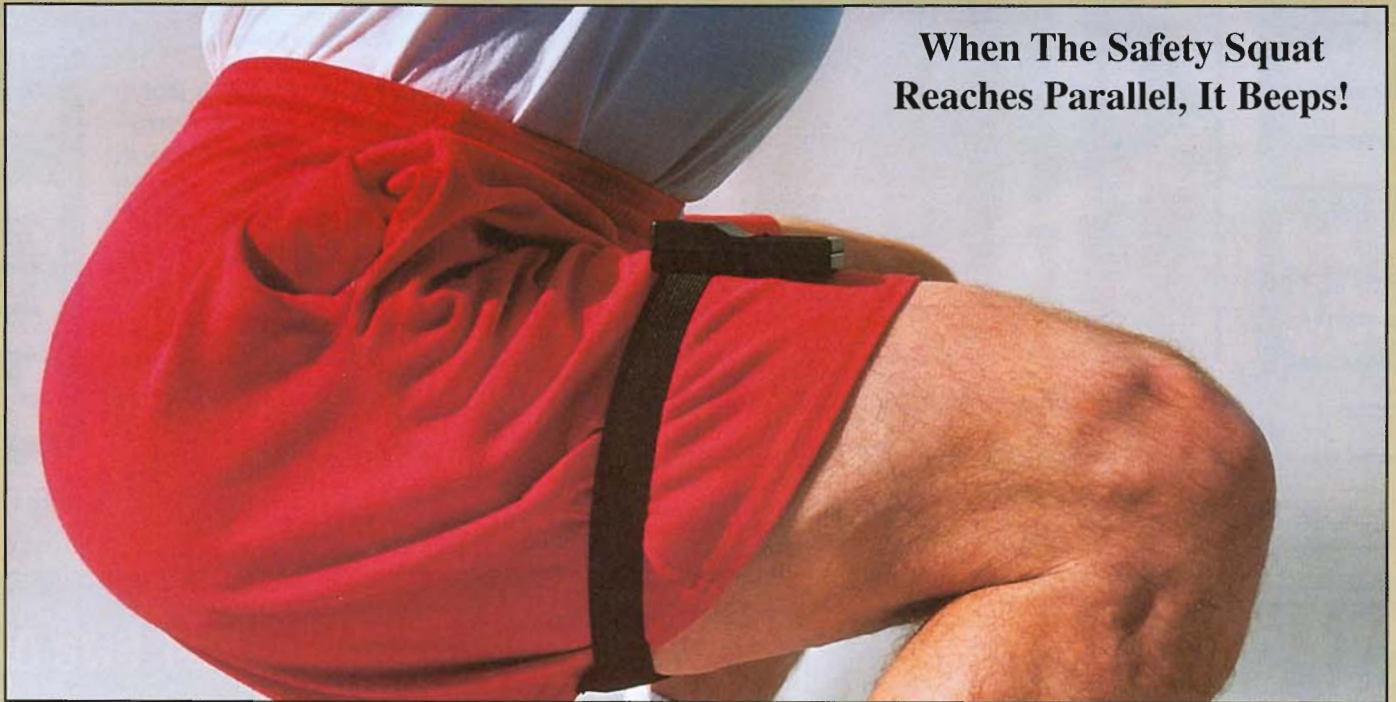
CHARDON HIGH SCHOOL WINS STATE

Chardon High School has perhaps the greatest success story as they went from 0-10 to Ohio State Champs. Look for their complete story in our next issue.

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