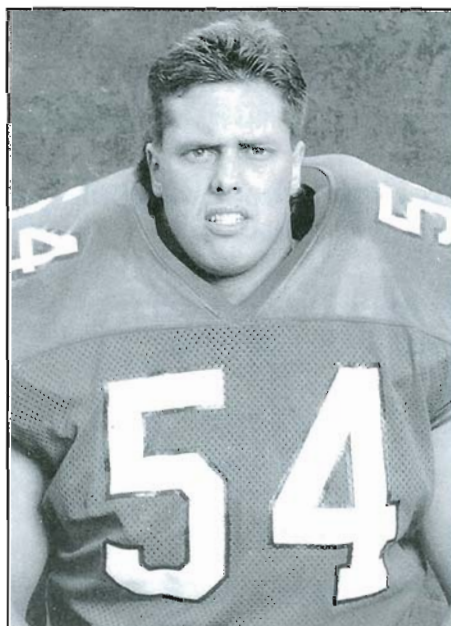
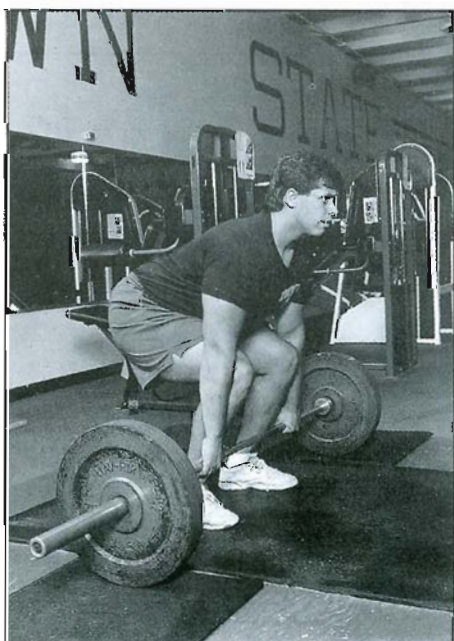


CHRIS SAMMORONE

By Dr. Greg Shepard

Youngstown State in a word is phenomenal. Head football coach Jim Tressel just completed his 9th year (84-33-2) at the Penguin helm. Youngstown State is 61-9-2 in the 1990's making it the winningest Division I-A or I-AA team of the decade. They have now won three national championships in four years and in 1992 they finished runner-up. Extraordinary!

Chris Sammorone is an extraordinary example of Youngstown's extraordinary program. He was an



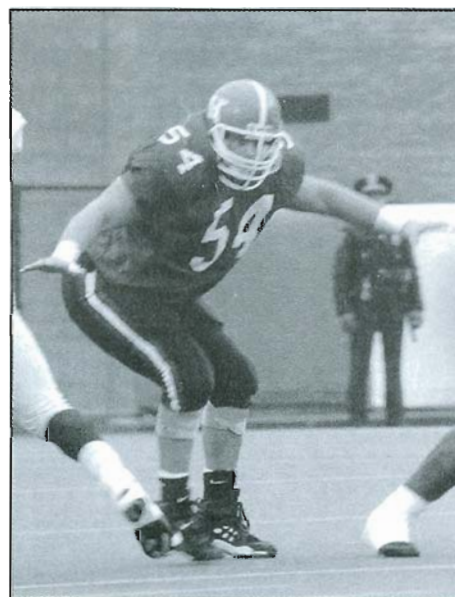
6-2" 270 lbs.
Bench 390 lbs.
Parallel Squat 590 lbs.
Power Clean 290 lbs.

All-American Division I-AA First Team Center last season. Chris thought back to his attitude before the start of last season, "We won the national championship my freshman year but then finished second the following year. That made us hungry again and we won it all in my junior year. So, in my last year, we wanted to be the first team to ever be in a championship game four years in a

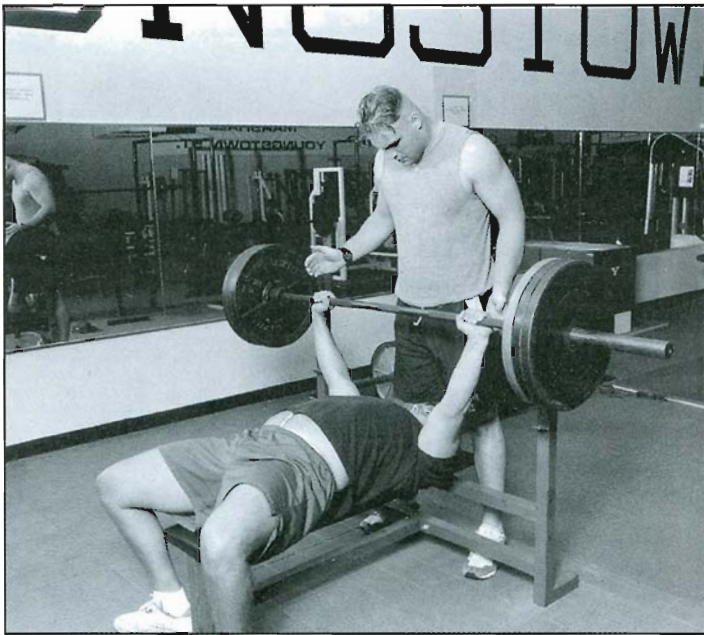
row. We wanted to go undefeated and win back to back national championships. Georgia Southern has been the only other school to accomplish that feat."

Chris was one of the team captains. "I wanted to keep our guys motivated. We needed to stay focused as individuals and as a team. We had to keep getting better and better."

Chris continued on the thought process of the Youngstown State Penguins, "We expect to win. We



**Chris Was an All-American
Division I-AA First Team
Center Last Season.**



pounds, Chris knew he had to get bigger. "So it was a big weight training year," remembered Chris. "I was tempted to take steroids but I chose not to hurt my body. I know when my seasons over, I am as strong as ever. The guys who take them are way down."

"I was going back down to

aren't just satisfied to make the playoffs. We want to be in the championship game. We expect it."

However, Youngstown had a tough home opener against Stephen F. Austin. The game ended in a tie. "We realized we had to work harder," analyzed Chris. "It was a good wake up call."

Intensity has long been in Chris' vocabulary. He attended football powerhouse Chaney High School in Youngstown. Chris grew up lifting with the old timers. "My brother benches 450 pounds and he was our strength coach," said Chris. "My father played for Youngstown State and he's a lifter." Chris' best lifts in high school were as follows: Bench 330, Parallel Squat 485, Dead Lift 475 and Power Clean 270. He also maintained a 3.4 GPA and ran a 4.8 forty. Chris was a first team All-State Linebacker at 6-2, 220 pounds. He was also a 4-year letterman in baseball as a pitcher and helped the team to a city championship. Chris' overall pitching record was 10-3.

Chris wanted to go to Ohio State but they thought he was a step slow for linebacker and maybe a little short. He chose to go to Kentucky on a scholarship as a Center. Chris red-shirted in his first year. At only 230

Kentucky for my second year but I was a little homesick. I went down in

"I was tempted to take steroids but I chose not to hurt my body. I know when my seasons over, I am as strong as ever. The guys who take them are way down."

- Chris Sammorone

good shape but I talked to my parents and decided to transfer to Youngstown. I practiced but I couldn't play. I was on the scout team."

The move turned out to be a good one. Chris started the next year at center and again during the following two Penguin football campaigns. His height stayed at 6-2 but Chris' weight jumped to 270 pounds by his senior year. Chris

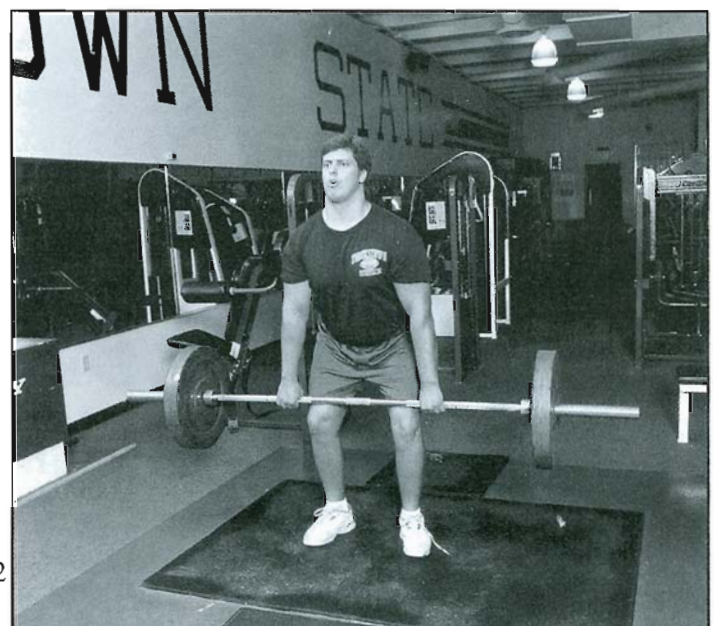
Benched 390, Parallel Squatted 590 and Power Cleaned 290 pounds. He was also timed at 5.1 in the forty.

Chris is majoring in Biology and plans on attending physical therapy school. After graduation this Spring, Chris is hoping for a NFL tryout. "As soon as we won the championship," said Chris with determination, "I began working for a tryout."

Chris changes his lifting routine around when he reaches a sticking point. "I've done a lot of different approaches. My core lifts are the Squat, Bench, Clean and Shoulder Press". Chris also included a lot of jumping and speed training into his total workout program.

Chris has strong feelings about training during the season. "You have got to lift in-season. If you don't lift, you will lose strength. Which is especially bad at the end of the season. Even more so when you are in the playoffs like we are and playing fifteen games."

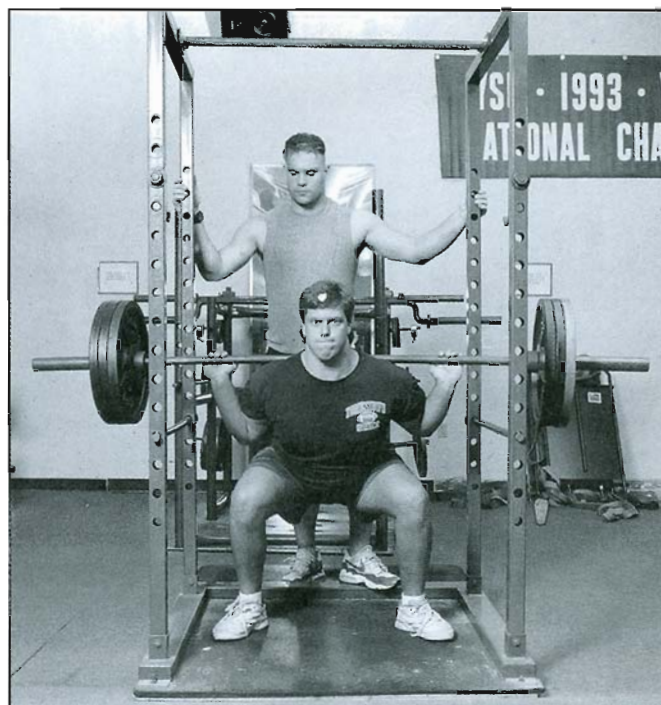
The Penguins play in Stambaugh Stadium which has been nicknamed the "Ice Castle". The stadium, along with a Sports Complex, was completed 13 years ago. The Ice Castle holds



Chris has strong feelings about training during the season. "You have got to lift in-season!"

"Chris is an extremely hard worker in the weight room. He puts in extra long hours to better himself and he leads by example. Chris is one of the hardest workers to come through this program. He does everything with great intensity and 110% effort. Chris takes great pride in making sure that he has prepared himself to be in physical condition for the season and he maintains that conditioning throughout the season. It has been a pleasure to know Chris as a player and as a person. I hope some of the younger players have watched and learned from his example what it takes to succeed in football and in life."

RON BROWN
STRENGTH & CONDITIONING COORDINATOR
YOUNGSTOWN STATE UNIVERSITY



16,000 and houses the weight room. The Sports Complex features an eight-lane all-weather track and their highly acclaimed Sports Medicine Center. Also included are soccer and men's and women's tennis teams.

Youngstown State has a combined enrollment of 15,000 students representing 35 states and 50 foreign countries. It was established in 1908 and is located just three blocks from

the central business district of downtown Youngstown.

Division I-AA schools play for a national championship. The champions of six conferences - Big Sky, Gateway Collegiate Athletic, Ohio Valley, Southern, Southland and Yankee Conferences - are granted automatic qualification. Another 10 teams are selected by a committee making a 16-team post season NCAA competition.



Snapping The Ball, All-American Center #54 Chris Sammorone

Chris has displayed Upper Limit ideals in more than just football.

"My family has always been #1 and God has been a big part of my life. My brother is in his residency to become a doctor and I really want to kick into high gear for my post graduate education. I was blessed with a good family and good work ethic." Youngstown is a tough blue-collar town and Chris went to high school in the inner city so he has seen the worst. "I preach to everyone about staying away from drugs. Not too many people have become great through drugs and alcohol."

Chris never tried drugs in high school. "I hung around with a group of good kids. So, we stayed away from them. In college I am at the age now where peer pressure is not a factor. No one can talk me into doing something I do not want to do.

"The key to success is to never be satisfied. Always keep training and working. The stronger you are, the better you will be in any sport."

We thank Coach Ron Brown for making this article possible. We especially thank Chris for being an outstanding example in sports education and in life itself.....□

What Is A BFS Clinic?

The most dynamic, instructional and motivational day an athlete and coach can ever experience. It is the best kept secret to winning in the nation. BFS Clinics organize all sports, both boys and girls at all grade levels, into one unified state-of-the-art year round strength and conditioning program. For football alone, a BFS Clinic has meant 2 to 3 more victories the following year! Having a BFS Clinic is the most significant thing you can ever do to win!



We Attack Three Areas!

INSTRUCTION

Every athlete and coach will gain an amazing level of knowledge in all areas of strength and conditioning: Agility, Flexibility, Strength, Speed, Jumping, Nutrition, Skills, etc.

Athletes and coaches will learn in great detail how to Clean and Squat in easy to understand terms.

All participants will become teaching experts.

INSPIRATION

At our BFS Clinics, each clinician has an unmatched array of overheads, videos and incredible stories to inspire every athlete right down to the core of the soul.

Everyone who attends will have a deep desire to always Ride the High Places, to be an Upper Limit person and, on a scale of one to ten, to give an eleven on and off the the field.

UNIFICATION

In the average High School, for example, a three sport athlete will have to learn three different ways to stretch. This is absurd!

Each clinic has a special two hour coaches session, where we get everyone on the "same page" with all facets of strength and conditioning.

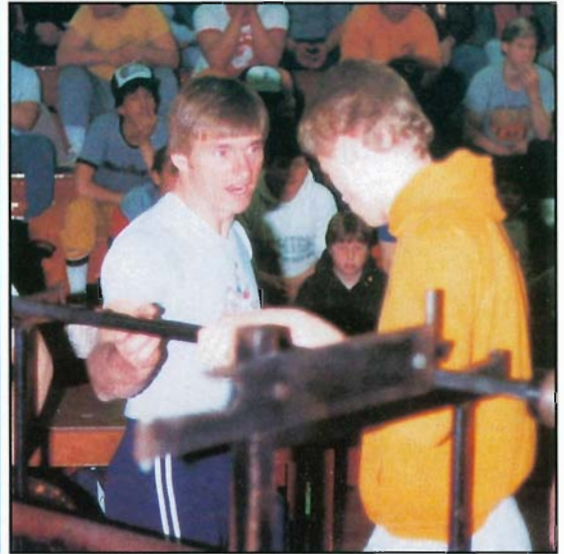
That's why our schools win and win big!

Call For Details 1-800-628-9737 See Next Page

BFS ONE DAY CLINICS



**BFS CLINICS
ARE FOR ALL
SPORTS BOTH
BOYS & GIRLS
GRADES 7 - 12**



Over 130 Schools Have Been State Champs in Football After Their BFS CLINIC

THE FIRST STEP TO HAVING YOUR OWN CLINIC

Carefully read over these pages and see what kind of clinic you want to have, then call BFS at 1-800-628-9737 and ask for Rick, Greg, or Bob. We will discuss presenting the entire BFS Program or structuring your BFS Clinic any way that will most help your program. Usually the clinic runs from 9 or 10 am to 4 or 5 pm with the special coaches session held the night before or early the next morning before the athletes arrive. Remember our job is to help you win!

COST & RESERVATION PROCEDURE

RESERVATION FEE is \$300.00 for West Coast and Mountain States. \$300.00 - \$450.00 for all other states. Plus \$695.00 due the day of the clinic. Your date is confirmed after the reservation fee has been received. You will then be sent a Clinic Packet of information, a clinic review video, goal cards for everyone, and specialized invitations to coaches from all sports to attend your clinic. Invite as many people as the gym will hold.

LODGING: We feel very comfortable staying with one of the coaches, as this provides a better chance to exchange information and ideas. However, if you prefer, you may provide motel accommodations.

TRANSPORTATION: If plane fares are higher than your reservation fee, the difference will be due on the day of the Clinic.

WAYS TO HAVE YOUR CLINIC

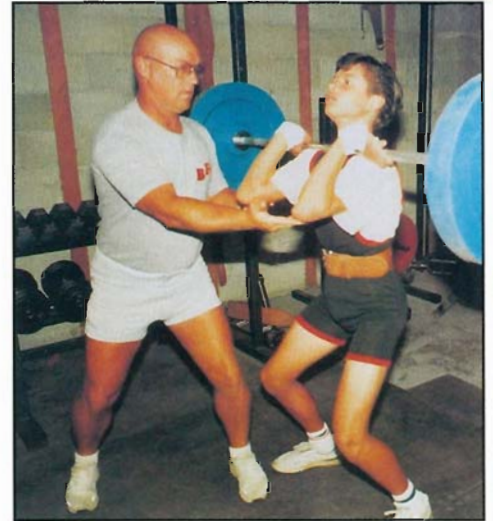
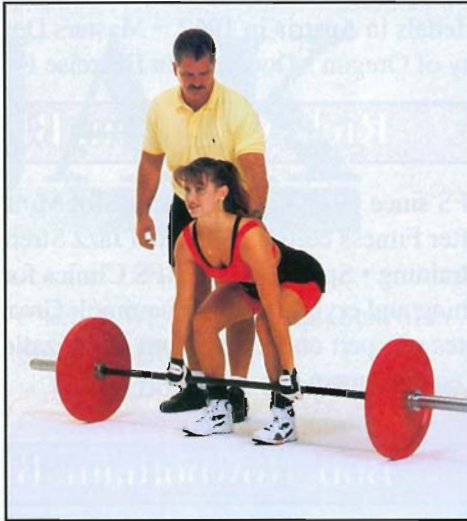
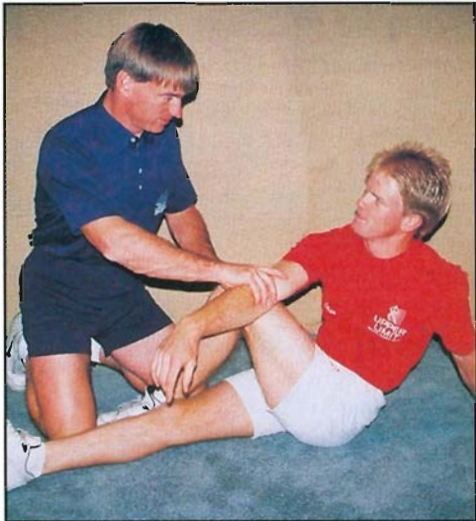
The best way to have a clinic is for your own school. We can then attack your team's personal challenges. Because of finances, you may want to go in with several schools outside your league. Have a Clinic for your in-service day. The administration may help foot the bill (especially if we spend time on steroid, drug and alcohol abuse). A Junior College or College may want to sponsor a Clinic and invite all area athletes and coaches. The public relations can be enormous. A Bigger Faster Stronger Clinic can be structured any way that will most help your program.

EQUIPMENT NEEDED FOR A BFS CLINIC

- 1 - Squat Rack & Bench
- 2 - of each 35's, 25's, 10's, 5's & 2.5's
- TV and VCR with remote control
- 12 - 45 lb. Olympic Plates
- Weightlifting Belts and Gym Chalk
- 2 - 4 x 8 mats or similar type of floor protection for Cleans & Deadlift.
- 3 - Olympic Bars & Collars
- Overhead Projector & Screen

2 & 3 DAY SUPER CLINICS

**All Athletes Experience
The Total BFS Program with Individual Attention!**



COST & RESERVATION PROCEDURE

TWO DAY CLINIC Only \$25 per athlete
THREE DAY CLINIC Only \$35 per athlete

minimum 50 athletes plus reservation fee for each 2 or 3 day clinic.

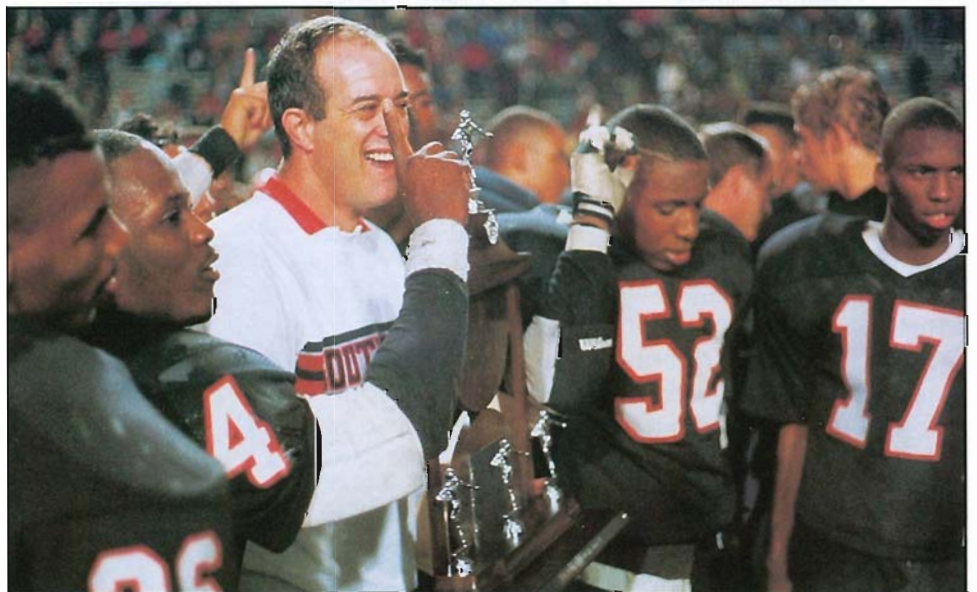
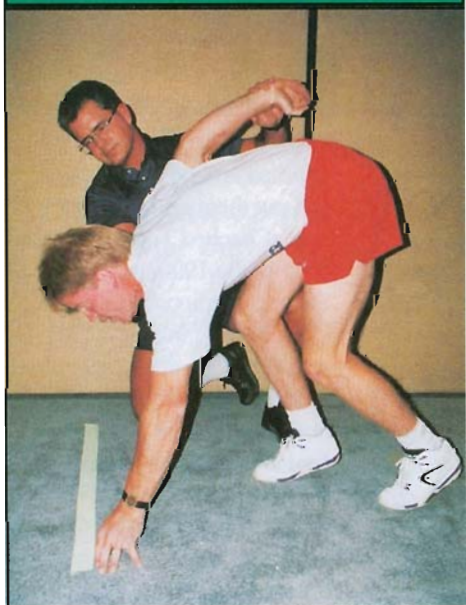
RESERVATION FEE - LODGING - TRANSPORTATION: These are all the same as with a one day clinic see previous page.

National Collegiate Championships have been won in women's Volleyball and men's Basketball. High School Championships have been won numerous times in boy's and girl's track, basketball, wrestling and volleyball.

ATTENTION TEXAS COACHES

Yes, you too can have a BFS Clinic under certain conditions, call for details.

We Also Offer Speed & Plyometric Clinics. Please Call For Details



The Ultimate Team Experience: Coach Don Soldinger of Miami Southridge High School is one of over 130 Coaches able to hold the state Championship Trophy after having a BFS Clinic. Coach Soldinger is now also a BFS Clinician

Your BFS Clinicians!



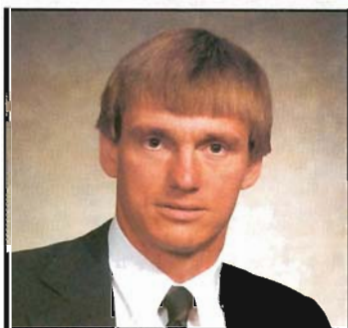
Greg Shepard, BFS President

• Strength Coach for the NBA'S Utah Jazz since 1981 • Training All-Americans since 1965 • 1976 Utah Football "Coach of the Year" • Coached BYU to the 1973 National Powerlifting Championship • A Power Lifting Champion 1969-80 • Previous Strength Coach at Oregon State and University of Oregon • A Football Coach 1964-78. Turned two High Schools with previous winless records into immediate Champions and Winners • Won Olympic Style Lifting Medals in Austria in 1962. • Masters Degree in Exercise Physiology from the University of Oregon • Doctorate in Exercise Physiology from BYU.



Rick Anderson, BFS Vice President

• With BFS since 1979 • Highly successful Minnesota high school Football Coach • Widely sought-after Fitness consultant • Utah Jazz Strength coach • Over 20 years experience in strength training • Specializes in BFS Clinics for women athletes • Super motivator. He gets you laughing and crying at the same time! Great success record! • Has done BFS clinics in all 50 states • Expert on weight room organization and supervisory skills • Makes complex concepts easy to grasp.



Bob Rowbotham, BFS Vice President

• With BFS Since 1979 • Highly successful Minnesota high school Football and Wrestling Coach • Utah Jazz Flexibility Coach • Over 16 years experience in strength training • Specializes in BFS Clinics for younger athletes • Super quick and a great example of strength and flexibility • Martial Arts Experience • Kids love Coach Rowbotham! Has the ability to establish great rapport quickly • Author of BFS Flexibility book • Has done BFS Clinics in all 50 states.



Len Walencikowski

• Strength and Conditioning coach at Miami Southridge High School since 1979 • Coached high school football and wrestling for 20 years • Coached 16 pro football players, over 25 Division I football scholarship players and over 100 other college football players • Coached 5 track All-Americans and over 18 pro baseball draftees • Supervises the BFS Program for all boys and girls sport programs at Southridge.



Jim Brown

• High School Coach in Poplar Bluff, Missouri • Dynamic and Motivational Speaker • A veteran BFS Clinician, Coach Brown can teach the Total BFS Package in easy-to-understand terms • Coached four major sports for 15 years at all size schools • Has done BFS Clinics from Coast-to-Coast • Expert in organizing the Total BFS Program for any high school situation for any sport during the in-season or off-season. • Has 450 kids in his daily program



Don Soldinger

• Coached football for 24 years • Head Coach at Miami Southridge from 1977 to 1984 and again from 1989 to the present. • Led 5-A Southridge to one Bowl game, three district and regional championships, two sectional championships, one state runner-up title and state championships in 1991 & 1993 • Assistant Coach at the University of Miami 1984 to 1988 helping the Hurricanes to a national championship • A master motivator.



Jeff Scurren

• Turned around 5 losing programs and put them into playoff's by 2nd year • Coached Tucson's Sabino High to the 1990 and '92 Arizona State Championship, and a top 20 USA Today ranking • Motivational speaker for business, school organizations and athletics • Won over 80% of all games coached in 5 sports, including women's athletics • Specializes in Power Cleans and Total Lifting Programs for all athletes • Dynamic, emotional, team-oriented speaker who will develop quick rapport with your team.