

For over ten years, the Bruton Panther football team was the door-mat of the Bay Rivers District. This small AA school in Williamsburg, Virginia received at least three of four homecoming invitations a year,

either drop down to Single A competition or start a dedicated program to build better more competitive athletes.

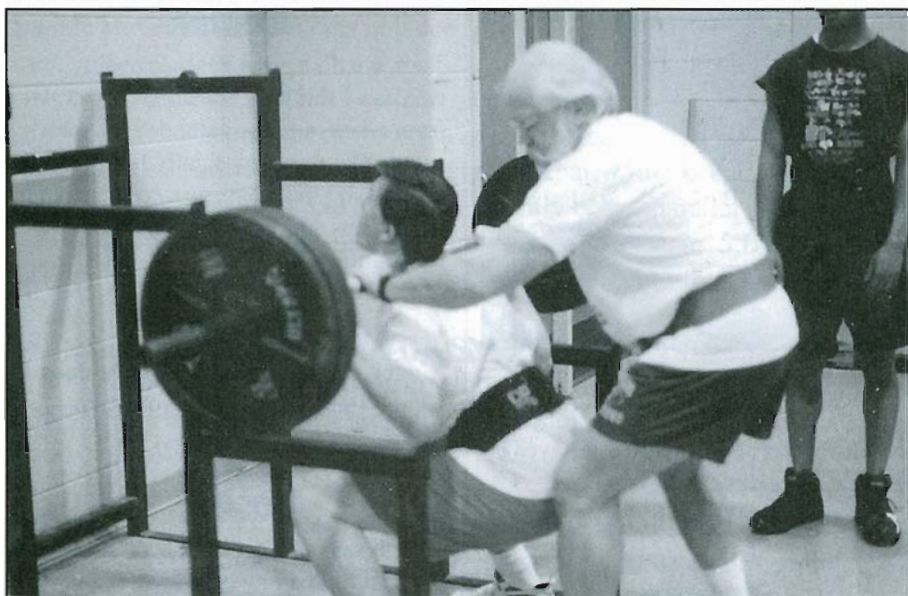
The decision was made in the spring of 1993 when Bruton hired

but armed with new confidence and commitment, the Panthers went on to win their third game. This win was the first victory for the seniors in their four years at Bruton and stirred new hopes for the days ahead. Unfortunately, this was the only win of the season. It was hard on the athletes, hard on the coaches and hard on the fans, but the Panthers had a vision whose foundation was being hammered out in the back gym weight room. The Monday after the last game of the 1993 season, 16 athletes showed up ready to commit themselves to the work ahead. On the chalk board were listed the core lifts, sets and reps and the auxiliary lifts of the Bigger Faster Stronger Program. In the top corner of the board it read "40 weeks to go!" On Mondays, Wednesdays and Fridays this group put in the time and made their gains. On Tuesdays and Thursdays they showed up for 30 minutes of Plyometrics and Speed training. As the weeks wound down and more athletes joined the program, confidence was high and records were being broken each week.

As the 1994 season began, Coaches Neve and Clarke made the commitment to do whatever it took to keep an in-season program working in order to maintain strength and team confidence. The opening game of 1994 resulted in a loss, but it did not shake the confidence of a team that knew they were on the right road. The result was that going into the last game of the season, the Panthers were 5-4. This last game determined whether or not Bruton would post its first winning season and post season play in 10 years. The game was with a team that had beaten Bruton 35-0 earlier in the year. At this time of the year, when most teams are banged-up and

PANTHERS PAY THE PRICE

BY DUKE CLARKE



***Grant Clarke and Duke Clarke (Grant's Father).
Grant Does Parallel Squat reps with 325 Lbs.***

because the host team was assured of a win. With little or no mercy and no respect, opponents punished the Panthers by running up scores into the 40's, 50's and even into the 70's.

The Bay Rivers District is a strong group of schools and has produced such athletes as Chris Slade of the New England Patriots and Miami's Terry Kirby. Knowing this, Bruton was faced with a decision —

Kyle Neve as their new head football coach. That summer Coach Neve and Line Coach Duke Clarke started a full Bigger Faster Stronger program not only to build stronger athletes, but to build unity and a winning attitude.

Bruton lost its first two games in 1993 adding to a string of losses that was now the longest AA losing streak in Virginia. These defeats could have finished a lesser team,

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weak, Bruton was still strong. With under five minutes to go in the game, the Panthers were ahead 21-14. Their rivals, York High School, rallied in the last seconds making the score 21-20, but these men, who had paid the price, were not going to lose. With full determination, senior lineman Darius Parker exploded through and stopped the conversion cold. The win and now a post sea-

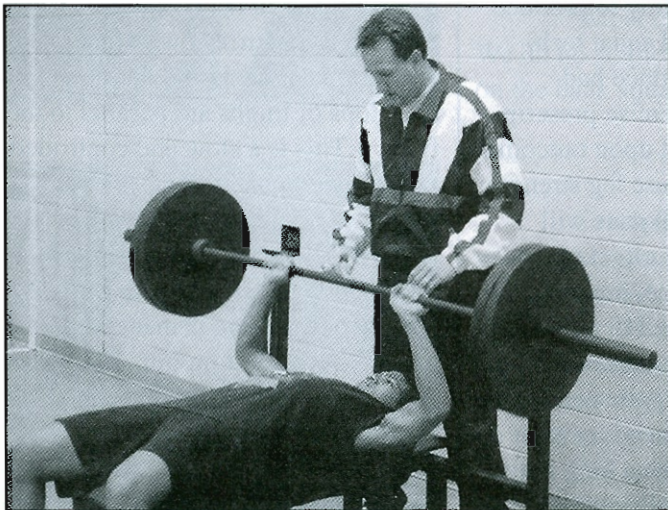
son invitation belonged to Bruton. It also marked the first win against York since 1986.

Other accomplishments by these Panthers were first in the district in Team Rushing Yardage, the first multi-win season since 1989, first winning record since 1985, first season with 5 All-District Players, over 2,500 yards total offense, two defensive shut-outs, two running backs with over 900 yards rushing each, over 500 yards passing and the

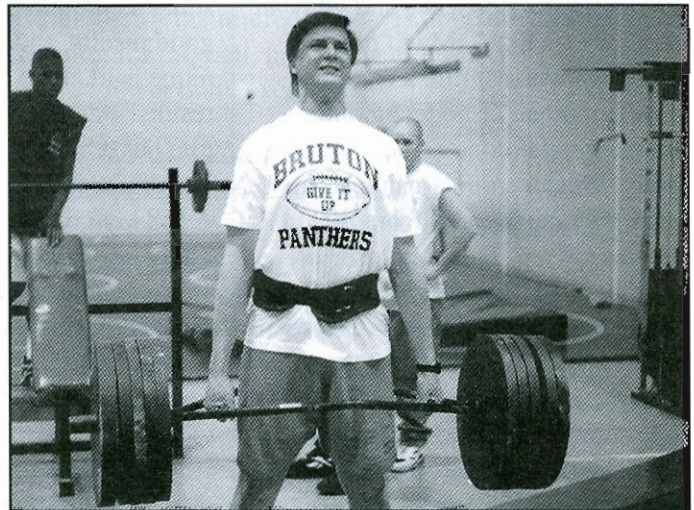
first ever Bay Rivers Coach of the Year Award for Bruton, given to Coach Kyle Neve.

And now it starts all over. From the back gym can be heard the clanging of plates and the shouts of triumph as next years Panthers get serious about Football 1995.

P.S. Each year more coaches become interested at Bruton and we have started to do some good work with our women athletes.....□



*Coach Kyle Neve & Keenan Haywood
Doing Reps with 225 lbs.*



*Grant Clarke 6-4 220 lb JR.
Doing 2 Trap Bar Reps at 505 lbs.*

STERIODS: MORE SCARY STUFF

The new estimate of steroid use among high school students is 2 - 4%. The following study is the most incredible, scary situation in sports history: 25% of high school kids who use steroids **SHARE THEIR NEEDLES.**

In the age of A.I.D.S., you wonder how anyone could be so stupid. According to the study, the kids feel invulnerable and besides "we are doing it for health and fitness reasons."

Bigger Faster Stronger is dedicated to helping all athletes succeed without the use of steroids. Tens of thousands of athletes have made it big without the use of steroids. Please, if you need help, let somebody know. It's been proven that it's not worth the risk.

