



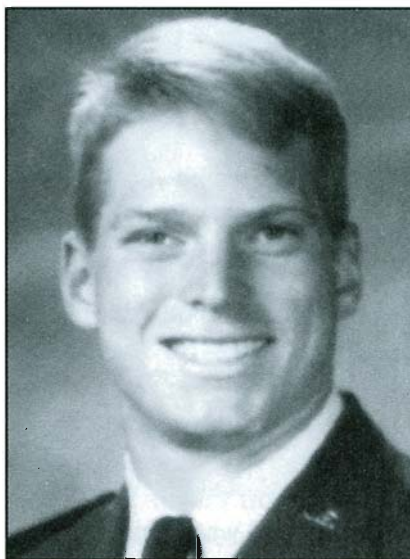
ADAM EDWARDS



By Dr. Greg Shepard

When Adam Edwards was in the 8th grade, his dad Lawrence wanted to give his son of average ability a chance to succeed in athletics. Mr. Edwards had been a head football coach and was now teaching, and he knew about Bigger Faster Stronger. He decided to call us and arrange a BFS clinic for Southern Nash Senior High School, the school his sons Adam and Aaron would be attending.

BFS Clinician Bob Rowbotham accepted the call and has done four clinics for their area of North Carolina, courtesy of Mr. Edwards. Coach Rowbotham stayed with the Edward's family and remembers, "They were an incredible family. Very special. Mr. Edwards bought enough equipment to do the BFS program in their garage. He also purchased our Plyometric Boxes and Adam did our BFS routine in the



back yard. Adam was willing to commit totally to making himself great."

Southern Nash High School is a 3-A high school near Bailey, North Carolina. Adam became an All-Conference center and was the conference lineman of the year in his senior year. He also made the Honorable Mention teams for All-East North Carolina and All-State.

Adam grew from a 5-9 160 pound freshman to a 220 pound senior. He also threw the Shot 52-10 during his last year of high school.

Adam was a guard as a sophomore, but switched to center during his junior year and played both ways as a senior at center and defensive tackle. The Southern Nash Firebirds broke their own all-classification total single season state rushing record in 1991-92 with 4,770 yards.

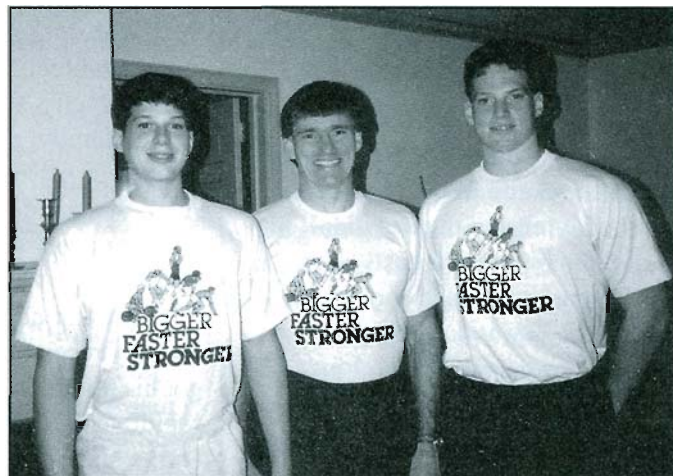
Head football Coach Ray Davis stated, "And most of that was between tackles and behind Adam. The two years Adam played center for me I can't recall a bad snap or missing a count because of him."

To not make a mistake takes some intelligence as well as concentration. Adam finished 4th in a graduating class of 281 students.

Coach Davis continued, "He is going to succeed in whatever he does. It wouldn't surprise me if he starts as a freshman. If I had to find the ideal high school lineman, Adam



Adam (R) with his brother Aaron (L), and Coach Rowbotham (C) after a clinic in 1988



Growing Up Fast. Aaron & Adam after another clinic in 1992.





Adam has jumped into a 59-1/2" box from a stand

would be in that mold. He's smart, aggressive and works hard on the field. He is an excellent blocker on the line and downfield."

Coach Davis was also impressed because Air Force Head Coach Fisher DeBerry, after watching game films, said that he wanted Adam on his roster.

Adam never got involved in negative activities in high school. Peer pressure was never a problem. Adam confided, "A lot of kids drank. I had a reputation in high school of not drinking. At parties, they left me alone. I had no drinks in high school and in college I had one glass of wine one time. I didn't like it. I thought it tasted nasty.

"There were drugs at our high school, but I was so separated from it that I never saw a drug. I just didn't associate with the people who did. Here at the Air Force Academy there is not a lot of drugs going on. If I see drugs, I physically leave the area."

Adam Edwards is a quiet team leader, leading not with words but by example. Through hard work, he has elevated his performance to a point of becoming the starting center for the United States Air Force Academy Fighting Falcons football team.

At 6-1 and 234 pounds, Adam is, without a doubt, one of the smallest starting centers for any Division I program in the nation. However, what he lacks in size he makes up for in strength and, more importantly, power. Adam attacked his off-season workouts prior to his senior season, and showed solid gains in strength in each of the big three lifts emphasized at the Air Force Academy: The Clean, Squat and Bench. In addition, Adam also vertically jumped 32 inches and was electronically timed in the 40-yard dash at 4.99 during testing prior to the 1995 football season.

Adam made big strength gains during this last off-season. His effort was impressive. Adam achieved these gains by having 100 percent attendance during off-season conditioning. He is an example of what can be achieved through hard work in the weight room.

Jack Braley: U.S. Air Force Academy Strength Coach

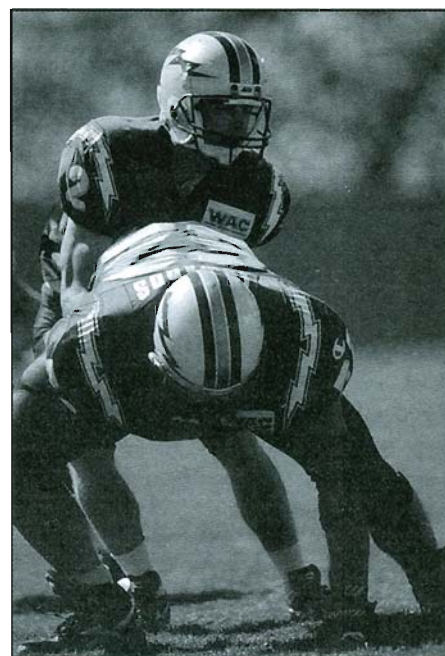
Adam's dad was a fine example to his family. He told his sons, "I just don't do that." (Meaning drinking alcohol)

Adam worked extremely hard on the BFS program in high school and got a 365 Bench, a 340 Parallel Squat and a 300 pound Power Clean. He got so he could touch the rim on a vertical jump. Adam made the most of the opportunity his father so earnestly gave him. But, how could a 6-2 220 pound lineman make it in Division I football? The deck was stacked against him, but Adam and family still had a few aces up their sleeves.

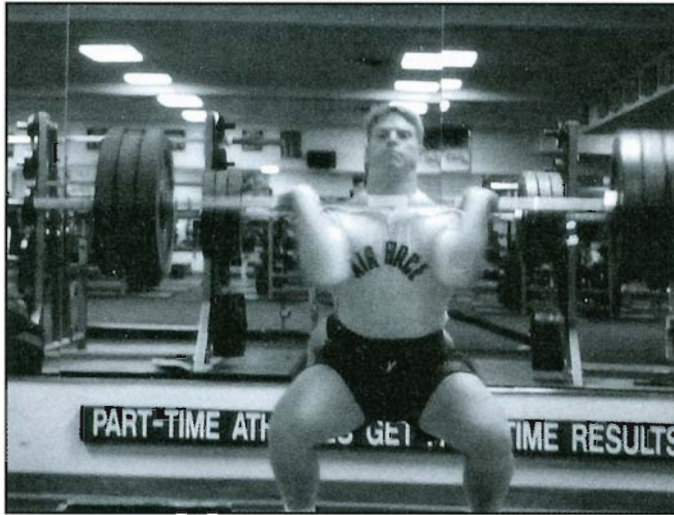
The family endured a long, hard process to get an appointment to the Air Force Academy. Some 15,000 students apply to their congressmen, senators, the Vice President or President for admission. Only 8,000 actually receive nominations. Adam got his nomination in January of his senior year. In early April, Adam learned he was one of 1,300 nominees to receive an appointment.

Mr. Edwards called our BFS

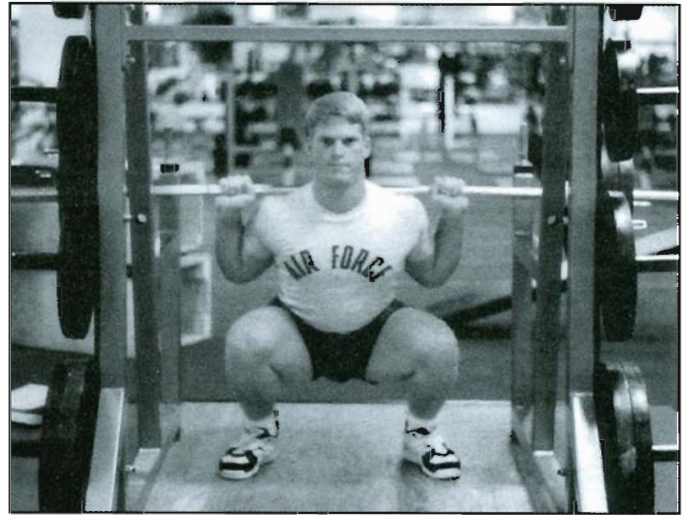
offices twice to confer with Bob Rowbotham about the strength and conditioning program at Air Force. Coach Rowbotham assured Mr. Edwards that the Air Force Academy had one of the top programs in the country. Adam would



**#52 Adam Edwards,
Air Force Center**



Adam's Power Clean has helped him easily Snatch 220 pounds!



Adam Edwards squatting in the Air Force Academy weight room.

be able to continue the BFS principles that he had grown up with in Falconland. Mr. Edwards was convinced the transition could be made. Air Force ran the wishbone like Southern Nash and the training programs were similar. Piece of cake.

Adam had signed a non-binding letter of intent with Appalachian State but when the Air Force nomination came through, Adam made his decision. "The biggest point in Air Force's favor," reasoned Adam, "is they play Division I football and are in the Western Athletic Conference. You have a very secure future afterwards in the Air Force as a 2nd Lieutenant. I was impressed with the coaches. I was more impressed with Air Force football than the other service academies. We also have an awesome strength and conditioning facility. For example, we have about 10 platforms for the olympic movement type lifts. I do Cleans, Snatches and Jerks. I know West Point has a different philosophy. So, since I did the BFS program, I liked the Air Force approach. It was a factor in my decision."

Adam can easily Power Snatch

220 pounds. "I started Snatching this year." Perhaps the most awesome feat is Adam's Box Jumping ability. Remember, he has been doing them since the 8th grade. Well, this last year, he jumped on a 59 1/2" box from a stand. That puts Adam in a class by himself. Adam has just worked and worked while waiting for his turn. Last year as a junior, his playing time was limited as the Falcon's #2 center. This year, however, Adam cracked the starting lineup and is, most likely, the smallest center in Division I football at only 6-2 235 pounds. At this writing, Air Force has beaten the likes of Brigham Young and Wyoming by dominating scores.

Adam believes the Power Clean is the best lift for football. "Oh, yes! I also know that the explosive power developed by the Power Clean can be transferred to the football field."

Adam's parents will watch a total of six games this year. They are both teachers who provided Adam with an environment of strong Christian and traditional values. "My dad played football for Temple," stated Adam proudly. "He

encouraged me but didn't push. Education was an important priority in our family. We were taught to work hard. Incidentally, my younger brother, Aaron, is attending prep school here at the Air Force Academy.

"I believe to be truly successful you need a good work ethic. I put a lot of time into weights, plyometrics and all phases of strength and conditioning. If you are 6-5 300 pounds, that's great, but if you don't work, it doesn't mean much. Also, I have a strong faith in my Christian beliefs. That has helped in all areas of sports, school and in life. It keeps me up in hard times.

"I didn't get here by myself. Many people have helped me not only physically but also spiritually."

Obviously, Adam Edwards is a rare gem who has proven himself with Upper Limit attitudes for many years. He is a great example and inspiration to all. We are proud of him and feel fortunate to have watched him grow and progress since that first BFS clinic when Adam was an 8th grader. We wish him well.□