

DAVID HARVEY-BOWEN

15-YEAR OLD PHENOM

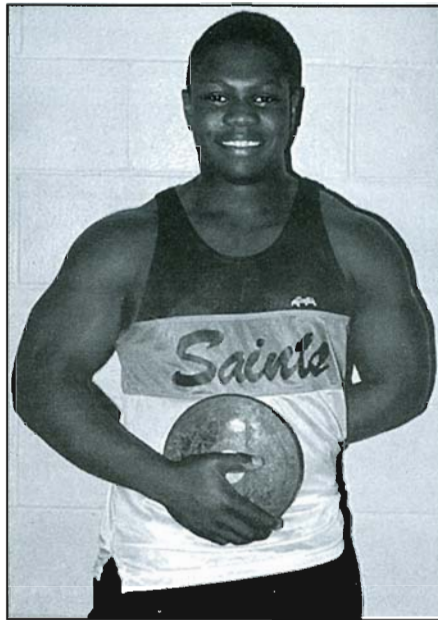
A superman 9th grader who could Bench 355, Squat 605 and Power Clean 340 pounds!

By Dr. Greg Shepard

Last July I received a letter and video from football/strength coach Paul Dick. Paul coaches at Churchville-Chili High School just outside of Rochester, New York. He claimed to have a superman 9th grader who could Bench 355, Squat 605 and Power Clean 340 pounds! I said to myself, "Yeah right, in your dreams." However, I was curious enough to take home his video.

I have got to tell you. I literally fell out of my chair. Paul did indeed have a superman by the name of David Harvey-Bowen. The 355 Bench was legit and even more now that David is a two-way starter on the varsity football team as a sophomore. David's 605 Squat was done going down to parallel without wraps or a belt but the 340 pound Power Clean was the most mindboggling of all. It was done effortlessly from the floor. I replayed his Power Clean nearly 100 times. It was a beautiful thing to behold.

The next day I told everybody in our BFS offices about David. I was really excited. I called Drogomir Cioroslan our United States Weightlifting Coach in Colorado Springs. I exclaimed, "Dragomir, you have got to see David lift and provide an opportunity for him. David Harvey-Bowen is the best high school Olympic Lifting prospect in the nation - period!" I sent Drogomir David's tape and then he got excited. Now, I will tell you more about David himself and I think you will agree with me that David's internal makeup along with his God-given talent adds up to a potential of giant proportions.



David started lifting in the 6th grade. "I went to the high school," remembered David. "I was looking for my brother Alan who is two grades ahead of me. He was lifting weights for football.

Coach Dick remembered that day also, "He was looking for his older brother and I was talking to him. I put my hand on his shoulder. I couldn't believe how muscular he was.. So I talked him into lifting."

Coach Dick saw me," said David. "I looked at the other guys squat and gave it a try." David Parallel Squatted 200 pounds on his first day. He weighed 205 pounds.

David giggled, "I was a little chunky. I guess after that squat they were all in shock. I didn't think anything about it. I didn't know if it was good or not."

"He is a natural," claimed Coach Dick which may be the understatement of the year. For example, when David was in the 7th grade, he participated in a Power Lifting meet. Coach Dick showed him how to

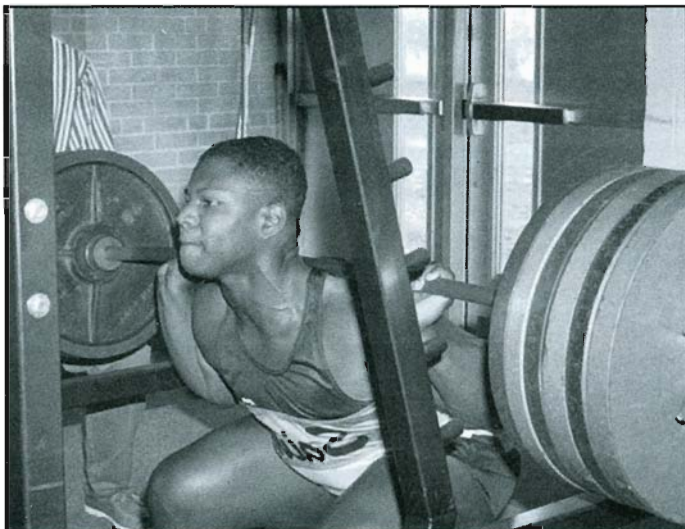
Dead Lift during warm-ups. David went out and pulled 500 pounds! He also Squatted 455 and Benched 245 pounds.

David played football, basketball and baseball in junior high but now, as a sophomore, he concentrates on football and weights. David began lifting on a regular basis for sports in the 8th grade A huge goal for David was to start in the backfield with his brother. That goal is now a reality. He averages 7.8 yards per carry and averages two sacks per game and 7 tackles behind the line of scrimmage from is nose guard position. David causes opposing offenses a multitude of problems because of his elite strength, quickness and power. In addition, he has a low center of gravity at 5-10 230 pounds. David surmised, "Lifting weights makes me stronger so I can break tackles and get away from defenders."

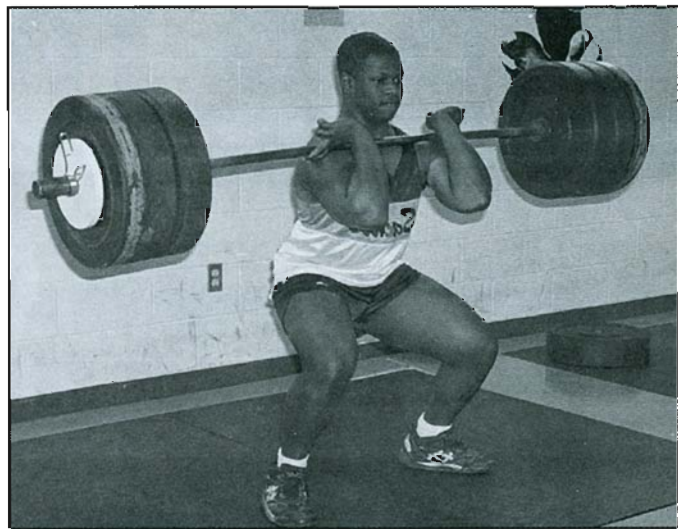
David Power Cleaned 300 pounds as a freshman and as 15-year old this summer before his sophomore year got 340 pounds on the Clean. "I'm just now learning to Power Snatch," said David. "I haven't maxed out but I workout with over 200 pounds." David trains with his older brother. Alan weighs 180 pounds and Squats 430, Benches 235 and Power Cleans 260 pounds.

David's mother and father have been married for 21 years. His dad works for General Motors while his mom is a Registered Nurse. "They do so much for me," said David humbly. "I couldn't imagine them not being together. I have a middle class background and my parents provide me with everything I need.





David Squats 605 Pounds!



David Power Cleans 340 Pounds!

I love them a lot.”

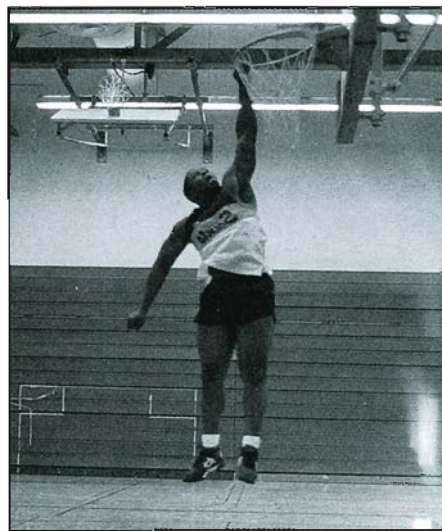
David also is musically gifted. He takes piano lessons and practices 15-30 minutes everyday. He prefers Bach and Mozart. David made the All-State Choir last year and sings bass. David’s brother also sings in the choir. In addition to sports and music, David maintains a solid 3.0 GPA. His good grades did not happen by accident. David has never skipped a class and is never tardy to class. “I turn in my assignments on time 95% of the time,” confided David. “The only reason for being late was if I didn’t understand the assignment. The teacher will work with me when that happens and mark me late but then I will turn it in the next day. I try to prepare each assignment neatly. I got my mom to type my papers for me in the past but now I have a computer. Hopefully, one of these days we can also get a printer to go with it. I try to always turn in quality work.”

David has a wonderful philosophy on why he should continue to work hard even though he is already the strongest in the school. “I want to work hard because I have a talent, I wanted to lift weights because of football but now I realize I have an opportunity in weights themselves.

I want to stay on top. I don’t want anyone to be close.

“I know that whatever I do in life it will take hard work and dedication to be successful. I know you have to have a good mind set. I want to take weights and football as far and as high as I can.”

David will not allow a stupid choice get in his way. “I don’t touch alcohol. Why do it? That would just mess me up. Alcohol won’t do me any good. I have never touched a drug. Oh yeah, people have offered me drugs. When I was



David demonstrates what his lifting has done for him.

younger they tried to get me. I just kept on walking. People know that I won’t do drugs now. They respect me. They leave me alone now.”

David also has strong spiritual values from his 7th Day Adventist upbringing. “It has helped me a lot,” maintained David. “I went to my church’s school through the 6th grade. I have been taught moral values and how to be strong in character.”

As David was preparing to Power Clean 340 pounds last June, Coach Dick whispered, “If you do it, have a lot of respect for this. Don’t change your technique. David went over and sat in a chair in the corner of the weight room as usual before the attempt. He concentrated on the task at hand. He explained, “I am mentally preparing for the weight and concentrating on technique. I don’t fear the weights, I just don’t want them to beat me. You can’t joke around. You have to respect every weight that you do.”

The weight went up: 340 pounds! David self analyzed the lift. “All arms,” he said, shaking his head.

This is not the end of the story but only the beginning.....☐



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POUNDRAGE

NAME: _____ SCHOOL: _____
 YEAR: _____

YEARLY RECORD

NAME	WEIGHT	REPS
	115	
	125	
	135	
	145	
	155	
	165	
	175	
	185	
	195	
	205	
	215	
	WT.	

SCHOOL RECORDS

NAME	WEIGHT	REPS
	115	
	125	
	135	
	145	
	155	
	165	
	175	
	185	
	195	
	205	
	215	
	WT.	

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TIME

NAME: _____ SCHOOL: _____
 YEAR: _____

YEARLY RECORD*

NAME	YR	TIME
		1.2
		1.2
		1.1
		1.1
		1.0
		1.0
		0.9
		0.9
		0.8

*Top Three in Each Class

SCHOOL RECORD*

NAME	YR	TIME

*Top Ten in School History

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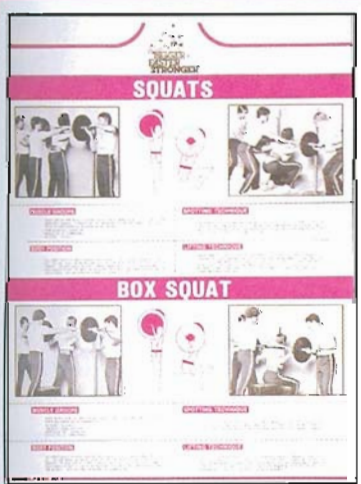
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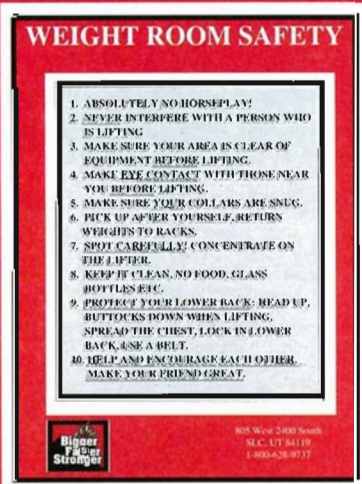
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