

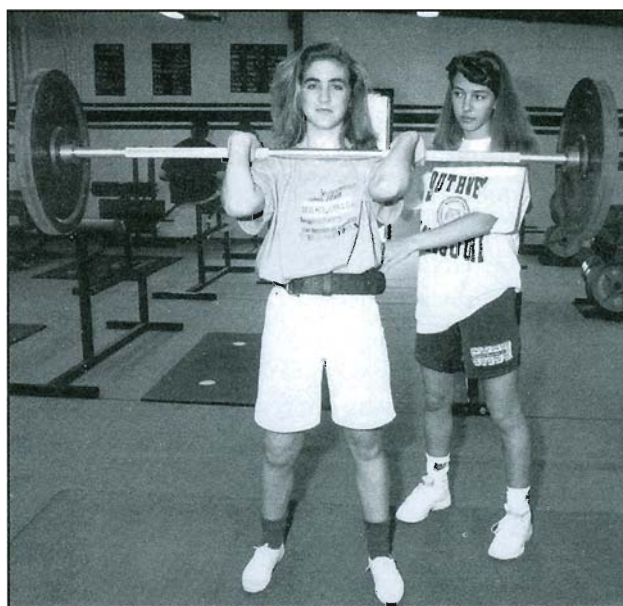
Power Clean Power



Coach Jim Brown kneeling on left is pictured with some of his over 50 athletes who can Power Clean between 200 and 300 pounds. All sports are represented.

POPLAR BLUFF HIGHLIGHTS

1. Colby Robertson, 2nd row 2nd from left, at 6' - 225 lbs, 300 Bench, 300 Clean, 500 Squat, 500 D.L., 39.5 Dot Drill. LB + FB in football. 1994 Class 4 AAAA State Champion Medalist in Golf - Back to Back 68's - 1995 State Champs.
2. Four of Starting Five in Basketball Clean over 200.
6'7" Martin Johnson 205 • 6'5" Cortez Higgs 215
6'2" Michael Hamilton 225 • 6'0"
Matthew Brannon 215 - 37" Vertical Jump.
3. Matt Cisne at 6'2" - 175lbs, FB & Track, 6'10" High Jump, 225 Power Clean, 34" Vertical Jump, 37.10 Dot Drill.
4. Every starter in FB both Offense and Defense cleans over 200, 10 of these range from 250-300 lbs.
5. 10 are 3-Sport Athletes. 31 are 2-Sport Athletes.
6. After winning only 2 games out of 40, the Football team has had one losing season since 89. Undefeated in 1990. Basketball team was State runner-up in 93.
7. Tallest FB player is Bryce Huffman 6'4" - 245lbs, Cleans 250, 3-Sport Athlete in Football, Basketball and Track. Shortest Football player is Lupe Munoz at 5'3" - 140 lbs., Cleans 205.
8. Ryan Prety at 5'7" - 185 lbs, Benches 285, Cleans 275, Squats 475, Dead lifts 500, Dot Drill 38.3. 3-Sport Athlete in Football, Wrestling, & Baseball. He's been timed by Pro Scouts in throwing home to 2nd in 1.6 seconds. 3-year starter in all sports. 2nd row 1st from right.



All women athletes Power Clean. Most starters can clean over 100 pounds. Shown is Valerie Mann. Their basketball team Coached by Kirk Chronister has a 66 - 15 record over the last three years. Their motto is "Go Hard, or Go Home"