

# BFS HIGH SCHOOL ATHLETE OF THE YEAR

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BLUE RIDGE HIGH SCHOOL

## By Dr. Greg Shepard

Scooter Sprotte is our 1995 Bigger Faster Stronger Athlete of the Year. He is from Blue Ridge High School in Pinetop, Arizona. Scooter becomes the 16th recipient of our most prestigious annual award. Selections are based on athletic achievement in sports, the ability to overcome obstacles, scholarship, leadership, general character and the ability to put things into their proper perspective. Scooter has amazing football and lifting stats

to go along with an Upper Limit attitude.

Scooter led his team to a state championship football title in 1994 by rushing for 2,961 yards (11.4 Average) and scoring 34 touchdowns. His rushing record was best in Arizona history at all levels of enrollment. He was a first team All-State running back and Player-of-the-Year in Arizona (all levels). Scooter's team finished undefeated with a brilliant 13-0 record. It wasn't all Scooter's show either. The team rushed for 5,337 yards with an unheard of team rushing average of 11.1 yards per carry. The team

scored 629 points during the season which also is the most in Arizona history at all levels. They were virtually unstoppable! Scooter began playing football in the 7th grade and started lifting by the end of his 7th grade year. He wrestled from 4th grade through his 8th grade year and played 7th and 8th grade basketball. In high school, Scooter added baseball and played centerfield on the varsity team for three years. He hit .300 in his sophomore year, .507 as a junior and .419 for his senior season. Scooter played some varsity football during the playoffs of his

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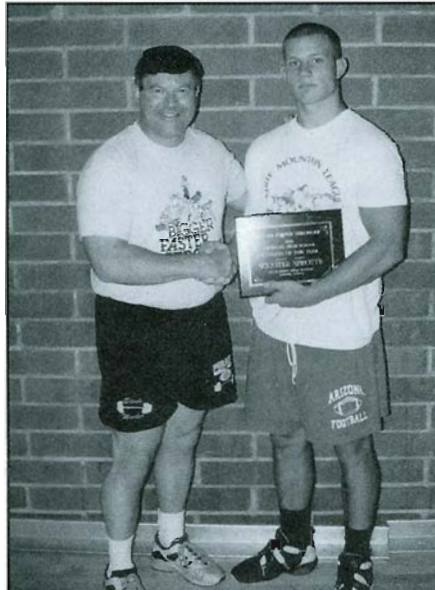
**Scooter has played basketball, baseball and wrestled along with his football.**

9th grade year and started on defense as a sophomore. He started both ways for his last two years.

Scooter has three sisters and two brothers. His oldest brother is a starting 6-2 245 pound defensive end for the University of Arizona. Scooter remembered, "My Mom and Dad were divorced during my sophomore year. They had been separated since Junior High. I knew the divorce was bound to happen. It was weird not seeing my family. Me and my brothers stayed with my Dad while the others were with my Mom."

All family breakups are tough. It happens probably much too often. Each kid has to find a positive way to deal with that kind of situation. It isn't always easy. "I lifted weights when I was mad or talked to Coach Moro," said Scooter. "I could talk to him about a lot of things that would bother me. He'd cheer me up."

"My older brother and I lift together and our bench is about the same. He is strong. My Dad really loves our football. He probably watches more game film than we



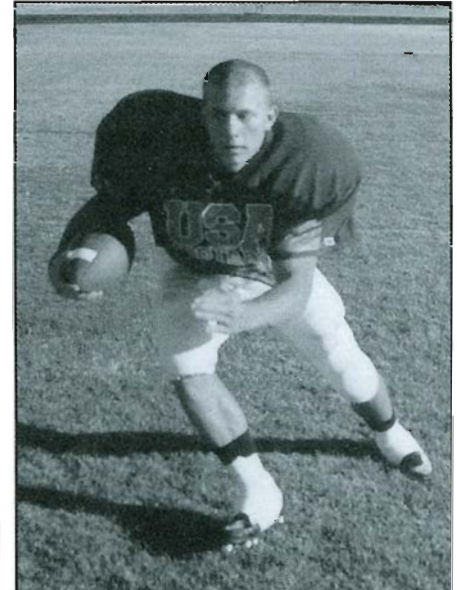
**Coach Shepard awarding Scooter with the Athlete-of-the-Year plaque.**

do."

Scooter had some difficult times coping with being a young teenager trying to cope with a divorce in the family. "I was a real hell raiser during my sophomore and junior year. I shrugged off my parent's advice. I didn't think sports would get me anywhere and would skip class. I was a punk.

**"I went from almost getting kicked out to a 3.1 GPA my junior year and 3.8 GPA my senior year."**

"My coach settled me down. The whole school looked out for me from the principal on down." Scooter responded to the advice. "I did an abrupt turn," related Scooter. "I went from almost getting kicked



**Scooter rushing for 2,961 yards (11.4 Average) and scoring 34 touchdowns in the 1994 season.**

out to a 3.1 GPA my junior year and 3.8 GPA my senior year.

"I got a 'D' sometimes my freshman year and I didn't care. My big brother helped and got mad at me for getting into trouble. I finally realized what I was doing to myself so I made a choice. I made a change in friends. Those old friends to this day are still getting into trouble. I began hangin' with my brother, athletes and success oriented people."

Scooter's brother was always saying that if he found out Scooter was involved in drugs or drinking that he would get Scooter. "I found out later," said Scooter, "that my brother told my friends that he'd beat them up if they ever gave me anything."

Scooter plans to major in exercise science or business as he joins his brother on a football scholarship at the University of Arizona. He is used to the process of goal setting. "In high school, we had goals for every year. I always got mad if I didn't reach them. The main thing I learned," advised Scooter, "is not to lose focus and to work hard."



I have known Scooter since he was in the 7th grade. His older brother played for me a couple of years ago and is now playing at the University of Arizona. Scooter and his older and younger brother are best friends with my son. Off the field, Scooter is very family oriented and puts others before himself constantly. On the field, Scooter is an intense competitor.

Scooter has reached his success through hard work. There were no shortcuts. Scooter has been lifting since he was in the 7th grade and in high school he averaged at least two hours per day, 4-days per week, 48 weeks a year in our strength and conditioning program. He has attended the Christian Athletes Ministries Football Camp and the University of Arizona camp.

Scooter has attained unbelievable success and it has not gone to his head. Scooter could not have achieved all his success without the help from his teammates and friends and the blessings from God.

**Paul Moro: Head Football Coach Blue Ridge High School**

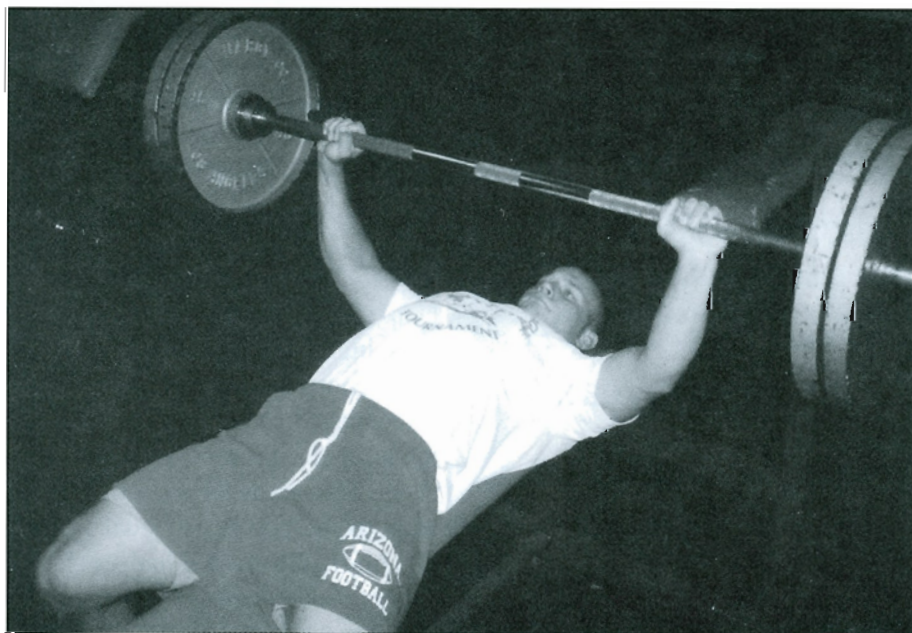
Scooter found time to work hard in the weight room and developed extraordinary strength. His Bench got up to 365, Parallel Squat 520 and had an interpolated Clean of 375 pounds! Coach Moro has his troops do Hang Cleans. Scooter got 10 reps at 275 and 5 reps at 325 on the Hang Clean. Since Coach Moro doesn't go for max attempts on the Hang Clean, we could interpolate Scooter's Hang Clean Max to be 375 pounds!

Scooter believes lifting is real important. "It makes you more powerful," Scooter asserted. "Lifting helps reduce the chance of injury or their severity. Lifting helps all aspects of your game. I don't know where I'd be without it."

Scooter tries to stay away from fatty fast foods and eats a lot of chicken. As for flexibility, he stretches every day. Scooter concluded, "Every time I workout, I

have goals. I try to see if I can make every rep and set in my goal."

Isn't that what life is all about? You make every day count. You try to be the very best you can be. We congratulate Scooter on helping us once again understand basic principles of success. He is an Upper Limit athlete and we wish him well as a baby wildcat at the University of Arizona, in academics and throughout his future life.....□



**Scooter's Bench got up to 365, his Parallel Squat is 520 and he Cleans 375 pounds!**



**Intensity on and off the field, Scooter works on Plyo Box Jumping.**





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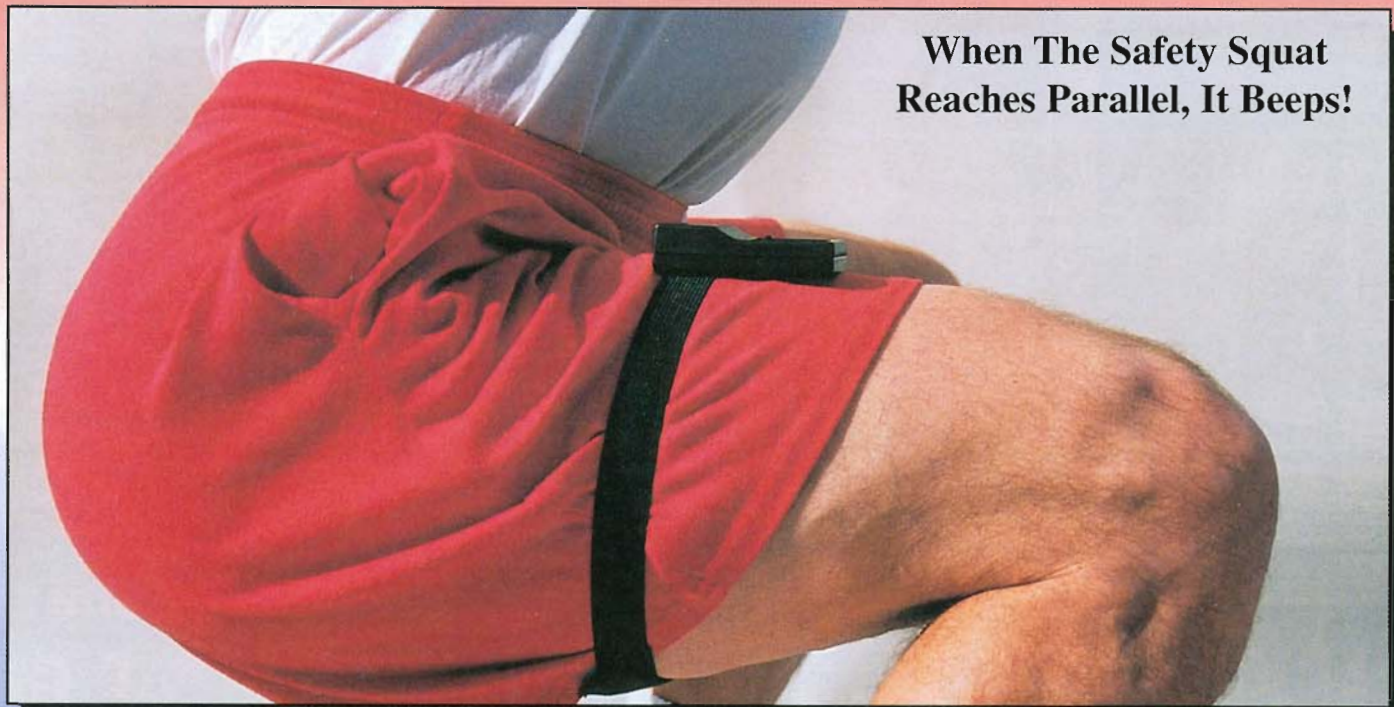




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