

# *Old-School* **Football at Augusta High**

A return to the basics led this Kansas school from 1-17 to 10-2



PHOTO BY WWW.SPORTGUS.COM



Old-school football coaches will tell you that the first step in developing a championship football team is attitude – that if you don't believe you can win, you won't. It would be hard to find a better example of the power of positive thinking than the players at Augusta High School.

In the 2002-2003 seasons, the Orioles from Augusta, Kansas, had a combined record of 1-17. Head Coach Steve Pazzie recalls that, judging by the attendance at games, the team was pretty much ignored by the community and the rest of the student body. But despite such apathy, the team never stopped believing they could win. "You wouldn't have known we were losing by watching their effort on the practice field and in the weightroom. They were committed to turning the program around and worked their tails off – it was phenomenal."

To the Orioles' credit, Pazzie says they were in a tough football league, and because there was such a low turnout for the team he was often forced to play freshmen and sophomores. After the 2003 season, Pazzie knew he did not want that group of young athletes to look back on their high school playing days with regret. Something in their program had to change, and Pazzie decided that the first place he would start was the weightroom.

"I had been at Augusta High for 25 years, 15 as the head coach, but I'd never had anything to do with the weight pro-



After their opening game victory in 2005, the Orioles had great support from the community and student body.

gram. But after the disastrous seasons in 2002 and 2003, it was obvious that our off-season program just wasn't getting it done for us." Pazzie adds that his players were small and lacked speed, with his skill players seldom running the forty faster than 5.1.

Having heard good things about BFS, Pazzie decided to bring out BFS Clinician Jim Brown for a clinic in May of 2003. Pazzie says the clinic provided a

great start to the summer program, and it helped get other coaches on board about the value of unifying the workout program. Another plus about the BFS program was how long it took to complete. "My philosophy is that a workout should only take about 45-50 minutes, because it's hard to maintain good intensity if you go longer." At Augusta, since the coach for the weight training classes during school hours did not use BFS, Pazzie



PHOTO BY WWW.SPORTGUS.COM



The 2005 season resulted in 10 victories, a feat accomplished by Augusta High School once in 25 years.

*I don't think you can have a successful football program without a good weight program anymore, and you can't beat what it does for the confidence factor.* —Head Coach Steve Pazzie

Heavy duty power racks form the core of Augusta High's weightroom — it's old-school weight training at its best!



took it upon himself to open the weight-room at 6:30 a.m. and implement the program himself.

The following year strength coach Matt Ingram took over the weight training classes and implemented BFS, so now the players could train during school hours — and get a bit more sleep!

### Getting with the Program

By the start of the 2004 season, the Orioles' die-hard determination to win had some real muscle behind it. Pazzie says, "When we walked on the field for our first game a year ago I could see that our players didn't have that wide-eyed look — there was a look of confidence in their eyes."

The Orioles won that first game, and with just that one victory the fans also became believers. "After we won our first ball game it was just unbelievable how the community and the school came alive — it was incredible! We started getting over 3,000 fans in the stands; and here in Kansas, 3,000 people is quite a crowd for a high school football game." And the Orioles continued to impress.

That year the team ended 7-3 and made it to the first round of the playoffs, just missing the league title when a kick-off was run back in the last 30 seconds of the game. The juniors and younger players on the team were hungry for even more, and they went into the off-season with just as much enthusiasm and discipline as in the previous year.

The 2005 season started off with four league games, and the Orioles won each game handily, with scores of 32-19, 37-9, 23-10 and 36-7. Their final league game, against Wellington High School, was a major victory for the defense, as the team pulled off a 9-0 victory. After



that, their offense became a touchdown machine, racking up scores of 40-14, 62-37 and 49-14. They finished the season 8-1, their only loss being to Andale High School, and the former cellar-dwellers were again in the playoffs.

The Orioles won their first two playoff games with scores of 27-7 and 40-28. Playing in November was very special to Pazzie, because since 1960 only one other Orioles team had had 10 wins in a year. In the quarterfinals they were pitted against Andale, which had beat them 40-14 in the regular season. This game was a different story; although the Orioles didn't win, the game was sensational and the fans got their money's worth – the final score was 13-14.



## Lessons Learned

One lesson Pazzie has learned from his experience with his Orioles is the power of attitude – you can make athletes faster. “The more that’s published about successful strength programs, I think a lot more coaches are buying into it – we definitely saw it firsthand. You can improve your speed, no question. Obviously there’s a difference in talent

between running a 4.5 and running a 4.8, but I can remember years when none of our kids ran faster than 5.1, and now our linemen are under 5 flat. Our quarterback and halfback did 4.7, and that’s extremely fast for us. Yes, you definitely can develop speed.

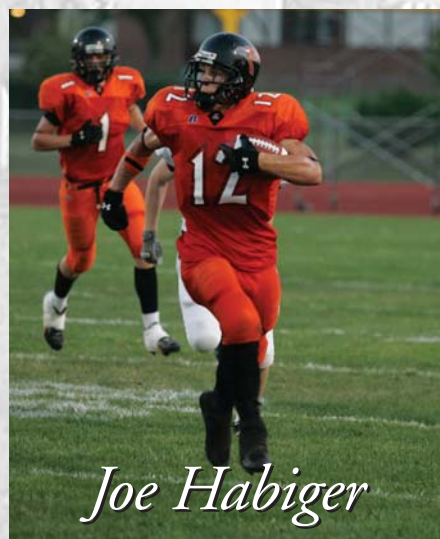
“I don’t think you can have a successful football program without a good weight program anymore, and you can’t beat what it does for the confidence factor. The other thing the weight training program did for us is it helped bring our team together as a unit. Our players developed great chemistry. These kids didn’t just show up; they were committed.”

After the Orioles’ awards banquet, Pazzie says the coaches talked about the possibility that next year’s team might slack off. “Some of our younger kids don’t understand the kind of work ethic and commitment it took our last two senior classes to get to this point, so that’s a concern. But on the other hand, our program is set in place, it’s great, and we’re looking forward to next year. When it comes down to it, when you invest time in kids and show them you care, they give everything they’ve got.” **BES**

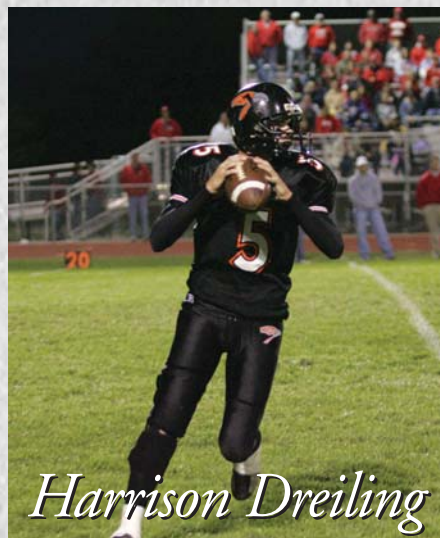
Great improvements in team speed helped the Orioles reach the quarterfinals in the playoffs for the 2005 State championships.



*Brett Murphy*



*Joe Habiger*



*Harrison Dreiling*



# BE AN 11 Seminars

"Be An 11 has changed my life! I WILL BE AN 11!"  
- Katie Heinlen

"The most inspiring night of my life!"

"Reaffirmed the reason I entered coaching 25 years ago."

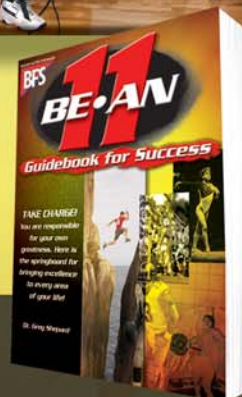
- Coach Al McFarland



~ Kyle Meyers,  
Rutherford B. Hayes High, OH

"This is exactly what our school and community needed."

- Coach Fox



**\$1,400** The cost is only  
up to 50 athletes.  
Add'l athletes only \$15 each.  
Includes the Be an 11 Guidebook!

If combined with a 1 or 2-day BFS Clinic  
only \$15 per athlete, no minimum.

"Every school in the nation should schedule a Be An 11 Seminar today! It is without a doubt the best thing that has happened to our school."

- Coach T. Cox

Other Clinic Options: 2 Day & Be an 11 Seminar / 2 Day Clinic  
1 Day & Be an 11 Seminar / 1 Day Clinic / Certification Clinic

**RESERVE YOUR DATE:**  
**Call 1-800-628-9737**

Interested schools can request free Be An 11 Book & Seminar literature.  
Fax (801) 975-1159 • biggerfasterstronger.com  
843 West 2400 South • SLC, UT 84119

## Here's How It Works

A BFS Presenter will come to your school and will spend up to three hours inspiring, motivating and educating your athletes how to become true elevens!

BIGGER FASTER STRONGER



A special Christian Be An 11 Seminar is also available.



# Create personalized, sport-specific workouts using the most successful Set-Rep Computer Software Program ever created.

## Beat the Computer Pro®



### Here's how it works

1



Athletes fill out a form listing current core & auxiliary lifts.

2



Enter the lifts into the computer, which calculates the precise weights for each set and creates individual, sport-specific workouts.

3



At the beginning of each week simply print out the athlete's BFS Set-Rep Program weekly workout schedule.

### Here's what you get



2  
Enter athlete's lifts into the computer

10/17/2005 1:59 AM

**Beat the Computer Pre-Workout Test Sheet**  
East Side High School  
Bigger Faster Stronger

Name: \_\_\_\_\_ ID Number: \_\_\_\_\_ Sex: \_\_\_\_\_  
Address: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_  
Phone: \_\_\_\_\_ Grade/Period: \_\_\_\_\_  
City, St, Zip: \_\_\_\_\_

Weekly Workout Schedule: \_\_\_\_\_ Sport: \_\_\_\_\_ Positions: \_\_\_\_\_  
Number of Workout Days per Week: \_\_\_\_\_ Sport: \_\_\_\_\_ Positions: \_\_\_\_\_  
Short (3 set) or Long (5 set) Workout: \_\_\_\_\_ Sport: \_\_\_\_\_ Positions: \_\_\_\_\_  
Number of Weeks in Program: \_\_\_\_\_ Parents' Names: \_\_\_\_\_  
Date to Begin Program: \_\_\_\_\_

**Core Lifts**  
Select a weight for each core lift that is challenging enough to get between 1 and 10 reps on the Bench and Squat exercises, and between 1 and 5 reps on the Hex Bar Dead Lift and Power Clean

Core Lift	# of Reps	Weight Lifted	Date
Parallel Squat			
Bench Press			
Hex Bar Dead Lift			
Power Clean			
Box Squat			
Towel Bench			

**Speed and Flexibility**  
Enter Your Scores in the following events:

Event	Score	Date
20 Yard Dash		
40 Yard Dash		
Dot Drill		
Vertical Jump		
Long Jump		
Sit and Reach		

October 16, 2005 1:00 PM

**East Side High School**  
Weekly Workout Schedule for the week of October 17, 2005  
Bigger Faster Stronger

Athlete Information: Deans, Carver ID Number: 2 Grade/Period: 9 1 Sport / Positions: FOOTBALL CB WR Week # 5 of a 16 week workout. Workout Schedule: FB-O

Notes on the Workout:  
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**  
For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight lifts.

Day Number: 1 Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Box Squat	3x 215	3x 225	3x 235	Gute Ham	10x 0	10x 0	
Towel Bench	3x 160	3x 165	3x 175	Neck Exercise	10x 45	10x 45	
				Straight Leg Dead Lift	10x 45	10x 45	

Day Number: 2 Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Power Clean	3x 105	3x 110	3x 115	Lunges	10x 100	10x 100	
Hex Bar Dead Lift	3x 170	3x 175	3x 185	Incline Press	10x 115	10x 115	
				Neck Exercise	10x 45	10x 45	
				Power Snatch			

Day Number: 3 Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Parallel Squat	3x 190	3x 200	3x 210	Gute Ham			
Bench Press	3x 140	3x 145	3x 155	Straight Leg Dead Lift			
				Power Snatch			

### Print Test Sheets

Forms for weights and field testing

October 17, 2005 1:58 AM

**East Side High School**  
Individual Ironman, Power, and Overall Rankings  
Bigger Faster Stronger

Athlete Information: Deans, Carver ID Number: 2 Height: 6 Ft 1 in Grade/Period: 9 1 Weight: 160 Lbs Sport: FOOTBALL CB WR Weekly Workout Schedule: FB-O

Note: For All Lifts and Speed & Agility Events, higher Point Values are better.

**Ironman Ranking**

Core Lift	1 Rep	Point Value	Ironman Ranking	Rank within Grade	School
Squat	225 lbs	2	Good	4th	4th
Bench	165 lbs	2	Good	3rd	3rd
Dead Lift	200 lbs	1	Beginning	6th	6th
Clean	125 lbs	1	Beginning	4th	4th
Point Total:	6				
Overall Ironman Ranking:	Beginning				

**Power Ranking**

Event	Most Recent Score	Point Value	Power Ranking	Rank within Grade	School
20 Yard Dash	2.89 sec	12	Great	3rd	3rd
40 yard Dash	4.90 sec	10	Great	3rd	3rd
Dot Drill	72 sec	7	Beginning	7th	7th
Vertical Jump	18"	6	Good	6th	6th
Long Jump	4' 7"	0	Beginning	9th	9th
Sit & Reach	2"			9th	9th
Point Total:	34				
Overall Power Ranking:	5,440				

Remember it is not where you start, it is where you finish.  
Be totally committed to breaking your personal records each day, and you will learn the true path to success, happiness, and achieving your goals.

Recommendation # 1  
Flexibility is key to improving speed. Stretch with intensity every day with the BFS 1-2-3-4 Flexibility program.

Recommendation # 2  
The key to explosive power is the Parallel Squat, Power Squat, and Plyometrics. You need to really embrace the part of your total program.

Recommendation # 3  
You need to do the BFS Dot Drill every day. Get Quick!

**ADDITIONAL REPORTS:**  
**Ironman & Power Rankings**  
Compare to national standards

### Generate Individual Workouts

Computer-aided workouts for maximum results

www.bfsonline.com

**Top 10**

October 17, 2005 2:01 AM

**East Side High School**  
Top 10 scores among Current Athletes in FB

**Parallel Squat**

Rank	Name	Date	Weight
1st	John Titus	5/24/2004	315 lbs
2nd	Jason Merrill	7/12/2004	255 lbs
3rd	Andy Selcho	7/11/2004	245 lbs
4th	Carver Deans	7/11/2004	225 lbs
5th	Amy Coulam	7/12/2004	205 lbs
6th	Kelly Vinyl	7/12/2004	160 lbs
7th	Jason Castleton	7/12/2004	155 lbs
8th	Carolyn Bobertson	7/12/2004	145 lbs
9th	Celina Tamayo	7/12/2004	135 lbs
10th	Sara Clarke	7/12/2004	125 lbs

**BFS Beat the Computer**

### ADDITIONAL REPORTS:

#### Produce Top 10 Lists

Challenge your athletes to improve

**Work smarter,  
not longer!**



**1-800-628-9737**

Fax (801) 975-1159

biggerfasterstronger.com

843 West 2400 South

Salt Lake City, UT 84119

info@bfsmail.com

**Want to get started now?**  
**Download your FREE 30 Day Trial at**  
**www.biggerfasterstronger.com!**

Each program is customized with the school name and CANNOT BE RETURNED. Please get the demo version if you are unsure of your purchase. Demos are available via download from biggerfasterstronger.com or call BFS. System Requirements: Pentium 133 or better, 8 megs of RAM, Windows 95/98, ME or XP, 10 megs of disk space, CD-Rom drive.