

# From Concept...



## Bellingrath JHS

### A closer look at a great junior high school weightroom

Often in sports there is a trickle-down effect. Wherever the pros lead, the colleges and eventually the high schools soon follow. This has never been truer than with weightrooms: Many high school weightrooms today rival those of colleges. Now junior high schools are seeing the wisdom in getting their athletes stronger from the start – schools such as Bellingrath Junior High School in Montgomery, Alabama.

Greg Crawford is the athletic director at Bellingrath, and when he and BFS Clinician Lance Neven met last year, Crawford told him that his school had received money to renovate the field house. Says Neven, “Part of

the field house was the weightroom. I never saw the old weightroom, but I was told that it was a mess.” So Neven and Crawford put their heads together to come up with a training facility, and a conditioning program as well, that would meet the needs of all the students, not just the athletes.

“We measured the space and decided to use the most open part of the building,” says Neven. “The city allocated \$15,000 toward the equipment, so we decided on the BFS Varsity line of equipment, which is perfect for kids at the junior high level and extremely economical. Each lifting station we designed has a 300-pound weight set, 3-in-1 squat box, flat-to-incline bench,

Hex bar and towel bench pad. We also were able to include in the bid two glute-ham developers, two plate-loaded leg extension/curl machines, one plate rack and two five-bar vertical racks. And to meet BFS safety protocols, I donated the BFS safety package and trained and certified two of their coaches.” The result is that the facility can run 40 football players through the BFS program at one time; most PE classes easily handle 20-25. Now that’s a program!

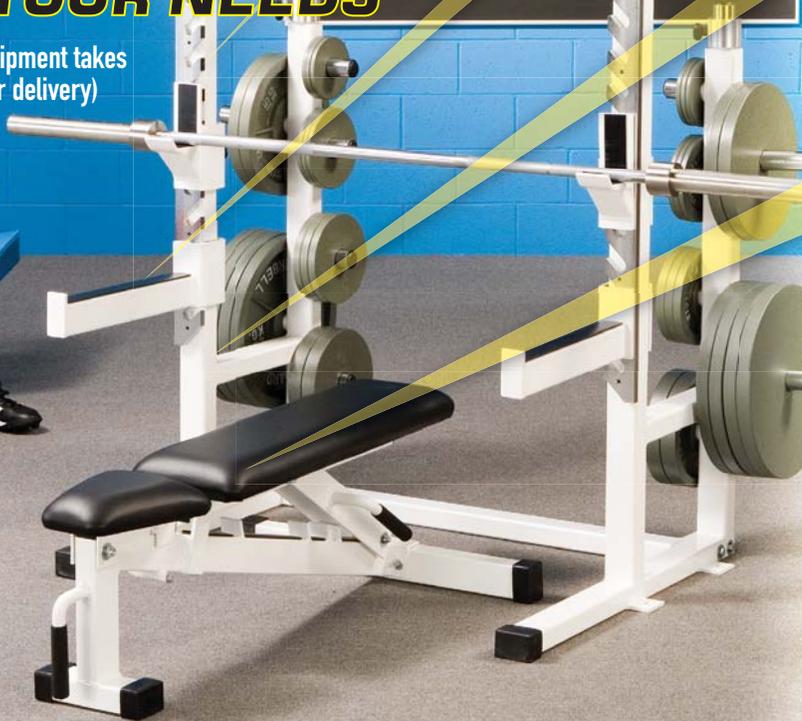
Coach Neven says that high school coaches in the area have heard about Bellingrath and say they would love to have this type of weightroom at their schools. They can! To show you how it’s done, take a look at the photos on these pages and see how BFS took Bellingrath Junior High School “from concept to completion.” **BFS**



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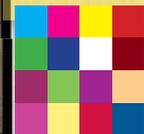
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