

Winning the State Championships in 2005 was front page news in Grand County, Utah.

GO BIG RED

Supplement to *The Times - Independent*

50¢

Red Devils win 2A state champion

by Jeff Richards
contributing writer

Buoyed by Zane Taylor's dramatic blocked punt with two and a half minutes left, the Grand County Red Devils came from behind to defeat 2A archrival San Juan 25-22 Saturday afternoon at SUU in Cedar City, giving Moab its first-ever football state championship.

Trailing 22-19 in the see-saw nailbiter, the Devils were finally able to force fourth down with 2:27 left, thanks to linebacker Tyler Montague's sack of Bronco quarterback Kyle Hosler. The Red Devils were told to get set up to return the punt, but Taylor had other ideas.

"The thought popped into my head that I'm going to go and try to block it," recalled Taylor, a 286-lb. senior lineman. "I gave it everything I had, because I knew that if I blocked it, it could turn the tide."

Added teammate Anthony Croasmun, "I just looked at Zane and thought, 'Oh boy, he's going to get that punt.'"





In 2005, the Red Devils of Grand County High School were ready to change history.

How the *Red Devils* Overtaken History

It took 84 years, but Grand County High School finally fulfilled its dream

On November 17, the Grand County Red Devils were behind San Juan 22-19 with 2:27 left on the clock. On a fourth down, thanks to a quarterback sack by 286-pound senior linebacker Tyler Montague, the Red Devils lined up to receive the punt. But the Red Devils had one more miracle left in them, and in the ensuing play defensive lineman Zane Taylor broke through the offensive line and batted down the punt. The frantic race for the ball left it just three yards from the San Juan goal line. On their first two plays the Red Devils were kept from scoring, but then quarterback Tony Dalton leapt over the goal line to put six points on the board and secure the win, 25-22. An amazing game, no doubt, especially when you consider the history of Red Devil football.

BFS SUCCESS STORIES

First, Grand County has had San Juan as a thorn in its side for 18 years, because that's the number of games in a row the Red Devils have lost to San Juan. You might be getting the idea that the Red Devils are not exactly a perennial powerhouse—the team hadn't won a state championship in 84 years, and in 2002 the team didn't win a single game. The following year they won two games, and in 2004 they won three, but 2005 was a special team. "We've known since my freshman year that we were the ones who could take state," Montague told reporter James Edward from the *Deseret Morning News*. "We just had to stay patient." Adds Head Coach Dennis Wells, "This championship is something we've been dreaming of for a long time."

The Red Devil's victory is particularly meaningful in that both the victory and the game ball for the 2A State Championships have been dedicated to Grand County junior Kerby Smith. Kerby, a 4.0 GPA student who wore number 44 when he played fullback and middle linebacker for the team, had been diagnosed on the final day of the regular season with acute lymphocytic leukemia and could only support the team from the sidelines for the championship game.



Late in the fourth quarter of their championship game, defensive lineman Zane Taylor broke through San Juan's offensive line and blocked the punt, leaving the ball just three yards from the goal line.

Smith's treatment for the cancer will last three years, but his father, John, says the prognosis is good.

The Red Devils' dream season admittedly had a few blemishes, as the team had two losses early on. The first was a heartbreaking loss redeemed only by Kerby's two touchdowns. The second loss occurred in the following game against Juab, 28-14, putting Grand County at 2-2 for the season and an eventual underdog in the playoffs against

San Juan, who went undefeated until the championship game.

One of the heroes of the playoffs was tailback Tanner Brown. Wearing number 44 in Kerby Smith's honor, Tanner rushed for eight touchdowns in the playoffs. He had 264 yards and four touchdowns in the 43-0 victory over North Sevier, the Red Devils' first playoff win since 1984. Against Juab, Tanner rushed for 254 yards and made two touchdowns to help Grand County to a 21-6 win. In the final



The Red Devils' season was dedicated to #44 Kerby Smith, a key player who had to leave the team before the playoffs when he was diagnosed with cancer.



The Red Devils embrace their championship trophy and celebrate their victory.



The Red Devils finished the season with the #1 ranked offense and defense in the state.

game, Tanner helped the team come from 9-0 behind to finish with 181 yards on 34 carries. For the year, Tanner rushed for a school record of 2,026 yards.

The Four-Year Plan

Coach Wells took over the Red Devil football program in 2002. “I told this team, when we started to visualize, what it would be like to ride down Main Street on a fire engine in a parade celebrating a state championship victory,” says Wells.

That first year, however, the team from Moab, Utah, went 0-10.

When he’d played ball in high school, Wells had been coached in college by BFS Clinician Rick Bojak; and in May of 2003 Wells brought in his mentor for a two-day strength and conditioning clinic. The team embraced the program and saw great improvements in speed, strength and power. One of the poster athletes for the program is noseguard Zack Taylor. Then a freshman, Taylor had a personal

best in the power clean at 205 pounds. This season he did 365 pounds, and he earned a scholarship to the University of Utah.

The 2005 State Champions are hard at work in the weightroom preparing for the 2006 season, and Coach Wells intends to prove that 2005 wasn’t a fluke for the Red Devils. “Our goal this year is to win a state championship, and I believe we have things set in place to do it again.” **BFS**



Zane Taylor’s power clean improved from 205 pounds to 365 pounds.



Head Football Coach Dennis Wells took over a 2002 team that didn’t win a single game, making the Red Devils’ state title victory even more remarkable.

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

Here's what you get

10/17/2005 1:38 AM

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

Name: _____ ID Number: _____ Sex: _____
Address: _____ Weights: _____ Height: _____
Phone: _____ Grade/Period: _____
City, St, Zip: _____
Weekly Workout Schedule: _____ Sport: _____ Position: _____
Number of Workout Days per Week: _____ Position: _____
Short (3 set) or Long (5 set) Workout: _____ Position: _____
Number of Weeks in Program: _____ Parent's Name: _____
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 3 reps on the Free Bar Dead Lift and Power Clean.

Core Lift: _____ # of Reps: _____ Weight Lifted: _____ Date: _____

Parallel Squat _____
Bench Press _____
Free Bar Dead Lift _____
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		
50 and Reach		



2 Enter athlete's lifts into the computer

October 16, 2005 1:09 PM

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

Athlete Information
Deans, Carter ID Number: 2 Grade/Period: 9 1
3875 W. Mercer Way Mercer Island, WA 98040 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 mix of 10 reps, and for Dead Lifts and Cleans, a mix 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 to 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 lift.

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

Core Lifts	Set 1	Set 2	Set 3	Weight	Auxiliary Lifts	Set 1	Set 2	New Weights
Box Squat	3x 215	3x 225	3x 235		Glute 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 name here.

Core Lifts	Set 1	Set 2	Set 3	Weight	Auxiliary Lifts	Set 1	Set 2	New Weights
Power Clean	3x 195	3x 190	3x 175		Lunges	10x 100	10x 100	
Free Bar Dead Lift	3x 170	3x 175	3x 185		Incline Press	10x 115	10x 115	
					Neck Exercise	10x 45	10x 45	
					Power Squat			

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

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

Print Test Sheets

Forms for weights and field testing

October 17, 2005 1:34:00

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

Athlete Information
Deans, Carter ID Number: 2 Height: 6 Ft. 1 In
3875 W. Mercer Way Mercer Island, WA 98040 Weight: 190 Lbs
Weekly Workout Schedule: FB-O Sport: FOOTBALL CB WR

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

Ironman Ranking

Core Lift	1 Rep Max	Point Value	Ironman Ranking	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 Point Value	Power Ranking	Grade	School
20 Yard Dash	2:59 sec	12	Great	3rd
40 Yard Dash	4:50 sec	19	Good	3rd
Dot Drill	72 sec	7	Beginning	7th
Vertical Jump	15"	6	Good	5th
Long Jump	4' 7"	6	Beginning	9th
50 & Reach	2"			9th

Point Total: 34
Overall Power Ranking: 5:40

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 consistent power is the Parallel Squat, Power Squat, and Plyometrics. You need to really emphasize this part of your test program.

Recommendation # 3
You need to be in 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 1:34:00

East Side High School
Top 10 scores among Current Athletes
#9 lbs

Parallel Squat

Rank	Name	Date	Weight
1st	John Tius	5/24/2004	315 lbs
2nd	Jason Merrill	7/12/2004	255 lbs
3rd	Andy Selcho	7/11/2004	245 lbs
4th	Carter 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 Robertson	7/12/2004	145 lbs
9th	Colina Tamayo	7/12/2004	135 lbs
10th	Sara Clarke	7/12/2004	125 lbs

BFS Beat the Computer

ADDITIONAL REPORTS: Produce Top 10 Lists

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