

BY KIM GOSS

The *Lady Dragons* Heat Up the Court

Cameron High School's girls basketball team is proving that you can never be too strong

In the past three years, the Lady Dragons have had a combined record of 50-19 and have won two conference championships and two sectional tournaments.

In his first two seasons as head coach of the Cameron High School girls basketball team, Chad Clutter finished with a combined record of 28-19. Not bad, but this coach knew that he could expect much more from his Lady Dragons if he took their strength and conditioning program up another level. He was right.

In 2004, under the direction of strength coach Eric James, the Lady

Dragons from Cameron, West Virginia, began using the BFS program. That year the Class A team finished 19-4, a record that included 11 straight victories and earned them the title of Mason-Dixon Conference Champions. The following year they won the sectional tournament for the first time in 24 years, a feat they repeated this year along with another conference title. And since they are losing only one

player to graduation, 2008 looks even more promising. Does it get any better than that?

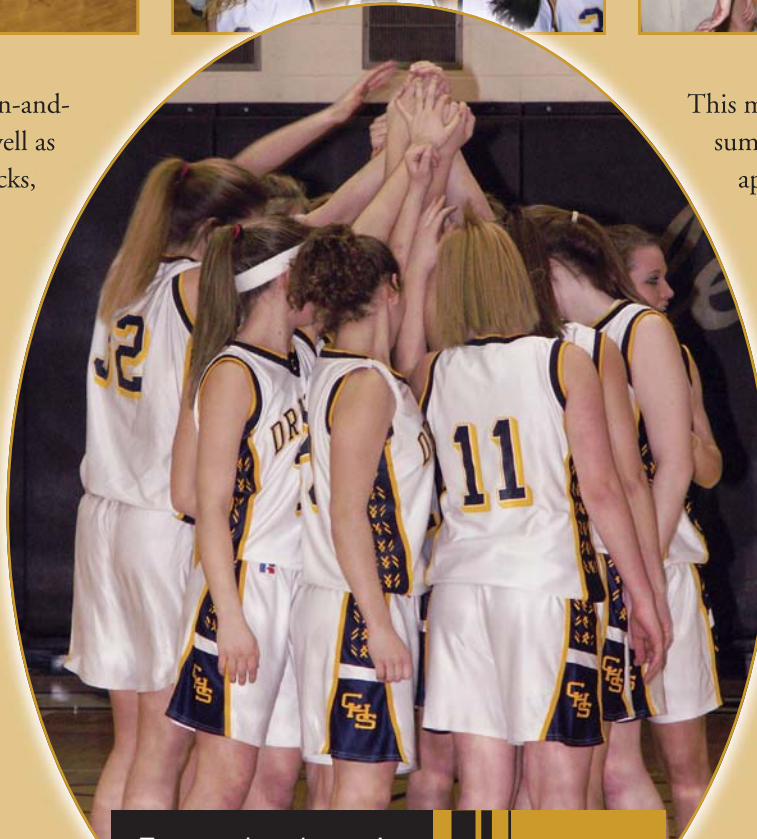
Besides seeing the payoffs on the scoreboard, Clutter knew that his strength training program had scored other big dividends: this year, even though only one player averaged double figures, the team was so athletic they averaged 15 steals a game and simply wore down their opponents. "Our team



is able to play full court, run-and-jump pressure defense, as well as several other full-court attacks, thanks to the conditioning developed from the BFS system,” says Clutter. In fact, freshman Megan Yoho was in such good shape after the season that in her first track meet that she already beat her state qualifying time of last year!

Dragon Power

The motto of the movie *Eragon*, a mythical tale about a dragon, is “You are stronger than you realize. Wiser than you know. What was once your life is now your legend.”



Teamwork and superior conditioning are keys to the Lady Dragons’ success on the court.

This might also be an appropriate summary of how Coach James approached his conditioning program for his Lady Dragons, starting with the seventh graders and the BFS Readiness program.

“Starting our athletes with the Readiness program gives our athletes an extreme advantage over our competitors,” says James. “As a matter of fact, I’m even thinking about involving the incoming seventh graders and the sixth graders in the Readiness program this summer. It’s amazing how much they pick up in a short amount of time, and it’s



BFS SUCCESS STORY



The Lady Dragons lift hard, but they also lift smart with close attention to proper spotting techniques.

also a wonderful transition to see when young kids do the BFS program and progress until they're seniors ready to take on anything."

James says that when he first started his high school girls on the BFS program, it took quite a bit of work to convince his players to really buy into the new workout. "The turning point was winning that conference championship." Clutter agrees: "The BFS system enabled our girls to perform at their highest level."

To help administer the program, James uses the Beat the Computer Pro system to design their workouts and to track their progress. And that's a good thing, because James has all his athletes, and a PE class of 42 students as well, on the BFS program. He says that besides reducing his administrative workload, the software program is a great motivational tool. "On a weekly basis I print out the Top 10s in bench press, parallel squat, power clean and Hex bar deadlift, and then I post them in the weightroom."

To encourage his athletes to excel not just on the court but also in the classroom and in life, James also implemented the Be an 11 program. In

the fall he would have his athletes train Monday through Thursday, and then on Friday he would teach the Be an 11 program. "Friday was our Be an 11 Day, and I would use the *Guidebook* to teach weekly lessons," says James. "The kids enjoyed the inspirational stories and learning how some of the greats have made the right choices in life, and obviously how some of them made the wrong choices." In fact, Cameron High's principal, Marilyn McWhorter, was so impressed with the program that she championed the funding for a Be an 11 seminar for all their athletes, which the faculty and administration voted unanimously to support. "When you talk about unification, that's it – we've got everybody involved in this," adds James.

As for advice he would give other strength coaches, James offers, "Try to keep things in the proper perspective – realize that you are working with young kids and they are going to make mistakes. But if you're willing to go that extra mile when one of them is having a difficult time, I believe that you're going to get the best you can out of those kids. And 10 years down the road when they are a success and come



Head Strength Coach Eric James (left) and Head Girls Basketball Coach Chad Clutter make quite a team.

back to you and you get that "Thanks, Coach, for helping me out," that's worth more than any amount of money they could ever pay for this job."

In looking back at his championship teams, Clutter recalls, "Our strong point wasn't so much running and shooting; it was our strength, quickness and conditioning that have really helped us out. And although it's hard to put things in perspective sometimes, there's nothing more important in basketball than the fundamentals – it goes all the way back to weight training and conditioning." **BFS**



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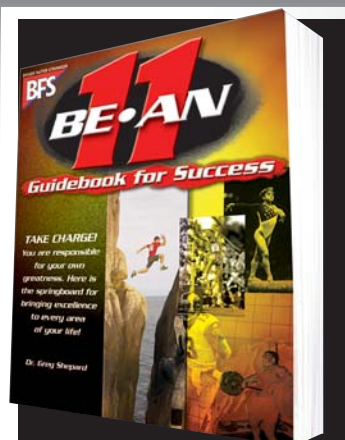
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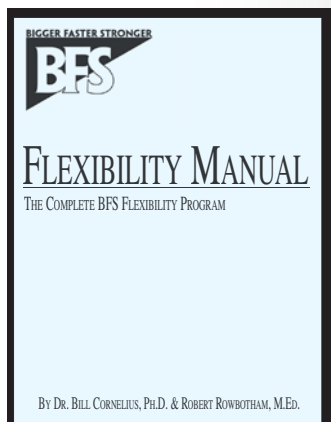


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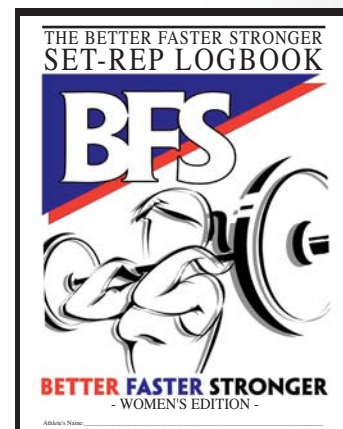
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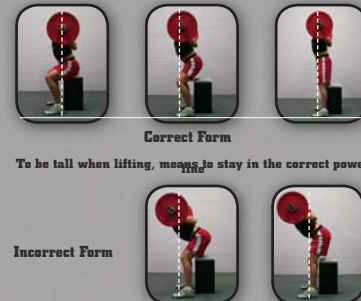
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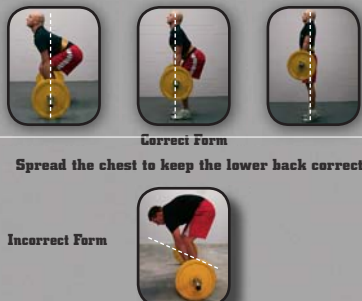
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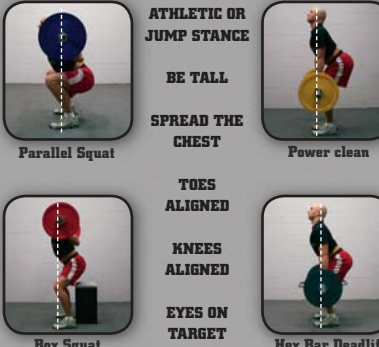
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Here's how it works

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 sets) or Long (5 sets) Workout: _____
Number of Weeks in Program: _____
Date to Begin Program: _____
Parent's Names: _____

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 _____
Bench 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 _____

Print Test Sheets

Forms for weights and field testing

October 17, 2005 1:59 AM

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

Athlete Information
Deans, Carter
ID Number: 2 Grade/Period: 9 1
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	Point	Ironman Ranking	Grade	School
Squat	225 lbs	2	Good	4th	4th
Bench	155 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	Grade	School
20 Yard Dash	2:55 sec	12	Good	3rd	3rd
40 Yard Dash	4:50 sec	10	Good	3rd	3rd
Dot Drill	72 sec	7	Beginning	7th	7th
Vertical Jump	18"	5	Good	5th	5th
Long Jump	4' 7"	6	Beginning	9th	9th
Sit & Reach	2"	3	Beginning	9th	9th

Point Total: 34
Overall Power Ranking: 5,443

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
You may be tempted to skip the Parallel Squat, Bench Press, and Power Clean. You need to really emphasize this part of your total program.

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

ADDITIONAL REPORTS: Ironman & Power Rankings

Compare to national standards

October 16, 2005 1:59 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
Sport / Positions: FOOTBALL CB WR
Weekly 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 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	Auxiliary Lifts	Set 1	Set 2	New Weight
Bench Squat	3x 215	3x 205	3x 205	Glute Ham	10x 0	10x 0	
Towel Bench	3x 160	3x 165	3x 175	Neck Exercise	10x 65	10x 65	
				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	Auxiliary Lifts	Set 1	Set 2	New Weight
Power Clean	3x 185	3x 190	3x 195	Longer	10x 100	10x 100	
Hex Bar Dead Lift	3x 170	3x 175	3x 185	Neck Exercise	10x 110	10x 110	
				Power Squat	10x 65	10x 65	

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

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Parallel Squat	3x 180	3x 200	3x 210	Glute Ham	10x 100	10x 100	
Bench Press	3x 140	3x 145	3x 155	Straight Leg Dead Lift	10x 45	10x 45	
				Power Squat	10x 65	10x 65	

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Top 10

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East Side High School
Top 10 scores among Current Athletes in lbs

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 Robertson	7/12/2004	145 lbs
9th	Colina Tamayo	7/12/2004	135 lbs
10th	Sara Clarke	7/12/2004	125 lbs

Beat the Computer

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