



After graduating from college in 2000, Pennington got married, moved to Pennsylvania and substitute-taught for a year. Then he signed a contract to be the head wrestling coach at Saint's John and Paul High School in Ashtabula, Ohio. After teaching there a while, he took a position at North East teaching health, physical education and weight training; coaching powerlifting; and serving as assistant football coach. This is his third year.

To say that Pennington's weight training program is a success would be an understatement. There are three weight classes, with 40 students — the maximum students allowed — in each class. "There are 120 of the 700 students in our school who are taking weight training. I actually had 280 sign up, but I can only take 120! Soon we will be increasing the number of weight training classes to five so we'll be better able to accommodate these kids." Although the weight training program is a huge success now, that wasn't always the case.

"A lot of the kids who didn't play football didn't want to do the program because they thought BFS was a football workout. I explained it to them, and I posted articles from BFS magazine about athletes in other sports on our bulletin board. I told them that the BFS program is not just a football-specific workout, even though the football team uses it."

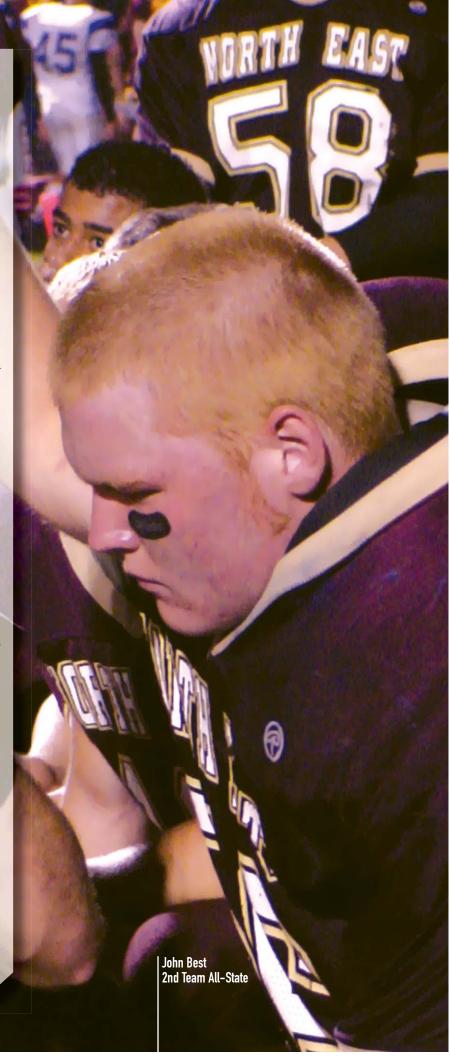
Leading the Way: North East Football As with the school's weight training classes, it took some time for the football team to turn around. The first year the Grapepickers went 1-9, the next year 5-4, and they lost in the first round of the playoffs. But this past season they went 9-0

Grapepickers went 1-9, the next year 5-4, and they lost in the first round of the playoffs. But this past season they went 9-0 and won the region. Asked about specific football players who proved themselves on the field and inspired others to play their best, Pennington immediately came up with four names:

Mike Artise: The Field General. "Mike practically lived in the weightroom and made incredible gains. His play on the field showed his hard work paid off. We had two 1,000-yard backs this season, the first time in school history, and Mike was one of them. Some backs make you miss; Mike made you wish you had. Relentless in his pursuit of perfection, Mike will succeed in whatever he does."

Zach Kuchta: The Hard Worker. "Everything that he accomplished, which was a lot, was due to his work ethic. Zach is a three-sport athlete and excels in all three. Zach always found the time to work out, regardless of his other commitments, and is a leader on and off the field. He is our student council president as well as being ranked in the top 10 of his class. An intelligent hard-working student athlete."

JOSH BEST: THE PUNISHER. "Every coach would want Josh on their



team. He is an animal in the weightroom and on the field; but when the pads come off, he is the nicest guy you would ever meet. He loves to hunt and fish. Josh is the type of player who demands the best from his teammates, and they know they will get the same from him. Josh would always take the younger players under his wing to help them. Josh is a true leader!"

Andrew Kimmy: The Motivator. "Andy was a three-year starter for us at quarterback. Andy leads by example and demands the best from his teammates. Andy is a three-sport athlete and excels in all three. His work ethic is second to none, and his play in all three sports is evident of that. He has a fearless attitude he takes with him onto the playing field, and he never quits regardless of the score. Andy will be missed, and he too will succeed in whatever he does."

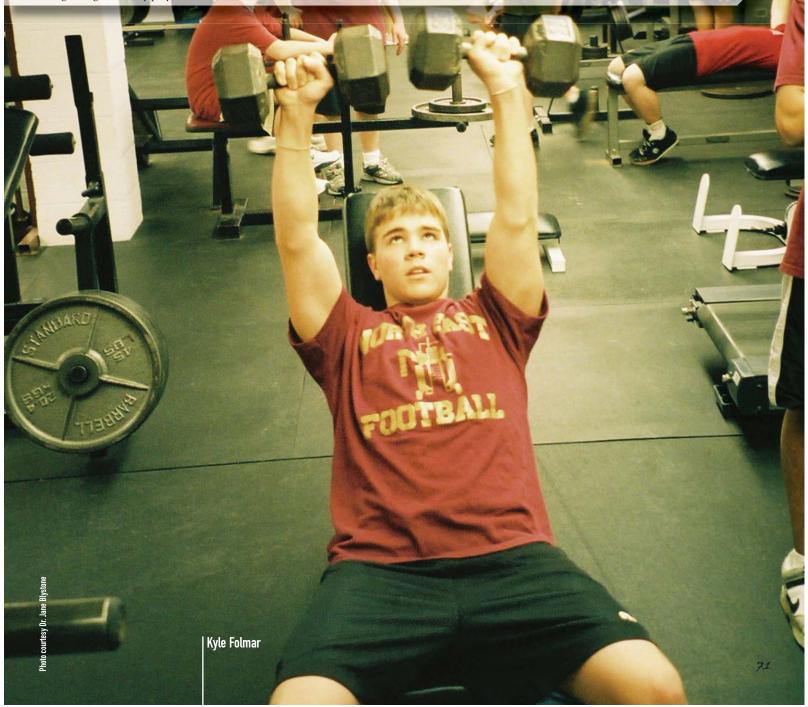
Chad Lander: The Grizzly Bear. "An honor student and perhaps the strongest athlete ever to walk the halls of North East High, Chad is a true gentle giant. Every player on our team loves to watch Chad lift because

he is so intense. Other players see his love for the weightroom, and it is trickling down to them as well."

MIKE WILLIAMS: THE FEARLESS RECEIVER. "A hard worker and a great leader, Mike is a four-year letterman, a two-year starter and a three-sport athlete. Whenever we needed a big play, we always knew we could count on Mike. We are a run-oriented team; but we know that if we throw the ball to Mike, he is coming down with it.

"The turnaround that we have made with this program is because of these young men and their desire to succeed," says Pennington. "They followed the BFS program exactly and made their dreams come true. Thank you for everything that BFS has done for us already!"

Although this school has been famous for its nickname, the athletes at North East High are making themselves memorable with their play on the field. So, what else can you say? . . . "Go, Grapepickers!"



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