

# PLAYER PROFILES

March/April 2005



**Year** 12th  
**Height** 6'3"  
**Weight** 250  
**GPA** 3.7  
**Squat** 495  
**Bench** 340  
**Deadlift** 515  
**Forty** 5.1  
**VJ** 25.5"

## James Rogan

Eagles HS, ID

James Rogan earned 2<sup>nd</sup> Team All State honors in football last year and is ranked 14<sup>th</sup> nationally in the indoor weight throw with a mark of 58' 4". He also has an indoor shot put best of 52' 10". "James is the guy that everyone in the weightroom looks up to as an example of excellence," says Coach Dennis Kerfoot, a BFS instructor at Eagle High School. "He has made great strides with the BFS system."



**Year** 10th  
**Height** 5'7"  
**Weight** 125  
**GPA** 4.0  
**Squat** 200  
**Bench** 105  
**Clean** 120  
**Deadlift** 250  
**VJ** 20"

## Lydia Meaden

Lutheran HS North, TX

This year Lydia was named District MVP and 1<sup>st</sup> Team All State in volleyball, and she is also an outstanding basketball player. Lydia is a leader in the weightroom and through her dedication is inspiring other student-athletes, both female and male, to become better by using the BFS program. Her work ethic is second to none on and off the field, as she excels in the classroom with a 4.0 GPA. You know Lydia must be a special athlete from the fact that she worked out all last summer with the entire football program very day. "Lydia is the best young lady I have ever met," says head football coach Matt Neidigk.



**Year** 12th  
**Height** 6'  
**Weight** 210  
**GPA** 2.9  
**Squat** 525  
**Bench** 315  
**Deadlift** 595  
**Forty** 4.9  
**VJ** 27"

## Jimmy McCoy

Lutheran HS North, TX

Jimmy has been selected 1<sup>st</sup> Team All State for the past two years at middle linebacker. "Jimmy has been the school leader in the weightroom for all four years of high school, lifting at 5 A.M. each morning and then inspiring his teammates after school," says head football coach Matt Neidigk. Jimmy holds every school record for tackles in a season and career. This year he had 131 tackles, 91 solos, and 35 tackles for a loss. He also plays basketball.



**Year** 9th  
**Height** 5'6"  
**Weight** 128  
**GPA** 4.0  
**Squat** 209  
**Snatch** 121  
**C & J** 143  
**VJ** 20"

## Sage Burgener

Fallbrook HS, CA

Sage was the silver medal winner at the School Age National Weightlifting Championships in 2003 and 2004. In December Sage was invited to attend the Rudy Sablo Christmas Camp at the Olympic Training Center in Colorado Springs. Her goal is to follow in the footsteps of her big brother, Casey, a super heavy-weight weightlifter and resident at the Olympic Training Center who has been featured several times in *BFS* magazine. Her father, Mike Burgener, says Sage is developing into an excellent coach and has a "an amazing eye for detail." Sage also plays junior varsity field hockey and junior varsity water polo for Fallbrook High School.



**Year** 12th  
**Height** 5'5"  
**Weight** 135  
**GPA** 3.9  
**Squat** 205  
**Bench** 150  
**Clean** 135  
**VJ** 22"

## Rachel Doughty

Newark HS, OH

In her sophomore year Rachel suffered an ACL injury and had reconstructive surgery during the basketball season in January 2003. She came back seven months later to play varsity volleyball and received the Coaches' Award. This year Rachel was a captain and helped lead the team to an 18-7 record. After missing her sophomore year of softball due to the ACL injury, she returned in her junior year to play shortstop. She has broken or set most of the female lifting records in weight training class. Rachel is involved in her school's student council, the National Honor Society, Leo Club, newspaper staff and the Fellowship of Christian Athletes.



**Year** 12th  
**Height** 5' 8"  
**Weight** 165  
**GPA** 3.31  
**Squat** 405  
**Bench** 285  
**Clean** 200  
**Forty** 4.62  
**VJ** 30"

## Kyle Bruns

Buffalo Lake Hector HS, MN

Kyle broke the school single-game rushing record by rushing for 324 yards on 39 carries in the first game of the playoffs. For the season Kyle had 166 carries for 1,173 yards in eight games. As an outside linebacker, he made 82 total tackles and four sacks. "I am nominating Kyle because of his work ethic and Be an 11 attitude," says head football coach Chuck Hartman. "We had a lot of younger players in key roles this year, and Kyle was one of only a few senior starters. He did an excellent job teaching the younger players how to practice and play."

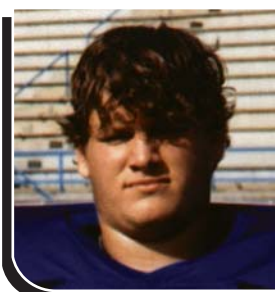


**Year** 12th  
**Height** 5' 9"  
**GPA** 3.95  
**Squat** 245  
**Bench** 140  
**BxSquat** 310  
**Hex** 280  
**VJ** 21"

## Mallory Holm

Milford HS, UT

In basketball Mallory was selected Academic All-State and made the All-Region Team in her sophomore, junior and senior seasons. She was All-State 2nd Team in volleyball, and in her junior year she was named Team MVP in track and field. "Mallory is truly one of the best female athletes at Milford High School," says Athletic Director Alison Thacker. "She is the first female athlete to be offered and accept an athletic scholarship."

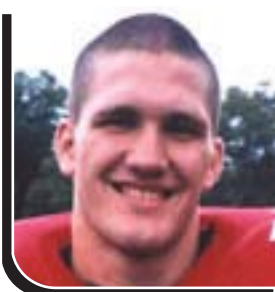


**Year** 11th  
**Height** 5' 10"  
**Weight** 230  
**Squat** 540  
**Bench** 375  
**Clean** 265  
**Forty** 4.9

## Vincent Morgan

Oconee County HS, GA

A two year starter on the football team, Vincent was selected Northeast Honorable Mention. In track, he was first in the Junior Varsity Regionals for discus. Vincent first broke the school record in the bench press as a sophomore, and won the "Big Dawg" Bench Press contest.



**Year** 12th  
**Height** 6' 2"  
**Weight** 225  
**GPA** 3.0  
**Squat** 500  
**Bench** 300  
**Clean** 350  
**Dealift** 625  
**Forty** 4.70  
**VJ** 29"

## Nick Simon

Shaker Heights HS, OH

Nick Simon is one of the most powerful high school athletes in the country. His coaches say Nick "is definitely an '11' with regard to his work ethic, dedication, intensity, consistency, and leadership." A senior at Shaker Heights High School in Ohio, Nick is an accomplished football player, playing linebacker and defensive end, and wrestler. His post-season awards include being selected 1st Team All-State Division I, Northeast Ohio Defensive Player of the Year, and the L.E.L. Lineman of the Year. In wrestling, as a junior Nick placed 6th in the Ohio Division I State Tournament at 215 pounds, and so far this year he is 15-1.



**Year** 11th  
**Height** 6'  
**Weight** 185  
**GPA** 3.5  
**Squat** 550  
**Bench** 270  
**Clean** 285  
**Forty** 4.6

## Russ Callaway

Oconee County HS, GA

Russ Callaway participates in football and baseball at Oconee County High School in Watkinsville, Georgia. He was All Northeast Georgia and 2nd Team All State. A junior with a 3.5 GPA, this 17-year-old is 6 feet tall and weighs 185 pounds.

**Honor your outstanding athletes by submitting them to the BFS Player Profiles.**

**Required Information:** Name of athlete, athlete's picture, home address, age, year in school, sports played, height, weight, GPA, maximum lifts, VJ, 40-yd dash, and a brief write-up of accomplishments and awards. Mail to: **Bigger Faster Stronger, Player Profiles, 843 West 2400 South, Salt Lake City, Utah, 84119**