

PLAYER PROFILES

September-October 2004



Year 12th
Height 6'
Deadlift 505
GPA 3.7
Bench 315
Squat 495
Clean 215
VJ 26"
Forty 5.13

Jesus Huaranga

Harrison HS, NJ

Jesus is a three-year varsity starter who was named First Team, All-League Team in 2003. Playing offensive and defensive tackle, he was one of the big reasons for the turnaround of the Blue Tide football program, his coaches attest. Harrison High School was 0-10 in 2002 and improved to 5-5 in 2003 after implementing the BFS program in December 2002. Jesus' dedication and leadership in the weightroom have been inspirational to his teammates. Jesus holds five school weightlifting records and is a member of the National Honor Society.



Year 12th
Height 5'8"
Weight 215
GPA 3.0
Bench 315
Squat 500
Deadlift 520
Forty 4.9

Anthony Gugino

Kenmore East HS, NY

Anthony has lettered in football since his sophomore year, and as a junior he averaged 4.6 yards per carry as the team's leading fullback. He also has lettered in track in the shot and discus. For the past two years Anthony has won the 220-pound bodyweight class at the New York State Powerlifting Championship, this year lifting a total of 1,325 pounds in the three lifts.



Year 12th
Height 5'9"
Weight 200
GPA 3.6
Bench 330
Squat 425
Clean 275
VJ 35"
Forty 4.5

Gareth Uptergrove

Tipton HS, MO

Garet, a third-year starter on the varsity football team, spent three years as a linebacker and two years as a fullback. Garet was captain of this year's 11-1 state semifinalist team. During Garet's three years as a starter, Tipton High School compiled a 30-6 record, going into the state quarterfinals in 2002 and the state semifinals in 2001 and 2003. Garet was selected as First Team All-District linebacker and running back his junior and senior years. In Garet's junior year he was All-State running back, and in his senior year he was All-State Second Team linebacker and running back.

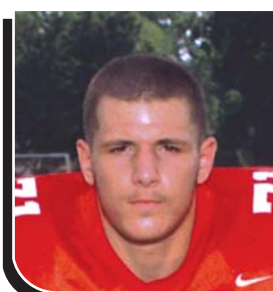


Year 12th
Height 5'8"
GPA 3.4
Deadlift 405
Bench 330
Squat 355
Clean 215
VJ 28"
Forty 4.6

Miles Moran, Jr.

Lapeer East HS, MI

Miles is a four-year starter on the varsity football team. He plays cornerback and running back, and he leads the team in scoring and interceptions. He was recently named co-captain of the football team for the 2004 season. He has been training with the BFS system for two years and holds the school bench press record at 330 pounds. Miles is also a member of the varsity basketball and track teams.



Year 12th
Height 5'9"
GPA 2.75
Deadlift 585
Bench 300
Squat 440
Clean 250
VJ 29"
Forty 4.95

P.J. Caram

Canton HS, MI

PJ started on the defensive line and finished second on the team for sacks with six. His strength and quickness enable him to be a dominant player despite his size. Last season Canton High School was 11-1, and was 9-2 for the past two years.



Year 12th
Height 5'5"
GPA 3.9
Bench 125
Squat 225
Clean 145

Yaneris Leo

Bergenfield HS, NJ

Yaneris (pronounced Janeris) is a three-year varsity athlete in winter and spring track, where she competes as a sprinter, thrower and jumper. She started following the BFS program three years ago and has become a leader among her peers, not only athletically but also academically. She is a member of the orchestra, choir, student congress and the teacher apprentice program. Her coach says Yaneris meets and exceeds the values to be a true 11.



Year 12th
Height 6'0"
Weight 195
GPA 3.9
Bench 340
Squat 550
Clean 305
VJ 29"
Forty 4.8

Blake Elder

Dodge City HS, KS

A three-year starter in football, Blake has been a big part in helping put together a group of student-athletes who placed second in the state powerlifting competition. Blake set two state powerlifting records, one in the squat and the other in the bench press. He plans on continuing his football career in college.



Year 10th
Height 6'4"
Weight 215
GPA 3.5
Deadlift 415
Bench 220
Squat 335
Clean 195
Forty 5.25

Corey Zauner

Port Huron Northern HS, MI

Corey started the BFS program during his freshman year and began shattering records immediately. A three-sport athlete, Corey has a tremendous work ethic on and off the playing field. His coaches are confident that Corey will continue to succeed throughout his remaining high school years and beyond.



Year 12th
Height 5'5"
Weight 120
GPA 3.99
Deadlift 185
Bench 105
Squat 170
Clean 115

Kristyn Ferris

Charles City HS, IA

Kristyn, a great multi-sport athlete, had led her teams to three state runner-up finishes in volleyball, track and basketball. Her athletic honors include All-District in volleyball, All-Conference in softball, All-Elite track team, 4x400 State Champion and Sprint Medley State Runner-Up, 1st Team All-State Basketball, All-Tournament Team and IBCA 3A Basketball Player of the Year. Her academic accomplishments include National Honor Society, USAA National Leadership Award and All-American Scholar.



Year 12th
Height 5'6"
Weight 145
GPA 3.2
Bench 175
Squat 325
VJ 24"
Dots 46

Jessica Minnfield

Central Catholic HS, OH

Jessica Minnfield is a two-year letter winner for basketball on a team that has won eight consecutive city league championships. She was named to the Toledo City League's first team in 2004 as well as first team All-District. She earned All-Ohio Honorable Mention as well for the 2004 season. Jessica was captain of her basketball team in her junior year and is president of the Fellowship of Christian Athletes.

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**