

# Twice the Power at Trinity Christian

■ How a husband-and-wife coaching team is spreading success through BFS ■

**F**or Steve and Jodie Price, coaching at Christian High School is literally a family affair. Eleven years ago the couple started coaching at another private school: Augusta Christian School in Augusta, Georgia. Steve was the head football coach, and Jodie was the varsity girls' basketball coach. In their eight years at Augusta Christian, they turned around their respective teams and their athletes excelled to the highest levels.





All photos courtesy Joey Wilson, Jason Holcomb and Will Heath

Lee Towns

“I don’t know how else to say it, but when I first started coaching at Augusta, our football team was really, really bad,” says Steve. “In the previous 20 years, the football team only had one winning season.” That was the bad news, but the good news was that after implementing the BFS program, their team went on to make the playoffs for seven straight years. Not to be outdone, Jodie’s basketball team also became a consistent presence in their playoffs and won the 1999 region championships. Jody was also named August Chronicle Coach of the Year.

Although the couple could have stayed at Augusta Christian (which was featured in our Spring 2004 issue), when the opportunity came to coach at Christian High School in Dublin, Georgia, they jumped at it. “The main reason we moved is that it’s hard for me to imagine a place better suited for my family than Trinity Christian Schools,” says Steve. “We like the Dublin area, and education-wise the schools are second to none. The parents are very involved with their children’s education, which is the way the school system is supposed to work.”

**BFS is a daily commitment with the kids, and the coaches must be actively involved.**

-Steve Price, Trinity Christian  
Head Football Coach

The Prices started coaching at Trinity, a GISA AA school, in June of 2003. Because the previous head football coach had become ill and had to give up his position – leaving the school without a head football coach for six months – the BFS program was not properly maintained. “The program was just kind of limping along, because after that coach left they didn’t have anyone to ensure that the program was properly implemented,” says Steve. “BFS is a daily commitment with the kids, and the coaches must be actively involved, not sitting in your office and handing out programs. The kids and the coaches must understand the concepts of intensity, dedication, commitment, and the winning-every-day part of BFS.”

At Augusta, the Prices had a good grasp of the BFS program because Steve had attended two of Len Walencikowski’s clinics and had hosted two of his own. “The first BFS clinic I went to was in North Carolina, and it was a great experience.” But Steve had been a fan of BFS long before that clinic. “When I was in high school, my dad was a college football coach, but he used to get the BFS magazine and I would always



#7 Jordan Price  
#5 Josh White



read them. We had a weightroom in my high school and they basically opened it for us. I worked out with five of my teammates, and we got the set-rep logbook and we taught ourselves the BFS system. When I got to Augusta Christian, I got the BFS Total Program book, researched a little more and went on from there. It's been the best thing we've ever done."

#### Coming On Strong at Trinity

Unlike Augusta Christian's team, the Trinity Crusaders had always had a strong football tradition, having won three state championships in its history. "They love their football in Dublin," says Price, who didn't let the fans down. His first year his team went to the state semifinals, and the following year they won the state championships.

Jodie's girls' basketball team is also a source of school pride: They made the playoffs her first year and made the state finals the following season. "The BFS program helped us to be strong during tournament time," says Jodie. "It helped us recover faster when we had to play back-to-back Friday and Saturday games. It also gave our girls more confidence as they





#10 Laine Hobbs

stepped onto the floor. They knew they had outworked the other team.”

Steve is also an assistant coach for the track team, and last year they won the state title. “I definitely feel that the BFS system works,” says head track coach Krista Meadows, a two-time Georgia State track coach of the year. “It has taken our athletes to a higher level. I am very appreciative of our weightlifting classes.”

All sports at Trinity use the BFS program, which is overseen by Steve. And as tough as it was to fix the men’s conditioning program, it was tougher for the girls’ sports. “The girls had never been in the weightroom before Jodie came, and I think they were a little reluctant at first to lift,” says Steve. “Jodie got them all together right from the start and ran all their summer workouts.” The biggest benefit of the BFS program for the girls, says Steve, was confidence.

“In education we talk so much about self-esteem, trying to give kids self-esteem and doing things to get self-esteem, but, you know, self-esteem has to be earned,” says Steve. “Our girls work hard in the weightroom, and this makes them feel good about themselves. It gives them the ability to stand up for what they believe in, and the ability to say no to a lot of things that society has been trying to push on them. That’s why I believe Jodie is such a big proponent of girls’ athletics.”



2004-2005 State Runner-Up Crusaders

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Jenna Beddingfield, Kami Bass  
and Chereese Beddingfield



Chereese Beddingfield



Jenna Beddingfield



Laine Hobbs

To ensure that workouts are well attended, Trinity has three weight training classes, and the Prices have weight training sessions before and after school. They also have non-athletes in the classes. "You get those kids who are 'non-athletes,' and they come in and they work with you for a semester and all of sudden they go out for something. We only have two kids in the entire senior class who do not play some sport, so I guess from the confidence the kids gain from coming in, they turn out to be athletes."

As for other impressive numbers, 75 percent of the entire high school (85 of 112 students) use the weightroom and is on the BFS program. And in the middle school, which covers grades 6 through 8, Steve says 59 percent (49 of 83 students) follow the BFS Readiness or regular BFS program. "We get the middle school kids on the Readiness program starting in sixth grade, working it in with the PE program, then in the latter half of the 8th grade we switch most of them to the

regular BFS program." Steve says John Martin, the school's admissions director and head basketball coach, has been instrumental in helping students get the weight training classes into their regular school schedule.

As motivation for the athletes, both the boys' and the girls' programs have T-shirt awards for totals made on the bench, squat and power clean. Says Steve, "I don't like giving just a bench shirt, because I want our athletes to be able to squat and clean well — besides, I think the bench press takes care of itself. We also use the BFS Beat the Computer system, which has been a tremendous benefit for us in teaching new kids about the set-rep system. Occasionally a student might say that the computer 'whipped them' this week, but I tell them, 'That's all right — we'll get after it next week, we'll get better and win every day!' And, of course, they do!



# BFS CLINICIAN STAFF

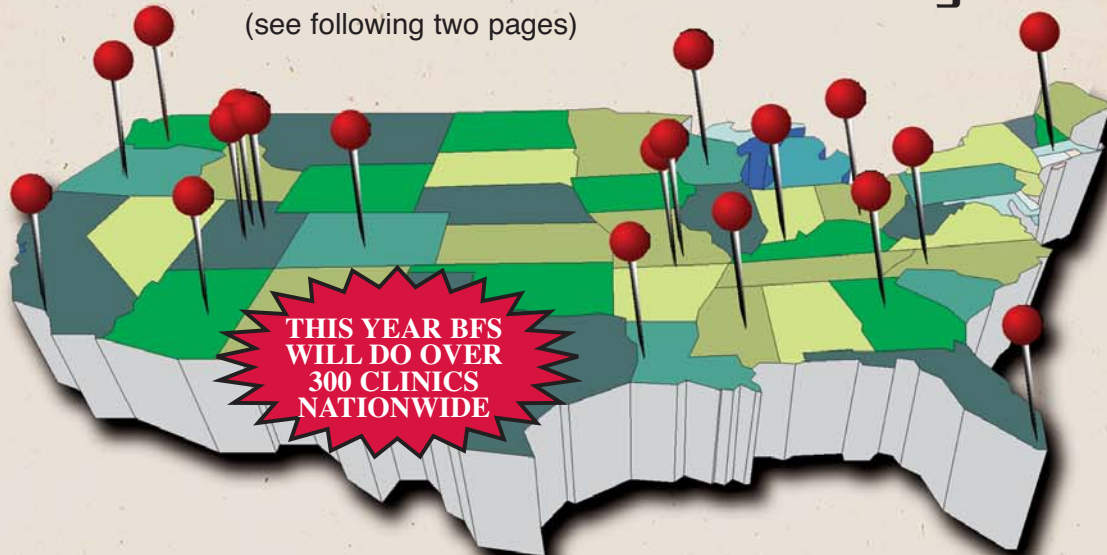
**This group represents some of the best, most successful coaches in the country.**



**Back Row:** Roger Freeborn (OR), John Rowbotham (UT), Bob Rowbotham (UT), Mark Beckham (CA), Ray Cosenza (MA), Rick Bojak (UT), Len Walencikowski (FL), Evan Ayres (WA), Rick Tomberlin (GA), Matt Merry (LA), Jeff Scurran (AZ), Bob Doyle (OH), **Middle Row:** Jeff Sellers (IN), Jim Brown (MO), Mandy Eakin (MO), Dennis Dunn (LA), Bobby Poss (NC), Rick Anderson (UT), Doug Ekmark (MN), **Front Row:** Bob Bozied (CO) BFS CEO, Dr. Greg Shepard (UT). Not Pictured: Patty Hagemeyer (CO), Doug Holland (LA), Lance Nevin (AL)

**You have access to them to do a BFS Clinic at your school!**

(see following two pages)





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\* Up to 50 athletes. Additional athletes only \$25 each.

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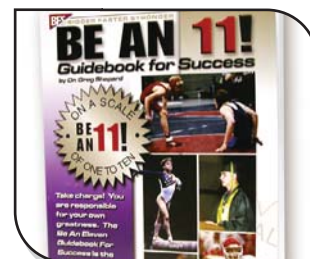


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## What's being said about BFS Clinics

"The BFS clinic was well organized, presented very professionally, and was extremely informative. Thank you for the energy and passion that you exhibited during your presentation – it was the best that I have seen in 38 years of coaching."

Ken Biegel, Head Football Coach  
Northland Pines High School  
Eagle River, Wisconsin

"I have had more positive comments on the BFS/Be An 11! presentation than any other single presentation in the 5 years I have been here as a Superintendent."

Ronald J. Dayton,  
Superintendent of Schools  
School District of Cambridge  
Cambridge, Wisconsin

"Words like extraordinary, inspirational, and terrific come to mind when I begin to describe the BFS Clinic. We are always looking for programs that bring out the best in our students. In that regard, BFS was a grand slam homerun!"

Thomas G. Aycok, Headmaster  
Trinity Episcopal School  
Richmond, Virginia



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