

Cat Scratch Fever at Deer Park High

How the Wildcats learned that to win,

you first must believe





Four-year starter Tyler Beard hands off to his fullback Shane McGowan.

Many high school football players dream of one day playing professional football on Sundays. Others dream of becoming coaches so they can continue enjoying the thrills of Friday Night Lights. And in a perfect world, wouldn't it be great to come back and coach at the school you graduated from? In Cincinnati, Ohio, there's a coach who is doing just that.

Welcome to the world of Barry Pettyjohn and the Wildcats of Deer Park High School.

Pettyjohn has been the head coach at Deer Park, a Class 2A school, for the past five years. He graduated from the school in 1982, and after college ball in Pittsburgh he played offensive line

for the Houston Oilers in 1987 and for the Miami Dolphins for the following two years. With such impressive qualifications, it may be a surprise that he decided to return to his alma mater. After all, the Deer Park Wildcats were not so wild on the football field. In fact, the team hadn't had a winning season since 1999, and the last time the team was in the playoffs was in Pettyjohn's senior year!

In his first year as head coach, Pettyjohn managed to coach his team to a respectable, for them, 5-5 record. The next year it was back to their losing ways – they lost every single game, and they managed only two wins the following year. Says Pettyjohn, "I think part of the problem was not always getting

the best quality of kids to come out for the team, but most of all it was that the kids lacked confidence in themselves. When we went 0-10, you could see their confidence falling, and the next year we had kids playing who had never won a varsity game, and that's why we went 2-8. That's when I said that was enough and that we needed to get these kids confidence – and the best way to get confidence is in the weightroom."

"When I came in we were lifting weights and we had a pretty good strength program going, but – although they were good kids – they didn't work as hard as they could," says Pettyjohn. "I had been a part of a lot of different weightlifting programs, but I found out that in working with kids it's not what

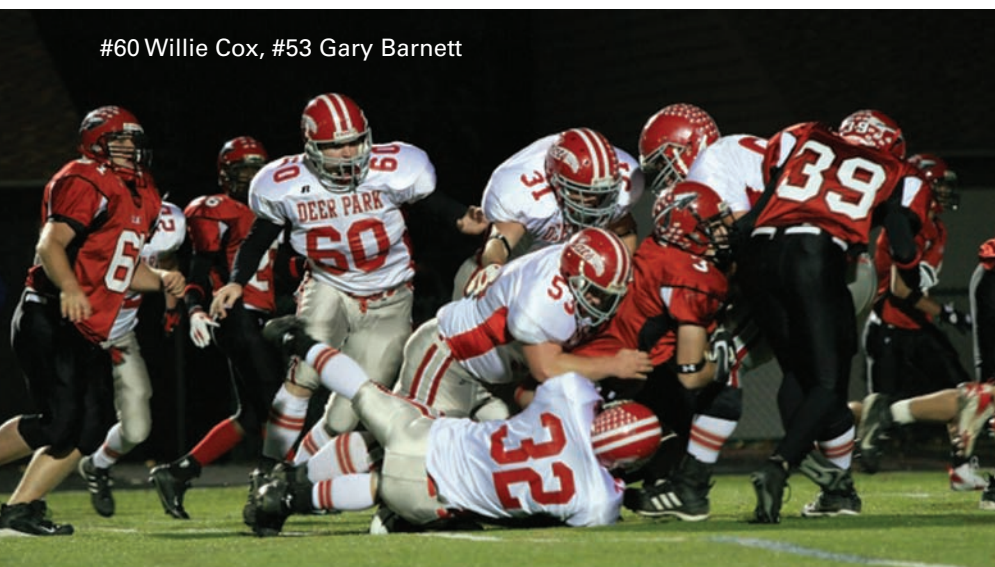


#30 Shane Englert, #31 Shane McGowan



#48 Jamie Gooch

believe



#60 Willie Cox, #53 Gary Barnett

I believe in, it's what the kids believe in." So he started searching for another strength training program, a better program.

Having heard good things about BFS since his playing days, Pettyjohn attended a clinic in Beaver Creek, Ohio, and after that experience he'd made up his mind on what path to take. "I was sold on the BFS concept about how you can get the maximum amount of work done and increase your strength in a minimum amount of time. It made sense to me, and I bought into it and so did my athletic director. Then we had a meeting with the parents and showed them the DVD that Dr. Shepard had made over viewing the program, and they bought into it." With all heads nodding approval, Pettyjohn purchased the BFS Beat the Computer program and set up times for the athletes to lift before and after school. A boost in their confidence was only the beginning.

"When we were 0-10, that year we didn't have one person who could bench over 250 pounds, and I don't know if we had anyone who could squat over 300. This year we had eight kids bench over 250, and there were kids box squatting 450 and even 500. The gains in the weightroom are unbelievable."

In addition to implementing BFS's simple approach to conditioning, Pettyjohn also applied that philosophy to his on-field coaching. He says, "If you keep things simple, then there is no confusion. I think sometimes as coaches we have egos and we want to show how many different plays we know, how many defense schemes we know, how many different kickoffs we know, and we confuse the kids. But it's not what the coach knows; it's what the kids know. So although we run a lot of different formations, we run six or seven different plays out of them. Coaches

know a lot of things in their head about how to play the game, but no coaches play the game. What matters is what the athlete knows so that he can play the game fast; that's the biggest thing – you have to play football fast.”

In 2006 the Wildcats had a simple motto: “Play to Win!” And win they did, scoring eight victories, their last one against a team they hadn’t beaten in 18 years, and making it to the playoffs. “Everyone at the school and in the community was so excited – they called what was happening “Cat Scratch Fever,” and for the first time it was cool to wear a Deer Park football shirt. We even had a bonfire before the state play-off game, and whereas we usually get 1,000 people at a game, for the playoffs we had more than 3,000!”

Although they fell short of their ultimate goal of winning the state championships this year, the Wildcats of Deer Park High School are already back in the weightroom getting ready for next season. They know it won’t be easy. “Now other people are gunning for us and saying, ‘We want to beat Deer Park this year!’” says Pettyjohn. “But we have a good group of kids coming back who are united and motivated – and they have great confidence!” **BFS**



Jamie Gooch spotted by Nick Heaton



Gary Barnett



Willie Cox spotted by Ben Mueller



Shane McGowan



Jod Todd



BFS Dot Drill



Keith Reddish

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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 1:58 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: _____ Position: _____
Number of Workout Days per Week: _____ Sport: _____ Position: _____
Short (3 sets) or Long (5 sets) Workout: _____ Sport: _____ Position: _____
Number of Weeks in Program: _____ Period: _____
Date to Begin Program: _____

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 8 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 _____
Box Squat _____
Towel Bench _____

Speed and Flexibility: Enter Your Scores in the following events:

Event: _____ Rank: _____ Date: _____

50 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 1:58 AM

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

Athlete Information
Deans, Carver
ID Number: 2 Grade/Period: 9 1
Weekly Workout Schedule: FS-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 Value	Ironman Ranking	Rank within Grade	School
Squat	225 lbs	2	Good	4th	4th
Bench	185 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	Must Record	Point Value	Power Ranking	Rank within Grade	School
20 Yard Dash	3.80 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"	6	Good	6th	6th
Long Jump	4' 7"	6	Beginning	6th	6th
Sit and Reach	2"			6th	6th
Point Total	34				
Overall Power Ranking			Beginning		

Remember it is not where you start, it is where you finish.
Be truly 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 experience aches in the Parallel Squat, Power Squat, and Power Clean. You need to really emphasize this part of your total program.

Recommendation # 3
You need to be in the BFS Dot Drill every day. Get Quick!

ADDITIONAL REPORTS:
Ironman & Power Rankings
Compare to national standards

October 16, 2005 1:20 PM

East Side High School
Weekly Workout Schedule for the week of October 17, 2005
Bigger Faster Stronger

Athlete Information
Deans, Carver
3875 W. Mercer Way
Mercer Island, WA 98040
Week # 5 of a 16 week workout.

ID Number: 2
Grade/Period: 9 1
Sport / Positions: FOOTBALL CB WR
Workout Schedule: FS-O

Note on the Workout
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lift and Clean, a max of 8 reps. Use the weight and reps shown for each lift, except for the last set. On the last set use the weight shown, but try to get more reps than the Best 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
Box Squat	3x 215	3x 225	3x 235	Glide 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	Lunges	10x 100	10x 100	
Hex Bar Dead Lift	3x 170	3x 175	3x 185	Inline Press	10x 115	10x 115	
				Neck Exercise	10x 65	10x 65	
				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	Glide Ham	10x 0	10x 0	
Bench Press	3x 145	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 the

Parallel Squat

Rank	Name	Date	Score
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 Bobertson	7/12/2004	145 lbs
9th	Celina Tamayo	7/12/2004	135 lbs
10th	Sara Clarke	7/12/2004	125 lbs

BFS Beat the Computer

ADDITIONAL REPORTS:

Produce Top 10 Lists

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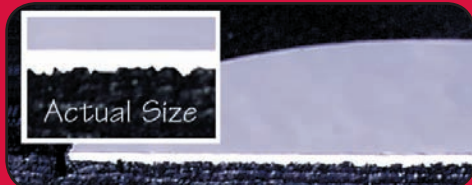
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