

The Brotherhood of Piggott High *Pg 9*



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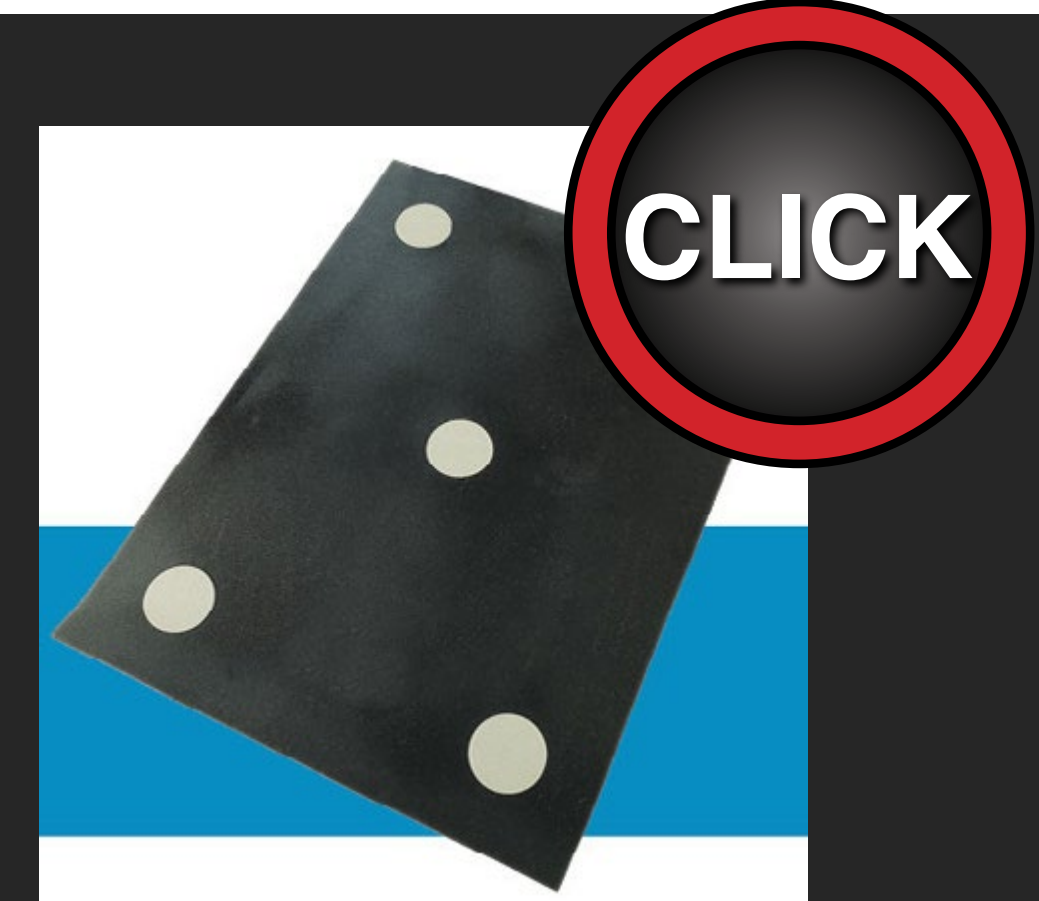
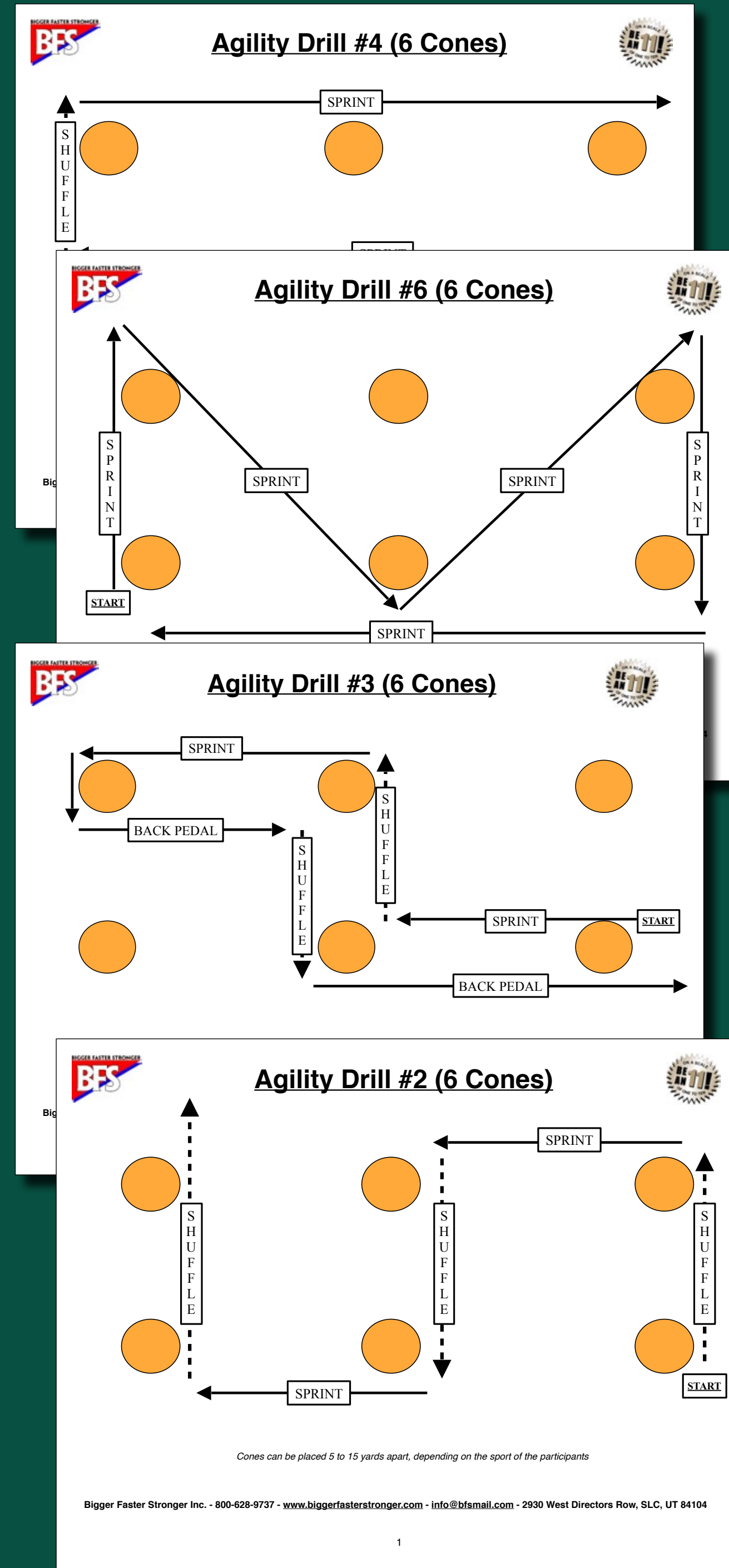
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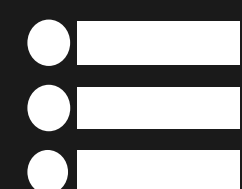


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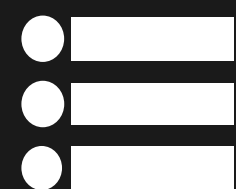
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How Many Points are Enough?

A Message from BFS Editor Kim Goss, MS

Many years ago I watched a college football game in which one of my favorite teams was winning easily. They went into the fourth quarter with a three-touchdown and had a strong defense that limited their opponent's scoring to field goals. At that point the coach was playing mostly second- and third-team players, and pretty much just ran the ball up the middle on short-yardage plays to eat up the clock and limit scoring.

When asked about this strategy at the post-game press conference, the coach (who retired several years ago) gave a diplomatic answer that went something like, "We play them next year – we don't want to give them any additional motivation. Diplomatic answers aside, this game was not an isolated incident, as often when that team had a big lead going into the fourth quarter they would put on the brakes with their scoring. That's why I was shocked to watch the team this season play a game in which the new coach, who had played for the former coach, decided that a six-touchdown lead going into the fourth quarter just wasn't enough.

I'm told that many college coaches run up the score because it helps them move up higher in the polls, and the higher the ranking, the most prestigious (and profitable) the bowl game. But moving down to the high school level, I've read about the outrage by parents who had kids on the receiving end of some lopsided games.

I read, for example, that one parent filed a bullying complaint against one school for their 91-0 victory in a football game. More specifically, in 2009 a high school basketball coach in Dallas was fired after his team won 100-0. The school issued a statement saying that victory was "shameful and an embarrassment" and does not reflect "...an honorable approach to competition." As for the flip side of that coin, the coach said his "values and beliefs" would not allow him to run up the score on an opponent. He also said he would not apologize "for a wide-margin of victory when my girls played with honor and integrity."

Craig Bogar, Ed.D., a professor at the University of South Alabama who has coached swimming





and track, has been passionate in his opinions on this subject. “Coaches who allow their teams to run up the score usually rationalize their wins by saying that they can’t keep their players from scoring, especially when non-starters are playing,” says Boger. “This rationalization demonstrates that these coaches lack not only character but the ability to use the experience as a teaching lesson. Coaches who run up the score may think that their victories will be perceived by the public as great coaching feats, but in reality the opposite is true. Coaches who do this, and administrators who allow coaches to run up the score, are only remembered as being classless and self-serving.”

One argument I hear is that a coach shouldn’t run up a score at the risk of demoralizing their opponents. Does this mean that if a sprinter or swimmer who is easily winning a race should slow down at the end of that race so that they don’t make their competition look too bad? Where do you draw the line?

It’s obvious to me that the idea of running up the score needs to be addressed by those who coach young athletes, and it would nice if the parents of these athletes can be involved in these discussions. With that, I’ll leave you with the words of Canadian playwright Christopher Earle who said, “Be humble in victory and gracious in defeat.”

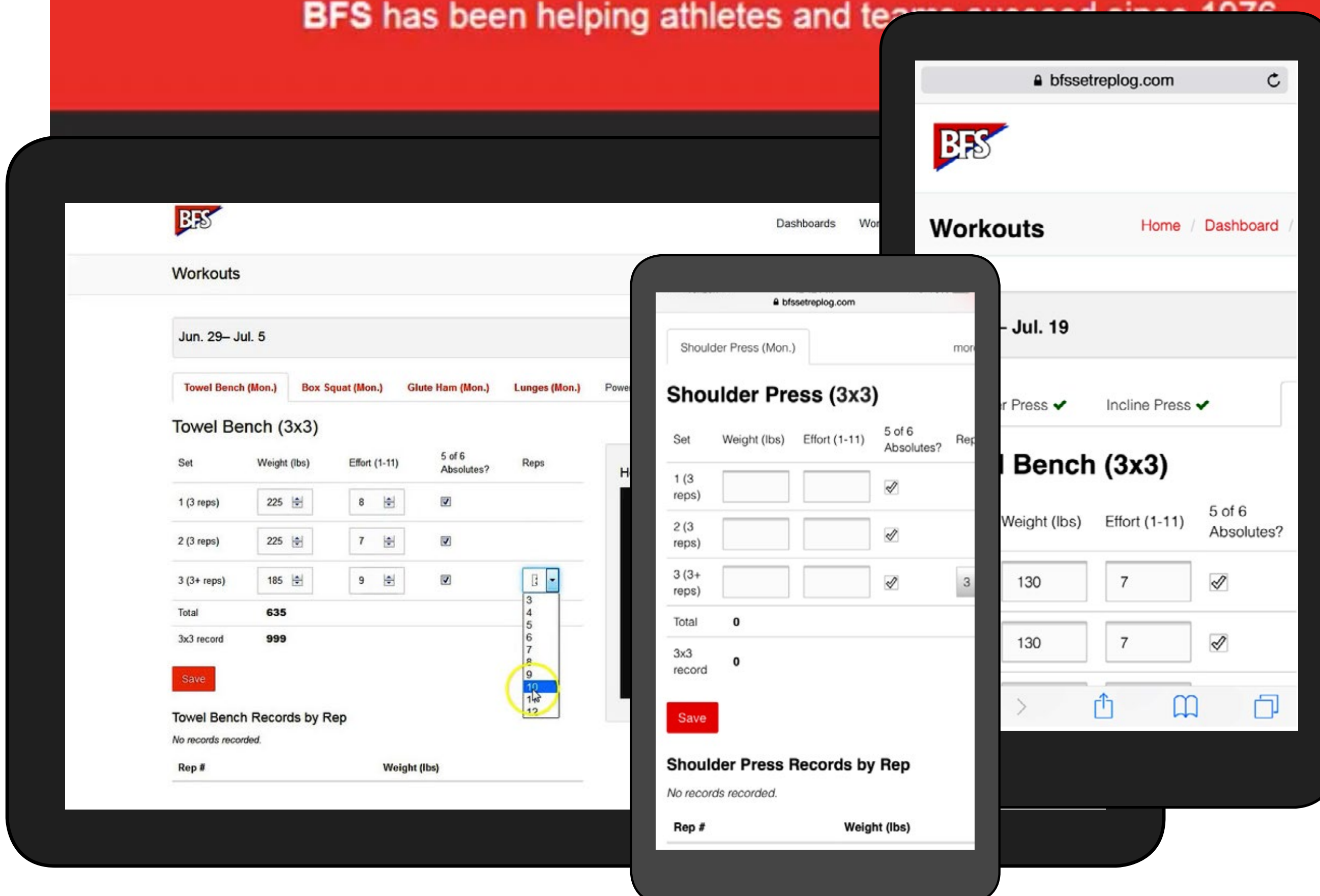
Kim Goss, MS
Editor in Chief, BFS magazine
kim@bfsmail.com

All BFS camps and clinics have a “Character Educations” component built in, the Be An 11 seminar is almost completely devoted to helping young people improve their decision making skills in the face of distractions and peer pressure. This month’s editorial poses just the sort of question that would make for a great team discussion and help young people learn to grapple with moral questions.

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Whats Happening

It Is That Time Of Year, Seasons Change, Sports Change, But Your Training? No Way!

This is a time of year many educators and coaches assess their athletic programs and explore ideas on what could make a difference in the future. Few teams make the playoffs, even fewer are division champions and only one is state champion. Is your team in this elite group? How can your school crack the code to improving from year to year - season to season?

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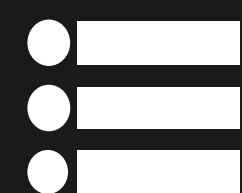
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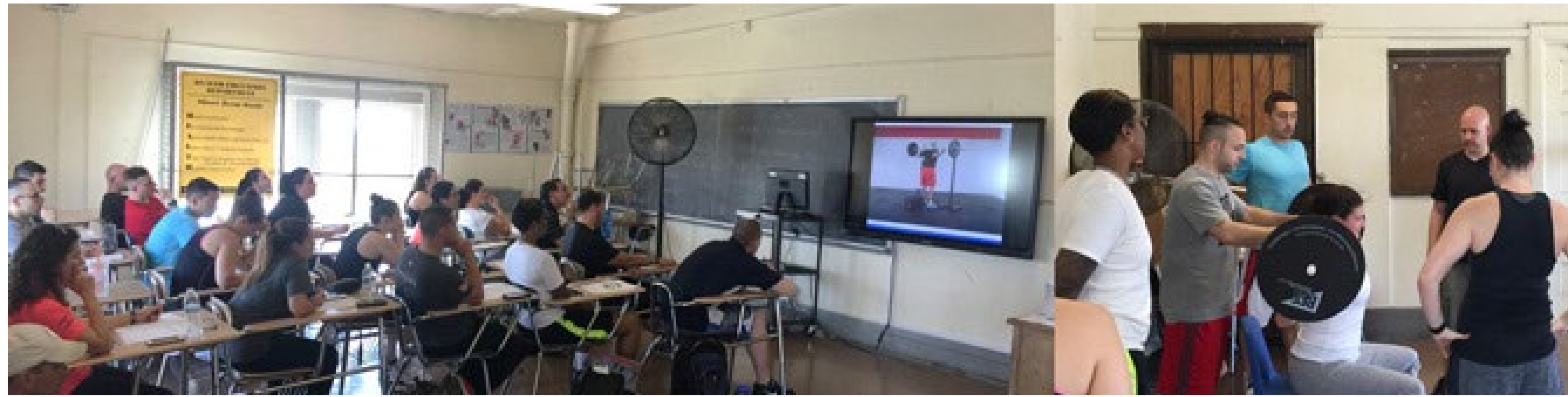
Commitment at the District Level Reaps Benefits for Physical Education



Working with New York City Public Schools this year has been an awesome experience for BFS. Our all new Professional Development seminars have really been making an impact across the largest school district in the

country. Many PE teachers and administrators have hailed the day as one of the most fruitful seminars they have ever attended.

Learning about effective and safe weight room protocols has really opened up these teachers to the ease of incorporating strength training into their Physical Education environment. By combining a dynamic presentation along with actual hands on training every educator in attendance was kept involved and excited to learn more.

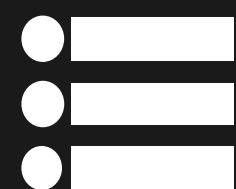


district in the country. Many PE teachers and administrators have hailed the day as one of the most fruit-

BFS provides the path to ongoing education and Weight Room Strength and Safety Certification (WRSC) by awarding teachers in attendance with credit toward completing the WRSC course. Find out how much BFS can save your school and district with Professional Development that you can use right away! Call 800-628-9737 ▶



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Pricing and Savings

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IMPLEMENTATION PACKAGE \$2500	\$0
TOTAL: \$8685	\$4735

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C Be An 11, Coaches WRSC
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\$6480 Product # 800C

Pricing and Savings

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IN-SERVICE CERT. \$3195	\$1495
IMPLEMENTATION PACKAGE \$3000	\$0
TOTAL: \$12,675	\$6480

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1 Day Clinic: \$20 per student over 50
WRSC: \$299 per coach over 5

Implementation package valued at over \$3,000. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, WRSC Support and much more!

H Coaches Weight Room Safety Certification
10 Coaches Minimum
\$5190 Product # 800H

Pricing

10 COACHES
10 COACHES X \$399 - \$3990 + 1200 DEPOSIT
Total: \$5190
WRSC: \$399 per coach over 10 Implementation package worth over \$2,300.

D Be An 11 Seminar,
1 Day Total Program Clinic
50 Athletes: \$4985
Product # 800D

Pricing and Savings

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1 DAY TPC \$3490	\$3490
IMPLEMENTATION PACKAGE \$2500	\$0
TOTAL \$8980	\$4985

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1 Day Clinic: \$20 per student over 50

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Implementation package worth over \$1,500.

F 1 Day Total Program Clinic,
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50 Athletes & 5 Coaches:
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Pricing and Savings

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IMPLEMENTATION PACKAGE \$2500	\$0
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1 Day Clinic: \$30 per student over 50
WRSC: \$349 per coach over 5
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

K Be An 11 Seminar
50 Athletes \$2,990
Product # 800K
Be An 11: \$30 per student over 50
Implementation package worth over \$1,000.

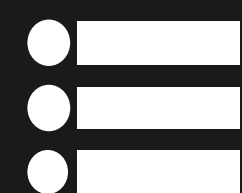
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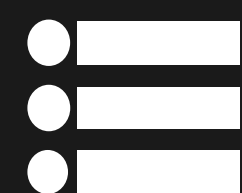
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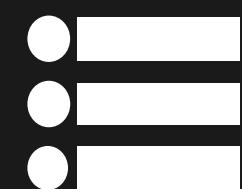




All Photos by Frank Staples

The Brotherhood of Piggott High

“The word we use to describe our athletic program is ‘Brotherhood,’” says Shawn Hearn, a football and strength coach at Piggott High School. “Bigger Faster Stronger has made our brotherhood stronger.”



BFS Feature

Serving grades 10-12, Piggott High School graduates 95 percent of its students. It is the only high school in the Piggott School District, and

Before BFS we didn't have a strong off-season, but when Coach Harrell made the commitment to go with the BFS program we found that our kids were chopping at the bit to get started."

the facility also houses the 7-9 junior high; the elementary school, K-6, is nearby. This arrangement means coaches and teachers can interact with young people from their first day at school to high school graduation, creating an environment that is ideal for helping young men and women fulfill their potential in all areas of life. It's also an optimal way to develop outstanding athletes and, says Hearn, who also teaches social studies, "We are able to give more attention when it's needed."

Piggott High School's boys-only sports are baseball and football; girls-only sports are cheer-



#33 John Jones

leading, softball, and volleyball; and the sports for both boys and girls include basketball, cross-country, golf, tennis, and track and field. Hearn says they start their Pee-Wee football program in the third grade, and their head football coach, Michael Harrell, has seen many of his current players since their first days on the gridiron.

Hearn says that Coach Harrell and the other coaches at Piggott encourage their students to participate in multiple sports. "If you are in a larger school, kids can specialize and train for the sport year-round. We're such a small school that a lot of our athletes play two or three sports, but they also lift throughout the summer and that strengthens our brotherhood."



#5 Gunner Shaw



#2 Mason Tillman

“During the season we lift two, sometimes three times a week.” Asked if there was any concern from the parents about being sore before a big competition, Hearn replied, “Not at all -- our community support is unbelievable. They see our staff going above and beyond what’s expected and how they thrive on it. Before BFS we didn’t have a strong off-season, but when Coach Harrell made the commitment to go with the BFS program we found that our kids were chopping at the bit to get started.”

“When we started BFS three years ago -- this

will start our fourth year – it brought our brotherhood together. It got us together because we got a chance to work together and compete during the season. It taught us what to do and it taught us how to do it, and the results are the proof in the pudding.” Hearn then talked about how the Mohawks’ football team can often dominate on both sides of the ball (allowing only 8 points in two recent lopsided victories). “We are so much more physical and stronger – it’s obvious how well the BFS program has paid off.”



#32 Cade Harrell

One misconception Hearn believes many coaches have about BFS is that it's a program only for large schools, a concern because Piggott is one of the smallest 3A schools in the Arkansas. In fact, he said when he first read BFS magazine he got the impression that "these are big-time schools with money who dress out 80 kids a game – sometimes we only dress out 25. But after having such success with the BFS program, I can assure you that BFS benefits a small school tremendously and is multi-sport, multi-gender.

To motivate their athletes to work harder, Piggott encourages their athletes to compete in weightlifting events. He says his athletes not

only compete hard, but that they make an impression on other schools and those who come to watch these events by having proper form on all the lifts and knowing how to spot. "They also help spot athletes from other schools encourage those athletes to do their best – we get lots of complements on how our kids behave and their positive attitude at these competitions."


"I can assure you that BFS benefits a small school tremendously and is multi-sport, multi-gender."

Shawn Hearn football and strength coach

Since they started BFS, Piggott has seen some amazing turnarounds in their program. In their first season in track, they had the state champions in the 100m, 200m, 4x100m and was runner-up in the shot put (and this year they had the state champion in the shot put). Their football program in the 2014/2015 season was 3-6, but that was followed by a 6-win season and a 9-win season that included their first playoff victory in win history. In weightlifting, they earned wins in four invitational meets and last season they were

state runner-up in the Arkansas 3A Weightlifting Championships.

During this interview, Hearn wanted to give a "shout out" to veteran BFS Clinician Jim Brown for helping to implement the BFS Total Program at Piggott and his continued supports. He says Coach Brown is only 45 minutes away, and several times he's come down to help ensure their workouts are running smoothly and advise them on how to continually upgrade their weightroom. "Coach Brown is always only a phone call away, and he'll always pick up the phone."

It's just amazing to see the progress our athletes have made with BFS," says Hearn, "and we are excited to see our Brotherhood grow even stronger at Piggott High." 



#74 Nate Mallard
Head Coach Michael Harrell

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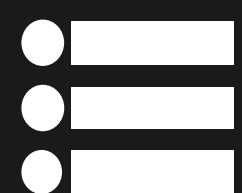


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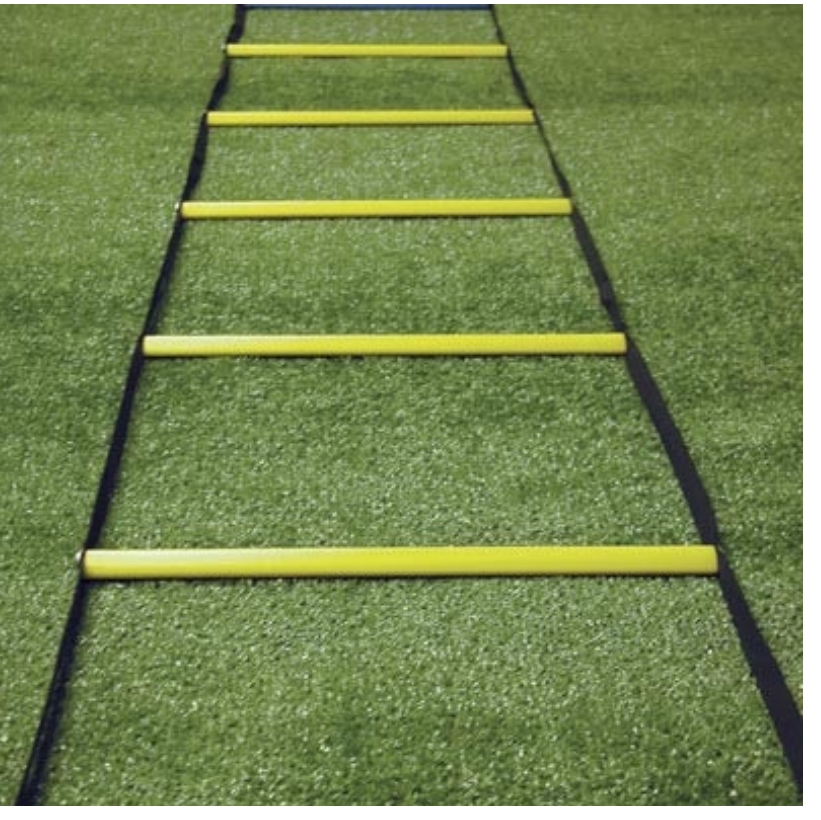
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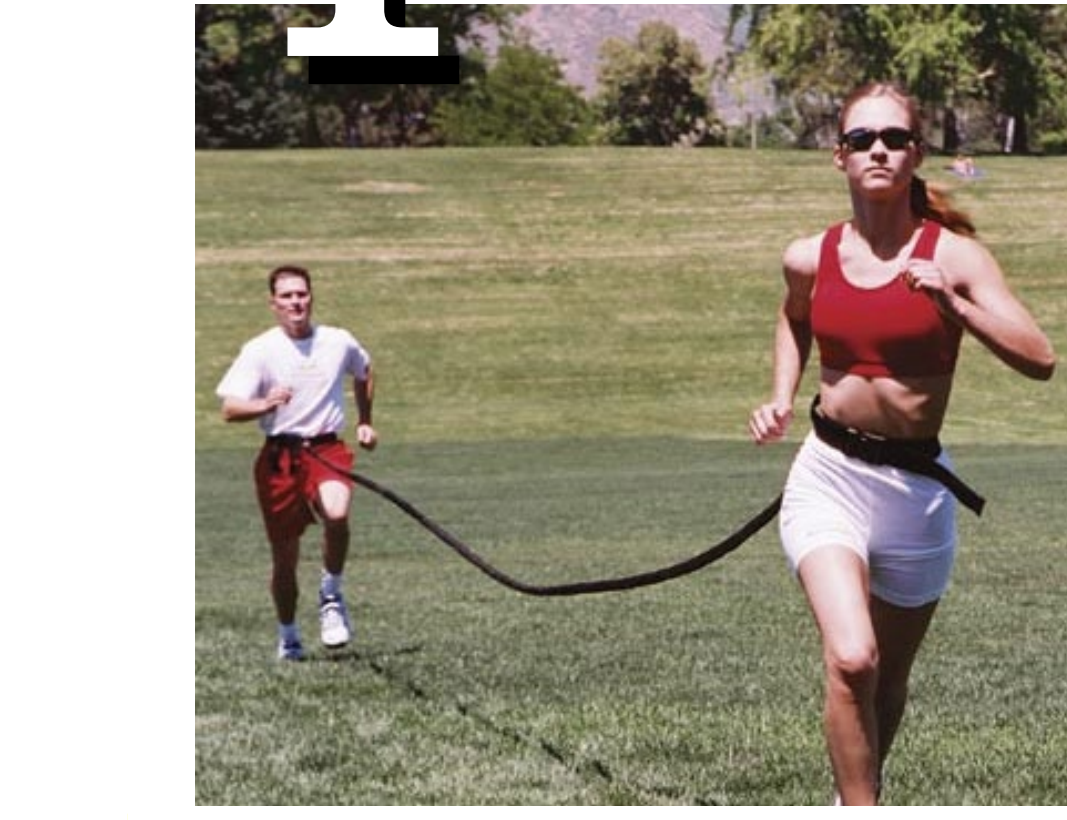
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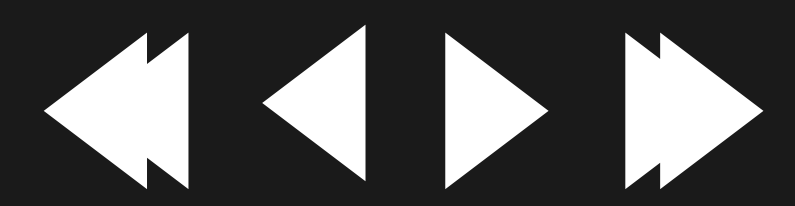
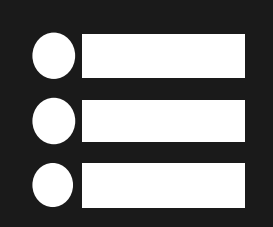


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Research Report: The Glute-Ham Developer Gives Athletes an Edge!

There is no question that a program containing only core lifts such as squats and cleans will improve athletic performance and reduce the risk of injury. However, recent research shows that adding auxiliary exercises to such a program can make athletes even better. Case in point: the glute-ham-gastroc raise (GHGR), an auxiliary exercise that BFS has been recommending for over 30 years.

Two of the primary functions of the hamstrings are to extend the hips and flex the knees. So you can focus on exercises that work primarily hip extension (good mornings, deadlifts, back extension, reverse hyper) or primarily knee flexion (Nordic curl, leg curls). The GHGR, as performed on a glute-ham developer that is specifically designed for this exercise, works both functions of the hamstrings.

Considerable research has been published in peer-reviewed scientific journals on how training the hamstrings significantly reduces the risk of hamstring injuries. One exercise that has been extensively studied is the Nordic



The popular BXI model comes with built in band resistance pegs and built in wheels for mobility. Great for a busy weight room

curl, which is an exercise that simulates the second part of a glute-ham-gastro raise. In a study published in 2012 on 942 Danish football players, it was found that a 10-week program using this exercise reduced the incident of in-season injuries by 71 percent!

On the topic of athletic performance, a Canadian study on the GHGR was published in the September 2017 issue of the “Journal of Strength and Conditioning Research” that looked at the effects of adding the GHGR to an athletic fitness program that included cleans and squats. The title of the article is, “Addition of Glute-Ham-Gastroc Raise to a Resistance Training Program: Effect on Jump Propulsion and Landing,” and the authors are Loren Z.F. Chiu, Anita Yaremko, and Gabriella L. VonGaza.

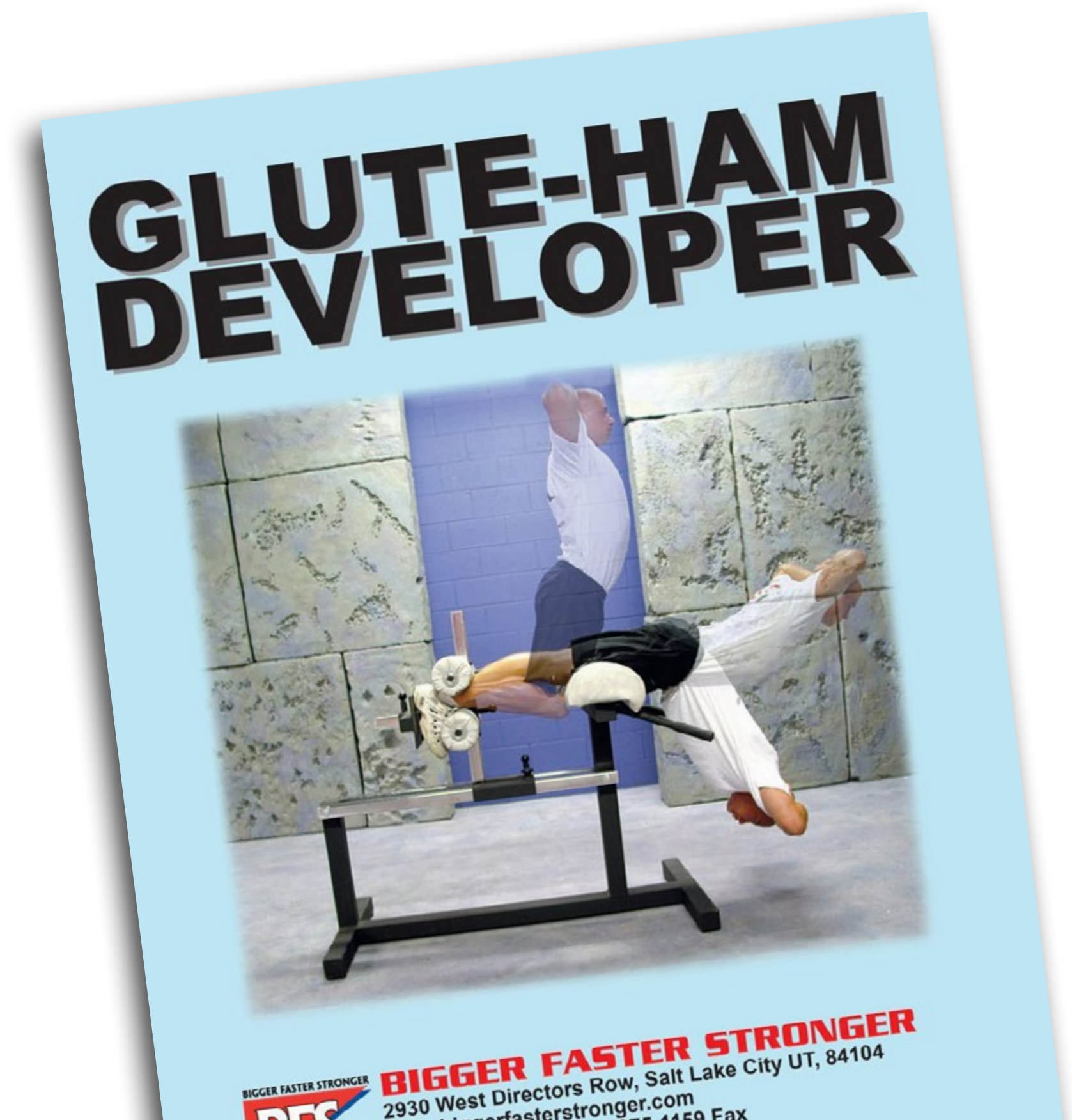
The authors found that the among other benefits, the experimental group increases their vertical jump more than the control group. In the case of lower body training for athletes, the goal should be to train the muscles and tendons to perform as a single spring. But there’s more.

The researchers also found that the GHGR improved weight-bearing ankle dorsiflexion (note: dorsiflexion means bringing the toes towards the shins). The authors said that weakness in ankle dorsiflexion is a risk factor for tibial stress fractures, calcaneal (heel bone) and patellar (knee cap) tendonitis, and ACL tears.

With all these benefits, the authors of this new study concluded, “Glute-ham-gastro raise may have a beneficial effect with young athletes when added to squat- and clean-based resistance training programs.”

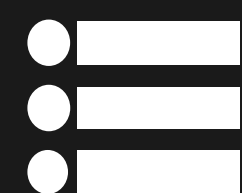


Yes, isolation-type exercises such as the Nordic curl are valuable for preventing hamstring injuries, but as this new study shows the GHGR also improves hip extension and calf function to not only reduce injury risk but also improve athletic performance. This research confirms BFS belief that the glute-ham-gastroc raise should be a key auxiliary exercise for those athletes who strive for physical superiority. ▶



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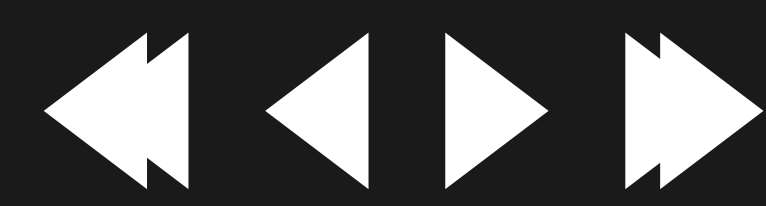
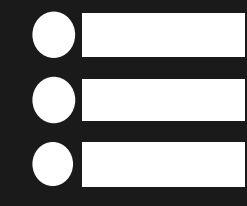
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