

# THE YOUTH, THEY ARE IN *Stanton*

**GET  
UP  
TO  
SUCCEED**



The secret to success at Stanton High is getting an early start with strength and conditioning

If BFS had a fan club, Coach Greg Hansen would be its president. Coach Hansen is the head football coach and assistant activities director at Stanton High School in Stanton, Nebraska. Coach Hansen was introduced to the BFS program in 1984 when he was a junior in high school. He continued using the program in college, and then when he became a coach he taught it to his athletes. According to Coach Hansen, the reason he is such a fan of the BFS program is simple: It works.

For example, Hansen has been with the Stanton Mustangs for six years, taking over a program that had had only two winning seasons in 40 years. Despite this tradition of being cellar dwellers, Hansen knew he could turn around the program and begin a tradition of winning. And he did just that, setting the wins-in-a-season record in his second season as head coach (12 wins), making the playoffs five straight



Coach Hansen's readiness program, which he calls GUTS, became so popular with the 7<sup>th</sup> and 8<sup>th</sup> graders that soon the 5<sup>th</sup> and 6<sup>th</sup> graders asked to join.

years, and playing in the state championship game in 2004. In addition, as the strength training coordinator for Stanton, Hansen has adopted the unification philosophy to give every team sport the opportunity to duplicate the success of football.

Hansen attributes much of his success as a coach to applying an idea he borrowed from the business world: the "10-80-10 Rule." "As applied to coaching," explains Hansen, "this idea suggests that 10 percent of your athletes

are going to be exceptional and will do what they are supposed to do with little help from you; 10 percent will do pretty much whatever they want regardless of what you do; and 80 percent can achieve great success if you provide great leadership and encouragement. It's not that I ignore the athletes in the top and bottom 10 percent, but I focus my attention on getting that 80 percent to work hard – their efforts are going to make the most difference in your program."



One way Hansen motivates his athletes is by getting them to recognize the benefits of strength and conditioning. “If a football player comes into our weightroom and is not fired up to lift, I’ll ask him, ‘If you’re going to play football, shouldn’t you be the strongest you can be?’ When he answers yes, I’ll say, ‘Right now you squat 250

pounds; don’t you think you’d be a better football player if you could squat 350 – wouldn’t you be a stud?’” Hansen adds that he only talks about self-improvement, never comparing the accomplishments of one athlete to another, and he focuses on encouraging his athletes to make continual improvements in what they can achieve both on

and off the playing field.

### A Strong Head Start

Another key to Hansen’s success is the implementation of “GUTS,” a workout for pre-high school athletes based on the BFS Readiness program. GUTS is an acronym that stands for “Get Up to Succeed.” Hansen originally



The GUTS program emphasizes all aspects of strength and conditioning, along with using light weights to learn the perfect technique for core exercises such as squats.



## BFS SUCCESS STORY

started the program for seventh and eighth graders to give them a head start on lifting by emphasizing agility and quickness and on perfect form on core lifts such as the squat and bench press. “In the past I would have to spend a great deal of time with freshmen, teaching them the core lifts and other aspects of the BFS program such as Dot Drills and plyo boxes,” says Hansen.

“When kids came out of our GUTS program, they were ready to be put on the Beat the Computer program and start breaking records. It really gave our athletes a head start over our competitors.” But there’s more. Although he originally restricted the GUTS program to middle school athletes, Hansen soon found that many kids in the fifth and sixth grades were interested in participating. “I did my research and found that it was safe for kids of this age to start the program.”

Although Hansen has studied other workout programs, he has never been



The Mustang weightroom is not fancy, but it’s heavy-duty and designed to train athletes.



tempted to switch. “Kids transferring in from other schools often have problems with the lifting technique,” says Hansen. “We recently had a transfer student from Texas, and he was just amazed at how organized this program is. He said that his previous school had a much bigger weightroom than ours, but their athletes did pretty much what they wanted. These kids had very poor squatting technique, one reason being they didn’t emphasize that lift at his school. I teach our athletes that if you could do only one lift, it would be the squat. The squat is king.”

Hansen says that he trains girls the same as the boys, but he adds that it is important to make it clear to girls that weight training will not make them big and bulky. “We explain that they don’t have enough testosterone to look like a guy, and that our goal is not to get them bigger, faster, stronger but *better*, faster, stronger. If a girl says, ‘I lifted last year and my legs got big,’ it’s most



likely because she ate too much junk food and didn't exercise enough," says Hansen. "What also helps now is that we've had many girls go through the program, so the new girls in the program can see that they can get strong and still look feminine."

Asked if he's seen any differences in the kids of today and those he coached when he first came into the profession, Hansen replied, "There seems to have

been a decline in the emphasis of proper manners and respectfulness in kids these days. I try to instill that in the athletes I coach. As a whole, there seems to be a rise in parental complaints to coaches and administration if they don't think their kids are getting enough playing time or are being treated unfairly. All this stress often leads to many good coaches getting burnt out a lot sooner, or causing good coaches to seek out

other professions."

That's not the case at Stanton. Thanks to a sound strength and conditioning program and dedicated coaches such as Greg Hansen, Stanton High School is enjoying newfound success in athletics. But more importantly, Hansen's work with younger athletes and that critical "80 percent" is inspiring students to create exceptional lives for themselves. **BFS**



Coach Hansen with his two assistant coaches, Jeff Wall (left) and Andy Imus (right).



Coach Greg Hansen turned around a program that had only two winning seasons in 40 years, with a team that went to the playoffs five times in the past six years and played in the state championship game (Brad Johnson photos).





# CHART YOUR PATH TO SUCCESS

## TOP 10 MOTIVATIONAL BOARDS AND DEPTH CHARTS

**BFS** BIGGER FASTER STRONGER

### TOP 10 RANKINGS

PARALLEL SQUAT	BENCH PRESS	POWER CLEAN	HEXBAR DEADLIFT	40 YARD DASH	20 YARD DASH	DOT DRILL	VERTICAL JUMP

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SQUAT	HANG CLEAN	TOTAL	40 YD DASH

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### Here's how it works



Athletes fill out a form listing current core & auxiliary lifts.



Enter the lifts into the computer, which calculates the precise weights for each set and creates individual, sport-specific workouts.



At the beginning of each week simply print out the athlete's BFS Set-Rep Program weekly workout schedule.

### Here's what you get

10/12/05 1:08 AM

East Side High School  
Bigger Faster Stronger

Name: \_\_\_\_\_ ID Number: \_\_\_\_\_ Sex: \_\_\_\_\_  
Address: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_  
Phone: \_\_\_\_\_ Grade/Period: \_\_\_\_\_  
City, St, Zip: \_\_\_\_\_

Weekly Workout Schedule: \_\_\_\_\_ Sport: \_\_\_\_\_ Positions: \_\_\_\_\_  
Number of Workout Days per Week: \_\_\_\_\_ Positions: \_\_\_\_\_  
Short (1 set) or Long (3 set) Workout: \_\_\_\_\_ Sport: \_\_\_\_\_ Positions: \_\_\_\_\_  
Number of Weeks in Program: \_\_\_\_\_ Personal Name: \_\_\_\_\_  
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 5 reps on the Hex Bar Dead Lift and Power Clean.

Core Lift: \_\_\_\_\_ # of Sets: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Parallel Squat \_\_\_\_\_  
Bench Press \_\_\_\_\_  
Hex Bar Dead Lift \_\_\_\_\_  
Power Clean \_\_\_\_\_  
Box Squat \_\_\_\_\_  
Tower Bench \_\_\_\_\_

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

Event: \_\_\_\_\_ Score: \_\_\_\_\_ Date: \_\_\_\_\_

20 Yard Dash \_\_\_\_\_  
40 Yard Dash \_\_\_\_\_  
Dot Drill \_\_\_\_\_  
Vertical Jump \_\_\_\_\_  
Long Jump \_\_\_\_\_  
50 & Reach \_\_\_\_\_



2 Enter athlete's lifts into the computer

October 16, 2005 1:09 PM

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

Athlete Information: Deans, Carver ID Number: 2 Grade/Period: 9-1  
3875 W. Mercer Way Sport/Positions: FOOTBALL CB WR  
Mercer Island, WA 98040  
Week # 5 of a 16 week workout. Workout Schedule: FB-O

Notes on the Workout: For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you Beat the Computer!

For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight title.

Day Number: 1 Did you BEAT THE COMPUTER on your last set? \_\_\_\_\_

Core Lifts: Set 1 Set 2 Set 3 Reps/Week Auxiliary Lifts Set 1 Set 2 New Weights

Box Squat 3x 215 3x 225 3x 235 Glute Ham 10x 0 10x 0  
Tower Bench 3x 165 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? \_\_\_\_\_

Core Lifts: Set 1 Set 2 Set 3 Reps/Week Auxiliary Lifts Set 1 Set 2 New Weights

Power Clean 3x 105 3x 110 3x 115 Lunges 10x 100 10x 100  
Hex Bar Dead Lift 3x 175 3x 175 3x 185 Incline Press 10x 115 10x 115  
Neck Exercise 10x 65 10x 65

Day Number: 3 Did you BEAT THE COMPUTER on your last set? \_\_\_\_\_

Core Lifts: Set 1 Set 2 Set 3 Reps/Week Auxiliary Lifts Set 1 Set 2 New Weights

Parallel Squat 3x 190 3x 200 3x 210 Glute Ham 10x 115 10x 115  
Bench Press 3x 140 3x 145 3x 155 Neck Exercise 10x 65 10x 65  
Power Snatch \_\_\_\_\_

### Print Test Sheets

Forms for weights and field testing

October 17, 2005 1:09 PM

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

Athlete Information: Deans, Carver ID Number: 2 Grade/Period: 9-1  
3875 W. Mercer Way Sport/Positions: FOOTBALL CB WR  
Mercer Island, WA 98040  
Week # 5 of a 16 week workout. Workout Schedule: FB-O

Note: For all Lifts and Speed & Agility Events, higher Point Values are better.

Ironman Ranking

Core Lift	1 Rep	Max	Point Value	Ironman Ranking	Grade	School
Squat	225 lbs	2	Good	4th	4th	4th
Bench	165 lbs	2	Good	3rd	3rd	3rd
Dead Lift	200 lbs	1	Beginning	6th	6th	6th
Clean	125 lbs	1	Beginning	6th	6th	6th
Point Total:	6					
Overall Ironman Ranking:	Beginning					

Power Ranking

Event	Most Recent	Point Value	Power Ranking	Grade	School
20 Yard Dash	2:58 sec	12	Great	3rd	3rd
40 yard Dash	4:30 sec	10	Great	3rd	3rd
Dot Drill	12 sec	7	Beginning	3th	7th
Vertical Jump	18"	5	Good	5th	5th
Long Jump	4' 7"	6	Beginning	6th	9th
50 & Reach	2'	34	Beginning	6th	9th
Point Total:	34				
Overall Power Ranking:	6,440				

Remember it is not where you start, it is where you finish.  
Be totally 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 10-2-4 Flexibility program.

Recommendation # 2  
The key to explosive power is the Parallel Squat, Power Snatch, and Plyometrics. You need to work on these the part of your training program.

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

**ADDITIONAL REPORTS:**  
**Ironman & Power Rankings**  
Compare to national standards

### Generate Individual Workouts

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## Top 10

October 17, 2005 1:09 PM

East Side High School  
Top 10 scores among Current Athletes in the

Parallel Squat

Rank	Name	Date	Weight
1st	John Titus	5/24/2004	9th 315 lbs
2nd	Jason Merrill	7/12/2004	9th 255 lbs
3rd	Andy Selcho	7/12/2004	9th 245 lbs
4th	Carver Deans	7/11/2004	9th 225 lbs
5th	Amy Coulam	7/12/2004	9th 205 lbs
6th	Kelly Vinyl	7/12/2004	9th 160 lbs
7th	Jason Castleton	7/12/2004	9th 155 lbs
8th	Carolyn Robertson	7/12/2004	9th 145 lbs
9th	Celina Tamayo	7/12/2004	9th 135 lbs
10th	Sara Clarke	7/12/2004	9th 125 lbs

BFS Beat the Computer

### ADDITIONAL REPORTS: Produce Top 10 Lists

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