

From Concept to Completion: Madera South High School

This California high school decided there's more to a good weightroom than barbells and dumbbells



“Build it, and they will come!” is a popular expression that applies to a lot of things. Build a playground, and children will come to play. Build a shopping center, and people will shop. And, of course, build a baseball field, and people will come to play baseball. When it comes to a weight training facility, however, BFS believes that simply building it is just not good enough.

One of the aspects of BFS is that we help guide coaches and administrators, as we like to say, “from concept to completion.” One recent example is Madera South High School in Madera, California, which opened its

doors in August of this year. Spanning 86 acres, the school offers the most state-of-the art programs in Central California.

This summer BFS Clinician Evan Ayres helped athletic director Marty



Concept





Bitter and head football coach Scott Donegan plan a versatile weightroom that would safely handle, in a 60' by 33' room, at least 50 students at a time using the BFS program. "Coach Donegan had been running the BFS program for several years, using the BFS logbooks, and when he opened up a new school he wanted to set it up as an ideal weightroom for that," says Ayres. "He wanted to win a conference championship, and we installed the equipment two days before the school opened."

But instead of us telling you about this project, here are the words of head football coach Scott Donegan:

"BFS has been an integral part of our football program. In February 2002 we earned our BFS Level One Coach certificates.

"This past spring we changed schools for the opportunity to work at a new state-of-the-art facility. The administration is extremely supportive and understands the importance of providing youth with the necessary tools to compete at the elite levels of our increasingly competitive society.

"We firmly believe that competitive sports are the best tools for helping young people develop into the leaders of tomorrow."

—Scott Donegan, Head Football Coach

"Our administration allowed us to purchase 10 power racks, 10 bench presses, 10 power clean platforms, 10 hex bars and all the weights necessary to help our student-athletes achieve their full potential.

"Our program is a character-based program that is guided by the ideals of Dr. Greg Shepard's 'Be an 11' concept and John R. Wooden's 'Pyramid of Success.' The program goal is to help the student-athletes understand the importance of giving their best effort all the time – first in their relationships, second with their schoolwork and lastly in the weightroom/practice field.

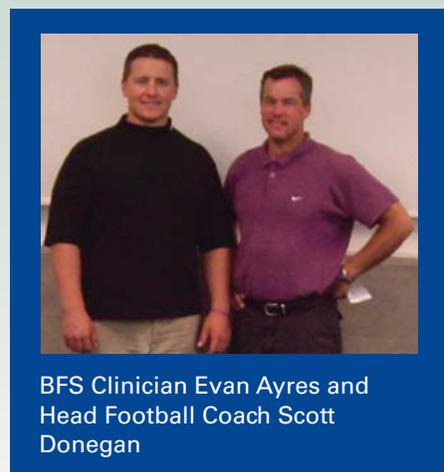
"We firmly believe that competitive sports are the best tools for helping young people develop into the leaders of tomorrow. When the preparation process for athletic competition is guided by the development of positive characteristics such as empathy, selflessness, love for others, integrity, positive attitude and a great work ethic, the students and our society will be the beneficiaries.

"The weightroom is an essential element in teaching kids to be their best. The BFS Total Program is ideal for helping us achieve our goal of helping to develop our students as the leaders of tomorrow. Evan Ayres, BFS coach, helped us to design our new room. We have the ability to have 80 students

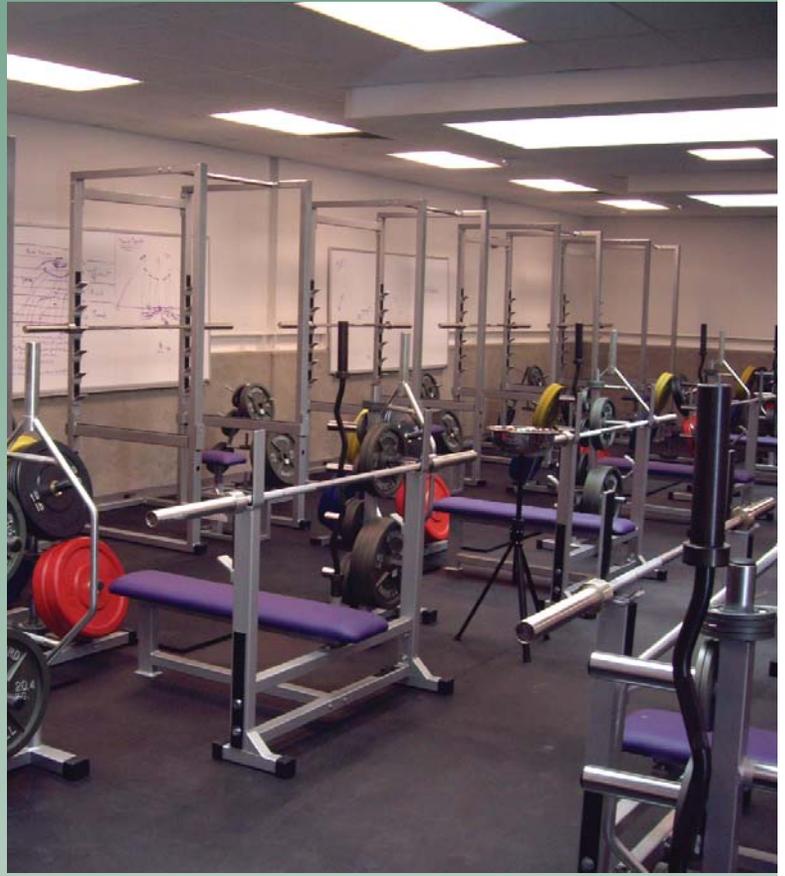
work out in approximately 45 minutes.

"We use the BFS Set-Rep Logbooks just as the program calls for. We insist on 9-, 10- and 11 efforts. We lift as a team before school, year round, and attack each session as if it were the last practice of the year the night before the section championship game. Our students coach each other using the BFS Six Absolutes.

"We are a new school with high expectations. We believe that the combination of the BFS weight program and our commitment, as a staff, to the development of character will help our kids achieve their full potential. We expect to compete, on an annual basis, for the Central Section Title in the great state of California. More importantly, the young people in our programs will graduate with the tools to become 'Champions for Life.'" **BFS**



BFS Clinician Evan Ayres and Head Football Coach Scott Donegan



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DVD #322137 - 28 min.



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REP RECORDS					
REP	Establish Record	1st Break	2nd Break	3rd Break	4th Break
1	A 2/3 160	B 2/70 160	C 2/11 160	D 1/3 160	E 1/3 160
2	A 2/3 160	B 2/70 160	C 2/11 160	D 1/3 160	E 1/3 160
3	A 2/3 160	B 2/70 160	C 2/11 160	D 1/3 160	E 1/3 160
4	A 2/3 160	B 2/70 160	C 2/11 160	D 1/3 160	E 1/3 160
5	A 2/3 160	B 2/70 160	C 2/11 160	D 1/3 160	E 1/3 160
6	A 2/3 160	B 2/70 160	C 2/11 160	D 1/3 160	E 1/3 160
8	A 2/3 160	B 2/70 160	C 2/11 160	D 1/3 160	E 1/3 160

Sets & Reps

DVD #322139 - 63 min.



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