



Photos by Lifetouch Photography

Secrets of the Bentonville High School Girls

Sound methods and solid commitment keep them performing at their best

For the past three years *Newsweek* magazine has ranked Bentonville High School in Bentonville, Arkansas, as one of the best 1,000 high schools in the country.



Coach PJ Brown

academic excellence is matched by an

equally strong emphasis on athletic achievements, especially those made by the school's superb female athletes.

Bentonville High has an incredible athletic program for girls. Last year they won state championships in tennis, track, soccer, cross-country, swimming and diving. And since one of our own, BFS Clinician PJ Brown, is a coach at Bentonville, we had an insider's advantage when we set about to uncover the secrets that enable their girls athletic program to shine so brightly.

Secret #1: Unification

Because Bentonville is a 7A school competing at the highest levels, there is always a temptation for athletes to focus on one sport year-round, says Brown. But that's not the case at Bentonville, as many of the girls participate in several sports; for example, the Potter twins, who were profiled in our July/August 2007 issue, won state championships in three sports. "I tell my athletes, after track or cross-country season, to go play basketball or baseball, because they need to enjoy a little bit of a

break,” says Brown. “They are helping themselves, and the school as well, by participating in other sports.”

Secret #2: Discipline

The girls work just as hard as the boys at Bentonville, Brown says, and they often work out at the same time as the boys. “The girls are as focused as you can imagine, and this discipline obviously carries through in competition.”

Secret #3: Sensible Approach to Weight Control

Coach Brown also teaches health, and he has adopted a sound and effective approach to weight control with his female athletes. In addition to recommending cardio work, Brown says he does everything he can to provide his athletes with the information they need to make healthy decisions about their nutrition. One story Brown shares with his athletes about the importance of staying lean is about a racing horse that was dominating all its races, often by as many as six lengths. Then the

trainers tried an experiment by making the horse wear a six-pound blanket on a race, and it barely won that race. “If a six-pound blanket can make that much of a difference on a 1,500-pound animal, just think what an extra six pounds of bodyfat can do to the athletic performance of a 120-pound girl.”

Secret #4: Dispelling Myths about Muscle Bulk

Brown says that now and then a girl will be reluctant to lift weights for fear of becoming bulky. Besides explaining the hormonal differences between the sexes that prevent the development of large muscles in women, Brown offers the example of a great role model: his sister, Mandy. “Mandy is 5-foot-4, 120 pounds, and she can lift as much as a lot of the guys.”

Secret #5: The Be an 11 Program

“Be an 11 is absolutely key to our success,” says Brown. “Every time our girls are in the weightroom, we talk about our intensity, our work ethic

and setting goals. We record everything in our log books, and of course the entire log book concept is about breaking records – that is our main focus. Each and every day I tell them to make themselves better: make each lift, each rep, better than the previous one. The results we got last year and the amount of weight these girls were lifting three months into the program as opposed to when we were starting were just amazing.”

Secret #6: Motivation

By using log books and striving to achieve personal records every workout, Brown achieves a high level of motivation with his athletes. He uses the BFS standards for the girls, and provides T-shirts with inspirational slogans. He is also planning to hang motivational boards in the weightroom to recognize outstanding strength and conditioning accomplishments among the female athletes.

Secret #7: Empathy

Brown treats all athletes equally





but understands the special difficulties young women face. “Self-esteem is an evolving issue as our society becomes more complex, diversified and, unfortunately, superficial. *Superficial* is one of the keys words there, with models and the media telling girls how they are supposed to look and behave, and

this pressure affects their self-esteem. This judgmental attitude in our society is one of the ideas we talk about in my health class.”

Secret #8: Coordination and Stability

Knee injuries are statistically

more common in female athletes compared to males, and Brown has a sound method of addressing this problem, which he believes is often a matter of stability and coordination. For stability, in the weightroom he has his athletes do a lot of single-leg auxiliary exercises, such as lunges





and one-legged squats. For coordination, he stresses plyometrics and box jumps. “Most of the time girls who are prone to knee injuries are not strong enough to be able to do what they need to do or are not coordinated; as a result they get off balance, and this creates poor body positions

that can make them even more apt to be injured. But with our program, we’ve had girls who have come in with prior injuries, and they handle it just fine.”

As for general advice he would give to those who would like to

emulate his success, Coach PJ Brown offers this: “Slow down, be patient, and start building your program one day at a time. Whether it’s integrating new techniques, fundamentals or theories, make it easy for your kids to learn. It just takes time.” Now that’s no secret! **BS**





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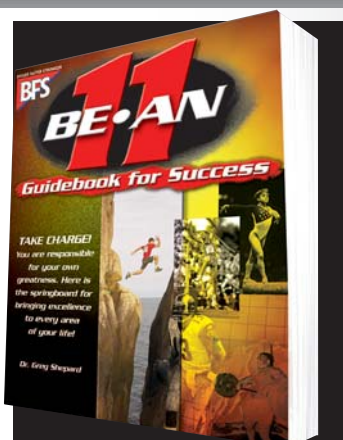
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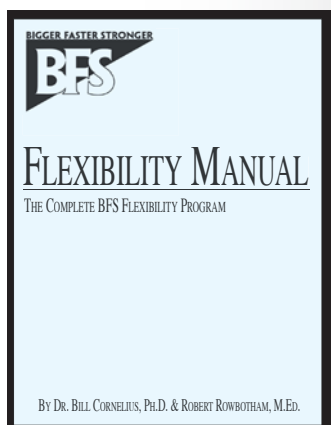
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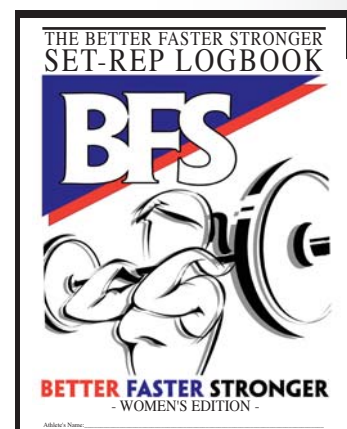


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Here's how it works

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

10-1-2005
1:00 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: _____ Positions: _____
Number of Workout Days per Week: _____
Short (3 sets) or Long (5 sets) Workout: _____ Sport: _____ Positions: _____
Number of Weeks in Program: _____ Parent's 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 New Bar Dead Lift and Power Clean.

Core Lift: _____ # of Reps: _____ Weight Lifted: _____ Date: _____

Parallel Squat: _____
Bench Press: _____
New Bar Dead Lift: _____
Power Clean: _____
Box Squat: _____
Towel 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: _____
Sit and Reach: _____

Print Test Sheets

Forms for weights and field testing

October 17, 2005
1:30 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
Weekly Workout Schedule: FB-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	Ironman Ranking	Grade	School
Squat	225 lbs	2	Good	4th	4th
Bench	155 lbs	2	Good	3rd	3rd
Dead Lift	200 lbs	1	Beginning	6th	6th
Clean	125 lbs	1	Beginning	4th	4th
Point Total	8				
Overall Ironman Ranking	Beginning				

Power Ranking

Event	Most Recent Score	Point	Power Ranking	Grade	School
20 Yard Dash	2.85 sec	13	Good	3rd	3rd
40 Yard Dash	4.90 sec	10	Good	3rd	3rd
Dot Drill	72 sec	7	Beginning	7th	7th
Vertical Jump	18"	5	Good	5th	5th
Long Jump	4' 7"	6	Beginning	9th	9th
Sit & Reach	2"			9th	9th
Point Total	34				
Overall Power Ranking	Beginning				

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 1-2-3-4 Flexibility program.

Recommendation # 2
The key to additional power is the Parallel Squat, Power Squat, and Plyometrics. You need to emphasize this part of your total program.

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

ADDITIONAL REPORTS:
Ironman & Power Rankings
Compare to national standards

October 16, 2005
1:00 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
Sport / Positions: FOOTBALL CB WR
Weekly 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 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	Glute 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	
New Bar Dead Lift	3x 170	3x 175	3x 185	Incline Press	10x 115	10x 115	
				Neck Exercise	10x 65	10x 65	
				Power Smash			

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	Glute Ham			
Bench Press	3x 140	3x 145	3x 155	Straight Leg Dead Lift			
				Power Smash			

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Top 10

October 17, 2005
1:00 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	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 Robertson	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

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Each program is customized with the school name and CANNOT BE RETURNED. Please get the demo version if you are unsure of your purchase. Demos are available via download from biggerfasterstronger.com or call BFS. System Requirements: Pentium 133 or better, 8 megs of RAM, Windows 95/98, ME or XP, 10 megs of disk space, CD-Rom drive.