

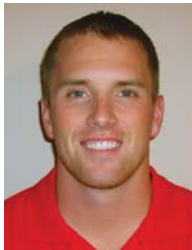


Photos by Lifetouch Photography

# 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

The school offers 19 advanced placement classes, and the class of 2007 received more than \$3 million in scholarships. Bentonville's commitment to 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! **BRS**





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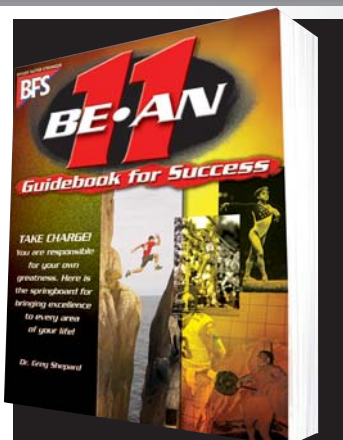
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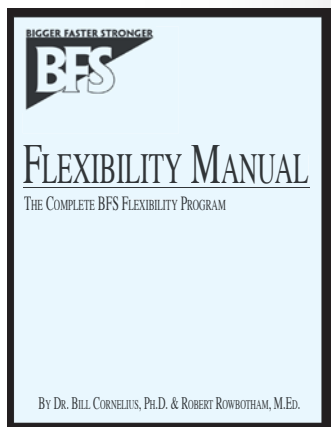
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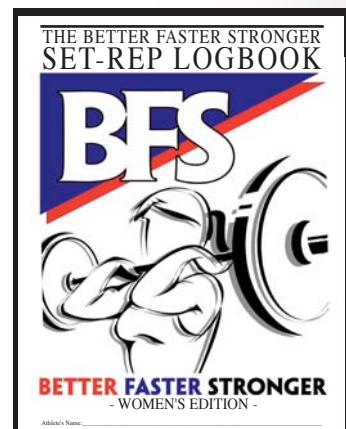


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Enter the lifts into the computer, which calculates the precise weights for each set and creates individual, sport-specific workouts.



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

### Here's what you get



Enter athlete's lifts into the computer

10/17/2005 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: \_\_\_\_\_ Sport / Positions: FOOTBALL CB WR  
Weekly Workout Schedule: \_\_\_\_\_ Workout Schedule: FB-C  
Number of Weeks per Week: \_\_\_\_\_  
Short (3 sets) or Long (5 sets) Workout: \_\_\_\_\_  
Number of Weeks in Program: \_\_\_\_\_  
Date to Begin Program: \_\_\_\_\_  
Parent's Name: \_\_\_\_\_

**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 Hea Bar Dead Lift and Power Clean

Core Lift	# of Reps	Weight Lifted	Date
Parallel Squat			
Bench Press			
Hea Bar Dead Lift			
Power Clean			
Box Squat			
Towel Bench			

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

Event	Score	Date
50 Yard Dash		
40 Yard Dash		
Dot Drill		
Vertical Jump		
Long Jump		
50 and Reach		

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  
3875 W. Mercer Way Mercer Island, WA 98040 Sport / Positions: FOOTBALL CB WR  
Weekly Workout Schedule: FB-C

**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	Set 3	Weight
Box Squat	3x 215	3x 205	3x 205	Glute Ham	10x 0	10x 0	10x 0	
Towel Bench	3x 160	3x 165	3x 175	Neck Exercise	10x 65	10x 65	10x 65	
				Slight Leg Dead Lift	10x 45	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	Set 3	Weight
Power Clean	3x 105	3x 110	3x 110	Lunges	10x 100	10x 100	10x 100	
Hea Bar Dead Lift	3x 170	3x 175	3x 185	Incline Press	10x 115	10x 115	10x 115	
				Neck Exercise	10x 65	10x 65	10x 65	
				Power Snatch				

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	Set 3	Weight
Parallel Squat	3x 180	3x 200	3x 210	Glute Ham	10x 0	10x 0	10x 0	
Bench Press	3x 140	3x 145	3x 155	Slight Leg Dead Lift	10x 45	10x 45	10x 45	
				Power Snatch				

### Print Test Sheets

Forms for weights and field testing

October 17, 2005 1:30 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  
3875 W. Mercer Way Mercer Island, WA 98040 Sport / Positions: FOOTBALL CB WR  
Weekly Workout Schedule: FB-C

**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	229 lbs	2	Good	4th	4th
Bench	165 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	Most Score	Point	Power Ranking	Grade	School
20 Yard Dash	2.88 sec	12	Great	3rd	3rd
40 Yard Dash	4.90 sec	10	Great	3rd	3rd
Dot Drill	72 sec	7	Beginning	7th	7th
Vertical Jump	18"	5	Good	5th	5th
Long Jump	4' 7"	0	Beginning	9th	9th
50 and Reach	7'	0	Beginning	9th	9th

Point Total: 34 Overall Power Ranking: 5,440

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 1-2-3-4 Flexibility program.

**Recommendation # 2**  
The key to additional gain is the Parallel Squat, Power Squat, and Pylonatics. This needs to really emphasize the part of your total program.

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

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

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**Top 10**

October 17, 2005 1:30 AM

**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	7/11/2004	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 Bobertson	7/12/2004	9th 145 lbs
9th	Celina Tamayo	7/12/2004	9th 135 lbs
10th	Sara Clarke	7/12/2004	9th 125 lbs

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