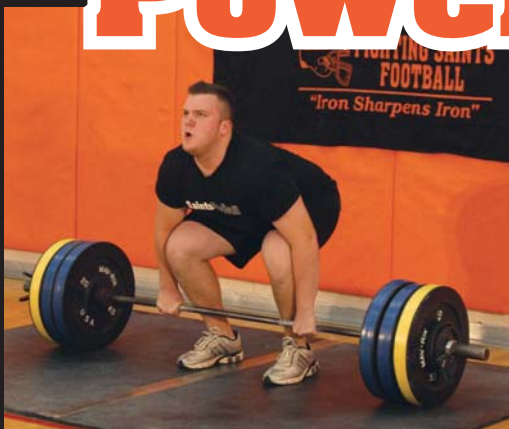


Power Clean High

Churchville-Chili Senior High School has a tradition of developing powerful athletes



One of the interesting aspects of *BFS* is that our stories often repeat themselves.

Take, for example, the story of David Harvey-Bowen.

David is a graduate of Churchville-Chili Senior High School, located just outside Rochester, New York. We did our first article about David when he was in ninth grade when he power cleaned 340 pounds, bench pressed 355 and squatted 605. But there's more. In high school at a bodyweight of 242 pounds he set several United States Powerlifting Federation records with a 430 bench, 720 squat and 690 deadlift; he could also power clean 412. On the gridiron, David was an impressive running back, rushing for 1,420 yards and 22 touchdowns in his senior season. Whew!

In 1998 *BFS* honored David's accomplishments in athletics and in the weightroom by naming him the *BFS* Male Athlete of the Year. David went on to accept a scholarship to Western Kentucky, and his coach Paul Dick knew that it would be some time before he saw talent of the caliber of David Harvey-Bowen again. This is why we got excited when Paul Dick called us this year and said that he had another story for us.

The difference this time is that Coach Dick doesn't have just another strong football player who can power clean major household appliances; he has *six* of them! Specifically, this year Churchville-Chili High is going into the

2007 season with a half-dozen athletes who can power clean at least 300 pounds, with a best of 350 pounds!

"Our players knew about David – we still have pictures and articles about him displayed in our weightroom – and his success gave our team an understanding of what can be accomplished by hard work and following a sound weight training program," says Dick. That understanding was a major part of the reason that Dick's teams have made the semifinals or higher for the State Championships each of the last five years, finishing 8-1 in 2006. Further, in the last 11 years eight of Dick's athletes at Churchville-Chili High have earned Division I scholarships – a remarkable achievement for any high school at any level. But it wasn't always this way.

Starting from Square One

Coach Dick was a student teacher at Churchville-Chili in 1987 but wasn't involved in football – and with good reason. The school didn't have a

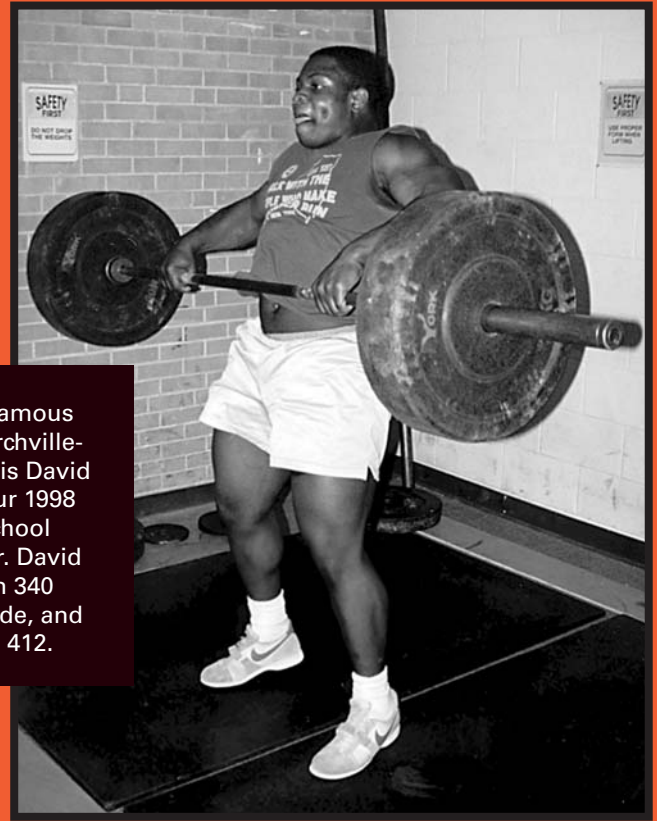


(Lifting photos by David J. Arilotta)

football team, and in fact it had never had a football team.

“When I started my student teaching, we were the largest school in New York that didn’t have a football team,” says Dick. “I remember asking the athletic director at the time if we would ever have football at this school, and his answer – which I remember clearly to this day because it was so emphatically negative – was that we will never have a football program and we shouldn’t because we don’t get the kind of kids who can support a football team. Two years later the school hired a new athletic director who had the opposite attitude, and he passed a budget that would allow us to field a team.”

Dick recalls that the major problem that first year was not getting kids to come out for football but that the kids didn’t know what was expected of them to play the game. “We had a lot of kids, but most had no understanding about the game. For example, they didn’t know all the things they had to do to play, such as working hard in the weightroom in the off-season.” As a result, that first season ended with a 0-9 record, followed by a 1-8 and a 2-7 season. But Dick’s enthusiasm and patience paid off, and by David Harvey-Bowen’s senior year the team finished 7-3 and started gaining respect in their conference.



One of the most famous graduates of Churchville-Chili High School is David Harvey-Bowen, our 1998 BFS Male High School Athlete of the Year. David could power clean 340 pounds in 9th grade, and in high school did 412.

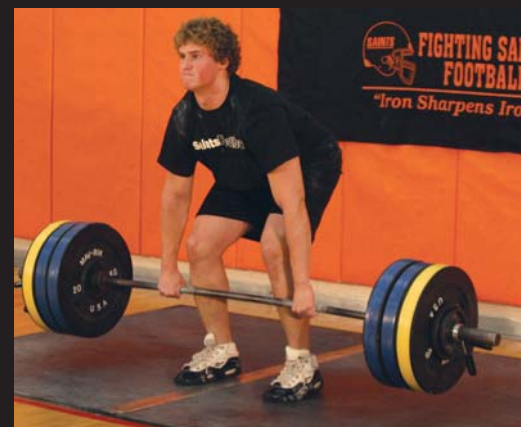
The Power Clean Factor

Coach Dick is a big fan of explosive movements for football, such as the power clean and power snatch. And no athlete could ask for a better teacher or role model.

In 1988, Coach Dick competed in the Olympic Trials as a heavyweight (242 pounds bodyweight). He took a silver medal in the snatch, lifting 314 pounds, and clean and jerked 402 pounds to earn the bronze overall. What’s more, he got his start with BFS.

“In my first year of college football I remember watching the Bigger Faster Stronger video, and that’s how I got introduced to power cleans – I had never done the lift before.”

Because of the success that he and his college football team had using BFS principles, Dick has always been a fan of BFS and of explosive lifting. In addition to encouraging his athletes to lift big weights in the power clean, he promotes the power snatch. “It helps shoulder stability, and the kids enjoy it; but I also



“Just before we started becoming successful, we’d had some issues getting our younger kids into the weightroom; so we really bought into the Readiness program.”
Head Football Coach Paul Dick



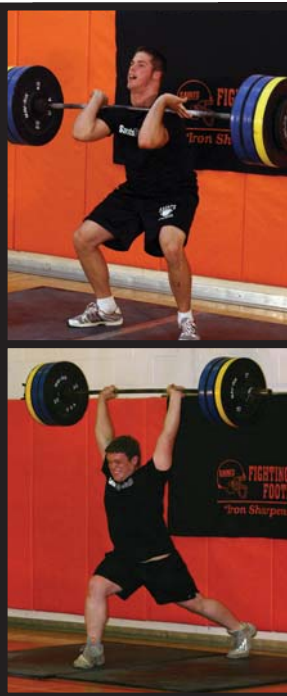
Last year’s Saints finished 8-1, and they have made the semifinals or higher for the State Championships for the past five years. In the past 11 years, eight Saints have earned Division I college scholarships. (Averin Collier, Democrat and Chronicle)

found that the power snatch helps teach the kids to keep the barbell close to the body. If an athlete tends to let the bar drift out in the power clean, they resolve the problem after focusing on the power snatch for a time.”

In recent years, one change that Dick has made to his program is to implement the BFS Readiness program with the seventh and eighth graders who will eventually attend the high school. “Just before we started becoming successful, we’d had some issues getting our younger kids into the weightroom; so we really bought into the Readiness program. And I want to say this: One of the best things we ever did was buy the 15-pound Aluma Lite barbells.”

“What we realized is that when you have young kids in the weightroom and put a 45-pound bar in their hands for them to start working out, some kids struggle to hit the right position at the start from the hang position – and this is discouraging to them. The 15-pound bar allows them to get into the correct position and learn proper technique; and then when we add the 10-pound bumpers, the weight is still only 35 pounds.”

This year Dick returns 18 of 22 starters and expects at least four of his current seniors to earn college scholarships, so his expectations for his 2007 squad are very high. What’s more, those six athletes who can clean over 300 will all be seniors this year, and are getting stronger. “Certainly these kids have talent to play the game, but there’s no doubt about it: Our weight program has played a big role in the success of our program.” BFS



Coach Paul Dick with his six juniors who have power cleaned at least 300 pounds. Front, L-R: Matt Kerwin, Coach Paul Dick, Averin Collier; Back, L-R: Nate Boland, Dave Kubarycz, Steve Dunn, Joe Yanaitis



Paul Dick has given his athletes a head start by implementing the BFS Readiness program with the middle school athletes.



Do power cleans improve jumping ability? Does this photo answer your question?

