

Scurry-Rosser High: A Community Effort

Inheriting your coach from one of the best football programs in the country doesn't ensure success, but the Wildcats' success proves it sure doesn't hurt



All photos courtesy SRHS Yearbook Staff.

D'Marcus Lang shows his moves for a big gain.

When head football coach Virgil Crow joined Scurry-Rosser High School in Scurry, Texas, four years ago, he had a big advantage over most new coaches: immediate respect. Coach Crow, who also serves as athletic director, came from one of the most successful high school football programs in the country: Celina High School in Celina, Texas. It wasn't just that Celina had won numerous state championships but that it had won 68 consecutive games! It doesn't get much better than that.

“The first time I met the kids I had two state championships rings on,” says Coach Crow. “The kids looked at them, and their attitude was ‘Well, maybe we might just listen to this guy and see what he’s about.’” And although Crow said it was tough to leave such a successful program as the

one at Celina, he knew he'd enjoy the challenge at Scurry-Rosser. “There were kids here who needed some leadership, and I felt with the assistant coaches I was able to bring in that we could make positive changes not only at this school but also in the community.”

What Crow said he tried to establish



The Wildcats were District Champions in 2005.

at Scurry-Rosser was a culture of pride and togetherness in athletic endeavors like he enjoyed at Celina. “I’ve been doing this for 22 years, and Celina is the only place I’ve ever coached at where



Ryfiel Whitmore puts a big hit on an opponent.



Coach Virgil Crow says he encourages all his football players to run track “because they need to understand that they may not ever be fast, but they can always be faster.” Shown is Phillip Burley.

Our job as coaches is to help raise kids, to help the parents facilitate that growth process. To help educate kids not only in math and science, but in life.

— COACH VIRGIL CROW

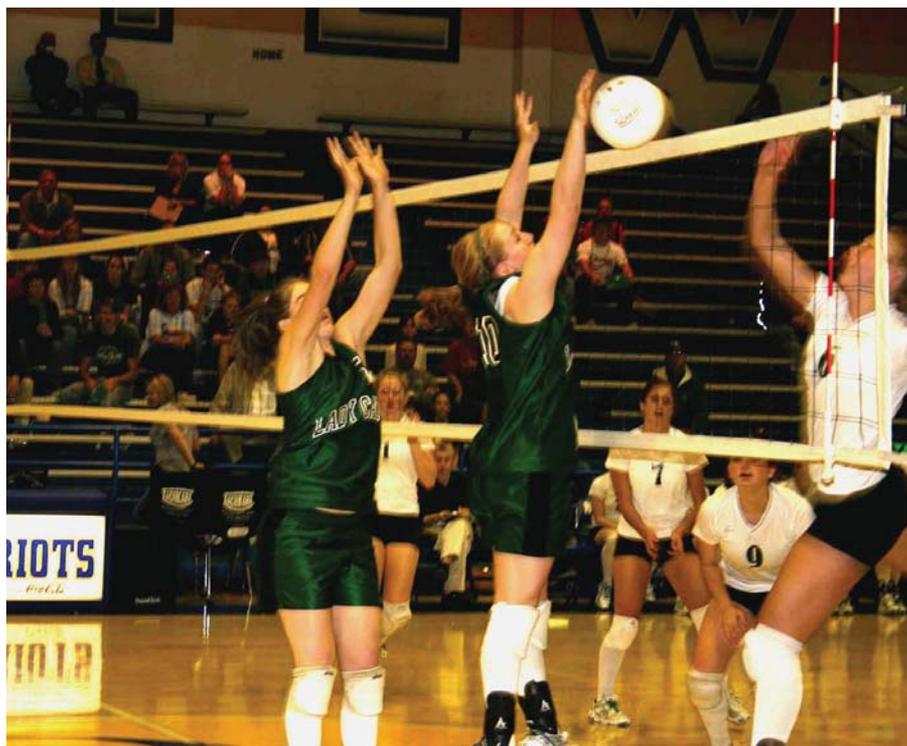
everybody in the community wanted success for the athletic program. It was a total community effort by the kids, parents and the school district. If there was a secret, magic formula at Celina, it was that everybody was on the same page.”

It’s an idea that Crow, who has coached from 1A through 5A, says is much easier at a smaller school such as Scurry-Rosser.

“One of the advantages of being at a smaller school is the personable atmosphere that you have. You’re able to rein

kids in the middle and high school level into a total program that deals with boys and girls. You’re able to get to know their parents – you can pick up the phone and talk to parents and let them know what you’re trying to do and what you want for their kids. Our job as coaches is to help raise kids, to help the parents facilitate that growth process. To help educate kids not only in math and science, but in life.

In the coaching profession I think you get the upper hand on being able to deal with



The Wildcat volleyball team is a source of pride for Scurry-Rosser. Shown with a huge block is Stephanie Carrell (right) with Melissa Jones (left).

all the facets of a kid's life. We show interest in them whether it's an art project or their involvement in a marching band.

We're able to be interested in them as a total person, not just as a kid who plays football for us."



Wildcat cheerleaders Holly Pemberton, Corrie Dofler, Courtney McAdams, Miesha Miller, Lauren Norrell and Lauren Boozer.

Balance Through Unification

Although one would think that to be a powerhouse in football a coach would discourage players from playing other sports, Coach Crow says this practice was not taught at Celina and is not what he wanted for the football team at Scurry-Rosser. One sport that he would like to see his athletes participate in is track. "I encourage all our football players to run track, because they need to understand that they may not ever be fast, but they can always be faster." Coach Crow also likes powerlifting, and last year he saw 46 athletes participate in that program.

One result of having athletes compete in multiple sports is that the entire athletic program does well. Here is a list of some of the many athletic accomplishments of the Wildcats during the 2004-2005 athletic year:

Two Regional Qualifiers in Cross Country

- Bi-District Qualifiers in Cross Country
- Area Football Champions
- Regional Quarterfinalist in Volleyball**
- Bi-District Football Playoffs
- District Champions Girls Basketball**
- Bi-District Champions Girls Basketball
- Area Finalist Girls Basketball**
- Bi-District Playoffs Boys Basketball
- Five lifters Regional Powerlifting**
- District Champions in the Junior Varsity Division Powerlifting
- District Champions Girls Golf**
- District Champions Boys Golf
- Regional Qualifiers Girls Golf**
- Regional Qualifiers Boys Golf
- Won more Softball games than the previous year – Chance to make playoffs**
- Won more Baseball games than the previous year**
- Christian Student/Athlete of the Year in the Entire State of Texas**
- Two All-State Football Players**

**Three Academic All-State Football
Players**

One College Scholarship Girls Volleyball

Three College Football Players

Numerous All-District and All-Area Players

**Numerous Academic All-District
Students**

Seven out of Ten Regional Academic
Qualifiers are Student/Athletes

**Several Track Regional Qualifiers in
both Girls and Boys**

And it looks like this season is also starting off well, as the football team on the district championships, the volleyball team went to the Bi-District Playoffs, and the cross country teams had five regional qualifiers.

One coaching tool Coach Crow uses to help unify his athletic teams is the BFS program. “There’s a limited amount of time that we can work with our kids, and the BFS program fits into our time frame. It’s a total program that can be used by all our boys and girls – we can even start training them at the middle school level.”

Asked if the anti-social attitudes of top athletes influence his athletes, Coach Crow replied, “We definitely need more role models in sports. It makes it tough when they see these top athletes being paid this all this money and given second and third and fourth chances in life. I tell my kids to think in these terms: If you go into a Dairy Queen, and there’s some couple that’s sitting in there and you’re wearing your athletic colors or your school logo so that they know you’re from Scurry-Rosser, when you leave they’re going to think one of two things. They’re going to think, ‘That was the greatest kid from Scurry-Rosser – it must be a nice community.’ Or they’re going to think, ‘Boy, I’m glad we didn’t raise our kids there!’ The point is, we want our kids to understand that you’re always making a statement about yourself, whether you



Squats are a core lift in the Wildcats’ lifting program. Shown is Ryfial Whitmore being spotted by Caleb Woolston as Coach Steve Braddock supervises.



Coach Adam Thomas checks the running times of David Shatley, Holden Udell, Russell Burleson and Ryan Porter.

think people are looking at you or not, so always try to do the right thing.”

Although Coach Crow has found his calling at Scurry-Rosser, he doesn’t think the coaching profession is for everyone. “Many people get into coaching for the wrong reasons. Coaching is

not about the glamour of *Friday Night Lights*, and it’s not about X’s and O’s or the sets and reps. The coaching profession is about dedicated people who care about kids and want to help them succeed. The ultimate goal of coaching is simply to help kids.” **BFS**

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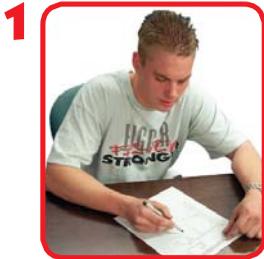
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Enter athlete's lifts into the computer

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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: _____ Sport: _____ Positions: _____
Short (3 sets) or Long (5 sets) Workout: _____
Number of Weeks in Program: _____ Parents' Names: _____
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 Reps	Weight (lbs)	Date
Parallel Squat			
Bench Press			
Hex 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 & Reach		

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

Athlete Information
Deans, Carver
3875 W. Mercer Way
Mercer Island, WA 98040
Week # 5 of a 16 week workout.

ID Number: 2
Grade/Period: 9 1
Sport / Positions: FOOTBALL CB WR
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 lifts.

Day Number: 1
Did you BEAT THE COMPUTER on your last set? Yes No

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 45	10x 45	
				Straight Leg Dead Lift	10x 45	10x 45	

Day Number: 2
Did you BEAT THE COMPUTER on your last set? Yes No

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Power Clean	3x 105	3x 110	3x 115	Lunges	10x 100	10x 100	
Hex Bar Dead Lift	3x 170	3x 175	3x 185	Incline Press	10x 115	10x 115	
				Neck Exercise	10x 45	10x 45	
				Power Snatch			

Day Number: 3
Did you BEAT THE COMPUTER on your last set? Yes No

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	New Weight
Parallel Squat	3x 190	3x 200	3x 210	Glute Ham			
Bench Press	3x 140	3x 145	3x 155	Straight Leg Dead Lift			
				Power Snatch			

Print Test Sheets

Forms for weights and field testing

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

Athlete Information
Deans, Carver
ID Number: 2 Height: 6 Ft 1 In
Grade/Period: 9 1 Weight: 160 lbs
Weekly Workout Schedule: FB-O Sport: FOOTBALL CB WR

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

Ironman Ranking

1 Rep	Point	Rank within			
Core Lift	Value	Grade	School		
Squat	225 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 Recent Score	Point Value	Power Ranking	Rank within	
				Grade	School
20 Yard Dash	2:80 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	10"	5	Good	5th	5th
Long Jump	4' 7"	0	Beginning	9th	9th
Sit & Reach	2"			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 explosive power is the Parallel Squat, Power Squat, and Pyometrics. You need to totally 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

Generate Individual Workouts

Computer-aided workouts for maximum results

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Top 10

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

Parallel Squat

Rank	Name	Date	Score
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 Vinyi	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

BFS Beat the Computer

ADDITIONAL REPORTS:

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