

STOP BULLYING

AND OTHER SCHOOL PROBLEMS BEFORE THEY START!



Win Consistently With A Comprehensive Physical Education
And Athletic Curriculum.

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COACHING SOLUTION TO BULLYING ET AL SCHOOL PROBLEMS.

Dickinson is the only school in Texas to win a AAA state football championship after failing to win a single game the previous season. That amazing “turn around” was directed by Coach Ted Gray using his own version of a universal and *proven* approach to athletic PE. The author of this summary of that program was fired as an assistant Coach after that dismal 0-10 season. He was invited to help Coach Gray install his fascinating program before leaving Coaching for private business. He wrote this article after *bullying* was blamed for Columbine et al school tragedies.

History confirms that bullying only gets worse when *bullies* aren't confronted, condemned and defeated. Bullying has become a life or death school problem because sports et al programs that require character and discipline are under attack by anti-American people perverting our legal system. Most schools keep striving for excellence despite these attacks. i.e. Studies reflect that school bullies are usually athletes. Research proves the vast majority of athletes will avoid bullying et al negative behavior in order to participate in sports and other school activities. Especially sports!

School bullying et al problems were eliminated before they started by Coach Gray in his own bold approach to athletic PE. He eliminated scheduling problems by including athletes from all sports in one large class. He elevated seniors to student Coaches at the end of their season instead of reassigning them. This slashed after school practice time and eliminated competition for their time allowing the most talented students to represent the school in other activities. He improved community spirit by making *all* school activities competitive. His program did all this and more while developing the *mental* courage athletes need to condemn bullying by improving their *physical* skills to stop it.

Coach Gray won state football championships at several Texas schools because he could take his team and beat yours or take your team and beat his. His mental and physical training objective was to: Convince athletes to work hard *enough* to get strong *enough* to play at top *speed*! He accomplished that during the 1st week in 15 minutes at stations 16, 17 & 26 of his program.

The advantages of his program are proven by Espirit de Corps in elite branches of military service. i.e. Past and present Marines greet each other out of mutual respect with “*Simper FI*” (Latin for always Faithful) *because* they didn't *join* the Marines, they *became* one by surviving physical and mental “trial by fire” challenges. Surviving these challenges in military or sports training eliminates bullying et al negative behavior. Survivors rapidly learn *they* can be bullied because there's always someone tougher. They learn to confront bullying because they know that running hurts far worse and longer than a bloody nose. The “bottom line”! Surviving physical and mental challenges eliminates an athlete's need prove them self or be embarrassed for being considerate or kind to *different* people.

Coach Gray's genius was the uncanny ability to get athletes to work to the point of exhaustion to *become* sports champions. His physical training was done in UN-restricted “strength / speed” drills. Done in a sports playing motion, (Running, Jumping Etc) The following information describes ways Coach Gray and other effective Coaches convince athletes to work hard *enough* to get strong *enough* to play at top *speed*. They began with the end (speed) in mind!

SOME PEOPLE DON'T REALIZE:

Speed wins *because* it defeats strategy and forces slower players to think before acting or reacting. Plus it separates one level of sports from the next. i.e. Super fast college football running backs are average pros and often get hurt *because*: Veterans can “cut the ring” (Deny a direction) and speed up when faster rookies slow down to cut or fake without *thinking*. Coaching can reduce some speed advantages but the *fastest*, injury *free* athletes always win far more often in any sport. The quickest and easiest way to start winning in sport(s) is by training with *logic*!

Most people ignore “speed” training logic. i.e. It’s *impossible* to run faster without taking longer strides quicker. Doing that with stationary weights or exercises, resistance, over distance running etc is not logical. These tools & methods improve endurance and reduce some injuries but only working a few muscles at once in a limited range or they change running form / technique. Plus they cause bad training attitudes because: They’re boring, exhausting, often associated with punishment / discipline and they take *years* for questionable “speed” training results.

“Old school” Coaches treated “speed” as a natural talent and injuries as just “part of the game”. In the early ‘70s while trying to prevent injuries some Coaching Pioneers discovered they could increase “speed” *at the same time* by using the logic of leverage, isometrics, competition, humor and un-restricted drills done in a sports playing motion. They learned to increase “speed in weeks, not years, reduce injuries or healing time by improving 9 “speed” skills in their order of importance. i.e. Running Strength, Balance, Quickness, Flexibility, Agility, Control, Form, Technique and Endurance.

These Coaching Pioneers invented rocking chair platform shoes to develop tremendous *running* strength and foot quickness necessary to take longer quicker strides. i.e. Leverage from these shoes allow athletes to lift their own body weight countless times while *running* with correct form in 9 un-restricted “speed” drills. i.e. Each stride starts a “ripple action” (like waves after a rock hits water) from the toes, feet / ankle plantar flex (where speed begins) and spreads up the legs and lower back. All *running* muscles, ligaments and tendons are constantly stretched, strengthened and conditioned at once to increase stride length. The “rocking chair” platform shoe design forces strides to take quicker strides *or fall* because it’s like running “down hill”.

These Coaching Pioneers soon learned that endurance is the *least* important sports *performance / speed* skill. Endurance rapidly improved by doing their 9 un-restricted “speed” drills but they reduced the negative impact by using the logic of *humor* and *competition* with yourself. i.e. Athletes rest (as long as needed) after 2 attempts to do each one of our 9 “speed” drills correctly. They earn mints et al token rewards for improving *their* performance. Plus they take turns telling “clean” jokes, funny stories or interesting facts while doing a mysterious exercise called isometrics.

These Coaching Pioneers found the sports performance / speed skill *intensity* level rapidly improved by constantly doing *isometric* exercise. i.e. World class athletes have a level of sports performance skill *intensity* most people only dream about. i.e. The reason Mike Tyson hits so hard and fast his victim’s cloths are out of style when they wake up can’t be explained. *Isometrics* is a mental / physical exercise with advantages similar to adrenalin that allows a mother to lift a car off her child. *Isometrics* is done by isolating and *violently* flexing one upper or lower body group of muscles, ligaments and tendons at a time and moving it slowly through its’ natural range of motion. The group being exercised is switched when it becomes uncomfortable after 15 to 30 seconds. Other groups are controlled and relaxed while breathing normally.

Isometric exercise should be done constantly before stretching, during and after training! Especially, when fatigue starts. No pain, no gain is true when preparing for competition but it’s NOT true for improving sports performance *intensity* or just staying fit. Seniors and/or couch potatoes should do isometrics for life because it increases metabolism! Exercise science can’t explain *how* or *why* isometric exercise develops peak sports *performance* skill intensity and reduces injuries or healing time sooner. “Speed” test results along with the scary strength one boy got by doing *nothing* but isometrics during epileptic seizures will prove to skeptics that it works.

STRONG ENOUGH TO PLAY AT TOP SPEED TEST

No one gets anywhere IF they don’t know where they are when they begin and how far they have to go or when they get there. Athletes have enough upper body strength to play any sport at top “speed” *when* they can sit and climb hand over hand up and down a 15’ rope with legs fully extended. They

have the lower body *running* strength to play at top “speed” *when* they can extend either leg forward and do 10 squats *without* losing their balance.

NOTE: It’s critical that *when* students reach the “point of no return” in training they do isometric exercise for 10 to 30 seconds. Especially when fatigue begins! NOTE: Less than 5% of athletes lifting iron can pass these tests. Finally “Masters in the art of Teaching / Coaching can convince athletes to work hard *enough* to get strong *enough* to play at top “speed” in 8 to 12 weeks. Especially after they participate in drills like stations 16, 17 & 26 of Coach Gray’s program.

MASTERS IN THE “ART OF TEACHING/COACHING”

Masters in the “Art of Teaching / Coaching” know how to get student athletes to subordinate their individual desires for *team* goals. They take the blame and give others the credit for team fortunes. They inspire people to cheer *for* their school, not *against* the other school *and* applaud outstanding plays and injured players on both teams. They convince students to avoid drugs or other destructive behavior and people that engage in it. Their students lose with grace, win with dignity and avoid “in your face” false bravado conduct a lot of modern athletes display. They teach students respect for authority by insisting on respect for opponents, referees, school administration, faculty etc. They teach students that when the people correcting them care *or* don’t care about them they must react with dignity in both cases. Masters in the Art Of Teaching/Coaching treat everyone (especially parents) as teachers / coaches and try to learn from them. Plus they practice “time management”!

TIME MANAGEMENT

Poor time management is the main barrier to success in sports, band, drama et al school activities that are forced to compete for student time. Repeat: Single sport “off season” athletic programs contribute to the problem by creating scheduling conflicts for the administration and forcing students to choose between activities. i.e. Some Coaches even refuse to allow their players to participate in *other* sports. The “bottom line” is the most talented students should always represent the school in all the activities they could excel at.

Eliminating competition for student time requires time management and is based on the fact that the *average* attention span of adults is 10–20 minutes. This program is planned around the simple time management formula of: $OWM = 100 WM$. (One wasted minute with 100 students = 100 wasted minutes.) Bullies / athletes and non-athletes are assigned to one huge PE class taught by all coaches, volunteer faculty and certified assistant coaches. This formula is used to teach the mental and physical skills required by ALL sports to ALL students every day. Note: Students may not participate in the sports they learn about but they’ll be able to “pass on” their knowledge to others

Coach Gray’s athletic PE class consisted of 26 circuit stations. Students “rotated” to another station every 4 to 5 minutes which allowed for rest and maintains student enthusiasm and attention spans. Every Coach and student in this program must practice the $OWM = 100WM$ by example. i.e. They must be “on time” early to teach or learn at each station or they’re late. They must *hurry / sprint* to the next station a bell rings to rotate stations. HURRY! Don’t miss your turn to work. Get ready or you’ll be sorry when you get to station 26! Coaches must practice giving clear, brief and concise instructions at each station. Students must learn to save time by listening *aggressively* with their eyes on the speaker’s eyes as practice for the pressure of understanding and following brief Coaching instructions during “time outs” etc. Students are taught not to make bad or even good excuses for being late or missing practice time. They must be convinced that absence for any reason cheats *them* and “make up” work on their own time is *not* punishment. Practicing to *perform* in competition is the student’s responsibility to themselves, those who have passed and those yet to come. (See: School Motto) Peer pressure will correct minor violations, especially after students participate at station 26.

THE “ART OF TEACHING/COACHING BEGINS WITH COMMUNICATION”

1. The head Coach meets with faculty, media, community business & civic leaders to explain the program and ask them to become volunteer assistant “Speaker Of The Day” Coaches. 2. Always provide media news worthy information about all school activities & appoint handicapped or non-athletic students (supervised by an adult) to call local media with scores and details ASAP after games. 3. Ask the public address announcer at games to identify play makers and their parents, grand parents etc. Especially during intermissions. 3. Invite school faculty, parents, alumni community leaders etc to join the school’s booster club. 4. Ask local business owners to use their advertising display signs to promote *all* school activities. 5. Get active in civic clubs. 6. Invite mothers and grandmothers to help with covered dish meals after games for *both* teams. 7. Appoint players in each sport to visit and pass out game tickets to lower grade students their teachers recommend. 8. Invite knowledgeable fans to join a “strategy club”. Give their elected leader access to you through an assistant coach during game breaks. Listen, use their suggestions or explain why and thank them for their effort. One “old school” Coach uses a former athlete wounded in Iraq as strategy club president and statistic keeper for all sports. Use your imagination to get the entire school faculty and community involved. Always follow 8 basic rules for Coaches.

EIGHT BASIC COACHING RULES.

RULE 1: Coaching is about players, their problems, achievements & goals, not yours. You have no eligibility left so avoid talking about yourself! Note: If you criticize students face to face and compliment them behind their back it’ll get back to them and improve their efforts. **RULE 2:** You don’t know it all! “Every person is *your* superior in that you can learn *something* from them”. Effective people always *try* to hire people smarter than they are, not *yes* men! Always consider things from the athlete’s, parent’s and school administration’s perspective **RULE # 3:** Don’t waste time! Follow the “time management formula of OWM with 100 people = 100 WM. Coaches must practice giving brief instructions in 30 seconds or less. Longer instructions are forgotten under the pressure of competition. **RULE # 4.** Keep *your* poise! Players mirror the way they’re Coached. Teach *poise* by example. You’re always the “Coach” 24 - 7 – 365 so never relax keeping *your* cool”. **RULE # 5:** Know *when* students get strong and fast *enough* to perform. Then spend time on team drills, intangible sports skills and academic subjects. **RULE # 6.** Be loyal OR leave. Teach and/or learn the head Coaches philosophy of Xs, Os, strategies, schedules, duties assigned etc. **RULE # 7:** Never pre-judge students based on size or talent. Measure them by heart & soul effort *not* inches and pounds. Coach the 2nd & 3rd string harder than the 1st string. **RULE # 8:** Never tolerate profanity. It’s the effort of simple minds to express them self forcefully”. It reflects a limited vocabulary, lack of self-control and disrespect. Signs reflecting this simple truth should hang on walls in the school. Anyone guilty of regular profanity or crude behavior should be *fired*.

ONE STUDENT RULE.

Don’t do anything to hurt yourself or anyone else! Effective Coaches enforce this rule with empathy, patience and they make the punishment fit the crime. In the beginning students may be late, “goof off”, use profanity, engage in crude behavior etc. The first time student(s) do something to hurt them self or others *after* they see station 26 they sweep the dressing room. The 2nd time they pick up towels *and* sweep the dressing room. The 3rd time, student offenders do 100 push-ups 25 at a time *after* class. (Coach(s) watch and point out the extra work will help them at station 26.) The 4th time this one rule is broken students shouldn’t be allowed to participate in the program for one day but they dress-out, walk through and support the other members of their group. The 5th time the Principal, Parent, Guardian or community members they respect most (See The Student’s Goals Card) should be consulted and asked for their advice or help For theft et al serious offenses a tour of the local jail with

the chief of Police can be arranged. Never give up on a student! It's true "bad apples" can spoil the barrel and may have to be removed. However, go out of your way to let them know you're disappointed FOR and not IN them! Always speak to them about their life. It may be too late to influence some "knuckle heads" but not people they might influence. When students slip toward the dark side Coaches should be their light back. i.e. In the movie "Hosiers" the Coach was a *light* for the town drunk that helped unite the community and win the only "small school" state championship of all classes in Indiana basketball history.

CREATE A GOALS & LEADER CARD.

Students are asked to write down realistic 3 month goals on a 5 x 8 card to be kept in their locker. Coaches question students regularly about their progress toward academic, sports et al goals. Repeat: Test skills regularly and adjust weights & drills to match progress. On the back of their "Goals Card" students are asked to list 3 local people in the community they *respect* the most. The people they list should be "topic of the day speakers / volunteer assistant Coaches". They will be extremely valuable in helping when students break their ONE rule. Finally students are asked to write the name of the person(s) in their class they would want to be with them most IF they had walk down dark alleys in NYC. Those people are the "Hooking Bulls" in a school and should be given the opportunity for leadership responsibility. "Old school" Coaches used to choose these people as team Captain etc.

SCHOOL MOTTO & HALL OF HONOR.

We Practice And Play For Those Who Have Passed And Those Yet To Come! A "sign" with this or other message should hang at the entrance and exit of the dressing room doors with an open hand for everyone entering or leaving to "High Five". The purpose is to get students *thinking* about the reasons they practice for and perform in contests. Especially seniors! Let them know they'll always be a part of the school and program for the example they set for younger students. Note: After their season ends seniors should be recognize and appointed "assistant coaches" at their own stations instead of re-assigning them to another class.

If you don't have one START a "Hall Of Honor"! Members should be chosen by long time faculty, alumni and community leaders. Hang their pictures with a brief summary of accomplishments in a hall(s) leading to the dressing areas. Elect at least one senior(s) to the "Hall Of Honor" each year.

OVER VIEW FOR INSTALLING THIS PROGRAM AT YOUR SCHOOL

The head Coach works with the Administration to plan and organize this program by: *Assigning up to 100 athletes / bullies to one PE class without regard for sports students may or may not play.* Coaches in all sports are assigned to this class period and assisted by volunteer faculty and certified community members. (See "Turf Protection Rules") Note: Time management dictates this program be scheduled before lunch and/or the last class period of the day to allow for extra work and hygiene. Male and female classes are separated due to time required to equalize speed, strength and modesty.

There are 26 circuit work-out stations arranged to fit the school's facility. They alternate upper and lower body work with challenging "learning" stations. The ideal facility will have the football field, track, gym and weight room in close proximity. Correct physical and mental skills are practiced during intense, short drills at these 26 stations every day a few repetitions.

Note: Research proves a few repetitions done with maximum concentration on correct form and technique are far more effective at developing resistance to the pressure of athletic competition (*poise*) than 100 poorly executed repetitions.

In a class of 100 students, Coaches assign the best 25 athletes as "A" team member captain leaders of their 4 member group. These 25 "A" group members work *with* Coaches in a "draft" to select B, C & D members. Groups will compete so divide them as evenly by size, age and talent. i.e. The "B" member of the group should be competitive with promising leadership and athletic skills. The

“C” and “D” members can be younger, more timid or less talented. After a few weeks a meeting of all students is held to select the “HOOKING BULL(s) of the class. (See: Goals & Leader Card) After a few weeks each group is allowed to elect their own group “A” member captain. Each group member is made to feel responsible for and take pride in the progress of everyone in their group. All stations & drills are designed develop leadership skills by example of enthusiastically encouraging other group members when *they* are not working. In the beginning Coaches observe and encourage the players *not* working. After station 26 that won’t be a problem. Taking pride in and individual responsibility for improving their small group has countless benefits for *all* sports teams.

The 1st day the head Coach “walks” everyone through station 1 to 25. He explains the object (purpose) form and technique required at each station. Leave out Station 26. Create anticipation by just telling students that Station 26 is where the “rubber meets the road”.

“TOPIC OF THE DAY LESSONS”

Before the program starts students do isometric exercise while getting dressed and waiting on their pre-assigned spot in the field house, gym etc. See: Isometric exercise direction in the Raw Speed Training Manual. All drills require one or more students to work at each station at the same time. Repeat: Students *not* working must vocally encourage student(s) that are working while *they* do isometric and stretching exercises. Every group starts each day at the last station they ended on the day before. Station 26 must be attended by *everyone!*

When the bell rings, students are given exactly 10 minutes to get dressed and join their group on their assigned “spot” in the gym or field house! Repeat! Everyone must adopt and live by the attitude: “I’m *late* IF I’m not early! Any work I miss, hurts me and my group. We’ll make up work at any stations we miss on our own time! The “A” group member captains check role for their group and report to a Coach assigned to that duty.

The number of sports teaching stations each semester is based on the number of students that participate. i.e. In the 2nd semester basketball & baseball are given more stations. (Safety concerns require FB blocking and tackling station be taught at one station every day.) CRITICAL: There are no exceptions or “days off” from this program for anyone when school is in session. Injured and “game day” students have the responsibility to attend, “walk through” and support their group members at each station.

The Head Coach invites and explains to guest “topic of the day” speakers the way the program works. Note: The head Coach makes the “topic of day” talk IF the guest assistant Coach is too shy. He explains the “topic of day” speaker is in charge of running the entire program for that day at station TWO. (The “Strong Enough” Station) When all four members of each group have worked at this station the “speaker of the day” rings the bell and all Coaches & Players yell rotate and RUN to the next station. Other stations rotate at the same time if they are finished or not. At station TWO players not lifting introduce themselves and thank the “topic of the day speaker” for coming. Speakers choose topics from a list provided well in advance. (See list of suggested topics.). “Topic of the day talks” are reinforced by all Coaches at each station every day by each Coach during the work-out. Speakers are changed regularly to create anticipation and interest. (During these talks, Assistant Coaches watch for students not paying attention. (Again this should never occur after students experience Station 26)

Exactly 10 minutes after the class period bell rings students must be dressed and ready to begin and sitting with the other members of their group team on their designated spot. A student manager rings a bell to signal time to start. (Never use whistles to *start* anything in sports because they mean *stop*, NOT start. When the bell rings the speaker asks, “May I have your attention please”? (A bull horn or microphone can be used if necessary in large facilities and with large groups.) Students stop

talking or doing isometric exercises instantly. They “snap” to a military attention with eyes on the speaker’s eyes. (The purpose is to work on teaching students to concentrate and listen aggressively. This listening intently drill is taught and worked on everyday because it is critical to teach students to follow instructions with poise. Especially, during the pressure of games. And “time out” instructions) Aggressive listening will carry over to the classroom and competition. (We all know people who made straight “A” in school and never took a book home because they “listened” aggressively in class!) Repeat: Don’t “Coach” a student who is not looking into your eyes! Get their attention! Keep it by making Coaching instructions in 30 seconds or less as clearly and simply as possible.

SUGGESTED TOPICS OF THE DAY.

“Topics Of The Day” stress good over evil, character, honesty, respect, treat others the way you want to be treated etc. i.e. **Be on time with no excuses.** How can we depend on you to make a block, score a goal or compete in a race if you can’t even show up “on time”? Your school, team, parents and community are depending on you so don’t be late! It is not punishment to make up work you miss. It is your privilege and responsibility to those who have passed and those yet to come. **Stay in training.** Smoking, drinking and late nights hurt you, your team and school. It’s much harder to get in shape than it is to stay in shape! Fatigue makes cowards of mentally weak people. Set a goal of becoming and staying in condition both physically and mentally. **No Profanity!** You must be master of your self before you can master an opponent! (Profanity or crude behavior reflects weak vocabularies of simple minded people that are not masters of themselves.) **Grades are your responsibility.** Most teachers won’t let a student fail if they honestly try and ask for help. Grades are a race. Don’t fall behind and then try to catch up. Pay attention in class every day. If you can’t “make the grade”, how can we depend on you to learn play assignments and execute them with poise under the pressure of competition? You lose even if you win by cheating. **Cheaters are cowards.** People choose to do right or wrong. Have the honesty & courage to do the right thing when no one is looking. You not only represent yourself, you represent your family, school, community, state and country. You are the one that has to look in the mirror each day. Don’t lose your respect for the person looking back. Anyone can be a father but it takes a man to be a Dad. Respect yourself and others! Be a person of your word! **Develop poise:** the ability to perform the skills you practice under the pressure of competition. Poise requires that you do not lose control. Learn to execute with confidence and poise without having to think about physical actions.

When students begin to see full speed action in sports as slow motion they have developed peak “performance” skill levels. **Don’t Be Average!** To be average means the best of the worst or worst of the best. **A Power greater than yourself!** Marvel at the intelligence that created a world that sustains plant and animal life. **“Treat Others Like You Want To Be Treated”.** Being *tough* has nothing to do with being mean. *Mean* people are cruel and intellectually challenged. There’s never been a tougher person than Jesus Christ when nails were driven in his hands and he said,, “Forgive them Father they don’t know what they’re doing”.

EQUIPMENT, RULES & DRESS.

The equipment needed for this program are 2 long and 2 short weight bars, 2 to 300 pounds of free weights, two 4’ ropes for wrist roll, four 15’ ropes with hooks for hanging on goal posts, in the gym etc, 2 standard benches, 2 jump ropes, 2 sets of 16 ounce boxing gloves, 2 boxing head gears, 8 hand wraps, 1 heavy bag, 1 speed bag, 1 medicine ball, 4 large tumbling mats, a mouth piece and a pair of Raw Speed training shoes for each player.

Note: “Bulk-Up” weights for vanity are lifted on the student’s own time after class. Weights must be lifted safely! “Spot the person lifting! Lifting weights is a TWO way exercise - up fast with explosion & down *slow* with good form and breathing technique. Never slam weights! The

purpose of speed or explosion lifting is to develop technique, strength, breathing, quickness, endurance and concentration on sports playing *skills*. NOT Bulk

It's not mandatory but everyone should dress the same. Coaches should dress in opposite colors from players with "Coach or Staff" clearly visible on shirts and/or caps. Students wear school colored shorts and/or sweats. No jewelry. Especially at station 26.

WARM UP BEFORE, DURING & AFTER THIS PROGRAM!

Never stretch cold muscles! While students are dressing or waiting for the program to begin they should do upper and lower body "isometric" exercise. The merits of isometric exercise is best illustrated by a true story: *A severely retarded boy at a State Mental Hospital in Georgia had a body like Superman and the mind of a two year old child. His only exercise was violent contractions of every muscle fiber in his body for 1 or 2 minutes every day during epileptic seizures. He was a non-swimmer and one day the pool the life guard yelled above the noise of children play for the boy to get back to the shallow end of the pool. The boy finally heard and saw the life guard running toward him. He got scared, jumped out of the pool, ran, hit and began to climb the 10' cyclone fence surrounding the pool. About 3 feet up an epileptic seizure occurred. When it ended the lifeguard broke his fall. Later when the life guard was explaining the incident to a supervisor they happened to look up at the wires in the fence where the boy's hands had been during the seizure. Both were amazed to see the wires of that cyclone fence in a solid "knot". That knot could not have been made by a "body builder" using vice grip pliers. Imagine being in the pool with the boy during seizures.* This story illustrates the training merits of isometric exercise as a substitute for adrenalin. Students should do them for 30 seconds with each lower and upper body muscle group before stretching, during and after practice or competition. Switch groups when it gets uncomfortable. "No pain, No gain" is true when preparing for competition. It's not true for keeping muscles toned to combat gravity and aging. Seniors and "couch potatoes", should do isometric exercises for life while talking on the phone etc. because it *increases* metabolism. The author of this program was the life guard when the retarded boy demonstrated his scary strength. 50 years later he can still do 50 push-ups and out run his wife when she's angry.

OVERVIEW OF 26 STATIONS:

After the "topic of the day" ends a manager rings the bell and everyone "yells" go to work! Everyone starts at station ONE every day. (When they're finished the bell rings again and everyone sprints to the work-out station they ended at the day before.) Note: Never use a whistle for anything *except* stopping a drill or activity. Warning! Get out of the way. After station 26 students will be aggressive about *hurrying* NOT wasting time to miss *their* chance to work. **SEE:** Raw Speed Training Manual for correct form and technique required in each RAW SPEED drills. Every station takes 5 minutes except stations 11 & 12 AND station 16 & 17. They're combined and take 10 minutes to allow time to practice self defense and develop upper and lower body "iron" performance skills.

STATION 1. IS: FAST ENOUGH It starts when the topic of day speaker ends. All groups stand and do 10 leg swings side to side, 10 forward & 10 back. They do 1 forward split and 1 side split and then a back body bridge stretching exercise. (Hands flat on each side of the neck, fingers pointing toward shoulders. Push up to make a bridge and alternate lifting one leg) Then all group members extend one leg forward and attempt to do 10 squats on each leg without losing their balance. If they can't, group members are allowed to put their hand on each other's shoulder and pull them self up 10 times on each leg. Note: At the "point of no return" *when* group members can't go up or down they do isometric exercise for 10 seconds.

STATION 2. IS: STRONG ENOUGH This station controls all stations and is run by the "topic of the day" speaker. Group members introduce them self to the "topic of the day speaker" and thank them for coming. Group members sit and attempt to climb hand over hand up & down a 15' rope in 30 seconds. IF or when they can't go higher and reach the point of "no return" they do isometric exercise

with their upper *and* lower body 20 - 30 seconds. After 2 repetitions the “topic of the day” speaker rings the bell. Every one at all stations is encouraged to yell ROTATE and HURRY / RUN to the next station.

STATION 3. IS: FOOTBALL FINE POINT LEARNING STATION: All students in each group learn offensive and defensive stances, Center-Q.B. exchange, taking and giving hand-offs, carrying the ball, deep snap, passing, kick off, punting, catching and etc.”.

STATION 4. IS: INCLINED SIT UP: Student group members strive to do 15 inclined sit ups. Explode up fast and go down slowly under control. Repeat and try to get all group members two repetitions. A 10 to 50 pound weight is held behind their head as they get stronger.

STATION 5. IS: WRIST ROLL: A & B group members stand on each end of a bench with a 10 to 50 pound weight on the end of a four foot rope attached in the middle of a “roughed up” 18” stick or bat handle about 2” in diameter. (A rough stick toughens the hands.) With arms straight out A & B members *race* to roll the weight up to the bar handle as fast as possible and back down slowly while they work on balance by alternating standing on one leg at a time. C & D members get their turn. Try to get 2 reps before groups rotate to the next station.

STATION 6. MIRROR DRILL: A & B Athletes stand on each side of one end of a bench facing each other. C & D members do the same on the other end of the bench. Feet are shoulder wide, knees bent and head up in a “ready position”. A & C students take turns jumping from one side of the bench to the other 10 times trying to fake B & D students into jumping first. Athletes mirror each other and try to get back in a “ready position” *first*. Keep eyes on the mid-section. As a break students should also jump rope and do the Harvard fast feet drill.

STATION 7. IS: NECK DRILL: If a neck weight machine is not available use towels by having A & B students lie face up with their heads over the end of the bench with their feet towards the center of the bench. They grasp the bench under their hips. C & D students spread a folded towel across their forehead. On the command of GO they force the neck of the A & B athletes on the bench down, up, L & R five times each and then A & B athletes rapidly switch places working out C & D athletes the same way. Every other day athletes switch to their stomach and do these reps face down. Encourage each other!!!! Encourage students to do this and other neck drills on their own time.

STATION 8. IS: PROTECT YOUR SELF! This FB / boxing self-defense learning station teaches safe blocking & tackling skills *every* day. Athletes must learn to “cut the ring” / take away one direction. Never block or tackle anything you can’t see! Roll the shoulders around the neck as you make contact with your face up. The neck area of the body can’t be fully protected any other way. Do this drill with a dummy in slow motion before switching to blocking / tackling people in slow motion. Athletes have died by not practicing this “face up” technique. The dumbest Coaching instruction ever offered was, “Put Your Head Down & Run”.

STATION 9. IS: BASKETBALL SKILLS: The BB Coach teaches fundamental ball handling, shooting, following your shot, foul shooting, floor position & defensive skills, rebounding, blocking out and etc. (Baseball skills are taught here in the spring.)

STATION 10. IS: STOP & GO AGILITY DRILLS Group members take turns doing 5, 10, 15 & 20 yard stop & go eraser drill. They run “cones” forward, backwards, side ways no cross over and side ways crossing over. Each member gets 2 reps on the eraser and “cone” drills.

STATION 11 & 12. IS: FREE WEIGHT PRESS & CURL: All 4 group members put as much of their body weight on a long bar as they can lift (press) up 10 times in 30 seconds over their head while their feet alternate going out to the side (like side straddle hops). Then they curl AND reverse curl the weight 10 times with their feet going forward and back. Then each player lifts 50 to 100 pound bar bell weights 10 times through shoulder rotation throwing motions.

STATION 13. IS: RAW SPEED DRILL: EXPLOSION HOPS”: On M, W & F. On T & T students are taught chess and other *thinking* / planning games.

STATION 14. BALL CATCHING AND THROWING SKILLS: Catching, handling and throwing balls while on the ground and in the air. Trust your hands! Keep your eyes on the ball and concentrate. (Use “raw egg toss” drills and bricks once a month to teach “soft hands and concentration.) Have students stand behind goal posts and catch balls until they rely solely on their hands and eyes Speed, catching and distraction drills are used regularly. i.e. One group member throws the ball to the other group members one at a time as they sprint away and forcing them to catch the ball on a dead run at short and long range. The other two students yell and distract the receiver without touching the ball. “Touch” or push the receiver but no hitting! Receivers must learn to see the ball and forget about defenders. Have less talented students throw to more talented students because any one can catch good passes. Practice catching bad ones. Have passer and receiver do 5 push-ups on all dropped balls. Records are kept and the number of “drops” compared.

STATION 15. IS: RAW SPEED DRILL: WALKING STEP OUTS. M, W & F. On T & T a track Coach teaches running starts, relay exchanges, hurdles, field event techniques etc. to every student in the program. One successful Track Coach uses this station to select his team with very little after school team practice time.

STATION 16 & 17 IS: THE BEST DEFENSE IS A GOOD OFFENSE: This is the only 8 - 10 minute station. Coaches with boxing, karate, wrestling self defense skills should teach this station. The equipment needed is 2 tumbling mats, 4 sets of 16 ounce boxing gloves, four head gears, 4 jock cups, mouth pieces, a heavy bag, speed bag and speed rope. *Thinking* under pressure is taught by physical aggression in boxing, wrestling, karate and etc. It starts by teaching students how to “cut the ring” or “take away” a direction from opponents in all sports. Then it progresses to hand position, timing, eye hand coordination, leverage, footwork, angles, slipping and pulling punches. Offense and defensive skills are taught when attacked by one” *and* more. A great fund raiser and competitive student body spirit builder is to have evenly matched student volunteers” to box at lunch or after school. Matches should never be longer than 2 three minute rounds. Note: Match bullies or potential bullies against more physically talented and aggressive younger students. Contestants must have signed parental slips.

STATION 18. IS: RAW SPEED DRILL “HIGH KNEES”: On M, W & F. On T & T

STATION 19. IS: RAW SPEED DRILLS “EGG SHELLS & SKIPPING”: On M, W & F. On T & Thursday Math is taught at this station. Students learn short “brain teasing” math tricks. Note: Faculty members should be asked to Teach at station all academic stations on T & T.

STATION 20. IS: RAW SPEED DRILL “BOUNDING”:” On M, W & F. On T & T teach “brain teaser” academic tests that stimulate and require thinking to solve problems.

STATION 21. IS: BB & BASEBALL / SOCCER SKILLS: The Basket Ball Coach works on fundamentals at this station until January and the Base Ball Coach teaches skills in the spring.

STATION 22. IS THE: RAW SPEED DRILL “RUNNING STEP OUTS”: On M, W & F. On T & T students are taught to hit a golf ball, shoot pool, bowl, tennis etc.

STATION 23. IS: BODY CONTROL & TIMING: Students are taught to stand on their head, do monkey rolls, cart wheels, hand stands, tumbling & agility Drills.

STATION 24. IS: RAW SPEED DRILL “PUT IT TOGETHER”: On M, W & F. On T & T Cheers and hidden student talents are taught. The cheerleader sponsor, band and choir director should be consulted and asked to teach at this station. It’s designed to get students to respect the hard work of cheerleaders, pep squad, band and etc. Hidden talents are discovered by teaching the basics of playing

instruments, singing and etc.) Students are taught not to be embarrassed about singing a good or bad soprano, base, alto or tenor. Coaches should form groups to sing the school song, "Proud Mary" etc. Put on a concert at lunch combining the least and most talented people with cheerleaders as judges.

STATION 25. IS: RAW SPEED DRILL "STEP ON ACCELATOR": On M,W & F. On T & T students are taught to read passages from Mark Twain's Books.

STATION 26 IS: ROOT HOG OR DIE!!!!!! This station along with stations 16 & 17 are the "glue that holds the program together". It is the station where bullies are confronted mentally and physically. The "spot light" is on two students whose efforts reflect the entire program & community. The way Coach Gray ran this station eliminated bullying, racial and a lot of other problems in 5 minutes or less.

When Coach Gray arrived in Dickinson after the Christmas break he faced racial tension between black & white football players with bad attitudes about training due to their miserable season. He wasn't politically correct and didn't explain his sometimes unconventional actions. i.e. In the AAA state football championship game he put his QB at "nose guard" who hadn't practiced there but was able to use his quickness to avoid the opposing team's blockers and stop a game winning drive.

As stated earlier he began by getting athletes from all sports assigned to his last period athletic PE class. He organized them in groups of 4 regardless of sports played and charged each member with the responsibility for group progress. He explained the first 25 stations of his program, tested and had athletes complete a "Goals Card". This card listed short & long term athletic / academic goals, 3 local people they respected and "Hooking Bulls" (Athletes chosen by others to walk with down a dark NYC ally.)

The 1st week Coach Gray ran stations 1 to 25 of his program empathizing hard work, leadership by example, being on time early, aggressive listening etc. He refused to Coach athletes briefly without eye to eye contact. The journey from 0-10 to the AAA state football championship the *next* season began at Dickinson the day Coach Gray introduced station 26.

That day Coach Gray blew his whistle 5 minutes early and had 2 tumbling mats dragged into the field house. He instructed taller athletes to kneel on the edge of the mats and shorter ones to stand behind them. Black & white athletes stood or kneeled together around the mats. Coach Gray asked for their attention and told them that Dickinson would not LOSE again because players wouldn't FIGHT. He told them that in the future they'd fight each other every day to prove who'd fight for the Gators". He warned them to listen carefully to the rules. i.e. There would only be ONE fight a day between two athletes on their hands and knees and face to face. Athletes could NOT stand and must STOP on his command. Athletes were told to push the fighters back on the mats if they got close and cheer for the one they wanted to win. Coach Gray explained the WINNER had to rub one hand in the dirt (mat) and rub his opponent's nose for 3 seconds and that HE was the final Judge. When he asked if they understood his rules the athletes nodded and a few softly answered "Yes Sir".

Coach Gray slowly walked over and stared at a "cool acting" senior 6' 2" and 200 pound black athlete with a huge "afro" hair style kneeling on the edge of the mats. (That senior was a star Basketball player who hadn't played on the 0-10 football team. He'd been loafing in drills but stopped after station 26 and went on to become an all state QB and great college & pro receiver.) Coach Gray pointed at him and yelled, "*You "BIG HAIR" get on the mat*". Big Hair looked around, sneered and ambled on the mats. Then Coach Gray turned and stared at a 6'3", 250 pound, white, senior lineman with shoulder length hair kneeling with other white players. He pointed and yelled, "*MOP HEAD get on the mat with him*"! Mop Head looked around at other white athletes and slowly walked to the center of the mats.

The room got eerily still as "Big Hair" & "Mop Head" nervously looked at Coach Gray and each other. Without warning Coach Gray pointed at "Mop Head's" and yelled, "*WHY should BIG HAIR FIGHT to gain that much* (Holding his thumb and finger 2" apart) *for a COWARD that quits blocking before the whistle blows*"???. He turned, pointed at Big Hair and yelled, "*Why should MOP*

HEAD block for COWARD that runs out of bounds instead of FIGHTING to gain that much??? (Holding his fore fingers 2" apart).

Then Coach Gray asked, *"What color is winning? No one answered and he yelled, "Dickinson Colors are BLUE and WINNING is BLUE! He told the athletes that COWARDS run from fights if they're hard. He said, "Let's see if Big Hair & Mop Head will FIGHT when things get hard". Coach Gray told Big Hair & Mop Head", "IF YOU'RE A COWARD GET OFF THE MATS". Big Hair and Mop Head didn't answer or move. Then he told them to, Get ready! "Big Hair & Mop Head got on their hands and knees facing each other. You could hear a pin drop as Coach Gray told both athletes, "When I say GO I want to see a nose get rubbed in the dirt"! That black & white warrior rubbed one hand on the mats and tensed up like a Gator just before attacking. Coach Gray abruptly yelled "GO"!*

He never said another word for 60 seconds. It seemed like an hour as those "Hooking Bulls" fought viciously to rub the other's nose for 3 seconds. You could barely hear yourself think as black & white players screamed for their own skin color.

Sweat, blood, spit and snot flew as those two warriors punched, kicked and wrestled. When he yelled, **"STOP"** they kept fighting and Coach Gray jumped between Big Hair & Mop Head. When he got them separated they stood up and glared at each other with tears of rage in their eyes.

Coach Gray asked for everyone's attention. When they got quiet and looked at him, Coach Gray reached over and rubbed blood off Big Hair's face. He held up his bloody fingers and yelled, **"BIG HAIR'S BLOOD IS RED BUT HIS HEART'S BLUE"**! Coach Gray rubbed blood off Mop Head's nose and yelled, **"MOP HEAD'S GOT RED BLOOD AND A BLUE HEART"**! Mop Head's nose was bleeding and he said, *"Coach, I think it's all my blood"*. Coach Gray took out his false teeth grinned and rubbed their blood on his pants. (He'd lost his teeth playing QB at the Univ. Of Houston before facemasks.) Then he raised "Big Hair & Mop Head's" hands in the air and yelled, **"IT'S A TIE! These guys are tougher than goat guts! They'll FIGHT for the Gators!** Looking around he asked, *What about YOU"*

Coach Gray let go of Big Hair & Mop Head's hands and they shyly looked at each other and offered to shake hands at the exact same time. As their hands met they smiled and clumsily hugged each other. You could feel the respect those 2 "Hooking Bulls" had earned. It was a thought provoking moment as black & white players started laughing and talking to each about the brutal Gator war they'd just witnessed.

You could barely hear as Coach Gray softly asked for their attention. This time the only sound was Mop Head & Big Hair's loud breathing. Everyone snapped to attention, looked directly into his eyes and listened intently as he pointed towards a white tennis player and a black track star and warned their turn was coming to prove they'd fight for the Gators. He told the athletes that, *"From now on Dickinson Gators are like brothers. We'll fight each other but other schools better watch out!"* He told them that IF they promised to work hard enough to get ready for their turn to FIGHT for the Gators to join Big Hair and Mop Head on the mats and spell G-A-T-O-R-S. Those 2 "Hooking Bulls" led the football team in that pledge after every practice and game in a deafening roar.

The football team became AAA state champions. Other sports became contenders and 30+ years later we all still bleed Gator blue. After that day the field house floor was literally covered in pools of sweat as athletes in all sports worked to the point of total exhaustion to get ready for their Gator fights. Black & white athletes in all sports cheered for those in action because everyone in the entire community knew the best players were playing.

The "bottom line"! Coach Gray's approach to athletic PE should be adjusted for HIV et al issues in modern schools. i.e. Athletes should wear 16 ounce boxing gloves, mouth pieces etc. Note: Fighting on your hands & knees is basically wrestling and denies leverage to punch hard without falling. Anticipation must be maintained by not revealing opponents before matches and have only one match a day and it should last no more than 60 seconds. Athletes / bullies should be matched evenly by size

against younger, more talented and aggressive non-bullies. It should never happen but Coaches and “Hooking Bulls” should be instructed to watch for and prevent matches from escalating.

Mike Shoffiett SR is the author of this “summary” of Coach Gray’s athletic PE program. He is President of Raw Speed Training. Carl Lewis, Walter Peyton, Deon Branch and Brett Farve are just a few of the many great athletes that have used his company’s speed training shoes and program After his college football, track and boxing career ended he Coached 10 years in LA and Texas before entering private business. He wrote this summary of Coach Gray’s program because bullying doesn’t occur when soldiers OR athletes learn there’s always someone capable of bullying them. Especially, if they learn that running from a bully hurts far worse and longer than a bloody nose. To discuss details of this practical approach to athletic PE for your school call him at 877-247-2100.

Rawspeed.org.