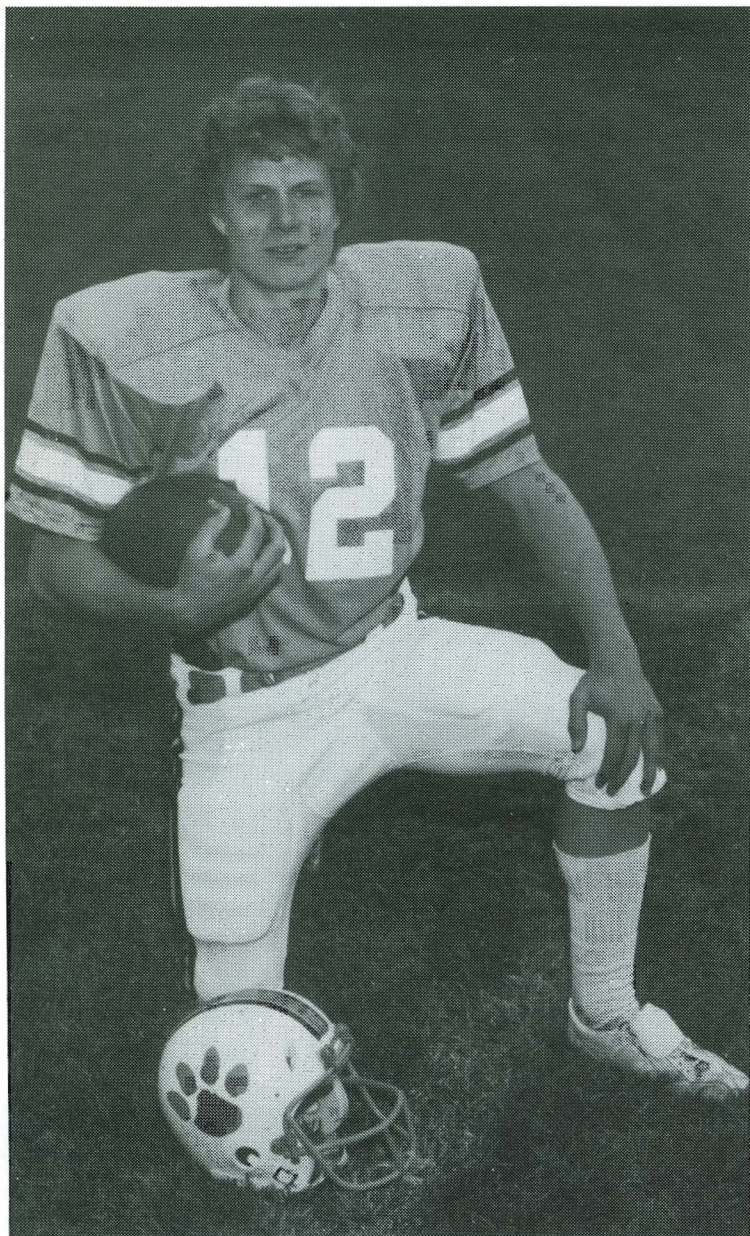


The JEFF BENTRIM Story

By Don Larson
Head FB Coach, Blaine High School
Blaine, Minnesota



Jeff Bentrим: All Stater

Would any coach believe it possible for a young man suffering from asthma so badly in junior high that his doctor prohibited him from playing football to become

his high school's first All Stater and all-time total offense and scoring leader as a senior? It happened over the past four years at Blaine, Minnesota Senior High School where quarterback-strong safety Jeff Bentrим has used a lot of determination and the BFS Super Set program to progress from a 5'8", 135 lb. freshman to a 5'11", 190 lb. football star. Football Coach Don Larson, one of the first weight training directors in Minnesota to adopt BFS for all his school's athletes, calls Jeff "the best football player in Blaine's nine-year varsity history."

Jeff made the Minnesota High School Allstate Football Squad this past fall after leading the Bengals to a 6-3 record as a co-captain. He gained over 2400 yards as a quarterback in the veer option offense and scored 109 points. He scored 31 points by placekicking and also led the team in defensive points from his strong safety position. Jeff will attend college next fall on a football scholarship at North Dakota State University in Fargo, North Dakota, hoping to continue his option success with the Bison, a perennial division II national power.

Such success did not come easily for Jeff as he has been his school's top weight trainer over the last three years. During baseball season, Jeff continues his power lifting by coming in to school at 6:00 a.m. for a flexibility, strength and agility workout until 7:15. He has been the Bengals' best baseball player over the past two seasons, hitting over .300 with 3 home runs as a junior.

Jeff improved his 40 yard dash time from 4.9 as a soph to 4.6 his senior year. He bench presses 290, has a 380 parallel squat max, deadlifts 500 and has a top mark of 260 in the power clean. Not bad for a quarterback?

One of his main assets as a football player is his durability. Both Jeff and his coach give the BFS program credit for Jeff's extreme physical and mental toughness. Coach Larson comments, "Jeff carried or passed the ball 466 times in the 16 games he played on our varsity. He also led our defense in tackles. Never once was he injured. Strong commitment to power weight training gave him the necessary confidence to become the most physical player in one of our state's toughest class AA (largest schools) football conferences. I've tried many different types of power weight training programs and am sold on BFS as being the best. We have 85 offseason athletes, including 35 girls, lifting regularly this winter on BFS and the results are going to be great."

With an athlete like Jeff Bentrим leading the way, look for one of Minnesota's youngest class AA schools, the Blaine Senior High Bengals, to "take off" athletically behind the BFS program.