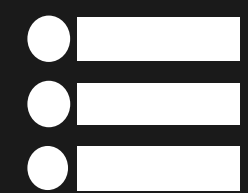




All Photos by Frank Staples

The Brotherhood of Piggott High

“The word we use to describe our athletic program is ‘Brotherhood,’” says Shawn Hearn, a football and strength coach at Piggott High School. “Bigger Faster Stronger has made our brotherhood stronger.”



BFS Feature

Serving grades 10-12, Piggott High School graduates 95 percent of its students. It is the only high school in the Piggott School District, and

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the facility also houses the 7-9 junior high; the elementary school, K-6, is nearby. This arrangement means coaches and teachers can interact with young people from their first day at school to high school graduation, creating an environment that is ideal for helping young men and women fulfill their potential in all areas of life. It's also an optimal way to develop outstanding athletes and, says Hearn, who also teaches social studies, "We are able to give more attention when it's needed."

Piggott High School's boys-only sports are baseball and football; girls-only sports are cheerlead-



#33 John Jones

ing, softball, and volleyball; and the sports for both boys and girls include basketball, cross-country, golf, tennis, and track and field. Hearn says they start their Pee-Wee football program in the third grade, and their head football coach, Michael Harrell, has seen many of his current players since their first days on the gridiron.

Hearn says that Coach Harrell and the other coaches at Piggott encourage their students to participate in multiple sports. "If you are in a larger school, kids can specialize and train for the sport year-round. We're such a small school that a lot of our athletes play two or three sports, but they also lift throughout the summer and that strengthens our brotherhood."



#5 Gunner Shaw



#2 Mason Tillman

“During the season we lift two, sometimes three times a week.” Asked if there was any concern from the parents about being sore before a big competition, Hearn replied, “Not at all -- our community support is unbelievable. They see our staff going above and beyond what’s expected and how they thrive on it. Before BFS we didn’t have a strong off-season, but when Coach Harrell made the commitment to go with the BFS program we found that our kids were chopping at the bit to get started.”

“When we started BFS three years ago -- this

will start our fourth year – it brought our brotherhood together. It got us together because we got a chance to work together and compete during the season. It taught us what to do and it taught us how to do it, and the results are the proof in the pudding.” Hearn then talked about how the Mohawks’ football team can often dominate on both sides of the ball (allowing only 8 points in two recent lopsided victories). “We are so much more physical and stronger – it’s obvious how well the BFS program has paid off.”



#32 Cade Harrell

One misconception Hearn believes many coaches have about BFS is that it's a program only for large schools, a concern because Piggott is one of the smallest 3A schools in the Arkansas. In fact, he said when he first read BFS magazine he got the impression that "these are big-time schools with money who dress out 80 kids a game – sometimes we only dress out 25. But after having such success with the BFS program, I can assure you that BFS benefits a small school tremendously and is multi-sport, multi-gender.

To motivate their athletes to work harder, Piggott encourages their athletes to compete in weightlifting events. He says his athletes not

only compete hard, but that they make an impression on other schools and those who come to watch these events by having proper form on all the lifts and knowing how to spot. "They also help spot athletes from other schools encourage those athletes to do their best – we get lots of complements on how our kids behave and their positive attitude at these competitions."


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Shawn Hearn football and strength coach

Since they started BFS, Piggott has seen some amazing turnarounds in their program. In their first season in track, they had the state champions in the 100m, 200m, 4x100m and was runner-up in the shot put (and this year they had the state champion in the shot put). Their football program in the 2014/2015 season was 3-6, but that was followed by a 6-win season and a 9-win season that included their first playoff victory in win history. In weightlifting, they earned wins in four invitational meets and last season they were

state runner-up in the Arkansas 3A Weightlifting Championships.

During this interview, Hearn wanted to give a "shout out" to veteran BFS Clinician Jim Brown for helping to implement the BFS Total Program at Piggott and his continued supports. He says Coach Brown is only 45 minutes away, and several times he's come down to help ensure their workouts are running smoothly and advise them on how to continually upgrade their weightroom. "Coach Brown is always only a phone call away, and he'll always pick up the phone."

It's just amazing to see the progress our athletes have made with BFS," says Hearn, "and we are excited to see our Brotherhood grow even stronger at Piggott High." 



#74 Nate Mallard
Head Coach Michael Harrell