

Highlighted below are the only teams to win 3 or more consecutive State Titles. A common denominator among these 3 programs is a strength program dedicated to producing STRONGER athletes. During their run, CB West listed their 300lb benchers in their game programs and always had 10 or more. I have several friends who played during Berwick's dominant years. They boast several 400lb benchers and 500lb- 600lb squatters per year, as well as some freaks who recorded some ridiculous lifts. The power lifts were the focus of their program and even the skills often registered 300lb benches. Their strength coach was honored as the "high school strength coach of the year" in the late 90s for his accomplishments and their advancement. Southern Columbia follows the same format as the aforementioned two. I have visited their weight room and observed a workout with a classmate during my college career, and those kids go heavy! They embarrassed us my senior year at Bloom camp by entering 11 kids into the 225 rep out competition, all of which did 10 or more reps. These programs repeat titles not because they were blessed with gifted athletes and speed but rather because they added strength and size to less gifted athletes and produced physically dominant teams that simply "bullied" the competition. We MUST develop "bullies" to produce consistent excellence.

#### **PAST CHAMPIONS CLASS AAAA**

2008: Liberty (District 11)  
2007: Pittsburgh Central Catholic (7)  
2006: Upper St. Clair (7)  
2005: McKeesport (7)  
2004: Pittsburgh Central Catholic (7)  
2003: North Penn (1)  
2002: Parkland (11)  
2001: Neshaminy (1)  
2000: Cathedral Prep (10)  
1999: Central Bucks West (1)  
1998: Central Bucks West (1)  
1997: Central Bucks West (1)  
1996: Downingtown (1)  
1995: Penn Hills (7)  
1994: McKeesport (7)  
1993: North Hills (7)  
1992: Cumberland Valley (3)  
1991: Central Bucks West (3)  
1990: North Allegheny (7)  
1989: Upper St. Clair (7)  
1988: Pittsburgh Central Catholic (7)

#### **CLASS AAA**

2008: Thomas Jefferson (7)  
2007: Thomas Jefferson (7)  
2006: General McLane (10)  
2005: Franklin Regional (7)  
2004: Thomas Jefferson (7)  
2003: Manheim Central (3)  
2002: Hopewell (7)  
2001: West Allegheny (7)  
2000: Strath Haven (1)  
1999: Strath Haven (1)  
1998: Allentown C. Catholic (11)  
1997: Berwick (2)  
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1993: Allentown C. Catholic (11)  
1992: Berwick (2)  
1991: Strong Vincent (10)  
1990: Bethlehem Catholic (11)  
1989: Perry (8)  
1988: Berwick (2)

#### **CLASS AA**

2008: Wilmington (10)  
2007: Jeannette (7)  
2006: Wilson Area (11)  
2005: South Park (7)  
2004: Lansdale Catholic (1)  
2003: Aliquippa (7)  
2002: Mount Carmel (4)  
2001: Washington (7)  
2000: Mount Carmel (4)  
1999: Tyrone (6)  
1998: Mount Carmel (6)  
1997: South Park (7)  
1996: Mount Carmel (6)  
1995: Bishop McDevitt (3)  
1994: Mount Carmel (11)  
1993: Dallas (2)  
1992: Valley View (2)  
1991: Aliquippa (7)  
1990: Hanover Area (2)  
1989: Hickory (10)  
1988: Bethlehem Catholic (11)

#### **CLASS A**

2008: Steelton-Highspire (3)  
2007: Steelton-Highspire (3)  
2006: Southern Columbia (4)  
2005: Southern Columbia (4)  
2004: Southern Columbia (4)  
2003: Southern Columbia (4)  
2002: Southern Columbia (4)  
2001: Rochester (7)  
2000: Rochester (7)  
1999: South Side Beaver (7)  
1998: Rochester (7)  
1997: Sharpsville (10)  
1996: Farrell (7)  
1995: Farrell (7)  
1994: Southern Columbia (4)  
1993: Duquesne (7)  
1992: Scotland (3)  
1991: Schuylkill Haven (11)  
1990: Marian Catholic (11)  
1989: Dunmore (2)  
1988: Camp Hill (3)