

**Press Contact**

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**BELLINGHAM HIGH SCHOOL TOP ATHLETES TO UNDERGO  
CONDITIONING PROGRAM OF NATIONAL MARTIAL ARTS TEAM.**

Bellingham, WA, January 31, 2007. 7:55-9:15AM Bellingham High School. Forty plus students athletes at Bellingham High School will be experiencing the exact training program used by top martial art fighters on the US National Teams.

Darin Nolan of the BHS Strength and Conditioning / Health Education Department and Baseball Head Coach invited Scott Sonnon, former USA National Sambo Team Coach and international champion to give BHS student athletes a taste of how the professionals train.

Coach Nolan noted, *"You let the kids know that they're about to be trained like 'Ultimate Fighting Challenge' (UFC) fighters do, and you've got 100% of their attention. They're hooked! Ultimately, it's about getting kids active and healthy role models that they already follow are the way to do that."* UFC Fighters such as Andrei Arlovski, UFC Heavyweight Champion and Elvis Sinovic, UFC 30 Winner, both credit Sonnon's training for their elite performance in the ring. Outside of the ring, Sonnon's training is used worldwide by teams such as the Cincinnati Bengals and the Philadelphia Phillies.

Terry Trehan, Assistant BHS Football Coach and student of Sonnon's remarked, *"you can just feel the energy in his gym when he's training fighters. It's something that touches you and motivates you to go deeper."*

The primary focus of Sonnon's training is "high intensity intervals" with what he calls "retro-tech" equipment: ancient, lo-tech tools such as heavy clubs (clubbells), heavy leather medicine balls, large cannonballs with handles (kettlebells), monkey bars, gymnastics rings and even surgical tubing. This type of training has been embraced primarily by firefighters and police officers since it targets the type of fitness they need for responding to crises. Sonnon's classes are regularly piled with half firefighters and police officers.

Sonnon remarked, *"Coach Nolan and his entire department are very progressive and the Bellingham High School Teams will be taking the fields by storm in 2007! They're making things happen for those young athletes, at such a critical time in their lives and future careers! I consider it a high honor to serve our community. Nothing is more rewarding to me than volunteering to help our young athletes."*

Training of the BHS athletes will be divided into several stations of different equipment and will have only a few minutes to complete each event. The

athletes with the highest scores will be winning special prizes, as well as t-shirts and hats from Coach Sonnon's fighting fitness gym, *The RMAX Gymnasium* at Bellingham Athletic Club Downtown Studio B, 1616 Cornwall Avenue, Bellingham, WA 360-734-1616.

**BELLINGHAM HIGH SCHOOL:**

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**RMAX INTERNATIONAL:**

Scott Sonnon, USA Police Sambo Team Coach and International Sambo Champion launched his "retro-tech" RMAX Gymnasium in 2007 in partnership with the Bellingham Athletic Club. Classes are geared towards "tactical fitness" to increase preparedness for firefighters, police and military personnel, but also towards civilians interested in navigating physical crises. RMAX classes are "*as close as you can get to preparing for a fight without ever throwing a punch!*" For more information, log on to [RMAXinternational.com](http://RMAXinternational.com).