

BIGGER FASTER STRONGER

January/February 2015

Issue #161

\$2.99

BFS

*What You Must
Know about
Concussions*
p21

*Bench Press
Breakthrough*
p25

*Build a Better Weight
Room*
P29

Patapsco High School

#21 Aldrin Garriques - #5 De'Quan Hicks

p10

BFS COACH'S MARKETPLACE

New products from BFS can help you expand your program to the next level!

NEW PRODUCTS



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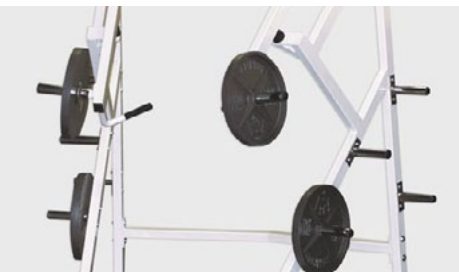
45 Degree Hyper Extension

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HD Bar Catches



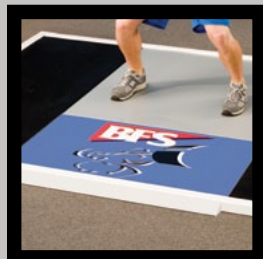
2 upright Olympic bar holders



Chrome-plated Olympic plate size horns angled for safety



Multi Grip Chin Up Bar



Package Options



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C Elite Plus Bench:
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A Message from BFS Editor Kim Goss, MS



BFS President John Rowbotham has been working with school faculty to help them better implement the Be an 11 program with their students.

Proactive vs. Reactive

“If it’s not broke, don’t fix it!” is a piece of advice often offered in business, but sometimes it’s not very good advice. In the past few months we’ve seen many cases in human relations where the type of approach used was reactive, such that they wait until a problem occurs before you do something about it. At BFS, we prefer to take a more proactive approach. Here are some examples.

Concussions. Estimates are that the number of high school athletes who suffer concussions may be over 100,000 per year, and perhaps more than a third of those individuals returned to sports too quickly. There are many athletes, especially pro football play-

ers, who have suffered severe, permanent brain damage from repeated blows to the head. The reactive approach is to file lawsuits, such as many former NFL players have done, and to remove kids from contact sports permanently.

Several years ago BFS took a proactive approach to address the problems with concussions by forming a relationship with Dr. Peter Gorman of Microgate USA. Dr. Gorman introduced us to revolutionary testing and training tools such as the Optojump™ to assess symmetrical development that is influenced by neurological deficiencies. In this issue we continue our journey by discussing the research of Dr. Alina Fong, PhD and her colleagues at CognitiveFX who have done pioneering research in the field of concussion research.

Safety. We live in a litigious society, and when an athlete gets hurt there is often no hesitation to seek litigation. This reactive approach may eventually result in financial relief; but in cases of permanent injuries, especially when young people are involved, money will not undo the damage. This is why we always stress safety in BFS, offering schools and other organizations with weightrooms free safety inspection of their facilities. It is also and why we encourage coaches and physical educators to start young athletes with the BFS Readiness Program to ensure that they have perfect technique when they are ready

to play. Be sure to check out the article on this great starter program in this issue.

Character Education. When athletes get into trouble with the law it always makes headlines. The reactive approach is to deal with these behaviors when they happen. At BFS, we offer Be an 11 seminars to help teach young people how to become role models, and how to set the highest goals. At first we had these character education and goal setting seminars open to athletes, parents and coaches. More recently, BFS President John Rowbotham has expanded the program, giving special seminars to just school faculty members to create a more comfortable environment to work with them and discuss their special challenges.

At BFS we believe that many problems in physical education and athletic development can be prevented. BFS has been using this proactive approach for 39 years, and we can assure you, it positively works!

Kim Goss, MS
Editor in Chief, *BFS* magazine

kim@bfsmail.com

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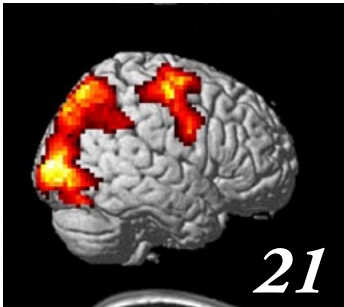
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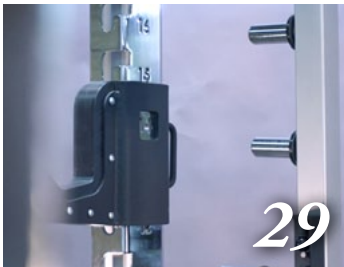
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BFS Magazine

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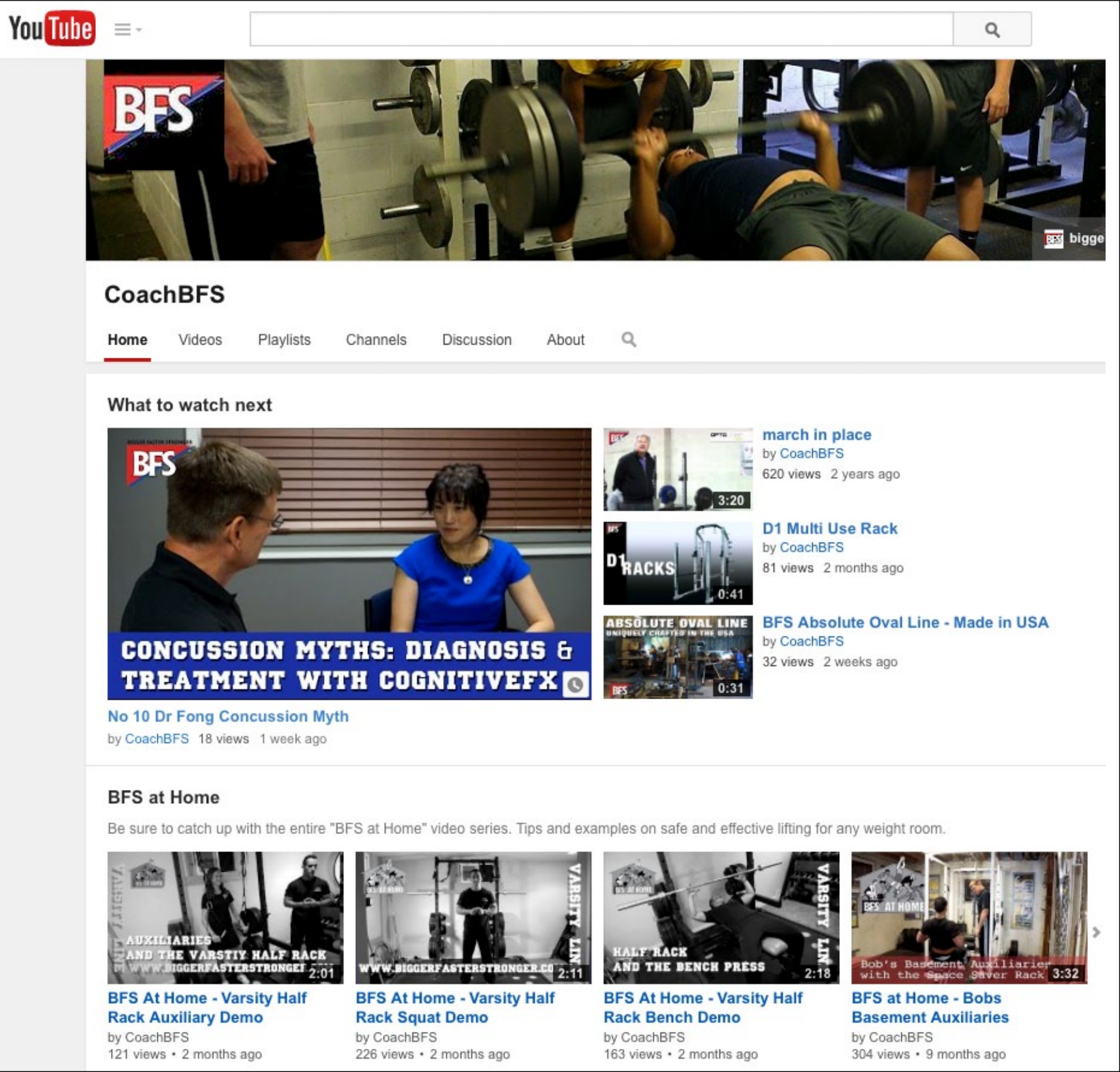
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What's Happening



CoachBFS on YouTube

“Coaches Helping Coaches” has been the motto of Bigger Faster Stronger since it was founded by Dr. Greg Shepard in 1976. As our company has grown, we have been able to extend that helping hand to more and more coaches through our magazine and catalogs. In 2015, BFS is reaching coaches around the planet with an aggressive foray into online publishing.

A big push for the upcoming year is the CoachBFS YouTube channel. This platform allows BFS to speak in detail in a multimedia format on a wide variety of subjects important to coaches, teachers, parents, and athletes. Playlists are organized in groups including training, equipment, and programs. Currently, we are featuring BFS CEO Bob Rowbotham in a wide-ranging discussion on developing young athletes with MicroGait USA President Dr. Peter Gorman.

Head over to the [CoachBFS YouTube channel](#) and see all that BFS brings to coaches.



Whats Happening

Gentry High School, Gentry, Arkansas



Correction:

In our 2014 BFS Annual Review, page 18, we published a photo of the amazing BFS-equipped weight room at Gentry High School.

Unfortunately, I said that Gentry High School is in Gentry, Arizona. There is a Gentry High School in Arizona, but the Gentry High School that was the

subject of this article is located in Gentry, Arkansas. I apologize for the error. Kim Goss, Editor in Chief

What's Happening



BFS is coming to your Phone or Mobile device!

BFS True Squat App

BFS is pleased to announce our first mobile application is now in the testing phase, and we could not be happier with the results thus far. Using the phone's built-in hardware to detect the device's orientation, relative to parallel, the BFS True Squat will be an invaluable aid in teaching proper squatting technique.

Stay subscribed to the BFS email newsletter or follow us Facebook, Twitter, Instagram and YouTube to be among the first to learn when the BFS True Squat app is available for purchase.

BFS Set/Rep Log Application Hits Pilot Schools

Pilot school results on this essential training tool

Among the most requested new products from Bigger Faster Stronger is a computer- or tablet-based application for charting the BFS Set Rep Log System. BFS is now able to announce this application has been in development for most of 2014 and is now on the homestretch. With the help of pilot schools, we are testing the implementation of the BFS Set Rep Log app.

By basing the app on the web, we will be able to offer this software across any device or operating system with a web browser. Whether your program is using tablets or computers or even smart phones, we are working to make charting your records and milestones a snap with modern web tools!

POWER plus SPEED

The Formula for Success

Develop Powerful LEGS and HIPS



BXI Dog Sled

Dual direction design
Massive steel construction
Center mounted weight
Quick-switch pushing bars

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Sprint Sled

Improves power
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2" Olympic plate holder
Comfortable, yet durable, nylon harness and lead

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2"x 3" 7 Gauge Steel Construction

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Standard Features that
are a cut above set the
Elite line of racks and
benches apart from the
pack



7-gauge chrome-plated bar
catch adjustment rails



2 upright Olympic bar holders



Chrome-plated Olympic plate
size horns angled for safety



Multi Grip Chin Up Bar



The Winning Choice

The 2015 BFS Elite Plus Double Sided Half Rack

Starting at \$2,595

Available with a wide variety of add ons including a modular
platform to maximize space and efficiency.

Call BFS and learn about all the options

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Package Options



ADip
Attachment:
\$195



BTechnique
Attachment:
\$275



CElite Plus
Bench:
\$495

DModular Elite
Platform \$1095



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BFS Success Story



Back on Track at Patapsco High

How this Baltimore football program went from 0-29 to 9-1

When Thomas Raybon took over the football program at Patapsco High School in 2010, he inherited a program that had not had a winning season for more than a decade and was on a 19-game losing streak. He was confident that he could turn around the pro-

gram, but that first year the Patriots lost every game, extending the streak to 0-29. He persevered, and in 2014 the Patriots finished the season with an impressive 9-1 record. Here is how he did it.

First, consider that Patapsco High is known more for being a center for the arts, not a sports powerhouse. In fact, the school's best record was in 1998 when they finished at 8-2, they haven't had a winning season since 2013 (6-4), and between 2006-2011 all their seasons were below .500. Coming into the program, however, Raybon had an edge – he was an assistant football coach at Sparrows Point High School in Baltimore.

Prior to 2003, Sparrows Point had only one victory in 40 games, with their one win coming as a forfeit. Head coach Eric Webber took over the program and that first year they finished with a 3-6 record, followed by a 9-1 season. One of his keys to success was implementing the BFS program. “BFS is all I’ve ever done,” says Webber. “The high school I attended followed BFS, and when I started coaching I was an assistant coach at Fort Hill, Maryland, which uses BFS and has a dominant program.” If BFS could get the Pointers pointed in the right direction, Raybon figured it could do the same for the Patriots.

With the support of Principal Craig Reed and Athletic Director Chris McGuinness, Raybon implemented the BFS program with the football team. Other teams followed to help unify the athletic program, which was important because Raybon encourages his athletes to play multiple sports. The BFS program was also im-



plemented in the physical education program, making it possible for athletes to train during the school day. For motivation, Raybon established a record board and offered “Iron Man” shirts for top performances in the cores lifts of the clean, squat, bench and deadlift.

Another challenge Raybon faced was helping his athletes deal with everyday challenges, which he says are more prevalent now than when he started coaching. “Many of the kids we coach are put at a disadvantage because of home situations. I’ve had kids tell me, ‘I’m sorry I was late to practice coach, I had to watch my little brother, or I don’t have my practice jersey because it’s at my dad’s house and I’m only with him on the weekends.’”

Asked how he dealt with these issues, Raybon replied, “I told these kids that if you’re put in these situations, everyone expects you to fail. Why not buck the trend and be the person that no one expects you to be? Be successful.” But Raybon’s goal is not just to win games, but to help these athletes succeed in all areas of their life.

“We push these kids all the time not just to be better football players, but to be better students and to be better people. We tell them, ‘You’re a student first and

Patriots’ Head Football Coach Thomas Raybon inspires his players to be successful on the gridiron and in the classroom.



From 29 straight losses to a 9-1 season, Patapsco High School is one of the greatest turnout stories ever published in BFS. At left, quarterback Tyler Vogt (#1) is under center, and at right #5 Dequan Hicks clears a path for #21 Aldrin Gariques.

an athlete second.” My main job is not to win games, but to get you guys out of high school to go to college and become a successful member of society. If you go on and play football in college or the pros, great – but you have to have something to fall back on. We want our talented players to say, ‘I graduated in the top five in my class and I’m going to college and I’m going to play D2 ball.”

Despite losing every game that first year, Raybon saw big changes in the kids. The next year the Patriots’ losing streak ended and they finished the season with four wins, followed by 6 wins in 2013 and a 9-1 season in 2014. “I can certainly say that we have gotten

better because we have gotten stronger and we owe that to BFS,” says Raybon.

Raybon says much of the credit for the Patriots’ success must be given to his coaching staff: Offensive Coordinator Robert Shepard, Defensive Coordinator Justin Delcourt, Joel Gamble (wide receivers, defensive ends), Dale Piercy (offensive line and linebackers), and Head Junior Varsity Coach Craig Willet and his assistant Greg Davis. “My coaches spend hours upon hours getting these guys ready to play every week,” says Raybon. “We always preach that this is a group effort and that everyone is a valuable asset to our program.”

The success of the Patriot’s program should serve as an inspiration to all coaches who are faced with the challenge of turning around a struggling athletic program. It should also serve as the standard approach to help young people with personal challenges to get them on the right path for success in all areas of their life. Says Raybon, “I’m not in this for the money or simply to win games and championships – those are nice extras, of course. But to see kids grow from 9th grade to 12th grade and move on and be successful people, that’s the greatest reward I have as a coach.”

“Be An 11 has
changed my life!
I WILL
BE AN 11!”
- Katie Heinlen

BE AN 11 Seminars!

“The most inspiring night of my life!”
~ Kyle Meyers, Rutherford B. Hayes High, OH



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It is without a doubt the best thing that has happened to our school.”
- Coach T. Cox

“Reaffirmed the reason I entered coaching 25 years ago.”
- Coach Al McFarland

“This is exactly what our school - and community - needed.”
- Coach Fox

HERE'S HOW IT WORKS - BE AN 11 SEMINAR \$2,990 ITEM #800K

BFS will come to your school
and will spend up to three
hours inspiring, motivating and
educating your athletes

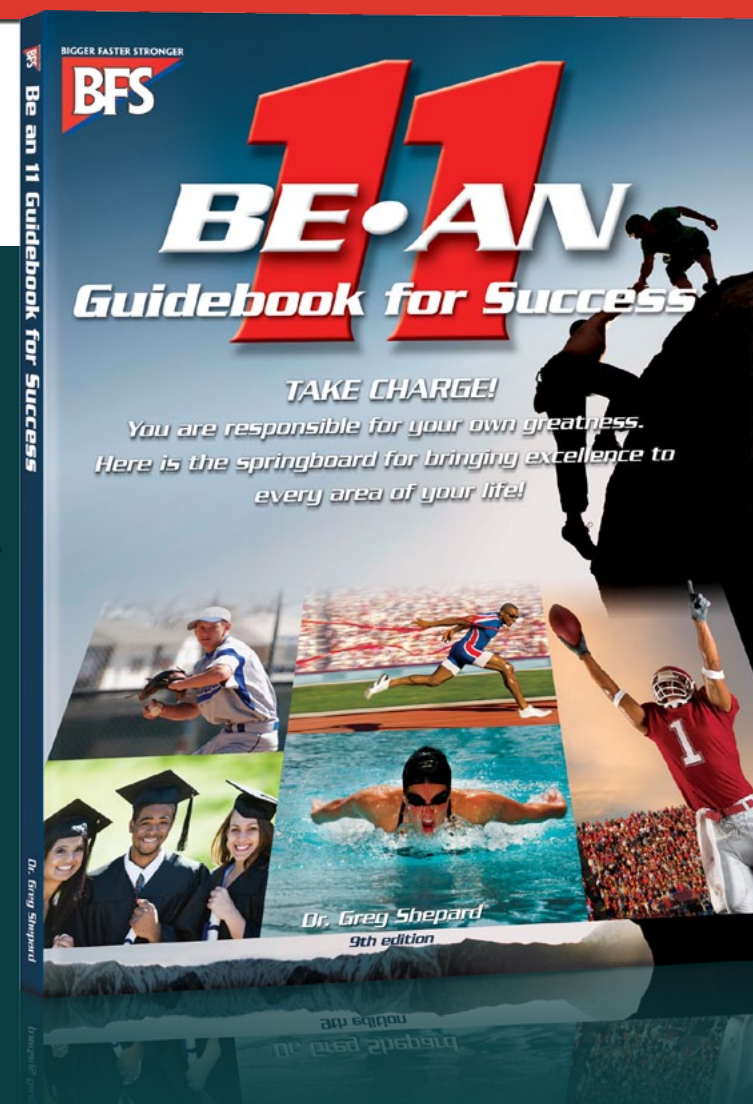
Only \$2,990 for 50
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All travel fees included in
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Package your Be An 11 Seminar with a Total Program Clinic or a BFS
Weight Room Safety Certification (WRSC) and save. See page 26 to
learn about how to bundle and save on BFS camps!



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Online



TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS



Exercise Instruction
Character Education
Coaches Sessions
Weight Room Safety
Weight Training,
Weight Room
Evaluation



BFS PRESENTATIONS IN 4 FORMATS COMBINE FOR 11 OPTIONS TO COVER YOUR UNIQUE SITUATION



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2 Day Total Program Clinic: Up to 12 hours of hands on strength & conditioning training for athletes & coaches, core lifts, auxiliary lifts, speed, plyometrics, etc... Coaches-only break out session starts off the clinic to ensure you are able to immediately put the total program in use for your team. A BFS instructor will come to your school and show you how to unify your athletic program so athletes can progress year-round. The 2-day clinic permits more hands-on instruction for every coach, teacher and student/athlete.

1 Day Total Program Clinic: Up to 6 hours of Hands on Strength & Conditioning Training for Athletes & Coaches, Core Lifts, Auxiliary Lifts, Speed, Plyometrics, Flexibility, Nutrition, Program, etc... Coaches only break out session starts off the clinic

Be An 11: Up to 3 hours of Character Education, Goal Setting, Team Building Activities, Championship Attitude Activities, Community Support, Unification, etc... See **page 24** of this magazine to learn how a Be An 11 seminar can inspire your teams and student body!

WRSC: (In-Service or Regional Certifications Available) A BFS Weight Room Safety Certification provides a minimum of 8 hours of Hands on Teaching Protocols, Program Implementation Details, Safety & Liability Details, Weight Room Evaluation, Core Lifts, Auxiliary Lifts, etc... WRSC includes one year of online video training support. See **page 48** to learn more!

Explore your options

Find a complete list of available camps clinics and certifications on page 7



Learn More about the Total Program
at www.biggerfasterstronger.com



TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS

Start Your Championship Journey With BFS!



A BFS Championship Camp & Coaches WRSC
2 Days, 50 Athletes & 5 Coaches: \$6980 Product # 800A
Be an 11 Seminar • 2 Day Total Program Clinic • In-Service Weight Room Safety Certification

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G Be An 11, Coaches WRSC
50 Athletes & 5 Coaches: \$4735 Product # 800G

Pricing and Savings

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IMPLEMENTATION PACKAGE	\$2500
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1 DAY TPC	\$3490
IN-SERVICE CERT.	\$3195
IMPLEMENTATION PACK-AGE	\$3000
TOTAL::	\$12,675
	\$6480

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1 Day Clinic: \$20 per student over 50
WRSC: \$299 per coach over 5

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H Coaches Weight Room Safety Certification
10 Coaches Minimum
\$5190 Product # 800H

Pricing

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10 COACHES
10 COACHES X \$399 - \$3990 + 1200 DEPOSIT
Total: \$5190

WRSC: \$399 per coach over 10
Implementation package worth over \$2,300.

D Be An 11 Seminar,
1 Day Total Program Clinic
50 Athletes: \$4985 Product # 800D

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
BE AN 11 SEMINAR	\$2990
1 DAY TPC	\$3490
IMPLEMENTATION PACK-AGE	\$2500
TOTAL	\$8980
	\$4985

Save Over \$3995

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1 Day Clinic: \$20 per student over 50

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, and much more!

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50 Athletes \$3990 Product # 800I

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

2 Day Clinic: \$30 per student over 50
Implementation package worth over \$1,500.

E 2 Day Total Program Clinic, Coaches WRSC
50 Athletes & 5 Coaches: \$5735 Product # 800E

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
2 DAY TPC	\$3990
IN-SERVICE CERT.	\$3195
IMPLEMENTATION PACK-AGE	\$2500
TOTAL:	\$9685
	\$5735

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WRSC: \$349 per coach over 5

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

J 1 Day Total Program Clinic,
50 Athletes \$3490 Product # 800J

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

1 Day Clinic: \$30 per student over 50
Implementation package worth over \$1,500.

F 1 Day Total Program Clinic, Coaches WRSC
50 Athletes & 5 Coaches: \$5235 Product # 800F

Pricing and Savings

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RETAIL PRICE	PACKAGE
1 DAY TPC	\$3490
IN-SERVICE CERT.	\$3195
IMPLEMENTATION PACK-AGE	\$2500
TOTAL:	\$9185
	\$5235

Save Over \$3,950!

1 Day Clinic: \$30 per student over 50

WRSC: \$349 per coach over 5
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

K Be An 11 Seminar
50 Athletes \$2,990 Product # 800K

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

Be An 11: \$30 per student over 50
Implementation package worth over \$1,000.

Package Details and Information: All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit www.biggerfasterstronger.com/camps. Here you will also find helpful hints and instructions on what you can do to prepare for your BFS clinics. **All** dates must be booked 30 days prior to clinic date.
Book early to lock in your preferred dates.

Combine your clinics and save!
Call 800-628-9737 to learn about bringing BFS to your school



Learn More about the Total Program at www.biggerfasterstronger.com





Getting Young Athletes Ready to Win

The BFS Readiness Program is intended for those who are not yet ready to engage in weight training programs performed by more physically mature athletes. The focus is on developing perfect technique in all the basic components of athletic fitness, giving these athletes a head start when they graduate to the BFS Total Program. That's the Readiness Program in a nutshell – now let's take a closer look as to why we believe this program is so important.

In a study published in the September 2009 issue of *Pediatrics*, researchers reported that injuries in physical education classes increased by 150 percent from 1977 to 2007. In athletics, an estimated 70 percent of children quit organized sports by the age of 13. There are many reasons for these troubling trends in physical and athletic fitness, one being that many of our youth are not adequately prepared for vigorous physical activity. This is where the BFS Readiness Program can help.

The preponderance of research in strength and conditioning shows that weight training is the single best way to improve an athlete's speed,

strength, body composition and muscular endurance. Besides improving performance, athletes who are physically fit are less likely to get injured and if they do get injured, recover faster.

Weight training is a key aspect of the BFS Readiness program, but it is performed with light weights as its purpose is to teach athletes perfect technique. That way, when they are physically mature enough to lift heavy weights, they can do so safely. There is a concern that lifting weights at a young age is associated with a high risk of injury. However, research shows that even competition weightlifting movements such as the snatch and the clean and jerk can safely be performed by middle school athletes.

The challenge is that athletes mature at different rates. Thus, in a group of 13-year-old boys, you could have some boys with the physical maturity of an 11-year-old and some with the physical maturity of a 15-year old. In fact, at the 2014 Senior National Weightlifting Championships, a 14-year-old CJ Cummings broke the senior American record in the clean and jerk, lifting 337 pounds at a bodyweight of just 136 pounds.

BFS had developed an extensive multi-media package to teach coaches and physical education teachers how to implement the BFS Readiness Program.



Photo by Bruce Klemens

Young athletes mature at different levels. Shown is 14-year-old CJ Cummings, one of America's most promising weightlifters.

With that background, here are the fundamental components of BFS Readiness Program:

BFS 1-2-3-4 Flexibility Program. Specifically, this flexibility program consists of 10 stretches, chosen because they work the major muscle groups. The stretches are divided into four groups, performed in the following order: 1) On a bench, 2) Standing, 3) On a wall, and 4) On the floor.

Speed and Plyometrics. Jumping and running are two basic skills of athletic development, and the BFS Readiness program teaches proper running mechanics and introduces them to a safe and progressive jumping program involving plyometric boxes.

BFS Dot Drill. The dot drill is a challenging warm-up drill that improves balance and agility. It is used at the beginning of every workout.

Weight Training. The focus of the weight training program in the BFS Readiness Program is to teach young people how to lift properly and also to spot properly. Weight is not important at this time, and often we have young people start with a light, 15-pound technique bar. For example, in judging the technique of a bench press, we want the athlete to learn how to form a solid base to press from without excessive arching of the lower back. As they lower the bar it should touch the chest, and then be driven upward with even extension. Only when the athletes

can perform two sets of 5 or 10 reps (depending on the exercise being performed) is the weight increased.

The entire workout takes only 45 minutes and is performed two times per week. Here is how BFS founder Dr. Greg Shepard describes the program in his book, *Bigger Faster Stronger* (Human Kinetics, 2009): "A maximum of five athletes should use one barbell, allowing one to lift, three to spot, and one to get ready. The athletes should rotate in order. If the program is part of a physical education class, the class could be divided into three groups, with the groups rotating every 15 minutes. For example, group 1 does core lifts, group 2 does auxiliary lifts, and group 3 does agility and running skills."

Graduation from the BFS Readiness program is based upon performance standards that BFS has established for both boys and girls. The lifts tested are the squat, bench press, and the hang clean (a variation of the power clean). These lifts were chosen because they are basic core lifts that BFS believes should be used throughout an athlete's career.

The BFS Readiness program is a quick, easy-to-administer workout. With nearly four decades of enthusiastic results, BFS is convinced that this is the optimal workout program to give young people a head start on a lifetime of safe physical and athletic performance.

GET STARTED RIGHT!

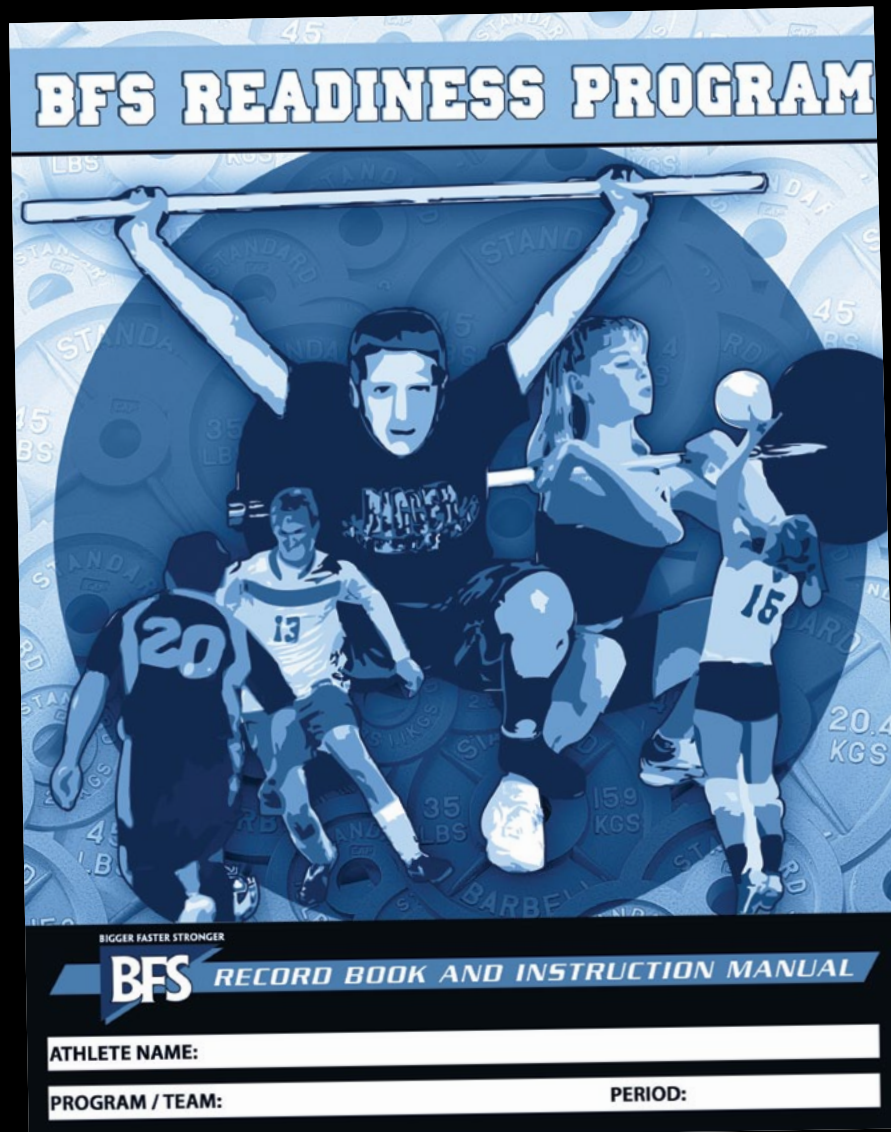
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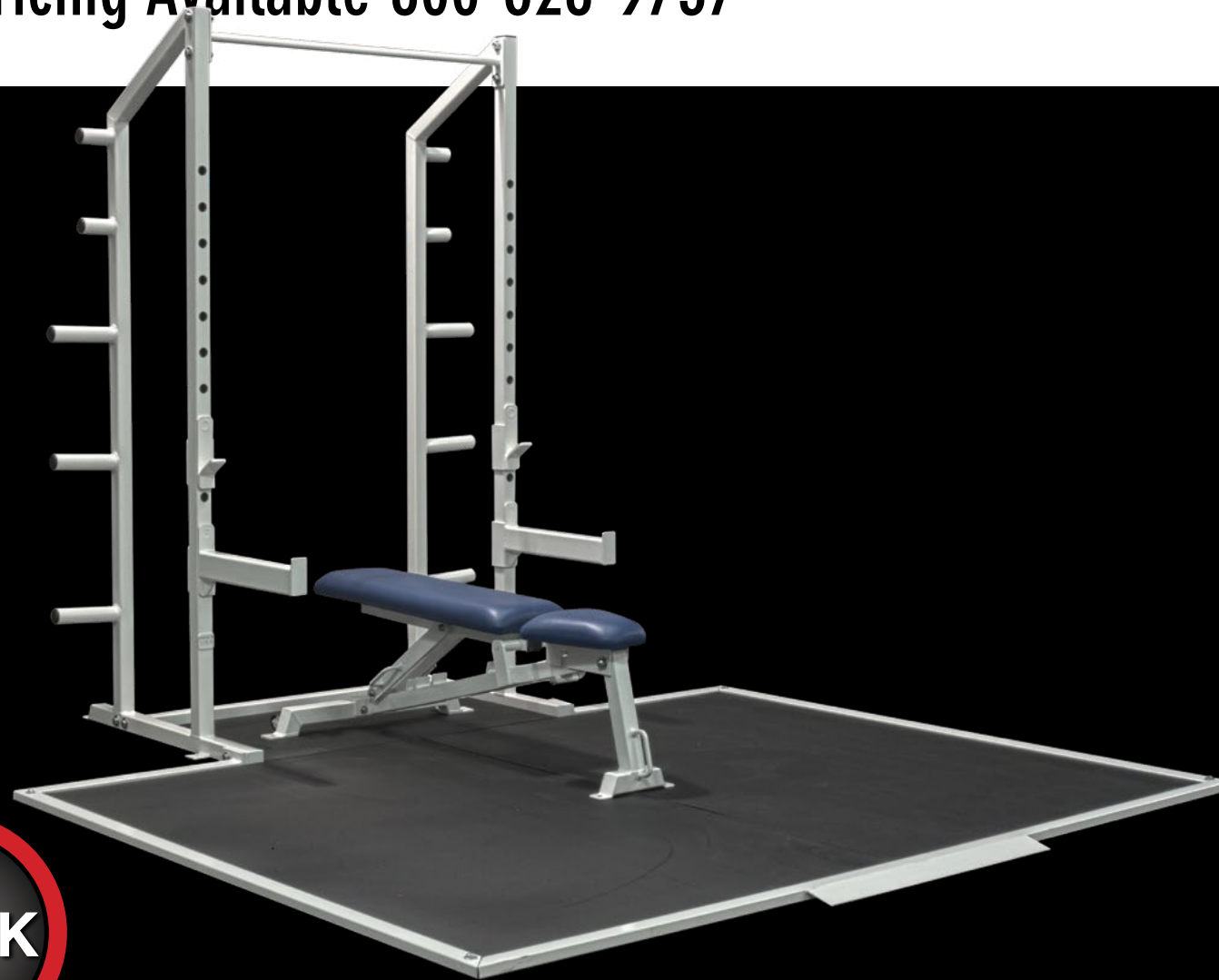
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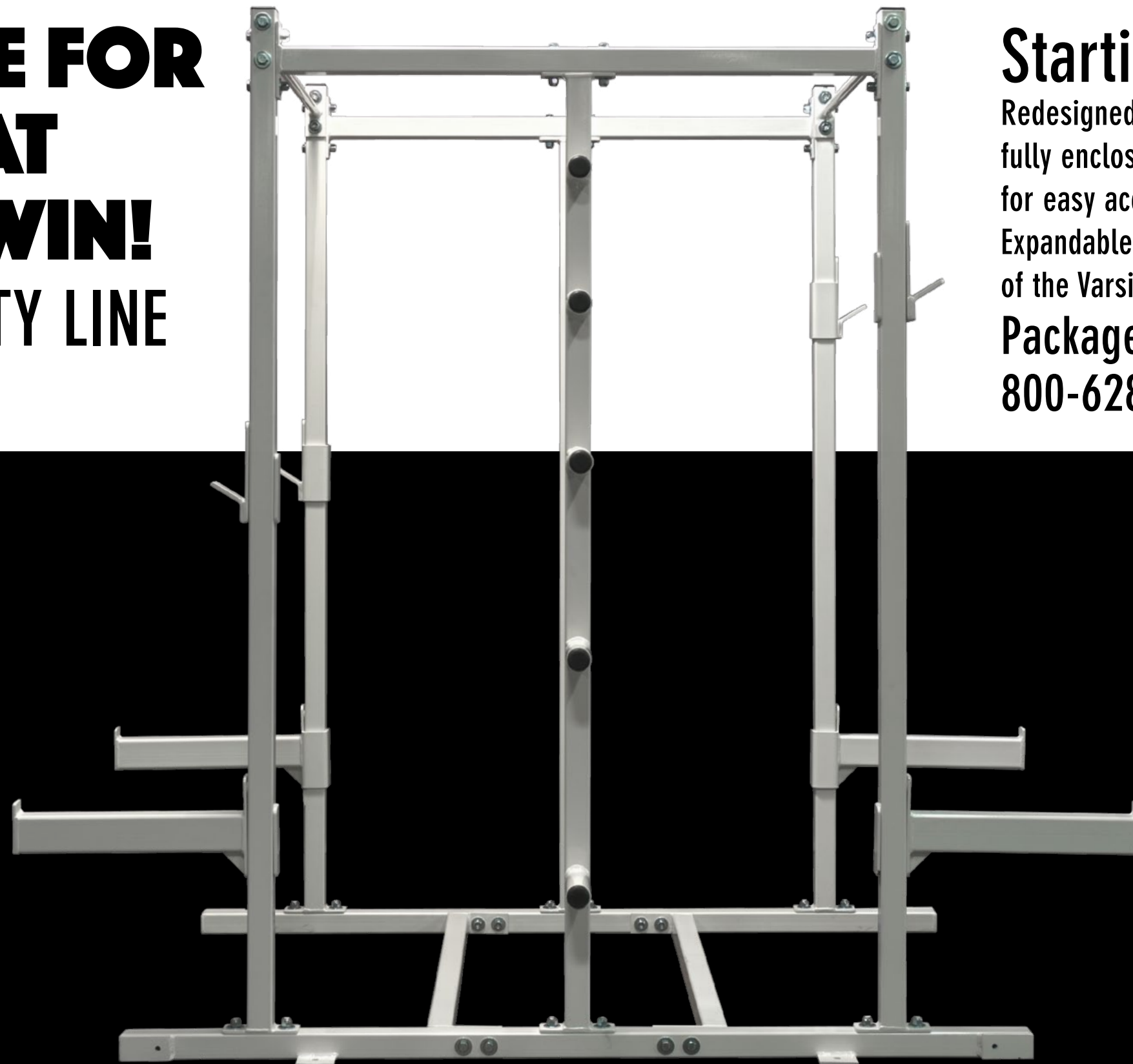
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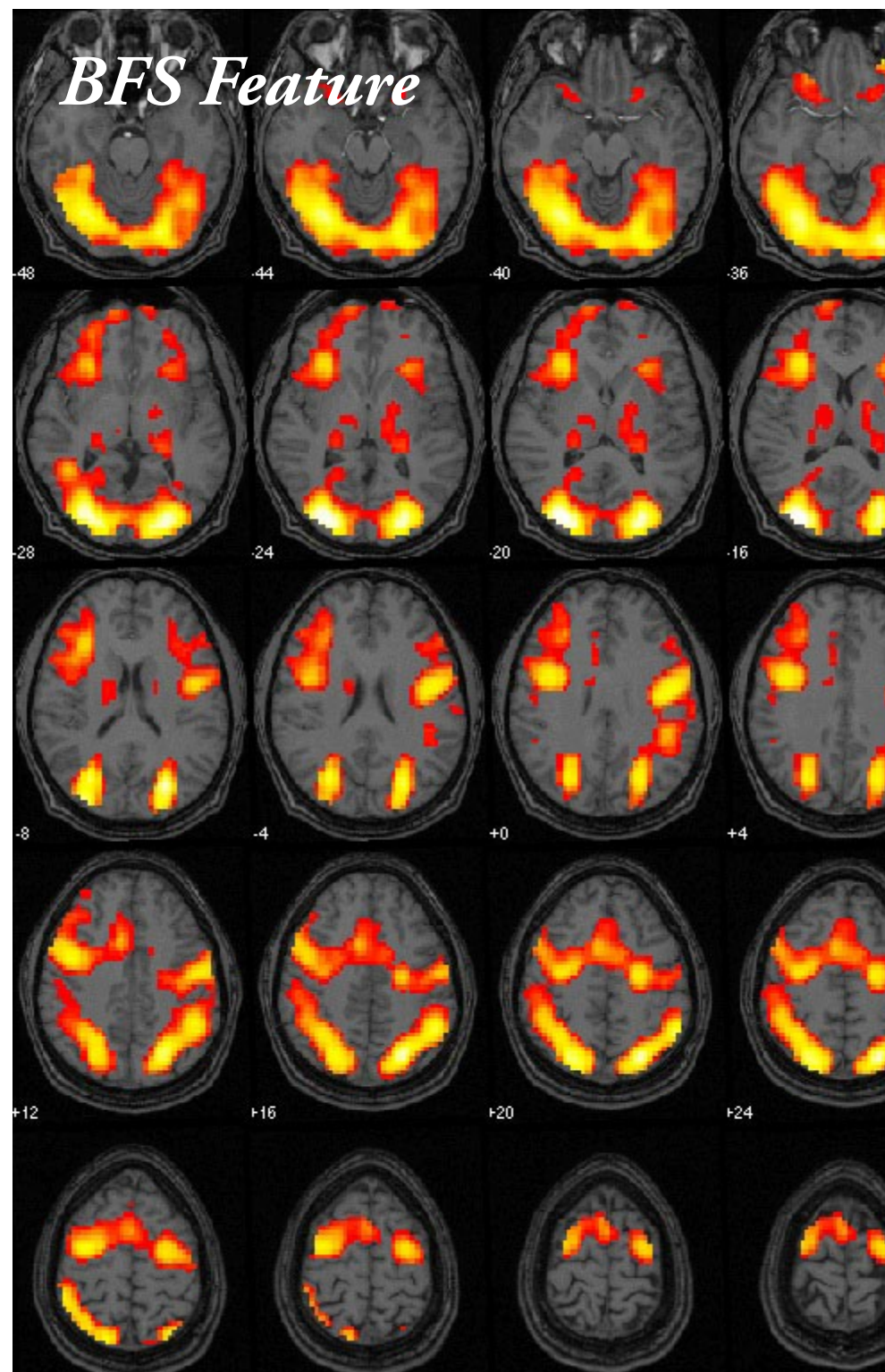
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Neuropsychologist Dr. Alina Fong

What You Must Know About Concussions

The latest research on how to treat traumatic brain injury

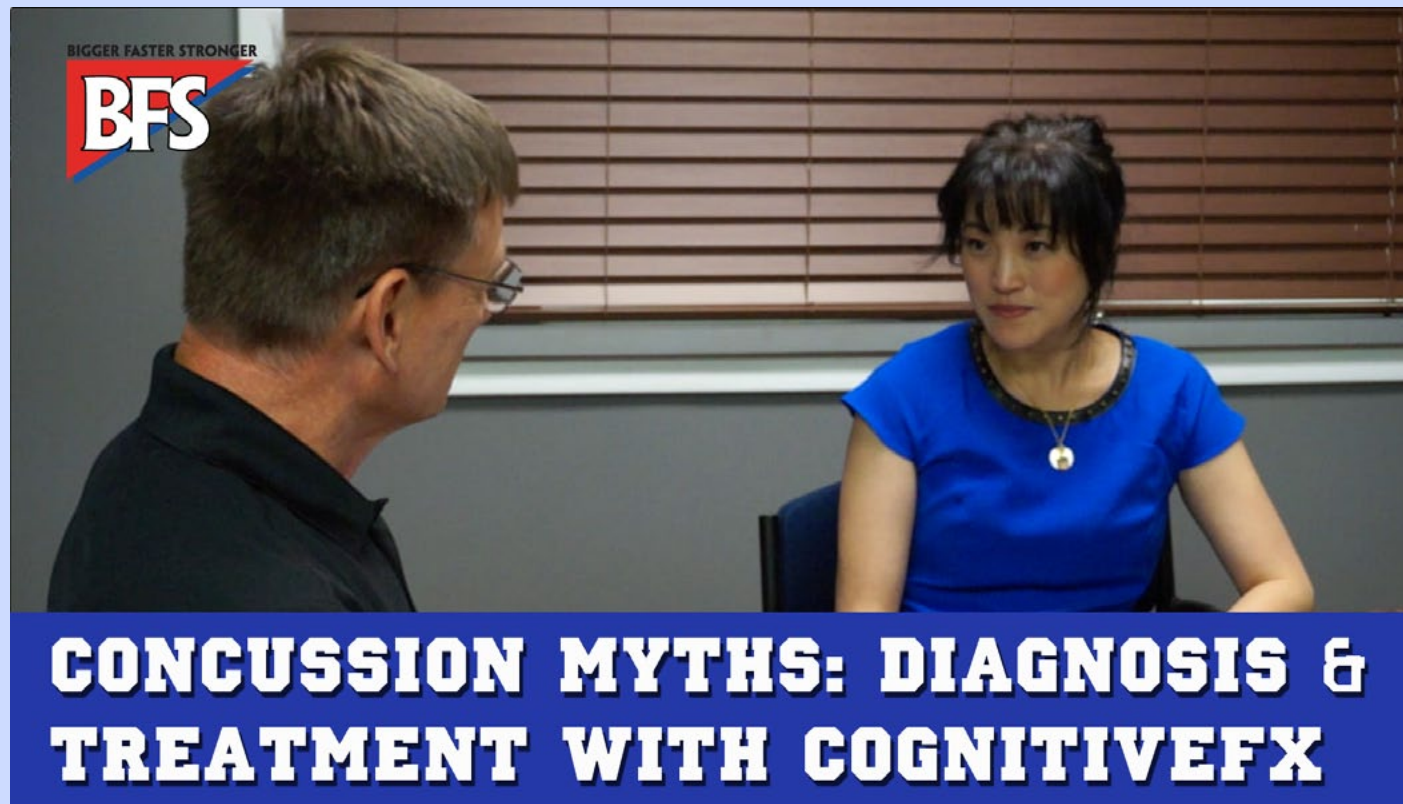
One of the first steps to resolving a problem is awareness, which explains why the sports community has taken so long to aggressively tackle the problem of traumatic brain injury. We just didn't know.

In the past, concussions were often regarded as a bad headache that would resolve itself in a few days with some rest – many sports commentators and even coaches often dismissed concussions as simply, “Having your bell rung.” We are now aware of the many long-term complications associated with this type of brain injury, especially for those athletes who have

suffered multiple concussions. We also know that the problem is getting worse.

Consider that according to the Centers for Disease Control and Prevention, in 2010 2.5 million emergency room visits and 50,000 deaths were associated with traumatic brain injury. Further, between 2001 to 2009, the number of emergency room visits with a diagnosis of concussion increased by 57 percent for those under the age of 19! However, there are socioeconomic factors, such as lack of medical insurance, that result in many individuals who suffer from

BFS Feature



On a recent post to the CoachBFS YouTube channel BFS CEO Bob Rowbotham discusses concussion diagnosis and treatment with the newest member of the BFS Advisory Board, Dr. Alina Fong. Dr. Fong is the Director of Concussion Treatment at CognitiveFX, her clinic specializing in brain injury and treatment.

▶ [Listen to the discussion here: No 10. Dr. Fong Concussion Myth.mp3](#)



Cognitive FX in Provo, Utah



concussions failing to seek treatment. As such, these numbers may not be a true reflection of how widespread the problem is due to underreporting.

“One of the myths associated with traumatic brain injury is that you have to lose consciousness to have a concussion.”

With such awareness, fortunately, has come financial support for research into how to diagnose precisely and effectively treat concussions. One pioneering researcher in this field who has been working with BFS is Dr. Alina Fong, a neuropsychologist at Cognitive FX in Provo, Utah. Says Fong, “To study the long-term effects of a concussion takes 20 or 30 years of monitoring in what are called longitudinal studies. In the next five years we will see more of these longitudinal studies published, and these will give us a much better idea of the long-term effects of concussions.”

Fong says one of the myths associated with traumatic brain injury is that you have to lose consciousness to have a concussion. She also says that it’s a myth that only football has a high risk of concussions, explaining that she has seen concussions in a wide variety of sports. “And what about soccer players who hit the ball with their head – maybe they are not getting full

BFS Feature

concussions, but mini-concussions? Again, we will know much more when those longitudinal studies are published.”

In one study on 9,000 hockey players ages 11-12, it was estimated that 700 players each season suffer concussions. Such numbers are especially concerning to Dr. Fong, beyond the high risk of severe brain damage if an athlete returns to play too soon. “Your skull isn’t done forming until you’re much older, and your brain doesn’t stop developing until you’re about 26 years old! The brain is very dynamic in a young child

patient can sleep. “I personally don’t like using a lot of medications because of the side effects – in fact, side effects such as confusion are common symptoms of concussions. If you’ve ever been on a strong pain medicine, you might have experienced such confusion. So yes, medicine has its place, but we want to ensure that we are not adding to our problems with our medication.”

Fong says one of the best treatments for a concussion is sleep. “Many people are under the impression from movies that you should not allow someone with

creating a paradigm shift in how we access and treat concussions. In addition to using the Optojump™ system that has been featured in *BFS* magazine for the past two years, they employ an advanced brain imaging technology, created by Dr. Fong and her partner Dr. Mark Allen, called functional Neurocognitive imaging (fNCI). This type of MRI shows the medical professional a comprehensive assessment of how the brain is functioning in categories such as memory and verbal fluency. This feedback enables Dr. Fong and her associates to determine the best treatment plan for the patient and to determine exactly how quickly the patient is progressing.

In future issues of *BFS* magazine we will explore in detail many of the exciting developments in concussions treatment from Dr. Fong and the staff at Cognitive FX. Traumatic brain injury is a serious, widespread health issue that we must take seriously, especially with our youth.

***“Your skull isn’t done forming until you’re much older,
and your brain doesn’t stop developing until you’re
about 26 years old!”***

– there is a lot of learning and changes occurring. If the brain of a child is traumatized, it may be more injurious than someone in their 30s because you’re potentially damaging how that brain is going to develop.”

How should concussions be treated? It depends upon the symptoms. “If a patient is actively vomiting, for example, they need to have a CT scan. We need to slow down the vomiting with an anti-nausea medication because we have to keep fluids in the body. We might also prescribe sleep medication to ensure the

a concussion to sleep, but we now know that sleep is the best way to get the brain to heal. If they have a brain bleed, then they need to be in the hospital and surgery may even be necessary. Once we have a clean CT and know the brain is intact and there is no brain bleed, we want the patient to sleep. Back in the days before we had imaging, they wanted to keep patients awake because we were afraid they would never wake up – but actually, sleep is the best thing for them.”

Cognitive FX offers advanced treatments that are

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<http://www.cognitivefxusa.com>

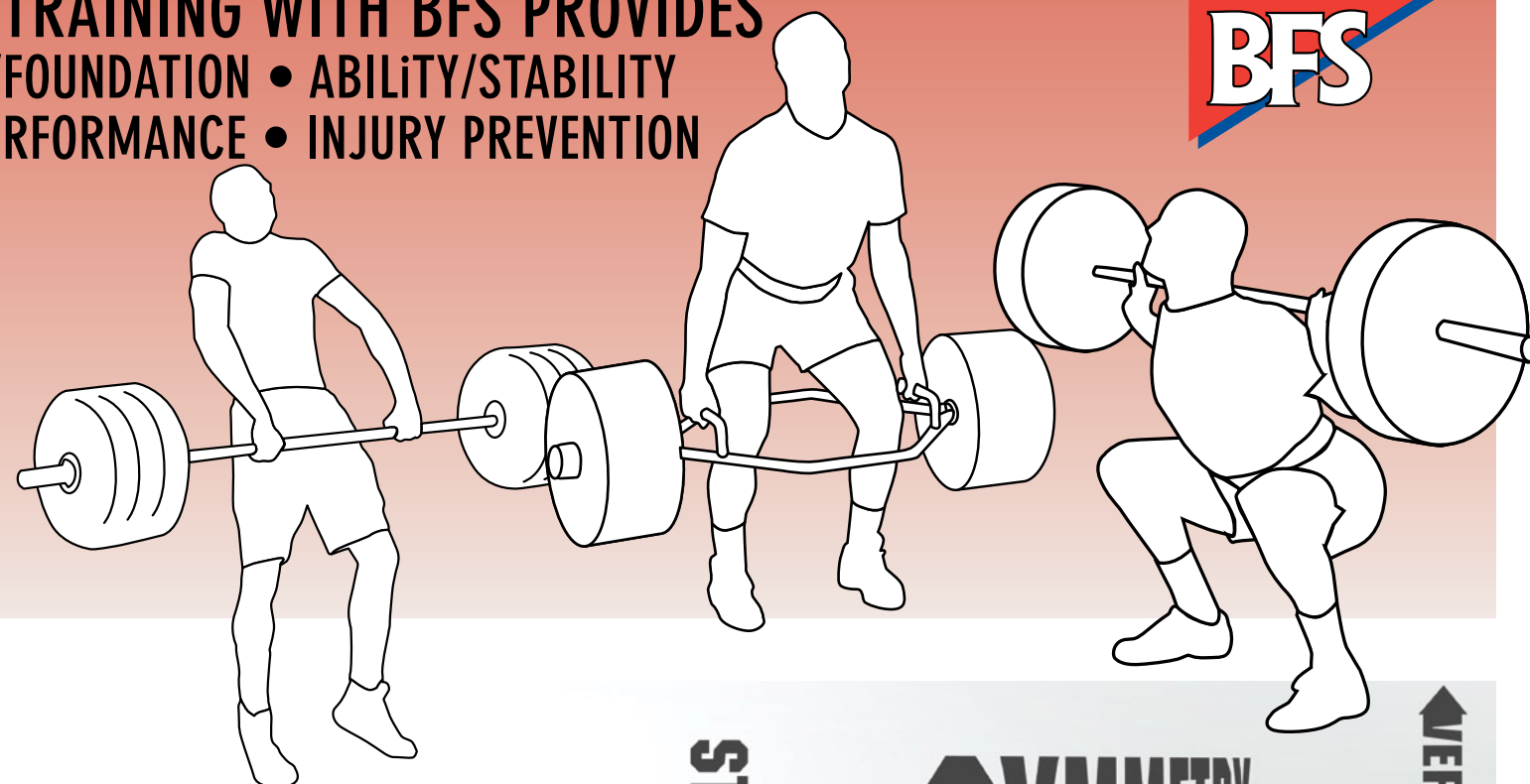
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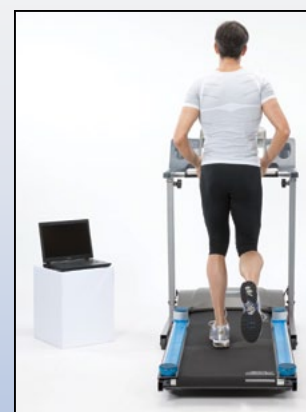
Develop program specific training based on the test results

Periodically check the results and the effectiveness of treatment

Create a database of athletes

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The BFS Advisory Board

Dr. Peter Gorman is currently working with BFS Inc. developing the Child's Right to Symmetrical and Coordinated Growth project. He has brought together a team of leaders in the field of movement, sport and injury recovery and prevention that will enable this project to positively impact the lives of youth across the nation.

Dr. William Brechue is a Professor of Physical Education at the United States Military Academy at West Point NY. In this role he serves as the Director of the Center for Physical Development Excellence

Dr. Scott Burkhart is a neuropsychologist trained in clinical concussion management and treatment. Dr. Burkhart completed his concussion fellowship at the University of Pittsburgh Medical Center, Sports Concussion Program.

Dr. Henry Kamin is board certified in Internal Medicine and is currently an Assistant Professor of Medicine at New York Medical College.

Kevin Barr has spent over 20 years as a strength coach working with athletes at the highest level of sports. He brings an invaluable insight into working with maturing bodies to the BFS Advisory board

Alina K. Fong received her PhD in Clinical Neuropsychology with an emphasis in neuroradiology from Brigham Young University.



Tools to Help You Bench More

A closer look at chains, bands and the BFS Bench Block

The bench press is a BFS core lift that is unparalleled for developing strength in the triceps, chest and shoulders. It has become such an important part of any athlete's training that the most common question asked to those who lift weights is, "How much can you bench?"

In the early days of the Iron Game, bodybuilders often trained the bench press with low reps and heavy weights. The result is that many of them became especially strong. Reg Park, who won his first Mr. Universe title in 1951 and who appeared in five Italian-made *Hercules* movies, was the first bodybuilder to bench press 500 pounds. Arnold Schwarzenegger said that Park was his role model. Despite Arnold's long arms that gave him poor leverage for the lift he was also able to bench 500 pounds.

Athletes at Dulaney High School use the BFS Bench Block to overload the end range of motion of the lifter, where the athlete is stronger.

Training and Equipment

The first powerlifter to bench press 600 pounds was Pat Casey, who retired after officially bench pressing 615 pounds in 1967. Then came James Williams.

When Williams was 12 years old he could bench press 200 pounds, and he lived up to his potential. His competition lifts were performed with a two-second pause on the chest and were performed in a “raw” fashion, as supportive equipment was not available in his day. In the 1972 World Championships he made his official best with 675 pounds, missing 700. That record held for 22 years. To put that lift into perspective, consider that the current “raw” bench press world record is 722 pounds, made by Eric Spoto in 2013. As for the absolute record using supportive gear, that record belongs to Ryan Kennelly who did 1075 in 2008. In the women’s division, April Mathis established the world raw record in 2014 with 440 pounds, and Becca Swanson holds the absolute record using supportive gear with a best of 600 pounds that she made in 2008.

One reason the absolute and overall standards for bench press are so high now is because of superior training methods, including chains and bands. These tools work because the bench press has an ascending strength curve, such that you can display more

Chains provide an even, increasing level of resistance as the barbell is pressed off the chest. This effect helps develop explosiveness.

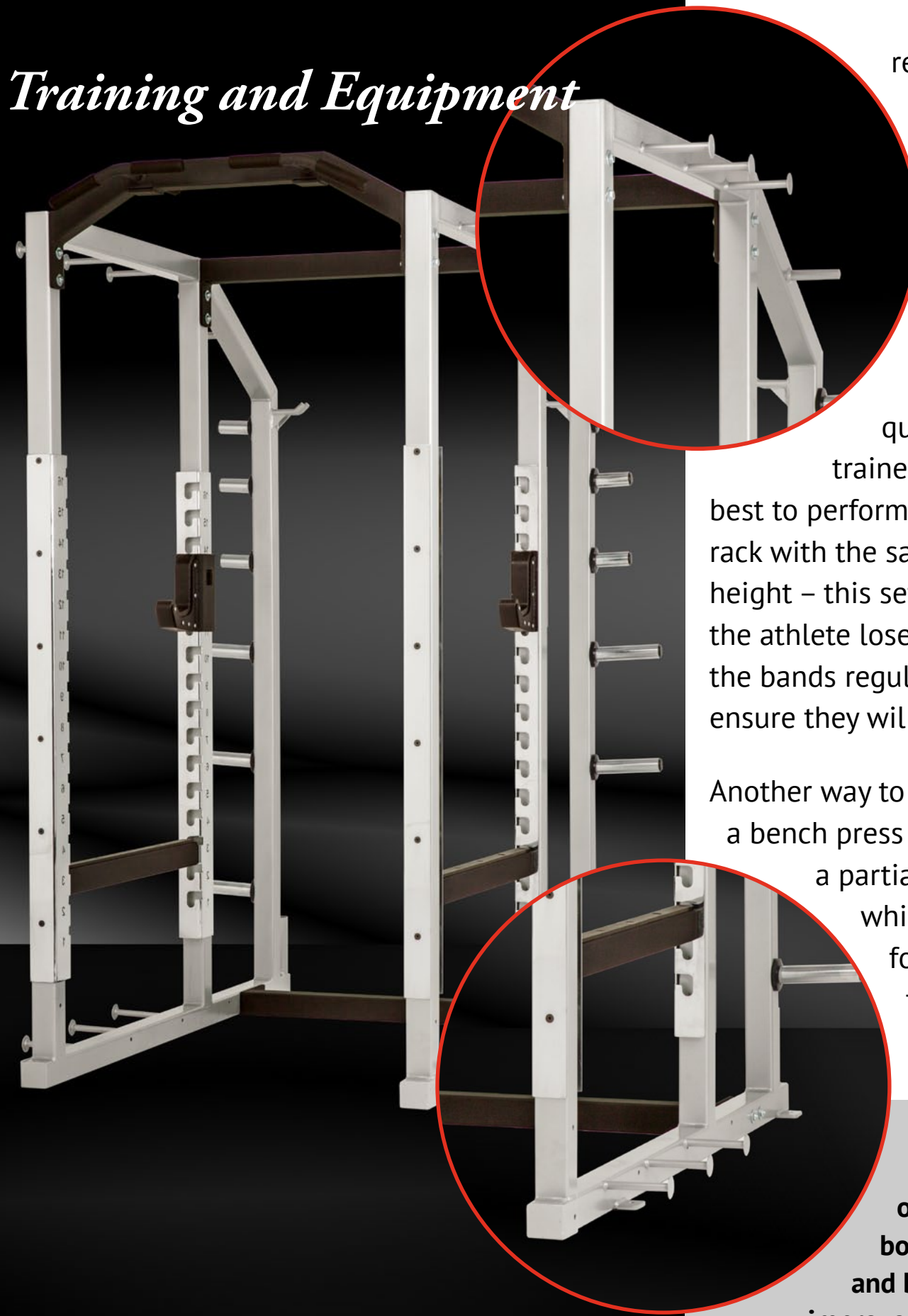
strength as your arms straighten. As such, this part of the lift does not receive sufficient overload as the initial drive off the chest.

Chains provide an even, increasing level of resistance as the barbell is pressed off the chest; this enables the resistance curve of the exercise to match more closely an individual’s strength curve. However, because the resistance increases as the arms straighten during the press, the body attempts to increase muscle tension at the beginning of the lift to complete the lift. This effect develops explosiveness. The most efficient type of chains are designed such that the chains attached to a collar that attaches to the barbell, which is the type that BFS sells. However, regular collars should still be used to safety secure the plates on the bar.

Bands provide the most resistance at the end range of the lift, such that the athlete can apply more force during this portion of the lift. The effects of bands on strength was explored in a study published in the 2006 in the *Journal of Strength and Conditioning Research*. The authors concluded that when used in conjunction with free weights, bands improved peak force and peak power more than free weight training without bands.

Another way to use bands is to attach them to the top of a power rack – the BFS D1 equipment line has power racks with attachments for bands at both the bottom and the top of the racks. Because the bands

Training and Equipment



reduce the resistance at the start of the lift, bands used in this manner would have the same effect as chains in teaching the athlete to accelerate the weight off the chest.

The challenge with bands is that they are not as stable as free weights or chains, and as such require some practice to master – an alert, trained spotter is a must. That's why it's best to perform band bench presses inside a power rack with the safety bars adjusted to the appropriate height – this set-up will help prevent injury should the athlete lose control. Also, it's important to check the bands regularly for damage or excessive wear to ensure they will not tear apart during use.

Another way to overload the end range of motion of a bench press is to perform bench presses through a partial range of motion. One way to do this, which BFS has been promoting for nearly four decades, is to place a rolled up towel or round piece of foam under the shirt to restrict the range of mo-

BFS offers power racks with band attachments at the top and bottom of the rack. Attaching the bands at the bottom of the lift improves the lockout, and bands attached to the top of the rack improves the drive off the chest.

tion. By limiting the range of motion of the exercise, you can overload the strongest position of the exercise. Foam bench pads are good, but now BFS offers Bench Blocks, which are better. BFS Bench Blocks are solid pieces of rubber that attach to the bar and thus effectively reduce the range of motion. Bench Blocks are much more efficient than using a towel or towel bench pad, especially when several athletes are training on the lift at one station.

One of the criticisms of the bench press is that it places high levels of stress on the connective tissues of the shoulder, especially if performed several times a week. By limiting the range of motion of the lift with a BFS Bench Block, the stress is minimized. As such, the lift can be performed more frequently. In the BFS off-season program one common workout design is to perform the conventional bench press on Monday and the bench press with the BFS Bench Block on Friday. The lift can also be performed heavy in-season, even the day before a competition, because this bench variation places less stress on recovery ability.

There is no substitute for getting strong with the bench press, but using tools such as chains, bands, and BFS Bench Blocks can accelerate your progress to the next level. So how much can you bench?

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How “Do it All” Stations Get it Done

Practical advice on making weight rooms more efficient

The popularity of weight training in recent years has resulted in schools devoting larger budgets to their strength and conditioning gyms for weight training equipment. That’s the good news. The bad news is that weight training facilities are often not large enough to accommodate more equipment. Let’s take a closer look at the problem, and practical solutions.

When weight rooms have too much equipment for their floor space there is a greater risk of athletes getting into each other’s way moving from station to station. This environment compromises safety. For example, bumping into someone performing a squat



The BFS D1 Double Sided Half Rack with Platform sets the standard for “Do it All” weight training stations. This is the most efficient type of workstation because it enables athletes to perform all the core lifts and many auxiliaries in a once place.

Training and Equipment



Many accessories can be added to the BFS D1 Half Rack and Double Sided Half Rack, such as a flat-to-incline bench with docking system, swivle handle chin-up attachments, dip handle attachment and a land mine or even a double land mine for training the core muscles.

or power clean can easily cause a lower back or knee injury as they their balance is compromised. And the person doing the bumping could also suffer an injury if the lifter drops the weight on them. Likewise, hitting the barbell while someone is bench pressing can easily cause a shoulder injury, or even worst if the accident causes the lifter to lose his or her grip on the bar.

Among the solutions to this problem is to find a larger room for the weight training equipment. Another solution is to raise the funds to build a bigger weight room, which, unfortunately, is often not possible in today's economy. If expanding the size of the size of a weight training facility is not an option, the problem might be solved with "Do it All" stations.

Do it All stations are self-contained workstations that enabled athletes to perform all their core lifts and many auxiliary exercises in a small space. An example of such a workstation would be a power rack placed on a large wood platform, and portable bench. This set up enables athletes to perform power cleans, deadlifts, squats and bench presses. Often the power racks included a knurled crossbar to enable athletes to perform chin-ups. With this type of set-up there is less risk of athletes getting into each other's way as they move from exercise to exercise, reducing the risk of injury and reducing the among of time a athlete needs to get set-up to perform an exercise.

With conventional gym designs, you also run into problems because each lift has its own time con-

straints. Fourteen years ago BFS Founder Dr. Greg Shepard explained why this is a problem. "For example, the parallel squat takes longer than the bench press to complete the same number of sets. Therefore, if you have four squat stations and four bench stations with a system of rotating from one to another, you can run into challenges. Athletes who are doing the bench finish their sets before the athletes who are squatting. With the one-station-does-it-all concept, there is more efficiency – your time management becomes more precise and controlled, and you save space." Let's look at some more numbers.

If you have a weight room with 10 do-it-all stations, you can have three athletes per station, one to lift and two to spot and help with loading the weights.

Training and Equipment

This means 30 athletes can train the core lifts at the same time. It follows that in a weight room with 15 racks, 45 athletes can train; and with 20 racks, 60 athletes can train. An example of a high school that uses Do it All stations is Gentry High School in Gentry, Arkansas. Their impressive, efficient facility was featured in the March 2014 issue of *BFS* magazine.

BFS has been promoting do-it-all stations since the late 1990s, but at the time only had two lines of equipment that offered do-it-all stations: Varsity and Elite. Now we have expanded with D1, our professional line that has become especially popular with pro gyms, colleges, and many high schools who have the budgets to invest in premium equipment. The D1 line uses 7-gauge steel – which is the above industry standard – and includes many standard and optional features.

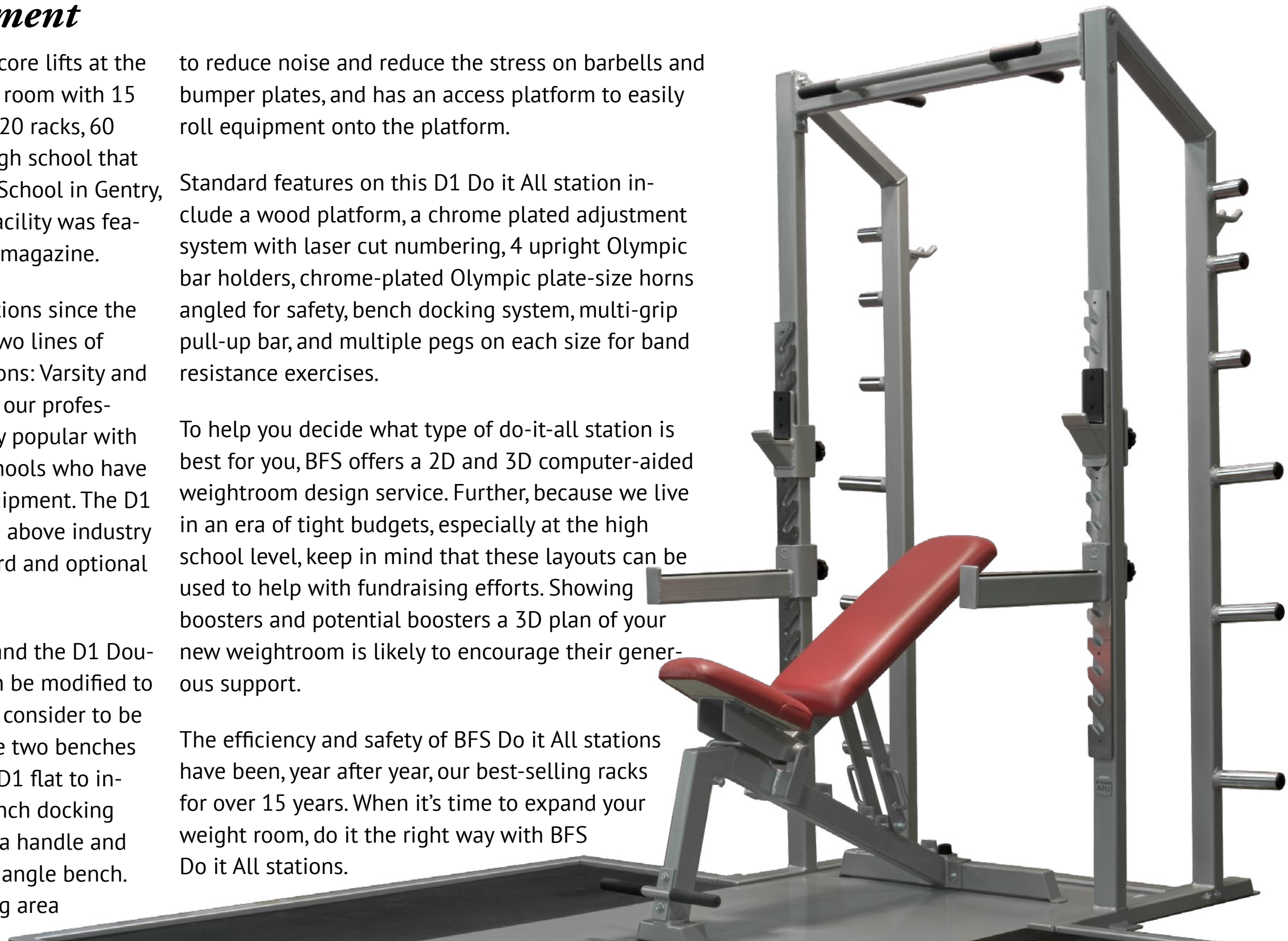
The D1 Half Rack with Platform and the D1 Double Sided Half Rack with Platform can be modified to become the Do it All stations that we consider to be the standard in the industry. There are two benches that we recommend for this unit, the D1 flat to incline bench, which works with the bench docking system installed on this unit and has a handle and wheels for mobility, and the D1 multi angle bench. The wood platform has rubber landing area

to reduce noise and reduce the stress on barbells and bumper plates, and has an access platform to easily roll equipment onto the platform.

Standard features on this D1 Do it All station include a wood platform, a chrome plated adjustment system with laser cut numbering, 4 upright Olympic bar holders, chrome-plated Olympic plate-size horns angled for safety, bench docking system, multi-grip pull-up bar, and multiple pegs on each size for band resistance exercises.

To help you decide what type of do-it-all station is best for you, BFS offers a 2D and 3D computer-aided weightroom design service. Further, because we live in an era of tight budgets, especially at the high school level, keep in mind that these layouts can be used to help with fundraising efforts. Showing boosters and potential boosters a 3D plan of your new weightroom is likely to encourage their generous support.

The efficiency and safety of BFS Do it All stations have been, year after year, our best-selling racks for over 15 years. When it's time to expand your weight room, do it the right way with BFS Do it All stations.



The BFS Elite Half Rack with Platform has one power rack station, a design that has been a bestseller for BFS for nearly 15 years!

D1

D1 Double Half Rack: \$3595

#5D197D l-99" w-90" h-104"



BFS is producing the finest weight room equipment available. With the D1 line our exceptional value for dollar is increased.

D1 is made for the most demanding, high profile programs. Built in the USA with 3" by 3", 11 gauge steel tubing and chromed and laser cut guides D1 racks, platforms and benches are a must see addition to the BFS universe!

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Standard Features



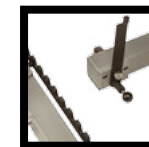
7-gauge chrome-plated adjustment system with laser cut numbering



4 upright Olympic bar holders



Chrome-plated Olympic plate size horns angled for safety



Bench Docking System for use with Bench #5D107



Multi-grip pull-up bar



Multiple pegs on each side for band resistance exercise

Package Options



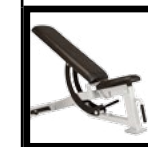
A. Swivle Handle Chin Up Option: \$145



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C. Land mine option for fulcrum lifts: \$205



D. D1 Bench with docking system \$605



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The Unification Answer to Athletic and Physical Fitness

A closer look at an industry trend to improve school weight rooms

Unification has been a key concept in the BFS program that we believe is essential to success in both

athletic and physical education programs. Let's take a closer look.

Unification is the concept that all high school and middle schools, even some colleges, follow the same basic strength and conditioning program. That includes all core weight training exercises, speed and agility exercises, and flexibility and plyometric exercises.

A unification program, such as the type offered by BFS, provides an organizational model that improves athletic performance, reduces teaching time, and prevents many administrative hassles and personality conflicts. Although unification is primarily used in athletic training, it can – and should -- be used to help unify physical education classes. This has been the experience of Sally Nazelrod, Coordinator of Health and Physical Education in the Baltimore County Public Schools”.

“Baltimore County has 25 high schools, and our superintendent and administration have established the safety and security of our students as priorities,” says Nazelrod. “One way our physical education department interpreted these goals was to ensure that our weight training practices were safe and consistent. Unifying our programs enabled us get funding outside of our operating budget to provide our teachers with a weight training certification from BFS.”

“What is so good about the BFS instructional program is that it's student-based, personalized, and safe -- that's what we want for our students in Baltimore County,” says Nazelrod. “The BFS model also address-

BFS Feature



The CoachBFS YouTube channel shared a conversation between BFS President John Rowbotham and Head Lacrosse Coach Kyle Fiat of Dulaney High School in Timonium Maryland. By unifying the PE curriculum with athletics teachers, coaches and student athletes all use their valuable time more effectively and efficiently.

▶ [Listen to the discussion here: Benefits of WRSC Certification Across P.E. and Athletics.mp3](#)



BFS President and Clinician John Rowbotham reviews the Total Program with Dulaney students



**Rod Mergardt,
Director of Professional
Development for BFS.**

es the problems associated with the issues of failure to warn, failure to teach, and failure to supervise.”

Nezelrod says that what is learned in the physical education setting should extend beyond high school. “Learning to lift weights correctly and knowing proper weight room etiquette will follow you through your life. In this sense, we are preparing our students to know what it’s like to become healthy in a commercial gym setting. As a county school system we endorse the BFS certification for our teachers because it works, is consistent and is safe!”

How do you implement a BFS unified program? For the answer, we turned to Rod Mergardt, Director of Professional Development for BFS.

Mergardt says that one way to implement a unified program is to enlist the support of the administration. “If the administrator buys into unification, then he or



Work outs for High school student/athletes during PE classes mean there is more time for after school activities like homework, family or sport specific skill training.

she in a position to tell their staff, 'Here is the way we're going to do this. We're going to unify our athletic and physical education programs. We're going to implement the BFS Readiness Program, at some level or another. In elementary schools it might be doing nothing more than using a PVC pipe for three lifts.' Again, the bottom line is that the administrator needs to make the decision that their athletic and physical education programs must be unified."

Another approach to unification involves having high profile coaches champion the cause. "Examples of high profile coaches are the boys football and boys basketball coaches," says Mergardt. "If one or more of

these individuals buy into unification, then it's a home run. The major problem with this approach, however, is that there are many diverse backgrounds in coaching, and some of these individuals might be reluctant to buy into new concepts."

Mergardt says another effective way to promote unification is to look at equipment purchases. "It seems every year when school districts construct their budgets they announce that, 'This year is going to be tighter than it was last year.' We're constantly being squeezed, so we must spread out whatever money we spend on as many of our students as we can

"Administrators are going to realize they can't be spending money for these people to be doing this, and these people to be doing something that," says Mergardt. "If both the athletic and physical education departments don't come together and unify, they are not going to survive."

BFS has been promoting the concept of unification for 39 years. It was a great idea back then, and it's a great idea now.



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2/21/15	Sycamore HS	Cincinnati	OH
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