

BFS

*Concussion
Treatment
Breakthrough
p21*

*Is Liquid
Chalk Best?
p25*

*Character
Education
Now!
p34*

Building a Dynasty with BFS

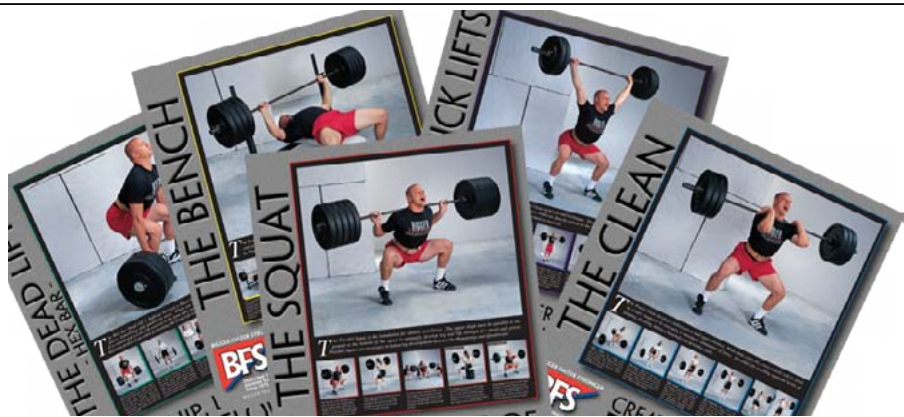
*NFL High School Coach-of-the Year Bruce Larson,
Max Praschak and BFS Clinician Jeff Scurran*

p13

BFS COACH'S MARKETPLACE

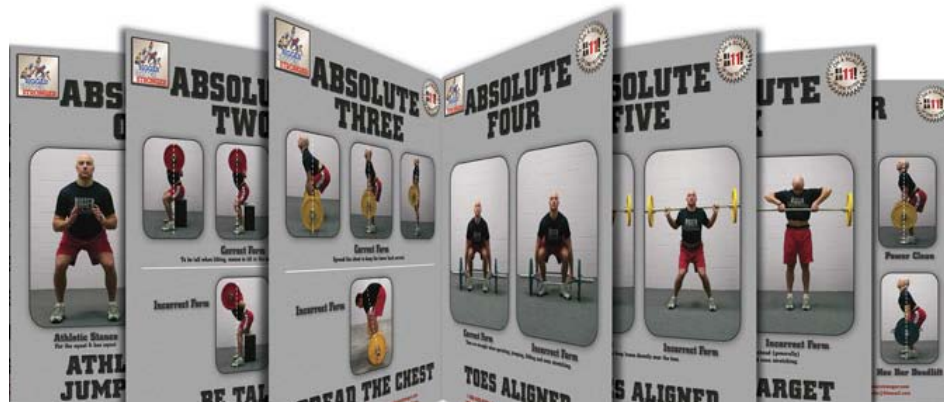
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A Message from BFS Editor Kim Goss, MS



Dylan Rush is the type of athlete we like to feature in *BFS* magazine. Dylan was the 2005 BFS High School Male Athlete of the Year. He carried a 3.7 GPA in high school, played football at UCLA, wrestled at Stanford, and then went on to compete as a pro fighter in MMA.

Student/Athlete Reality Check

Collegiate and professional athletes inspire young athletes to train hard and take their game to the next level. Over the past 35 years these stories have been celebrated in *BFS* magazine, but we also want to impress upon our young readers that they should always have a back-up plan. And that plan is remembering the student part of student/athlete.

In recent years the NCAA provides a report about the probability of high school athletes earning college scholarships and moving up to the professional level in football, baseball, hockey, men's soccer, and men's and women's basketball. It would be great to take a line from the movie *The Hunger Games* that the odds will always be in your favor, but they are not.

If you play high school football, you will compete with over one million other young men competing for approximately 70,000 scholarships, which translates specifically into 6.5 percent. Those players will be competing for 254 draft slots, which translates into 1.6 percent. Those are among the best ratios.

For all these sports studied, none of the ratios of stepping up from high school to the pro ranks was better than .5 percent. Further, the numbers for college scholarships is not limited to D1, full-ride scholarships. The fact is, there are many scholarships that do little more than pay for books – every bit helps, but it's far from the dream of the rock star lifestyle. Let's look at some more odds of high school athletes playing in college:

Men's Basketball: 3 in 100

Women's Basketball: 3 in 100

Baseball: 7 in 100

Men's Soccer: 6 in 100

Men's Hockey: 11 in 100

These numbers are one reason why when we started the BFS High School Male and Female Athlete of the Year award. We look for great athletes who were also exceptional students. We also looked for athletes who played multiple sports, one reason being that so do most college scouts.

College coaches know that the individual performance of one athlete in a sport is influenced by another – a good running back can put up great numbers with a strong offensive line, and a great quarterback may have poor numbers due to lack of good receivers. If a young man excels not only as a quarterback, but also as a point guard in basketball and a pitcher in baseball – now that's someone special.

Another reason we like multi-sport athletes is because we want young men and women to enjoy the high school experience. Attending year-round special sports camps and club teams, rather than playing and practicing with your classmates, is a shame. Club sports will always be around, but you only have one chance to be a high school athlete.

Perhaps you have what it takes to defy the odds and earn a college scholarship and even make it too the pros? That's great – strive to fulfill your athletic potential. But just in case you fall a bit short, focus on being not just a great high school athlete, but also a great student.

Kim Goss, MS

Editor in Chief, *BFS* magazine
kim@bfsmail.com

Table of Contents



From the Editor
Student/Athlete Reality Check..... 2



What's Happening
News and highlights from the world of athletic fitness..... 4



BFS Success Stories
Wynne High Football: A Question of Strength
How a struggling program lifted their way to a 13-win season..... 9

Somerset High School: A BFS Success Story
How NFL High School Coach-of-the-Year Bruce Larson wins 13



Features
Concussions: Getting Back in the Game
Using technology to lower the risk of permanent brain injury..... 21



Training and Equipment
The Evolution of Gym Chalk
Why liquid chalk is superior to block chalk..... 25



Function Dictates Design: MCore TS3 Training Station
A closer look at this versatile training tool 29

Physical Education
BFS: A Parent's Perspective
What BFS has taught an athlete's mother about teamwork and character..... 34

BFS Magazine

FOUNDER: Dr: Greg Shepard
CEO: Robert Rowbotham
PRESIDENT: John Rowbotham
EDITOR IN CHIEF: Kim Goss, MS
ART DIRECTOR: Steve Kinslow
VP OF SALES: Doug Kaufusi

COVER PHOTO: Bruce Lawson, Max Praschak,
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2930 West Directors Row
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1-800-628-9737 • Fax 801-975-1159
info@bfsmail.com • biggerfasterstronger.com

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What's Happening



Everything is Awesome at Falls City High School

Built in 1926, Falls City High School is located in Falls City, Nebraska, and serves an average of 260 students. In May of 2012 Principal Gale Dunkhas invited BFS Clinician Kam Shepherd to his school to conduct a two-day BFS Championship "A" Camp for 50 athletes, a Be an 11 seminar, and a certification program for five coaches.

But wait, there's more!

The coaches were so pleased with the results of these educational programs that they brought Coach Shepherd back in May of 2014 to do a one-day follow-up seminar for another 50 athletes. "It was awesome to see the kids who were freshmen and sophomores in 2012 develop into outstanding junior and seniors," says Shepherd. "These young men and women have an excellent work ethic and are fortunate to belong to a such a wonderful community."

But wait, there's more!

Principle Dunkhas told Coach Shepherd that he is so pleased with the positive effects these clinics have had on his students that he plans to schedule a BFS clinic every two years to expose the incoming students to what BFS has to offer. Congratulations to Coach Shepherd and the exceptional students and faculty of Falls City High School.

What's Happening

Sesely Omli

Team BFS Still Going Strong

The Team BFS Weightlifting Club is making its presence felt in competitions in the New England area. Shown are photos of four of the young women on the team who won the team title in a local competition in Rhode Island on January 31, 2015. Kyle Hoffman, one of the male lifters on the team, won his bodyweight division in this meet.

The women's team has 11 lifters who are exceptional role models, especially academically. One of these young women has a master's degree, seven have bachelor's degree (with two working on their master's), two are working on the bachelor's degrees with 3.92+ GPA's in high school (and were awarded athletic scholarships), and one graduated high school with a 3.50 GPA.

Karim Ghonem photos

TEAM BFS



Vanessa White



Jordyn Gaza



Kaitie McHugh



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#57-Roy Like, #3 Zach Morris



#68 Garrett Ball, #59- Jackson Shaw, #63-Brady DeVasier



Wynne High Football: A Question of Strength

How a struggling program lifted their way to a 13-win season

Even the best football coaches realize that with the fluctuation in talent at the high school level, off years are to be expected. In 2011 Coach Chris Hill took over a program at Wynne High School in Wynne, Arkansas. Having won only 15 games in the previous four years, the Yellowjackets were having more than a brief slump but Coach Hill knew exactly what to do about it.

Nine years ago Hill was coaching at Obion County Central High School in Troy, Tennessee, and his team was struggling. His team finished with a 5-6 record and eight of his athletes had injuries that kept them off the gridiron. That's when he made a call to BFS Clinician Jim Brown to set up a clinic with Coach Brown, his son P.J. and his daughter Mandy.

"After our clinic our players were very excited," says Hill. "Seeing Mandy box squat 405 pounds for five reps opened up the eyes of our players to see how far we had to go. I have been doing the total BFS program at all the schools I've coach at since then because it is simply the best all-around program." Let's take a closer look at some of the numbers.



#57-Roy Like , #70- Derek Bothum



In 2014 the Yellowjackets won 13 games and made it to the state championship game, a level they had not seen for a decade.

In that first season, Obion County finished 8-3 and established school records for most points scored in a season and a state record for forced turnovers. They also only had one player miss a game due to injury. From there Hill took over programs at three more schools. At Morrilton High in Morrilton, Arkansas, the team worked their way to the state championship game for the first time in 28 years. At Ashdown High in Ashdown, Arkansas, his team made the playoffs twice and in 2009 finished with a 10-2 record. In 2011 at Season Parkway High in Bossier City, Louisiana, his team won 10-2 and won their first playoff game in 16 years. Hill took over at Wynne High School in 2011, a 5A program with the highest classification being 7A.

At Wynne, Hill immediately implemented the BFS Total Program, and encouraged his athletes to train year-round and also to become well-rounded athletes

Coach Hill encouraged his athletes to train year-round and also to become well-rounded athletes.

by competing in multiple sports. “That first season we were 9-3 and finished the season ranked #7 in 5A football. Our losses were to the state champions, the state runner-up and a 6A quarter-finalists team,” says Hill.

In 2012 the Yellowjackets earned 12 wins, a conference championship title, and a spot in the state semi-finals. The following year the Yellowjackets racked up nine wins on their way to the state quarterfinals. In 2014 they earned 13 wins and made it to the state championship game, a level they had not seen for a decade. That adds up to a 42-9 overall record with one appearance in the state championship game, one semi-final game, and two quarterfinal games. Hill says this past season was especially rewarding because he had been able to work with the seniors since their freshman year.



Since Coach Chris Hill took over in 2011, the Yellowjackets have achieved a 42-9 overall record with one appearance in the state championship game, one semifinal game, and two quarterfinal games



#26 Jamar Dixon, #1 Ross Trail



#23 -Marcus Northern , #80-Timothy Strasser

Hill believes that hard work in the weight room is essential to success on the gridiron, and this includes training aggressively in-season. “We don’t lift to maintain. We lift to get stronger. We lift to get better. Our kids have bought into that philosophy -- and it has paid off!”

To keep his players motivated at the highest level, Hill encourages his athletes to compete in statewide “powerlifting” competitions in which the two lifts are the power clean and the bench press. In the last 11 years, his football teams have won state championship titles in this challenge six times, were runner-up

twice, and earned three team titles. “The power clean is our number one lift in the weight room,” says Hill. “It’s all about being explosive, and it’s the most ath-

***We don’t lift to maintain.
We lift to get stronger.
We lift to get better.***

letic lift an athlete can do.” How explosive? This year the Yellowjackets had four players who could clean 300 pounds or more. One of those players was Deandre McGill, who plays nose guard, fullback and middle linebacker. At a bodyweight of just 198 pounds, McGill cleaned 320 pounds!

Some football coaches might be concerned that their players could get complacency with the training after such a successful year, but not coach Hill. “We had 100 percent attendance in our summer program last year, and I fully expect us to have 100 percent attendance this year.” Wynne High School is a special place, and football means a lot to not only the players and the school, but also to the community. Our 2014 team raised the bar, but the players on our 2015 team also has great expectations.”



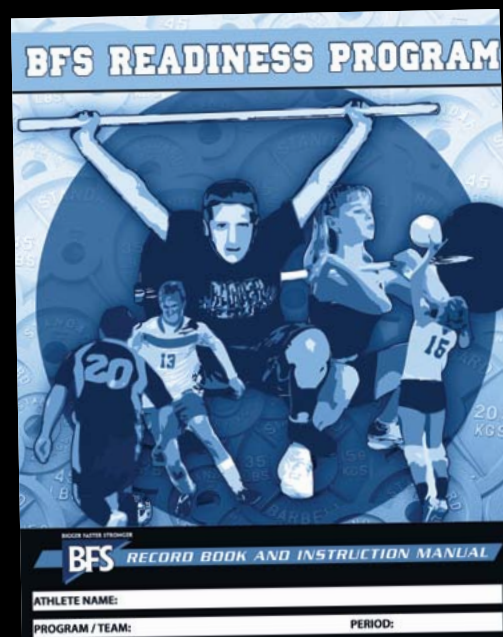
BFS Set/Rep Log App Update

Pilot beta test results on this new training tool are returning and BFS is looking for spring roll out!

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!

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Somerset High School: A BFS Success Story

How NFL High School Coach-of-the-Year Bruce Larson developed a winning tradition

by Jeff Scurran, BFS Clinician

I don't believe that I'll ever forget my first conversation with Somerset High School's Head Football Coach Bruce Larson back in 2002. First, I could barely understand a word that man said among the din of

noise typical of the well-attended Wisconsin Coaches Association Clinic; the volume of his voice for an experienced football coach was so untypically low. I remember asking him to repeat almost every sentence he uttered. But Coach Larson's message to me was clear and precise; Somerset High School in Somerset,

Wisconsin, was mired in mediocrity.

Despite his efforts to change things, the community was OK with the status quo and the school wasn't willing to make a large investment in a radical change.



Dalton Lyons

Coach Bruce Larson's tradition of winning was the result of a well-designed plan that included a year-round commitment to strength and conditioning.

Even though my schedule was completely full with clinics, Larson convinced me that the plan I laid out for his school would be followed and he was willing to put himself on the line to get it done. His sincerity and willingness to learn the BFS System, and how it could be specifically implemented in his school, convinced me to move a few things around and work out a spring clinic.

The next few years were almost a blur of success and resulted in Somerset's first state football title. In itself, this would be a wonderful story. But this was

just the start of a journey that has helped turn Somerset into a true football powerhouse...and Coach Bruce Larson as the 2014 Don Shula NFL High School Coach-of-the-Year.

Unlike most coaches, Larson saw BFS as a true, long-term resource. After two additional clinics helped his program win a state title and a final four finish, some of his athletes convinced him they didn't need another clinic. Larson demurred, and Somerset fell out of the playoffs. This would be their last failed season.

Literally, only one day after losing his last game of the season, Larson called me and asked for my help again. This time, we set up a plan to take weight off of the bar and focus totally on technique and body position. Then, as technique was perfected, weight was judiciously added to the lifts...and the "miracle of Somerset," as some area coaches called it, began in earnest.

Somerset's success was not a miracle; it was the result of a well-designed plan and a highly committed coach who wasn't concerned about how he would look if he asked an expert for help.



Coach Larson and BFS Clinician Jeff Scurran are shown working on lifting technique with Luke Plourde (left and middle), and Tyan Miller.

Quickly, Somerset became the place where perfect technique in the weight room was transferred to perfect technique on the field. If a weight training or athletic development problem came up, Coach Larson called me or another coach at the BFS home office that same day. If we decided it was necessary to fly me up to the wintry north from the comfort of my Tucson home, we did it. If he needed a piece of equipment to help solve a problem, he found a way to fund it. If the athletes needed a “gentle reminder” of how success was achieved in their hometown, I was there to help the coach who was now a good friend.

Coach Larson encouraged his athletes to train year-round and also to become well-rounded athletes. Coach Larson found a way to buy the equipment I recommended. He bought our specifically designed weight room plan for his modest space. He worked with his school and community to build a compact, but totally functional championship weight room that suited the specific needs of the problems we discovered on our mutual planning.

The wins and state titles followed. Success over a long period of time is never an accident. It is always the result of a sound plan through hard work by dedicated people.

Somerset had become a place where the BFS Absolutes of Body Position were taught in Physical Education and youth sports. The BFS Readiness Program was an expected component of Middle School PE and sports. And the BFS Set-Rep System was the Holy Grail of the high school’s football program.

Coach Larson attempted to get other schools in his area to buy into the BFS concept to raise the level of competition, thereby challenging his team to raise their own level. A few tried this but the attempts were half-hearted and none followed through like Somerset. The bar had been set too high for most; there is no other way to put it.



Somerset High School offers all its athletes the essential equipment needed to help athletes fulfill their physical potential. Shown is BFS Clinician Dennis Moon with Coach Bruce Larson and Coach Jeff Scurran.

When I travelled back to Somerset in December to help celebrate the team's success, the school held a pep rally in my honor, they took pictures of me with the championship trophy, and community members, many who originally doubted the money spent helping to change the culture of work-to-win, came to thank me for my effort.

They told me that the football players now set the tone of "work ethic" for the community that the people of Somerset so highly valued. They bragged that things would never go back to the era of mediocrity that had plagued their athletics for so many years. They explained that the town was "forever changed" and spoke of the future success they now "expected."

They didn't need to do any of that. Celebrating with the students who I'd been working with since they were in elementary school and seeing the smiles on the faces of the community and school leaders was more than enough.

Coach Larson and I hugged after the crowd had cleared and winked a knowing smile in each other's direction. We both understood the happiness that winning had brought to his long-suffering community. But we also knew of the work from his coaching staff, the fund-raising efforts of his boosters to fund his efforts, the students who didn't make it because they simply wouldn't buy into the demanded

work, and the time away from family that any highly successful endeavor costs.

At that point Bruce Larson took out his calendar and asked me when I could come back and begin a new plan because he feared that too many just "expected to win." He worried that some of the younger coaches didn't get the attention to detail it took to produce an athlete that could win with technique and functional strength. He fretted that some of the new administrators, who hadn't witnessed the struggles and tribulations it took to get the program to its now lofty status wouldn't understand their role.



Like all great coaches, Bruce Larson wants to win his next game -- it's all about rebuilding and reloading. There is nothing else on his plate except keeping his weight room up to modern standards of safety and functionality, his superior classroom teaching up to expected levels, his involvement with Somerset Youth Football, his student driving school, his church activities and his family.

Now that he's the Don Shula NFL Coach-of-the-Year Award winner, everyone just assumes they'll continue his winning ways.

Not Bruce Larson. He understands that BFS is all about helping him win. And he'll call me more than any other coach.

Jeff Scurran is one of the most respected coaches and clinicians at BFS and is known around here as 'The Turn Around Artist' for his dramatic success wherever he coaches.



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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!

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



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IN-SERVICE WRSC	\$3195
IMPLEMENTATION PACKAGE	\$2500
TOTAL:	\$8685
	\$4735

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WRSC: \$349 per coach over 5

C Be An 11, Coaches WRSC
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1 DAY TPC	\$3490
IN-SERVICE CERT.	\$3195
IMPLEMENTATION PACK-AGE	\$3000
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	\$6480

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

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Pricing

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Implementation package worth over \$2,300.

D Be An 11 Seminar,
1 Day Total Program Clinic
50 Athletes: \$4985
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Pricing and Savings

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	\$4985

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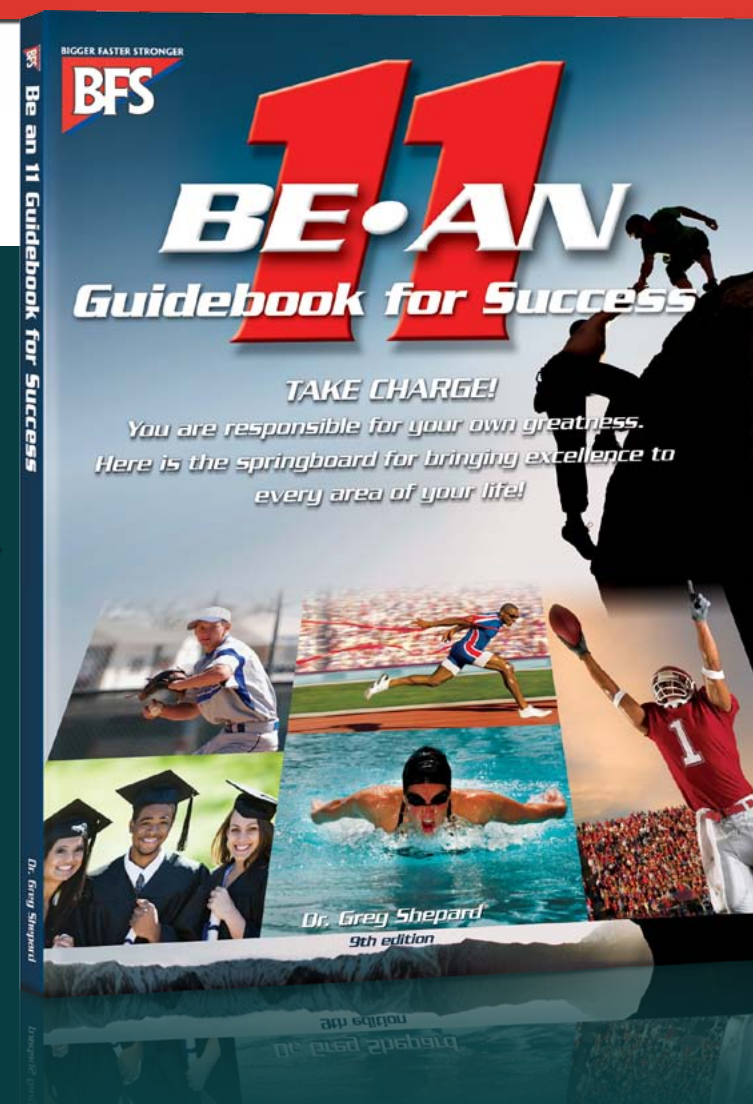
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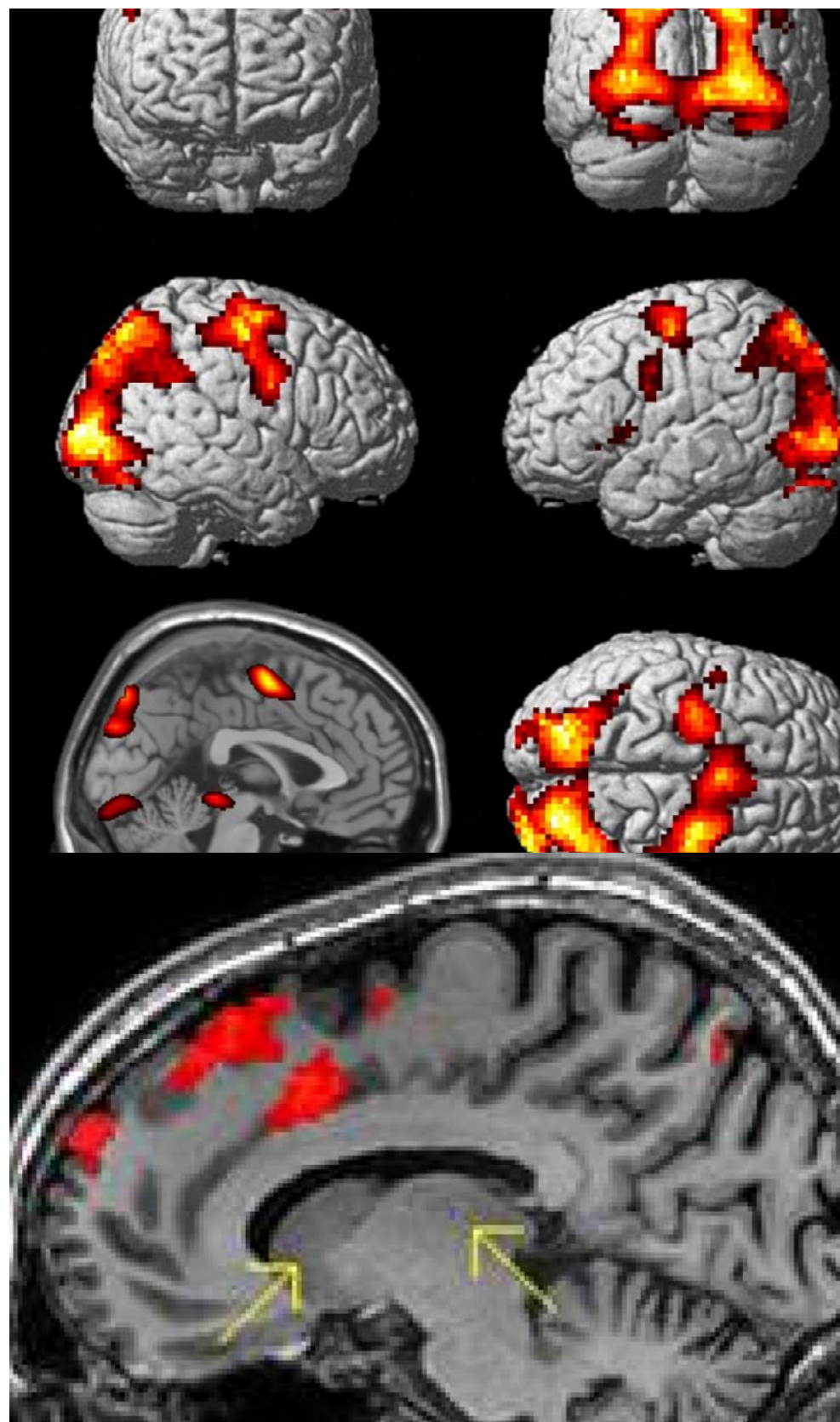
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Concussions: Getting Back in the Game

Using technology to lower the risk of permanent brain injury

With so much media attention in recent years devoted to the dangers of athletes returning to play too soon after a concussion, there has been a considerable amount of money invested in how to deal with this problem. It has been money well spent, and the practical applications that have developed are changing the game – more specifically, enabling athletes to continue playing their game.

Let's make one thing clear: A concussion is a traumatic brain injury. It is most commonly associated with a blow to the head, but it can also occur with a sudden change sudden change in direction in the head, such as when a boxer receives a blow to the head without being braced for the punch.

Helmets are considered key to preventing skull factors in contact sports such as football, but there have been questions about their effectiveness in preventing concussions. In a study presented in 2014 at the American Academy of Neurology's Annual Meeting, researchers concluded that wearing a helmet could reduce mild traumatic brain injury by about 20 percent.

Such data reinforces the importance of teaching young football players proper blocking and tackling

techniques that minimize the impact of contact. However, consider that the best coaches football players in the world are still at a high risk of concussions. In the 2013 NFL season, 121 concussions were reported, an average of about seven per week.

Helmets have been used in amateur boxing, but the prevalent theory that boxing headgear can make things worst by obstructing the athlete's field of vision and thus their ability to respond to certain punches. Data collected on 15,000 rounds of boxing by ringside doctor Dr. Charles Butler found the rate of concussion among boxers not wearing headgear was .17 percent for 7.545 rounds, but for those wearing headgear the rate was .38 percent for 7.352 rounds.

As for the lighter, padded headbands that are being promoted in soccer to prevent concussions, the research has not been impressive. Further, there is the idea that if the padding reduces the impact of the blow, soccer players will compensate by hitting the ball harder with their head.

A single concussion is bad enough, but the risk of suffering permanent brain damage is significantly worse in the case of a condition called second impact syndrome. The Centers for Disease Control and Preven-

Functional Neurocognitive Imaging is a type of MRI that provides a comprehensive assessment of how the brain is functioning, making it a valuable tool in the treatment of concussions.



fNCI is particularly valuable in mTBI/post-concussion assessment. Having had hundreds of concussion referrals over the last 6 years, we now have reliable concussion biomarkers based on brain activation profiles from these patients.

In 1971 Paul C. Lauterbur developed a method to produce 2D and 3D images of tissues using MRI technology. His research resulted in Lauterbur and his colleague Sir Peter Mansfield to win a Nobel Prize in 2003. Rather than just detecting changes in brain tissue, fMRI detects changes in brain activity while the patient performs cognitive tests. In other words, the fMRI diagnoses changes in the brain tissue, but also assesses brain function.

The entire testing procedure takes 24 minutes, providing data that would take up to 10 hours of traditional neuropsychological testing. Among the specific areas tested are attention, executive functioning, processing speed, long-term memory, short-term memory, verbal ability and visuospatial skills. With research involving hundreds of concussion patients over six years, the team at Cognitive FX has developed reliable assessments method that that enable doctors to prescribe treatment protocols, assessing treatment outcomes, and determining return-to-play readiness.

There is still much to learn about how to precisely diagnose and treat concussions, but the advances being made with fNCI are helping our young athletes continue to play the sports they love with minimal risk of injury.

tion defines a repeat concussion as one that occurs before the brain has recovered from a previous concussion. It also says that the condition “can slow recovery or increase the likelihood of having long-term problems.”

The question that follows is, “How do when know when the brain has completely recovered from a concussion?” One answer may have been found by the medical doctors and sport scientists at Cognitive FX, a concussion research and rehabilitation facility in

Provo, Utah.

One of the diagnostic tools used at Cognitive FX is a comprehensive assessment protocol called Neurocognitive imaging (fNCI), developed by Dr. Alina Fong and her colleague Dr. Mark Allen. 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. Let’s take a closer look.



Members of the BFS Advisory Board including CEO Bob Rowbotham, Dr. Alina Fong of Cognitive FX and Dr. Peter Groman of MicroGate USA discuss youth development and the concussion crisis. Dr Fong explains her comprehensive fMRI testing and protocols that can help lead to safer and faster recovery times and return to play clearances.

▶ Listen to the discussion here: No 11. CognitiveFX and Concussion Awareness.mp3



Cognitive FX in Provo, Utah



Cognitive FX Team



Alina K. Fong, PhD
Director of Concussion Treatment

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

Psychological Association Clinical Neuropsychology Division 40 Graduate Student Research Award in 2004 for her research on “Cortical Sources of the N400 and ‘The N400 Effect.’” Dr. Fong’s interest in brain mapping soon turned to functional MRI, and since then, her research efforts have been focused on the clinical applications of fMRI.



Mark D. Allen Phd
Director of Concussion Research

Mark D. Allen earned a PhD in Cognitive Science at Johns Hopkins University with post-doctoral training in Cognitive Neuroscience and Functional

Neuroimaging at the University of Washington. He has 15 years of research and clinical experience in fMRI, with 22 publications in tier-1 peer-reviewed scientific journals, 3 book chapters, and dozens of presentations at scientific and professional conferences in neuroscience, neuroimaging, and neuropsychology. Having collected and analyzed fMRI data from over 1,000 experimental subjects and over 300 clinically-referred patients, Dr. Allen is a pioneer and expert in the development of fMRI for use in clinical settings.

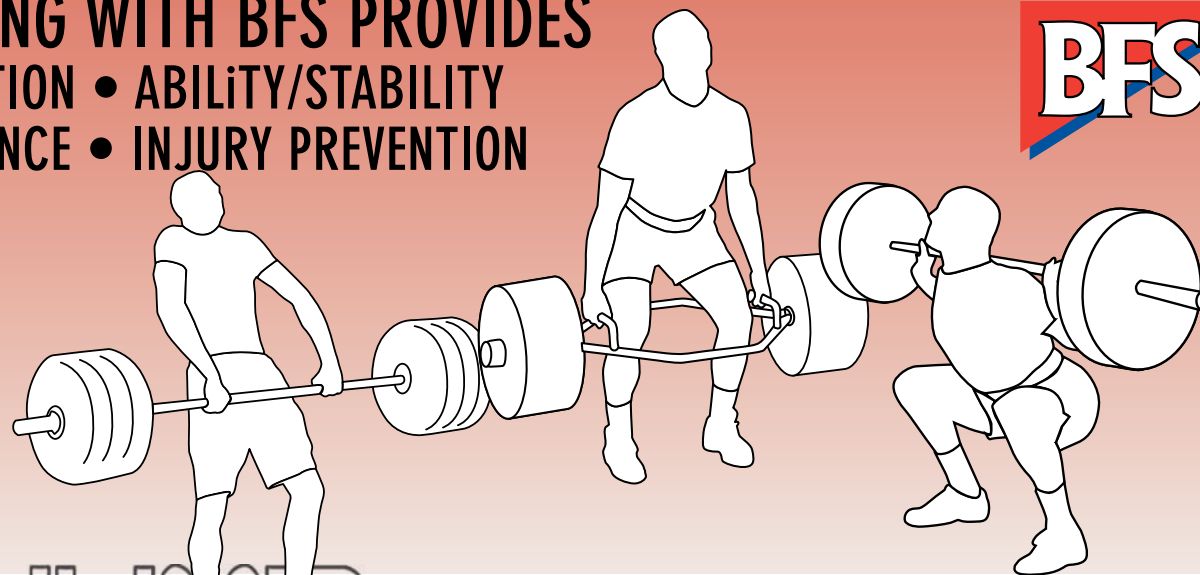
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The BFS Advisory Board

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.





The Evolution of Gym Chalk

Tony Maddalone is a collegiate strength coach who developed Hand Armor Liquid Chalk. The product is unique in that he added an antibacterial agent that provides extra protection from germs and bacteria.

Why liquid chalk is superior to block chalk

by Steve Kinslow

In the early days of weight training, all serious gyms had a few common essentials: barbells, dumbbells, lifting platforms, power racks, and, of course, chalk. All these training tools have evolved and improved, especially over the past half century, with the exception of chalk. Until now.

The type of chalk traditionally used by weightlifters is an odorless, inorganic salt called magnesium carbonate. It has many uses in industry, such as to insulate pipes against heat, has been an ingredient in antacids and laxatives, and is an additive in numerous products such as ink, rubber, and even cosmetics.

Chalk is used in weight training to absorb moisture

to ensure a firm grip. Not only does a stronger grip improve performance, it also promotes safety as a barbell or dumbbell is less likely to slip out of your hands.

As the popularity of weight training grew, gym owners invested more efforts into making their facility attractive to a wider market. This started a never-



Karim Ghonem photo

Conventional chalk applications can lead to an unsafe gym or weight room. This photo from a recent Olympic weightlifting meet shows just how much of a mess can be created in a relatively short time

ending battle between serious lifters and cleanliness-obsessed gym owners who do not allow chalk in their weight rooms because of the mess it makes.

For safety reasons, excess chalk needs to be cleaned off of weightlifting platforms, especially those platforms with a slick finish. Chalk can make lifting platforms become slippery when too much of it builds up – this is why platforms are swept several times during a competition to avoid build-up. However, this can be taken too far. One of the most popular hardcore gyms for weightlifters and track and field athletes in the 70s and 80s was the San Jose YMCA in San Jose,

California. One former employee of the gym said that the janitors would continually upset the athletes because at night they would vacuum up not only the excess chalk that spilled on the floor, but also vacuum the chalk box every night!

Although it seems pretty simple to use chalk, there are a few commonsense guidelines. For example, be conservative with how much you use because an excessive amount will compromise the grip as the chalk particles move across the hand. Also, because chalk dries out your hands, after your workout you should use hand lotion to avoid developing blisters.

If a gym does not allow the use of conventional chalk, sometimes gym owners would allow them to use a chalk ball. Chalk balls are not as messy as blocks of chalk, although it is a bit more of a challenge to get sufficient coverage on the hands. As for weightlifting gloves, Japanese researchers found that the staph bacteria binds to polyester, which is a common material used in weightlifting gloves. When you consider how many times an individual wipes their foreheads during a workout, such gloves may be increasing the risk of becoming sick. Further, weightlifting gloves should not be used for Olympic lifting exercises such as power cleans. Gloves reduce the proprioception in the hands, which is why it is extremely rare to see competitive weightlifters using them.

A better alternative to blocks of chalk – in fact, the best alternative -- is liquid chalk. And the best type of liquid chalk is Hand Armor Liquid Chalk.

Hand Armor Liquid Chalk was developed by Anthony Maddalone, a strength coach at the University of Utah. Coach Maddalone had developed an autoimmune disorder that left him hospitalized for several weeks. When he was released, the struggle left him so weak he could not even perform a bodyweight squat without assistance. He wanted to get back in the weight room to regain his lost strength, but the treatments he still had to undergo left him especially susceptible to becoming ill from exposure to germs.



Maddalone's liquid chalk kills 99.9 percent of germs and bacteria, including staph bacteria, MrSA, H1N1, and impetigo.

to be affordable. He developed several formulas, and after several months of real-world testing on athletes, he got it right.

Unlike chalk that can leave a big mess of waste, Hand Armor Liquid Chalk can be precisely applied, thus there is little waste associated with the product. It can also be applied not just to the hands, but to gymnastic palm grips and many other pieces of athletic equipment in which regular chalk is applied. Plus, Maddalone's product doesn't have the problem of chalk dust that chalk blocks produce which can get inhaled or get in the eyes and cause issues for some individuals.

Hand Armor Liquid Chalk is a superior, essential product that belongs in every weight room. It's available in several sizes, from as small as two ounces that would easily fit in a gym bag to an economical 32-ounce size, and developed dispensers for gym use. Give Hand Armor Chalk a try and you'll never go back to block chalk again.

Hand Armor Liquid Chalk is available in sizes ranging from 2-ounce personal squeeze bottles to the economical 32-ounce size. Wall-mounted, refillable dispensers are also available.

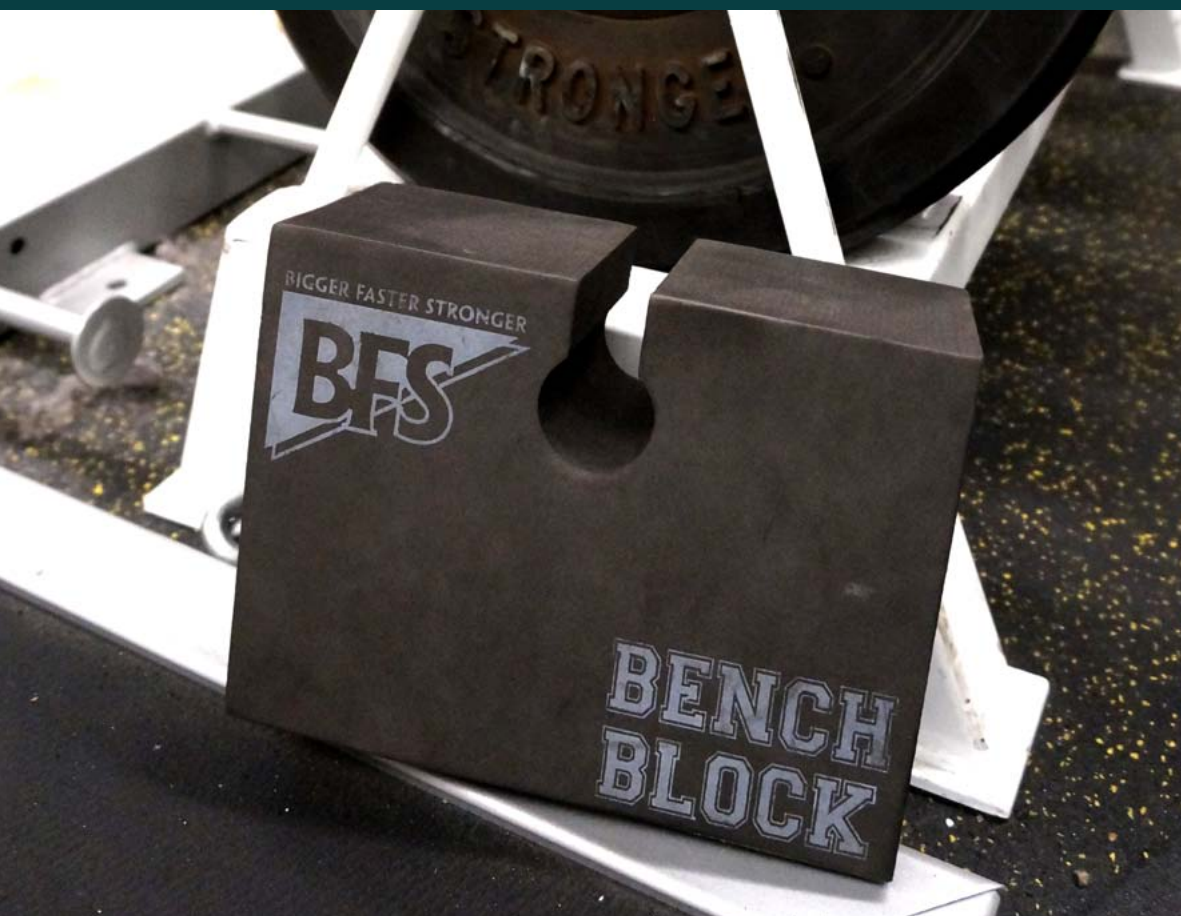
As such, he was careful to try to sanitize every piece of equipment before using it – it was a good plan.

In 2006 ABC News recruited microbiologist Dr. Philip Tierno to analyze swabs taken at almost every piece of gym equipment at a gym in New York. He found evidence of many disease-causing germs, including E. coli. That same year a study published in 2006 *Clinical Journal of Sports Medicine* found that in the gyms studied, 73 percent of the free weight equipment contained viruses that could cause colds.

Maddalone's liquid chalk kills 99.9 percent of germs and bacteria, including staph bacteria, MrSA, H1N1, and impetigo. That was the first step in development, but Maddalone had several other goals in developing his product.

Maddalone wanted a product that was easily applied and would dry quickly, would give a superior grip, wouldn't dry out the skin as much as regular chalk and thereby make the hands more susceptible to blisters, would easily come off the skin, and he wanted it

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Hand Armor Liquid Chalk is the no mess solution for a variety of sports and training situations. Comes in a variety of sizes from personal to institutional.

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6. Available in convenient sizes from 2 oz to 32 oz with pump

Function Dictates Design: The MCore TS3 Functional Training Station

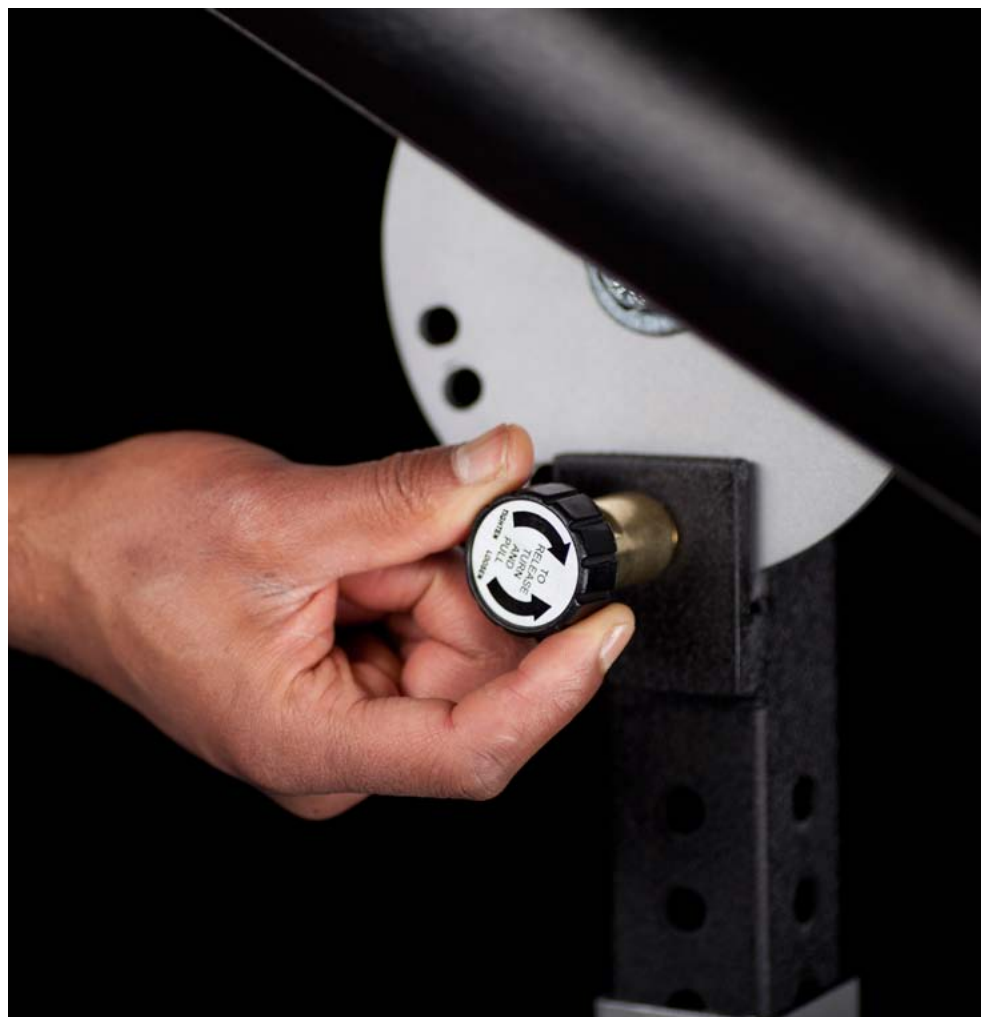
A closer look at this versatile training tool

“The right tool for the right job” is an advertising slogan that has been used for over a century. The MCore TS3 Functional Training Station expands on this idea by offering a bench that is the right tool to achieve many strength and conditioning goals.

Todd Gates was a strength coach at UMass Boston, Rutgers University and Boston College. Gates likes to prescribe a large variety of exercises to his athletes, but he found that doing so became an administrative challenge because this required many types of benches and other types of gym equipment.

Specifically, Todd needed an exercise bench that adjusted horizontally and vertically so that he could get his athletes in the right body positions for specific exercises. He also wanted a shorter, narrower seat so that any upper body exercises performed would more effectively challenge the core muscles. He also wanted the bench to have attachments for special auxiliary exercises. It was a tall order.





The TS3 seat adjusts vertically and horizontal from 20" to 27" in two directions and three different angles (90, 45 and 30 degrees). It can also be used with bands.

Not finding anything on the market that fulfilled this requirement, in 2006 Gates enlisted the help of a colleague in college who was majored in engineering. They came up with a prototype, the Training Station 1 (TS1). Over the years the designed involved into the TS3. Let's get into the details.

The TS3 seat adjusts vertically and horizontal from 20" to 27" in two directions and three different angles (90, 45 and 30 degrees). The upholstery is composed of heavy-gauge Boltaflex Colorguard vinyl that re-

sists stains, scuffing, perspiration, and bacteria. Two tightening knobs secure the seat, which is supported by a stable X-base that contains two wheels that enable the unit to be easily moved. The unit is durable enough to support 1,000 pounds! Here's how it works.

A traditional bench restricts muscle activity to those directly involved in the movement – so a bench press works primarily the chest, shoulders and arms. To maintain balance on the shorter seat of the TS3 during a bench press requires the core muscles and

the legs to be strongly activated – in other words, it makes many isolation-type exercises into more a functional, total body exercise. There's more.

Bands can be attached to the TS3, and the four handles provided enable the user to do many unique exercises. There is also a plyo-top and dip bar attachments to increase the unit's versatility. In all, Gates has found that the design of the unit enables the user to perform over 200 exercises – the actual number is limited only by a strength coach's imagination.



The design of the TS3 enables the user to perform over 200 exercises.

There's even more.

One strength coach who understands the versatility of the unit is Kenneth Whitehead. Whitehead's assistant strength coach, Nikki Gnozzi, was featured in the July/August 2012 issue of *BFS* magazine. "We have been using the MCore's TS3 Functional Training Station at Providence College for six years," says Whitehead. "It is an extremely versatile and durable product, offering the user an unlimited array of exercises

ranging in scope and difficulty from sports performance to rehabilitation while also able to withstand daily use by high-level Division I collegiate athletes."

The MCore TS3 Functional Training Station is perfect for home use, and when used as part of a circuit can accommodate up to four individuals.

The bottom line is that the Gates's bench is the perfect piece of equipment for one individual, small group training, and its small footprint makes it perfect for home training. If you believe it's important that function should dictate the design of your exercise equipment, then the MCore TS3 Functional Training Station belongs in your gym.



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With Harness and Lead



BFS: A Parent's Perspective

What BFS has taught an athlete's mother about teamwork and character

by Laura Peterson

As a former high school and collegiate athlete, I attribute much of the way I live my life to my experience in sports. As a parent of young athletes, I often think about what I want my kids to gain from their athletic experience. As a mom, former physical education teacher, youth coach, high school strength and conditioning coach and BFS employee I feel passionate about creating those life-shaping opportunities for

my athletes and my kids. The question is, "How do we foster this in the high school sports arena?" I believe the answer is the BFS Total Program.

The first thing I want my kids to gain from sports is character! The BFS Be an 11 program teaches that "On a Scale of 1-10, be an 11" in all aspects of life. This idea is precisely the mindset kids today need – not the quick gratification, the "easier the better" attitude that seems to dominate our society.

I want my athletes to strive to do their personal best as a student, friend, family, and community member. I want my kids to fulfill the definition of an 11 athlete, which is "to hold themselves to the highest possible standards to achieve his or her personal destiny and to help others achieve their true destinies." They set goals, struggle, experience successes and failures and are forced to work with others. These experiences allow athletes to build character as they learn to overcome challenges.

All Photos by Jolie Gordon



I also want my kids to experience different sports, coaches, and teams. It seems there is a trend to push “sports specification” at younger and younger ages, but I feel it is crucial for kids to participate in different sports because each teaches unique lessons. BFS also believes strongly in the idea of “unification.”

What does unification look like in the high school environment? It is simply an athletic training pro-

gram for all athletes, regardless of sport. Athletes flow through the program between “in-season” and “off-season,” but continue to see progress and break personal records throughout an entire year. Unified athletes are stronger, faster, more agile, more likely to play multiple sports, better competitors, and possess a high level of school pride from training together. ESPN’s 2014 Quarterback Survey by Kevin Seifert found that of 128 current and retired NFL quar-

terbacks surveyed, 125 participated in at least two sports in high school. Unification is the key to a successful sports program!

Lastly, as I look at the most important aspects of participating in high school sports, I believe that the simple act of being on a team is one of the most impactful. I want my kids to learn to work as a member of a team. I want them to be unselfish, to lead, to



follow, to fail, and to succeed. These are all qualities that have a direct correlation to their success in the future; whether it be as a part of a company, a family, or a community. The BFS program emphasizes teamwork through goal setting, spotting, encouraging, peer coaching, etc. The design of challenging plyometric, running, agility and team-building exercises bring individuals together.

Parents, coaches and teachers the future is in our hands – let's prepare the next generation by teaching character, unification, and teamwork. Let's get passionate about creating "11's" and allow our kids to excel in life because of their participation in athletics.

These photos depict the 2014 season in which the Skyline Eagles implemented the BFS Total Program and the athletes made remarkable strides in their progress as students, athletes and young men of character

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1/17/15	St. Olaf College	Northfield	MN
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Joseph Trongone, Head Coach, North High School

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Table of Contents

Departments

From the Editor

Obama Gets a Heads-Up on Concussions

What's Happening

News, highlights and a book review from the world of athletic fitness

BFS Success Stories

Jersey Shore: From 0-10 to District Champions.
A struggling east coast team learns how to win.

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Training and Equipment

2014 National High School Power Clean Championships.
National records were shattered once again at this major event

For Women Only

The Davis Twins: Defying the Odds.
These remarkable girls prove that it's never too young to start training.

3



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