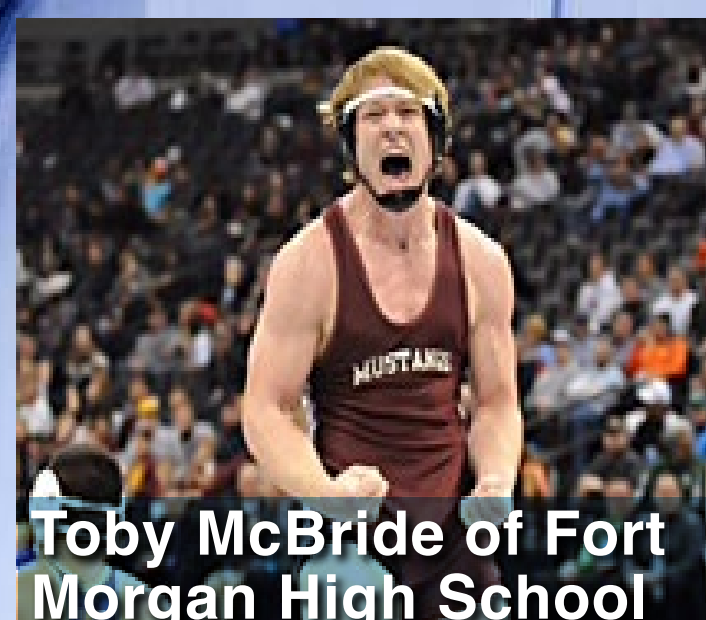


BIGGER FASTER STRONGER

February 2016
Issue #166
Digital

BFS

Moritz Klatten



Toby McBride of Fort Morgan High School

*2016 BFS Male
High School
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Year, p6*

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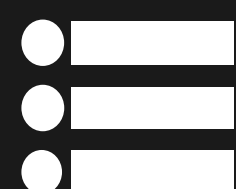
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A Message from BFS Editor Kim Goss, MS

The Best of the Best



Toby McBride of Fort Morgan High School is the 2016 BFS Male High School Athlete of the Year. Toby is a national champion in wrestling and will be attending Colorado State on a football scholarship.

In the 70s, Bruce (now Caitlyn) Jenner worked out at a gym where I was eventually employed as a weight training instructor. Jenner earned a football scholarship in high school, but a knee injury that required surgery in his freshman year put a stop to those dreams. He then switched gears to focus on the decathlon, and in 1976 won the gold medal in the Summer Olympics. Jenner was declared “The World’s Greatest Athlete.” But was he?

It’s traditional to call the men’s Olympic champion in the decathlon “The World’s Greatest Athlete.” Likewise, the titles “World’s Fastest Man”

goes to the winner of the 100 meters in the Olympics, and the “World’s Strongest Man” goes to the winner of the super heavyweight division in men’s weightlifting. Let’s look at some numbers.

The current world champion and record holder for men in the decathlon is Ashton Eaton. Here are his results in each of the 10 events at the 2015 World Championships: 100m, 10.23; long jump, 7.88; shot put, 14.52m; high jump, 2.01m; 400m, 45.00; 110H, 13.69; discus, 43.34m; pole vault, 5.20; javelin, 63.63; 1500m 4:17.52. Remarkable results but none of them would put him in the finals of any single event.

Regarding more traditional measures of strength and power, I was told Jenner’s best clean and jerk was 253 pounds. I don’t have any numbers for Ashton, but I heard 2008 Olympic champion, Bryan Clay, at 180 pounds bodyweight, power cleaned 334 (although one website says he’s done 363), benches 354, and squats 598. A 363 clean is impressive, but consider that there are weightlifters at about the same bodyweight who clean 100 pounds more than that.

Regardless of an athlete’s strength, power, speed, or jumping ability, it would be difficult for any non-track athlete to challenge a world-class decathlete in any of their 10 events. The skill required to excel in these events, especially the

field events, gives the decathlete a major advantage. LeBron James is unquestionably one of the greatest basketball players of all time, but it’s safe to say that if he started now, he could never high jump 6’9” or throw the javelin 208’ as Ashton has. It’s a bit like Rhonda Rousey trying to outbox Holly Holm.

At the high school level, most athletes compete in multiple sports. Like a decathlete, to excel in all their sports, they need to have a balanced workout. Yes, weight training is important, but it’s also necessary to work on speed, agility, jumping ability, and flexibility. Are there programs that will improve your bench press better than BFS? Absolutely. Are there programs that will increase your flexibility better than BFS? Of course. But one of the goals of the BFS program is to develop the total athlete, which means the workout must be balanced. Specialization has its place, but not for most high school athletes.

Who is the world’s greatest athlete? Guess we’ll never know. But if you want a complete workout that will develop all the qualities of athletic fitness, you can’t beat BFS.

Kim Goss, MS

Editor in Chief, BFS magazine
kim@bfsmail.com

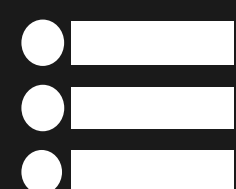


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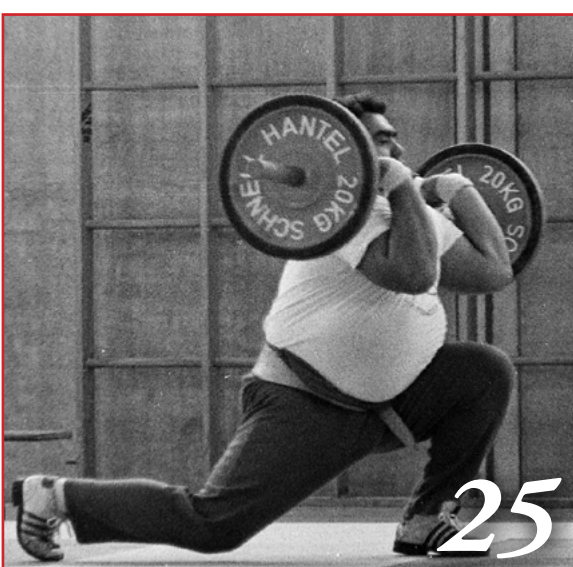
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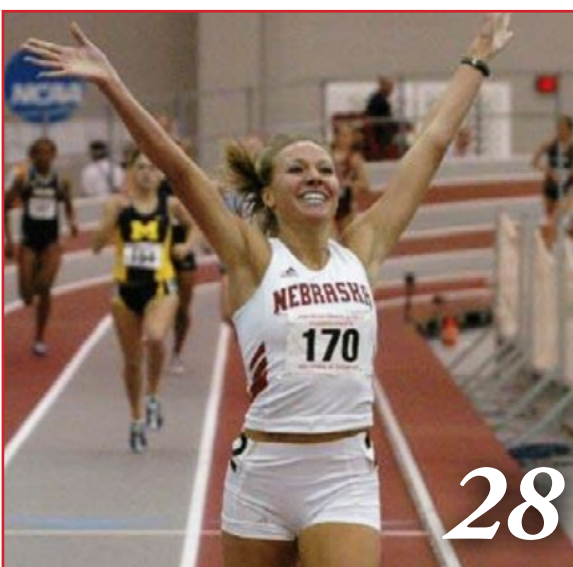
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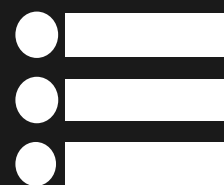
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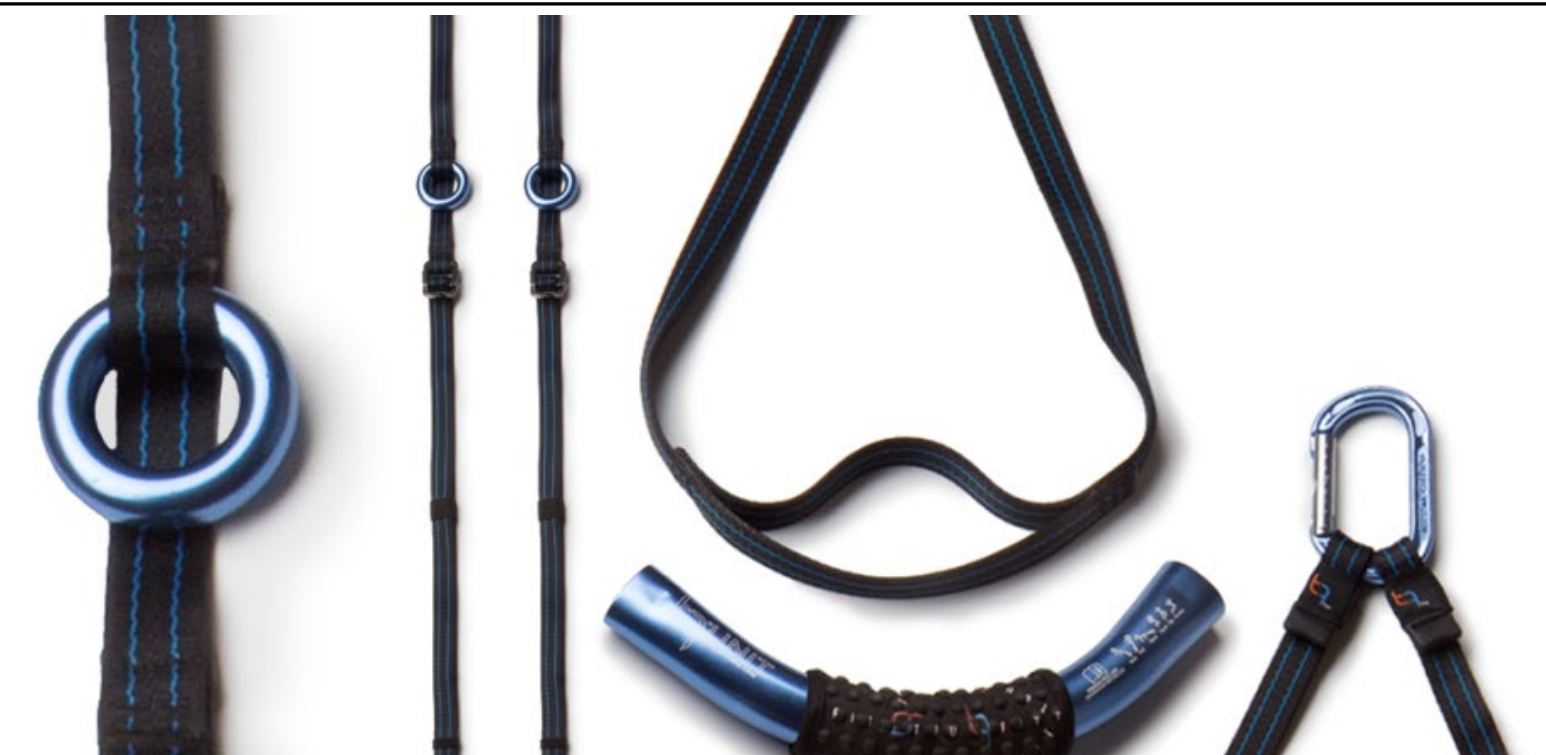
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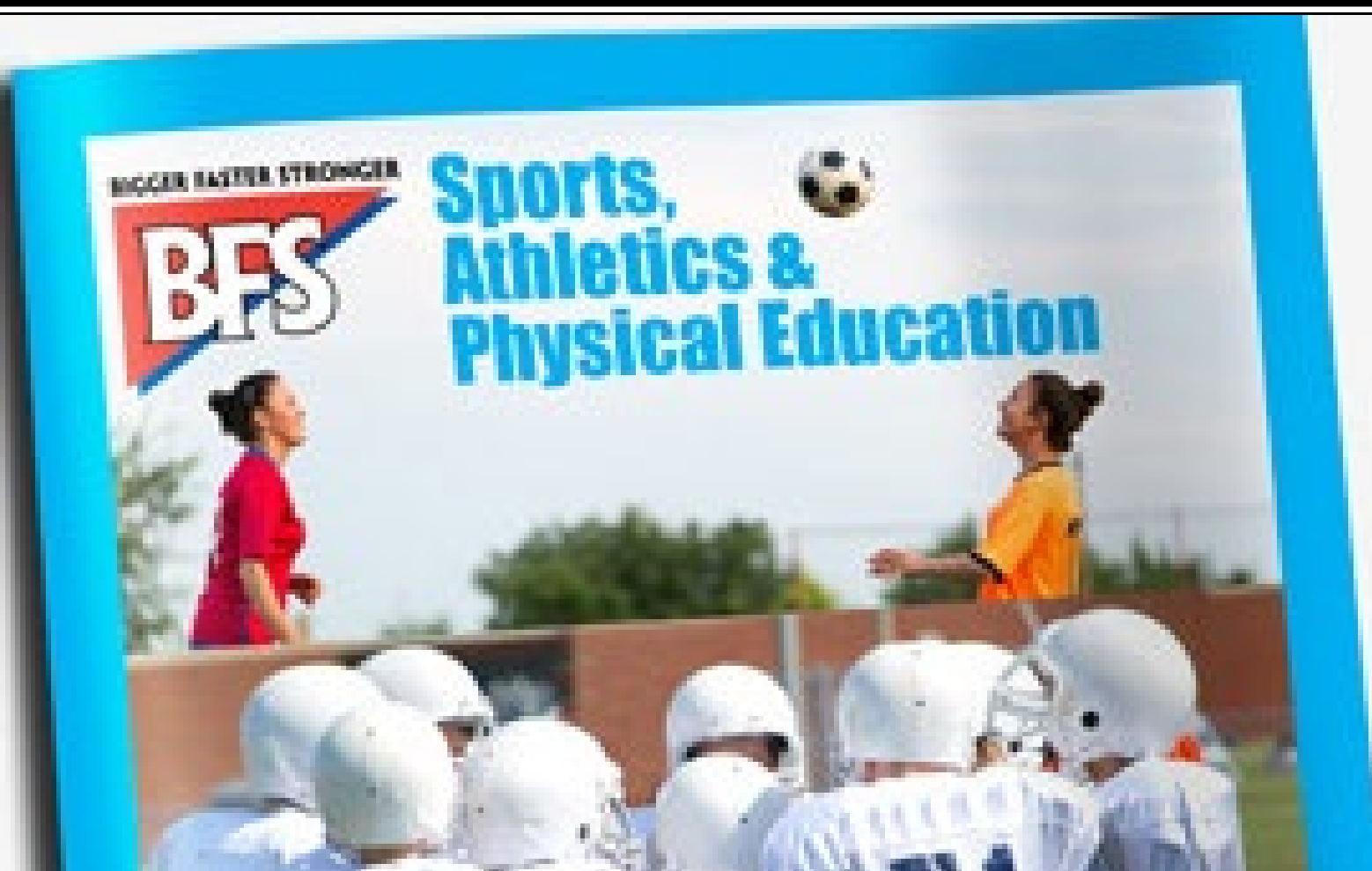
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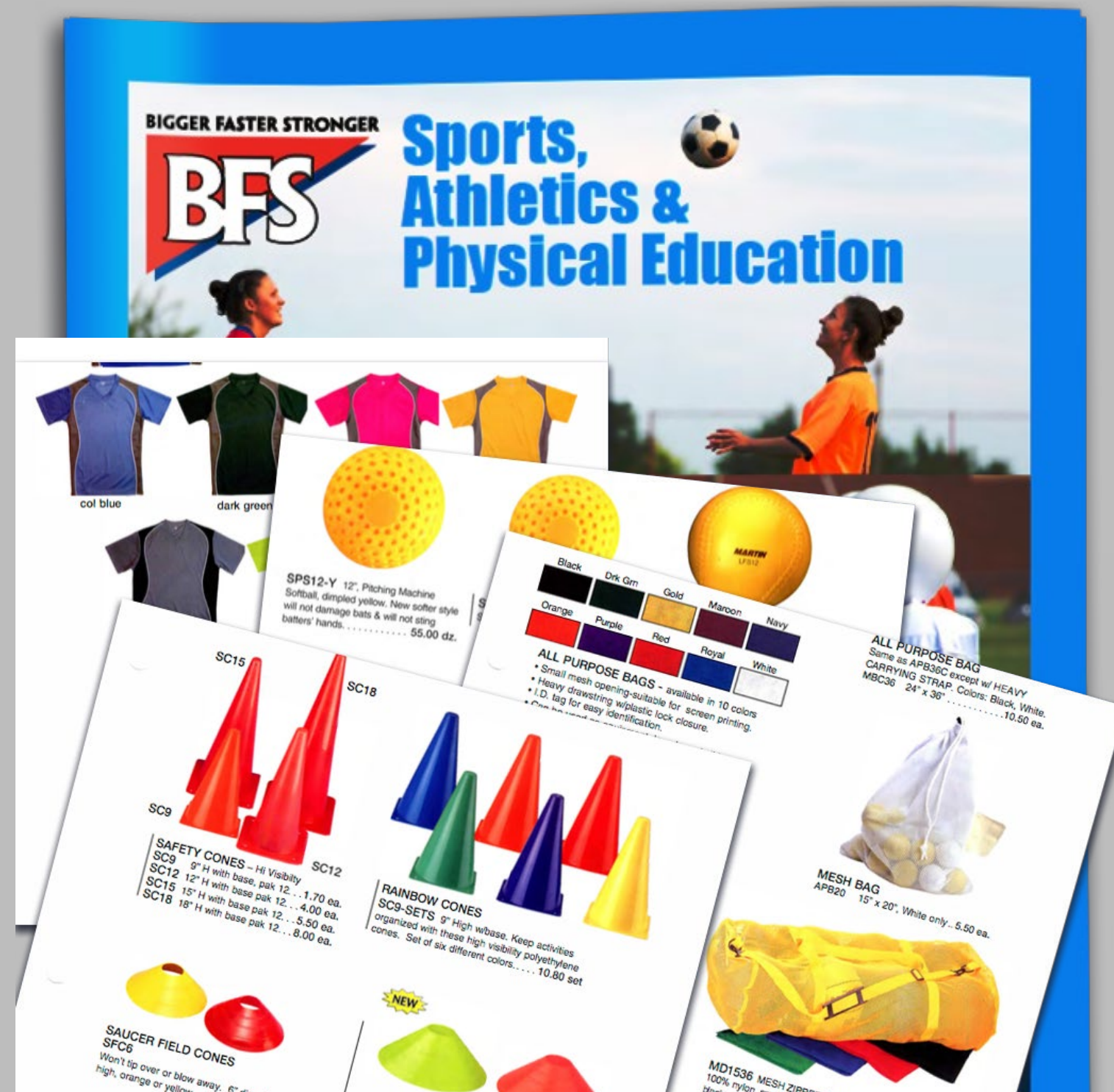
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In-Service Certification can be scheduled by any school, district or institution and BFS comes to your facility and certifies your teachers and coaches. Learn more about how to get your whole staff, any one who instructs in the weight room, certified and on the same page regarding maintaining an effective and safe weight training program. Learn more

What's Happening



2016 marks the 40th anniversary of **Bigger Faster Stronger**. Here at BFS we believe in incrementally getting better every year.

But with big news this month we are getting better right away. We are super excited to be able to bring all your youth athletic and Physical Education equipment needs under the BFS Umbrella!

Simply downloading the BFS Sports, Athletics and Physical Education Catalog from the link below will give teachers and coaches access to jump ropes, whistles, floor mats, agility cones and so much more. All at amazing BFS prices and values. 

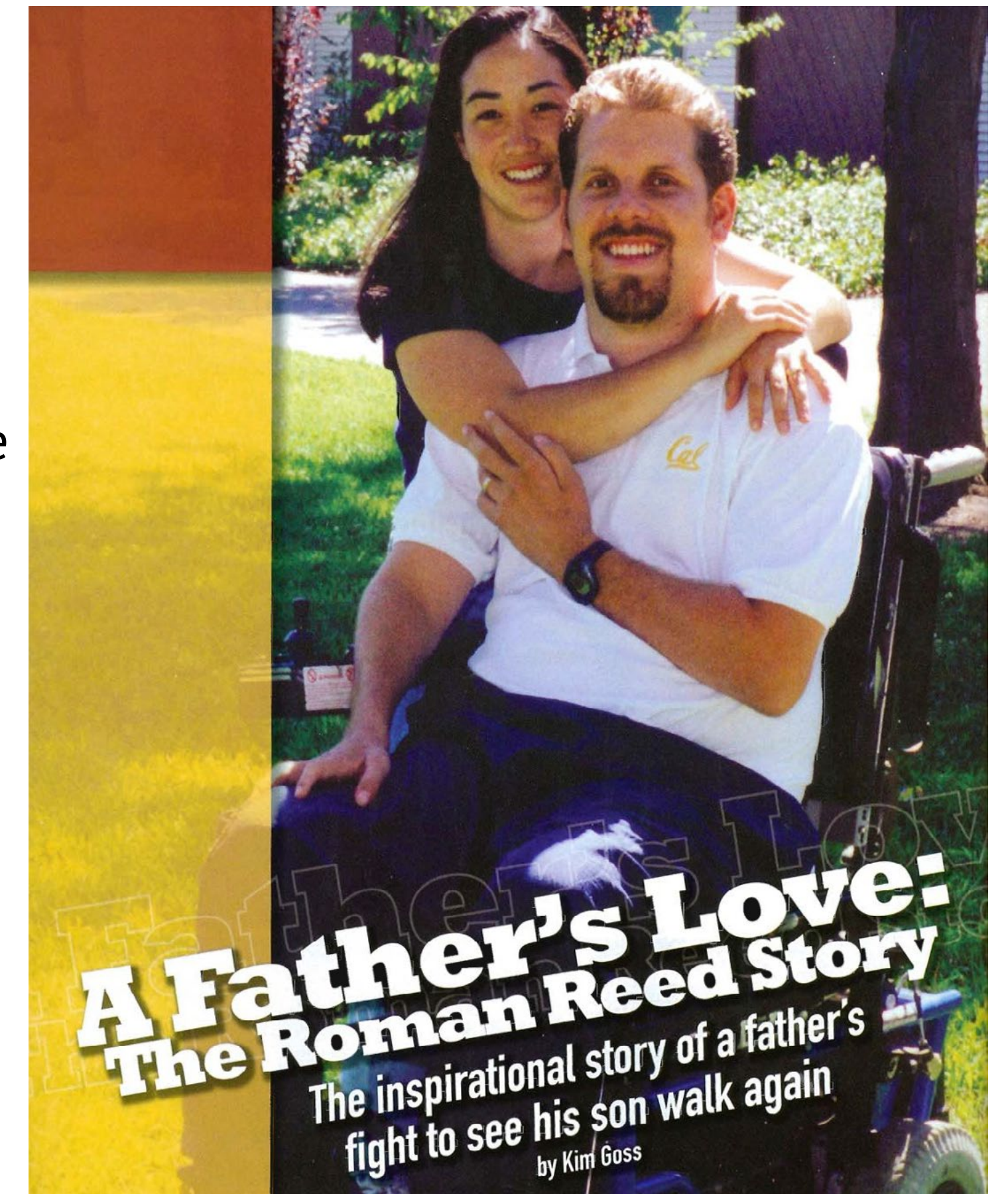
DOWNLOAD THE CATALOG

Spinal Cord Research Hero Roman Reed


We have featured the inspirational story of Roman Reed and his father Don many times in BFS magazine. When Roman broke his neck at the C6-7 level in a football game in 1994, it made him a quadriplegic. Since then this father-son team has devoted their lives to raising money for spinal cord research.

One of the first breakthroughs for Roman was the passage of Assembly Bill 750, which was passed in September 2000 and provided \$1.5 million dollars from general funds each year for spinal cord research. These funds support research at a facility named after Roman, the Roman Reed Core Laboratory, located in the Reeve-Irvine Research Center at UC Irvine.

In 2010, BFS learned that through this bill and matching donations, the Reeds were able to raise \$74 million dollars and has funded 175 peer-review research. Recently we learned that the total has exceeded \$100 million! As Roman likes to say, "Impossible is just a starting point if you care enough!"



Roman Reed's courageous story was first published in our Sep/Oct 2005 issue. You can access the entire article for free through our magazine archive section.

Asked about his son's attitude about his challenges, Don said, "He won't give up, and he is still just as determined as he was the first day of the accident when we were riding in the emergency van and said: "Don't worry, Dad. This is just temporary. We'll get out of this!" Spoken like a true BFS Eleven Athlete. 

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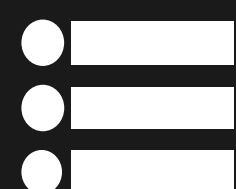
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Toby McBride

BFS High School Male Athlete of the Year

Most high school athletes play multiple sports. Most excel in one sport and “contribute to team success” in the others. Not so with Toby McBride, a senior at Fort Morgan High School in Fort Morgan, Colorado. McBride’s exceptional abilities in several sports, along with his academic accomplishments, made him the obvious choice for the 2016 BFS High School Male Athlete of the Year.

In wrestling, he was a two-time state champion and a 2015 national champion for the Mustangs. His coach, Harrison Chisum, says that McBride considers wrestling “a hobby.” “I told him that kids collect baseball cards as a hobby – they don’t win national championships in wrestling as a hobby!”

In football, his prowess on the gridiron attracted the attention of numerous D1 colleges and received offers from Wyoming, Air Force, and Colorado State. He eventually decided on football and Colorado State, where he should also do well in the classroom as he currently carries a 3.6 GPA; his coach says he is considering pre-med and dentistry.

At Fort Morgan High, the 6-foot-3, 245-pound McBride played fullback and defensive end. Twice he was a 3A first-team All-Colorado selection and earned a three-star rating by ESPN. In his senior year McBride rushed for 680 yards and 11 touchdowns; on the defensive side of the ball, he pulled down six sacks (for a career total of 18), 104 tackles, and 36 tackles for loss. His contributions helped the Mustangs finish the 2014 season with a 10-3 record and the 2015 record at 12-1; the 2015 season included five shut-outs and nine games scoring 47 points or more.

Chisum has been with the Mustangs for 12 years, serving 10 as the head football coach. He had a sense the McBride would be an exceptional player even before he started high school. “They talked about him when he was in middle school. He went with us to a team camp as a freshman, and when we saw him play, we knew he was going to be a special player.” Although he excels on both sides of the ball, Chisum says McBride may be most valuable as a defensive player because of he is so difficult to block.

In the weightroom, McBride’s lower body strength is exceptional, and his best lifts include a 330 power clean and a 510 box squat. He also bench presses 305. Chisum, who also runs the weight training program, says he uses the Beat the Computer Pro program to help motivate his athletes to strive make continual improvements.



They train year-round and lift four times a week in the summer. “Our athletes like to be in the weightroom and work hard.”

McBride is not the most vocal leader, but he is a natural leader, both on the gridiron and in the weightroom, and this quality lead his peers to selected as team caption in both his junior and senior football seasons. He played for Team USA

against Team Canada in Cowboy station and was selected as team caption for that game.

Congratulations, Toby McBride, on being selected as the 2016 BFS High School Male Athlete of the Year. 🏆



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4 Building Blocks are the Foundation of the BFS Camps Clinics and Certification program. With two flavors of the Total Program Clinic, the character education benefits of the Be An 11 Seminar, and the Strength, Conditioning and Safety instruction of the WRSC you can find the combination that your program needs!

2 Day Total Program Clinic:
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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!

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!



Learn More about the Total Program
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Explore your options

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

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C Be An 11, Coaches WRSC 1 Day Total Program Clinic, 50 Athletes & 5 Coaches: \$6480 Product # 800C

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Pricing

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

Pricing and Savings

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IMPLEMENTATION PACKAGE	\$2500
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I 2 Day Total Program Clinic, 50 Athletes \$3990 Product # 800I

2 Day Clinic: \$30 per student over 50
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E 2 Day Total Program Clinic, Coaches WRSC 50 Athletes & 5 Coaches: \$5735 Product # 800E

Pricing and Savings

RETAIL PRICE: 50 STUDENTS	PACKAGE
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J 1 Day Total Program Clinic, 50 Athletes \$3490 Product # 800J

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

Pricing and Savings

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Be An 11: \$30 per student over 50
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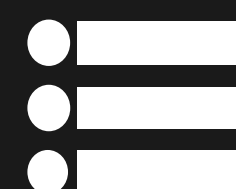
Package Details and Information: All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit www.biggerfasterstronger.com/camps. 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





Measuring Success with BFS

The foundation of the BFS Set/Rep System can be summarized with the following motto: “If you can’t measure it, you can’t manage it. If you can’t manage it, you can’t accomplish it.”

Taking this idea a step further, every time you train you should have a goal for every set of every exercise. If you’re squatting, try to use a little more weight or grind out another repetition than your last workout. If you’re doing a dot drill or a

sprint, strive to lower your times – you can’t do this every time, but if the intent is there you will achieve maximum benefit from your workouts. This leads to the concept of record keeping.

When the BFS Set/Rep System was introduced to the sports community 40 years ago, its founder Dr. Greg Shepard developed a log book that would help the user keep track of their progress and thus help them set goals for their next workout. When used properly, these log books helped highly-motivated athletes strive for personal bests every training session. Fifteen years later BFS came up with something even better.

Richard Knowley, director of computer programming at BFS, found a way to translate the BFS program into a computer-aided system. By simply inputting an athlete’s current maxes, Knowley’s computer system would set up challenging workouts with recommendations for how much weight to use for every set of every exercise. The innovative software brought an additional and unexpected benefit by motivating athletes to exceed the computer’s expectations. This unique feature inspired Knowley to call his program, Beat the Computer.

The Beat the Computer program was a hit, freeing coaches from painstaking administrative work. Then BFS decided to take the program to the next level with individual and team reports

BFS Program

so that coaches and athletes could compare an athlete not only to current team members but also to the all-time leaders on the team and BFS national standards. The result was Knowley's Athletic Achievement Software, which was eventually combined with the Beat the Computer and called Beat the Computer Pro.

With the advancement of technology and the push for integrated PE program, several years ago BFS set about developing an app for the BFS Set/Rep Log Book. Because the app is based on the web, BFS could offer this software across any device or operating system with a web browser.

The BFS Set/Rep Logbook App keeps the simplicity of our Set-Rep Log Books while providing the management functions and portability of a phone app. Predefined weekly schedules are included with recommended core and auxiliary lifts for all major high school sports. However, you can also customize your weekly schedule using any lift on any day, and add any lifts you want.

Coaches or administrators will love this app because they can see the essential data on their teams and athletes at a glance. Such data includes scores, records broken, and trends for any one athlete or any team. Likewise, athletes can enter their scores on their phone or tablet and immediately see how many records they've broken

and their performance trends. It's also easy to scroll back and see what you did for any lift any week in the past.

Just like our Set-Rep Log Book, the app (supervised by the coaches) guides each athlete in which lifts to do, and how many sets and reps to do each week. The weight lifted for each set is determined by the individual athlete based on their past performance for that lift.

The BFS Set/Rep Logbook App keeps the simplicity of our Set-Rep Log Books while providing the management functions and portability of a phone app.

The BFS Total Program enables every athlete to make personal records, often several personal records, every single workout – even in-season. Whether you decide to use BFS Logbooks, the Beat the Computer Pro, or the BFS Set/Rep Logbook App, you now have the tools to set goals and achieve success. 🏆

Setting personal records and winning championships in nearly every state, the BFS Total Program makes of the most an athlete's time for efficient and effective workouts.



BFS Program

You Decide How you want to run the Program


The BFS Total Program is a proven path to athletic excellence. Over 40 years thousands of teams have improved thier records and won districts, divisions and championships after implementing the Total Program.

Boys, girls, soccer, football, volleyball or track - it does not matter, running faster and jumping higher will improve your winning chances. And

strength training and conditioning will build your speed and power. The BFS Total Program provides a clear system of record keeping so you know that the training done in the weight room is translating to results on the field of play.

The BFS Advantage

BFS has the advantage of working directly with

high school coaches and teachers for 40 years and understands the constraints for time student athletes have. Consequently we know of no other program that can successfully improve every athlete and student on your team or in your class. With this program every athlete, every player will break at least 8 personal records in strength and performance EVERY WEEK! 



BEAT THE COMPUTER PRO

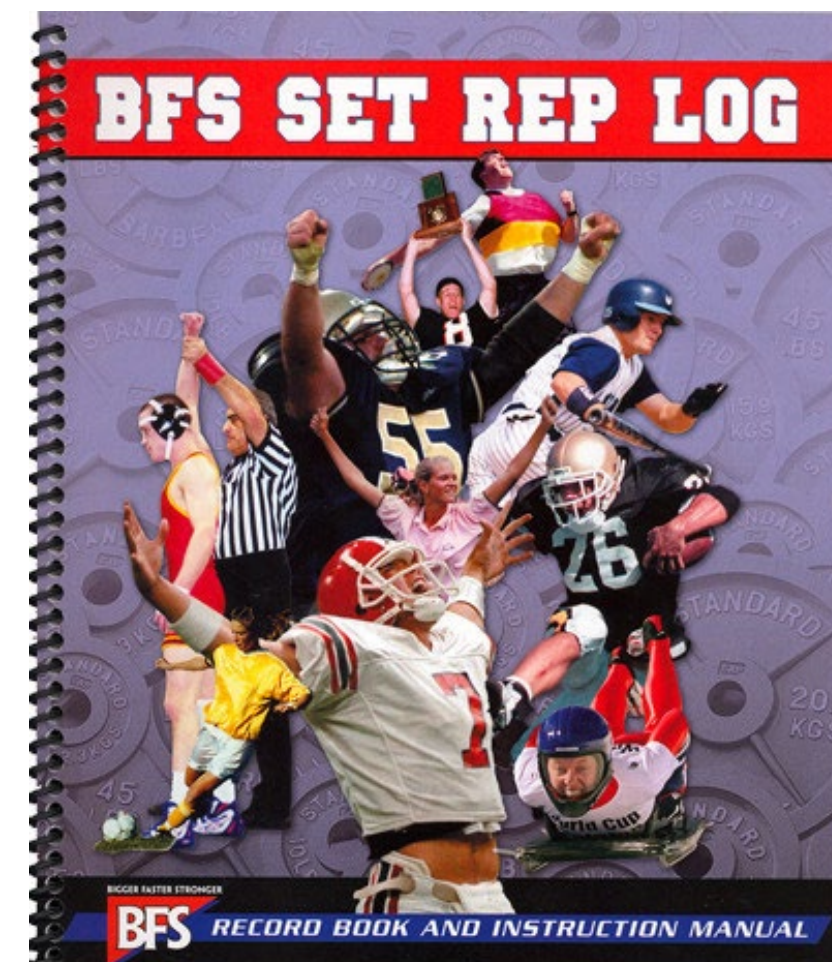
Here's How It Works:

Athletes Fill-Out a Form Using Current Core and Auxiliary Lifts

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Dr. Marc Rabinoff
Professor, Human Performance and
Sport Department, Metro State College
Denver, Colorado

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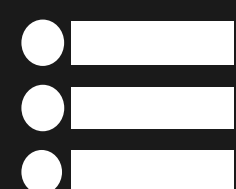
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#Like A Girl

As you step into the gym to train your female athletes, focus on helping them build a strong mind, a strong body and a strong self. Here's how to do it.

By Anne Shadle, Ph.D. and Dr. Shannon Leinert

Strong Mind

Our strength comes from within and begins with our mind. The earlier we can teach our athletes how to tap in and access their inner strength, the stronger our athletes will be from the inside, out.

"Your body achieves what your mind receives," is a strong mantra, which empowers us to choose the thoughts that will help us to achieve goals. We know that what think and what we say to our-

selves and our athletes, have a direct impact on what we do or do not achieve.

Mental strength, like physical strength, is something that we can work on and improve. Just like we practice proper alignment and technique in our squats, teaching our mind how to focus on the task at hand is a key to successful athletic performance. Training our mind to stay focused and in control, even when challenged, helps us to build our mental strength.

Strong Body

Our body was built to do incredible things. We are all different shapes and sizes. Remember speed and power win over weak and frail every time. Elite athletes have a strong structure. Thus, strength training is essential because it is the best way to build a strong, durable structure. Just like a house has a strong foundation made of concrete and rock, so too must our body have a strong foundation made up of strong bones, ligaments, tendons, and muscle.

BFS Feature Story

Coaches, the summer is a great time to dig in and get our athletes' bodies and minds ready for the upcoming season. We need to know where our athletes can improve and then communicate that to them in a positive, empowering and constructive way. We know that our athletes want to improve so show them a plan. The foundation for every athlete is the same -- be powerful and fast. That starts with getting into the weight room and putting in the work.

Physiologically. Volume and Intensity of Training: Advice from Coach Jeremy Fischer, Director of Track and Field at the United States Olympic Training Center in Chula Vista, CA:

“Suggestion: Pay attention to negative markers related to overreaching and overtraining during this time. Athletes are more likely to get sick and possibly injured due to a weakened immune system. Know your athlete. Focus on a positive strength to weight ratio. Build a training plan that enhances development. Cater to individual strengths and specific areas of improvement.”

“We understand there are individual differences in the volume and intensity of training for athletes. Despite these differences, all athletes will benefit from a strength training plan that increases lean body mass. Strength training has shown a positive effect on overall testosterone levels thus strength training is a key to building lean muscle.”



Team BFS weightlifter Nicole Patruno

Just like we practice proper alignment and technique in our squats, teaching our mind how to focus on the task at hand is a key to successful athletic performance.

“Suggestion: Menstruation can be awkward for not only you but also our female athletes. Although this subject can be sensitive, it's a topic we believe needs mentioning. If you are not comfortable, contact the health professional in your school or community. Two topics of concern are the intensity of training and recovery during menses due to the stress placed on the Central Nervous System. Also, to be aware of your female athletes who are experiencing amenorrhea.”

Nutrition and Hydration. As Anne's high school coach, who was also her father, would say, “You can never eat enough good food.” As an athlete, food is fuel and food is recovery. Protein, fat and

carbohydrates all restore, repair and refuel the body.

Hydration: Teach our athletes to start each morning with a big 16oz glass of water, squeeze a bit of lemon into the water to get the body going. Have our athletes carry a water bottle with them wherever they go. Some may be worried about having to go to the bathroom during classes (Anne worried about this in high school). As their coach, you may want to write you a note that will excuse them, especially if classes are over 60 minutes. Studies have shown academic and athletic performance decreases dramatically when dehydrated.

BFS Feature Story

Fuel your body with good food and water for recovery!

Sleep: Most Olympic athletes sleep at least 8 hours a night and many sleep up to 10 hours a night so that their body has a chance to repair and recover from the volume and intensity of the workload. Remember, our bodies make the adaptations from training when we recover! Encourage your athletes as well as our self to get into a good habit of getting your Zzzz's.

Strong Self

As Brené Brown says in her book, *The Gifts of Imperfection*, we create authenticity within ourselves when we let go of what others think. In our culture we have pressure to “fit in” and females have a tendency to be a people pleaser. However, when we live our life trying to fit in and please others we are not allowing our true gifts to be developed nor can those gifts shine through.

As a coach stay true to what you value. As a coach, develop and talk to your athletes about your coaching philosophy. What do you want your athletes to learn from you beyond being a great athlete? What is your plan to develop girls into strong young women?

Your coaching philosophy starts with you answering the question, “What do I value?” From

there, the next question is, “What are the goals and purposes of sport?” What do you want your athletes to learn from you? Take some time to think about and write out your answers to these questions. It is our job as coaches to help guide our athletes and teach them how to achieve their dreams. 🚩



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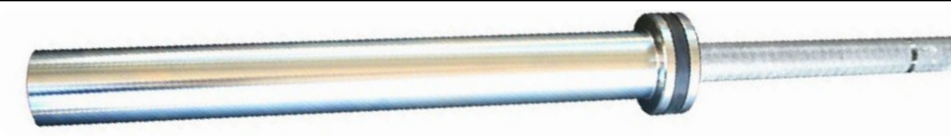
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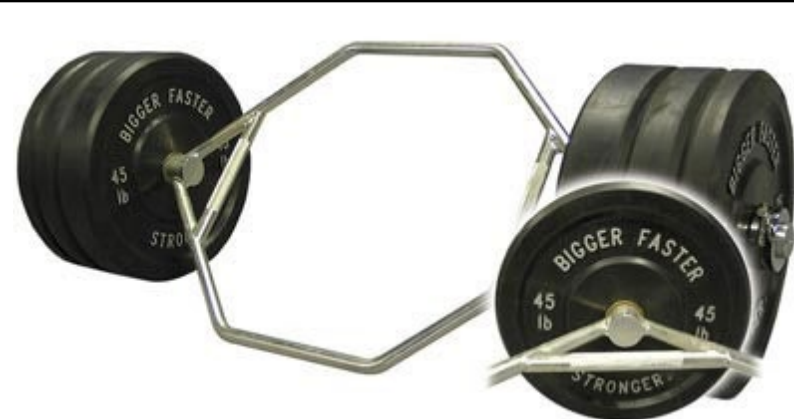


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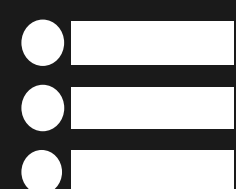


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Boxing's Best: Strength Coach Moritz Klatten

By Kim Goss, MS

Boxing is a sport rich in tradition and filled with legends: Ali, Mancini, Tyson, Leonard, Duran, Louis, Robinson, Dempsey, Foreman, Marciano, and in recent years, Pacquiao and Mayweather, Jr. For German strength coach Moritz Klatten, the question is not who are the best boxers of all time, but rather how did they become the best so he can use this knowledge to train his fighters.

In his early years as a strength coach Klatten would train fighters in boxing gyms or whatever facility he could find that had the equipment he needed. He found this an inefficient way to conduct business, as he spent so much time traveling, time that he could otherwise spend coaching. As a solution, he converted his home in Hamburg, Germany, into a gym – in fact, his garage houses a boxing ring. He calls his gym Champ Performance, and the name is well deserved.

Among the champions Coach Klatten has trained are three Olympic champions, four amateur world champions, and five professional world champions. Some of the most notable are Yuriorkis Gamboa, Juan Carlos Gómez, Herbie Hide, and Jack Culcay. Klatten has worked with such elite boxing coaches as Ismael Salas, Orlando Cuellar, Fritz Sdunek, Michael Timm, Freddie Roach, Joey Gamache, and Jimmy Montoya. Klatten is also an accomplished strength coach for football (soccer) and has worked with national-caliber players



from 12 countries. Among his international clientele are Zlatko Junuzović of Werder Bremen; Tolgay Arslan of Beşiktaş; and Piotr Trochowski of Augsburg.

As a young athlete, Klatten started playing hockey and tennis at age six, but today he mostly lifts weights to stay fit because, as he says, he “spends more time in the gym than out of it!” After studying architecture at the Architectural Association in London for two

years, Klatten decided to make a radical career change and become a strength and conditioning coach and boxing manager.

Coach Klatten’s new book about strength and conditioning for fighters, *The Klatten Power Boxing System*, will be available in March. In this interview Coach Klatten shares some ideas on how champion fighters should train as well as his opinions on many current topics in the fighting arts.

KG: Let’s begin by talking about MMA, starting with Ronda Rousey. Last year she appeared on the cover of *Ring* magazine, and there was speculation that she could do well in boxing, but in her fight against Holly Holm, Ronda was easily outclassed in striking. What did Holly do against Ronda from a boxing perspective that helped her win UFC 193?

MK: It was more a case of what Ronda tried to do against Holly! Ronda is a great fighter, but she went into the fight with the wrong strategy against someone who was a former world champion in boxing. Specifically, Ronda tried to stand toe-to-toe with Holly, and she was way too aggressive in moving forward, which wasted a lot of energy.

KG: On the men’s side, how would Georges St-Pierre at his best do against Floyd Mayweather, Jr., in a boxing match? Could he hold his own?

MK: Georges is an amazing fighter and a great champion, but he would have no chance against Floyd in a boxing match.

KG: Has boxing lost a lot of good potential fighters to MMA?

MK: MMA is good for boxing and boxing is good for MMA – I don’t see that one is taking

over from the other. If anything, I would say we lose more potential boxers to football and basketball than to MMA. I've also found that MMA fighters tend to have an open mind and are seeking the help of boxing coaches. The problem in the US is that the heavyweight division has been relatively weak in recent years, which gives the impression that the sport is not doing well.

KG: If a young athlete has to decide between MMA and boxing, don't you think they will probably chose MMA because it's easier to make money in that sport?

MK: There is not as much money in MMA as you might think. There are a few fighters, such as Conor McGregor, who are now making good money in MMA. However, consider that Floyd Mayweather, Jr., has an estimated net worth of \$400 million, whereas Georges St-Pierre's net worth is estimated at \$25 million. But after you get past the big names, there is not much money in the sport, and many professional MMA fighters are struggling to make ends meet.

KG: When you first started getting involved in boxing, what strength and conditioning methods did you see other trainers do that you would question? Likewise, what trainers influenced you?

MK: When I started training boxers, I was working with some of the most successful coaches in

the world, but there weren't any boxing coaches that really inspired me with their conditioning methods. I saw way too much road work being done and the weight training was primarily for strength-endurance training, like 20 reps per set, which just doesn't make sense. I also saw many harmful exercises, such as shadow boxing while holding dumbbells or holding weights while hitting a heavy bag, which are quick ways to injure your shoulders.

KG: Is it possible to become a powerful puncher by just hitting a heavy bag? How much of your training uses this type of equipment?

MK: There are better methods than hitting a heavy bag for developing punching power, one being weight training. Among the best exercises for developing punching power are the incline bench press, chin-ups, and pull-ups, and – if you can get the proper instruction – the Olympic lifts.

As for your second question, I prefer to focus on heavy bag work in the early stages of training, in what strength coaches would refer to as the preparatory phase. As a fighter's competition approaches, I prefer working more with double-end bags. These bags snap back rapidly when hit, simulating the action of an opponent, so they enable a fighter to practice counterstriking and defensive movement skills. These bags also place less stress on the shoulder.

KG: What type of lifts were your best fighters doing in the gym?

MK: Gamboa and Culcay could incline press with more than 100 pounds over their body weight. Gamboa could do chin-ups with 90 pounds and do the farmer's walk for over 40 yards while holding cylinders that weighed twice his body weight. Culcay could do three dips with about 115 pounds over his fighting weight.

KG: What do you think about the type of conditioning methods shown in the Rocky movies?

MK: The movies reflected conditioning methods that were in vogue at the time. Times and methods change, and in the later films, for example, you saw Rocky doing a lot of heavy weight training.



Coach Klatten practices what he preaches by staying strong.



KG: How do people find out about you?

MK: Primarily by word of mouth. The fighters I work with tell other fighters, and the promoters I work with often refer fighters to me. I've also written articles for magazines about my conditioning methods. [Coach Klatten can be reached at <http://www.champperformance.de>]

KG: Do you hold group classes, or do you train your athletes one-on-one?

MK: Only one-on-one, because this way my fighters get maximum results from their training. This is why I am only able to train about 20 fighters at a time. However, I also offer strength coaching internships and operate a selective satellite training service to work with athletes worldwide.

KG: With new fighters, what deficiencies in their strength and conditioning do you often see?

MK: Most of the new fighters I see have rounded shoulders and a forward head posture. As for specific muscle weaknesses, I would say the rotator cuff and lower trapezius muscles. Few fighters who come to me are as strong as they should be for their level, so much of my initial workouts focus on developing strength.

KG: What are some of your favorite lower body exercises for fighters?

MK: I like the Hex bar deadlift, especially for tall athletes. It's a great overall strength builder and also heavily works the traps – at the end of a set, I often have my athletes finish off with a few shoulders shrugs. I also like strongman training, especially for energy system training.

KG: Is specific neck training necessary for a fighter?

MK: Yes – neck training is life insurance for a boxer. I have a neck machine in my gym, which I've found is especially good for training side flexion. However, I use lifting chains with my machines, because they provide a better match to the strength curve of the muscles.

KG: What are some differences between amateur boxing and professional boxing?

MK: Being a good amateur boxer doesn't necessarily ensure success at the pro level. One example is Audley Harrison, who won the gold medal in the Sidney Olympics. It was generally agreed within the boxing community that Audley would become the next Lennox Lewis, but he fell far short.

The major issue is that amateur boxing is based on a points system, and the score is not influenced by how hard the punches are thrown. In professional boxing, fighters get rewarded for trying to hurt their opponents and thus a pro



Jack Culcay and (far right) Yuriorkis Gamboa are two world champion fighters Coach Klatten has trained.

fighter takes more physical abuse than an amateur takes. Amateur fighters who lack toughness should remain in the amateur ranks or should quit because they won't last in the pros.

KG: What advice would you give to the parents of a young fighter?

MK: Start weight training early, perhaps as early as age 12 if the athlete has good concentration.

KG: Many parents don't want their kids to get into boxing because they worry about concussions. How often are fighters knocked out in training?

MK: It's a myth that fighters are being knocked out in practice and repeatedly getting concussions. In training, fighters use softer gloves, so the impact is not as severe. I should also say that the sport takes concussions seriously. For

example, amateur boxing has banned headgear because it affects the fighters' field of vision, making them more susceptible to certain punches. That being said, I believe boxers should use headgear while sparring, but not the type that significantly restricts vision.

KG: What is next for you? What are your future goals?

MK: I am looking at opening a second facility and training more fighters to become world champions. I'm not interested in starting a chain of gyms, as I want to keep the quality of my services high.

KG: Who would you say are the best fighters of all time?

MK: First, consider that there are fighters who are exceptional in certain areas. I would say the

most athletic boxer I have ever seen is Roy Jones Jr., the boxer with the fastest hands is Manny Pacquiao, the hardest punchers were Foreman and Tyson, and when it comes to intelligence in the ring, Floyd Mayweather, Jr., and, of course, Ali immediately come to mind. As for who is the greatest heavyweight of all time, my pick would be Mike Tyson in his prime, but his prime was very short. Also, Larry Holmes had the best jab of any of the heavyweights, a jab that could be considered one of the best ever.

KG: Lastly, for the non-heavyweights, who would you say were the best fighters in the history of the sport?

MK: Sugar Ray Leonard, Marvin Hagler, Thomas Hearns, and Roberto Duran are known as the "Glorious Four" of boxing. Their fights against each other were classics. 🇺🇸

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Don't Forget Lunges

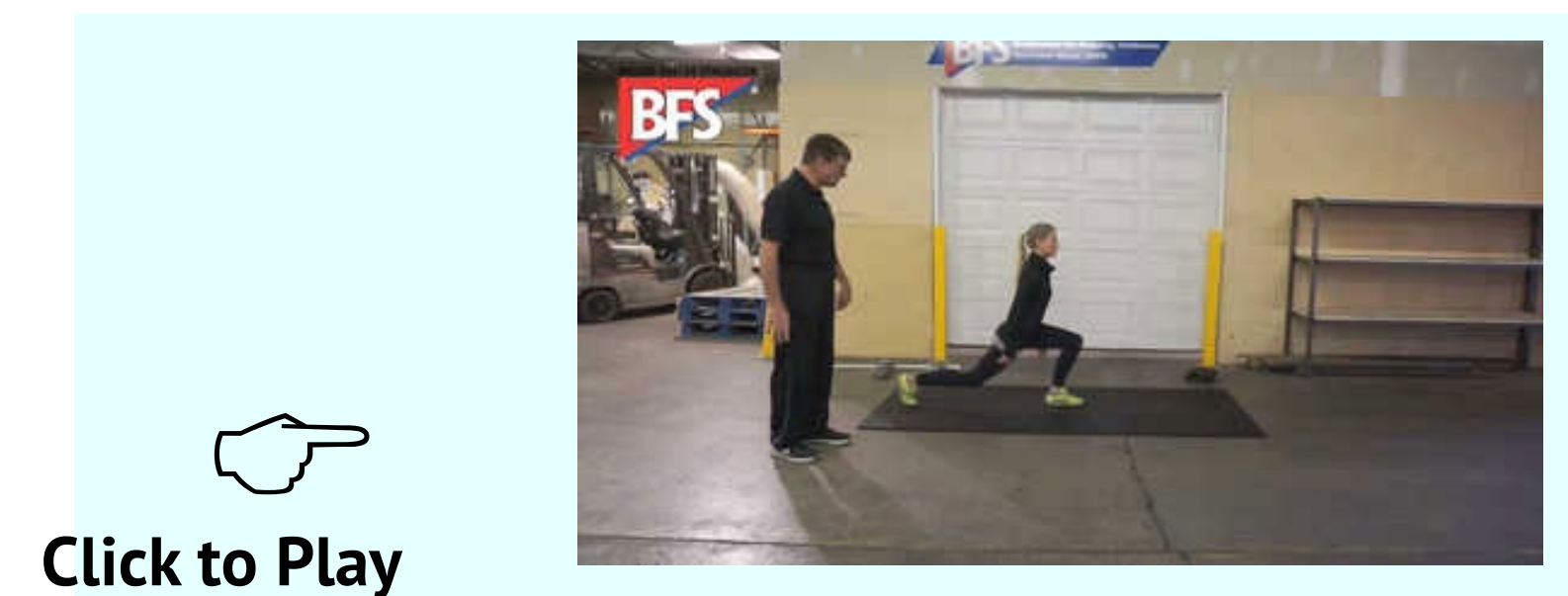
By Dr. Greg Shepard, BFS Founder

(Editor's note: Although this article on the origins of Coach Shepard's training methods was written 23 years ago, the ideas are still relevant today.)

Lunges are a valuable BFS auxiliary exercise that develops power balance and develops the hamstrings, quadriceps and glutes. Each leg is forced to work independently, and there is minimal stress on the lower back, especially when dumbbells are used.

Power balance is important in football, basketball, volleyball, baseball, soccer, wrestling, and the following events in track: hurdles, high jump, long jump, pole vault, discus, shot put, javelin, and the hammer throw. Whenever an athlete needs to change direction explosively and transfer quickly from one leg to the other, power balance is required. Lunges are fantastic for that purpose.

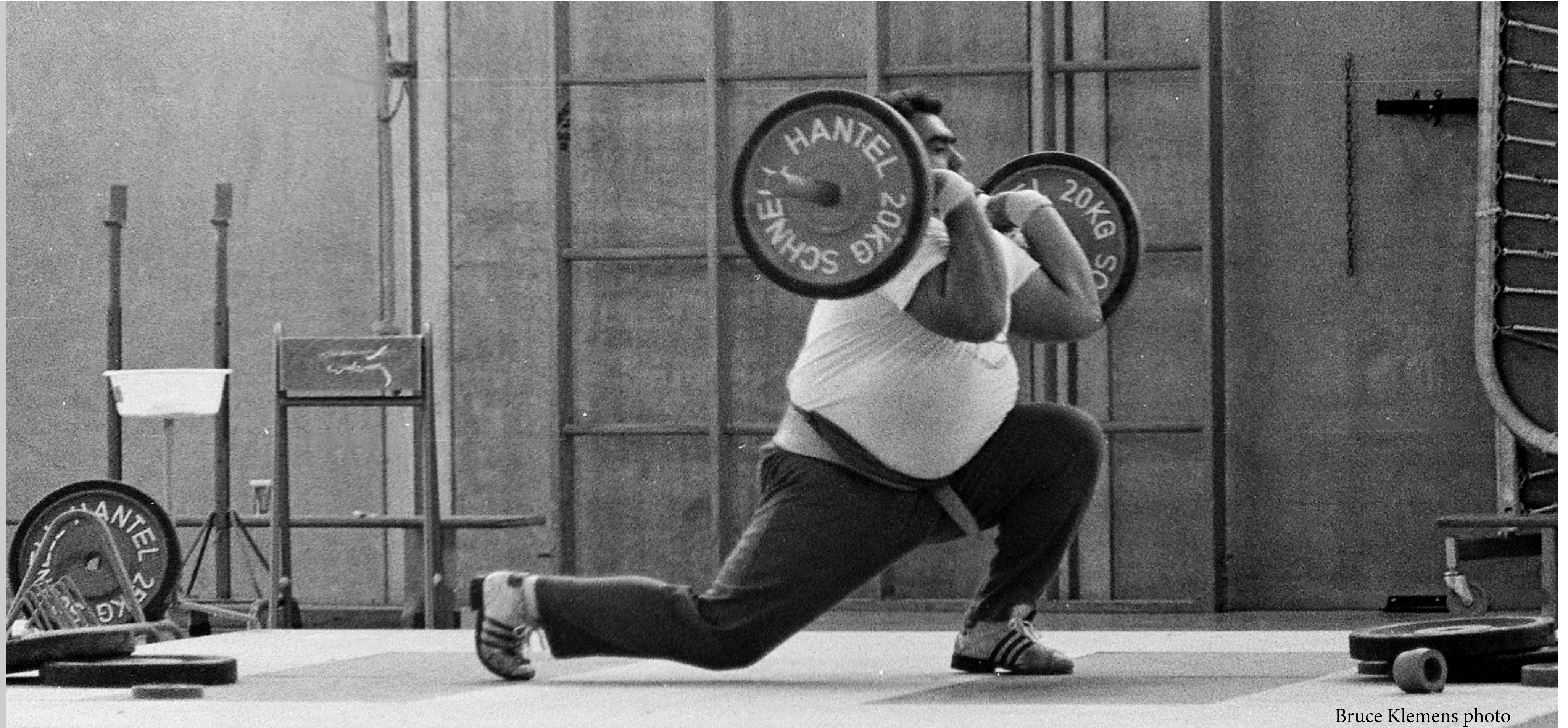
We begin junior high and high school athletes with lunges without any weight. We want to get the correct movement down. As in all lifts, technique is vitally important with lunges. Start with a narrow stance and step out – the challenge is to see if the athlete can come back to the start-



Follow the CoachBFS Channel on YouTube for BFS instruction. Here BFS CEO Bob Rowbotham teaches the optimal technique for performing lunges. [CLICK HERE](#)

BFS Program

Russia's Vasily Alexeev was a two-time Olympic champion who broke 80 world records and was the first man to clean and jerk 500 pounds. Here he is shown doing a unique lunge variation holding the barbell on the front of his shoulders – this should be considered an advanced exercise. (Bruce Klemens photo).



Bruce Klemens photo

ing position smoothly without any false steps.


Those who have had BFS clinics marvel at the similarity of our coaching guidelines on all phases of our program. It doesn't matter if we are jumping, sprinting, stretching, or squatting -- we say eyes straight ahead, sit tall, spread the chest and lock-in the lower back. It is no different with lunges.

Once an athlete masters the lunge movement with a long stride, dumbbells can be used. Most of the time this can be the same training session. Beginners should use dumbbells and not a

barbell. There are some risks when using a barbell behind your neck. If you perform the exercise with a rounded back or lose your balance, this could cause an injury. If you get in trouble balance-wise with dumbbells, all you do is let go of the dumbbells. Sometimes, because of lack of power rack stations and barbells, using dumbbells may be the best way to utilize space and equipment.

The advantage of using a barbell is the athlete gains more in muscular development because heavier weights can be used. Therefore, after an

athlete has thoroughly mastered the lunge technique with perfect balance, he or she may wish to switch from dumbbells to the barbell.

We normally perform the lunge for two sets of 10 reps in the BFS off-season workout. Normally, we only do these on the Wednesday workout but doing them twice per week is OK. Also, we don't max out on this lift -- if you wanted to do a third set of 10, you could, but no more. Just put on enough to get a great workout with perfect technique. 

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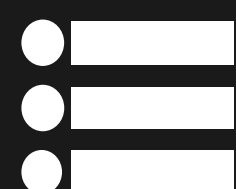


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Dr. Anne Shadle was a three-time Big 12 Champion, a four-time Big 12 All-Academy Team member, and competed in the 2008 Olympic Trials.

In my research with Olympic Gold Medal Champions, one of my research questions investigated self-determination within an individual. Questions I wondered about were things like what makes a person self-determined? What are the

elements in SDT is intrinsic motivation. Motivation is something that every coach wants their athletes to have, and every athlete holds that power within themselves.

The Power of Intrinsic Motivation

by Anne Shadle, Ph.D.

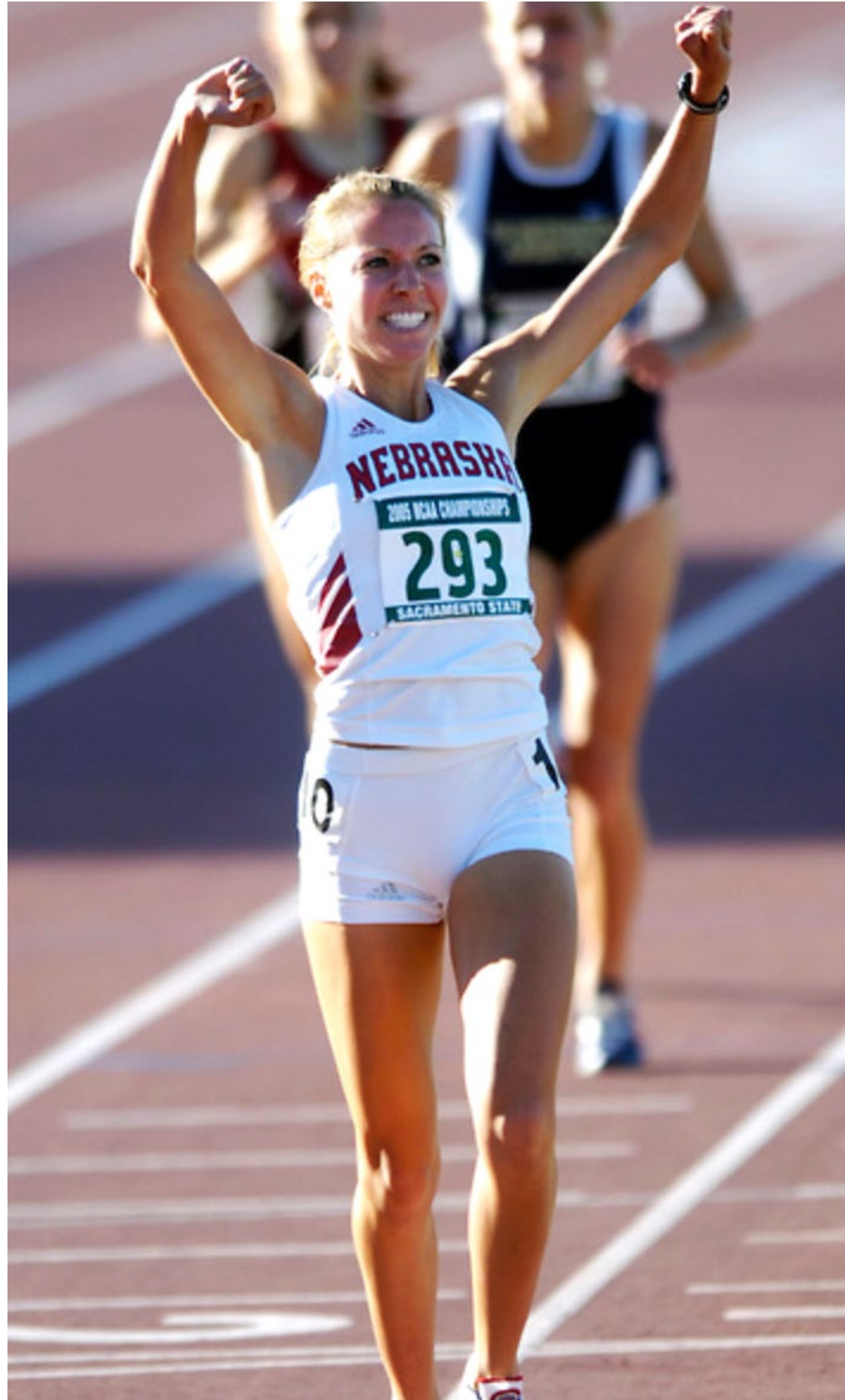
elements that make up self-determination? What does it look like? What does it sound like? What does motivation have to do with that? All of these questions helped me learn more about self-determination and with that, the power of intrinsic motivation.

Self-Determination Theory (SDT) has focused on the physical and social environment conditions that strengthen versus weaken self-motivation (Ryan & Deci, 2000). SDT goes on to explore the environments that develop human potential. One of the key ingredi-

ents in SDT is intrinsic motivation. Motivation is something that every coach wants their athletes to have, and every athlete holds that power within themselves.

What does this mean for you, the coach, and the provider of the sport experience? It is important for coaches to understand how the social environment's design (i.e. our day to day practice environment) influences the behavior and motivation of your athletes. It is important that our sports environment optimizes people's development, performance, and well-being (Deci & Ryan, 1985, 1991; Ryan, 1995). More specifically, you, the coach, have direct impact on your athlete's self-determination and motivation by what and how you communicate as well as the environment you create for your athletes. The number one reason why athletes begin playing a sport is because it is fun. The number one reason athletes quit sport is because it is not fun anymore.

In the SDT research, Deci and Ryan (1985, 1995, & 2000) identified three basic human needs: the needs for competence, relatedness, and autonomy. These basic needs are essential for success. Competence, relatedness, and autonomy should be built into our sports environment. Competence, (the ability, knowledge or skill to do something successfully), relatedness, (feelings of belonging), and autonomy, (making decisions for oneself, by oneself about oneself), lay the foun-



Intrinsic motivation is the most powerful driver and enduring driver leading to personal development, personal achievement, satisfaction, fulfillment, and well-being.

dation for intrinsic motivation. Intrinsic motivation is the inherent nature to seek out challenges, to extend and exercise one's capabilities, to explore, and to learn (Ryan & Deci, 2000).

At the core, human beings want to be in control of their choices and themselves, that includes your athletes. They want to explore, they want to learn, they want to grow, and they want to seek out challenges. In doing so, they develop self-esteem, happiness, and have a greater sense of well-being; thus allowing themselves to flourish. Self-regulation, being in control of themselves, allows them to be intentional in their behaviors, allowing them to flourish. We also want our athletes to be intrinsically motivated, with intrinsic regulation, knowing that they are in control while also allowing their interest in sports to grow, and enjoying their sport while gaining satisfaction from participation. Mageau and Vallerand (2003) and Mallett (2005) suggested the following strategies for developing your athletes:

1. Provide the athlete with boundaries and choices.
2. Provide a rationale for training tasks and regimen.
3. Acknowledge and respect the athletes' perspectives and feelings.

4. Provide opportunities for independent work and for taking the initiative.

5. Provide positive feedback about competence that does not control or constrain behavior.

6. Avoid conscious bullying (a common coaching behavior).

7. Encourage a mastery approach to learning and discourage social comparison (e.g. I am better than you because I won the game).

In summary, intrinsic motivation is the most powerful driver and enduring driver leading to personal development, personal achievement, satisfaction, fulfillment, and well-being. Competence, relatedness, and autonomy should be built into our sports environment thus igniting intrinsic motivation that leads to self-determined athletes. Encourage your athletes to seek out challenges, go after those challenges while pushing herself/himself out of their comfort zones. As their coach, support them as they push their internal boundaries and celebrate with them when they accomplish new standards. This process, together, coach, athlete, and team, leads to the thrill of victory. 🏆

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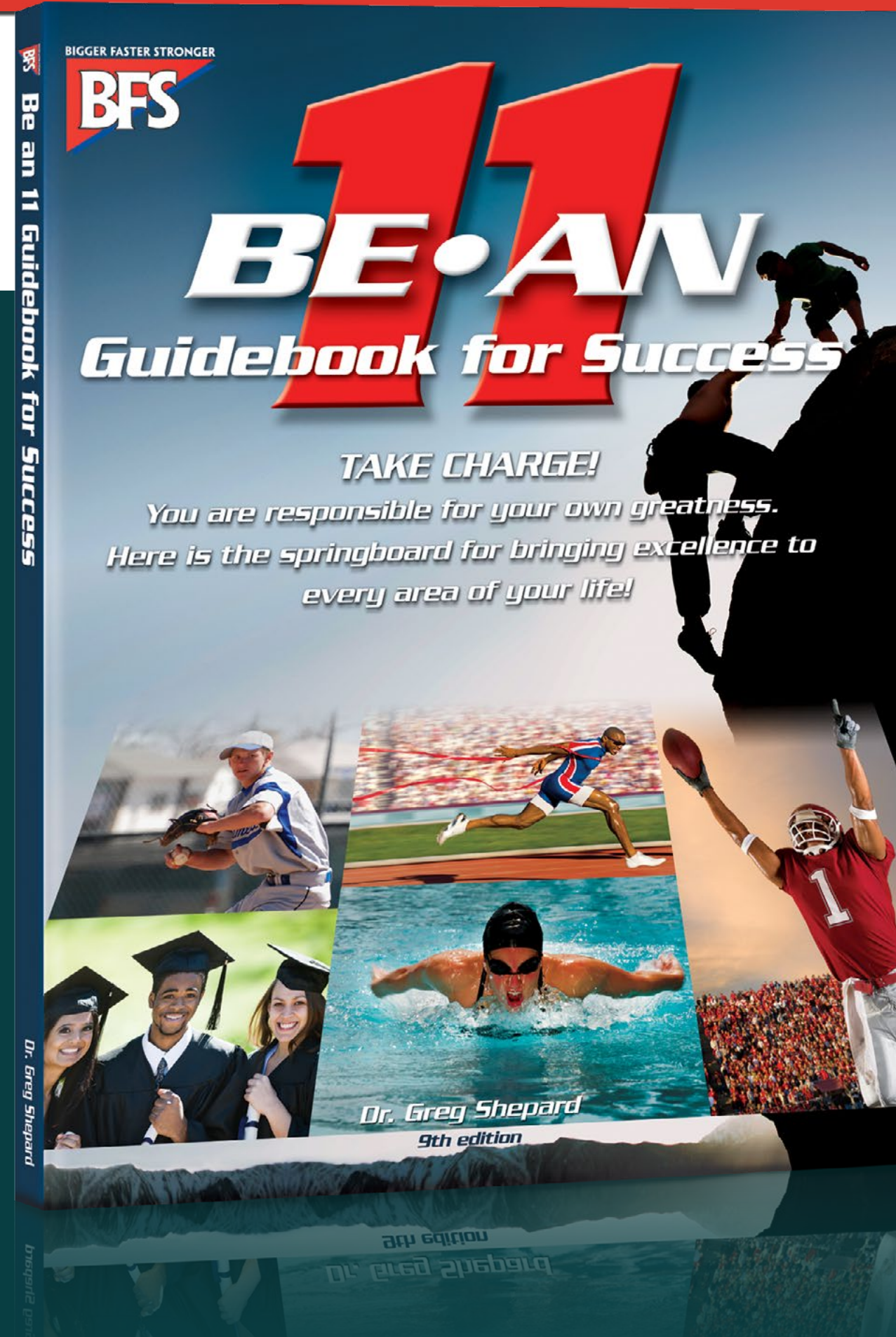
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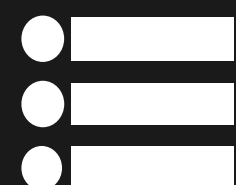
CONCEPT TO COMPLETION

BFS offers regional and on-site Strength and Conditioning Clinics, and a complete line of multimedia educational materials to teach coaches and athletes how to exercise for maximum performance with minimal risk of injury. We also offer a character education program called Be an 11, which will have a positive impact on all aspects of your students' lives.



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Register Early • Weight Room
Strength and Conditioning Certification from BFS
**CERTIFIED COACHES CREATE
CHAMPIONSHIP ENVIRONMENTS**

CERTIFICATION SEASON 2016

Cert. Date	Early Registration Discount Code	Location	City	ST
4/2/16	0416RGAR	Siloam Springs HS	Siloam Springs	AR
4/16/16	0416RGMI	Manchester HS	Manchester	MI
4/16/16	0416RGMA	Beverly HS	Beverly	MA
4/23/15	0416RGMD	Dulaney HS	Timonium	MD
4/23/16	0416RGSD	Northern State Univ.	Aberdeen	SD
4/23/16	0416RGKY	Marion County HS	Lebanon	KY
4/30/16	0416RGMN	St. Olaf College	Northfield	MN
4/30/16	0416RGNY	BFS Science Lab	Mahopac	NY
5/14/16	0516RGWI	Ripon College	Ripon	WI
5/21/16	0516RGIL	Knox College	Galesburg	IL
6/4/16	0616RGTX	Ferris HS	Ferris	TX

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Online Early Registration Saves \$100

The BFS WRSC In-Service presentation is a full-day, hands-on practicum with a multimedia presentation. The certification goes from 8:00 a.m. to 5:00 p.m., with a 30-minute lunch break.

Early Registration, 30 days prior to event: \$299, Regular price: \$399
Practical and Theory Course • 1 Day,

Hands on Practicum • Online Exam
Each Coach receives a Certification Implementation Package including all study materials to complete the course • Access to BFS Online Learning Center with complete technique and training video library to teach the BFS Total Program!

BFS Magazine comes to you 12 times a year

Packed with valuable stories on successful teams, *BFS Magazine* is your resource for motivation, training and inspiration.

Each issue addresses various issues dealing with the latest training methods and helps coaches and athletes focus on what is effective in their unique environment. Helping coaches separate fads from efficient, effective work-outs, *BFS Magazine* is an ongoing resource for every coach in any sport. High School coaches have known for years that the BFS Total Program is safe and effective for training the developing young athlete, regardless of their sport or gender.

For 40 years *BFS Magazine* has been a publication dedicated to helping athletes succeed through strength training and character development. So whether you are a BFS WRSC certified coach, a magazine subscriber or an individual athlete, you can trust that BFS is committed spreading our knowledge to help you get the most out of your athletics and your life

BFS Magazine “Coaches Helping Coaches” See you in March!



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