

BIGGER FASTER STRONGER

March 2016  
Issue #167  
Digital

# BFS



## *SPECIAL SPEED ISSUE*

*8 Point Sprint  
Technique, p14*

*Speed Tools,  
p18*

*School  
Unification,  
p21*



# *Wrestle Power!*

*Jeffersonville High, p9*



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

# BE AN 11 Seminars!

*"Every school in the nation should schedule a Be An 11 Seminar today!  
It is without a doubt the best thing that has happened to our school."*  
- Coach T. Cox

*"Reaffirmed the reason I entered coaching 25 years ago."*  
- Coach Al McFarland

*"This is exactly what our school - and community - needed."*  
- Coach Fox

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

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

Only \$2,990 for 50  
athletes. Additional  
athletes only \$30 each.  
Includes Be an 11  
Guidebooks!

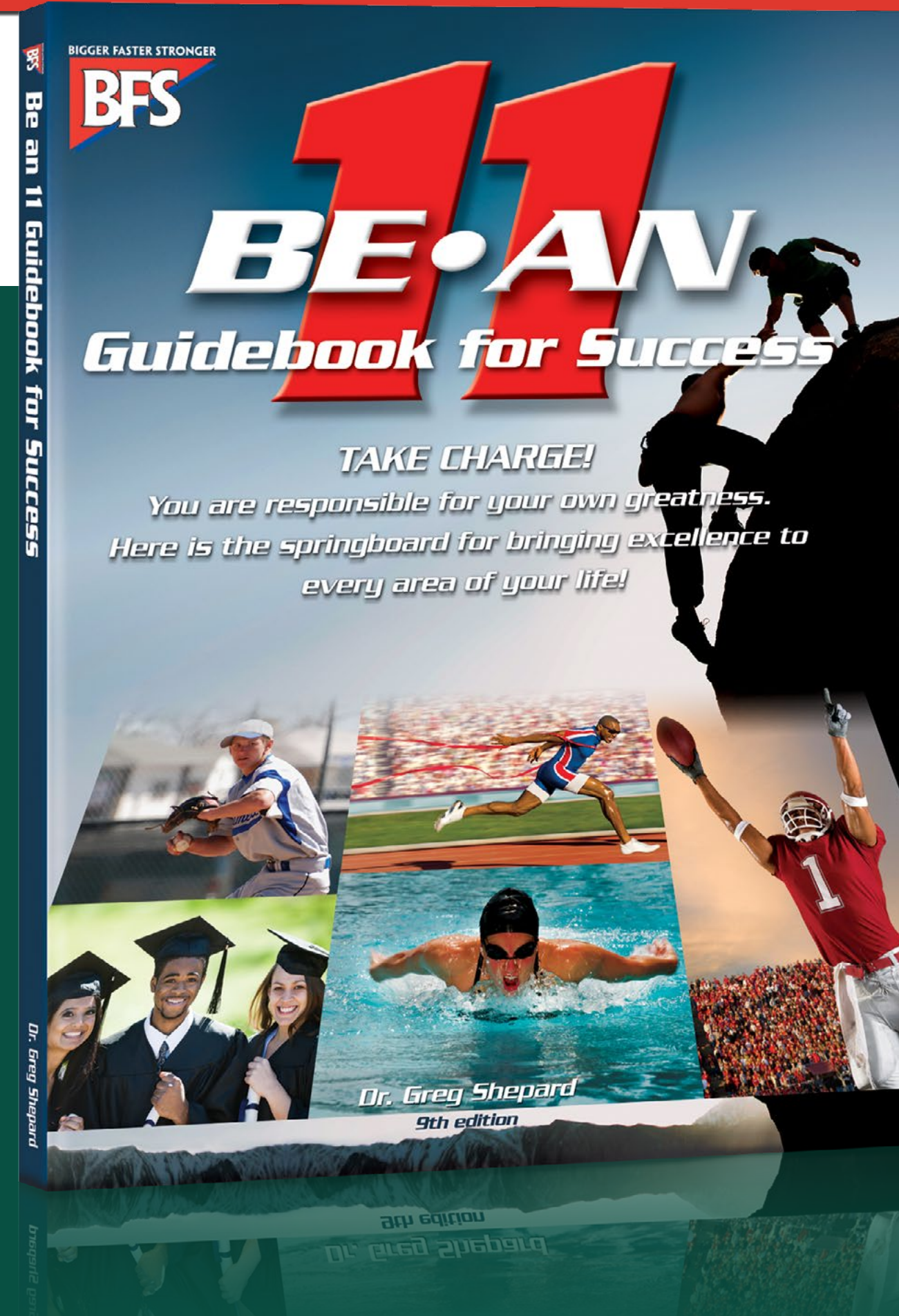
All travel fees included in  
price. No hidden fees!  
Book your dates now!  
First come - First Serve.

## REQUEST A FREE BE AN 11 BOOK & SEMINAR LITERATURE

Christian B11 Seminar  
is also available  
CALL FOR DETAILS

Package your Be An 11 Seminar with a Total Program Clinic or a BFS  
Weight Room Safety Certification (WRSC) and save. See page 26 to  
learn about how to bundle and save on BFS camps!

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



**CLICK**

Learn More  
Online



# *A Message from BFS Editor Kim Goss, MS*

## The Lowdown on Squats

One of the biggest challenges Dr. Greg Shepard faced when he founded BFS 40 years ago was championing the idea that squats would not only improve athletic performance but were also safe.

One of his obstacles was a study on the squat published in 1961 by college professor Karl K. Klein and medical doctor Fred L. Allman, Jr. Their findings were detailed in a book they wrote 10 years later called, *The Knee in Sports* (Penn State

Press, 1971). What captured the attention of the athletic and medical communities was their conclusion that full squats (not parallel squats) could decrease knee stability.

Klein's and Allman's research was criticized because their results could not be duplicated, and later studies on weightlifters and powerlifters found that these athletes possessed tighter knee joints than control groups. But the damage was done, and it became a continual struggle for BFS

to convince sports coaches and the athletic training community that squats would not increase the risk of knee injuries.

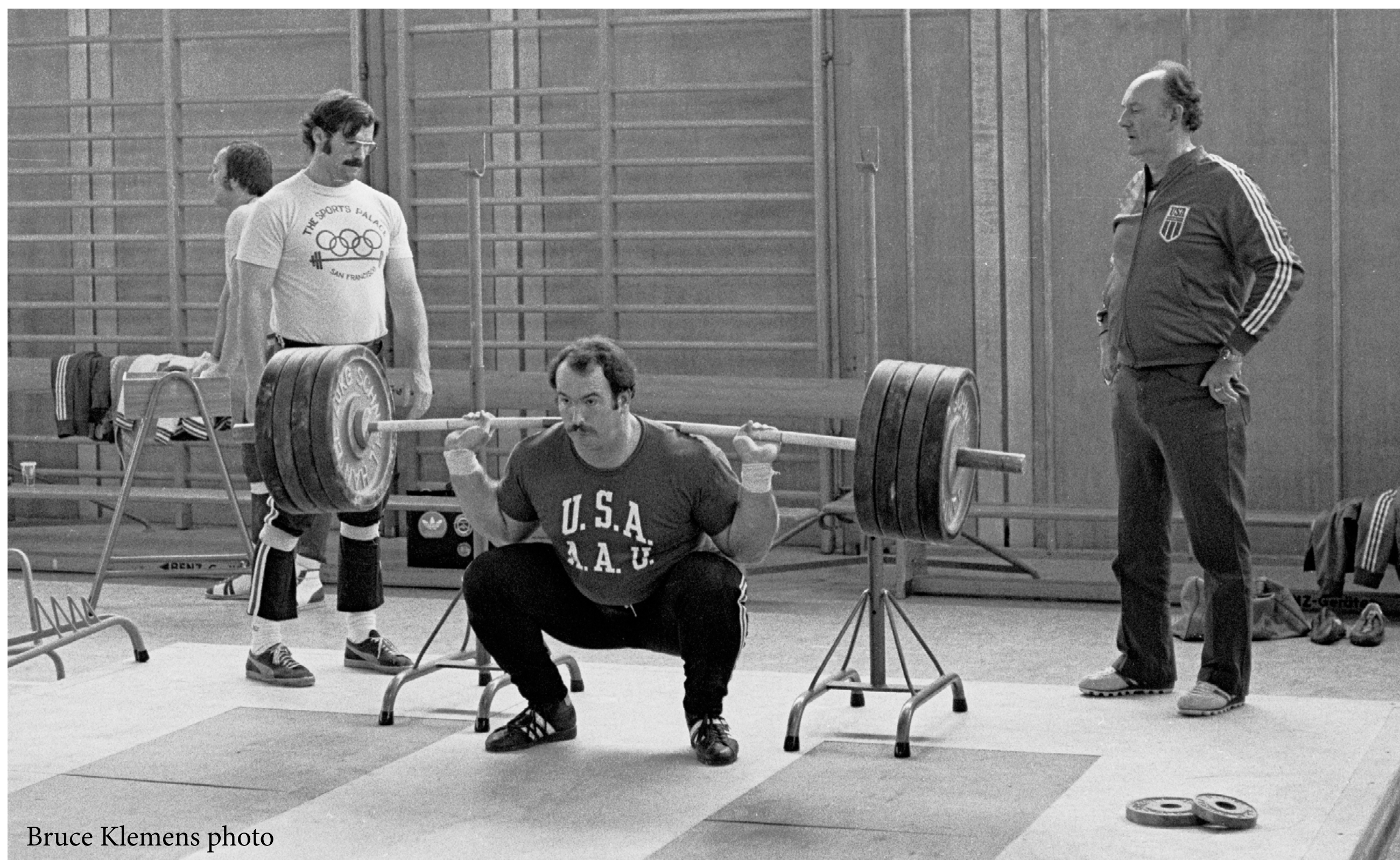
Moving ahead to today, there is still confusion as to how low an athlete needs to squat for best results. For powerlifters, the goal is to lift the most weight within the rules governing their federation. Some or-

ganizations, such as the International Powerlifting Federation, require their athletes to squat to parallel. Other federations are more lenient.

For training athletes other than powerlifters, BFS believes the guiding principle in squatting is that it's necessary to squat so that the tops of the upper thighs are at least horizontal to the floor. This depth ensures that the quadriceps and gluteal muscles are strongly activated throughout the full range of motion. We also believe that squatting to this depth prevents muscle imbalances that will decrease knees stability, adversely affecting athletic performance and increasing the risk of knee injuries such as ACL tears.

For the past four decades, BFS has tried to convince the athletic training and medical community that the parallel back squat should be the foundation of any strength training program. It's been a challenge, but we're confident that we've won our case that the parallel squat is worthy of the title, "The King of Lifts."

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

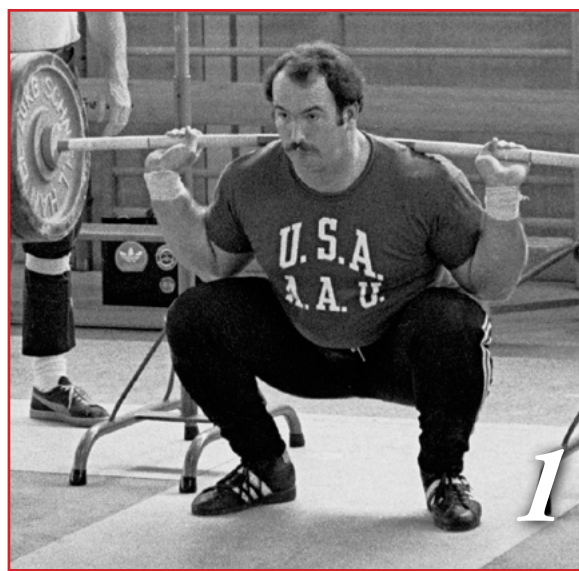


Bruce Klemens photo

**Former three-time US weightlifting champion Tom Stock performs a deep squat under the watchful eyes of coaches Jim Schmitz (left) and Jim "Smitty" Smith.**



# Table of Contents



## From the Editor

*The Lowdown on Squats* 1



## What's Happening

*News and highlights from the world of athletic fitness* 4



## BFS Success Stories

*Wrestling to the Top at Jeffersonville High.* 9



## BFS Program

*Running Faster with the BFS 8-Point Sprint Technique System* 14



## Training and Equipment

*Powerful Tools to Make Athletes Faster* 18

## Physical Education

*Why Schools Should Unify Their PE and Athletic Programs* 21

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:

Jeffersonville Wrestling  
Insert photo Timpview HS. Margret P. Lindsay,  
Thundebird Images

MAGAZINE DESIGN: Steve Kinslow

PUBLISHER: Bigger Faster Stronger, Inc.

**BIGGER FASTER STRONGER**

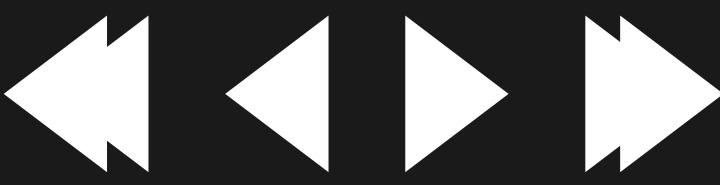
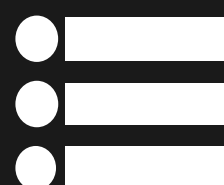
2930 West Directors Row

Salt Lake City, Utah 84104

1-800-628-9737 • Fax 801-975-1159

[info@bfsmail.com](mailto:info@bfsmail.com) • [biggerfasterstronger.com](http://biggerfasterstronger.com)

This is an official publication of Bigger Faster Stronger, Inc. It is published bimonthly. Subscriptions can be ordered at 1-800-628-9737. No part of Bigger Faster Stronger magazine may be reproduced in any form without the express written consent of Bigger Faster Stronger. Prices quoted in this issue are subject to change without notice. All equipment will be shipped the most economical way, F.O.B. Salt Lake City, unless otherwise noted by Bigger Faster Stronger ©2016. The material presented in BFS magazine is not meant to provide medical advice; you should obtain medical advice from your private healthcare practitioner..





# BFS COACH'S MARKETPLACE

**NEW PRODUCTS FROM BFS CAN HELP YOU EXPAND YOUR PROGRAM TO THE NEXT LEVEL!**

NEW PRODUCTS

## SAVE On BE AN 11 Seminars! Call 800-628-9737

Our dynamic seminar presenters will infuse your athletic program with a greater vision. Along with that vision, they will teach your athletes how to set higher goals, work harder and become better people as they create their own value system with higher standards.

Be An 11 : \$2990.00 For 50 Students Price Includes Travel, Air Fare and Expenses For 50 Athletes -Each Athlete will receive a Be An 11 Guidebook and more! -( Additional Athletes Over 50 Only \$30.00 Each )



### Hand Armor Liquid Chalk (2 oz) \$4.95 USD

Antibacterial- Kills 99.9% germs and bacteria such as staph, H1N1, MRSA, Ringworm, etc. Last up to 10 times longer than regular chalk. Better Grip.



### TruFit \$199.00 USD

UNIT™ 2.0 Main Features, Dual Anchor Attachment Allows for unilaterally off-load of the resistance.

SPEED AND AGILITY



### Plyo Max 3 \$169

Nailed, Glued, and Screwed for incredible durability and toughness  
Painted Black 3 Sizes in one box, 20", 24", and 30" \$169

Note: The photo shows a single Plyo Max 3 in the three different orientations. Price shown includes one Plyo Max 3.



### Smart Cart \$1695!

The Smart Cart Training System organizes your training equipment into a compact and easy-to-transport system. Using the timed rotational circuit, coaches will be able to train as many as 60 athletes in one hour with the equipment on the Smart Cart..



### Heavy Duty Push / Pull Sled \$295

Heavy 11 Gauge Steel Tubing - Long-Lasting 3/8" Solid Steel Slide Plates  
Built to be Used on Concrete, Asphalt - High Vertical Handles and Low Horizontal Handles - Pull Harness Attachment Position - Dual Olympic Plate Holders Develop Explosive Power in LEGS and HIPS

GREAT ASSETS



## BFS is pleased to announce we now have all your Athletic and Physical Education gear and equipment.

Whether you need playground balls, jump ropes, agility cones or soccer nets BFS can put together your order with a simple phone call. 800-628-9737

Now available in a downloadable catalog  
for easy shopping.

[Click here for Direct Download](#)

## In-Service WRSC Certification! Educate and protect your staff and students Call 800-628-9737

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



### Double Take: Sesely Omli Weightlifting Champ Heads to Kansas State

Sesely Omli was featured in our May/June 2014 issue when she was a senior at Ell-Saline High School in Brookville, Kansas. After high school Sesely continued her success in athletics, breaking New England junior records in weightlifting when she represented the Team BFS Weightlifting Club. This Fall Sesely will be transferring to Kansas State to continue her studies in exercise science.



## The Glute-Ham Still Rocks

For over three decades BFS has been promoting the glute-ham raise as the single-best auxiliary exercise for the hamstrings. The popularity of the exercise has attracted the interest of researchers, and their studies have confirmed our original beliefs.

What researchers have discovered is that when it comes to preventing and rehabilitating hamstring injuries, the most effective exercises have two qualities. First, they work the muscles through a long range of motion; and second, they emphasize the eccentric (lowering) motion. Such studies

involved Swedish sprinters and jumpers cut recovery time in half. The glute-ham raise fulfills both of these requirements as it enables an athlete to train the muscles on the entire length of the spine and both the knee and hip extension functions of the hamstrings. There are also several ways to increase the eccentric contraction during the glute-ham raise. You could slow down the lowering portion of the lift and you can move the position of weights (such as holding the bar close the chest or extending the resistance at arms length).





CLICK  
TO  
BEGIN

# BFS Set Rep Log App Phone Tablet Computer

BFS has been helping athletes and teams succeed since 1979

About Us

**Desktop Screen: Workouts**

Jun. 29 - Jul. 5

Towel Bench (Mon.) Box Squat (Mon.) Glute Ham (Mon.) Lunges (Mon.) Power

**Towel Bench (3x3)**

Set	Weight (lbs)	Effort (1-11)	5 of 6 Absolutes?	Reps
1 (3 reps)	225	8	<input checked="" type="checkbox"/>	
2 (3 reps)	225	7	<input checked="" type="checkbox"/>	
3 (3+ reps)	185	9	<input checked="" type="checkbox"/>	
Total	635			
3x3 record	999			

Save

**Tablet Screen: Shoulder Press (3x3)**

Set	Weight (lbs)	Effort (1-11)	5 of 6 Absolutes?	Reps
1 (3 reps)			<input checked="" type="checkbox"/>	
2 (3 reps)			<input checked="" type="checkbox"/>	
3 (3+ reps)			<input checked="" type="checkbox"/>	
Total	0			
3x3 record	0			

Save

**Phone Screen: Shoulder Press (3x3)**

Set	Weight (lbs)	Effort (1-11)	5 of 6 Absolutes?	Reps
1 (3 reps)			<input checked="" type="checkbox"/>	
2 (3 reps)			<input checked="" type="checkbox"/>	
3 (3+ reps)			<input checked="" type="checkbox"/>	
Total	0			
3x3 record	0			

**You can't break records if you don't keep records!**

Athletes can keep track of progress on a **phone, tablet or computer.**

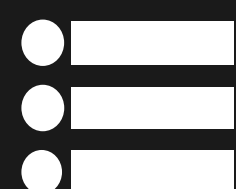
Coaches can keep up with the progress of the **whole team.**

Simply logging in and entering athletes allows for **recording sets, reps, weights** and tracks record breaking activity every workout!

With this web based app every device with a web browser can take advantage the

BFS Total Program and nearly 40 years of **championship building protocols** that has lead 1,000s of team to winning seasons in nearly every state!

**Call BFS To get on board today!**  
**800-628- 9737**





# **BEST VALUE FOR TEAMS THAT WANT TO WIN!**

## **ALL NEW VARSITY LINE FOR 2015**

### **Starting at Only \$1,195**

### **Ships Free With Varsity Orders Over \$3,000**

Redesigned right to the top with a sturdy fully enclosed frame. External plate racks for easy access.

Expandable design allows for easy addition of the Varsity Power Clean Platform

### **Package Pricing Available 800-628-9737**



[Learn More Online](#)

## **2015 VARSITY HALF RACK**



# TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS

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

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

***Bring BFS into your School***

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

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

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

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



**Learn More about the Total Program  
at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)**

## Explore your options

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



# TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS

## Start Your Championship Journey With BFS!

All Pricing Includes Travel, Air Fare and Expenses



### **A** BFS Championship Camp & Coaches WRSC

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

#### Pricing and Savings

RETAIL: 50 STUDENTS & 5 COACHES		PACKAGE
BE AN 11	\$2990	\$1495
2 DAY TPC	\$3990	\$3990
IN-SERVICE WRSC	\$3195	\$1495
IMPLEMENTATION PACK- AGE	\$3500	\$0
TOTAL :		\$13,675
		\$6980

#### Save Over \$6695!

WRSC: \$299 per coach over 5  
Camp: \$40 per student over 50

#### Implementation package

Valued at over \$3,500 the implementation package contains equipment, instructional materials and ongoing support So you can take charge of your program immediately after your Championship Camp!

#### Includes:

Complete Weight Room Evaluation, 2D weight room layout design, Set Rep Logs, Youth Training Bar Package, Total Program DVDs, Be An 11 books, camp t-shirts, 4 month magazine subscription for all athletes and students, WRSC Support for certified coaches and more!

#### Experience, Tradition, and Value:

The BFS Championship Camp delivers a winning culture to your school - in athletics and in life!

### **B** BFS Championship Camp 2 Days, 50 Athletes \$5485

Product # 800B  
Be an 11 Seminar • 2 Day Total Program Clinic

#### Pricing and Savings

RETAIL PRICE: 50 STUDENTS		PACKAGE
BE AN 11 SEMINAR	\$2990	\$1495
2 DAY TPC	\$3990	\$3990
IMPLEMENTATION PACKAGE	\$2500	\$0
TOTAL:	<del>\$9480</del>	<b>\$5485</b>

#### Save Over \$3995!

Camp: \$40 per student over 50

Implementation package valued at over \$2,500. Includes Set Rep Logs, Weight Room Evaluation, Total Program DVDs, Be An 11 books, camp t-shirts and much more!

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

#### Pricing and Savings

RETAIL: 50 STUDENTS & 5 COACHES		PACKAGE
BE AN 11 SEMINAR	\$2990	\$2990
IN-SERVICE WRSC	\$3195	\$1745
IMPLEMENTATION PACKAGE	\$2500	\$0
TOTAL:	<del>\$8685</del>	<b>\$4735</b>

#### Save Over \$3950!

Be An 11: \$30 Per student over 50  
WRSC: \$349 per coach over 50

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

#### Pricing and Savings

RETAIL: 50 STUDENTS & 5 COACHES		PACKAGE
BE AN 11 SEMINAR	\$2990	\$1495
1 DAY TPC	\$3490	\$3490
IN-SERVICE CERT.	\$3195	\$1495
IMPLEMENTATION PACK- AGE	\$3000	\$0
TOTAL::		\$12,675
		\$6480

#### Save Over \$6195!

Be An 11: \$20 per student over 50  
1 Day Clinic: \$20 per student over 50  
WRSC: \$299 per coach over 50

Implementation package valued at over \$3,000. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, WRSC Support and much more!

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

#### Pricing

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

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

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

#### Pricing and Savings

RETAIL PRICE: 50 STUDENTS		PACKAGE
BE AN 11 SEMINAR	\$2990	\$1495
1 DAY TPC	\$3490	\$3490
IMPLEMENTATION PACKAGE	\$2500	\$0
TOTAL	<del>\$8980</del>	<del>\$4985</del>

#### Save Over \$3995

Be An 11: \$20 per student over 50  
1 Day Clinic: \$20 per student over 50

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

### **I** 2 Day Total Program Clinic, 50 Athletes \$3990 Product # 800I

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

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

#### Pricing and Savings

RETAIL PRICE: 50 STUDENTS		PACKAGE
2 DAY TPC	\$3990	\$3990
IN-SERVICE CERT.	\$3195	\$1745
IMPLEMENTATION PACK- AGE	\$2500	\$0
TOTAL:		\$9685
		\$5735

#### Save Over \$3,950!

2 Day Clinic: \$30 per student over 50  
WRSC: \$349 per coach over 50  
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

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

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

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

#### Pricing and Savings

	RETAIL PRICE	PACKAGE
1 DAY TPC	\$3490	\$3490
IN-SERVICE CERT.	\$3195	\$1745
IMPLEMENTATION PACKAGE	\$2500	\$0
TOTAL:	\$9185	\$5235

#### Save Over \$3,950!

1 Day Clinic: \$30 per student over 50  
WRSC: \$349 per coach over 50  
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

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

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

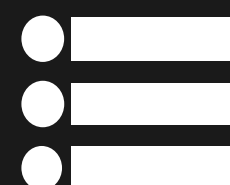
**Package Details and Information:** All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit [www.biggerfasterstronger.com/camps](http://www.biggerfasterstronger.com/camps). 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](http://www.biggerfasterstronger.com)







Kameron Fuller

# Wrestling to the Top at Jeffersonville High

The sports performance program at Jeffersonville High School started out in 2012 with a total of 40 kids; now in 2016, the class has 238 athletes during the day, plus additional sessions that come after school. The student body has quickly bought

into this total strength and conditioning program.

The class is much more than just lifting dumbbells or trying to become stronger. It's about becoming a leader and pushing to strive for the very best

an athlete can become. What he is trying to push for in his classes is a “we” mentality instead of an “I” mentality. “Sports performance has helped me in many ways,” says senior pitcher Dawson Willis. “Not just to be a better athlete, but to be more of a leader and a better teammate.”

For 35 minutes every day, the class works as much of the body as possible, including various lifting, gymnastics, footwork, medicine balls, plyos, battle ropes, tires, sledgehammers, and kettlebells. Students in the class workout 35 minutes at a time, five days a week, except for a 4th-period class that gets one hour.

People unfamiliar with lifting complain that amount of time isn't enough time for a full workout, but they fail to understand what is going on. Working out everyday in class converts into about three one-hour training sessions in a single week; which is plenty for high school athletes. The point of the class is for the athletes to become more explosive. The focus is not on bodybuilding or tiring out every muscle in their body. Instead, the class wants to leave something for athletes during their sports after school.

“Every year, my bench has gone up,” says All-Conference quarterback Cameron Northern. “From winter freshman year to winter junior year, my bench went from 200 to 310 pounds. And there's a lot of core work, which is the most important thing in any sport.”



## BFS Program

The mastermind behind this successful program is strength coach Daniel Struck. Struck is the head wrestling coach at Jeffersonville and is an assistant football coach at River Valley Middle School. Struck, who holds two masters degrees and is certified through BFS, is the Indiana State Wrestling Coaches Association Head Coach Director. He is also the Indiana High School Wrestling Coaches Association President and sits on the USA Wrestling National Coaches Council.

Struck has been able to bring athletes from every sport at Jeff into one class to help everyone get to another level physically. Those additional workouts wouldn't have been possible without this class. "Sports performance has taken our program to a new level as it pertains to strength and conditioning," says baseball coach Derek Ellis. "All of our guys have benefited from Coach Struck's expert experience. Our season is long, and we sometimes play 3-4 games a week, and the performance program helps prevent injuries and keeps our players strong the entire season."

Struck keeps the strength exercises, such as the Olympic and power lifts, at low numbers. The basics are 5-4-3-2-1 and 3x5, 5x1 -- (time-tested strongman routines) routines taken from BFS magazine. In fact, the first strength clinic Struck ever attended was a BFS clinic, and he still uses those principles to this very day.

Training every day in the fashion they do allows

for more strength building. The students train for strength at a pace that would allow them to be able to take care of their number one priority: their sport. Struck pushes his classes to get better competitively and to boost their athleticism; which are both components of the mentality of an athlete.

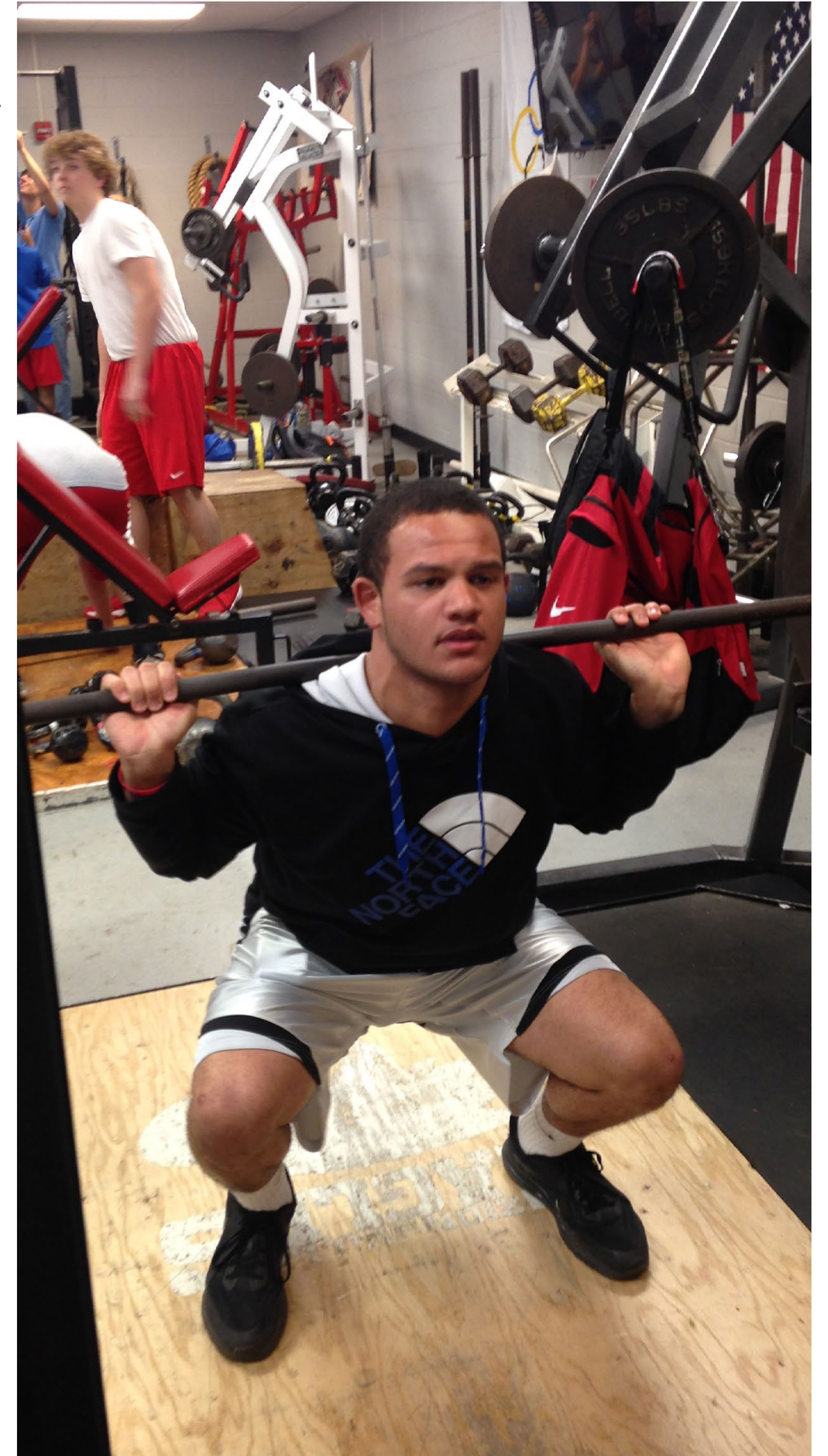
Sports performance is intended to be for student-athletes, and many teams have already

***"We have one goal - Build state, national, and international champions while helping athletes be the best version of themselves they can be. We do this through program unification of all sports so that a multi-sport athlete will be on one program throughout the course of the year."***

### ***Coach Daniel Struck***

caught on to the budding tradition. Both the baseball and wrestling teams usually do two workouts a day, during and after school. It's a class that any sport can join no matter how small their sport might be; everyone is welcomed.

"Our kids will always be a good fundamentally sound and competitive team. With the addition of sports performance, it should take us to a level that most schools can't get to. It's a luxury and benefit that only the top programs are utilizing



Cameron Norton



## BFS Program



**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.**

right now,” said Ellis.

There is much more to the class than physical training. The class also writes to three colleges every third week to help prepare for the recruiting process. In doing so, it has helped students get signed by colleges that weren't possibly looking at them before.

Struck has been able to help students earn athletic scholarships, and that's just one of the many great things this program has brought to the Jeffersonville student body. The school has kids competing in NAIA, JUCO, D3, D2, and D1 athletics all over the country. They also pick a “whiteboard”

topic once a week to discuss in class that they are tested over at the end of the nine weeks. Topics such as nutrition, multisport athletics, bodybuilding versus sports performance are discussed. “Students and athletes get the most out of the things they are committed to, and I think Coach Struck does a great job of providing them an opportunity to work on skills outside of their athletic endeavor,” said swimming coach Michael Pepa.

Performing as a united force has been the focus all along for the program. It's what has brought the wrestling team five more sectional titles, three more conference titles, and the football team improving their overall record by three wins. Sports

performance has been a blessing in disguise to most of the Jeffersonville athletes, and it will only go up from here because the class will continue to grow with more students joining every year.

The dream of bringing that mentality of “We instead of I” has been made possible by Struck incorporating teamwork as the biggest priority. That's what has been incorporated to help this program grow from where it started with 40 students. “It works, and the kids see that it works,” says Struck. “Most importantly, like the idea of working together to make themselves and the school's athletic department the best they can be.”



# POWER + SPEED

## The Formula for Success

### Develop Powerful LEGS and HIPS



**BXI Dog Sled**  
**\$265**



**Heavy Duty BFS Push/Pull Sled**  
Dual Olympic Plate Holders  
**\$295**  
With Harness and

Lead  
**\$345**

**Sprint Sled**  
**\$199**



**Varsity Plyo Boxes**  
**Safest on the Market**  
**Only \$695.00**

Made of 3/4" Plywood Nailed, Screwed and Glued together

3/8" Solid, Non-Slip Rubber Tops Unparalleled Safety

Varsity Set Includes: Three 20" Boxes • One 32" Box with Booster





# Download Your FREE ebook "25 Agility Drills"

BFS is committed to helping coaches and teachers develop young bodies and these drills are perfect for any age, class or skill level! Run these drills for time and accuracy and have some fun with agility! Click Here!

BIGGER FASTER STRONGER

**BFS**

**25**

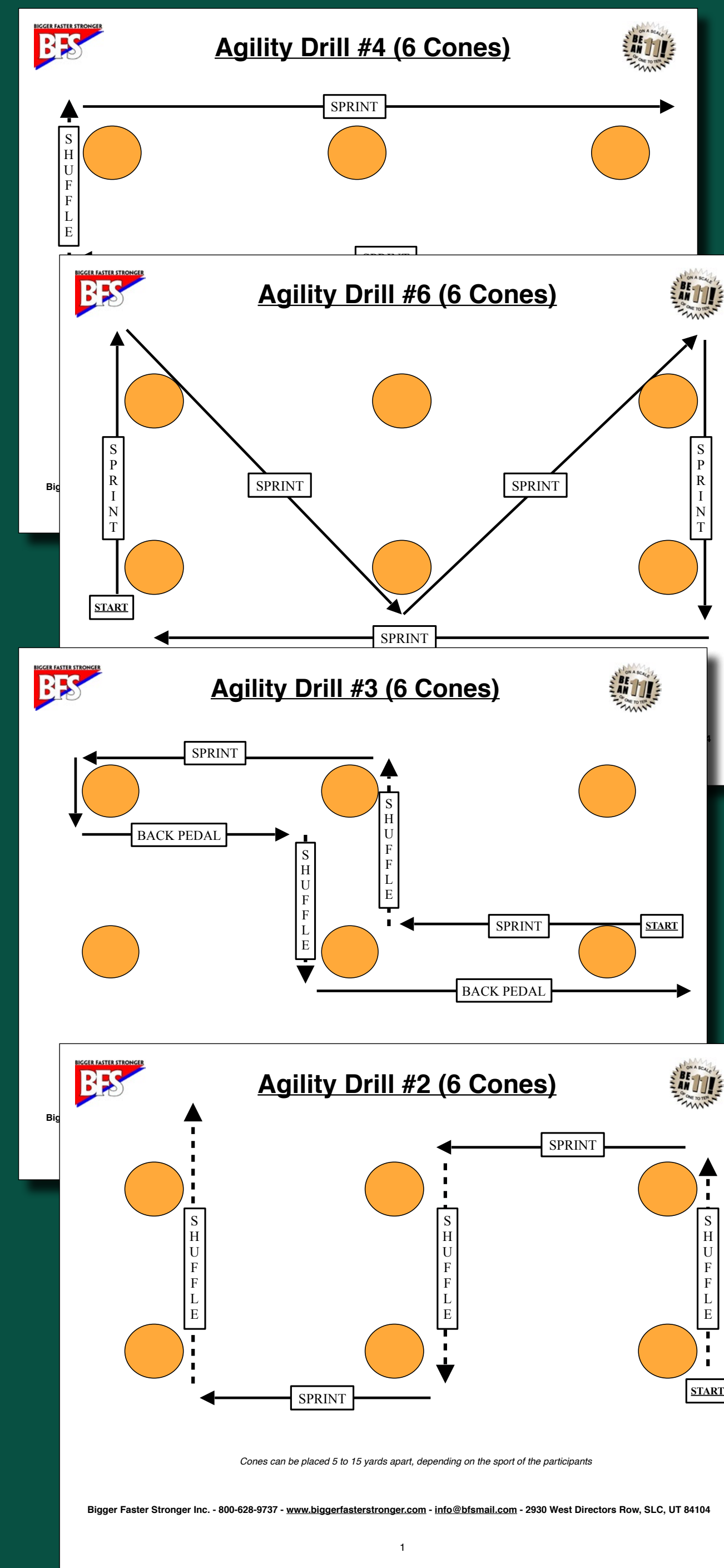
**AGILITY DRILLS**

**FOR EVERY ATHLETE**

The BFS Total Program is dedicated to developing students and athletes in all sports and activities maximize their potential. Agility is one component and is a skill that can be enhanced through measurable drills record keeping.

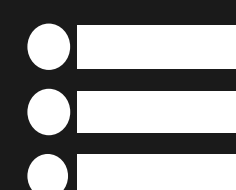
**Spring Outside and Get on the Field!**

25 drills for developing students and athletes in all sports and activities. Agility is one component and is a skill that can be enhanced through measurable drills record keeping. Use these drills and a stop watch and make some records!



The BFS Dot Drill Pad is the warm up foundation to all the work we do in the BFS Total Program. The BFS Dot Drill gives athletes a perfect start to get their muscles firing before a work out while building the agility and foot speed to compete on the field of play. We recommend two Dot Drill pads for every work out station.

**ONLY \$49 EACH**





# Running Faster with the BFS 8-Point Sprint Technique System

By BFS Founder Dr. Greg Shepard

**Sprinting can be very technical, which is one reason most sprinters don't hit their peak until they are in their late 20's or even their 30's.** But you can master the basics of running faster if you follow the BFS 8-Point Sprint Technique System. This system consists of the following eight points of sprint technique.

**1.** Your head should be upright. The back of your head should always be in line with your upper back. You will lose speed if your head is forward of your chest.

**2.** Your eyes should be focused straight ahead. With the exception of a sprint start when you are

looking down, when you sprint your eyes should be focused straight ahead.

**3.** Your toes should point straight ahead. Many athletes can run fast with their toes pointed out, but you can usually run faster if they are straight. Practice keeping your toes straight on everything



## BFS Feature Story

you do, including stretching. When you practice correctly on these little things, you will begin to see an improvement in your speed.

4. Your back should be upright and slightly arched. Remember the BFS Six Absolutes of Perfect Technique? Use them here. Be Tall and Spread the Chest!

5. Your shoulders should rotate vigorously, with the elbows at 90 degrees. You must keep the elbow angle at a right angle or about 90 degrees at all times. What does “rotate the shoulders vigorously” mean? It means a big and rapid shoulder rotation. Many high school athletes hold themselves back by being “pocket sprinters.” A “pocket sprinter” will stop the elbow and hand at their pocket or the middle of their hip.

6. Your wrists, fingers and hands should be loose. Do not make a fist, as doing so will make you tight. You need to always stay loose and relaxed while putting forth a maximum effort – not an easy thing to do, naturally. There are at least three acceptable methods of keeping your hands, fingers and wrists loose. One method is to place the thumb on the middle finger, another is to keep the fingers straight but loose while trying to cut through the air like a knife, and the third option is to have floppy wrists (and execute a whipping action of the wrists).

7. Your feet should make the initial plant directly under your hips, not out in front of your body. A huge mistake many athletes make when trying to run faster is to reach out with their lead leg in a futile attempt to increase their stride length. When you reach with the leg in front of your body, your heel will touch the ground first. This effectively puts on the brakes, and you will run slower. You increase your stride length with the back leg drive.

8. Your forward leg should initially lift forward, not up. The lower leg should hang before planting with your foot and toes up. Your back knee should fully extend on the follow-through, or end-of-the-leg drive. Many athletes will never straighten the back leg. Every stride will be performed with a bent back leg. There is no way you can become fast with bent legs.



**Sprinter Laura Murphy shows good form while performing power bounds. Murphy is a 15-year-old sprinter from East Greenwich High School in East Greenwich, Rhode Island.**

**These are the basics of the BFS 8-Point Sprint Technique System.** If you follow these simple guidelines and train consistently, you'll be amazed at how fast you can become.







Adjustable Weighted Vest -  
20 lbs \$69.95 USD

Great for speed training



# Build BFTS Speed



## ***D-Flex \$69.00***

The D-Flex will give you a kinesthetic feel of how to keep your toes up as you sprint! Includes a manual full of training protocols

(Click Here to Download)



## ***Sprint Chutes \$69.95***

Specifically Designed to Increase Speed

Strong, Inner-Core Webbing

Quick Release Belt



## ***30 and 15 Foot Ballistic Response Ladder \$59.95***

Great for speed training



## ***Double Man Overspeed \$109.95***

Cord Safely Contained in Nylon Sleeve

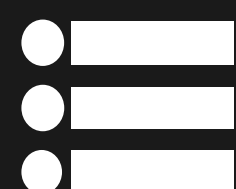


## ***Harness & Lead \$49.95***

Comfortable, yet Durable Nylon

# Order your speed equipment here!

CLICK  
TO  
ORDER







Learn More Online



# The Centerpiece of 100s of Championship Weight Rooms

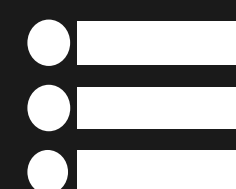
## The 2015 BFS Elite Plus Half Rack

2"x 3" 7 Gauge Steel Construction

**Starting at \$1,995**  
**Free Shipping on**  
**orders over \$4,000**

Available with modular  
platform to maximize  
space and efficiency.

Call BFS to learn all  
the options 800-628-9737





# Powerful Tools to Make Athletes Faster

“Speed kills!” is a popular motto among sports coaches, and with good reason. Being able to move quickly from point A to point B is a basic athletic quality that plays a dominate role in most sports. Take soccer, for example.

We know about the remarkable 40-yard dash times ran at the NFL combines, but consider that many of the elite soccer players in the world are remarkably fast. US soccer star Marvell Wynne ran the 100 meters in 10.39 seconds in high school, and Nigeria’s Obafemi Martins ran the 100 meters in 10.6 seconds. But the 100 meters is not necessarily a good test for these athletes.

The majority of sprints in soccer are less than 20 meters, according to a review published in the *International Journal of Sports Physiology and Performance* in 2014. Likewise, success in many other sports is depended upon being fast from the start – and this takes muscle.

In a review paper published in *The Journal of Experimental Biology* in 2005, researchers studied the physical characteristics world’s fastest runners from 100 meters to 10,000 meters. The re-

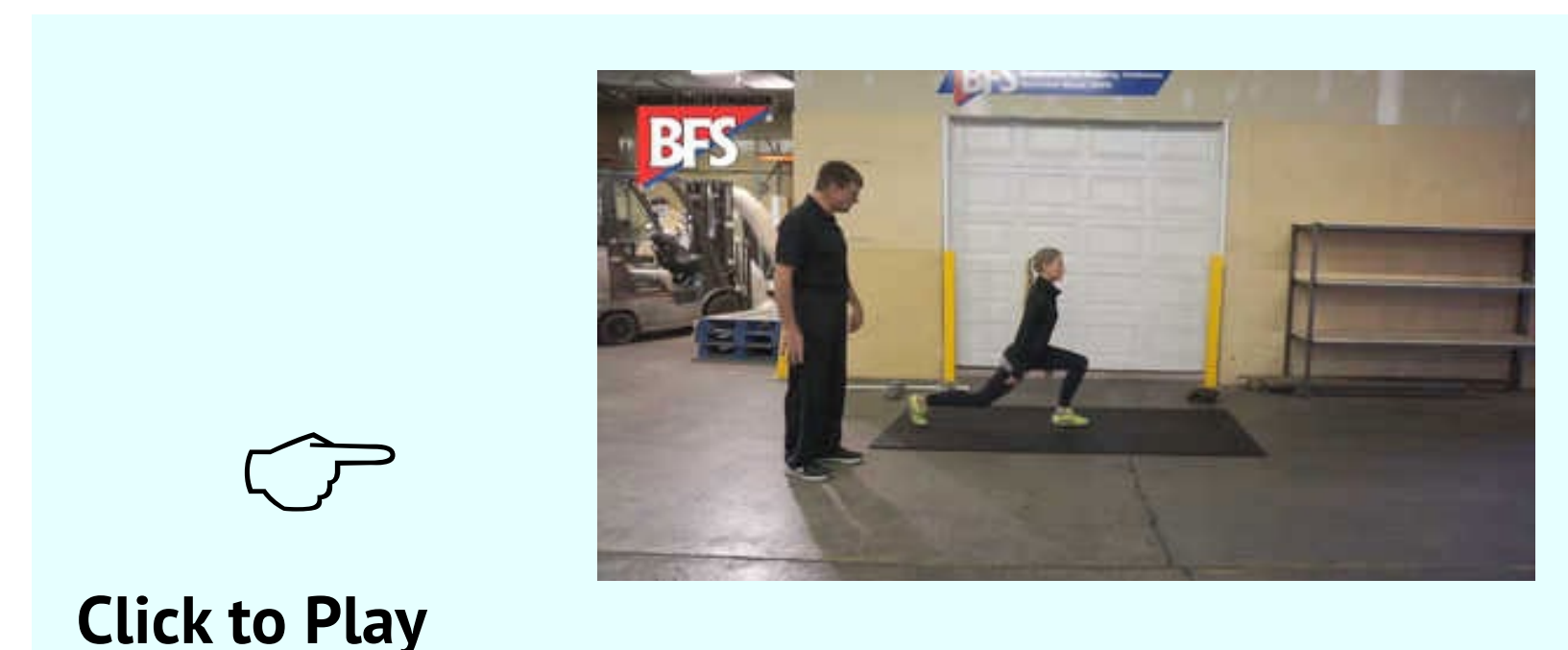


Margret P. Lindsay, Thunderbird Images

**Timpview High School was featured in our July/August 2015 issue. The right tools make can make all the difference in increasing your speed. Just as proper technique is emphasized while running, great equipment can facilitate great technique while training. [CLICK HERE](#)**

view period was from 1990 to 2003. What the researchers found was that there was a correlation between muscle mass and running speed, such that the shorter the distance contested, the more muscle mass the athletes possessed.

Increased muscle mass enables athletes to become more powerful. In a study on 33 sprinters published in the *Journal of Applied Physiology* in 2000, researchers said that “...runners reach faster top speeds not by repositioning their limbs





# BFS Program



A push sled is a valuable tool for performing contrast training, which combines resistance running with sprint training.



BXI Dogsled



BFS Sprint Sled

BFS offers many options to increase your speed. Training with sleds is a great way to increase your gains in a measurable way with incremental increases in the load using bumpers and plates you already own.

The BFS BXI Dogsled and the BFS HD Push Pull Sled are two great options for any program.

more rapidly in the air, but by applying greater support forces to the ground.”

The fastest way to improve an athlete’s ability to apply force into the ground is through weight training. Key exercises are the Olympic lifting movements, such as the power clean, and multi-joint leg exercises, such as squats. Another valuable tool are push and pull sleds, such as the BXI Dog Sled and the BFS Sprint Sled.

Sleds improve the drive phase of a sprint, such that the body is leaning forward and the quads are working hard to provide movement (com-

pared to the upright sprint phase, where there is increased involvement of the hamstrings). As a general rule, beginners should use only about 10 percent of your bodyweight and sprint for no more than 20 yards. As for sets, start with 3-5 sets; a maximal workout for a well-conditioned athlete would be 10 sets. However, the guiding principle is that an athlete should stop these drills when they start slowing down.

A push sled is also a valuable tool for performing contrast training, which combines resistance running with sprint training. It is based upon the concept of post-tetanic potentiation, which is a

theory that a more powerful muscular response can be elicited if it is preceded by a strong muscular contraction. With this type of training the athlete pushes the sled for about 10-15 yards, then releases the handles and steps to the side of the sled and runs a short sprint. Again, about 3-5 sets of this type of training is plenty for new athletes.

All things being equal, a faster athlete will usually win. Try these speed training tools to see just how fast an athlete can become. 🚩



Affordable BXI squat stands can help maximize your work out space



**BXI Squat Stand Only**  
**\$495**



**BXI Farmer's Walk**  
**\$195**

# **BXI line** has your back (and front) squats covered

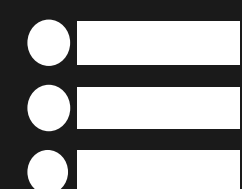
## **Call a Weight Room Specialist 800-628-9737**



**BXI Double Sided Half Rack**  
**Starting Price:**  
**\$1895**

**BXI Half Rack**  
**Starting Price:**  
**\$1445**

**BXI Half Racks 3"x 3" 7 Gauge Steel Construction, Includes safties and bar catches, Optional power clean platform available. Free Shipping on orders over \$3,000 Order online at [www.biggerfasterstronger .com](http://www.biggerfasterstronger.com)**





# *BFS Feature Story* Why Schools Should Unify Their PE and Athletic Programs

By Kim Goss, MS

One of the unique aspects of the Bigger Faster Stronger (BFS) program, and the one that can turn struggling athletic programs into winning programs, is unification. Unification is the concept that all athletes in the public school system should adhere to the same basic training philosophy.

We believe young athletes, from football players to swimmers to golfers, should perform the same core weight training exercises. They should also perform the same speed, agility, flexibility, and plyometric exercises. Not just because it's easier to administer such a program, but because it's a better program.

We believe that all high schools, middle schools, and many colleges should be unified. Such organization reduces teaching time, prevents many administrative hassles and personality conflicts,

and improves athletic performance quickly. In today's world of budget cuts and reduced coaching and physical education staffs, having all athletes use the same workout program year-round reduces the amount of time needed for teaching new exercises and workouts.

It used to be that the interests of many PE and athletic departments of high schools would often clash, with neither wanting anything to do with the other. Today we live in a different world, where high school budgets are tight, staff sizes are smaller, and compromises are inevitable. PE

and athletic departments have to work together, and the best way to do that is by implementing a unified program.

One of the worst problems for the multisport athlete is having each sports coach prescribe a different strength and conditioning program. We've visited countless high schools where the football coach did an intense free weight workout and the girls basketball coach did little strength training and primarily with machines. The girls' coach would say, "My girls are intimidated by free weights!" and would therefore lim-

Benefits of a Unified Program with Athletic Director, Rich Reed

Subscribe



John Rowbotham  
President, BFS Inc.

0:12 / 1:42

CC HD



# BFS Feature Story



**John Rowbotham**  
President, Bigger Faster Stronger Inc.



**Coach Fiat and BFS President John Rowbotham discuss the many benefits of unifying a school's strength training across PE and Athletics to benefit the highest number of kids. Learn more [www.biggerfasterstronger.com/certification](http://www.biggerfasterstronger.com/certification)**

it their strength training to inferior exercises. We've also met old school baseball coaches who would warn their players, "Weights will make you muscle bound!"

We've visited high schools with as many as seven separate strength training programs! The same goes for each area of strength and conditioning: warm-up, speed, endurance, agility, plyometrics, and flexibility. Ignoring some of the preceding areas in a conditioning program is even a coaching philosophy for some. For example, the tennis coach who does not make flexibility training an integral part of their in-season program sends a negative message to the multi-sport athlete about the importance of this quality of athletic fitness. These territorial struggles among coaches unnecessarily test the loyalty of the athlete. The result is that coaches often force athletes to participate in only one sport, which adversely affects the quality of the school's overall athletic program.

When coaches adopt the BFS system, all athletes perform the same basic program throughout the entire school year and during the summer. Confusion disappears, coaches enjoy a spirit of teamwork with their colleagues, and athletes more easily achieve their goals. That's why it's no surprise to us

when an athletic program does an immediate turnaround after we've set up a unified program at a BFS clinic.

## Elementary and High School Programs

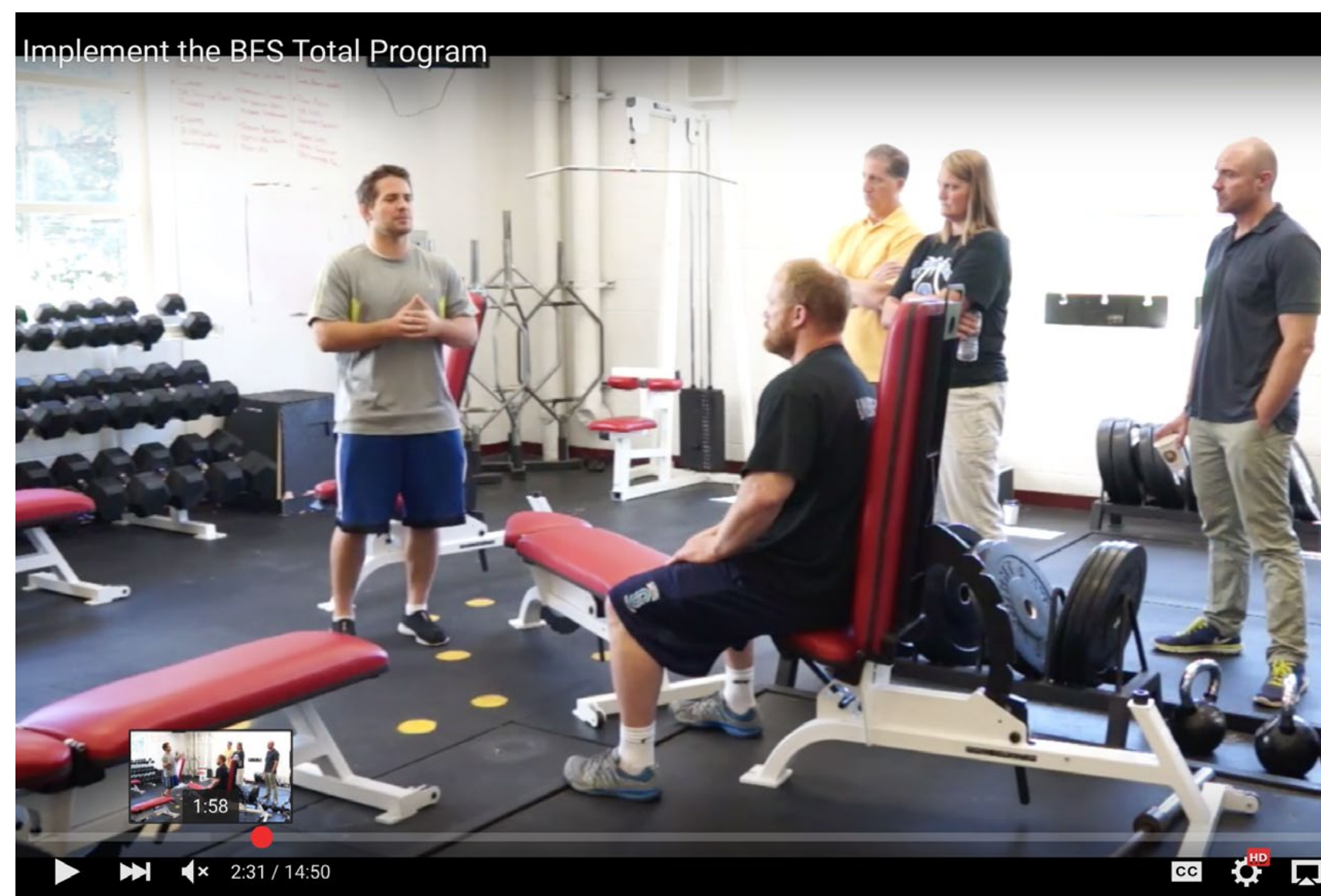
At BFS clinics, we go beyond teaching reps, sets, and exercises. Our clinicians teach coaches and administrators how to unify their athletic program so that it encompasses all sports for both male and female athletes, grades 7 through 12. We started teaching these clinics 40 years ago, and there are still in demand today.

To keep the terminology simple, we give the school the option of referring to the workout as the BFS Total Program or naming it after their school mascot. Let's say the team mascot is a tiger. Everyone does the Tiger stretching program. The Tigers would also have unified speed, warm-up, endurance, agility, plyometric, and weight training program. It's that simple – and it works!

With unification, a two- or three-sport Tiger athlete would move smoothly from sports season to sports season without interruption. Let's take the example of a football player who is also on the basketball team. After the football season, this athlete would not have to



# BFS Feature Story



**Coach Chad Blevins** shares how he has implemented the BFS Total Program in his high school. Gaining the buy-in and trust of coaches from every sport, Coach Blevins has turned his school into a strong contender in boys and girls sports across the board.

wait four to six weeks to get started on a basketball-specific strength training program. He would just stay on the Tigers' in-season program. Athletes don't have a Tiger basketball in-sea-

son program – they have the Tiger in-season program. Athletes don't have a Tiger basketball off-season program; they have the Tiger off-season program.

BFS has seen school districts with as many as two dozen high schools, along with their affiliated middle schools, unify their athletic training and physical education classes with BFS. One reason is that if a young man or woman decides not to participate in sports in their freshman or sophomore years, they will be at a disadvantage in their junior and senior years if they decide to try to get back into a sport. However, if these kids are involved in an athletic fitness program such as BFS, their strength, coordination and other basic athletic fitness qualities would be at a high level. Their transition back into sports would also be easier.

Middle school athletes would follow the same guidelines. After they master the technique of the exercises and learn how to spot, seventh graders can do the same workouts that high school athletes do. Because competition at the high school level continues to reach higher standards, athletes must get into the weight-room as soon as possible so that they don't fall behind. Just think of the advantages when those young kids who are maturing and developing with the BFS program transition into high school!

Along with the physical pluses, there are mental positives to be gained with athletic fitness programs. David Schlenoff, a psychologist who is certified with BFS, evaluated the results of a research study involving high school girls who used the BFS program. The personality test administered was the Piers-Harris 2, which provides insight into an individual's self-concept and is often used to help identify at-risk youth. Schlenoff found that the girls using the BFS workout experienced significant improvements in many areas that fell under the category of happiness, such as cheerfulness, ability to get along with others, and their perspective of life circumstances.

## College Programs


Many colleges have outstanding sport-conditioning programs, and it would be presumptuous to suggest that the BFS program would be the best workout for the major Division I colleges in this country. These athletes usually play just one sport, and their level of performance may require a more sophisticated and specialized strength and conditioning program than BFS. However, lower level colleges, such as Division III schools, might be more successful with the total BFS program. One reason is that many athletes who attend these schools often play multiple sports. The BFS program is also easy for coaches to implement, which is especially important for small colleges that do not have full-time strength

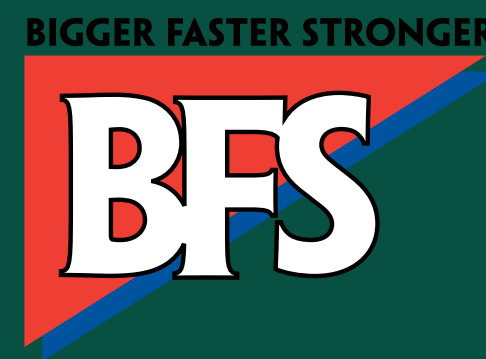


## BFS Feature Story

coaches to develop specific programs for each sport.

Division I college athletes are often motivated to train because not doing so could cause them to lose their scholarship. What about high school athletes who do not have the talent to play at the next level, and just participate in sports for fun? A high percentage of young men and women drop out of organized sports at a young age – one estimate is that 70 percent drop out by age 13. For them, the BFS program is the obvious choice because the workouts are designed to create massive voluntary participation with daily increases of self-confidence. The result is that the athletes want to train hard and not miss workouts.

The worst environment for a school is where every sport and every coach does their own strength and conditioning program while following totally opposite concepts and philosophies. Sometimes the egos of various head coaches clash so strongly that their athletes' loyalties become confused, making it difficult for everyone to come together to win. The BFS system flows easily from one sport to the next and unifies all sports into an easily managed total strength and conditioning program. 



# THE ALL NEW BFS BENCH BLOCK



The Bench Block never leaves the Bar!

### A BREAKTHROUGH IN THIS BFS CORE LIFT

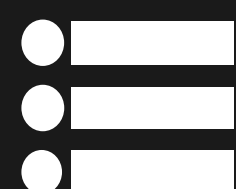
The Bench Block never leaves the Bar!  
Move quickly between lifters

**ONE BLOCK PER TEAM OF LIFTERS** - Keep your weight room clean and organized

### SANITARY AND EFFICIENT!

**NO PAD NEEDS TO BE PUT UNDER THE SHIRT** increased hygiene and PE CO-Ed Friendly

**CLICK**







# In-Service Certification From BFS



## The importance of certification

“What certification does is give you a formidable defense to prove that you were well trained and knew what you were doing. And it’s a lot easier to prove that if you’ve gone through a training program.”

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

## In-Service WRSC In-Depth Information

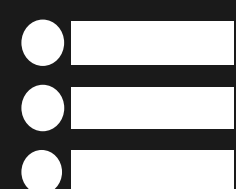
The BFS WRSC In-Service presentation is a full-day, hands-on practicum with a multimedia presentation. The certification goes from 8:00 a.m. to 5:00 p.m., with a 30-minute lunch break. To see the tools included with your BFS WRSC [Click Here](#).



Listen to legendary BFS Clinician Rick Bojak explaining the benefits of a BFS WRSC. The value of having a hands-on certification in your school cannot be over stated!

Call BFS today and get started on your championship journey! 800-628-9737

The BFS WRSC is also offered at over 10 dates and locations around the country in Regional Certifications open to teachers, coaches, trainers and administrators. Anyone involved in teaching in a weight room environment.










**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

**CALL NOW 800-628-9737**

**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 April!**



**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.* . . . . .

**BFS Program**  
*Stay the Course with BFS. The proven way to achieve unified success in any athletic program* . . . . .

**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.* . . . . .

www.biggerfasterstronger.com • 2930 West Directors Row, SLC, UT 84104 • 800-628-9737

**Subscribe Online**