

# The Cyclone's Pride

*Building a Better Weightroom  
Russellville High P9*

# BFS



*10 Ways to Help Prevent  
Ankle Injuries P19*

*BFS  
Agility Basics P14*

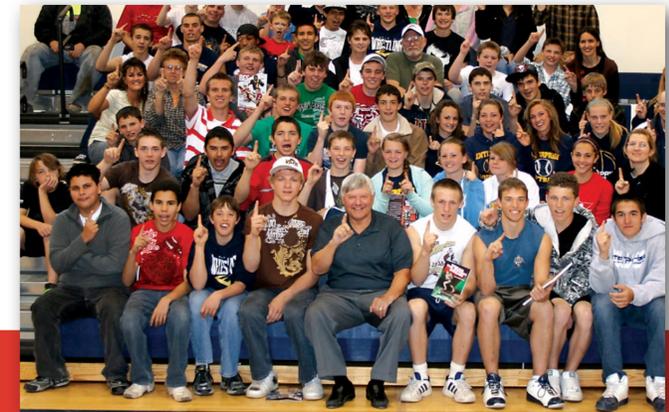
*BFS Experience Makes the  
Difference P11*



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

# BE AN 11 Seminars!

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



“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

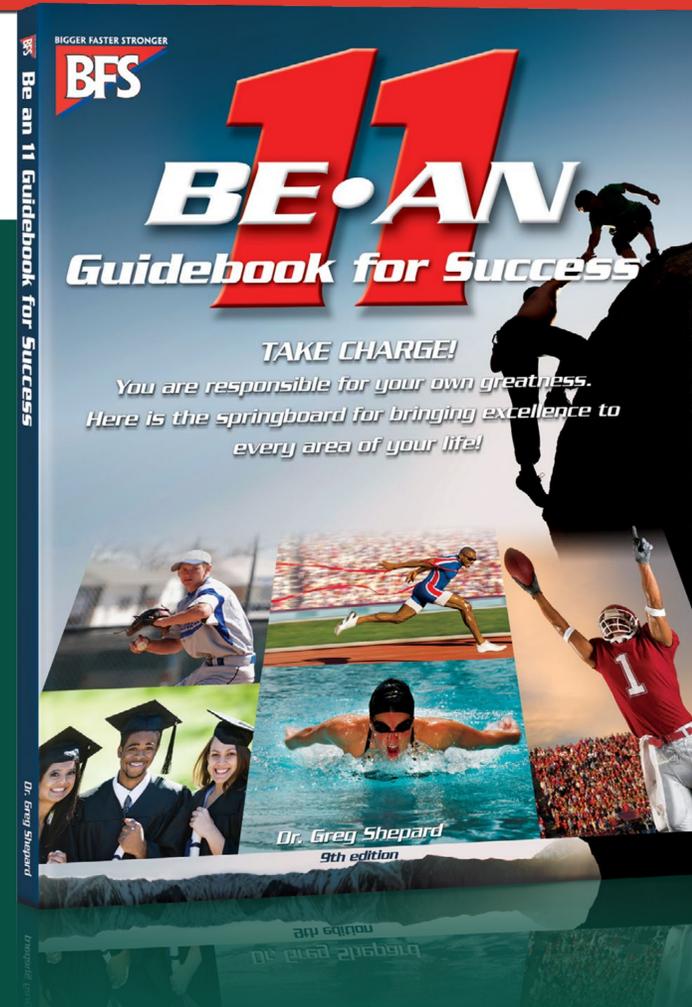
Only \$2,990 for 50 athletes. Additional athletes only \$30 each. Includes Be an 11 Guidebooks!

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

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Christian B11 Seminar is also available  
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Package your Be An 11 Seminar with a Total Program Clinic or a BFS Weight Room Safety Certification (WRSC) and save. See page 26 to learn about how to bundle and save on BFS camps!



Learn  
More  
Online



# Up Front

## The More Things Change....



At FitCon Utah 2016 BFS displays the new line of BXL racks and rigs designed and manufactured in our Salt Lake City plant.

In April I flew to BFS Headquarters in Salt Lake City to visit with CEO Bob Rowbotham, President John Rowbotham, and the rest of the hardworking staff at BFS.

The first order of business was seeing the improvements in the manufacturing facility, such as the purchase of a “bender” that is used to bend steel. It is a piece of equipment that enabled us to introduce our sleek BFS Oval Absolute Line. And as always I saw that John, who in the past would be called an efficiency expert,

found new ways to improve the organization of the facility.

Next, Bob kept me up to speed with all the new improvements in our certification program and popular Online Learning Center. He was especially excited to tell me about all the school districts that have embraced the concept of unification.

Unification is the concept that all athletes in the public school system should adhere to the same basic training philosophy. Unification is one of the unique aspects of the BFS program that we have been teaching for 40 years.

We believe young athletes, from football players to swimmers to 400-meter runners, 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. 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 training programs.

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. Unification resolves these conflicts so that athletes easily flow from one sport to the next.

Every time I visit BFS I see something new, but some things will never change. Unification is one of them.

Kim Goss, MS

Editor in Chief, BFS magazine

[kim@bfsmail.com](mailto:kim@bfsmail.com)



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



# ***BFS For the Total Athlete*** *Every Sport, boy or girl strength and speed make a difference*



**Up Front**

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*The More Things Change...*

**What's Happening**

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**BFS Feature**

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**Physical Education**

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*10 Ways Soccer Players  
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# BFS COACH'S MARKETPLACE

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

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

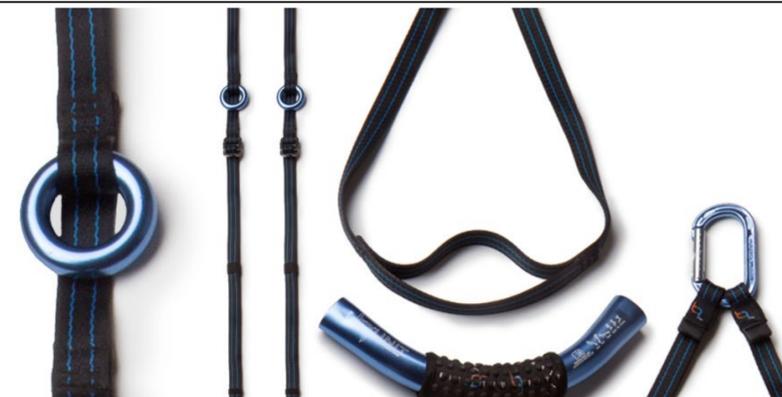
Our dynamic seminar presenters will infuse your athletic program with a greater vision. Along with that vision, they will teach your athletes how to set higher goals, work harder and become better people as they create their own value system with higher standards.

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.



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

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**a**  
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.



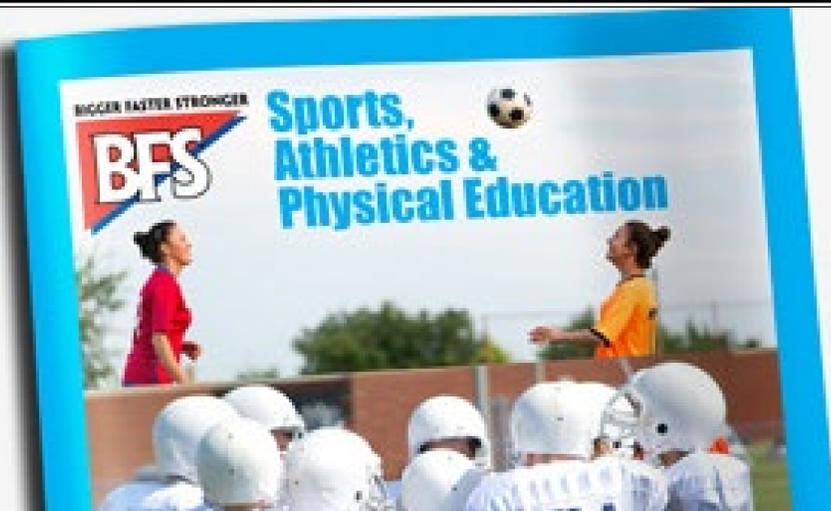
### Smart Cart \$1695!

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



### 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](#)

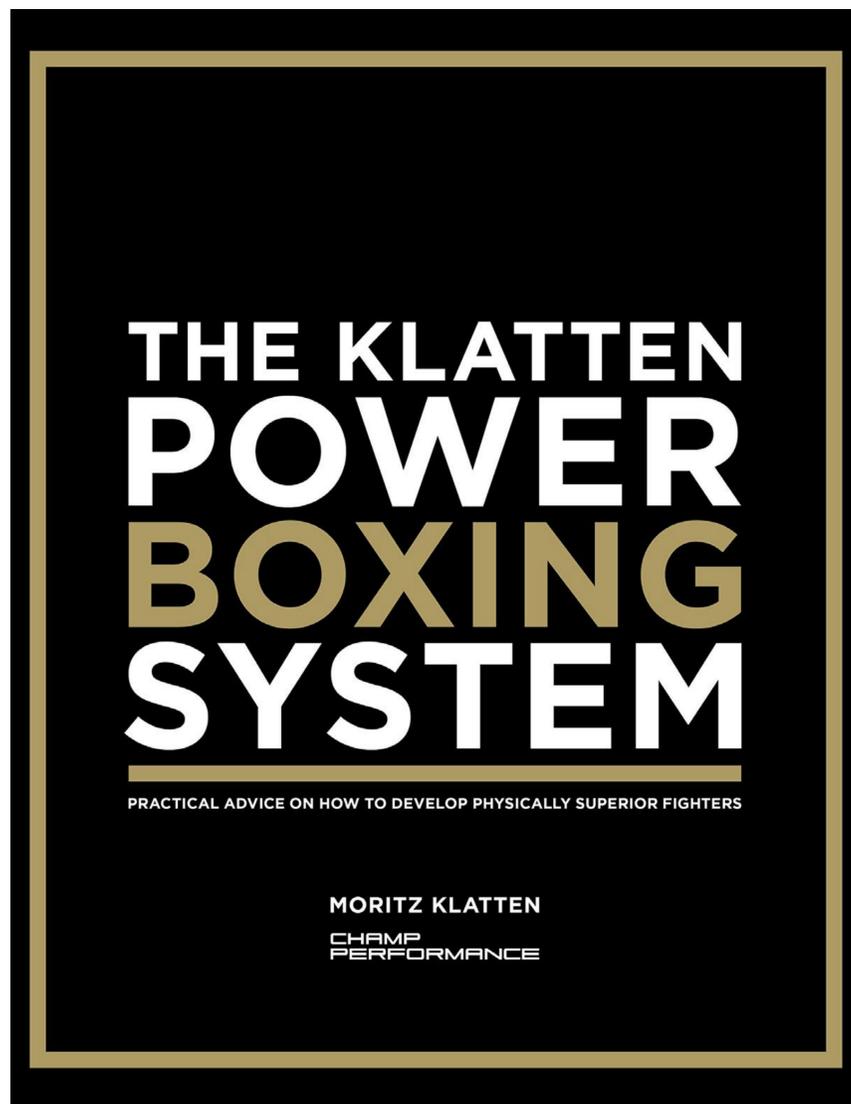
### In-Service WRSC Certification! Educate and protect your staff and students Call 800-628-9737

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

## The Klatten Power Boxing System



### CHAPTER 14

#### LONG-TERM PROGRAM DESIGN: THE PREPARATION PHASE

Designing a sport-specific workout is one of the most challenging tasks of a strength coach. Many strength coaches who work with boxers understand the basic principles of training but have trouble putting that information into daily workouts. The challenge is even greater when you're working with elite fighters.

One fundamental truth about training athletes is that you cannot work all aspects of sports performance and conditioning at the same time. To optimize your results, training must be divided into phase lasting weeks and sometimes months, each phase emphasizing specific aspects of conditioning.

The early stages of training in preparing for a match is considered the preparatory phase. In the workout I'll be presenting in this chapter, the preparatory phase lasted four weeks, alternating between periods of accumulation and intensification. With an accumulation phase the focus is on higher repetitions and relatively lighter weights, and with an intensification phase the focus is on lower repetitions and heavier weights that will develop strength and power. Giving fighters variety is important to prevent them from physically and mentally burning out on one specific training protocol.

The four-week program is divided into 2 4-week blocks. I like to start each major phase with an accumulation phase that builds work capacity and finishes with an intensification phase that builds strength and power. Here is an overview of the program:

Weeks 1-2: Accumulation 1  
Weeks 3-4: Intensification 1  
Weeks 5-6: Accumulation 2  
Weeks 7-8: Intensification 2



### PART III ADVANCED STRENGTH TRAINING METHODS

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, who was featured in our February 2016 edition, 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. The answers Klatten found are now available in a new book: The Klatten Power Boxing System, available now at [www.champperformance.de](http://www.champperformance.de) and [www.amazon.de](http://www.amazon.de).

Among the fighters 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 also worked with such elite boxing coaches as Ismael Salas, Orlando Cuellar, Fritz Sdunek, Michael Timm, Freddie Roach, Joey Gamache, and Jimmy Montoya.

The beautifully-crafted book is divided into 25 chapters, with scientific references provided in the appendix. Topics are divided into the following section headings:

**Energy System Training**

**Basic Strength Training Methods**

**Advanced Strength Training Methods**

**Workout Design for Boxers**

**Injury Prevention**

**Beyond the Ring**

The Klatten Power Boxing System is a must-have reference for serious fighters interested in achieving physical superiority in the ring. 



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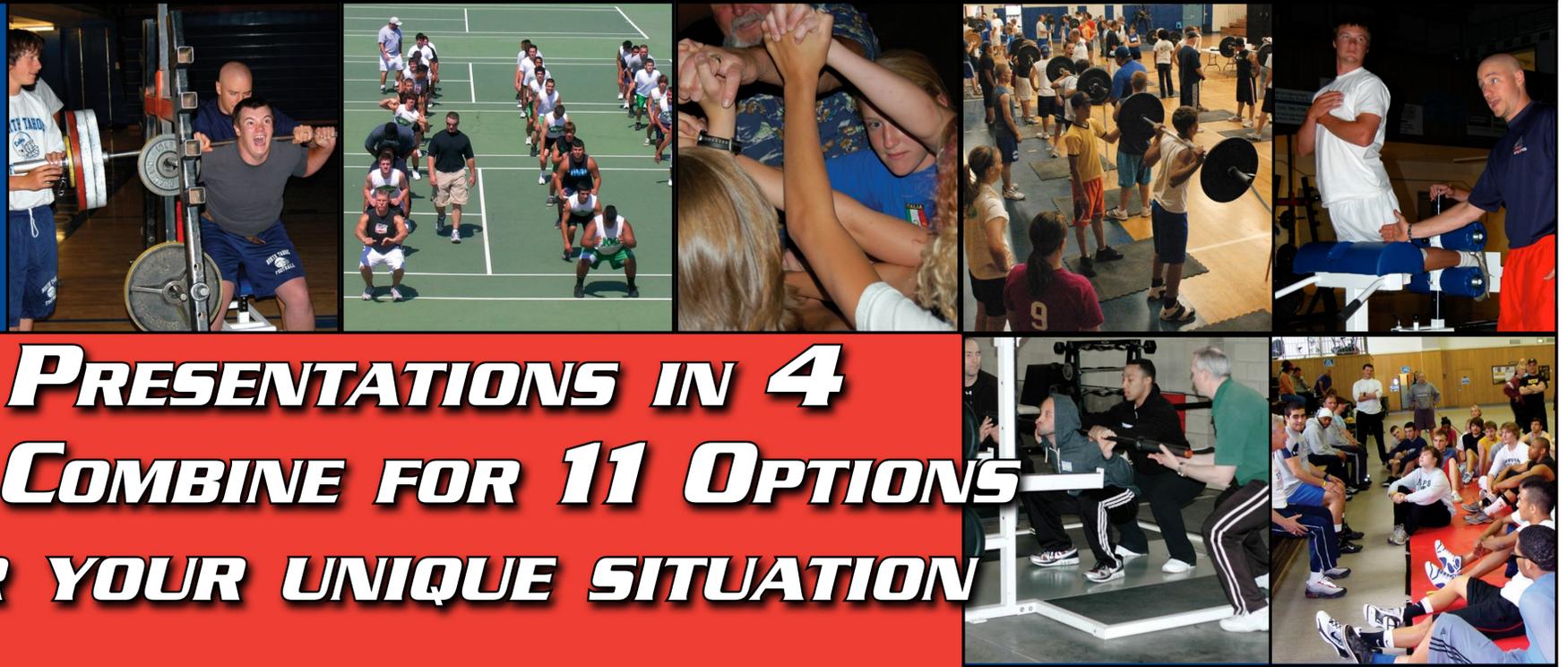
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## 2015 VARSITY HALF RACK



# 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!

## Explore your options

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



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



# 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 PACKAGE	\$3500 \$0
<b>TOTAL :</b>	<b>\$13,675 \$6980</b>

#### 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
<b>TOTAL:</b>	<b>\$9480 \$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
<b>TOTAL:</b>	<b>\$8685 \$4735</b>

#### Save Over \$3950!

Be An 11: \$30 Per student over 50  
WRSC: \$349 per coach over 5

### **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 PACKAGE	\$3000 \$0
<b>TOTAL:</b>	<b>\$12,675 \$6480</b>

#### Save Over \$6195!

Be An 11: \$20 per student over 50  
1 Day Clinic: \$20 per student over 50  
WRSC: \$299 per coach over 5

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
<b>Total: \$5190</b>

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
<b>TOTAL:</b>	<b>\$8980 \$4985</b>

#### 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 PACKAGE	\$2500 \$0
<b>TOTAL:</b>	<b>\$9685 \$5735</b>

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

2 Day Clinic: \$30 per student over 50  
WRSC: \$349 per coach over 5  
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

### **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
<b>TOTAL:</b>	<b>\$9185 \$5235</b>

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

1 Day Clinic: \$30 per student over 50  
WRSC: \$349 per coach over 5  
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

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

Product # 800K  
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)



*BFS Feature Story*

# *THE ALL NEW RUSSELLVILLE HIGH SCHOOL CYCLONE ARENA*

*This new multi-sport, multi-use arena brings a point of pride to Russellville High School.*



Commercial gyms have been increasing in record numbers in the United States, and in an attempt to expand their market these gyms often offer youth programs. Programs not only designed to train athletes, but also physical fitness programs. Russellville High School has an

answer to this challenge: **Build a better weight room!**

Russellville High School is a comprehensive public high school, serving grades 10 through 12, established in 1893 that serves the community of

Russellville, Arkansas. It has two feeder schools, Russellville Junior High School and Russellville Middle School.

The Russellville Crimson Cyclones compete in the 6A classification, which is the second largest





in the state, and have won 40 state championships. To continue their athletic excellence, the school enlisted the help of veteran BFS Clinician Jim Brown to help them build a championship weight room.

The Cyclone weight room is customized in Cyclone red and black, and the platforms proudly display the Cyclone logo. The facility was designed and completed on time and within the school's budget. As you will see by these great photos of heavy duty BFS equipment, there is no reason for students to see outside sources for strength and conditioning. The Cyclone weight room has it all! 🚩



**The Cyclone Arena serves both boys and girls sports with facilities for training and for gameday!**



Right: BFS Coach Jim Brown works with the Cyclone's boys basketball team. Left: BFS is proud to work with such committed individuals as (L-R) Derek Phillips assistant boys varsity basketball, BFS Coach Jim Brown, Matt Hall varsity basketball ball coach, Sherry White varsity girls basketball coach, and Athletic Director Johnny Johnson

## ***BFS EXPERIENCE MAKES THE DIFFERENCE***

***BFS Clinician Jim Brown had all the answers when decisions on equipment and program implementation were needed in this 11.5 million dollar facility.***

In a project this size the administration and coaches all have to come together to get not only the best possible equipment but the best possible value.

BFS Clinician Jim Brown answered every demand

with "Made in America" equipment. By drawing on his exceptional experience with strength and conditioning for young athletes Coach Brown designed this room on time and within the budget.

Working the BFS production team the entire Cyclone weight room is customized in Cyclone Red and Black. Adding the Cyclone logo to every rack and platform combo is a sure bet to inspire school pride all the teams training here!

The Cyclone Arena is a multi purpose facility covering basketball, volleyball, boys and girls sports and more. While this project might have

been a daunting prospect for some, Coach Brown has the equipment, tools, knowledge and experience to cover all the bases.

Implementing the BFS Total Program is a tried and true solution he has used to championship success in numerous schools in the states of Arkansas, Mississippi, Texas and more. For BFS, Concept to Completion doesn't end when the weight room is installed. By combining coaching and program with a purpose built weight room the Cyclones have every advantage and look forward to years of success. ▶



# 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.

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**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





# *BFS Agility Training Basics*



# BFS Program

By Kim Goss

Jogging or pedaling a stationary bike will raise your body temperature, get your blood pumping, and make you breathe hard, but does this sound like the type of warm-up an athlete should use? We have a different approach to warming up and agility training.

*At BFS, we've found that if you're really serious about improving performance in any aspect of strength and conditioning, you have to test it.*

First, we prefer that athletes use the dot drill to warm up before all workouts. The dot drill is an ideal warm-up because not only does it fulfill all the requirements of a good warm-up, but it improves coordination, foot speed, and agility. It also strengthens the ankles, which could be considered a weak link in the body because they are frequently injured in athletics and can be frustrating to rehabilitate. And because an athlete who injures an ankle is five times more likely to injure it again, it makes sense to include

exercises that will prevent the ankles from becoming injured in the first place.

When athletes first attempt the dot drill, they often feel clumsy and find it extremely tiring. These difficulties will pass, especially if the athlete commits to performing the drill six times a week. For most athletes, we're asking for less

than 10 minutes of work per week—an investment well worth the price. To further motivate athletes, here are the BFS standards for male and female athletes.

After the dot drill, we encourage athletes to perform agility drills to help with cutting and changing direction. To this end, we have devel-

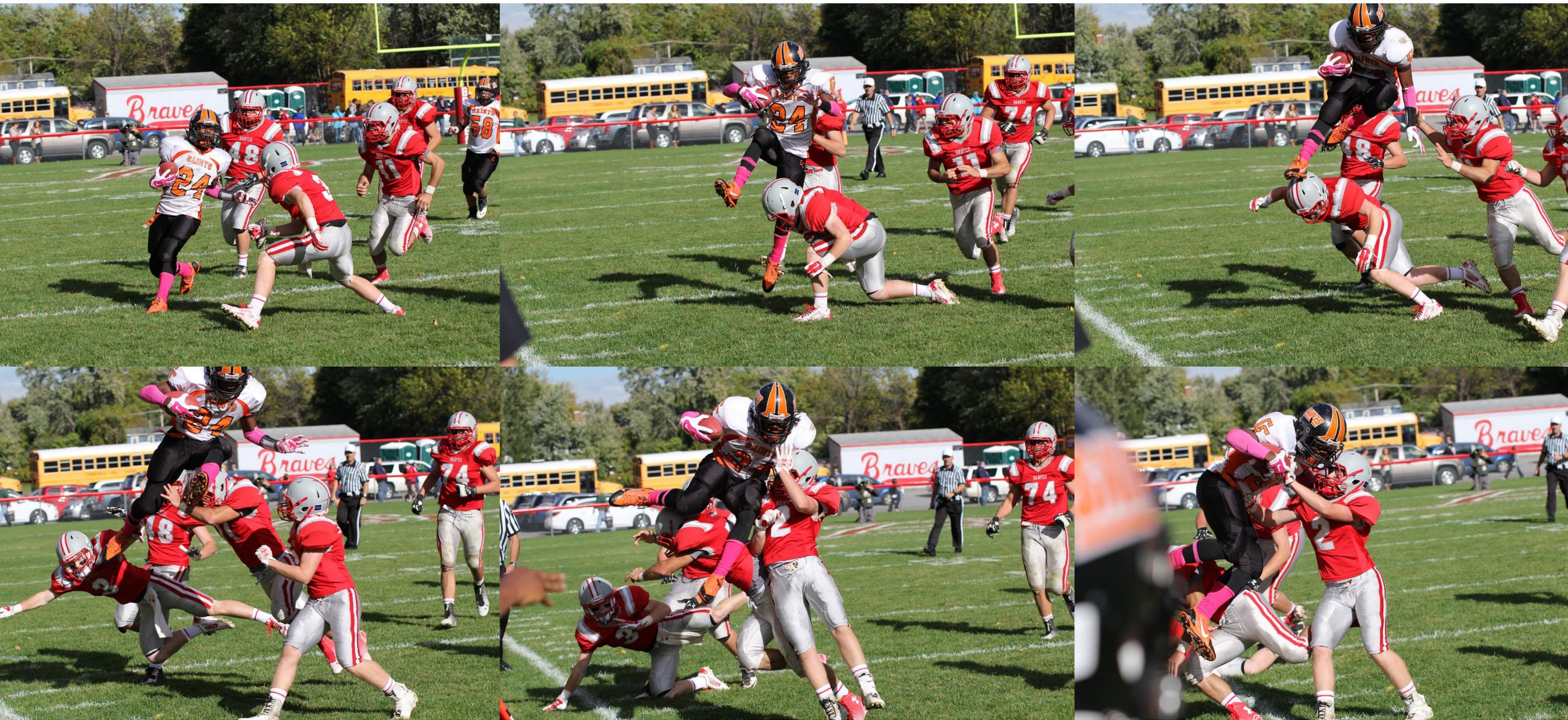


Grade	Males	Females
All-American	Under 40 sec	Under 45 sec
Super quick	40-49 sec	45-54 sec
Great	50-59 sec	55-64 sec
Average	60-70 sec	65-75 sec
Needs more work	Over 70 sec	Over 75 sec

**High school boys record: Michael Brown 33.37, Poplar Bluff, Missouri**  
**High school girls record: Kristian Meyers 37.77 sec, Poplar Bluff, Missouri**



# BFS Program



oped a free download, 25 Agility Drills for Every Athlete. This practical guidebook gives you 25 simple drills using cones to simulate all the basic movements that occur on the field and the court. At BFS, we've found that if you're really serious

about improving performance in any aspect of strength and conditioning, you have to test it. Whether it's by how much you lift, how high you jump, or how fast you run, you have to find a way to accurately measure performance so you can set

personal records and then break those records. This is also true with the dot drill and agility drills, and we recommend that athletes test themselves twice a month and record the results. ▀





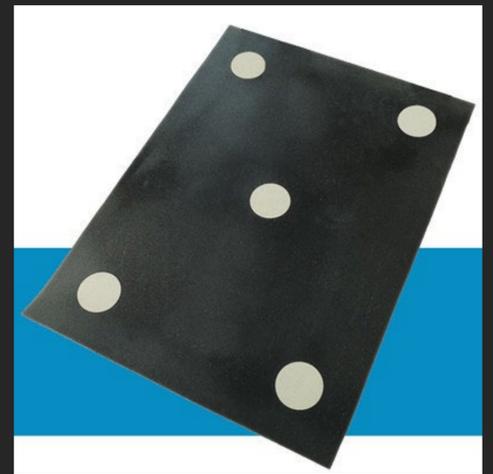
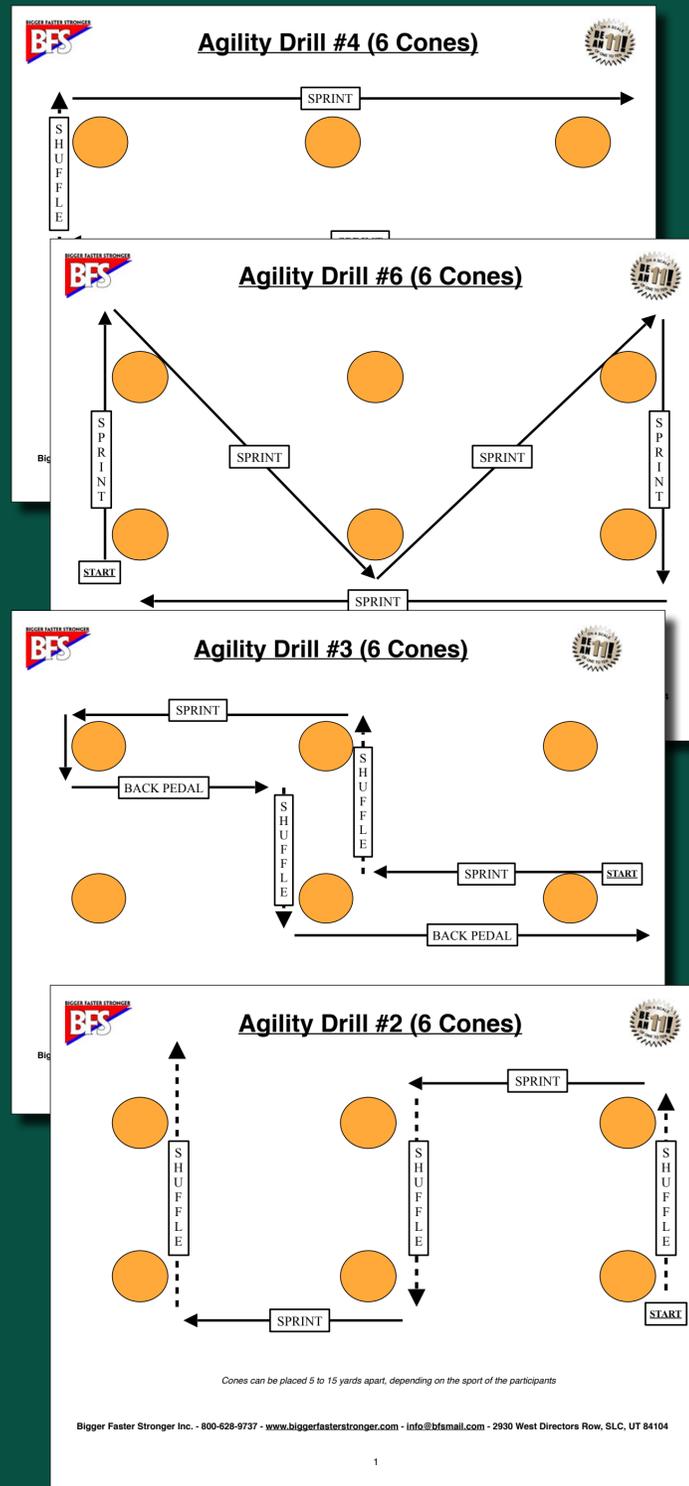
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# 10 Ways Soccer Players Can Prevent Ankle Injuries

by Moritz Klatten  
Champ Performance, Hamburg, Germany

It's no surprise that the body part most commonly injured in soccer is the ankle. Even more

alarming is the fact that an athlete who injures an ankle is five times more likely to injure that ankle again. Getting sidelined with an ankle injury is a soccer player's nightmare, so let's see what

can be done to prevent first-time ankle injuries and also reduce the risk of repeat injuries. To that end, here are 10 practical steps you can step to better your odds.

**1. Wear the right shoe.** There are three basic types of cleats: hard ground, firm ground, and soft ground – which one you should use depends upon the type of surface you will be playing on. As such, using the right shoe for the right surface is a sensible way to help ensure proper biome-





chanics on the field. However, it's best to have these shoes fitted by someone familiar with the sport at a store that has a large selection of soccer shoes. When your shoes begin to show significant wear, replace them.

**2. Strengthen the muscle that lifts the big toe.** The primary muscle that lifts the big toe is the extensor hallucis longus – an important muscle in foot mechanics because it creates a lateral tension on the foot. What is interesting is that strengthening this muscle can help reform the arch, a benefit if your arches are somewhat weak. One simple way to strengthen this muscle is to lift your big toes up during your lighter sets of many common lower body exercises, such as squats, split squats, step-ups, lunges, and hex bar deadlifts. There are other exercises that strengthen the extensor hallucis longus. For example, you can stand on one leg, lift up the big toe of the foot that is on the floor, and then twist your hips back and forth towards your lifted toe.

**3. Stretch the calves.** Tightness in the calves can affect running biomechanics, a common issue in soccer.

In fact, most of the elite soccer I've worked with have tight calves – athletes with valgus feet often have especially tight calves. As such, soccer should stretch both the soleus (lower calf muscle) and the gastrocnemius (upper calf muscle). I've found that the calves respond best to being stretched under load, which can be performed with both standing and seated calf machines. I have my soccer do a few reps of standing and seated calf raises with weight and pausing for five seconds at the bottom position, when the heels are below the toes.

**4. Strengthen the calves.** In addition to stretching your soleus and gastrocnemius, you need to develop your calf muscles. Calf raises with your legs straight will strengthen the gastrocnemius, and seated calf raises (where the knees are bent) will strengthen the soleus. Varying the position of the feet will change the emphasis of the exercises. Turning your feet inward will focus on the outside (lateral) part of the calf, and turning your feet outward will focus on the inside (medial) part of the calf. Also, because the soleus is considered more of a

slow-twitch muscle and as such is designed for endurance, you should work this muscle with higher reps (for example, 25-30 reps compared to 10-15 for the gastrocnemius).

**5. Stretch and strengthen the anterior tibialis.** The muscles on the front of the lower leg, the anterior tibialis, need to be stretched and strengthened to create structural balance. You can use bands to stretch and strengthen this muscle, and there are specific machines on the market designed to work it in isolation.

**6. Get soft-tissue work for adhesions.** Because many injuries to the ankle are caused by contact, the soft tissues surrounding the ankle often develop adhesions that can affect running biomechanics. There are numerous soft-tissue methods available to athletes to restore range of motion, such as the method developed by Dr. Michael Leahy called Active Release Techniques® (ART). ART is my favorite soft-tissue treatment method; in fact, I employ a therapist who performs this type of treatment on my athletes.

**7. Use lifting shoes when you lift.** Just



as there are specific shoes for soccer, there are specific shoes for weight training. Athletes with valgus feet often have to squat with their heels elevated as a result of the internal rotation of the subtalar and talus joints. This stress, along with the buckling of the knees often associated with a valgus foot, places excess stress on the

ankles. Weightlifting shoes have an elevated heel and often have a firm arch support that will help realign these two joints and reduce the stress on the ankles (and also enable the athlete to squat deeper).

**8. Be conservative about jump shoes and running in sand.** Two ways many soccer use to strengthen the calves are wearing jump shoes (which have an elevated forefoot) and running in sand. Both methods can place large stresses on the ankles (especially on the Achilles tendon). If coaches want to try these two methods with their athletes, they should be conservative in their workout protocols and carefully monitor the condition of their athletes. With sand training, for example, athletes should start with several workouts in which they just walk in the sand rather than run.

**9. See a podiatrist for orthotics.** Sometimes structural imbalances in the foot cannot be corrected sufficiently with exercise or sports medicine treatments. In these cases, orthotics prescribed by a podiatrist can be valuable. Using off-the-shelf arch supports may not work for you; besides, your feet may not have identical alignment, so an arch support that corrects the alignment of one foot could worsen the alignment of the other foot. Soccer who have mechanical issues with their feet should consult a podiatrist, a specialist who is trained to properly address these issues.

**10. Perform full-range leg exercises.** Imbalances in the legs and hips can transfer downward to affect the biomechanics of the ankle. As such, soccer should perform lower body exercises throughout a full range of motion to prevent structural imbalances. Such exercises include squats, split squats, step-ups, and lunges.

Injuries are a part of any sport, but why invite injury when there are ways to reduce the risk? Soccer are especially susceptible to ankle injuries, so it's smart to follow these 10 tips to prepare your ankles for the worst your sport can dish out.



**ABOUT THE AUTHOR:** Moritz Klatten is a respected strength coach whose international clientele includes footballers from national teams from Austria, DR Congo, England, Germany, Italy, and Venezuela.



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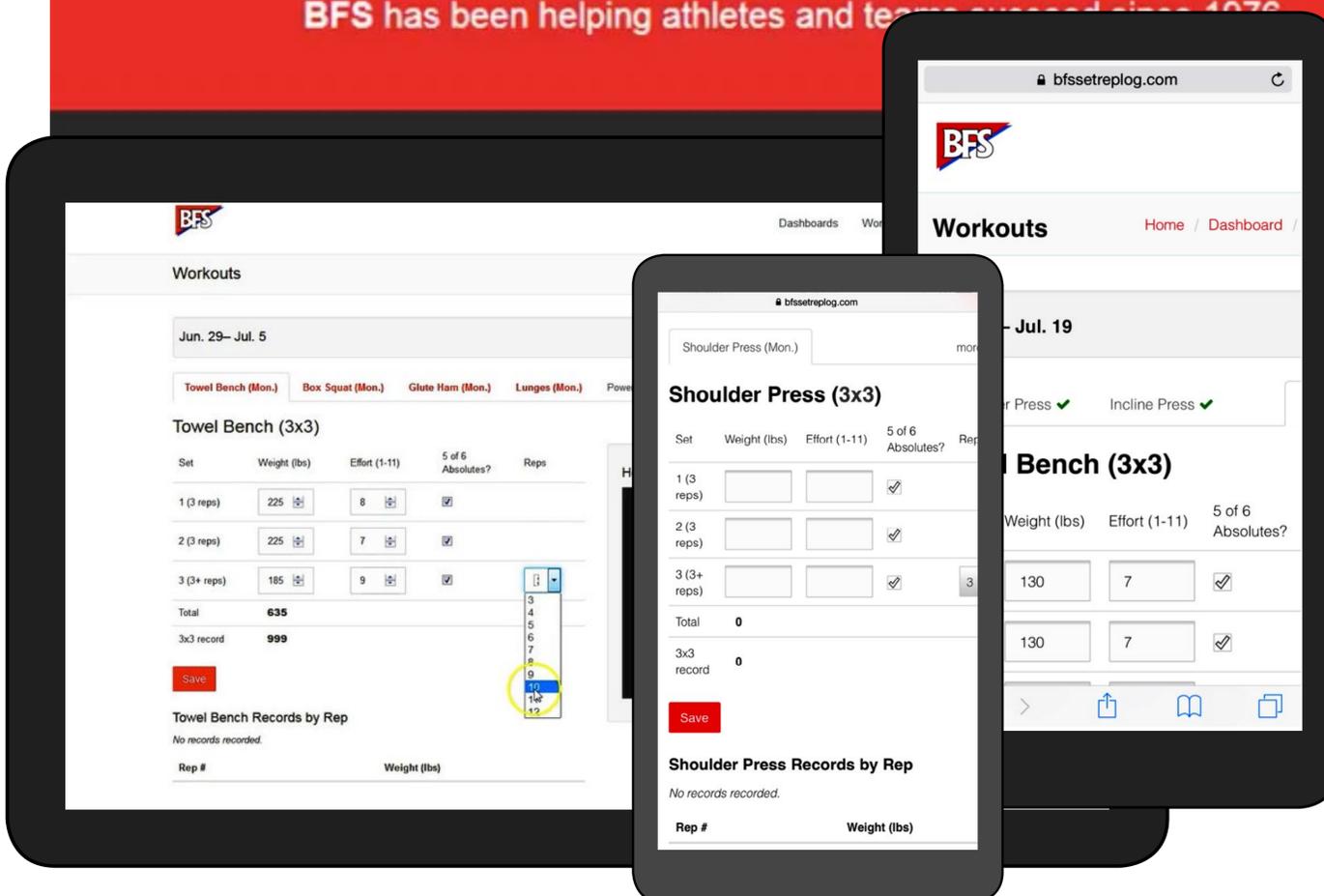
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