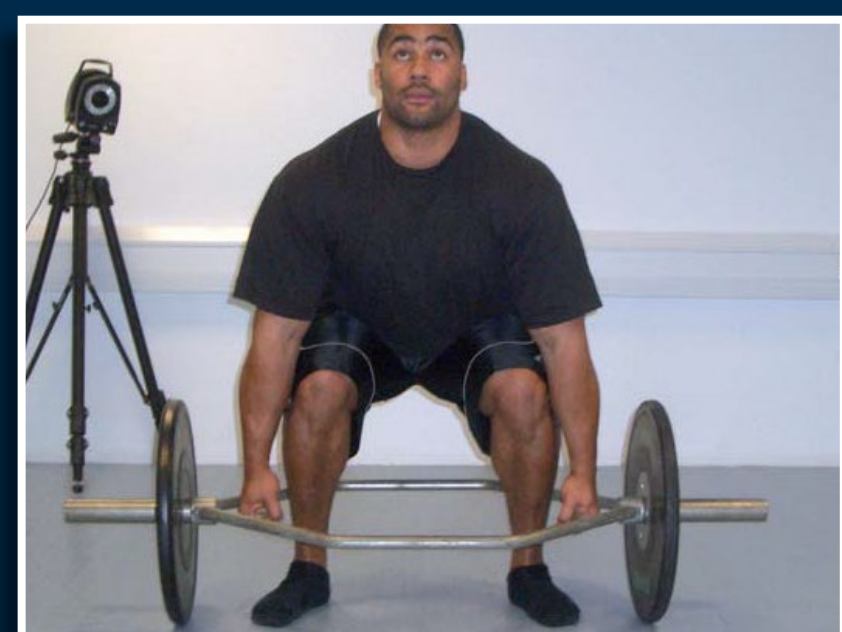


BIGGER FASTER STRONGER

July 2016
Issue #170
Digital

BFS



Hex Bar Secrets

*Strength and
Agility*

*BFS Clinics and
Certifications
For Team Pride*



The Winning Room!

Bangor High School, p9

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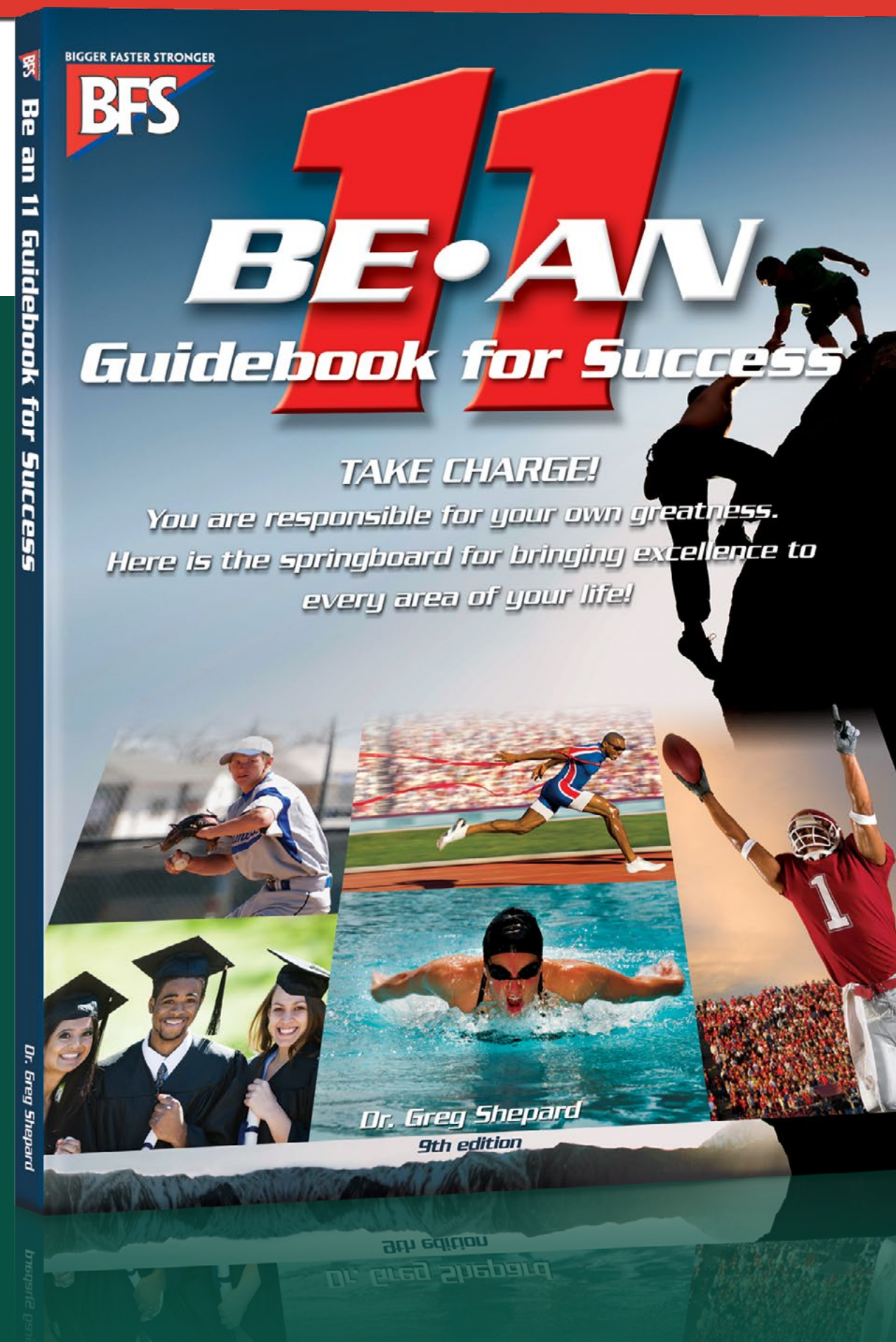
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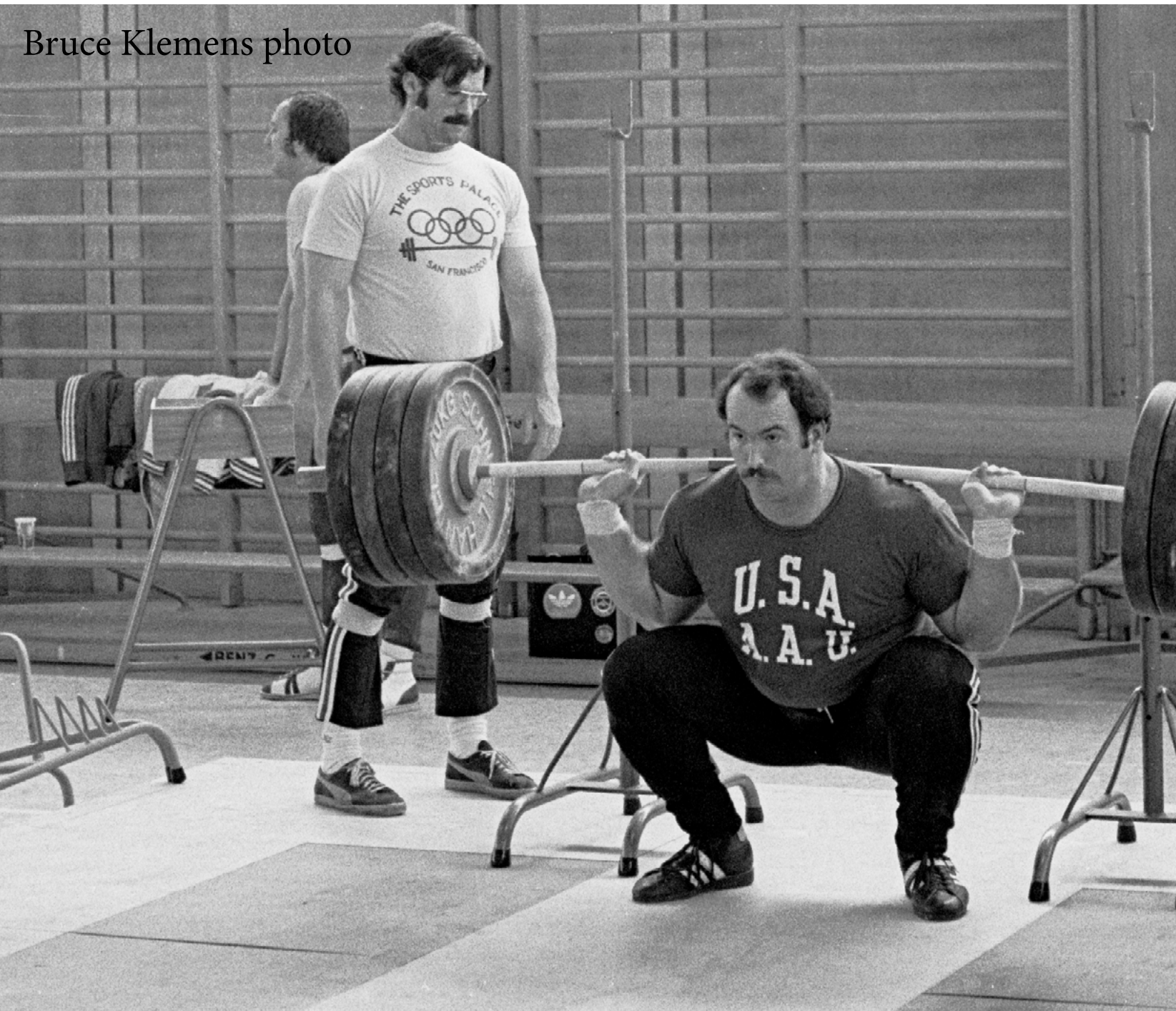


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A Message from BFS Editor Kim Goss, MS

Pick Your Spots



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.

In working with high school athletes in my area, one challenge I've found is convincing coaches that it's important to lift hard in-season. It's a message that BFS has been preaching for the past 40 years.

Take the example of track and field, specifically high school sports where I live. There is the indoor season, the outdoor season, and in the summer the sport can continue with amateur competitions run by the AAU and USTAF. Let's break down the outdoor season.

First, there are the dual meets, held on Saturday, which have schools compete against a neighboring school in their division. These are important, so coaches don't want their athletes to be lifting hard later in the week – if at all. Usually there are four of these.

On the weekends where there is no dual meet, there are invitational meets that allow athletes in lower division schools to compete against tougher competitions – these are especially important for athletes in the lower divisions as they draw attention of the schools offering scholarships. So it's important to back off training on the weeks those competitions are held.

As the season progresses you have the state championships, multiple-state championships, and then national championships. All of these competitions are important, so again, the athletes need to back off the heavy iron during the weeks those competitions are held. Often, coaches will not do any weight training during those weeks.

The problem here is that by attempting to peak for all these competitions, you can't reach the highest peak for the most important competitions. The best an athlete can do is maintain whatever strength they developed before the season started. What's the answer?

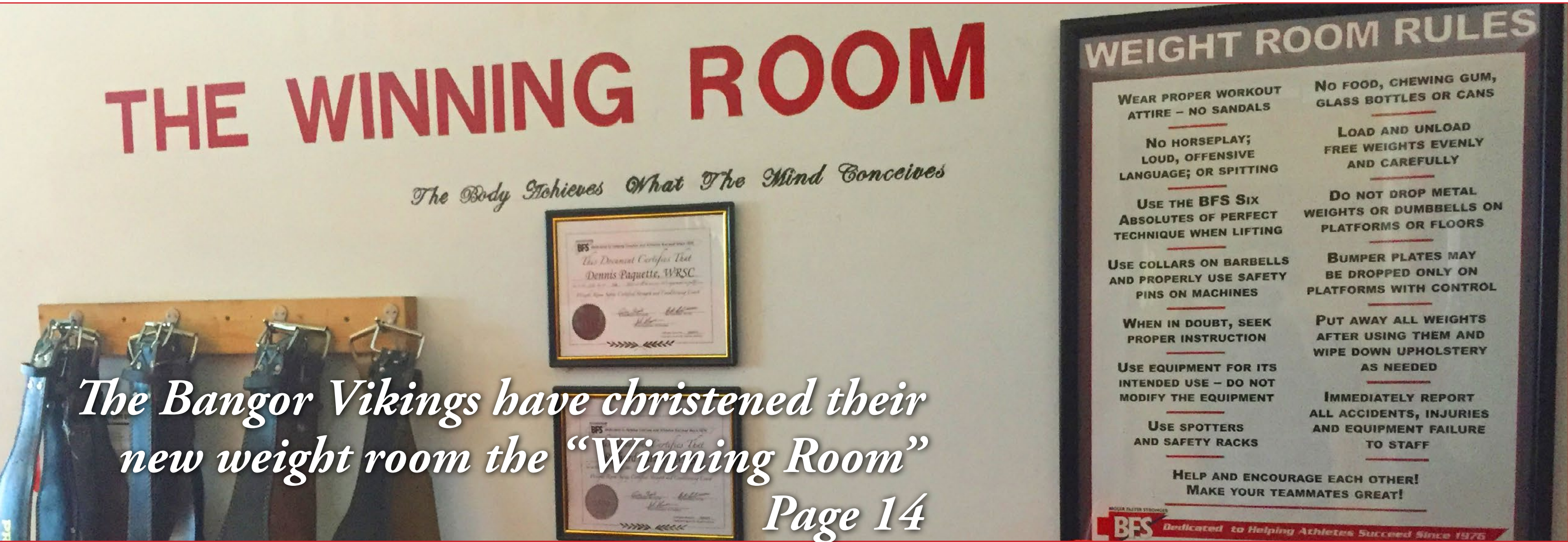
I came across an article written by BFS founder Dr. Greg Shepard more than 30 years ago. He shared the following advice about in-season training, advice that BFS still promotes today:

1. Train just twice a week
2. Train for just 30 minutes
3. Do the BFS Core lifts and no more than two auxiliary lifts
4. Follow the BFS Set-Rep Program
5. Progress! Don't be satisfied with maintaining.

On that last point, Coach Shepard said that it's important for high school athletes not to follow the training systems of college athletes. "The philosophy of maintaining in college is acceptable, but it is loaded with big problems at the high school levels. A college athlete normally plays only one sport. If a high school athlete plays multiple sports, what is he or she going to do – maintain all year? Let your competition do that. Don't be satisfied with maintaining. Get going! It's fun to get stronger. You'll play better, feel better and be more confident."

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

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FOUNDER: Dr. Greg Shepard

CEO: Robert Rowbotham

PRESIDENT: John Rowbotham

EDITOR IN CHIEF: Kim Goss, MS

ART DIRECTOR: Steve Kinslow

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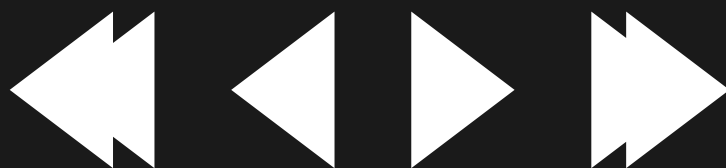
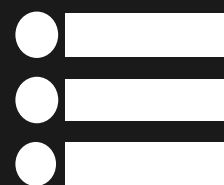
2930 West Directors Row

Salt Lake City, Utah 84104

1-800-628-9737 • Fax 801-975-1159

info@bfsmail.com • biggerfasterstronger.com

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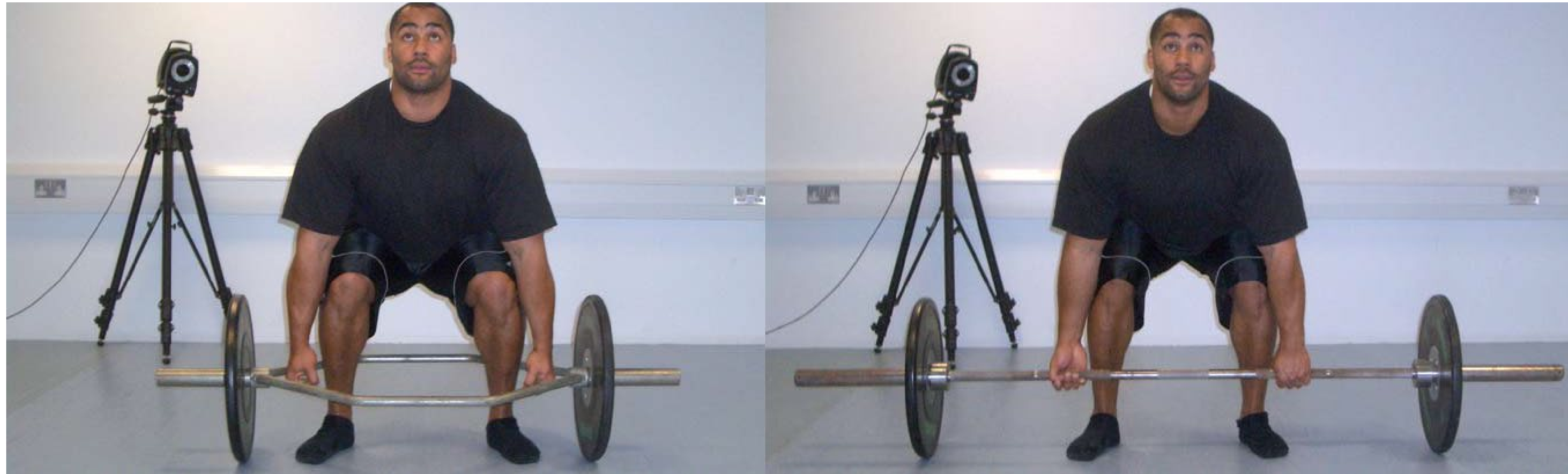
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What's Happening

Hex Bar Training: What Research Reveals



ing on the Kinematics and Kinetics of Weighted Vertical Jumps.” It was published in the April 2012 issue of the Journal of Strength and Conditioning Research.

Finally, research published this year found that compared to a straight bar confirmed the research of the

Deadlifts are a great exercise that BFS has been promoting for four decades, but for the past two decades the specific type of deadlift we prefer is the hex bar deadlift. Now there is considerable research to confirm our belief.

To those new to BFS, the hex bar is designed so that the center of the barbell is in line with the hips – what we at BFS like to call the “power line.” With a straight bar deadlift, the legs get in the way, and thus the resistance is applied farther from the athlete’s center of mass.

At BFS, we found in our work with athletes that hex bar places less stress on the lower

back and more stress on the legs. Our beliefs were confirmed in the following study: “A Biomechanical Analysis of Straight and Hexagonal Barbell Deadlifts Using Submaximal Loads,” published in the July 2011 issue of the Journal of Strength and Conditioning Research. The researchers found that compared the to the straight bar deadlift, the hex bar deadlift produced “significantly greater peak force, peak velocity and peak power values.”

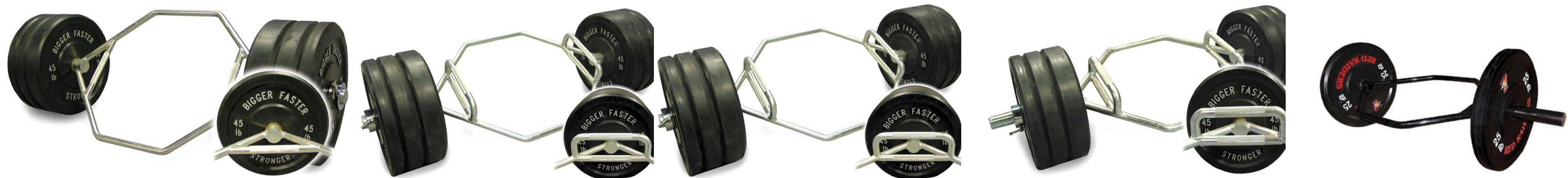
A research study published a year later showed that the hex bar is a superior method of performing not just deadlifts, but also squat jumps. The study was called, “Effect of Load Position-

2011 study. Research said that “the hexagonal barbell may be more effective at developing maximal force, power, and velocity.” This article was titled, “An Examination of Muscle Activation and Power Characteristics While Performing the Deadlift Exercise with Straight and Hexagonal Barbells,” and was published in the May 2016 issue of the Journal of Strength and Conditioning Research.

There is no question that the straight bar deadlift is a great core exercise for any athlete. However, based upon our experienced and the results of current research, we believe that the hex bar deadlift is just a bit better. 🚩

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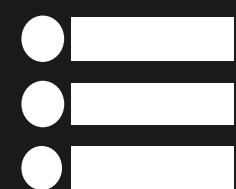
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About Us

The image shows three devices displaying the BFS Set Rep Log app interface. The desktop screen shows a 'Workouts' page for the date range 'Jun. 29 - Jul. 5'. It lists several exercises: Towel Bench (Mon.), Box Squat (Mon.), Glute Ham (Mon.), Lunges (Mon.), and Power Clean (Mon.). The 'Towel Bench (3x3)' section is expanded, showing a table with columns for Set, Weight (lbs), Effort (1-11), 5 of 6 Absolutes?, and Reps. The table contains three rows of data for sets 1, 2, and 3, with a total weight of 635 and a 3x3 record of 999. Below the table is a 'Save' button and a section for 'Towel Bench Records by Rep'. The tablet screen shows the 'Shoulder Press (3x3)' section, with a table for sets 1, 2, and 3, and a total weight of 0. The phone screen shows the 'Bench (3x3)' section, with a table for sets 1, 2, and 3, and a total weight of 0. All screens have a 'Save' button and a section for records by rep.

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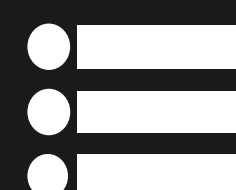
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BFS Program



The Winning Room of Bangor High

There are many athletic programs that say they use BFS, but the truth is many of them only use parts of it. For example, they may just use the weight training program and neglect the speed, agility, and flexibility training. Bangor High School wanted to promote the idea that they were a total program, and for this reason decided not to call

their strength and conditioning facility a weight room, but a “Winning Room!”

Bangor High School is located in Bangor, Michigan, and has approximately 365 students. The school district has one elementary school (grades K-4), one middle school (grades 5-8), and

one high school (grades 9-12). Their motto is “Bango Public Schools...Targeting Success!” This is where BFS comes in.

Dennis Paquitt is the school superintendent and Mary Spade is the assistant principal and athletic director at Bangor. When Spade took over she

BFS Program



BFS Clinician Kam Shepard works with the staff of Bangor High School, Certifying teachers and coaches with WRSC certification provides consistent training and a common system to keep students and athletes progressing throughout each season.

found that both the athletic fitness and physical fitness programs at the school were “chaotic,” such that the kids did not have a well-designed workout that would help them achieve their goals. Says Spade, “We had had BFS at Bangor before I came here, but we kind of got away from it, so I decided to bring BFS back.” That decision started with a two-day certification clinics.

In 2015 Spade contacted BFS to have veteran

BFS clinician Kam Shepherd come in to help unify the physical education and athletic departments. The visit included having several coaches complete the BFS Certification, and when they brought Shepherd back in 2016 the total number of certified coaches reached 10. Spade says that the BFS certification is important when you hire coaches and physical education instructors “because you can’t assume they know what they are doing in the weight room.”

Spade says that one-third of her students are involved in school sports, and that she encourages all of them to play multiple sports. “We encourage kids to play multiple sports not only because it strengthens the entire athletic program, but also makes kids better at the sports they like the most.” She says that playing multiple sports also prevents burnout, which she has seen with kids who just focus on one sport. The challenge, she says, is that many students have jobs, family

BFS Program



Kam Shepard works with students at Bangor High School. Understanding perfect lifting technique gives athletes and students the best path to success.

obligations, “and want to spend much of their free time using technology rather than getting physical.” Adding to the problem is that students are only required to take physical education classes for one-half of a year in high school.

During his first visit, Shepherd did a safety evaluation and overall assessment of the Bangor strength and conditioning facility, which she said “had random pieces of equipment and plates everywhere.” Shepherd helped redesign the facility, making the focus Do-It-All stations

that enabled all the core lifts to be performed in one place.

“Kam’s suggestions helped our kids become more goal-oriented. They walk into our winning room and they know what they need to do where and they need to go.” She says the program is more efficient, and as such can accommodate more students. “The changes Kam suggested made a big difference, and the room looks more like a health club -- I like to show it off!”

Bangor is a small school in a small city where

everyone knows each other, and this makes for a supportive environment. One graduate wrote the following about this school. “While I was in school I always felt safe and had always felt like I fit in with everybody there. The administration was very communicative with the students and was very understanding of each situation. Having gone to Bangor schools and growing up there, I learned many positive life lessons and school especially helped me learn self-dependence. Whenever I decide to have children I would be more than proud to send them to Bangor schools.”

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Agility and Lateral Speed Tools that Work



It's no secret that strength and conditioning coaches love their toys, especially if a training device promises to make athletes move faster or more efficiently. BFS has been around for four decades and we've seen many unique pieces of exercise equipment that are valuable, but we've seen many more that are a waste of money and an athlete's time.

Before sharing with you a list of some of the best agility tools, let talk about one that doesn't work -- or at least, the risk associated with performing it outweighs the benefits: slide boards.

A slide board is a flat board, usually about eight feet long, with a slick surface. The boards have "stoppers" at each end. Wearing wool socks or special booties on their feet, the athlete pushes off of one stopper and slides to the other side, breaking their momentum with the stopper at the other end. Slide boards were made popular by speedskater Eric Heiden.

Heiden won an unprecedented five gold medals in the 1980 Olympics, and slide board training was a part of his off-ice training. Soon slideboards become a part of not only athletic

training programs but also rehabilitation programs. Roll up units for the home use were soon available, and some gyms even offered aerobic classes using the slide board.

The problem with the slide board motion is that when you stop at each end, the knee must endure a high level of lateral shear forces that try to pry the joint apart. The late Dr. Mel Siff, a sports scientist who wrote extensively on fitness training, said these forces can damage knee ligaments and the inner structures of the knee. Research has also shown that slide board training

BFS Training and Equipment

is not biomechanically similar to the speed skating motion. Although Heiden used slide boards in his quest for gold, perhaps this may be more of a case that he was a champion in spite of using slide board and not because of it.

To determine the value of an agility training tool, it's important to have a way to measure the results of your training. One great tool that BFS has been promoting for nearly two decades is the Just Jump and Run. Although best known as a computerized platform for testing vertical jumping ability, the Just Jump and Run can also be used to test shuttle times, a standard measurement of agility in sports such as football and basketball.

Another testing is the BFS Agility Timer. This is a wireless product with a large LED digital display, specifically designed to measure agility to 1000th of a second (.000 decimal). It contains two timers, Timer 1 collects directional run to the right Timer 2 collects "Agility Time" Times.

OK, let's look at a few tools we've found that work to improve agility and lateral speed.

Seated Calf Machine. The calves play a key role in improving agility and lateral speed as they lay a foundation of strength, especially the lower calf muscle called the soleus. Russian sports scientist Dr. Yuri Verhoshanky is considered the founder of

plyometric training, and says that the reason the soleus is so important is because lateral changes in direction are performed with flexed legs. The best exercise for the soleus is the seated calf raise, because the soleus works hardest when the knees are bent. The exercise could be performed with a barbell across your upper thighs, but this would be extremely uncomfortable because a considerable amount of weight can be used in the exercise.

Dot Drill Pad. BFS did not invent the dot drill, but we have been promoting it for nearly four decades because it is such a useful exercise for improving ankle strength and body awareness. It's also a great warm-up for any athletic activity, and only takes a few minutes. The BFS Dot Drill Pad is 3 x 4 and 3/8 thick, and the dots are fully integrated into the pad, not just stuck-on or painted.

Plyo Ramp. Calf raises and dot drills provide a great foundation for agility training, and the BFS Plyo Ramp takes your workout to the next level. In contrast to simply hopping side-to-side, the plyo ramp has angled footboards that reduce the stress on the ankles and provide for a more explosive push-off. Chris Witty, a 1980 Olympic gold medal winner in speed skating, tried the plyo-ramp. She said slant of the side footboards on the ramp seemed to place less stress on the knees than the slide board does, and the reduced stress encouraged her to lift her knees higher as she

drove off the side. Chris also said that it's easy to get lazy doing slide board training because momentum helps you across, whereas the only way you're going to get across a plyo ramp is to jump – and jump hard. And Chris liked the way she could easily and effectively stretch her calves when she stood on the ramp's side footboards.

Verti-Blocks. Many coaches have their favorite agility and lateral speed drills, including plyometric drills, and one way to make their drills more challenging is to perform these drills while jumping over small objects. Verti-Blocks are soft, foam barriers that enable these drills to be performed safely – perfect for young athletes.

When it comes to developing agility and lateral speed, nothing takes the place of hard work. The tools mentioned here won't make an athlete's workouts any easier, but it can make them even more effective. ▶





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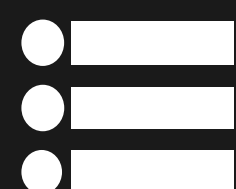


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AGILITY DRILLS

FOR EVERY ATHLETE

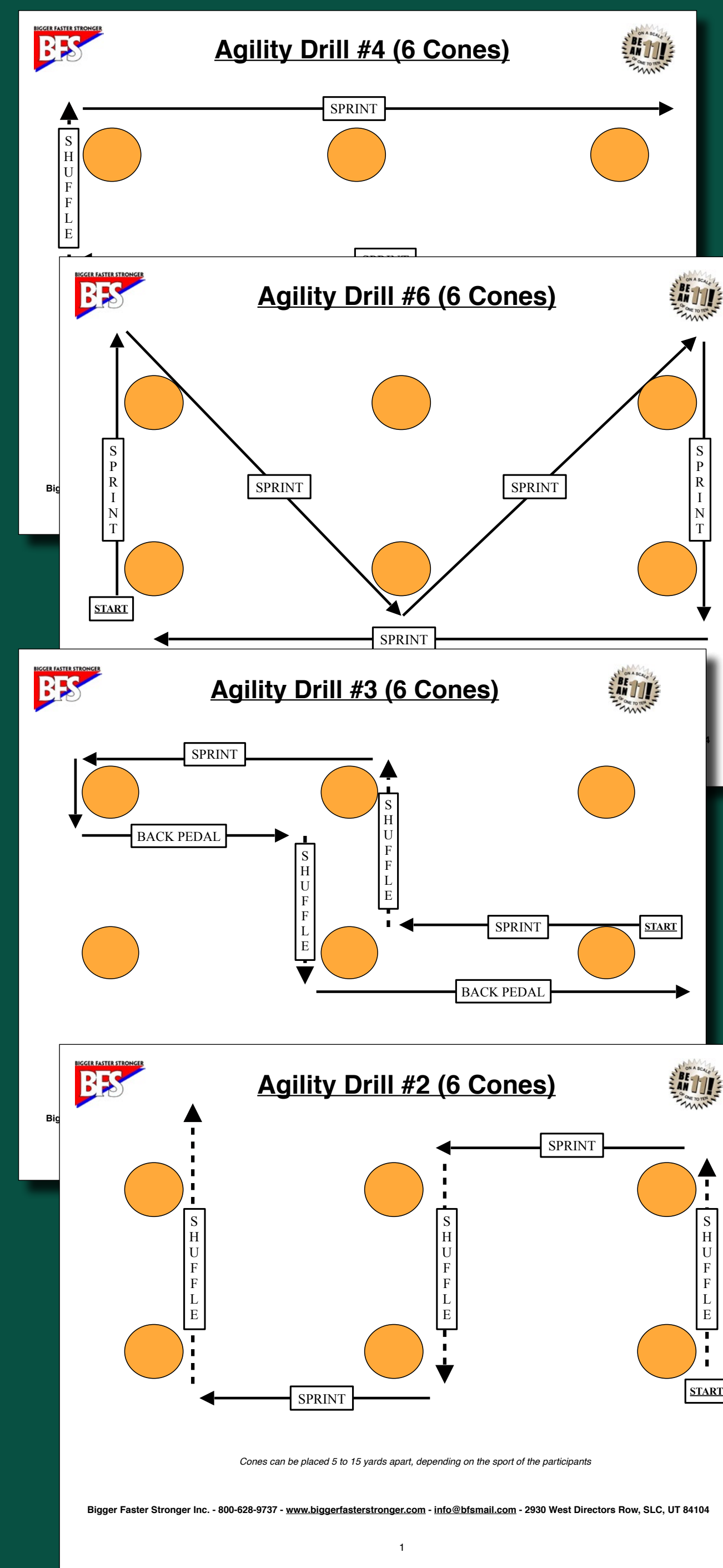


The BFS Total Program is dedicated to developing students and athletes in all sports and activities maximize their potential. Agility is one component and is a skill that can be enhanced through measurable drills record keeping.



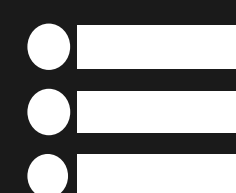
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25 drills for developing students and athletes in all sports and activities. Agility is one component and is a skill that can be enhanced through measurable drills record keeping. Use these drills and a stop watch and make some records!



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.

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BFS Program

There is no question that simply playing a sport will improve agility and lateral speed. There is also no question that at the high school level, there are many genetically-gifted athletes who will possess exceptional agility and lateral speed without ever stepping foot in a weight room. These truths aside, there are many methods of increasing these essential athletic qualities that will help any athlete beyond their natural talent or how much they practice their sport.

Learning proper movement skills is, of course, essential to moving quickly, and this is one of the primary jobs of the sports coach. Likewise, it's also important for the athlete to become a student of the game. Al Vermeil, a former strength coach for the Chicago Bulls, said that Michael Jordan spent considerable time studying the movements of his opponents so he would best know how to challenge them in a game.

Sports skills and game preparation aside, there are many other steps that can be taken to dramatically improve agility and lateral speed. Losing excess bodyfat is one – just five pounds of excess fat can make a significant difference in an athlete's ability to move quickly. Staying lean is obvious, but here are six other effective ways to step up your game:

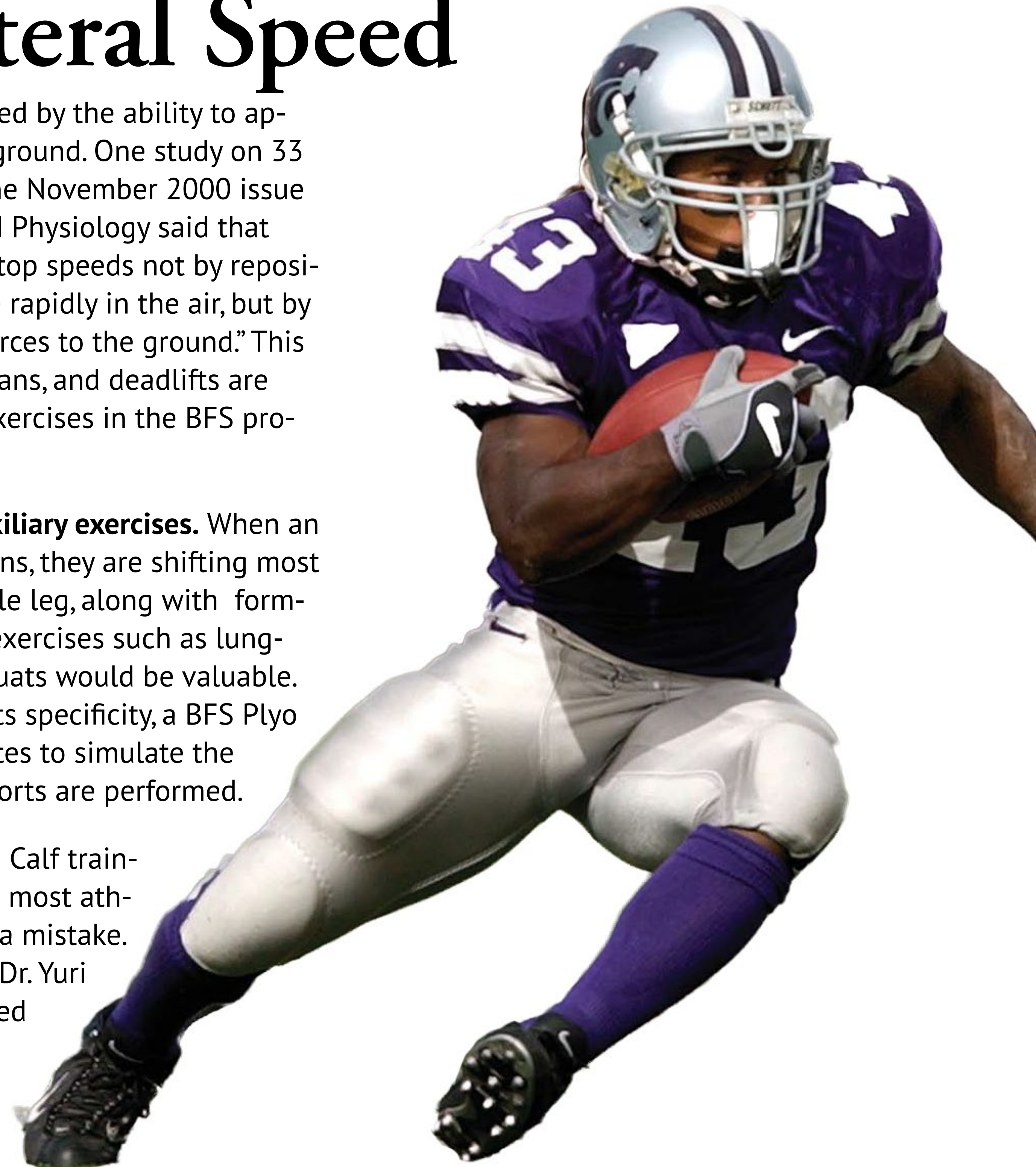
1 Get stronger. Track coaches will tell you that there are two basic ways to make a sprinter faster: improve stride frequency and stride length.

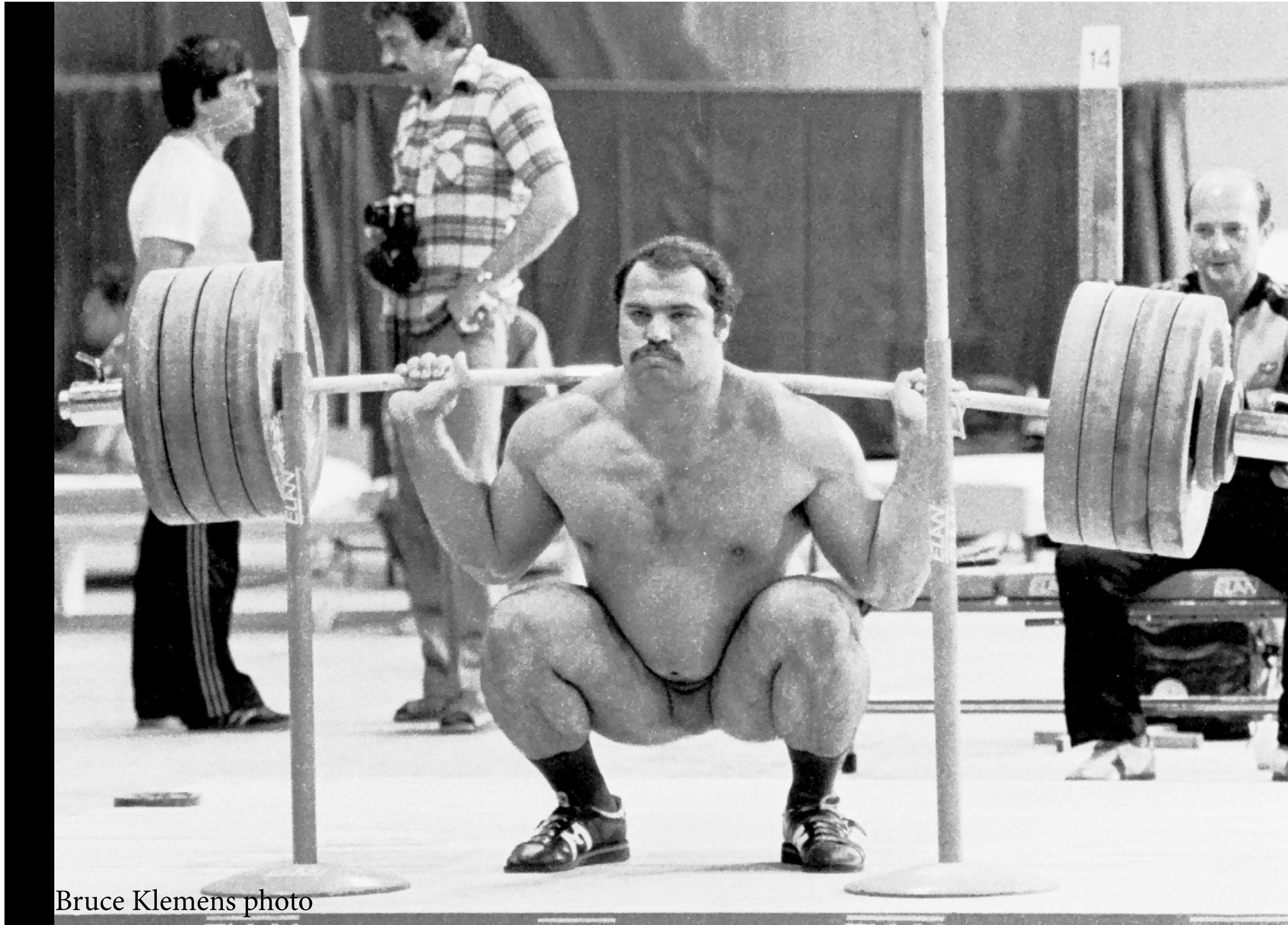
6 Ways to Improve Agility and Lateral Speed

Stride length is influenced by the ability to apply more force into the ground. One study on 33 sprinters published in the November 2000 issue of the Journal of Applied Physiology said that sprinters "...reach faster top speeds not by repositioning their limbs more rapidly in the air, but by apply greater support forces to the ground." This is why squats, power cleans, and deadlifts are part of the list of core exercises in the BFS program.

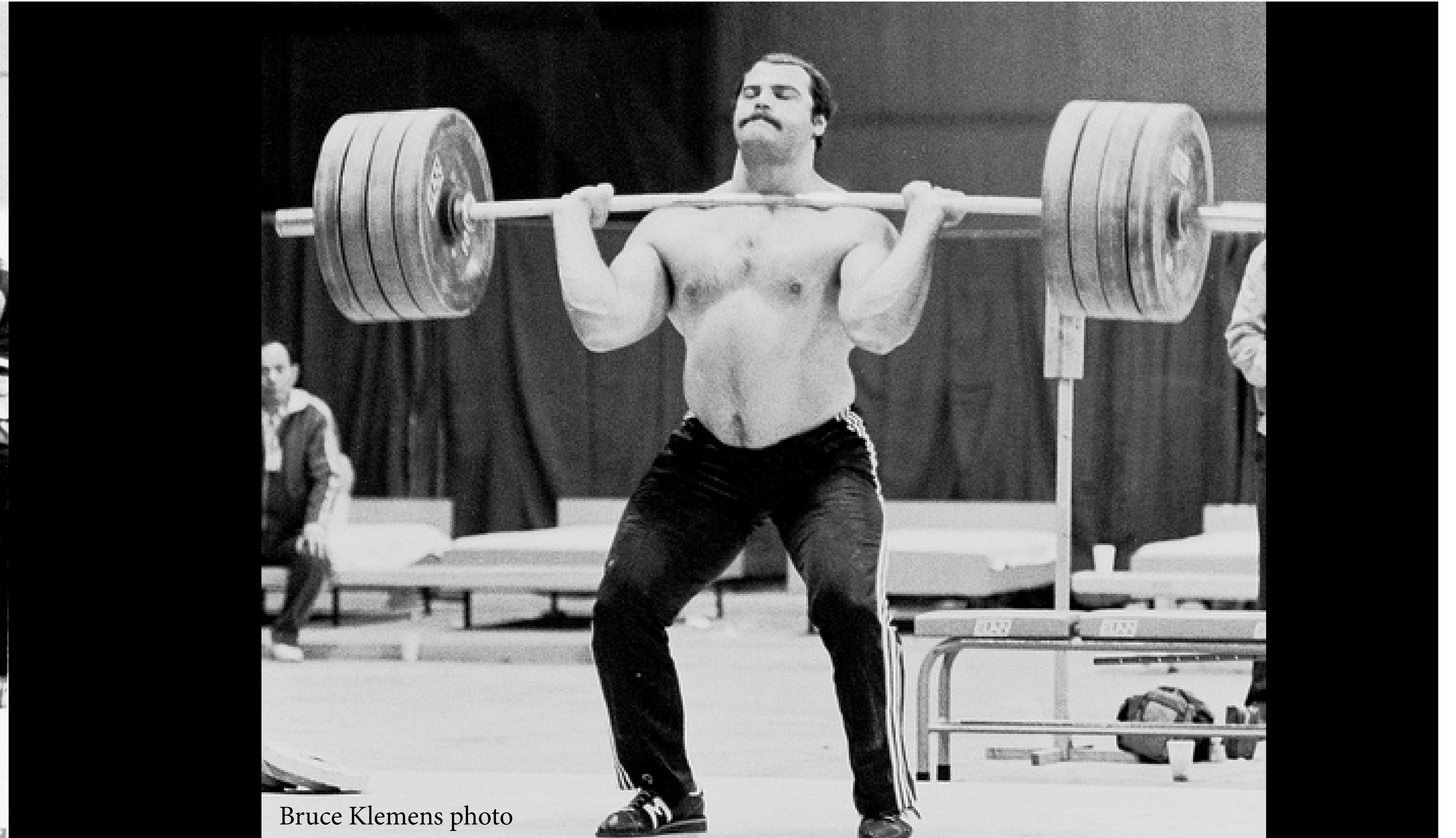
2 Perform unilateral auxiliary exercises. When an athlete changes directions, they are shifting most of their weight to a single leg, along with forming unilateral auxiliary exercises such as lunges or even single-leg squats would be valuable. For the ultimate in sports specificity, a BFS Plyo Ramp enables the athletes to simulate the high speeds in which sports are performed.

3 Strengthen the calves. Calf training is often neglected in most athletic programs, which is a mistake. Russian sports scientist Dr. Yuri Verkhoshansky is considered the founder of plyometric training. Verkhoshansky says that move-





Bruce Klemens photo



Bruce Klemens photo

Squats and power cleans form the basics of athletic training. Shown here performing both BFS core exercises is Anatoly Pisarenko, a Russian weightlifter who clean and jerked 584 pounds.

ments that lateral changes in direction are performed with flexed legs, and as such calf raises are important. For maximal results, athletes should perform seated calf raises (to work the lower calf, or soleus) and the standing calf raises (to work the upper calf, or gastrocnemius).


4 Perform plyometrics. Athletics are performed at high movement speeds, and as such plyometrics exercises such as box jumps simulate the way sports are played. Yes, athletes should develop a base of strength with powerlifting movements such as squats and deadlifts, but athletes should also perform plyometric to simulate the

speed that athletics are performed.

5 Train the posterior chain. The glutes and hamstrings are essential for maintaining stability during agility and lateral change of direction movements. As such, one of the most important exercises an athlete can perform is the glute-ham raise, which works the glutes and both the knee flexion and hip extension function of the hamstrings.

6 Avoid excessive aerobic work. Most sports only involve a minimum contribution of the aerobic system; in fact, the maximum contribution of the

aerobic energy system in soccer is just 20 percent (except for goalkeepers, which the aerobic energy system contribution is about zero). Further, performing too much aerobic training will cause fast-twitch muscle fibers to contract like slow-twitch muscle fibers, thus slowing down the athletes.

There are many factors involved how in how quickly can move, and genetics obviously play a major role in who will reach the highest levels in athletics. Every athlete, however, can improve their agility and lateral speed by not just training harder, but by training smarter. 

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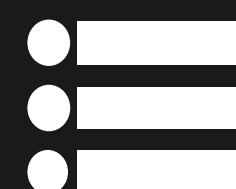
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4 Building Blocks are the Foundation of the BFS Camps Clinics and Certification program. With two flavors of the Total Program Clinic, the character education benefits of the Be An 11 Seminar, and the Strength, Conditioning and Safety instruction of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

2 Day Total Program Clinic:
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

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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
2 DAY TPC	\$3990
IN-SERVICE WRSC	\$3195
IMPLEMENTATION PACKAGE	\$3500
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:

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

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IMPLEMENTATION PACKAGE	\$2500
TOTAL:	\$9480
	\$5485

Save Over \$3995!

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

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
1 DAY TPC	\$3490
IN-SERVICE CERT.	\$3195
IMPLEMENTATION PACKAGE	\$3000
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
1 DAY TPC	\$3490
IMPLEMENTATION PACKAGE	\$2500
TOTAL	\$8980
	\$4985

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
IN-SERVICE CERT.	\$3195
IMPLEMENTATION PACKAGE	\$2500
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
IN-SERVICE CERT.	\$3195
IMPLEMENTATION PACKAGE	\$2500
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.

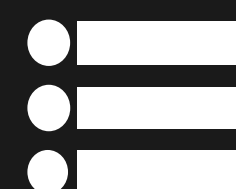
Package Details and Information: All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit www.biggerfasterstronger.com/camps.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

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8/16/2016 - Time: 9:00 AM to 5:00 PM

Additional Information:
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Timonium MD:

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255 East Padonia Road
Timonium, MD 21093
InfoContact: john@bfsmail.com
Onsite registration: 8:30am
8/20/2016 - Time: 9:00 AM to 5:00 PM

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***BFS Magazine* “Coaches Helping Coaches”**
See you in April!

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