



*Plyometrics take
your program
higher*

*Clinician Dennis Moon is leading the way
with experience and passion pg.8*

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

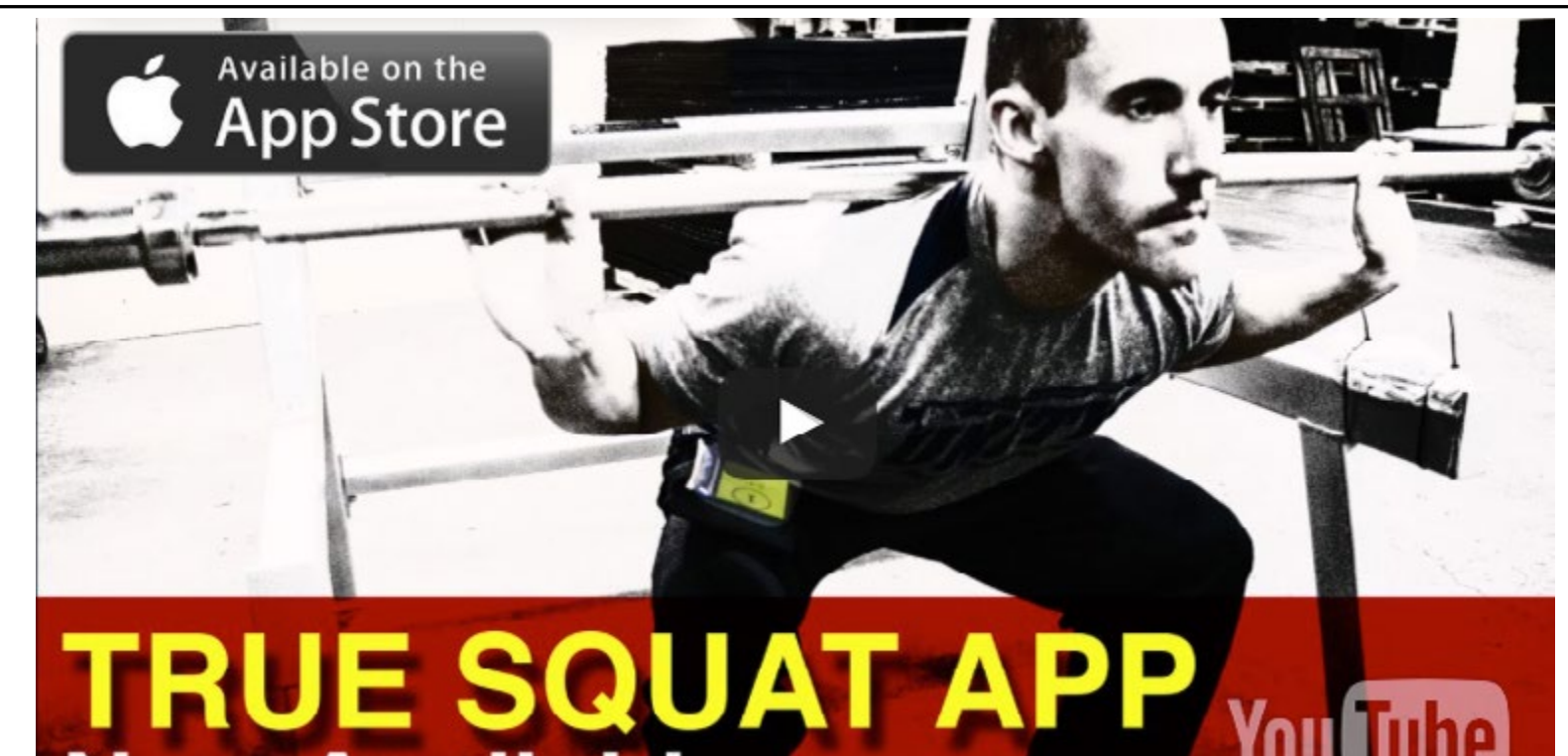
Our dynamic seminar presenters will infuse your athletic program with a greater vision. Along with that vision, they will teach your athletes how to set higher goals, work harder and become better people as they create their own value system with higher standards.

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.



True Squat \$1.99 USD

With the phone strapped to your thigh, the app uses your phone's accelerometers to sound a beep and tell you when you reach TRUE parallel on each rep. It also counts your reps and lets you know when you've finished your set.



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.



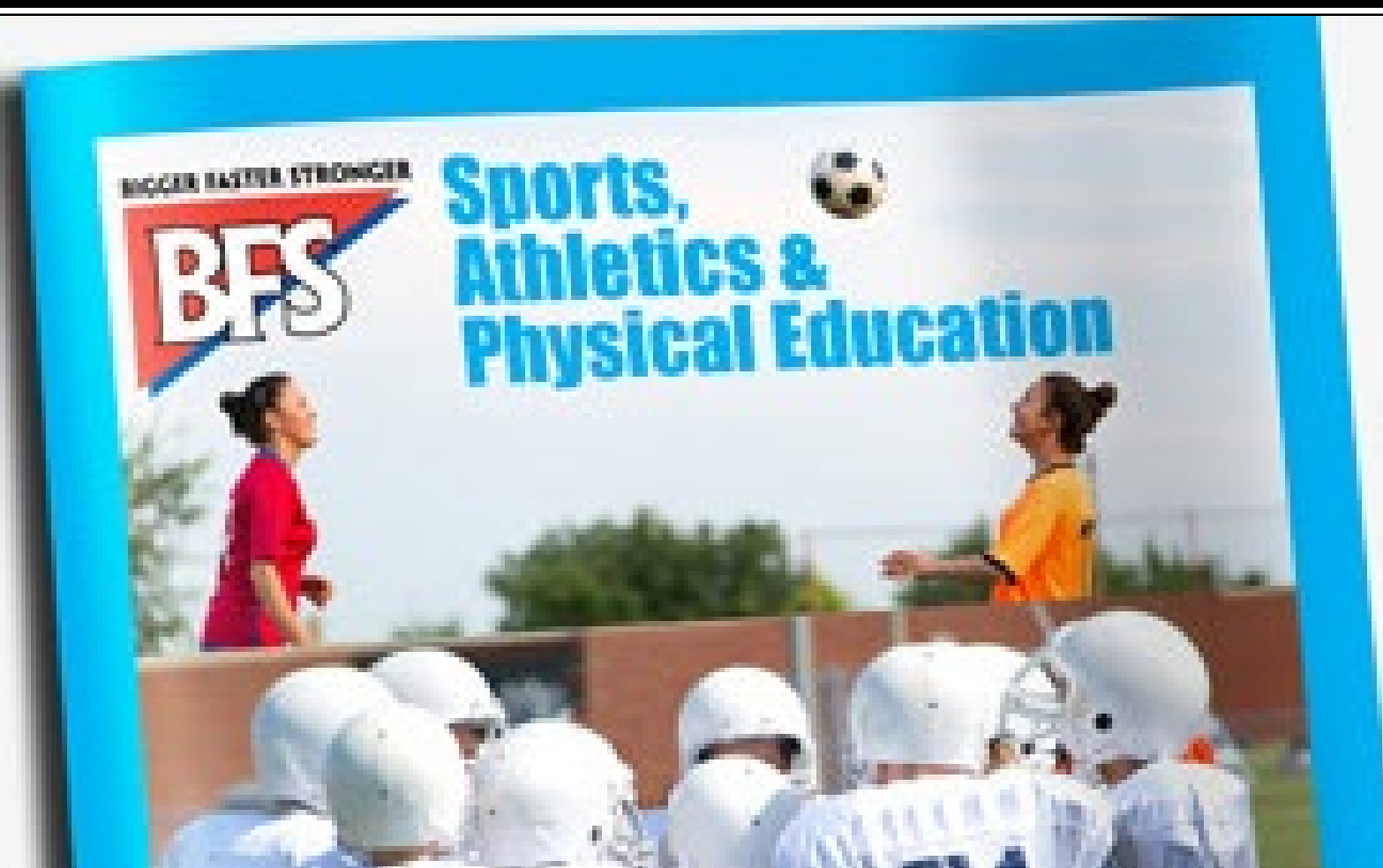
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The Smart Cart Training System organizes your training equipment into a compact and easy-to-transport system. Using the timed rotational circuit, coaches will be able to train as many as 60 athletes in one hour with the equipment on the Smart Cart.



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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.

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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

Up Front

Staying in the Game

It's been said that the number of sports medicine clinics in the US is growing at such a fast pace that by the year 2019 they will all be connected by a giant walkway. That's a joke. What's not a joke is seeing a large number of athletes disappearing from high school athletes to specialize in a single sport.

While it is true that to achieve the highest levels in most sports, early specializing often does more harm than good for most young athletes. First, most young kids don't know what sport they have the most potential to excel in at the highest level, or what sport they will enjoy the most.

A father who played baseball may put their son in Little League, but perhaps this young athlete has poor hand-eye coordination yet has the physical gifts to be an exceptional middle-distance runner or cyclist? Likewise, a mother who was a distance runner may encourage her daughter to (literally) follow in her footsteps, but perhaps this young person is gifted with fast-twitch fibers and would be better off in gymnastics or basketball? Only by exposing children to a variety of sports will they be able to determine which sports are best suited for them.

Another issue with early specialization is that a young athlete simply may not like the sport.

Studies have shown that 70 percent of athletes will quite organized sports by the age of 13. With physical education becoming more of an elective in schools, this means that many young people engage in little or not physical activity. If children do not exercise regularly, they are more likely to become overweight as adults. Let's look at some numbers.

According to the Centers for Disease Control and Prevention, 37.7 percent of US adults were obese in 2014. For those under the age of 20, the obesity rate in 2014 was 17.2 percent; in 1999, that rate was 13.9 percent. The accompanying chart shows how these trends parallel each other.

Getting back to injuries, specializing in one sport often leads to overuse injuries, especially if that sport is performed at a high level. Participating in a year-round strength and conditioning program helps, but often this

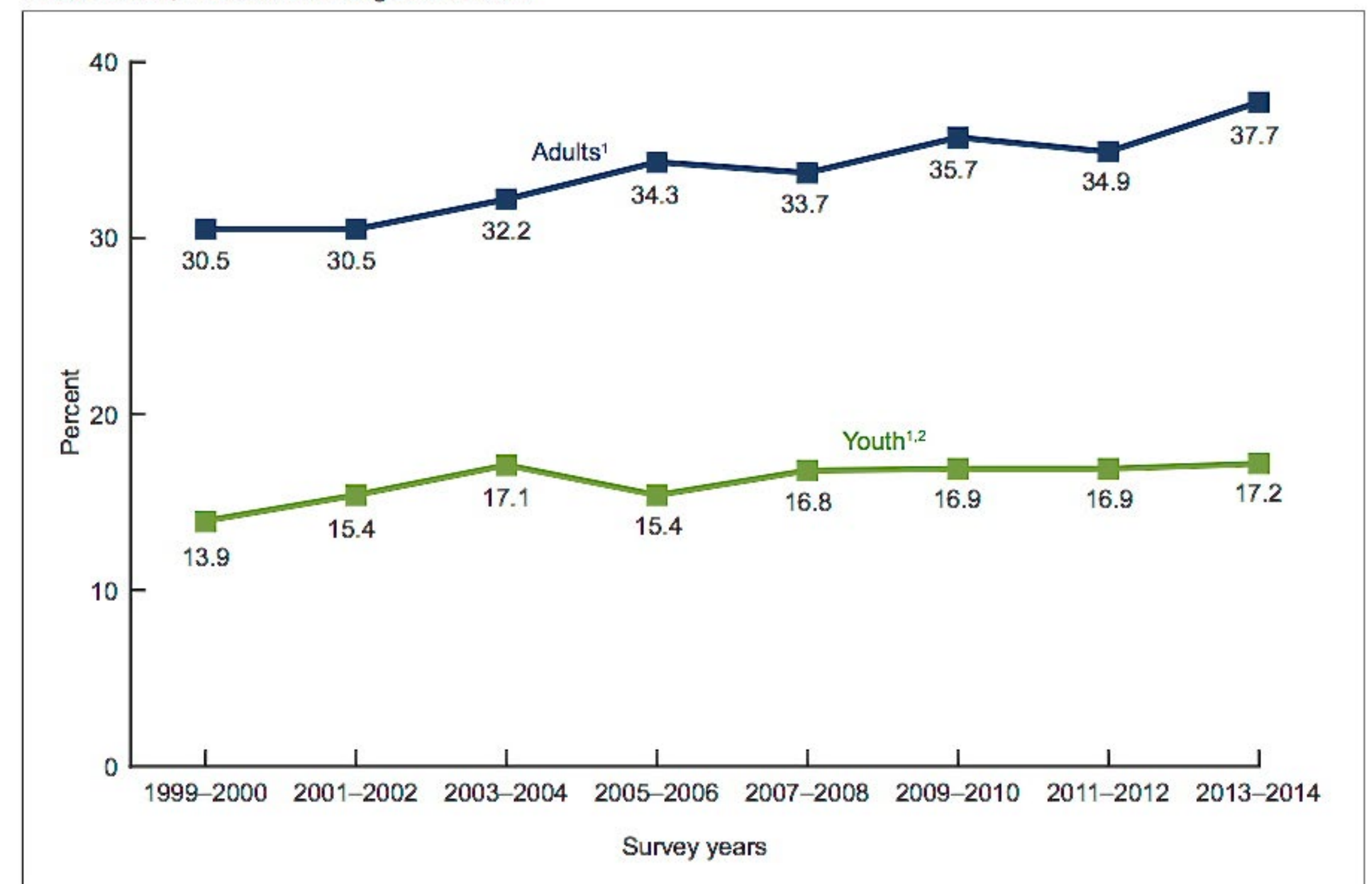
part of training is neglected in many non-school sports programs.

If a young person has the physical gifts and wants to specialize in one sport, that's fine. But consider that exposing a young athlete to a variety of sports may be a healthier and more enjoyable approach to physical and athletic fitness.

Kim Goss, MS Editor in Chief, BFS magazine

kim@bfsmail.com

Figure 5. Trends in obesity prevalence among adults aged 20 and over (age-adjusted) and youth aged 2–19 years: United States, 1999–2000 through 2013–2014



¹Significant increasing linear trend from 1999–2000 through 2013–2014.

²Test for linear trend for 2003–2004 through 2013–2014 not significant ($p > 0.05$).

NOTE: All adult estimates are age-adjusted by the direct method to the 2000 U.S. census population using the age groups 20–39, 40–59, and 60 and over.
SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

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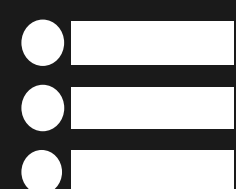
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Download Your FREE ebook “25 Agility Drills”
BFS is committed to helping coaches and teachers develop young bodies and these drills are perfect for any age, class or skill level! Run these drills for time and accuracy and have some fun with agility! Click Here!

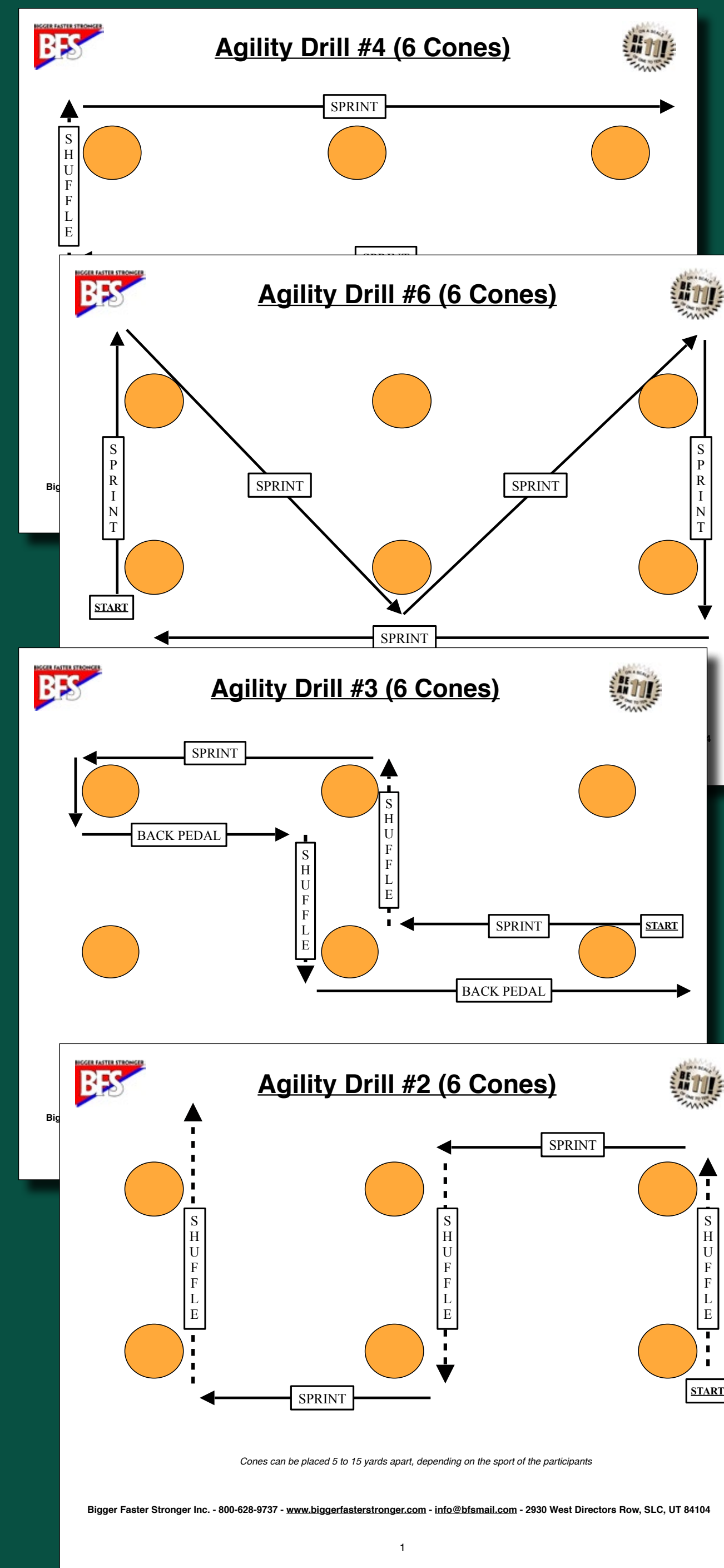
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BFS

25 AGILITY DRILLS

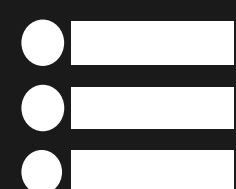
FOR EVERY ATHLETE

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**





BFS Announces Full Production of 2017 Absolute Line

BFS is constantly striving to increase the effectiveness of your strength training program. We do this through our Total Program clinics, our WRSC safety certifications, our character building Be An 11 seminars. And we do it through innovating on our industry leading, made in the USA equipment.

BFS is proud to announce full production of our complete new line of racks, benches and platforms - The Absolute Line.

BFS has invested in new machines, steel saws and industrial metal sheers to be able to work with new materials that push the boundaries of weight room equipment that stands up to the toughest environments. The new 2017 Absolute line

is constructed from an ovalized 2" x 3" in steel tube and formed on our \$70,000 hydraulic bender into a thoroughly modern equipment that will instill pride in your weight room while encouraging participation from the entire student body.

Of course like all lines of BFS equipment the Absolute equipment is guaranteed to hold up under institutional use. Custom colors are included in the cost so getting your school colors or corporate branding is never a problem. Providing a weight room solution for every budget while maintaining commercial grade quality is never a simple task, but with the addition 2017 Absolute Line BFS has succeeded! 🇺🇸



Watch our "making of" video on the CoachBFS Channel on YouTube. Subscribe to keep up with all latest training tips and product news!



CLICK
TO
BEGIN

BFS Set Rep Log App Phone Tablet Computer

BFS has been helping athletes and teams succeed since 1979

About Us

The image shows three devices displaying the BFS Set Rep Log app interface. The computer screen shows a 'Workouts' page for the date range 'Jun. 29 - Jul. 5'. It lists exercises like 'Towel Bench (Mon.)', 'Box Squat (Mon.)', 'Glute Ham (Mon.)', and 'Lunges (Mon.)'. The 'Towel Bench (3x3)' section shows a table with columns for Set, Weight (lbs), Effort (1-11), 5 of 6 Absolutes?, and Reps. The data shows three sets of 3 reps each, with weights of 225, 225, and 185 lbs, and effort levels of 8, 7, and 9. The total weight is 635 lbs, and the 3x3 record is 999. The tablet and phone screens show the 'Shoulder Press (3x3)' section, which has a similar table structure. The phone screen also shows a 'Save' button and a 'Shoulder Press Records by Rep' section.

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

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

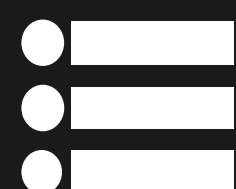
Coaches can keep up with the progress of the **whole team.**

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



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

CLICK

**Learn More about the Total Program
at 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	PACK-AGE
BE AN 11 \$2990	\$1495
2 DAY TPC \$3990	\$3990
IN-SERVICE WRSC \$3195	\$1495
IMPLEMENTATION PACKAGE \$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	PACK-AGE
BE AN 11 SEMINAR \$2990	\$1495
2 DAY TPC \$3990	\$3990
IMPLEMENTATION PACKAGE \$2500	\$0
TOTAL: \$9480	\$5485

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: \$8685	\$4735

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	PACK-AGE
BE AN 11 SEMINAR \$2990	\$1495
1 DAY TPC \$3490	\$3490
IN-SERVICE CERT. \$3195	\$1495
IMPLEMENTATION PACKAGE \$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 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
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	PACK-AGE
BE AN 11 SEMINAR \$2990	\$1495
1 DAY TPC \$3490	\$3490
IMPLEMENTATION PACKAGE \$2500	\$0
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	PACK-AGE
2 DAY TPC \$3990	\$3990
IN-SERVICE CERT. \$3195	\$1745
IMPLEMENTATION PACKAGE \$2500	\$0
TOTAL: \$9685	\$5735

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	PACK-AGE
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 5
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

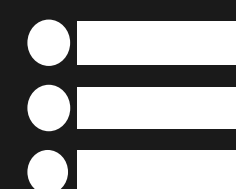
K Be An 11 Seminar
50 Athletes \$2,990
Product # 800K
Be An 11: \$30 per student over 50
Implementation package worth over \$1,000.

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. 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



Catching up with BFS Clinician Dennis Moon

It seems just about anyone with any degree of success in coaching can give a seminar, and there is no shortage of camps, workshops, and webinars for anyone interested in learning from them. At BFS, we were not interested in hiring anyone to represent our company in our youth athletic fitness program – we wanted the best. We only wanted certified teachers who had extensive experience, and success, in both the physical education and athletic departments of schools. We

found such an individual in Dennis Moon.

Coach Moon has been involved in teaching athletic and physical fitness programs for young athletes for over 38 years. Wautoma High School in Wautoma, Wisconsin, has been featured several times in BFS magazine for their success in athletics, most notably football, and their exceptional physical education program. Moon was a major part of both, and his skills helped athletes

fulfill their athletic potential and learn the basics of achieving lifetime fitness.

Moon's became an advocate for BFS in 2001 when he brought out BFS Clinician Jeff Scurran for a clinic. Scurran had a reputation for helping turn around football programs, and at the time Wautoma's football team was struggling. In addition to having athletic teams use the program, Moon also used the BFS program in his physical

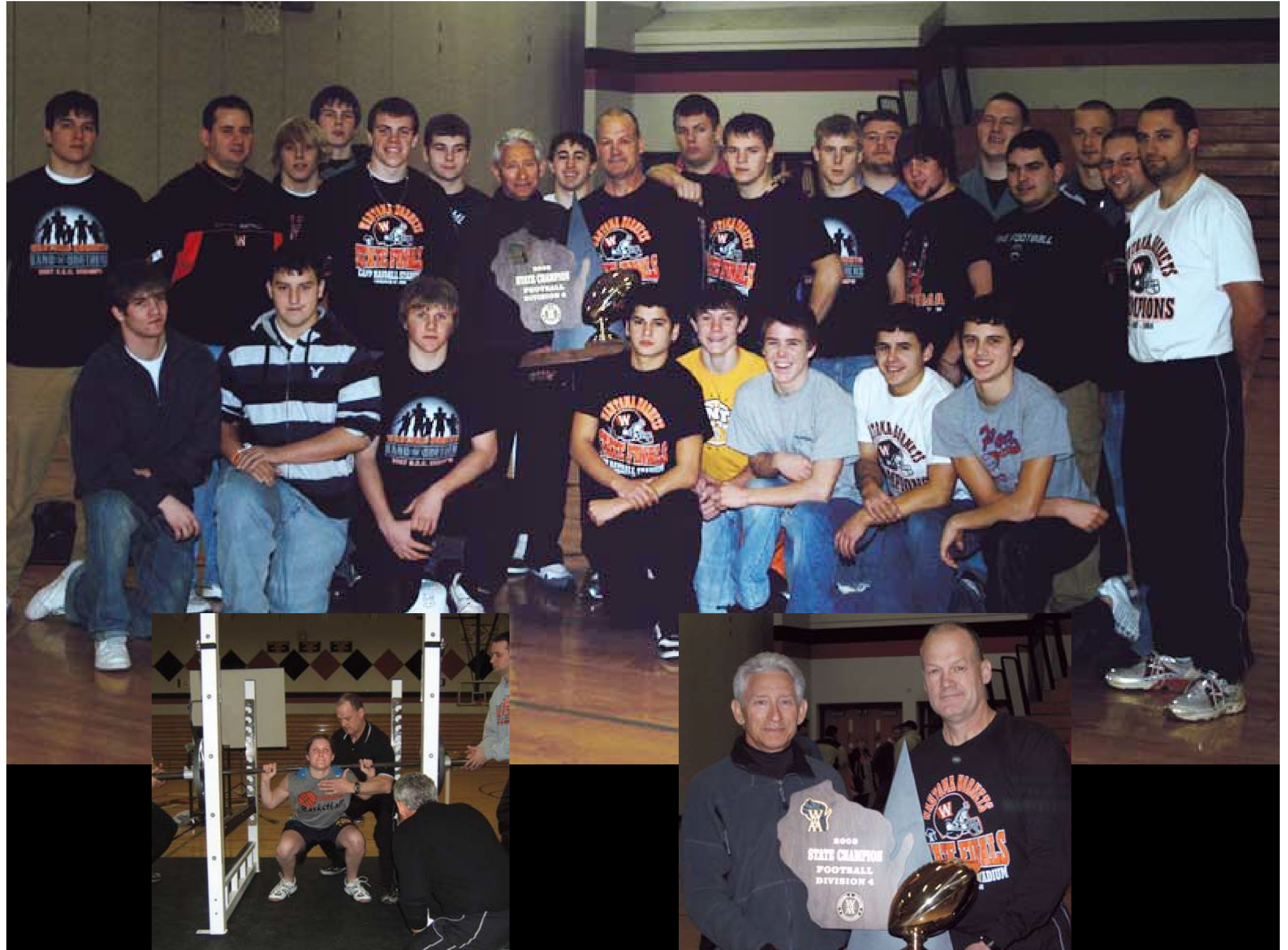
BFS Training and Equipment

education classes. The result, in 2008 Wautoma won the state championships, and by 2011 the Hornets had won 11 conference championships in six sports and a state championship in track. Jared Abbrederis, a Wautoma athlete who was our 2009 BFS High School Male Athlete of the Year, was a standout as the University of Wisconsin and has stepped up to being a player on Green Bay Packers.

In an interview conducted in 2012, Moon said the following about the effect that the BFS program had on his physical education and athletic programs. “What BFS did, more than anything else, is exactly what Coach Scurran said it would do – it made our average athletes better, good athletes great, and great athletes even greater.”


In addition to working with high school athletes, Moon gave the Hornet’s athletic program a boost by inviting middle school athletes from Wautoma High School’s feeder schools to train in his weight room during the summer. Moon said that the BFS Readiness Program enabled these athletes to jump right into heavy lifting when then because freshman. He said that many of these middle school athletes could squat 135 pounds, and that he even had an eight grader do 225 pounds in this lift!

Moon has retired from fulltime coaching but is still involved in helping train athletes at the local level. He has also become the Midwest BFS



Dennis Moon has run clinics and camps for the BFS Total Program across the mid-west. Contact Coach Moon to learn how he and BFS can impact your athletes, your team and your entire student body!

Representative, conducting BFS clinics and coaching certifications, and helping schools upgrade their strength and conditioning facilities. With nearly four years experience in the field,

Coach Dennis Moon has become one of our best-ever representatives. It’s great to have him on our team. 



**D1
Half Rack**
3" x 3" 11-gauge steel
construction.
\$2495



**Elite Plus
Half Rack**
2" x 3" 7 Gauge Steel
Construction
\$1,995



**BXI
Half Rack**
Includes 2 Safeties and 2
Bar Catches
\$1445

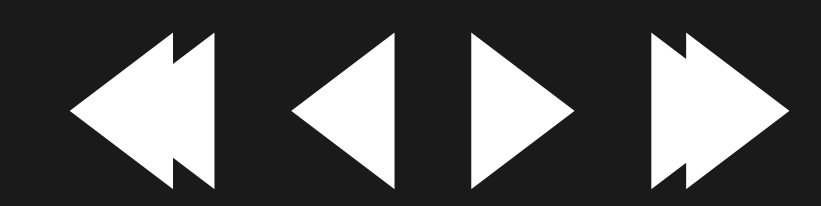
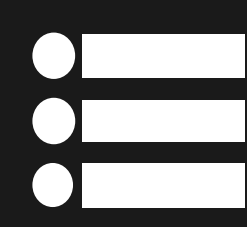


**Varsity
Half Rack**
2" x 2" 11 Gauge Steel
Construction
\$1,195

THE SOLUTION FOR EVERY WEIGHT ROOM

BFS Designs our lines of equipment with specific criteria in mind, one of these solutions is designed with you in mind. Each line has multiple racks and bench es so you can get a complete weight room and know that your equipment is commercial grade and built to be a foundation for a growing and expanding program.

Call a BFS coach to find the best answer to your questions 800-628-9737



Be an 11: A Smart Choice

Social media is certainly a good thing as far as being able to stay in touch with friends and family, but it also has a downside as it often makes poor decisions public. What's more is that once something is on the Internet, it's often there to stay. The Be an 11 program is about helping young people make good decisions, but there's much more to it than that.

The Be an 11 program is about developing an attitude that encourages young people to continually raise their personal bar of excellent. It's about creating role models and team players. And unlike many character education programs, Be an 11 seminars contain dynamic, hands-on activities for team building.

The Be an 11 program grew out of an idea BFS Founder Dr. Greg Shepard had while giving BFS Total Program Seminars.





Says Shepard, “In basketball, a high school team may play 26 games in a season, and in baseball, 30. So I began asking them, “On a scale of 1 to 10, what kind of effort should we give? What do you want to be known for?”

“Immediately one of the athletes would say, ‘Ten!’ but inevitably someone else would top it by shouting, ‘Eleven!’ at which time I would roar back at them, ‘Eleven? What a great idea! So let’s vote on it. On a scale of 1 to 10, how many want to be known as a team that gives a 10? How about an 11?’ Their response would unanimously be ‘Eleven!’ and that’s how Be an 11 came to be.”

What are the qualities of an Eleven? Here’s how Shepard describes them: “If you are an Eleven, you are trustworthy and dependable. Elevens are people you can always count on. Elevens are goal oriented, and they

make success happen. They are morally strong. Elevens pull others up spiritually, mentally and

Jared Abbrederis, who has become the leading a at the University of Wisconsin, was the 2009 BFS High School Male Athlete of the Year. Each year BFS selects one male and one female high school athlete to receive these prestigious awards.

physically. They are pleasant to be around in every situation and among all groups of people. Elevens are loving and respectful to others, especially their family members. Elevens make every effort to be great students – these young men and women are leaders and do the right thing all the time, even if criticized.”

To be an eleven, Shepard says they follow these three rules of success:

Rule #1: I am worth my highest goal. I deserve success. I will walk, talk, think and act like that successful person I want to be.

Rule #2: I will surround myself with positive people, place,s and things. I refuse to associate with any person, place or thing that creates negativity or mediocrity.

Rule #3: Nothing, absolutely nothing, will stop me from being an Eleven!

Dr. Greg Shepard developed the Be an 11 program to help young people fulfill their potential, to inspire them to set worthy goals, and to help them develop action plans to achieve these goals. Along the way, they learn about the importance of making positive choices, keeping their self-respect, and being team players and role models for others. The Be an 11 program is simply about being successful in all areas of life.

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
\$345
With Harness and Lead



Sprint Sled
\$199

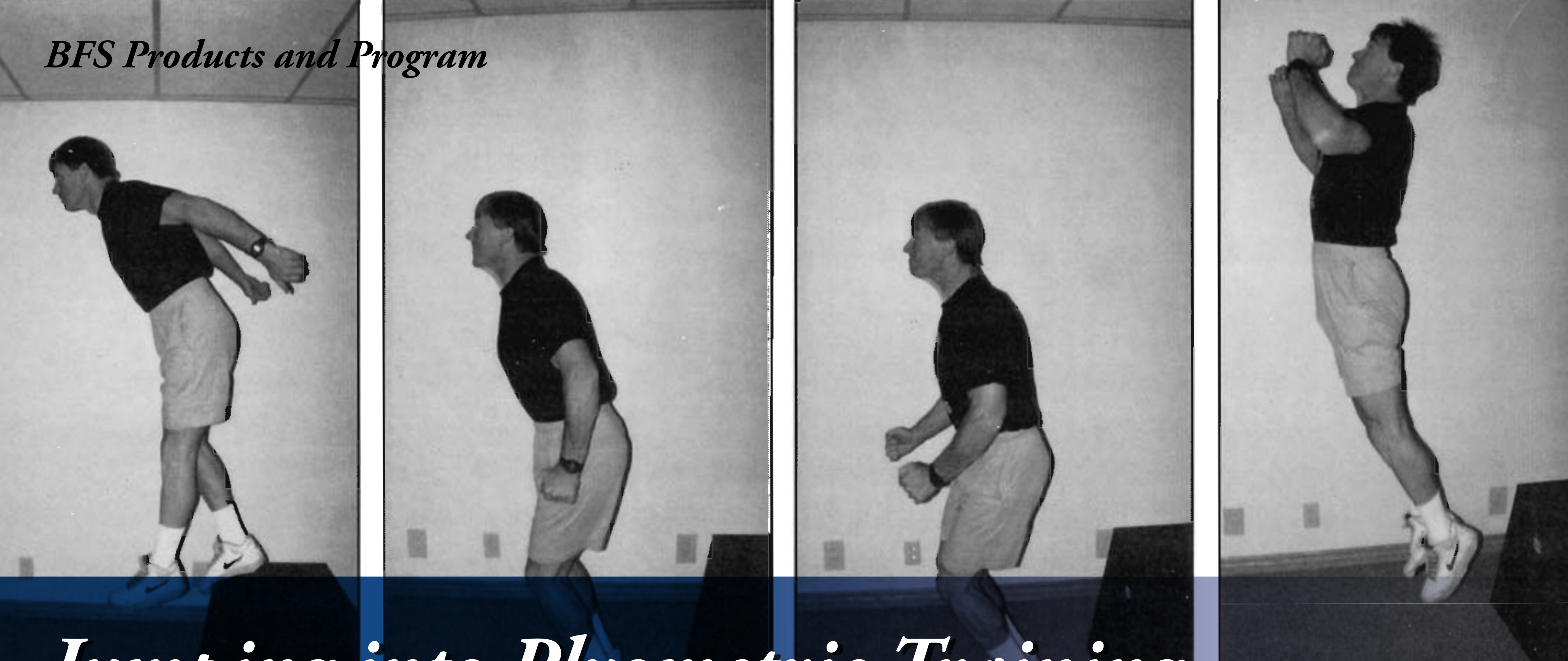


Varsity Plyo Boxes
Safest on the Market
Only \$695.00

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



Jumping into Plyometric Training

Plyometrics is a powerful tool for athletic training, but because it places such high levels of stress on the nervous system and on the joints, it must be approached with caution. Let's look at some specifics, starting with equipment.

In the middle school and high school environment, the most practical and effective form of plyometric training is box jumps. Box jumping workouts can be adapted to any strength level or age group, but there are some important guide-

Plyometric training has been an essential part of the BFS Total Program since it's inception. Plyometrics have proved to be vital to championship programs across the country for 40 years!

lines that must be followed to make them effective and safe.

First, it's important not to perform plyometric box jumping on surfaces that are too soft. Using a

soft surface interferes with the release of stored energy and diminishes the intensity of the reflex stimulation of the muscles. In other words, you can't jump as high if you takeoff from soft surfaces. However, you should avoid surfaces that have no give, such as concrete. A wood gym floor, or hard rubber or grass surface is ideal.

Next, to help ensure the safety of the athlete, it is important to use solid boxes with a non-slip surface and a base wider than the top for maxi-

BFS Products and Program



Plyometrics benefit every sport because speed power and agility benefit every sport!

plyometric box jumping program. An open medal box, which is certainly convenient as they are lightweight, have a high risk factor as the athlete's feet can get stuck under the landing platform.

To properly run a plyometric box jumping program, coaches should have access to boxes of various heights. Whereas the standard plyometric box for high school athletes is 20 inches, for middle school athletes, heavier athletes and athletes at a lower skill level it's best to start them on 10-inch Readiness boxes. Never stack thick bumper plates on top a box to make it higher – this is an extremely dangerous practice.

One last point, which can't be emphasized enough, is to have spotters available for jumps that are especially high or challenging. For example, if athletes are performing a series of box jumps with the last box being the highest, two spotters should be available on either side of the athlete or spot him or her in the case of a mishap or miss. The organization should be such that as soon as an athlete finishes their last jump, they take the place of the spotter who jumped two places ahead of them. If that individual is too small or weak to be able to spot the next athlete, another athlete should stay back to help him or her.

The basic BFS Plyometric Box Jumping Program consists of three parts: vertical jumps, standing long jumps, then box jumps. You warm-up with one set of 10 quality vertical jumps followed by three sets of three reps of standing long jumps.

Next, you perform four sets of progressively more difficult box jumps: 1) jumping off the boxes, 2) jumping off the boxes and performing a vertical jump, 3) jumping onto the boxes and 4) multiple box jumps. That's it!

All these phases may sound like a lot to do in just 10 minutes, but you can do it if you are organized. Divide a class into two main



This kind of bounding power is within reach of your student athletes with the BFS Total Program!


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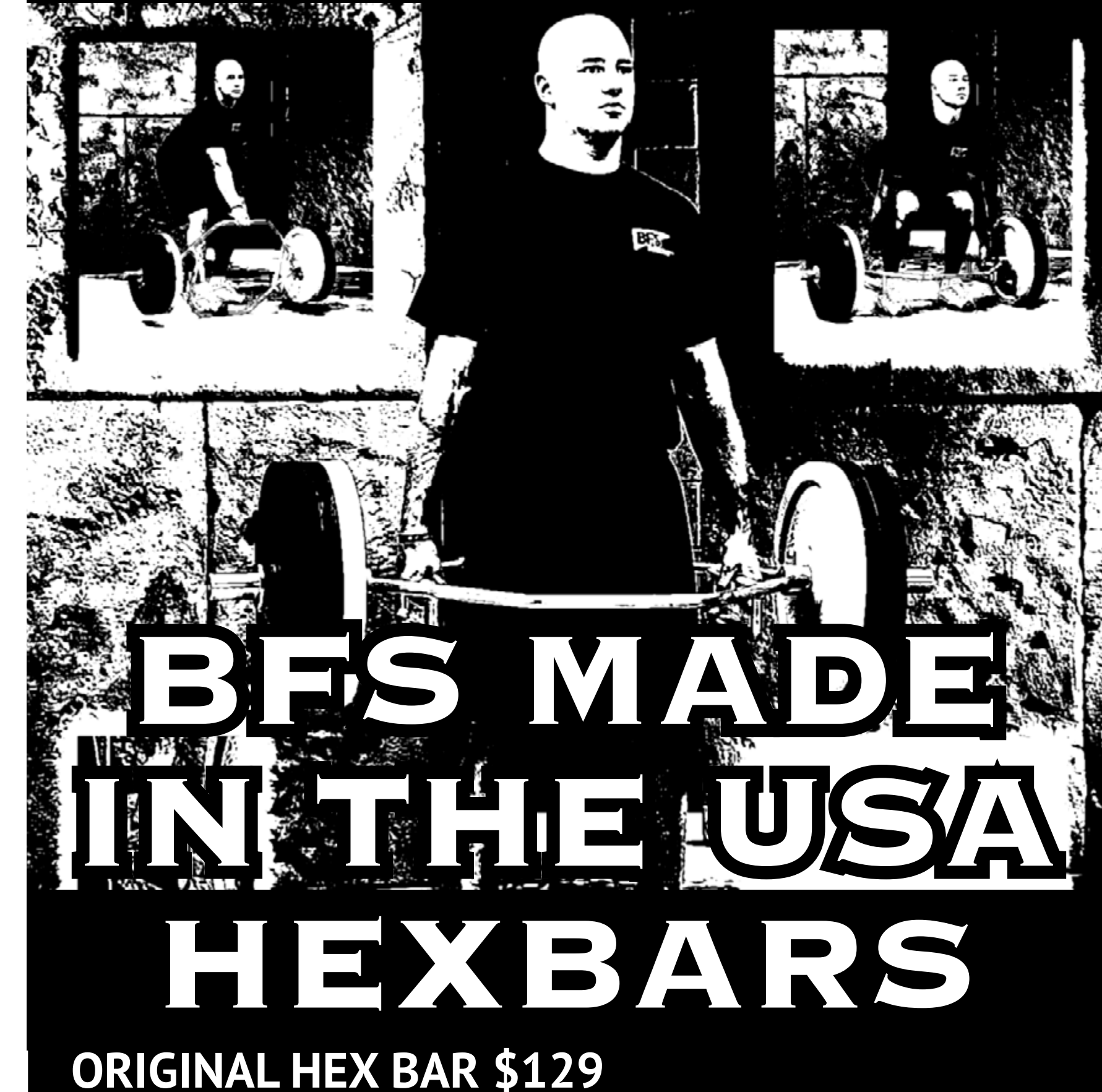


Plyometric boxes come in a variety of heights to allow for incremental gains as your athletes progress!

groups; one group can work on speed while the other works on plyometrics. Divide the speed group in half, with one group working on technique and the other working on sprints. You can also divide the plyometric group into two groups. Half can be doing bounding, vertical jumps, and standing long jumps while the other half works on box jumping. This training can be tremendously productive and pay great dividends in improved athletic performance.

Box jumping bridges the gap between strength and power. Being able to squat 400 pounds (181 kilograms) is great, but that alone does not ensure explosive power. Box jumping can help the muscular system contract more quickly and with greater force. Box jumping works through a principle similar to the overload principle in weight training. As athletes gradually increase the resistance or the weight on the bar, they become stronger. Likewise, a gradual increase in the height of the plyometric boxes produces an increase in explosive power and jumping ability.

Coaches looking to improve the speed, power and jumping ability of their athletes should consider investing in some plyometric boxes and performing a progressive program of box jumping. When plyometrics is used correctly and consistently, it is an extremely effective training method that only takes a few minutes week. It's a win-win workout! 



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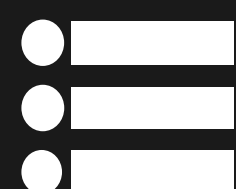


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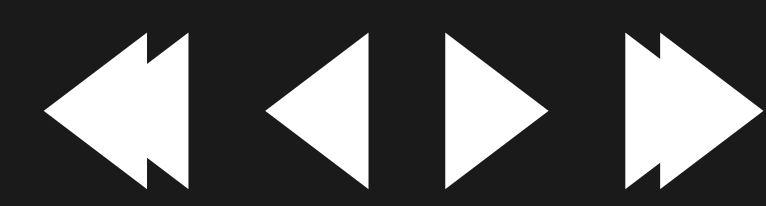


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