

# BFS



*A Closer Look at Squats –  
Again! Pg 15*



# Family Man, Teacher, Coach, Friend: Remembering Rick Bojak *Pg 8*



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

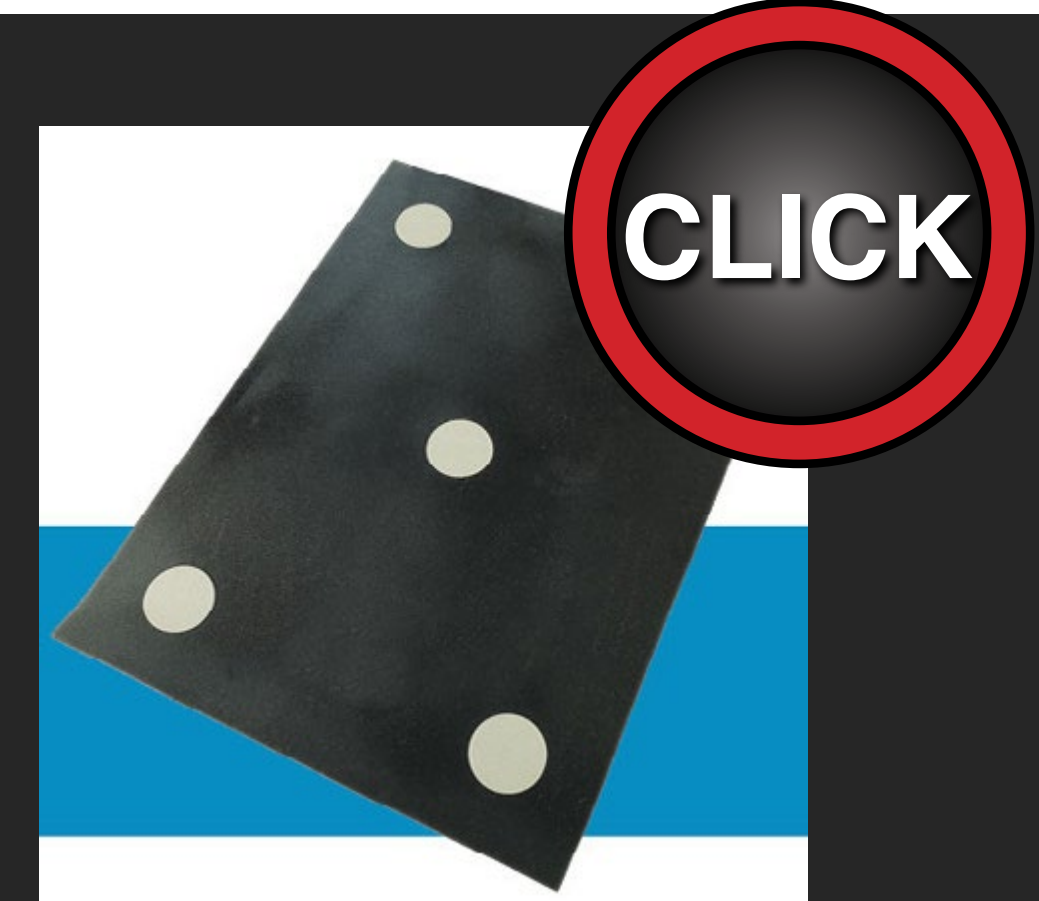
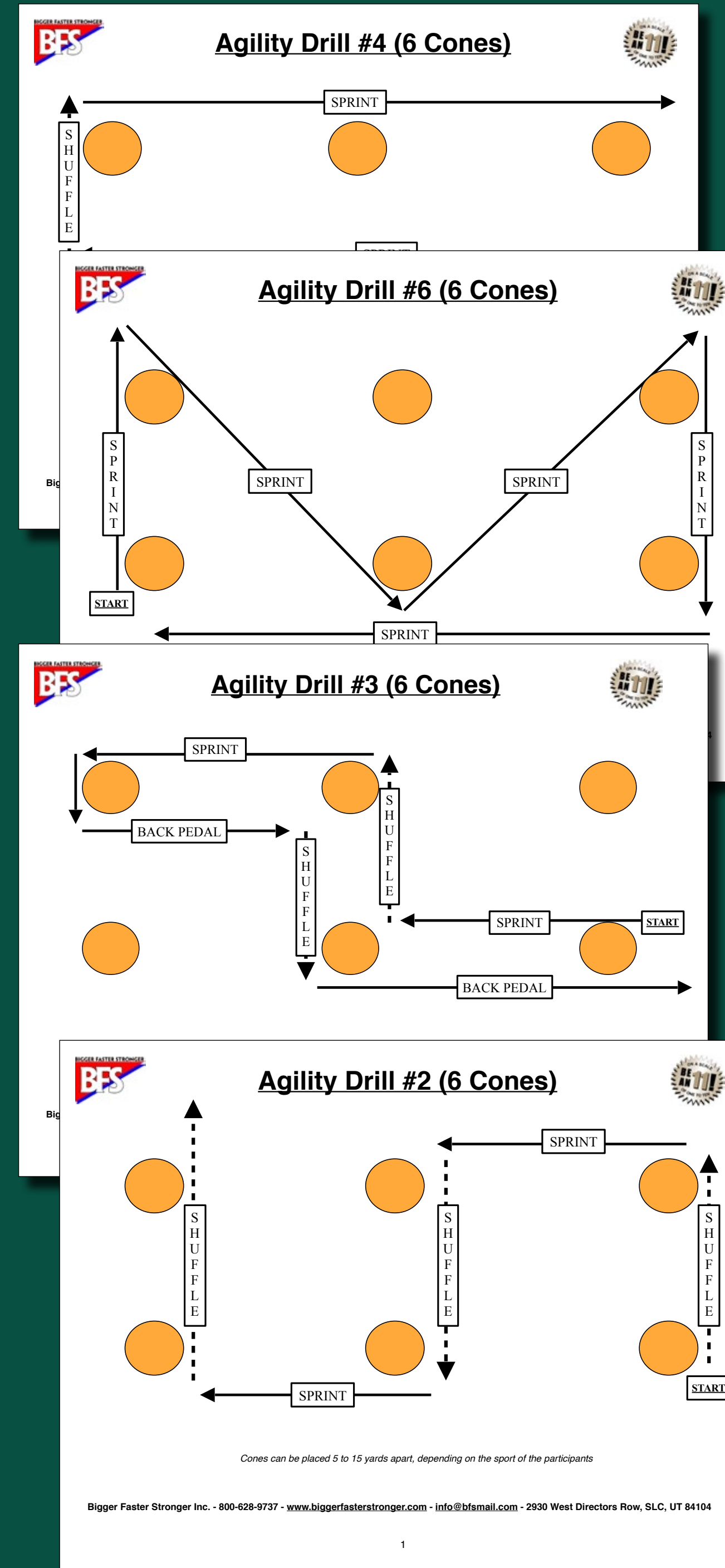
**BIGGER FASTER STRONGER**  
**BFS**

# 25 AGILITY DRILLS

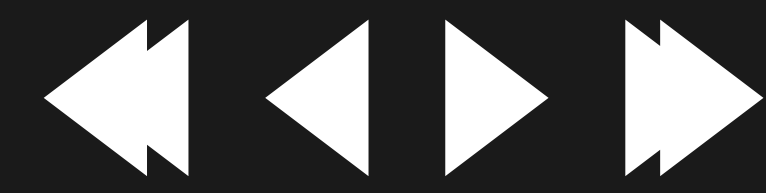
**FOR EVERY ATHLETE**

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

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



The BFS Dot Drill Pad is the warm up foundation to all the work we do in the BFS Total Program. The BFS Dot Drill gives athletes a perfect start to get their muscles firing before a work out while building the agility and foot speed to compete on the field of play. We recommend two Dot Drill pads for every work out station. **ONLY \$49 EACH**



# Table of Contents



---

## Up Front

*Summer Scam*

2

---

## What's Happening

*Measuring Success With BFS*

5

---

## BFS Feature Story

*Family Man, Teacher, Coach, Friend:  
Remembering Rick Bojak*

8

---

## The BFS Program

*A Closer Look at Squats – Again!*

15

BFS Magazine

FOUNDER: Dr. Greg Shepard

CEO: Robert Rowbotham

PRESIDENT: John Rowbotham

EDITOR IN CHIEF: Kim Goss, MS

ART DIRECTOR: Steve Kinslow

COVER PHOTO:  
BFS File Photo

MAGAZINE DESIGN: Steve Kinslow

PUBLISHER: Bigger Faster Stronger, Inc.

**BIGGER FASTER STRONGER**

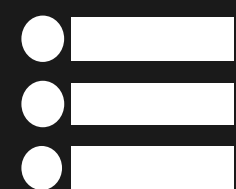
2930 West Directors Row

Salt Lake City, Utah 84104

1-800-628-9737 • Fax 801-975-1159

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

This is an official publication of Bigger Faster Stronger, Inc. It is published monthly. Subscriptions can be ordered at 1-800-628-9737. No part of Bigger Faster Stronger magazine may be reproduced in any form without the express written consent of Bigger Faster Stronger. Prices quoted in this issue are subject to change without notice. All equipment will be shipped the most economical way, F.O.B. Salt Lake City, unless otherwise noted by Bigger Faster Stronger ©2017. The material presented in BFS magazine is not meant to provide medical advice; you should obtain medical advice from your private healthcare practitioner.





## Summer Scam

In the early 70s when I was in high school, summer was the time when most of us took a break, enjoying summer outdoor activities and occasional pick-up games of basketball and softball. After all, we had just spent the past nine months playing sports with the pressure of practice and conference games and then – hopefully -- playoffs and championships. That was then, this is now.

I've met many high school athletes in recent years who approach summer as a time to take their athletic fitness to a higher level. Not just by joining club teams, but also attending sports camps, workshops and "showcases" to impress college scouts. Many athletes I've worked often attend camp after camp after camp in the hopes of getting an edge in earning a college scholarship. That's their theory – let's look at reality.

First, consider the primary motivation for most college coaches to hold a camp is money. I talked to a golf coach at a university who told me that he earned 50% of the revenue from his camps, which ran for a total of three weeks in

the summer. He said the money he earned from the camps – which were expensive and nearly always sold out – was more than his coaching salary for the year! Likewise, I've heard that one of the justifications for paying assistant coaches lower salaries was that they could add significantly to their income with camps – and the head coaches would do their part in promoting these camps.

Yes, exposure from these camps may (and I emphasize "may") help, but college scouts know how to find talent. Tamari Davis, only 14 years old, ran the 200 meters this year with a time of 23.21, a result that would have placed her 7th in the NCAA Division I Championships this year. Tamari doesn't need to attend a camp to get noticed, nor do most especially talented athletes. With this background, let's look at the chances of any high school athlete earning a college scholarship.

Every year the NCAA publishes the odds of high school athletes stepping up to the college level. Here are their numbers for four popular men's



Gender	Sport	#Athletes	D1 Scholarships	Percent
Male	Football	1,083,308	73,660	2.6
	Track & Field	591,133	28,334	1.9
	Basketball	546,428	18,684	1
	Wrestling	250,653	7,075	1
Female	Track & Field	485,969	29,048	2.7
	Volleyball	436,309	17,119	1.2
	Basketball	429,380	16,593	1.2
	Soccer	381,529	27,358	2.4

sports followed by four popular women’s sports. Included in the following table are the sport, total number of high school athletes playing the sport, total number of Division I scholarships and what percentage this number represents compared to the total number of athletes participating.

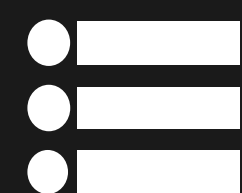
It would seem easier to get a Division II or Division III Scholarship because their financial incentives are lower, but consider that Division II and III schools have tougher academic requirements for their athletes. As a bottom line, the odds of a high school athlete earning any type of athletic scholarship are about 5%.

If you believe these camps can help an athlete’s game and their parents have the financial means to attend them, go for it. However, one of the best ways for a high school athlete to improve their odds of earning an athletic scholarship is to spend more time working on their academics.

Kim Goss, MS

Editor in Chief, BFS magazine

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

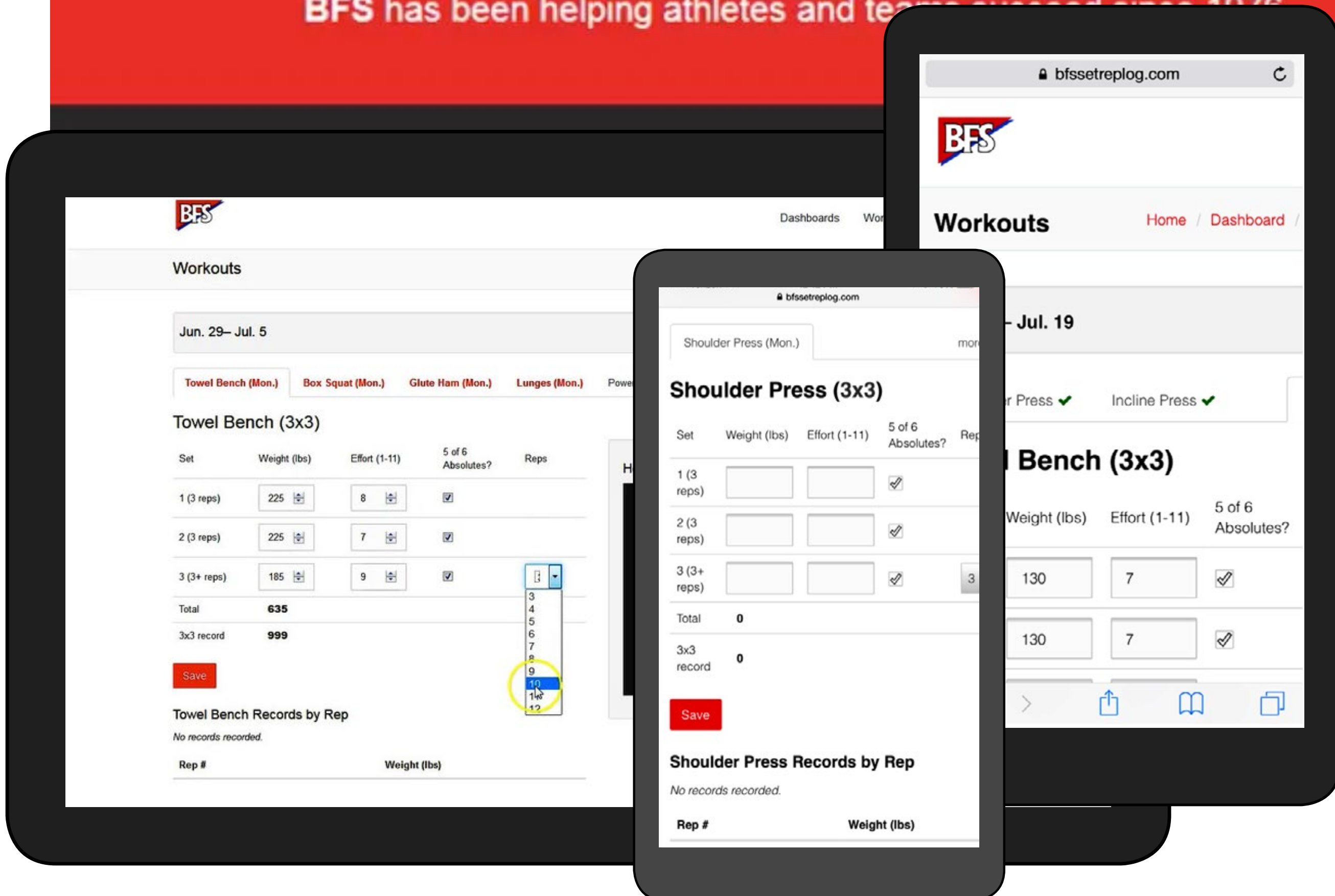


CLICK  
TO  
BEGIN

# BFS Set Rep Log App Phone Tablet Computer

BFS has been helping athletes and teams succeed since 1979

[About Us](#)



**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

# Whats Happening

## Measuring Success With BFS



A muscular imbalance between two limbs is referred to as the bilateral deficit. Bilateral deficits, such as an imbalance between the hamstrings and quadriceps, is believed to increase the risk of injuries. One reason an athlete can develop a bilateral deficit is from participating in one sport year-

round, which is why BFS encourages young athletes to play multiple sports.

Another reason athletes need to be concerned about bilateral deficits is that they can adversely affect athletic performance. In a study published in 2010 in the journal "Kinesiology," researchers looked at how a bilateral deficit could affect sprint performance; the study involved 12 elite sprinters. The researchers said the sprinters with a higher bilateral deficit "produced a lower total impulse of force on the blocks and lower block velocity, which are related to the overall 60m and 100m sprint performance."

Two years later, a study was published in "Isokinetics and Exercise Science" that looked at how a bilateral deficit could affect multi-directional speed. The authors found that a strength imbalance, specifically eccentric strength, could affect not only an athlete's ability to run forward but also to decelerate and change directions. Eccentric strength is developed during the lowering phase of an exercise, such as when an athlete bends their knees during the parallel squat, a BFS core lift.

Although many studies looking at the bilateral deficit used high-speed cameras and special strength-testing machines, a coach can easily test a bilateral deficit in the legs with the BFS Just Jump and Run. This electronic device measures jumping ability by the amount of time an athlete is in the air during a jump.

Start by testing a vertical jump with two legs, either using the arms or placing the arms on the hips, or both. Then have the athlete jump off of just one leg in the same manner. Here is what a sample score could look like:

**Vertical Jump With Arms: 19**

**Vertical Jump, Right Leg Only, With Arms: 11.3**

**Vertical Jump, Left Leg Only, With Arms: 11**

It would be rare to jump the same height with

both the right and left legs, so a small difference is no cause for concern. In contrast to these results, here is what a score with a bilateral deficiency:

**Vertical Jump With Arms: 19**

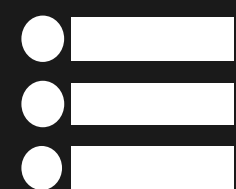
**Vertical Jump, Right Leg Only, With Arms: 11**

**Vertical Jump, Left Leg Only, With Arms: 8.7**

In the BFS program, an athlete with the second result should focus on auxiliary lifts that use one limb at a time, such as lunges and step-ups. How long should an athlete continue performing these lifts? Simply retest after a few weeks. If the deficit has become insignificant, he or she can switch to auxiliary lifts using two limbs, such as the glute-ham raise; if there is still a deficit, then continue with the single-limb exercises.

The [BFS Just Jump and Run](#) is a versatile force platform that tests not just running and jumping ability, but can be a valuable device to quickly and easily test for a bilateral deficit. When your budget permits, be certain to add the BFS Just Jump and Run to your training toolbox. ▶

**Like, Follow and Subscribe** to the [CoachBFS YouTube](#) channel to stay informed on a wide variety of program enhancing techniques including stretching for speed



# 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 : \$13,675</b>	<b>\$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: \$9480</b>	<b>\$5485</b>

### Save Over \$3995!

Camp: \$40 per student over 50

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

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

### Pricing and Savings

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
BE AN 11 SEMINAR \$2990	\$2990
IN-SERVICE WRSC \$3195	\$1745
IMPLEMENTATION PACKAGE \$2500	\$0
<b>TOTAL: \$8685</b>	<b>\$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: \$12,675</b>	<b>\$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 \$8980</b>	<b>\$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: \$9685</b>	<b>\$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: \$9185</b>	<b>\$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.

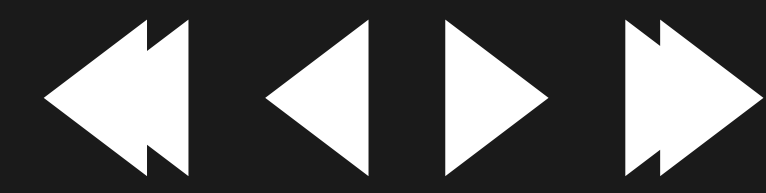
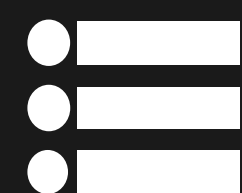
**Package Details and Information:** All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit [www.biggerfasterstronger.com/camps](http://www.biggerfasterstronger.com/camps).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





# BEST VALUE FOR TEAMS THAT WANT TO WIN!

Commercial Grade - Budget Friendly  
Starting at Only \$1,195

Ships Free With Varsity Orders Over \$3,000

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

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

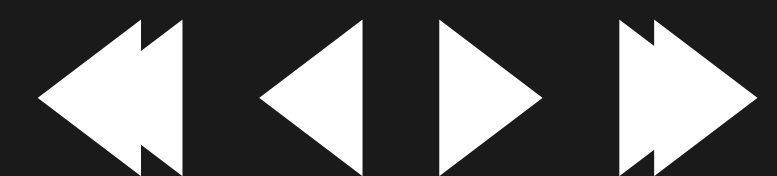
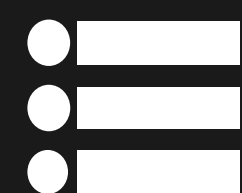
Package Pricing Available 800-628-9737



CLICK

Learn More Online

## 2015 VARSITY HALF RACK





# Family Man, Teacher, Coach, Friend: Remembering Rick Bojak

Since our early years BFS magazine has featured many articles sharing the wisdom and accomplishments of BFS Clinician Rick Bojak. Bojak was a class act who inspired countless young men and women to succeed in not just sports, but academics. This article needs to go a step further and celebrate not just Coach Bojak's accomplishments, but also his life.

Rick passed away on Friday, May 12, 2017. To get an idea of the lives this amazing man has touched and changed for the better, consider these tributes:

**"Coach Bojak will be missed!** I will always remember watching in awe, as he bench pressed over 400 lbs., as a freshman at old Jordan High in the pit, in 1981. His work ethic on multiple

levels, serves as a great example for all those he came in contact with over his very short 66 years. I guess Billy Joel was right when he sang, "Only the good die young."

**-- Pete Katsan, North Salt Lake, Utah**

**"There are people who touch** so many people's lives but are unaware of how many people they have touched. I am sure that Rick was one

## BFS Program



Rick Bojak was an inspiration BFS from his very first clinic!

man. We will always cherish the times we had together on the school board. His concern for the students, patrons and employees was legendary. In the spirit of his perfect optimism, we will not say good-bye. We know we will see you again, dear friend.”

-- Randy & Gayla Brinkerhoff, Riverton, Utah

“**Rick was far more than** a great coach. I did my student teaching with him at West Jordan and coached against him for several years. I learned so much from him. His teams were so hard to beat. Thank you Rick for everything you did for me. You will be greatly missed. There’s no doubt in my mind, the world is a better place because of you.

-- Wes Wilcken, Riverton, Utah

“**I was a student of** Coach Bojak in a sports psychology class at West Jordan High School in 1994. At the beginning of every class we would stand and read an inspirational quote written on the board. Each day Coach would erase a word and eventually an entire phrase from the board. By the end of the semester, the entire class was reciting this inspirational quote by heart. I have never forgotten it: “To-day is the beginning of a new day. I have been given this day to use as I will. When tomorrow comes this day will be gone forever leaving in its place something I have traded for it. I want it to be a gain, not a loss. Good, not evil.

Success, not failure. In order that I shall never regret the price that I paid for it. Because my future is just a whole string of NOWS!

“**I am now an elementary** school principal and actually repeat this quote to myself each morning on my 35-minute drive into work each day. I have repeated it before faculty meetings as well. It grounds me and reminds me of the important work educators do every day...thank you Coach, your legacy lives on!”

-- Corrie Moore-Barrett, Lehi, Utah

“**Rick was an outstanding high** school football coach and even a better teacher and family man. His influence on the young people of this state is immeasurable. I had the opportunity to compete against Coach Bojack when he was the Head Football Coach at Jordan High and West Jordan High and I was coaching at Granger High and Hunter High. We had some great battles. His teams were always very well prepared. He was a man of great courage. I feel blessed to have known him.”

-- Coach Mike Fraser, Taylorsville, Utah

“**Rick was a good friend** of mine at Mather High School in Chicago. We would lift weights at my parents house...I was in awe of his strength...he had fantastic natural strength in conjunction with lightning speed and coordination...a gifted athlete...in fact as a fresh-

of those people. I was a high school classmate of Rick’s...I remember his humble and kind nature. He was a wonderful example of how to live a life.”

-- Bruce Stone, Tempe, Arizona

“**During my tenure as Director** of Athletics I have heard a multitude of great stories about Coach Bojak; a testament to the significant impact he had on many members of the SUU Family, an impact that continues to live on through the many great men he coached.”

-- Jason Butikofer, Southern Utah University, Director of Athletics, Cedar City, Utah

“**There are few days that** I do not reflect on the positive impact Coach has had on my life. I will always remember his positive attitude and his devotion to his players and students.”

-- Darrell van Amen, Bellevue, Washington

“**We are sad to see** the passing of a great

## *BFS Program*

man in high school he was the best athlete on the entire north side of Chicago. At a time when most kids are trying to fit in, he was his own man. He was confident, had a great attitude and had the ability to make others feel good...you wanted to be around him. If one was to measure success by the positive effect a person had on others...hands down...Rick Bojak is the most successful man I have ever known. I will miss him.”

-- **Marc J Ostrof**

“**Thank you coach for all** you did for me and other students at Riverton High School. You were truly one of a kind and I’m honored that I had you as a psychology teacher and a weights coach. You inspired so many people to achieve goals that they themselves would’ve deemed impossible to accomplish, but you always saw the potential in others. Thank you again, and I’m still taking care of mind, body and soul, just like you taught. You will be missed but never forgotten.”

-- **Isaac Hiatt**

“**I’d known Rick for over 35 years** as a coach and his BFS program. When he was at Jordan High, we butted heads many times on the football field but once the game was over, we had nothing but kind words for each other. He brought the Jordan program back to prominence and helped West Jordan and Riverton through their formative years. I will miss his smile and firm hand shake.”

-- **Coach Stanley Finn Judge Memorial Catholic High,  
Salt Lake City, Utah**



## *BFS Program*

**Coach Bojak was more than** just my football coach. He was a friend and mentor. He taught me and our entire team not just about football, but about life, how to overcome adversity, and how to become good men. I will be forever grateful to this man for the life lessons he taught and lived by and example. You will be missed Coach Bojak.”

-- Duaine Scadlock

**“RIP Coach! You will be** missed by the so many lives you touched along the way. What will today bring? Just as you told use 20+ years ago, something we will never forget and I currently have not. The lord brought a good one one, someone that was as good as it gets!”

-- Clarence Baker

**“Rick & I were good** friends when we attended Mather High School in Chicago. He had incredible natural strength, lightening speed, a positive attitude and self-confidence...a powerful athlete. Anyone who was around him felt good. In my book success is measured by the positive effects one has on others...under that metric...Rick was the most successful man I have ever known.”

-- Marc Ostrof, Chicago, Illinois

**“If asked to name 10** people who changed



their lives for the better, Coach would make it on those lists for thousands of people who knew him. He handled everything God threw at him with the courage of the warrior he is.”

-- Jeff Birch, Draper, Utah

Richard Keith Bojak was born on February 16, 1951 to Joseph and Virginia Rogers Bojak and spent his childhood in Chicago, graduating from Mather High School in 1969. He placed running back and middle linebacker in college and his skills on the gridiron resulted in him being inducted into the Northwest Athletic As-

# BFS Program



positive person I have every been around. He is always smiling and looking at the bright side of life and people. We are excited to have a man of Coach Bojak's stature on our clinic staff." Since then, Coach Bojak is one of the few BFS clinicians to give over 100 BFS clinics.

Rick died at the young age of 66 after a long battle with ALS. Rick is survived by Janet Clontz Bojak, his wife of 42 years; his daughter, Jennifer (Matt) Briggs; and his brothers Bill (Karen) Bojak and James Bojak.

Rick touched thousands of student/athletes lives during his long and successful career with BFS. He was a dedicated friend and mentor, who taught all of us to "enjoy the journey of life" to the fullest! When Rick led a BFS Clinic, everyone listened, and their response was, "We want him back at our school." He had the gift to motivate in such a dynamic manner.

sociation Hall of Fame. Academically, he graduated from Weber State with a bachelor's degree in physical education and then earned a masters degree in psychology from the University of Utah.

His career goal was to wear two hats, one as a coach and the other as a teacher. Bojak has been an educator and a coach at Weber State University, the University of Utah, and Southern Utah University. He has coached and taught at

the high school level at three schools in Utah; in just one year he took one school from a 22-game losing streak to playing for the state title the following year. His accomplishments as an educator are equally impressive, and in 1995 he was named the Utah Teacher of the Year.

In the Spring 1995 issue of BFS magazine, BFS Founder Dr. Greg Shepard introduced Rick to our readers. Her is what he said, "I have know Coach Bojak for nearly 20 years, and he is the most

Rick will always be remembered for his leadership and long lasting influence through his ability to "Practice What He Preached." We will be forever grateful for the relationship he had with each and every one of us at BFS & for all of the lives he has positively impacted over so many years. We love you Rick! 🚩

# POWER + SPEED

## The Formula for Success Develop Powerful LEGS and HIPS



BXI Dog Sled  
\$265



Heavy Duty BFS Push/Pull  
Sled

Dual Olympic  
Plate Holders  
\$295

With Harness and  
Lead

\$345

Sprint Sled  
\$199

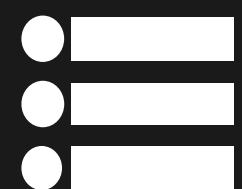


### Varsity Plyo Boxes Safest on the Market Only \$695.00

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

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

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





Adjustable Weighted Vest -  
20 lbs \$69.95 USD

Great for speed training



# Build BFTS Speed



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

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

(Click Here to Download)



***Sprint Chutes \$69.95***

Specifically Designed to Increase Speed

Strong, Inner-Core Webbing

Quick Release Belt



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

Great for speed training



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

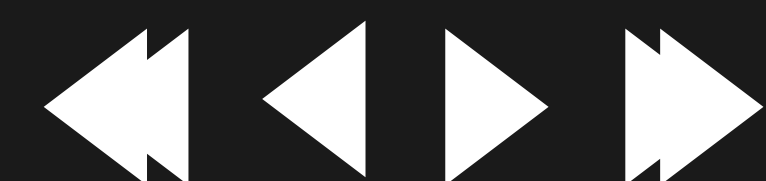
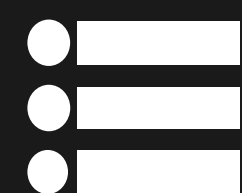
Cord Safely Contained in Nylon Sleeve



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

Comfortable, yet Durable Nylon

**Order your speed equipment here!**







## *A Closer Look at Squats – Again!*

For more than four decades, BFS has promoted the idea that the squat should be a core exercise in any workout to improve athletic performance. During our early years, however, it was a challenge to sell this message to not just the sports community, but also the medical profession.

Because the squat was such a controversial exercise at the time BFS opened its doors in 1976, almost every article that appeared in BFS mag-

azine about the squat included a section about how it could help prevent injuries, not cause them, and improve athletic performance. BFS Founder Dr. Greg Shepard and his team of clinicians also took our message on the road, each year giving hundreds of clinics at schools and athletic training facilities promoting the value of squats.

In those early days, much of what our team of

clinicians said, and what was published in BFS magazine, was based on our experience in working with athletes. But as the popularity of the strength coaching profession grew and interest in weight training increased, research studies were conducted that examined the benefits, and alleged risks, of the squat. Let's look at what these pioneering sports scientists discovered.

One of the major concerns about the squat in



the early days of the strength coaching profession was that it could increase laxity in the knee. This concern can be traced to a research study about squats published in 1961 by college professor Karl K. Klein and medical doctor Fred L. Allman, Jr. Their study suggested that full squats – not parallel squats -- could increase knee laxity thereby increase the risk of knee injury. The topic was expanded upon in a book they wrote called *The Knee in Sports* (Penn State Press, 1971).

The study had flaws, and it was found in later studies that its results could not be reproduced. In fact, other researchers found exactly the opposite the results of Klein and Allman – those who performed full squats did not have greater knee laxity that other popula-

**BFS has certified teaceers and coaches across the country in proper weight room safety and technique or 42 year. And the squat is always the centerpiece of developmental and athletic performance.**

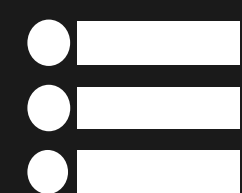
*“Although most track coaches would accept the idea that sprinters can increase their speed by becoming stronger, distance coaches are less responsive.”*

tions. It was also found that weightlifters and powerlifters tended to possess tighter knee joints than control groups and were less susceptible to knee injuries. But the damage had been done, it and it took a long time for the athletic and medical community to accept the truth about squats.

Another concern Shepard and other pioneers in the strength coaching profession had to deal with was the belief that squats, over time, would

cause long-term orthopedic problems, such as arthritis. This issue was addressed in a paper published in *Sports Medicine* in 2013. These researchers examined 164 research papers and came to this conclusion, “Concerns about degenerative changes of the tendofemoral complex and the apparent higher risk for chondromalacia, osteoarthritis, and osteochondritis in deep squats are unfounded.”

As the critics became silenced from research, the athletic community began to embrace the idea that the squat



## BFS Feature Story



**By starting with teachers and coaches the BFS Total Program has the greatest effect, school wide, on students and athletes.**

was key to making athletes stronger, but some doubted Coach Shepard's contention that it would make them run faster. Can squats actually make you faster? If you believe in the concept of "strength of evidence," then yes!

One review paper that examined the relationship between lower body strength on running speed was published in 2014 in Sports Medicine. This was a meta-analysis that looked at 15 research papers involving a total of 510 subjects, and 96 percent of the sprint tests examined were less than 30 meters (98 feet). The researchers said, "Increases in lower-body strength transfers to sprint performance" and that the improvement in sprinting speed "resulting from resistance training is of practical relevance for coaches and athletes in sports activities requiring high levels of speed."

In recent years, some strength coaches like the squat so much that they have been promoting the idea that it is best to squat every single training day, a practice commonly used by Olympic-style weightlifters. Squatting daily is fine for weightlifters as the barbell is their sport, but would be impractical for most other athletes as it could generate too much fatigue and take away from the practice

time needed to excel in sports.

At the other extreme, some coaches believe that rather than squatting, an athlete could achieve the same benefits as squats by performing leg presses for the quads and deadlifts for the glutes and hamstrings. The deadlift is a core exercise in the BFS program and has the advantage of also working grip and many upper body muscles, such as the trapezius. The downside is that the deadlift doesn't work the legs through a large range of motion. So yes, deadlifts are a wonderful exercise, but to develop a total athlete, squats should also be performed.

In regards to muscle building, many bodybuilding magazine writers have promoted the idea that performing isolation movements (such as leg extensions) before compound movements (such as squats) was more effective for developing the quads. This training method, called "pre-exhaustion," was an idea popularized by Nautilus Founder Arthur Jones, who believed that the strength of the lower back was a limiting factor in leg development. In other words, when you squat heavy your lower back will wear out before your squats are adequately fatigued. It's an interesting concept, but it's simply not true.

## *BFS Feature Story*

The May 2003 issue of the Journal of Strength and Conditioning Research contains a paper that compared leg training using post-exhaustion (performing a compound movement before an isolation exercise) to pre-exhaustion.


These researchers found that post-exhaustion worked the quads harder than performing knee extensions first; in other words, you should squat first and do leg extensions later. The reason, noted the researchers, is that with pre-exhaustion you are forced to use lighter weights in the compound movements. “Our findings do not support the popular belief of weight trainers that performing pre-exhaustion exercise is more effective in order to enhance muscle activity compared with regular weight training,” said the researchers. “Conversely, pre-exhaustion exercise may have disadvantageous effects on performance, such as decreased muscle activity and reduction in strength, during multijoint exercise.”

Next, applying the concept of specificity of training, some strength coaches believe that to improve vertical jumping ability, heavy partial squats are better than full squats. The rationale is that you can use more weight with heavy partial squats in the range of motion used in jumping. Nice try.

In a paper published in 2012, German researchers compared full front squats and back squats to quarter back squats and their effect on vertical jumping performance over a 10-week period. The subjects performing full squats significantly improved their vertical jumping ability, whereas the quarter squat group showed no significant improvement. Also, because you can use a significantly heavier weight in a partial squat, the lower back is excessively stressed. In fact, plyometrics was developed by Russian sports scientist and track coach Yuri Verkhoshansky because he found that his jumpers were developing back pain from performing heavy partial squats.

Another common recommendation, often promoted in the aerobic commu-

nity, is never to squat so that knees extend over your toes. Again, the preponderance of research suggests that squatting so your knees extend over your toes will not damage your knees unless you have certain pre-existing injuries. Consider too that if you don't want to squat with your toes extending over the knees, then you should never do lunges because the back knee extends over the toes.

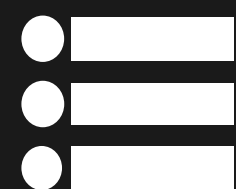
It's been said that if you don't have the squat in your strength and conditioning program, you don't have a program. That's an extreme statement, but now there are enough credible research studies to prove, without question, that the squat is still The King of Lifts! 

### REFERENCES

Augustsson, J. et al. Effect of pre-exhaustion exercise on lower-extremity muscle activation during a leg press exercise. *J Strength Cond Res.* 2003 May;17(2):411-6.

Bloomquist, K., et al. Effect of Range-of-Motion in Heavy Load Squatting on Muscle and Tendon Adaptations. *European Journal of Applied Physiology.* 2013 Aug. 113(8): 2133-42

Chandler T, Wilson G, and Stone M. The effect of the squat exercise on knee stability. *Med Sci Sports Exerc* 21: 299–303, 1989.



Affordable BXI squat stands can help maximize your work out space



**BXI Squat Stand Only**  
\$495



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

# BXI line has your back

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



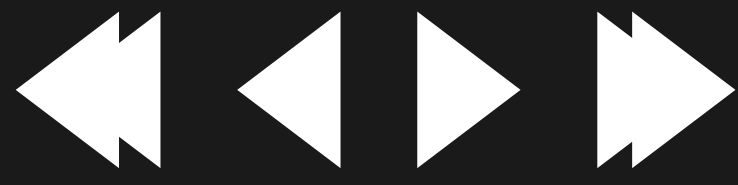
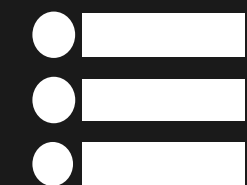
**BXI Double Sided Half Rack**  
Starting Price:  
\$1895



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



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





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

## UPCOMING CERTIFICATIONS 2017-2018

The Easiest Way to Get Your Staff a BFS Weight Room Safety Certification

What is In-Service? BFS Comes to You!

Imagine Having a BFS Clinician Come to Your School to Work One-On-One with Your Coaching Staff! Our Coaches will Show You the Best Ways to Apply the BFS System to Your Program for Maximal Effectiveness. With over 35 Years of Experience, No Other Certification Comes Close.

**CALL NOW 800-628-9737**  
**Online Early Registration Saves \$100**

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

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

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

## BFS Magazine comes to you 12 times a year

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

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

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

***BFS Magazine* “Coaches Helping Coaches”**  
**See you next month!**



**Subscribe Online**

