



Rick Bojak is a tireless clinician who has inspired countless coaches across the nation. He is shown here leaping onto a desk top during a BFS National Convention to demonstrate why proper technique is so vital for developing athletes.

Rick Bojak: Teacher, Coach, Leader

BFS is known for its high-quality strength training equipment and proven strength and conditioning programs, but what really sets it apart are its clinicians. These talented teachers work in the school system and understand what it takes to inspire young people to achieve their best. One such clinician is Rick Bojak.

Bojak played middle linebacker and running back at Weber State University and was inducted into the Northwest Athletic Association Hall of Fame. He went on to receive two master degrees from the University of Utah, one in psychology and the other in physical education.

BFS Training and Equipment



In 1995 Bojak was named Utah Teacher of the Year, an award that earned him a trip to the Oval Office and congratulations from the President of the United States, Bill Clinton.

Bojak coached football at three universities, but decided to take a cut in pay to coach at the high school level. He no longer wanted to devote the amount of time necessary to work in that environment, and also wanted to teach. Says Bojak, “I like the classroom because that’s where you’re molding the kids, making a difference in their lives. It’s where the great things happen. With college kids, they have their lives already planned - you can help a little bit, but the rewards are not the same as you get with high school.”

As is typical of BFS Clinicians, Bojak earned a reputation for being able to turn losing programs into winning programs. One example was Jordan High School in Utah, a 4A program that suffered through a 0-22 record; Bojak got that team to the state final in just one year. These efforts didn’t slow him down his commitment as an educator. In 1995 was named the 1995 Utah State Teacher of the Year, earning him a trip to the Oval Office and a handshake and congratulations from President Bill Clinton.

Bojak and BFS Founder Dr. Greg Shepard first met in the 70s when they were football coaches, and on a few occasions they coached against each other. Says Bojak, “I knew some of the things Greg was doing with weight training, so I was interested in his program. Many coaches will say you’ve got to have the special X’s and O’s, but none of this makes a bit of difference unless you have the athletes. You need to work on their bodies to get them big, fast and strong. If you’ve got big, fast and strong kids who want to win, you can win anything no matter what offense or defense you’re running.”

Bojak’s interest in the BFS program lead him to become a BFS clinician in 1995, and the first clinic he co-taught in Washington resulted in several state championships for the school. He eventually gave over 160 clinics in 40 states, and established a reputation of being able to turn around struggling programs.

Asked to share his favorite clinic experience, Bojak replied, “I’m always talking about keeping your eyes on your target. I gave a clinic to a team in Flambeau, Wisconsin. They were 3-6, and after the BFS clinic they went on to the championships. The next year when I came in again, one of the boys who had been at that earlier clinic told me, ‘You know, Coach, I’ve got to tell you about that eye on the target thing. When we went for that State championship game we took our helmets off, and the other team didn’t. We just kept

BFS Physical Education



Rick Bojak has positively impacted thousands of lives as a teacher, coach and conventioner. In recognition of his achievements, Shape America recently honored him with its Presidential Award.

staring right at them, but they wouldn't look back - they'd look down, look up, and back down again. After the coin toss we said, "We're going to kick their butts because they couldn't even look us in the eye they were so scared."

Coach Bojak has retired and spends his time with his wife, Janet, and daughter, Jennifer. In his own words, here is how he summarized up his career as a BFS clinician:

"It is very difficult for me to imagine a more wonderful way to see our beautiful country and the terrific people, parents, teachers, coaches, and student-athletes we have in America, than doing it through BFS.

"I experienced some of the most exciting times of my life teaching the BFS way at schools all across this land. Not only did I see dedicated, never give up attitudes and care, but love, concern, promise from the moms and dads and teachers.

"I've coached at a Division I college, Division I-AA, Division II, and in many state championship high school title games. I can honestly say, after doing a BFS clinic, I felt as proud and happy as any big game I ever coached in. It is remarkable the feeling you get."

I am so thankful that I had the privilege to be a part of the teachers and coaches of the Bigger, Faster, Stronger family. I love them.

