



**ON A SCALE OF ONE TO TEN, BE AN ELEVEN!**

**HELP YOUR STUDENTS, SCHOOL, AND COMMUNITY BECOME UNITED!**

Dear Coach,

I would like to extend to you a special invitation to attend our BIGGER FASTER STRONGER CLINIC to be held at your school

**BFS HAS THE ABILITY TO HELP YOU AND YOUR ATHLETES  
WITH ALL AREAS OF TRAINING IN ATHLETICS AND IN LIFE.**

**STRENGTH** (getting stronger to become more powerful in all sports)

**SPEED** (stealing bases, running the length of the court, covering a receiver)

**FLEXIBILITY** (increasing speed, increasing range of motion, prevention injuries)

**EXPLOSIVENESS** (jumping for a spike, hitting a tennis ball, coming out of blocks)

**PLYOMETRICS** (jumping, quick movements, utilizing strength and power)

**NUTRITION** (making correct choices to maintain a healthy diet, water before soda)

**ENDURANCE** (both for muscular training and cardiovascular training, soccer, track)

**MOTIVATION** (goal setting, team building, working hard, smart and together)

**UNIFICATION** (unifying all sport programs, so athletes can progress year round)

\*These training areas apply to all sports and can help your students reach their goals as athletes and people.

Thousands of programs have benefited from BFS CLINICS; they've been taken to the next level. After a BFS CLINIC, teams reach a higher level of performance. Many teams have stormed onto the State Championship field ready to compete for the goal they have worked so hard to attain. Women's and Men's sports alike look to the BFS PROGRAM for something new, exciting and a tool to help athletes break records.

It is amazing what can happen for teams when they experience a BFS CLINIC. As a coach, it is great to see the underdogs rise to the top, and watch the great teams achieve excellence. Although, there is one thing that tops them all, being part of a team, coaching staff, school, or community that becomes UNITED in a common goal to strive for greatness in all areas of life.

BFS has been changed, seeing the power of people UNITING together. There are thousands of stories that we could tell you about individuals and teams overcoming great odds, but we will save those for the clinic. If there is anything we can do to help you and your team reach your goals and become UNIFIED, let us know. LEAD YOUR STUDENTS TO GREATNESS IN LIFE AND ATHLETICS!

BE AN 11 IN ALL YOU DO!

"There are many things in life  
that will catch your eye,  
but only a few will catch your  
heart...PURSUE THOSE!"

**TAKE CHARGE!**