

Dear Coach,

Now that you have had a BFS Clinic, we want to hear about your individual and team successes and recognize them in BFS Magazine or on our web site. Please update us when your athletes reach new levels in athletics and academics. Here is how you do it:

1. Go to *biggerfasterstronger.com*
2. Click on Submit A Story
3. Complete the form provided.

THATS IT!

Don't forget that you can use the same submission form to nominate your male or female "BFS High School Athlete of the Year."

Please note: Not all submissions can be selected for use in *BFS* magazine or newsletter. You must have access to high-quality, full-color photographs that can accompany the article if chosen. If your submission is selected, we will contact you on acquiring the photographs and additional information.

This form collects basic information about schools, individuals and programs that have found success through their strength and conditioning workouts, and through living the BFS Be An 11 principles. It is our goal to honor athletes and programs that have found the great success that comes from hard work, dedication to succeeding, and overcoming obstacles.

**1** Go to [biggerfasterstronger.com](http://biggerfasterstronger.com)

**2** Click on the Submit a Story tab in the Left Sidebar

**3** Fill out the form completely and type or paste your story into the field provided

**Your Contact Information**

Please Select Which Best Describes to you from Drop-Down Menu: \* Select One

First Name: \* [ ] Last Name: \* [ ]

Phone Number One: \* [ ] Ext. [ ] Phone Number Two: [ ] Ext. [ ]

Email Address: \* [ ]

Best Contact Phone: [ ] Ext. [ ] Best Day: [ ] Best Hour: [ ]

**Article Information**

School Name: \* [ ] Position at School: \* [ ]

City: \* [ ] State: \* Select a State Zip Code: \* [ ]

Name of Individual: \* [ ] School's Enrollment: \* [ ]

This Year's Record: [ ]

Sport(s) Involved: [ ]

Have You Ever [ ]

Have You Ever [ ]

Provide a brief summary of the proposed article in 500 words or less. \*

If your submission is selected, BFS will contact you on getting additional information and photographs.

Submit My Story for Review

**ARE YOU A SUCCESSFUL BFS SCHOOL?  
 HAVE YOU ACHIEVED GREAT RESULTS WITH  
 THE BFS PROGRAM?  
 JUST WANT TO DROP US A NOTE ABOUT YOUR PROGRAM?  
 HAD A GREAT BFS CLINIC EXPERIENCE?  
 WANT TO SHARE YOUR SUCCESS WITH OUR READERS?  
 DO YOU WANT TO NOMINATE AN ATHLETE OF THE YEAR?  
 CONTACT BFS TODAY!**



## A CONTINUING STORY

BFS started more than thirty years ago with one powerful idea: This is a company built on coaches helping coaches.

Since 1976 BFS has helped thousands of coaches bring their programs up to their full potential while helping young athletes achieve all they can. We recognized early on that these stories of success are inspiring tools for other coaches and programs. Since that time we have used *BFS Magazine* as a tool to spread this uplifting information to schools and programs all over the country.

Now BFS has made over 1200 past articles available to the world on our new and updated online archives.

We are confident every coach will find useful information on motivation, inspiration, training safety and exercise instruction on our web site [biggerfasterstronger.com](http://biggerfasterstronger.com).

## COMMITMENT

At BFS we know that coaching on every level is a complex endeavor that

takes a commitment few outside of athletics understand. The BFS team is built almost exclusively of former and current high school coaches who know what goes into a successful program. That is why we feature success stories from all aspects of a program. From weightroom design with an eye for safe and efficient workouts, to athletes who succeed as much by their character as by their on-field exploits, we cover what it means to succeed in athletics.

## SHARE YOUR STORY

We encourage you to become a part of the ongoing BFS story and spread your knowledge to colleagues everywhere. Do you have a success story that emphasizes a team turn around or an exceptional level of commitment? Share it with BFS! Do you have a success story of an individual athlete who persevered to improve himself or herself on or off the field? Share it with BFS! Do you have a success story about boosters or administrators who have gone the extra

mile in order to get your program the right equipment or facilities to succeed? Share it with BFS!

## BFS AWARDS

BFS is also proud to honor an outstanding male and female athlete every year with our "Athlete of the Year" award. We are always happy to accept any nomination for deserving young athletes.

We also feature the BFS High School of the Year award that includes a feature story in *BFS Magazine*. Be sure to keep us abreast of your program's accomplishments through out the year to be considered for this title.

## STAY CURRENT

Be sure to keep your certification and subscription up to date for the latest news and trends from BFS.

Like your information online? Subscribe to the BFS **What's Happening Blog** and weekly **BFS Newsletter** from [biggerfasterstronger.com](http://biggerfasterstronger.com).

## IMPROVEMENT THROUGH EDUCATION