

BFS CAMPS, CLINICS AND CERTIFICATIONS

COMPLETE PRESENTATION OPTIONS



The BFS Unified training system can save your school time and effort by increasing efficiency across athletic programs and physical education. With over 35 years of experience BFS is the source for safe and effective strength and conditioning training for students and athletes

TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS



Bring BFS into your School

Exercise Instruction
Character Education
Coaches Sessions
Weight Room Safety
Weight Training,
Weight Room
Evaluation



BFS PRESENTATIONS IN 4 FORMATS COMBINE FOR

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

Includes Travel, Air Fare and Expenses

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
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 to allow you to take charge of your program immediately after the conclusion of your Championship Camp!

Includes:

Complete Weight Room Evaluation and 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 attending, WRSC Support for certified coaches and much, much 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

Includes Travel, Air Fare and Expenses

Retail Price: 50 Students	Package
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

Includes Travel, Air Fare and Expenses

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

Includes Travel, Air Fare and Expenses

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
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

Includes Travel, Air Fare and Expenses

10 Coaches
10 Coaches x \$399 - \$3990 + 1200 deposit
Total: \$5190

WRSC: \$399 per coach over 10
Implementation package worth over \$2,300.

START YOUR CHAMPIONSHIP JOURNEY HERE!

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, Auxiliary Lifts, Speed, Plyometrics, Flexibility, Nutrition, Program, etc... Coaches only break out session starts off the clinic to ensure you are able to immediately put the total program in use for your team. In a 2 day clinic, a BFS instructor will come to your school and show you how to unify your athletic program to ensure athletes will progress, year-round. The two-day clinic permits more hands-on instruction and additional time for our clinicians to answer your questions to make this a more complete, personalized experience.

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... Learn how a Be An 11 seminar can inspire your teams and student body, Call your BFS coach 800-628-9737!

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.

11 OPTIONS TO COVER YOUR UNIQUE SITUATION

D Be An 11 Seminar, 1 Day Total Program Clinic

50 Athletes: \$4985

Product # 800D

Pricing and Savings

Includes Travel, Air Fare and Expenses

	Retail Price: 50 Students	Package
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

Pricing Includes Travel, Air Fare and Expenses

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

Includes Travel, Air Fare and Expenses

	Retail Price: 50 Students	Package
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

Pricing Includes Travel, Air Fare and Expenses

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

Includes Travel, Air Fare and Expenses

	Retail Price	Package
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

Pricing Includes Travel, Air Fare and Expenses

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.**

Questions? Don't hesitate to call BFS at 800-628-9737 to learn more about all the services offered by Bigger Faster Stronger. BFS is Coaches Helping Coaches and we are committed to taking your program in fitness, athletics and physical education to the next level!

“Be An 11 has
changed my life!
I WILL
BE AN 11!”
- Katie Heinlen

BE AN 11 Seminars

“The most inspiring night of my life!”
~Kyle Meyers, Rutherford B. Hayes High, OH

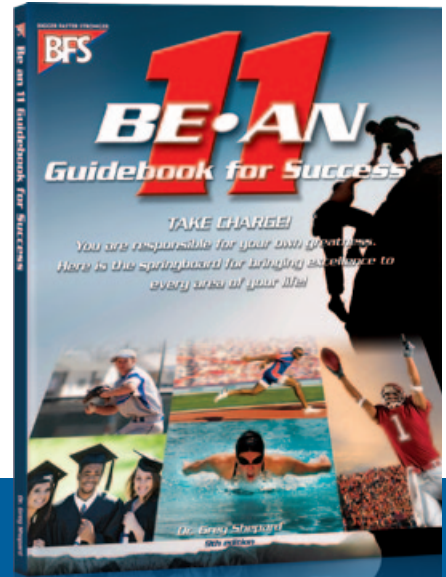
“Reaffirmed the reason I
entered coaching
25 years ago.”
- Coach Al McFarland



“Every school in the nation should schedule
a Be An 11 Seminar today!
It is without a doubt the best thing that has
happened to our school.”
- Coach T. Cox



“This is exactly what our school
- and community - needed.”
- Coach Fox



HERE'S HOW IT WORKS - BE AN 11 SEMINAR \$2,990 Item #800K

- ▶ A BFS Presenter will come to your school and will spend up to three hours inspiring, motivating and educating your athletes how to become true elevens!
- ▶ The cost is only \$2,990 for 50 athletes. Additional athletes only \$30 each. Includes the Be an 11 Guidebook!
- ▶ All travel fees included in price. No hidden fees!
- ▶ Book your dates now! First come - First Serve.

INTERESTED SCHOOLS CAN REQUEST A FREE BE AN 11 BOOK & SEMINAR LITERATURE

- ▶ Christian B11 Seminar is also available
CALL FOR DETAILS
- ▶ Package your Be An 11 Seminar with a Total Program Clinic or a BFS Weight Room Safety Certification (WRSC) and save while bringing the BFS program to your school. Call your BFS Coach to learn about how to bundle and save on BFS camps and clinics! 800-628-9737

Great Results!

BFS is the key to a winning program. For over ten years, I have brought BFS in to do clinics, and they are incredible. The clinicians are professional, open to questions, knowledgeable, and I have never been disappointed with their presentations. I have brought BFS in to 3 different high schools and have learned something every year.

I really believe in BFS and the success they can bring to any program.

Ron Hamamoto
Monte Vista High School
San Diego, California



1 and 2 Day Total Program Clinics teach:

The BFS Total Program

Off-Season Program

The Six Absolutes of Perfect Technique

Dot Drill

Box Squat, Towel Bench, Hex Bar Deadlift

Nutrition

Team Building • Goal Setting

Parallel Squat, Bench Press, Power Clean

Total Program Workout

Auxiliary Lifts

In-Season Program

Weight Room Safety

1-2-3-4 Flexibility Program

Sprint Technique

Plyometric Box Jumping



SUCCESS AND THE TOTAL PROGRAM

Unify Your Sports and Athletic Programs to Win!

A BFS instructor will come to your school and show you how to unify your athletic program to ensure athletes will progress, year-round. With athletes hands-on instruction and coaches only session the TPC is the winning edge!

Athletics can be a huge part of a student's development. The BFS Total Program is a complete system that can unify schools's athletic and PE programs.

THE PROGRAM

The BFS Total Program is a strength and conditioning program that helps athletes reach their full potential. Confidence and leadership is built through the process of consistently breaking personal records and achieving goals.

It is not a fad or a short cut, the Total Program is a time tested regimen that requires discipline and hard work. These qualities make it a great system for team building offering opportunities for students to help and encourage each other.

For over 35 years coaches and administrators have found the Total Program to be highly efficient and remarkably effective within the confines of student's busy

schedules. Utilizing the Total Program across all sports and in PE classes both coaches and athletes have a framework for improvement. We call this Unification. When an entire athletic department and PE curriculum are on the same page the results are amazing!

SAFETY

BFS understands that safety is priority one with your athletes. At a Total Program Clinic BFS spends as much time on proper weight room behavior and spotting as on perfect lifting technique. By emphasizing the proper safety protocols and the perfect lifting technique we are building not only strength but responsibility and leadership.

SUCCESS

When you bring in the BFS Total Program you are bringing in a proven road map to success.

BFS is committed to building winning programs and we have the track record to back this up. The majority of schools that host a Total Program Clinic improve their win loss record immediately! More state championships have been won using the BFS Total Program than any other strength and conditioning program in the country.

PRESENTATION DETAILS:

2 Day TPC, Up to 12 hours of Hands on Strength & Conditioning Training for Athletes & Coaches

2 Hour Coaches Clinic is part of the TPC: Teaching Protocols, Program Implementation Details, Safety & Liability Details

Implementation Each Athlete will receive a Clinic Packet of Materials

2 Day TPC - 50 Athletes \$3500 Includes Travel, Air Fare and Expenses

\$25 per student over 50

Implementation package worth over \$1,500.

1 day option available - Package with other BFS presentations and save hundreds of dollars

BIGGER FASTER STRONGER



Call to Schedule Your Clinic - 1-800-628-9737

online at www.biggerfasterstronger.com • email us at info@bfsmail.com

2930 West Directors Row, Salt Lake City, UT 84104 • Fax (801) 975-1159



WEIGHT ROOM SAFETY CERTIFICATION

Regional Certification Sites in 2013	Cortland	NY	10/6/2012
	Springfield	MO	10/13/2012
	Verona	NY	11/14/2012
	Searcy	ARK	12/15/2012
	White Plains	NY	1/12/2013
	SLC	UT	1/19/2013
	Utica	NY	1/26/2013
	Timonium	MD	2/2/2013
	Perry	FL	2/9/2013
	Simi Valley CA	CA	2/9/2013
	Montgomery City	MO	2/11/2013
	Jackson	MS	2/16/2013
	St. Marys OR	OR	2/23/2013
	SLC	UT	3/9/2013
	Ann Arbor	MI	3/23/2013
	Seattle	WA	3/23/2013
	Ft. Branch	IN	4/6/2013
	Lebanon	KY	4/27/2013
	Las Vegas	NV	5/4/2013
	Ferris	TX	6/1/2013
Dix Hills	NY	6/16/2013	
Waterloo	IL	6/22/2013	
SLC	UT	7/28/2013	
Ithaca	NY	9/22/2013	
Purchase	NY	9/28/2013	
St. Simons Island	GA	TBA 2013	
Denver	CO	TBA 2013	

REDUCE LIABILITY WITH CERTIFIED COACHES AND TEACHERS

Join coaches in your area to learn how best to train your students and athletes with the proven BFS program. Not only will this BFS Weight Room Safety Certification (WRSC) ensure that you know how to improve athletic performance, you will learn techniques to significantly improve the safety of training for every sports program and PE class.

This is a hands-on, learn-by-doing certification

- Improve Weight Room Safety
- Perfect Your Technique
- Learn Proper Spotting
- Understand Liability
- Protect Your Athletes
- Protect Your Coaches

VISIT WWW.BIGGERFASTERSTRONGER.COM TO REGISTER
Keep up with NEW or UPDATED events with the online calendar page

\$299 per coach with early registration
 \$399 regular price within 30 days of certification

Practical & Theory Course - 1 Day, Hands on Practicum & Online Exam.
WRSC includes continuing education through one year of online video training through the BFS Online Learning Center as well as one year of the BFS Magazine and the "What's Happening" Email and Blog

100's CERTIFIED EVERY YEAR!

"We just clinched the league title with one more regular season game left until playoffs. First time North has won league Championship since 1973. Your program along with the clinic has definitely changed the attitude and helped my football program. Other sports are coming to me asking me about the BFS program after seeing our success."

Joseph Trongone, Head Coach, North High School



Get Started Today 1-800-628-9737

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 2930 West Directors Row, Salt Lake City, UT 84104 • Fax (801) 975-1159



YEAR ROUND SUPPORT

**STREAMING DEMONSTRATION VIDEOS • MAGAZINE SUBSCRIPTION
POSITION PAPERS • INSPIRATIONAL AND MOTIVATIONAL TECHNIQUES
REGULAR UPDATES • SETS AND REPS RECORD KEEPING**

Look at who, where, and why America's teachers and coaches are becoming Weight Room Strength and Conditioning Coaches by achieving the BFS "Weight Room & Safety Certification (WRSC).

Should Teachers or School Corporations take the risk of supervising students in weight rooms without a proper Strength and Conditioning Certification that is designed to deal with the potential dangers surrounding the weight room? The completion of a "WRSC" prepares teachers, trainers, and coaches to deal with critical issues involving weight room Strength and conditioning. The BFS Weight Room & Safety Certification (WRSC) is proof of competence, experience, and the qualifications needed to organize, instruct and supervise students in free weight lifting, spotting, and postural issues. WRSC also covers developing program, proper poundage progression, student record keeping, speed and power development, flexibility, and issues that deal with potential weight room litigation.

School corporation administrators, dept heads, and athletic directors can potentially benefit as well, from supporting and encouraging their teachers working in the weight room to achieve the "WRSC" credential.

Together we can make America's weight rooms safer for students, more productive, and help teach students some of the workout skills needed for lifelong health and wellness.

Once certified maintaining all the benefits of being a WRSC Coach is easily maintained through \$99.95 yearly renewal fee. This will keep all the online benefits including video instruction available for incoming athletes and assistants as well as the BFS Magazine to keep up to date on the latest in safety and reducing liability concerns.



INCLUDES: EXCLUSIVE ONLINE SUPPORT • WEEKLY EMAIL BULLETINS • YEARLY MAGAZINE SUBSCRIPTION

UNIFY YOUR ATHLETIC TRAINING WITH BFS SERVICES AND PRODUCTS WWW.BIGGERFASTERSTRONGER.COM



Character Education at Its Best The Be an 11 Seminar!

Like most educators, you are no doubt constantly seeking ways to encourage, motivate and inspire achievement. 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.

Testimonial

"We wanted to build on our success, so we brought out BFS clinician Tom Sullivan to give a Be An 11."
Mark Peach

Head Football Coach
Anderson County High School
Lawrenceburg, Kentucky



The Ultimate BFS Experience The Two Day Total Program Clinic

In a two-day clinic, a BFS instructor can come to your school and show you how to unify your athletic program to ensure athletes will progress, year-round. The two-day clinic permits more hands-on instruction and additional time for our clinicians to answer your questions to make this a more complete, personalized experience.

Testimonial

"Coach Rick Bojak got me to believe completely in BFS. He spent three days with us, and did both a Be An 11 workshop and a two-day lifting clinic. This helped motivate us into our off season."

Kevin Belcher
Head Football Coach
Central High School
Phoenix, Arizona



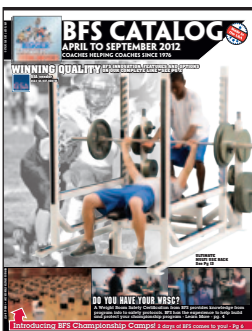
The Easiest Way to Get Your Staff a BFS Weight Room Safety Certification What is In-Service? BFS Comes to You!

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.

Testimonial

"What certification does is give you a formidable defense to prove that you were well trained and knew what you were doing. And it's a lot easier to prove that if you've gone through a training program."
Dr. Marc Rabinoff

Professor, Human Performance and Sport Department
Metro State College
Denver, Colorado



BFS Equipment - Manufactured in the USA

SUPERIOR WEIGHT ROOMS = ATHLETIC DOMINANCE

Call BFS and talk to one of our coaches on staff to get started. For over 35 years BFS has been providing middle schools, junior high schools and senior high schools with the tools they need for success. We'd like to do the same for your school. We are your full-service company for not only all your training equipment needs, but for safe and effective instruction and program design.

- 1. Reliable:** 35 years in the industry helping coaches and athletes win!
- 2. Affordable:** Equipment is the best value on the market.

- 3. Innovative:** Original designs that emphasize function, safety, efficiency and performance.
- 4. Over 800 products in stock in our 70,000-square-foot warehouse to help you achieve your goals.**

