



# Coaches Helping Coaches

## LYNNWOOD HIGH

Clinic photos by Carol Gittins

**T**erri McMahan had had it with mediocrity in her sports program. As the athletic director for the Edmonds School District in Lynnwood, Washington, she was determined to take positive new steps to motivate her coaches and their athletes to achieve more. One of those steps was to have a BFS clinic at Lynnwood High.

“I wanted to have a BFS clinic to improve the athletic program school-wide,” says McMahan. The football program, in particular, had been

struggling, going 0-20 for the past two seasons, due in part to having a high turnover of coaches, which affected the players’ off-season conditioning. “I didn’t want to put up with another year in which a new coach had to come into a program with unmotivated kids who hadn’t had a solid strength and conditioning program in the off-season.”

McMahan was familiar with BFS because it was used at nearby Ferndale High School in Ferndale, Washington, where McMahan had been hired in 1978, serving as both volleyball coach




Terri McMahan



The athletes were broken up into smaller groups for more direct instruction.




BFS Clinician Evan Ayres



**Lynwood High School  
Alderwood Middle School  
Football Forum**

Thursday, January 11, 2007  
Lynwood High School Commons  
7:00 p.m.



Interested parents/students from Lynwood HS and Alderwood MS are invited to hear three successful high school football coaches share stories of how they developed formerly unsuccessful programs into perennial contenders. The common denominator of these programs is a solid off-season strength and conditioning program. Information on the Bigger Faster Stronger (BFS) program to be implemented in late January at Lynwood HS, for players in all sports programs, will also be presented.

**STUDENTS, PLEASE ATTEND IF:**

- You currently play football
- You could play football
- You have the ability to contribute
- You want to be part of turning it around

**LHS FOOTBALL: "BE PART OF IT"**


**January 11 Forum Host**  
Terri McMahan, Director of Athletics, Edmonds School District

**Panel Members**  
John Gradwohl, Head Football Coach, Edmonds-Woodway High School  
Mark Stewart, Head Football Coach, Meadowdale High School  
Vic Randall, Athletic Director/Former Football Coach, Ferndale High School  
Evan Ayres, West Coast Director, Bigger Faster Stronger

**IMPORTANT DATES**  
**Saturday, January 27** Bigger Faster Stronger Clinic  
For Players and Coaches from all LHS Sports Programs  
11:00 - 4:30 Lynwood High School Gymnasium


**Monday, January 29** After School Weight Room Program Begins - Time TBA  
Weight Room Coach: Dorian Manza

This information has been sent to Lynwood High School service area students in grades 7-11 and is not meant to discourage those currently involved in other fall sports from continuing with those sports. It is recognized that there are students who may be interested in football that are not currently taking part. These students are encouraged to attend the forum and consider taking part in off-season conditioning programs designed to improve strength and endurance. While the forum on January 11 is aimed at improving the football program, it is important to note that the BFS Clinic on January 27 is for coaches and players of all sports. Coaches representing most sports at Lynwood High School are training to become BFS certified coaches in a school-wide effort to improve all programs. Please join this effort by attending the football forum on January 11 and/or the BFS All-Programs Clinic on January 27.



**BIGGER FASTER STRONGER  
ATHLETIC PERFORMANCE CLINIC**

SATURDAY, JANUARY 27, 11:30-4:30, LHS GYM



**FREE TO ALL LYNNWOOD STUDENTS GRADES 9-12**  
*Current Athletic Participation Not Required*

Bigger Faster Stronger has been dedicated to helping athletes and coaches succeed with quality strength, conditioning, and performance training programs for almost three decades.

Join BFS Regional Director, Evan Ayres, and coaches from many of Lynwood's athletics programs for this fun and informative clinic.

Be part of this dedicated effort to make a school-wide difference for Lynwood High School's students and student-athletes.

Your involvement in this program will show your support and interest in building a foundation of pride, strength, and confidence for Lynwood High School athletics; a united effort that can make a difference for many years to come.

**BIGGER FASTER STRONGER**

- GIVE IT A TRY
- BE PART OF THIS OUTSTANDING PROGRAM
- BE PART OF SOMETHING BIG

**FOR YOU - YOUR SCHOOL - YOUR COMMUNITY**

**SIGN UP TODAY** with one of the following on-campus or winter sport individuals: Brett Warner, Jim McKinnon, Mike Fine, Landon Porter, Nate Cogdill, Jean Kellogg, Sharon Shaull, Steve Miranda, Jody Schauer.

**AFTER SCHOOL BFS PROGRAM BEGINS**  
Monday, January 29, Open 2:45 M-F with weight room coach Dorian Manza; manzad@edmonds.wednet.edu

**SCHOOL DAY BFS PROGRAM 2ND SEMESTER**  
See your school counselor to discuss taking BFS programming through the PE Department this spring

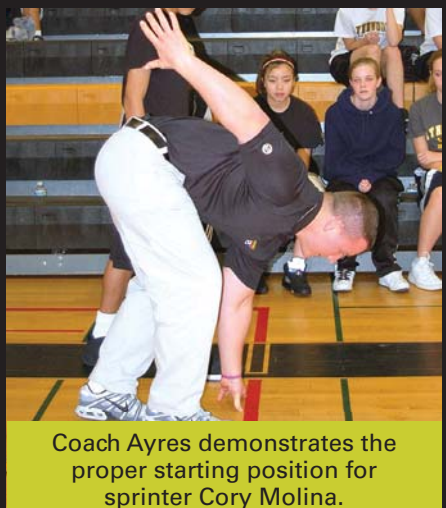
Whether you think you can or think you can't, you're right. - Henry Ford

**LHS ATHLETICS: "BE PART OF IT"**



Soccer player Rosa Ascencio shows perfect form during the BFS hip flexor stretch.

District athletic director Terri McMahan promoted her "football forum" and BFS clinics with these professionally produced flyers.



Coach Ayres demonstrates the proper starting position for sprinter Cory Molina.



Jerrica Kang and Abrianna Hill get ready to race during a sprinting drill.

and athletic director. “The football program at Ferndale is a dominant program in our state, but it wasn’t always like that – not until our football coaches attended a BFS clinic in Salt Lake City. They came back excited about the experience and implemented the program with their athletes, so I was able to see firsthand how BFS can make poor programs better, and good programs great.”

To champion the BFS cause for Lynnwood High School, McMahan put together a “football forum” for the school community with three top football coaches from her school district and BFS Clinician Evan Ayres. The coaches

were John Gradwohl from Edmonds-Woodway High School, Mark Stewart from Meadowdale High School, and Vic Randall, former head football coach at Ferndale.

Each coach gave a 10-minute presentation about what it takes to have a successful athletic program. McMahan comments, “The point I was trying to make was that outstanding athletic programs didn’t start that way – that kids just don’t wake up one day and become great athletes in a successful program. It takes a solid foundation of hard work, especially with a sound off-season program in strength and agility training.”

After the forum, McMahan

brought in Coach Ayres on January 27-28 for a two-day clinic. “I wanted to do something for our coaches and athletes that was very visual, but more importantly, I wanted to get the right type of strength and agility program for our athletes,” says McMahan.

### The BFS Experience

The first day of the clinic, a Friday, was for the coaches, followed by a BFS clinic for the athletes on Saturday. “We had about 150 kids at the clinic, and the Monday immediately following the clinic I contracted Dorian Manza to be our BFS coach.” In addition, McMahan contracted to bring in Ayres once a



Get set, go! Kari Hella gets a fast start during this sprinting drill.



Hold it! Coach Ayres times the BFS adductor stretch.



Over 150 athletes attended the clinic that Saturday.



Guest football and strength coach Ryan Sawyer tries the BFS calf stretch.

week for the next two months to help with the program. “Evan is there to provide input by tweaking technique or teaching methodology. The kids really light up when Evan comes in – they really look forward to his visits.”

The clinic was so successful that a few weeks later another school in McMahan’s district, Edmonds-Woodway, held its own BFS clinic. “Now we have three schools in our district using the BFS program,” McMahan says, also pointing out that they are efficiently organized with the BFS “Beat the Computer” software.

As for what makes the BFS program work so effectively in her district,

McMahan is clear: “The BFS program takes into consideration that our kids are multi-sport athletes and are in-season a good chunk of the time. I also like the way its workouts are organized and how they incorporate challenges, and I particularly appreciate the fact that the program is geared toward both male and female athletes.”

And then there’s unification. “What you’ll see in many high schools is everybody is doing their own thing in terms of their conditioning programs,” says McMahan. “The problem is that very few coaches have an adequate background in strength and conditioning, and you end up with a ‘muddled’

approach to strength and conditioning. Over the last ten years we’ve seen a real mushrooming of schools hiring athletic trainers, and our school district was one of the frontrunners in this area. I’m looking forward to the time when funding can be found to have a full-time certified strength and conditioning coordinator at every school.”

The next step for McMahan is to hold a Be an 11 program in August. “We’re going to have the clinic for all the kids in our fall sports programs, and we are encouraging all the kids in the winter and spring sports to attend. It will be a very powerful way to kick off the school year!” **BFS**



The seminar lecture was reinforced by a powerful slide presentation.



Basketball players Aaron Matzen and Spencer Hunsinger jumping high during this power clean drill.



Coach Nate Cogdill checks out Jared Bryant’s start position for the power clean.



BFS Hamstring Stretch

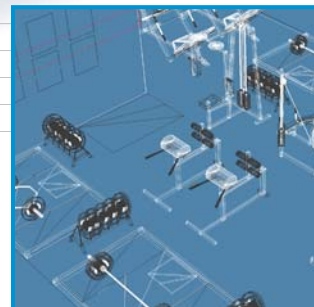
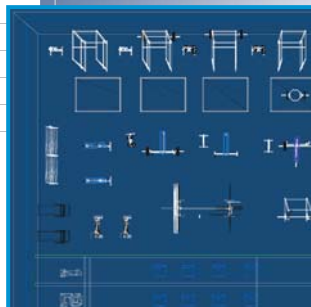
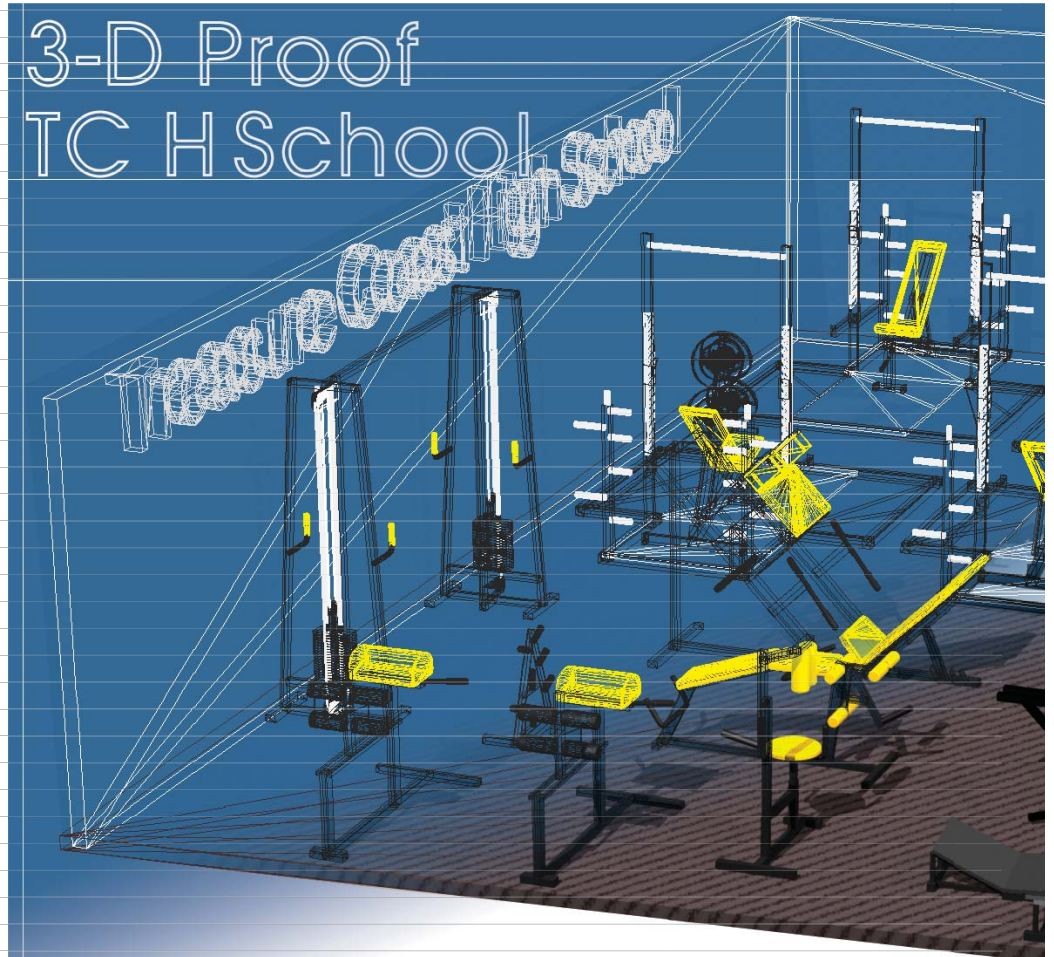
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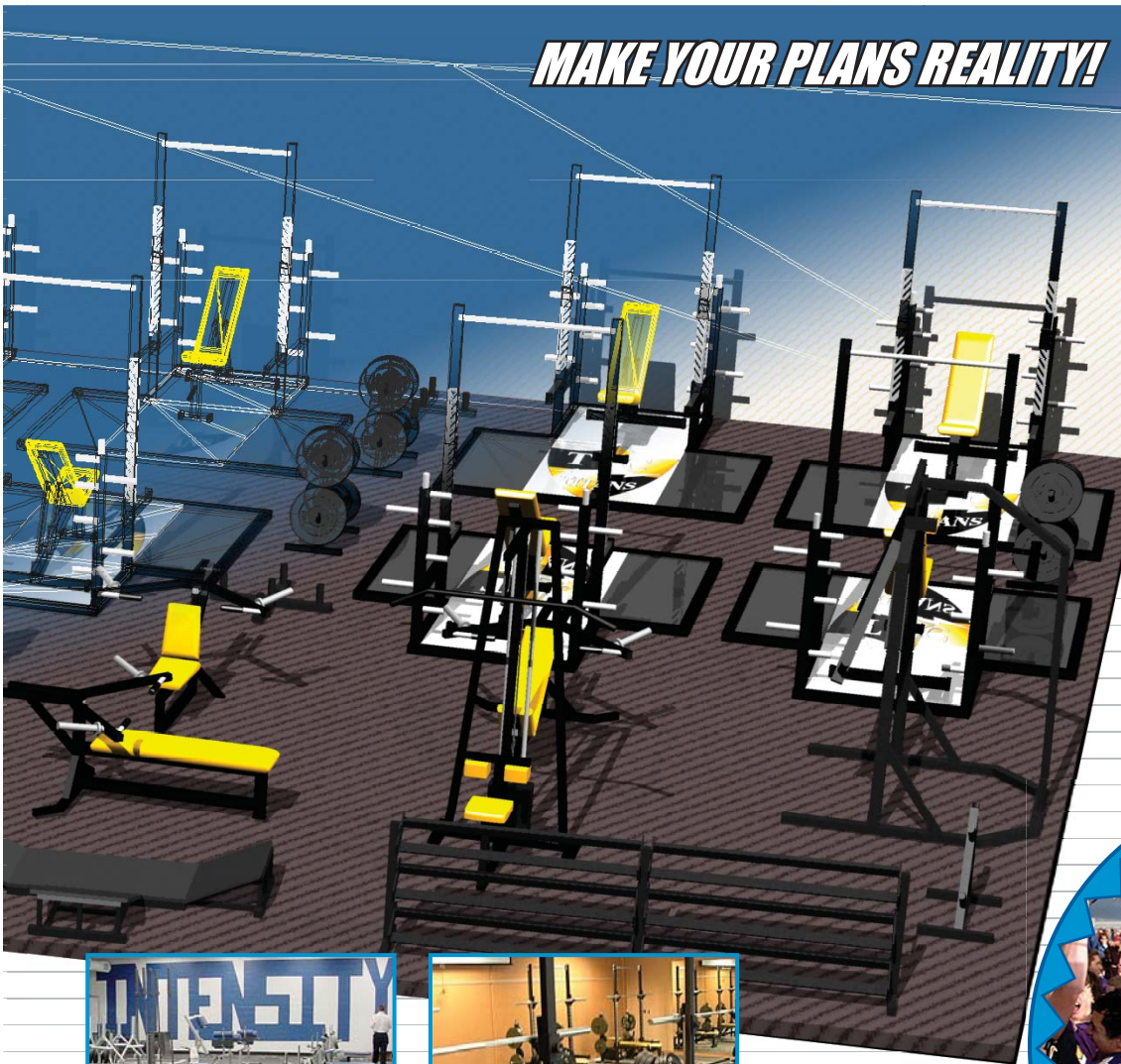
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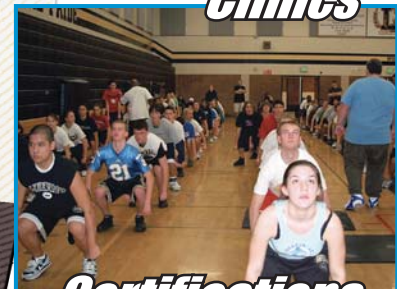
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