



Coaches Helping Coaches

With a clinic and a new weightroom, athletes at this Florida school are off to a great start

Treasure Coast High School

BY **JOHN ROWBOTHAM**
VICE PRESIDENT, BFS

I first became involved with Treasure Coast High School in January 2006 when I spoke with Athletic Director Dan Comeau. The school, located in Port St. Lucie, Florida, was still under construction at the time; Dan was the third person hired and was responsible for putting together a complete coaching staff.

Dan wanted to make certain all his coaches were focused on the BFS program and that physical education instruction and sports training were unified, so in February I flew to Florida and met with him and other school administrators to go over weightroom

layout, our coach's certification and the BFS Total Program clinics. We developed a plan to install a weightroom that would provide the best setup for athletics and the physical education classes as well.

Dan and I kept in touch about every two weeks, and in July he placed an order for a custom weightroom that included eight elite half racks with platforms. It was going to be a phenomenal facility, and less than two months later BFS clinician Lance Neven supervised a complete installation of the equipment.

Dan is very passionate about helping kids, and he focused on getting his staff unified with BFS from the get-go. He arranged for Lance and me to come

out in November and do an in-service certification for the coaching staff, a BFS 11 clinic for the athletes and their parents, and a one-day Total Program clinic for more than 100 athletes. It was a great experience, and we are currently making plans to return next August for another Total Program clinic to ensure that Treasure Coast continues to strengthen its athletic program along with its athletes.

The following pages show the initial design of the weightroom, the installation of the equipment and the excitement of our educational BFS clinics. Keep your eye on Treasure Coast High as the school begins its quest to establish a tradition of winning. **BFS**



Dan Comeau, AD
Lance Neven
HFBC Pete Deluke



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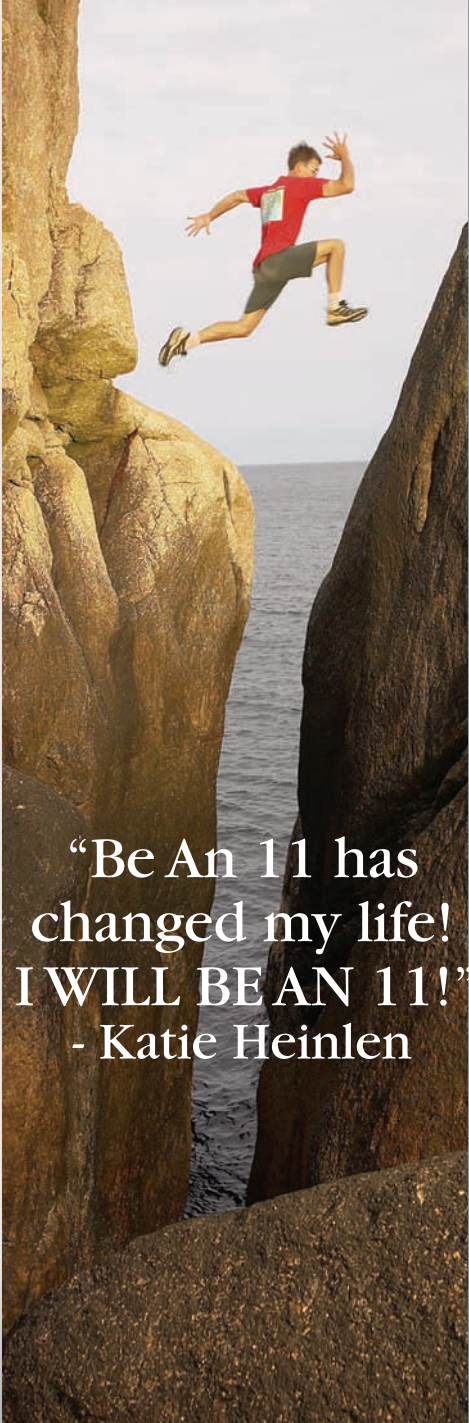
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