



BFS: The Leader in Athletic Fitness Since 1976

The mission of Bigger Faster Stronger, Inc., is to encourage positive changes in the lives of young people through character education and sports fitness seminars. To support coaches and physical educators in their work with young people, we offer certification programs and continuing education materials that teach how to increase the safety and effectiveness of their sports and physical education programs through the concept of unification. To support excellence in youth athletics and physical education, BFS offers the highest-quality exercise equipment at the best prices. Our experienced staff also assists – from concept to completion – with all aspects of developing the best possible strength and conditioning facilities and programs.

Program In-Depth Information

The Eleven Athlete is one who has achieved physical superiority on the playing field by focusing on the following areas of sports training and competition:

Rest and Nutrition

Year-Round Training

Record Keeping

Sprint Training

Agility Training

Endurance Training

Flexibility Training

Plyometric Training

Strength Training

Skill Training

Mental Training

Be an 11

Testing is a valuable tool for athletic development, as it helps to monitor training and motivate athletes to achieve higher goals. And if you know which tests are appropriate and you have the proper testing tools, the process doesn't have to be an ordeal. For example, using a Just Jump pad, a coach could test the vertical jumps of 40 athletes in as little as 10 minutes. At BFS we believe that some form of testing should be performed every two to four weeks, from something as simple as timing your dot drill performance, to running the 40-yard-dash. We have also developed the BFS Standards, which provide guidelines on what both male and female athletes should strive to reach for their age group.

TESTIMONIAL:

"BFS bonded the team, so that not only did it strengthen them physically, it strengthened the unity of the team. And team unity is obviously important in a team sport such as soccer. The bottom line is that my 2005 team was stronger, faster and way more in shape than other teams – I will have my teams do BFS until I retire from coaching."

Ben Ritsema

Head Soccer Coach
Reeths-Puffer High School, 2004 and
2005 Conference Champions

Muskegon, Michigan

