

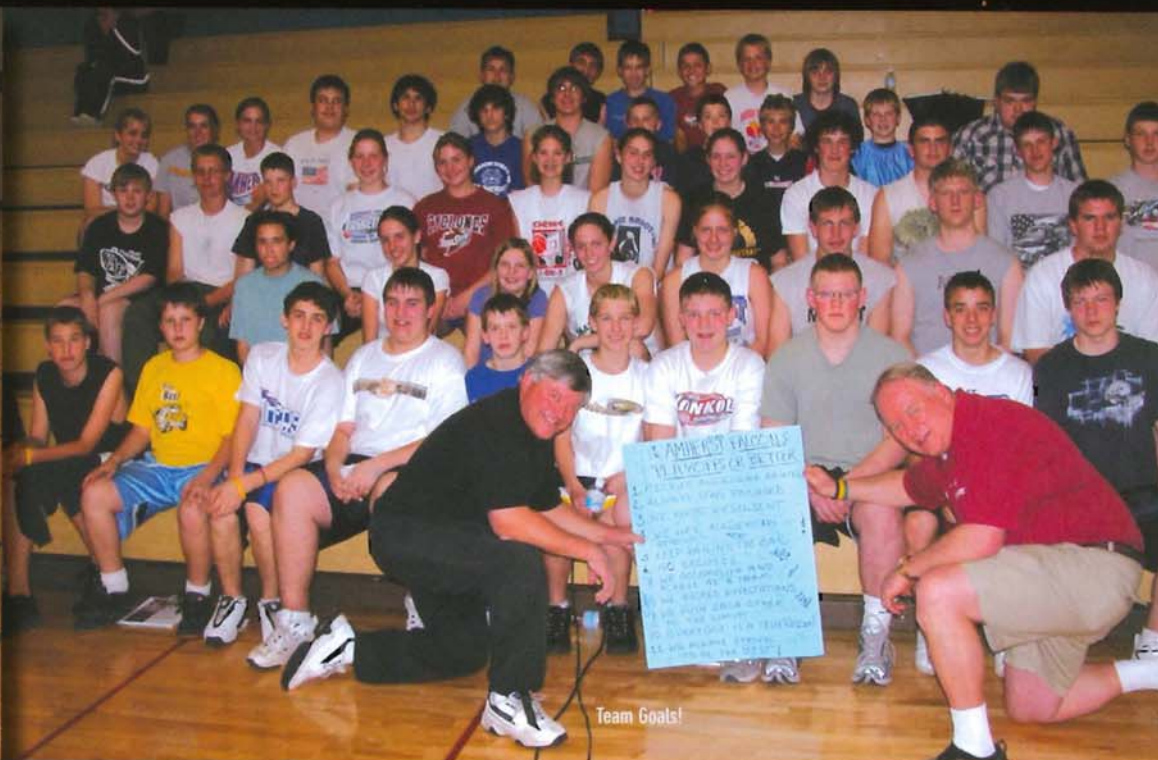
Inside a BFS Clinic

A photo essay on the BFS Total Program Clinic held at Amherst High School

Amherst High School in Amherst, Wisconsin, held a Be an 11 Clinic on April 8-9 with Dr. Greg Shepard, a BFS Total Program clinic with Roger Freeborn, and a BFS Fundraising seminar with Jeff Sellers. The following photo essay captures some of the excitement of these great learning experiences.



Dr. Greg Shepard



Team Goals!

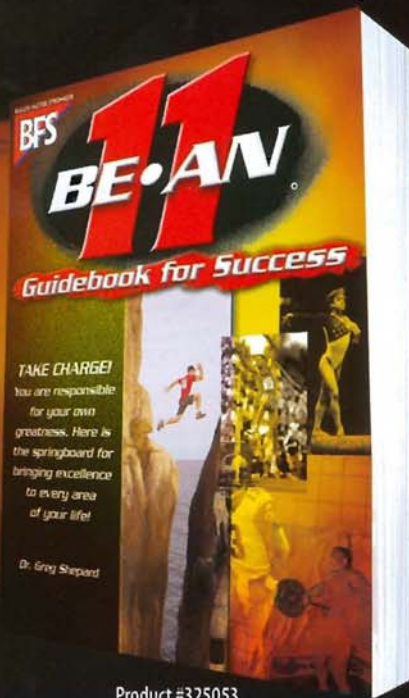


Future Champs!



Dr. Greg Shepard and Coach Roger Freeborn teach the BFS Dot Drill

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



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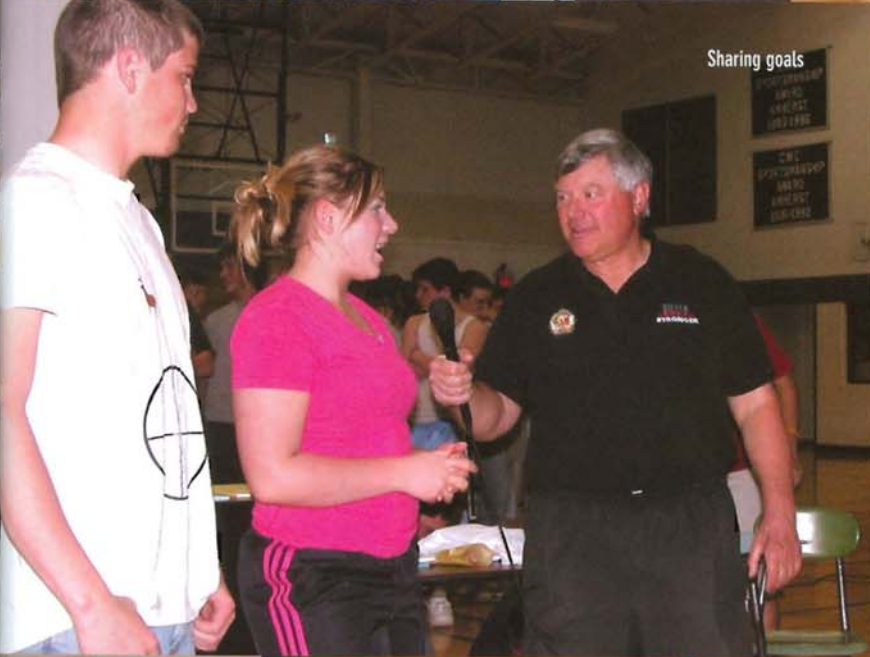
Product #325053



Lock-in the Lower Back



Gut check (i.e., wall sits)



Sharing goals



Giving your all



Enthusiasm!