

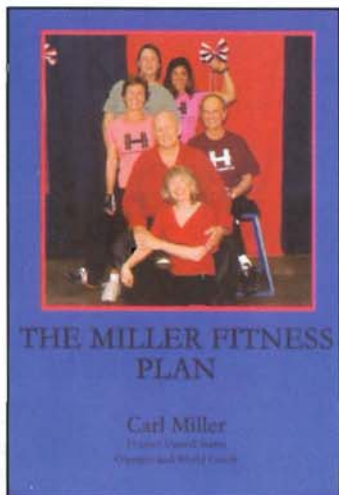
## Not Seeing Eye to Eye

Former professional basketball player Sasha Hupmann took time to pose with teenage powerlifting sensation Katie Van Dusen at the Amherst BFS Clinic (page 55). Sasha is 7' 2" and Katie is, well, . . . not.



## Worth the Wait

Carl Miller, featured in our Fall 2003 issue, is a former coach of the US Olympic Weightlifting Team. When BFS Editor Kim Goss attended Miller's weightlifting camp in 1977, the textbook used was entitled *The Best Writings of Carl Miller*. It's been almost two decades since that book was published, and now the best writings of Carl Miller has just gotten even better with the publishing of his new book, *The Miller Fitness Plan: Athletic Weight Training for Fitness Through the Medium of Olympic-Style Weightlifting*. You can read the introduction of this book and order it through Carl's website: <http://carlgym.home.att.net>.



## BFS Player Profile: Zachary Hass

A sophomore with a 4.0 GPA, Zachary Hass is a two-year starter at outside linebacker for Peru High School in Peru, Indiana. This year he was voted team captain and top defensive player, leading the team in tackles with 126 and making all-conference for the second year in a row. He was also a starter on the baseball team for the past two years, and this year he lettered on the varsity basketball team. At a height of 5' 10" and weighing 160 pounds, Zachary has the following personal bests: clean, 250; squat, 410; bench press, 215; deadlift, 455; forty, 4.86.



## Shouldering the Load

Got shoulder problems? Find it difficult to stabilize your arms when performing the standing external rotation exercises for the shoulder? We have the answer -- that is, if your gym has the BFS Chin-Dip V.K.R. unit. Simply use the arm supports as shown to comfortably perform this effective exercise. Cool idea! ▼







## BFS Player Profile: Buddy Wood

Senior Buddy Wood is a four-year letterman in baseball, football and basketball at Riverside High School in Chattaroy, Washington. He has a 3.95 GPA, is the ASB vice president and is also involved in the Washington Drug Free Youth program. At a height of 6' 3" and weighing 180 pounds, Buddy has

the following personal bests: clean, 225; squat, 365; bench press, 235; deadlift, 430; forty, 4.62; vertical jump, 27"; Dot Drill, 43 seconds. Next year he will be attending Central Washington University on a football scholarship.

## BFS Player Profile: Heidi Mussman

Junior Heidi Mussman participates in volleyball, basketball, and track at Bruning-Davenport High School in Bruning, Nebraska. An All-State selection in basketball, Mussman lead the team in steals. "Heidi is the fastest player on our team," says coach Doug Otto. "BFS has really helped her with speed, quickness and strength." At a height of 5' 7" and weighing 125 pounds, Heidi is an honor student and has the following personal bests: clean, 140; squat, 250; bench press, 125; deadlift, 245; forty, 5.40; vertical jump, 24.



## Told Ya So!

In a recent survey involving 137 Division I coaches, 90 percent said they used plyometrics and 85 percent said they used Olympic lifts to train their athletes. Likewise, a survey of NFL strength coaches found that 88 percent used Olympic lifts and 94 percent used plyometrics.

## Preparing for Battle

Chris Cooper is a 6' 5", 285-pound defensive end for the San Francisco 49ers. Here he poses with Andre Benoit, a strength coach he has been working with at the Poliquin Performance Center in Tempe, Arizona.



## A Family Affair

The Butterfield sisters (left to right), Kilee, Annie and Jessi, show off their Team BFS activewear at the 2005 School-Age Championships. Jessi placed second in her class and broke all her personal records.



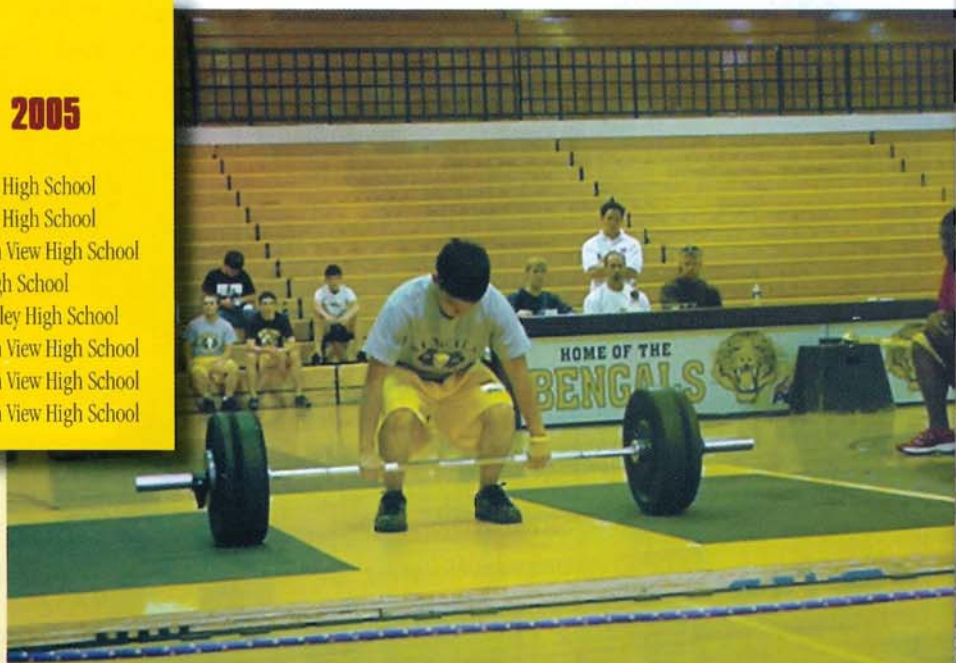
HAPPENING



# WHAT'S HAPPENING

## National High School Power Clean Champions Las Vegas, Nevada - May 21 2005

BW	Name	PC	School
123.5	F J Cacal	205 lbs	Las Vegas High School
136.5	Gabrial Love Hough	225 lbs	Las Vegas High School
152	Adam Drummond	265 lbs	Mountain View High School
169.5	Geno Odong	290 lbs	Valley High School
187	Eric Martinelli	305 lbs	Green Valley High School
207	Andy Fietenzinger	340 lbs	Mountain View High School
231	Matt Lefrandt	310 lbs	Mountain View High School
HWT	Jeff Hines	320 lbs	Mountain View High School



### Power Clean Champs

With athletes coming as far as Pittsburg, PA, the first-ever National Power Clean Championships was produced by Val Balison on May 21 in Las Vegas. The team championship went to Mountain View High School from Mesa, Arizona, which along with a trophy included a set of BFS Custom Bumper Plates. The top

clean belonged to Andy Fietenzinger from Mountain View High School with a lift of 340 pounds in the 207-pound class. The top three finishers in the 187-pound bodyweight class cleaned over 300 pounds, and all of them were from Green Valley High School in Green Valley, Las Vegas.

## Chin-Dip V.K.R.

V=Vertical  
K=Knee  
R=Raise



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l-60" w-48" h-83"

- Stable, safe design
- 29 oz. marine-grade vinyl over padding
- 2" x 2" 11-gauge steel frame
- Rubberized handgrips

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