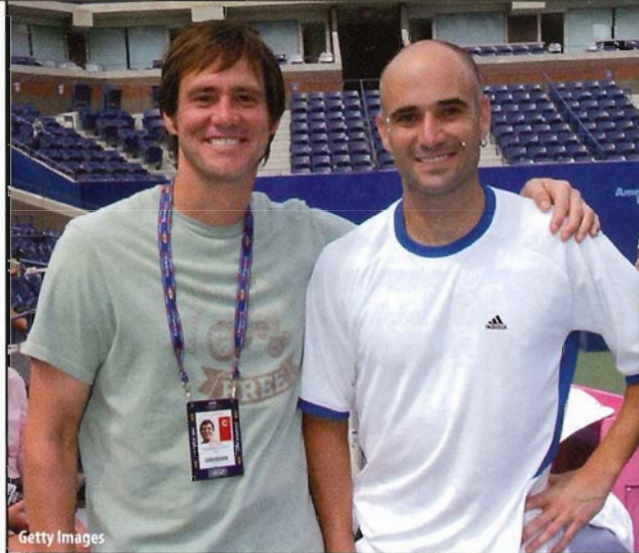




Photo by Mike Hewitt, Getty Images

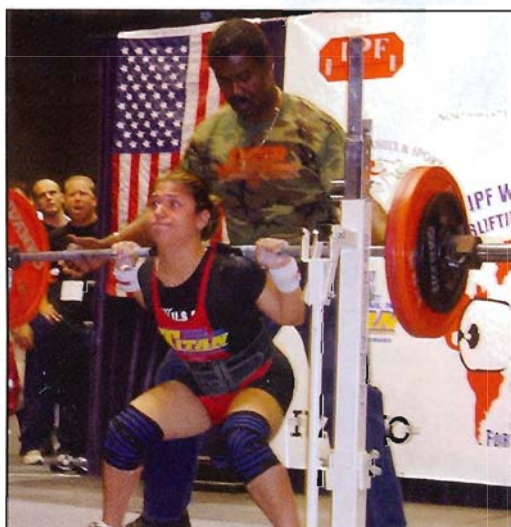


Getty Images

A True 11, on and off the Court

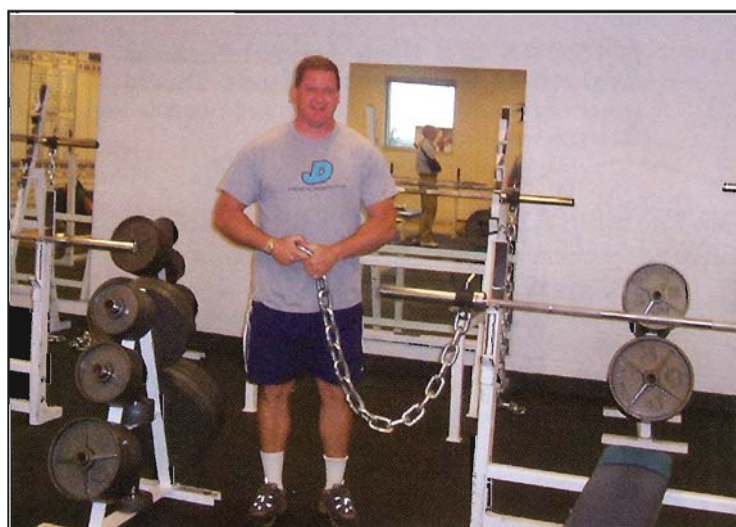
Shown here at the Stella Artois Tennis Championships in 2004 and with Jim Carrey at the 2005 US Open Tennis Championships, Andre Agassi is a true 11 off the court as well as on the court. This year Andre celebrated the 10th anniversary of the Andre

Agassi Charitable Foundation, which has raised over \$42 million and has helped more than 184,000 Southern Nevada youngsters. "The only regret I have is that I did not start the foundation sooner," says Agassi.



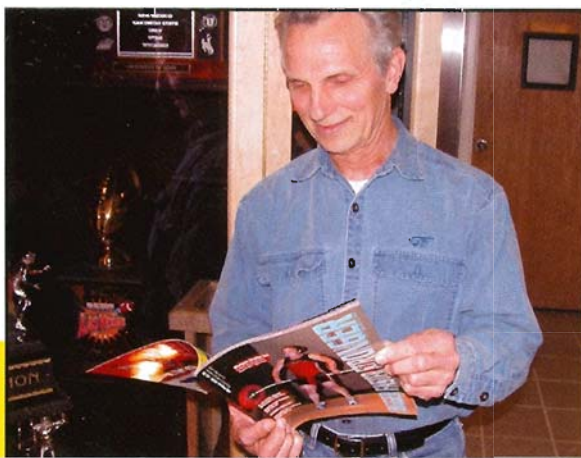
Add "World Champion" to her Résumé

Katie Van Dusen won the 123-pound bodyweight class in the sub-junior division (ages 14-18) at the USAPL World Championships in Fort Wayne, Indiana, on September 8. At the competition, Katie did the following lifts: squat, 325; bench, 170 pounds; and deadlift, 330 pounds. Katie, a junior at Necedah High School in Necedah, Wisconsin, is coached by BFS clinician Erich Mach.



Dan John Retires...Sort Of

Dan John, who was featured in our Winter 2003 issue, has stepped down from his position as the diocesan director of religious education for the Catholic Diocese of Salt Lake City, Utah. He is now the strength coach and head track and field coach at Juan Diego Catholic High School in Draper, Utah. "I can't imagine a better job!" says John.



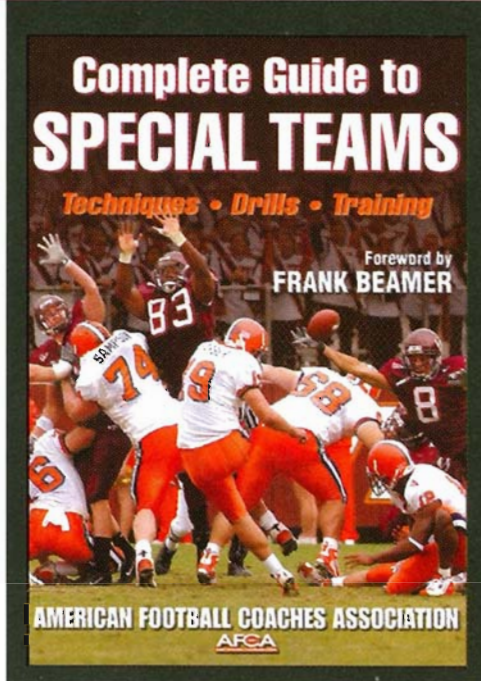
Look Who's Reading BFS!

At the Utah Open Weightlifting Championships this summer, former Olympian Mike Karchut was seen reading *BFS* magazine. In competition over two decades ago, Mike won several national championships and broke numerous American records. To give you an idea of how amazing those results are, Mike's records of 337 pounds in the snatch and 413 pounds in the clean and jerk (at a bodyweight of 181 pounds) would have won the national championships this year in the 187-pound-bodyweight class!



Don Reed

We received great response from the article about Roman Reed in our September/October 2005 issue. Don Reed, Roman's father, says that those who would like more information about progress being made in spinal injury research should check out the following websites: www.carecure.org and www.christopherreeve.org. Don also wrote us the following letter about Sygen, the experimental drug given to his son that was mentioned in the article. "We first read about it in *Rise and Walk: the Dennis Byrd Story*, an inspirational book about an NFL defensive lineman who partially recovered from a broken neck. I am not sure to this day if the Sygen helped Roman, or the therapy, or both, or neither. Sygen was the best medication we could find at the time, and it may have helped, but it is absolutely not a miracle cure."



A Special Book

If you're a football coach who's lost a game or two to a mistake on special teams (and who hasn't?), you'll want to check out the new book by Human Kinetics: *Complete Guide to Special Teams*.

Edited by accomplished coaches Bill Mallory and Don Nehlen, this useful book features many of the "winningest" coaches discussing every aspect of the kicking game, including kickoffs, kickoff returns, extra points, two-point conversions, punts, punt returns, field goals, and punt and field goal blocks. Go to www.humankinetics.com to order and learn more about this book that is a must for every football coach's library.

BFS Player Profile: Kris Bilyea

Kris Bilyea is a senior at Lake City High School in Lake City, Michigan. He is a four-year letter winner in varsity football, earning All State Honorable Mention honors as a junior. "Kris is an outstanding physical presence in both the weight room and on the football field," says Coach Todd Vasicek. At a height of 6' and weighing 252 pounds, Kris has the following personal bests: clean, 225; squat, 455; bench press, 315; deadlift, 600; vertical jump, 23"; forty, 5.1. Chris also is a great artist and carries a 3.374 GPA.



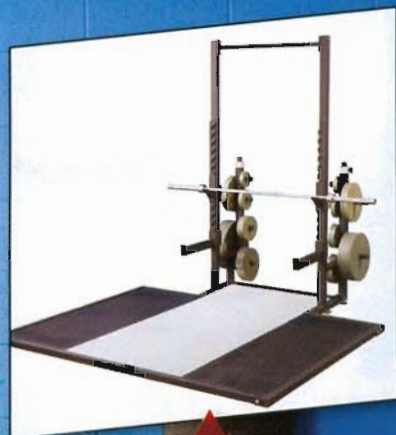
Post-Cancer Comeback

In 2003 Adriane Blewitt was named the Division II Indoor and Outdoor Track Athlete of the Year and was training for a spot on the 2004 Olympic Team in the shot put. But her plans changed in the fall of 2003 when she was diagnosed with Hodgkin's lymphoma. Shown here in August with BFS Editor Kim Goss, Adriane had her final chemo treatment on March 8, 2004, and was back into competition the following month. Adriane credits strength coach Charles Poliquin for helping her regain the strength and muscle mass she lost from the cancer treatments.

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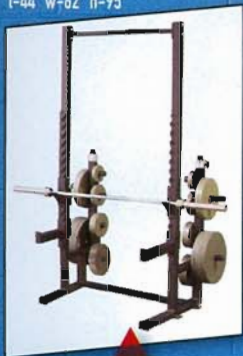


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