

# THE NEW WAR ON GERMS

“Alarmed” is a bit of an understatement to describe the doctor’s reaction to seeing the pus-filled wounds resembling black holes an inch deep on the back of Jeremy Schnitz’s leg. Jeremy was immediately referred to a surgeon at a local children’s hospital, where it was discovered that the boy had contracted a bacteria called Methicillin-resistant *Staphylococcus aureus*, or MRSA. Jeremy’s mother was told that her son’s condition would have to be carefully treated and monitored and that there was a possibility that his leg might need to be amputated.

But Jeremy was lucky. After weeks of drug therapy, taking diluted bleach baths, washing with antibacterial soap, and daily cleaning with scalding hot water every sheet and piece of clothing Jeremy touched, his wounds finally healed. As an everlasting reminder of his ordeal, Jeremy was left with two bullet-sized scars on the back of his leg.

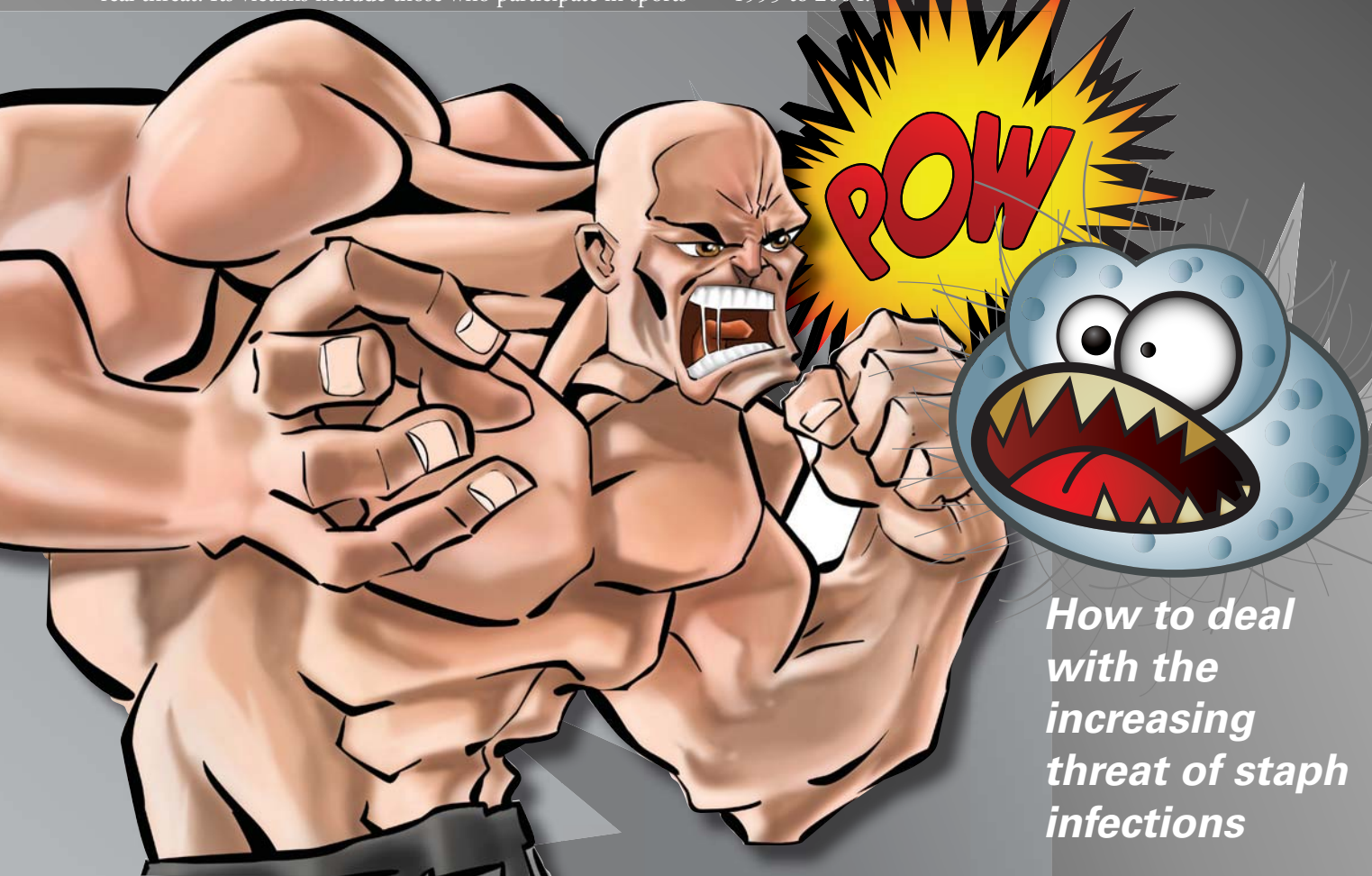
Although Jeremy’s case may sound like an implausible plotline for a disease-of-the-week TV drama, MRSA is a very real threat. Its victims include those who participate in sports

and physical education programs, and the problem is getting worse. Why? Because traditional forms of dealing with this form of “staph infection” are not just inadequate: They don’t work.

## A Brief History of Staph

Up until the last decade, staph infections were mainly confined to the cramped quarters and shared facilities of such institutions as prisons and hospitals. And although antiseptics and antibiotics are heavily used in hospitals, staph can get out of hand; and it’s not surprising to learn that hospitals harbor the more stubborn forms of staph, such as MRSA.

In the past, staph infections were relatively rare, easily treated with antibiotics, and often resulted only in mild skin problems such as pimples or boils. But the bacteria have evolved. Today, 60 percent of all skin and soft-tissue infections treated in emergency rooms are caused by staph; and the percentage of MRSA cases increased 22 percent from 1995 to 2004.



*How to deal with the increasing threat of staph infections*



Figure 1. Staph infections, such as the one shown here, are an increasing health threat in physical education because these bacteria are becoming increasingly resistance to antibiotics.

Currently, the CDC estimates that the number of people now being hospitalized with MRSA each year has risen to 130,000! But the problem may be worse than these statistics indicate, as a study published in the June 2007 issue of the *Archives of Internal Medicine* stated that the prevalence of MRSA is as much as 11 times greater than previous estimates have suggested.

Staph can be contracted from sharing personal items, such as razors and towels, and can enter the bloodstream and infect such areas as the lungs, bones, joints, heart, blood and central nervous system. Staph also has been linked to pneumonia and the rarer but potentially fatal condition called toxic shock syndrome (Figure 1).

Information on different cases of MRSA is limited because the federal government and most states don't require doctors to report it. But some of the reports coming in are shocking. In 2004 there were reports of 81 cases of MRSA infections in football teams in Denton County and Pasadena in South Texas. However, the problem is attracting considerable media attention because many professional athletes have been contracting MRSA. For example, in a two-year period the Washington Redskins reported five cases; and Sammy Sosa of the Baltimore Orioles missed 16 games in 2005 due to MRSA.

As the numbers of infections rise, health officials are becoming more

aware of the problem of MRSA as it relates to the athletic community. "The magnitude of this problem is on the mind of every athlete physician and trainer in the nation," says Dr. Rod Walters, a former sports medicine doctor at the University of South Carolina who conducts MRSA education classes across the nation. "MRSA is a major problem that needs the cooperation, awareness and involvement of the entire athletic community."

Unfortunately, much of the health community remains ignorant of the threat of MRSA. Public-health officials have warned for years that the overuse of antibiotics can lead to drug-resistant bacteria, and it is costly and time-consuming to develop new drugs to treat staph. Also, testing for MRSA may not be covered by health insurance providers, so many doctors and hospital workers don't routinely administer it.

### Fighting the Good Fight Against MRSA

Knowledge is key in prevention. The Center for Disease Control (CDC) offers the following tips for microbial safety:

- Keep your hands clean by washing them thoroughly with soap and water
- Keep cuts and scrapes clean and covered with a bandage until healed
- Avoid contact with other people's wounds or bandages
- Avoid sharing personal items such as towels or razors
- Regularly clean surfaces of gym equipment with disinfectant before and after use

Though these steps are helpful, some experts believe that simply cleaning surfaces may be ineffective, as the bacteria can be transferred within minutes to the same surface. There is, however, advanced technology available to help reduce and control the spread of

staph, MRSA and other bacteria in the sports arena.

To deal with their MRSA problem, the Redskins and other sports teams have enlisted the help of SportCoatings™ in Rochester Hills, Michigan. This company has developed a system to inhibit and defend against microbial contamination on all sport surfaces (Figure 2).

With MRSA becoming more prevalent in athletics and the community as a whole, experts agree that this health epidemic is not one to be taken lightly. "An ounce of prevention is worth a pound of cure" is just as true today as it was in Ben Franklin's time. Awareness is more vital now than ever before. MRSA may be resistant to many drugs, but it is not resistant to prevention. **EF**

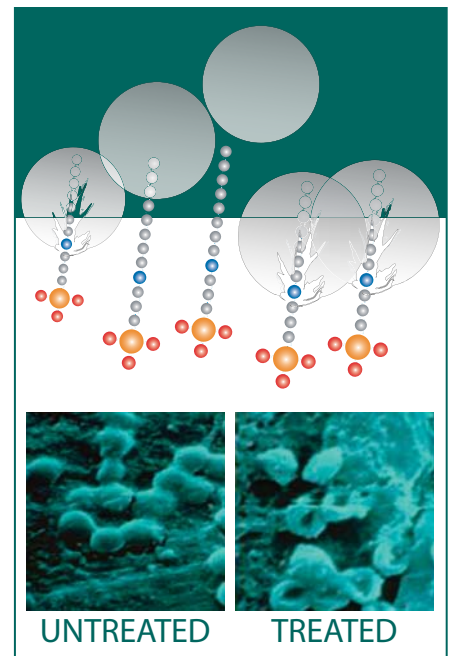


Figure 2. On a microscopic level, the treatment developed by SportCoatings™ bonds to the surface and creates a matrix of positively charged sword-shaped molecules. Upon direct contact, the membrane of the microbe is physically ruptured by a stabbing and electrocution action. Since the treatment is not consumed or dissipated, it remains active 24/7.

# Create personalized, sport-specific workouts using the most successful Set-Rep Computer Software Program ever created.

## Beat the Computer Pro<sup>®</sup>



### Here's how it works



Athletes fill out a form listing current core & auxiliary lifts.



Enter the lifts into the computer, which calculates the precise weights for each set and creates individual, sport-specific workouts.



At the beginning of each week simply print out the athlete's BFS Set-Rep Program weekly workout schedule.

### Here's what you get

10/17/2005 1:58 AM

Beat the Computer Pre-Workout Test Sheet  
East Side High School  
Bigger Faster Stronger

Name: \_\_\_\_\_ ID Number: \_\_\_\_\_ Sex: \_\_\_\_\_  
Address: \_\_\_\_\_ Weight: \_\_\_\_\_ Height: \_\_\_\_\_  
Phone: \_\_\_\_\_ Grade/Period: \_\_\_\_\_  
City, St, Zip: \_\_\_\_\_  
Weekly Workout Schedule: \_\_\_\_\_ Sport: \_\_\_\_\_ Position: \_\_\_\_\_  
Number of Workout Days per Week: \_\_\_\_\_ Sport: \_\_\_\_\_ Position: \_\_\_\_\_  
Sheet (3 sets) or Long (5 sets) Workout: \_\_\_\_\_ Sport: \_\_\_\_\_ Position: \_\_\_\_\_  
Number of Weeks in Program: \_\_\_\_\_ Parent's Name: \_\_\_\_\_  
Date to Begin Program: \_\_\_\_\_

Core Lifts  
Select a weight for each core lift that is challenging enough to get between 1 and 10 reps on the Bench and Squat exercises, and between 1 and 8 reps on the Free Bar Dead Lift and Power Clean.

Core Lift	# of Reps	Weight Lifted	Date
Parallel Squat			
Bench Press			
Free Bar Dead Lift			
Power Clean			
Box Squat			
Box Press			
Power Clean			
Free Bar Dead Lift			
Box Squat			
Box Press			

Speed and Flexibility  
Enter Your Scores in the following events:

Event	Score	Date
20 Yard Dash		
40 Yard Dash		
Dot Drill		
Vertical Jump		
Long Jump		
5ft and Reach		



2 Enter athlete's lifts into the computer

October 16, 2005 1:00PM

East Side High School  
Weekly Workout Schedule for the week of October 17, 2005  
Bigger Faster Stronger

Athlete Information  
Deans, Carver  
3875 W. Mercer Way  
Mercer Island, WA 98040  
Week # 5 of a 16 week workout.

ID Number: 2  
Grade/Period: 9 1  
Sport / Positions: FOOTBALL CB WR  
Workout Schedule: FB-O

Notes on the Workout  
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows on that set.  
Beat the Computer!

For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight lift.

Day Number: 1  
Did you BEAT THE COMPUTER on your last set?  Yes  No

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Set 3	new weights
Box Squat	3x 215	3x 225	3x 235	Glute Ham	10x 45	10x 45	10x 45	
Towel Bench	3x 160	3x 165	3x 175	Neck Exercise	10x 45	10x 45	10x 45	
				Straight Leg Dead Lift	10x 45	10x 45	10x 45	

Day Number: 2  
Did you BEAT THE COMPUTER on your last set?  Yes  No

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Set 3	new weights
Power Clean	3x 190	3x 195	3x 195	Lunges	10x 100	10x 100	10x 100	
Free Bar Dead Lift	3x 170	3x 175	3x 185	Incline Press	10x 65	10x 65	10x 65	
				Neck Exercise	10x 65	10x 65	10x 65	
				Power Snatch				

Day Number: 3  
Did you BEAT THE COMPUTER on your last set?  Yes  No

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Set 3	new weights
Parallel Squat	3x 190	3x 200	3x 210	Glute Ham	10x 110	10x 110	10x 110	
Bench Press	3x 140	3x 145	3x 155	Straight Leg Dead Lift	10x 65	10x 65	10x 65	
				Power Snatch				

### Print Test Sheets

Forms for weights and field testing

October 17, 2005 1:36PM

East Side High School  
Individual Ironman, Power, and Overall Rankings  
Bigger Faster Stronger

Athlete Information  
Deans, Carver  
ID Number: 2  
Grade/Period: 9 1  
Weekly Workout Schedule: FB-O

Height: 6 Ft 1 In  
Weight: 180 Lbs  
Sport: FOOTBALL CB WR

Notes: For all Lifts and Speed & Agility Events, higher Point Values are better.

Core Lift	1 Rep	Point Value	Ironman Ranking	Rank within Grade	School
Squat	225 lbs	2	Good	4th	4th
Bench	165 lbs	2	Good	3rd	3rd
Dead Lift	200 lbs	1	Beginning	6th	4th
Clean	125 lbs	1	Beginning	4th	4th
Point Total		6			
Overall Ironman Ranking:			Beginning		

Event	Most Recent Score	Point Value	Power Ranking	Rank within Grade	School
20 Yard Dash	2.80 sec	12	Great	3rd	3rd
40 yard Dash	4.90 sec	12	Great	3rd	3rd
Dot Drill	72 sec	7	Beginning	7th	7th
Vertical Jump	18"	5	Good	5th	5th
Long Jump	4' 7"	0	Beginning	9th	9th
5ft and Reach	2"			9th	9th
Point Total		34			
Overall Power Ranking:			4,440		

Remember it is not where you start, it is where you finish.  
Be totally committed to breaking your personal records each day, and you will learn the true path to success, happiness, and achieving your goals.

Recommendation # 1  
Flexibility is key to improving speed. Stretch with intensity every day with the BFS 1-2-3-4 Flexibility program.

Recommendation # 2  
The key to maximum power is the Parallel Squat, Power Squat, and Plyometrics. You need to really emphasize this part of your total program.

Recommendation # 3  
You need to do the BFS Dot Drill every day. Get Good!

**ADDITIONAL REPORTS:**  
**Ironman & Power Rankings**  
Compare to national standards

**Generate Individual Workouts**  
Computer-aided workouts for maximum results

www.bfsonline.com

## Top 10

October 17, 2005 1:36PM

East Side High School  
Top 10 scores among Current Athletes in the

Parallel Squat

1st	John Titus	5/24/2004	9th	315 lbs
2nd	Jason Merrill	7/12/2004	9th	255 lbs
3rd	Andy Selcho	7/11/2004	9th	245 lbs
4th	Carver Deans	7/11/2004	9th	225 lbs
5th	Amy Coulam	7/12/2004	9th	205 lbs
6th	Kelly Vinyli	7/12/2004	9th	160 lbs
7th	Jason Castleton	7/12/2004	9th	155 lbs
8th	Carolyn Robertson	7/12/2004	9th	145 lbs
9th	Colina Tamayo	7/12/2004	9th	135 lbs
10th	Sara Clarke	7/12/2004	9th	125 lbs

BFS Beat the Computer

**ADDITIONAL REPORTS:**  
**Produce Top 10 Lists**  
Challenge your athletes to improve

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Each program is customized with the school name and CANNOT BE RETURNED. Please get the demo version if you are unsure of your purchase. Demos are available via download from biggerfasterstronger.com or call BFS. System Requirements: Pentium 133 or better, 8 megs of RAM, Windows 95/98, ME or XP, 10 megs of disk space, CD-Rom drive.

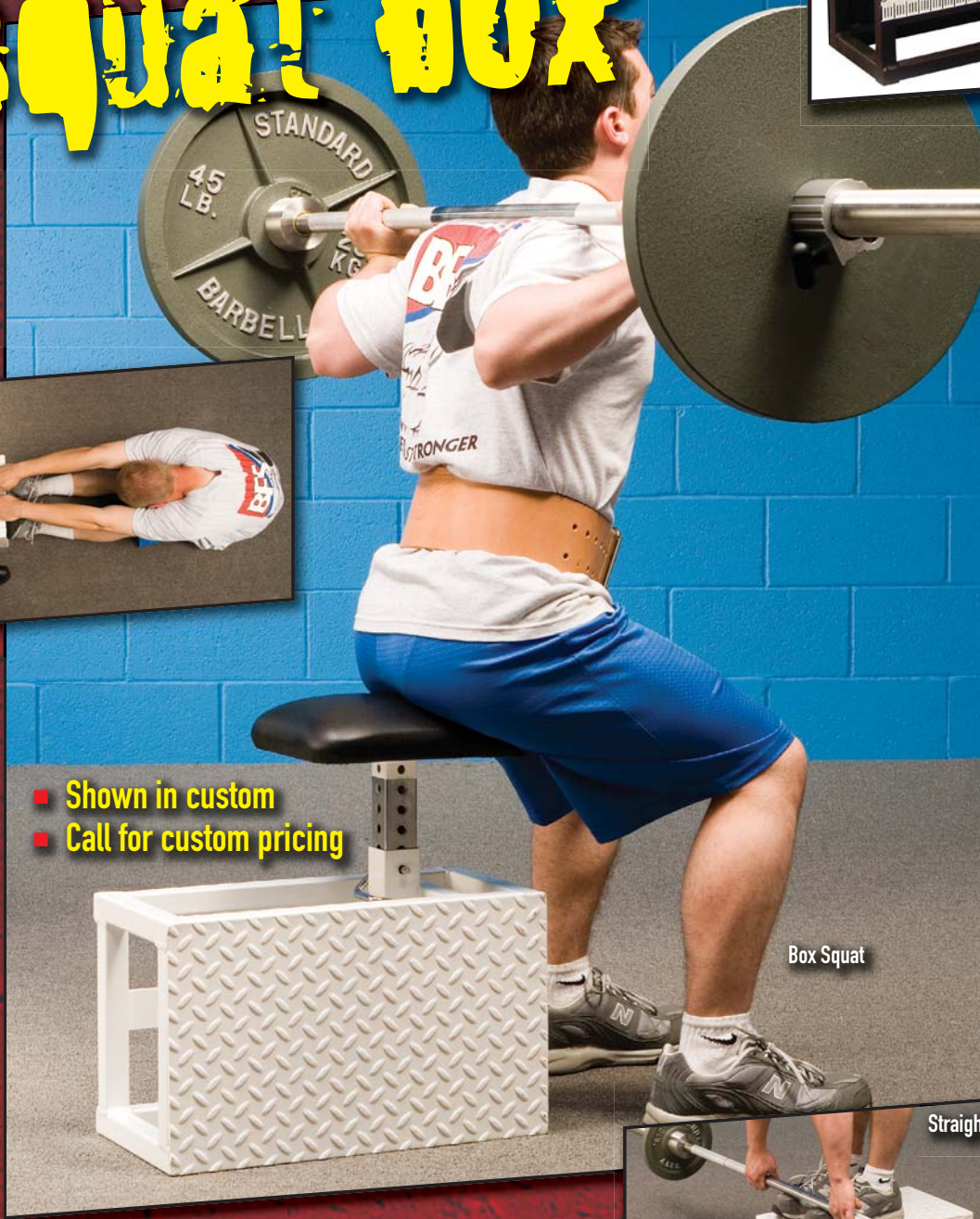


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