

Photo: UNC Athletic Communications



## BFS Success Story: Tyler Hansbrough

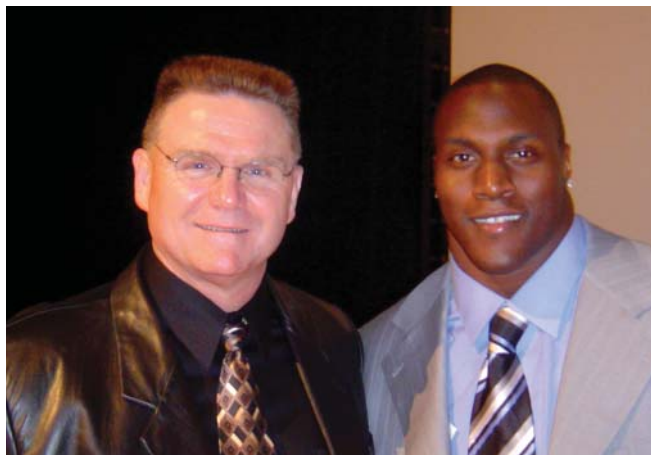
One of the most exciting basketball players in college is University of North Carolina's Tyler Hansbrough (pronounced *hands-bro*). Only a junior, Hansbrough has made the covers of the major sports magazines and is one of the most decorated athletes in the ACC. His awards include the John R. Wooden Award as the top basketball player in the nation and the Associated Press College Basketball Player of the Year Award. Hansbrough led the Atlantic Coast Conference in scoring, with 22.8, and in rebounding, with 10.3; the Tar Heels finished the regular season 36-2,

won all three games in the ACC Tournament, and won four games in the NCAA Tournament to make it to the Final Four. But what really has caught our interest is his BFS connection.

Hansbrough was a student at Poplar Bluff High School in Poplar Bluff, Missouri, and helped lead his team to back-to-back state championships. Says BFS clinician Jim Brown, who trained Hansbrough, "Tyler is the same today as he was in high school. He just shows up and does his job with no complaints. His work habits have always been 24/7."

# DOUBLE TAKES

## Takeo Spikes and Rick Tomberlin Reunite



Valdosta High School was featured in our March/April 2008 issue, and recently the team had their annual football awards banquet where Takeo Spikes was the keynote speaker. Spikes played for the Cincinnati Bengals, the Buffalo Bills and the Philadelphia Eagles, and in 2002 and 2003 was a Pro Bowl selection. Spikes is shown here (right) with BFS clinician and Valdosta head football coach Rick Tomberlin. Tomberlin coached Spikes when Tomberlin was the head football coach at Washington County High School in Washington County, Georgia.

## The Strongest Man in the World?

In the Iron Game, there is always the debate as to who is stronger: Olympic lifters, powerlifters or strongman competitors. One man who might be able to settle the argument is Mikhail Koklyaev, 6'4" and 298 pounds, from Russia. In the sport of weightlifting, which is traditionally awarded the title of Strongest Man in the World, Koklyaev has snatched 462 pounds and clean-and-jerked 550 pounds in competition. In an exhibition at the Arnold Classic in 2007, he deadlifted 880 pounds and front squatted 573 for three reps (with a claimed one-rep max of 705). He has also performed well in strongman competition, placing third this year in the highly competitive Arnold Strongman Classic. Truly, a triple threat!

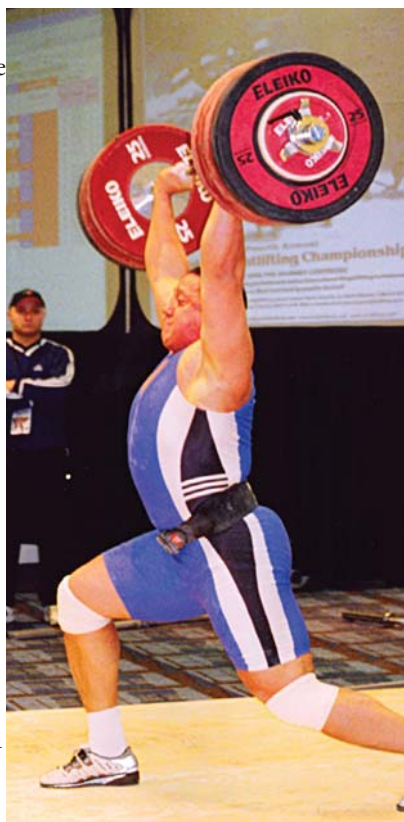


Photo: Denis Reno



Photo: Michael Preston

## Scurran Leads Team USA against Japan

Team USA, led by BFS clinician Jeff Scurran, fell short 24-14 in the GE Global Challenge Bowl, held March 22 in Kawasaki, Japan. "We gave ourselves a mountain to climb and never fully recovered, but I am proud of the way we showed spirit and came back in the second half," said Scurran. "This whole week has been an enjoyable and memorable experience and everyone conducted themselves with dignity and can leave here with their heads held high." Team USA consisted of 40 players selected from 12 states and 27 high schools. The event attracted 5,000 fans.

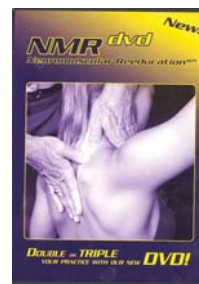
## Letter to the Editor

We recently got a nice letter and some photos from Mark Garrett, who enjoyed the article on high pulls (March/April 2008) and wrote, "I've been saying that we Americans overemphasize the UPs (pull) of the sport and underemphasize the DOWNs (pull under)." Garrett certainly knows what he is talking about, as his athletes won the WerkSan High School Weightlifting Championships last year and two of his athletes competed in the Junior National Weightlifting Championships this year. Shown is Garrett with his team trophy from the High School Championships, and competition photos of Deborah Fryer and Travis Pennington. Fryer is a three-time conference and county champion in the 400 meters, a cheerleader and class valedictorian with a 4.0 GPA; and she was selected by IHSAA to be a poster girl for their anti-tobacco program. Pennington started as a freshman as a tailback and fell just short of the school rushing record as a sophomore; he also runs the 100 in track.



## A New Look at Soft Tissue

Neuromuscular Reeducation<sup>SM</sup> is a hand-on soft tissue treatment that is amazingly effective for resolving many forms of acute and chronic injuries. While there are other methods of soft tissue treatment that are difficult to learn and extremely expensive, NMR is surprisingly easy to learn – in fact, the basics can be learned in a single weekend seminar. Dr. Peter Levy is a chiropractor in Santa Barbara who has been developing educational materials and conducting training seminars on neuromuscular reeducation. He has a DVD and manual on the treatment, and gives seminars all over the world. To order his educational products or to learn more about his hands-on seminars, check out Dr. Levy's website: [www.nmrseminars.com](http://www.nmrseminars.com).



## PRODUCT SPOTLIGHT

### Super Sit-ups!

Bruce Klemens has provided *BFS* with many great weightlifting photos over the years. Recently he sent us a photo of his son, Dan, working his abs in Bruce's home gym. Now most mortals can work their abs hard enough using the sit-up ladders *BFS* sells, and holding weights across your chest if necessary. But Dan takes his ab training to the extreme by draping his sit-up board over a barbell positioned in his power rack.



Of course we can't recommend doing this exercise for safety and liability reasons, as ladders are not designed for this purpose (and we have no idea how Dan climbed up there to perform this exercise), but nevertheless we were impressed!



# PLAYER PROFILES

## Sara Sommerfield

Sara Sommerfield is a senior at Montague High School in Montague, Michigan. She is a team captain for the volleyball and track teams and has a 3.4 GPA. Sommerfield holds the school record for the indoor shot put, 35'7", and was conference and regional champion in the shot put and discus. She has some very impressive lifts in the weightroom, as follows: bench press, 135; power clean, 145; parallel squat, 290; deadlift, 305; and box squat, 335. She has also completed the BFS Dot Drill in 54.12 seconds. "Sara Sommerfield is the perfect example of what a student athlete should be and has singlehandedly recruited other females to take our strength and conditioning class. Sara was a key member of our school's track team, which won its first conference title since 1973. Sara does excellent work in the classroom as well as the athletic field," says Jay Mulder, a fitness and wellness instructor at Montague High.



## Logan Aronhalt

Logan Aronhalt is a senior at Zanesville High School in Zanesville, Ohio, and has been doing the BFS program since the 6th grade. Here is what the school's certified athletic trainer, Doug Smith, had to say about him: "Logan is our school's all-time leading scorer in basketball and has helped turn around our program. With his help we have been district champions three years running and regional runners-up two years." Logan has power cleaned 215, bench pressed 250, squatted 375 and deadlifted 450. He has a 4.279 GPA, is ranked 4th in his class, and will be attending the University at Albany.



## Carson Knowlton

Carson Knowlton is a 6'1", 210-pound senior at West Memphis High School in West Memphis, Arkansas. Playing defensive end, last year he had 79 tackles, 19 tackles for loss, 12 sacks, 25 QB pressures, 1 blocked kick, 4 caused fumbles, 2 fumble recoveries and 1 interception. His best lifts include a power clean of 300 pounds, a parallel squat of 440 and a bench press of 300. He can also vertical jump 30 inches, has a standing long jump of 9'9", and runs the 40 in 4.5. Knowlton was also a letterman in basketball and track and maintains a 3.3 GPA.

Here is what the defensive line coach, Bobby Carter, says about him. "Carson is everything you could ask for in an athlete and young adult. He is a great role model for the future kids of our program and community. He dedicated his Saturday mornings this past fall to refereeing YMCA soccer games; no matter if it was an in-town or an out-of-town game that sometimes brought us home well after midnight, he was there. There are boys in town from elementary age to junior high that dream of being as great as Carson. They show him this by wearing a blue jersey with his number 22 and a devil's head printed on it. There are moms that say if their kids turn out half as good as him they would be thrilled. Carson has become somewhat of a hometown celebrity, but this is not only because of his tremendous effort on the field, but because he is an all-around great kid."



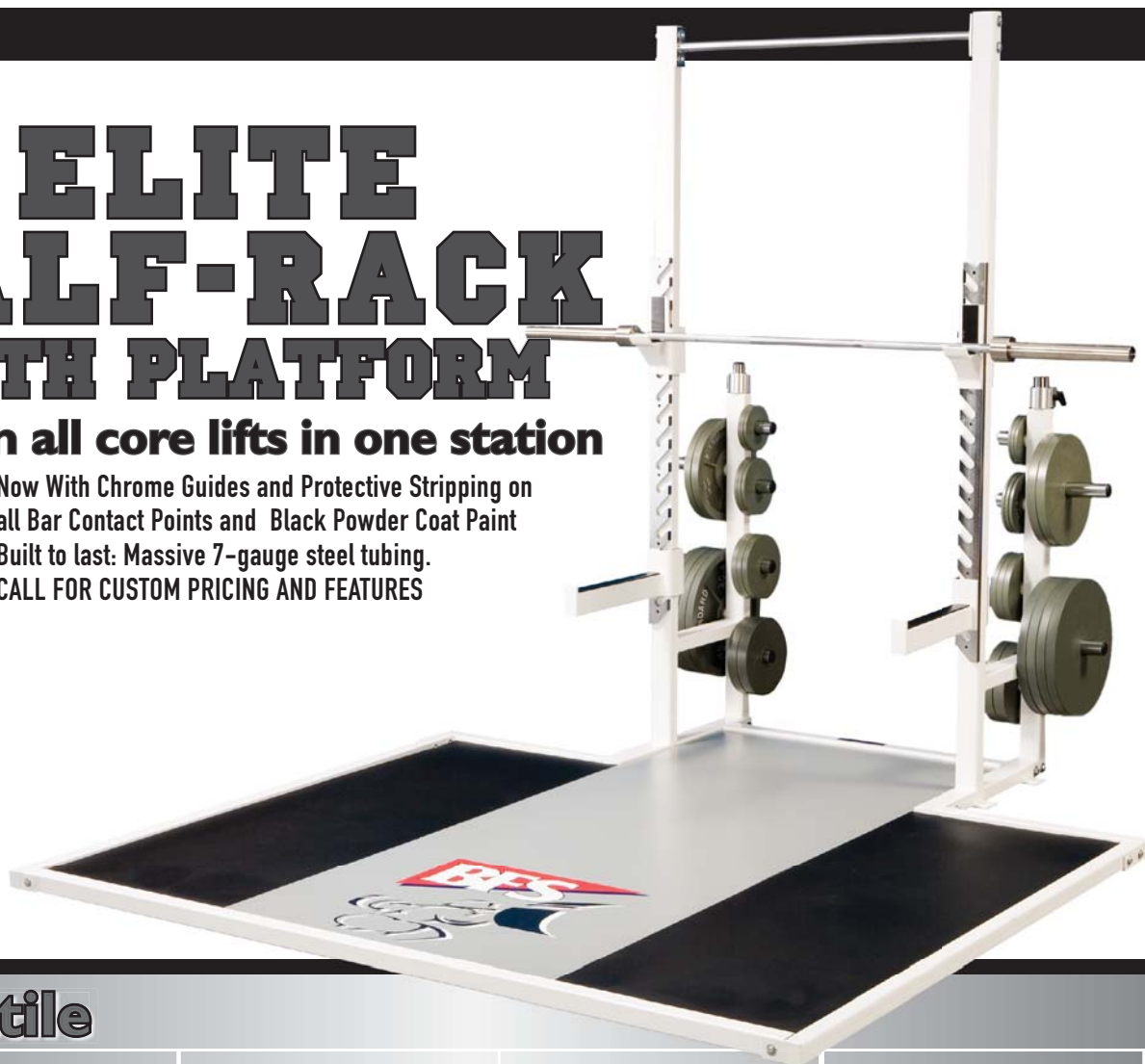
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