

Meet the Clinician: Lance Neven

A look at one of our veteran clinicians



BFS clinician Lance Neven with his son Tucker, who is getting a head start on his athletic career with BFS.

In his bestselling book *Outliers*, Malcolm Gladwell discusses the concept of the “10,000-hour rule,” which states that it takes 10,000 hours of work to become an expert in virtually anything. If this rule applies to being a successful coach and BFS clinician, then BFS clinician Lance Neven has fulfilled this requirement.

When he was 22 years old, Neven was the youngest head football coach in Alabama. He was on the Auburn High School strength and conditioning staff in 1988-89, and the following year he was a strength coach at UMS-Wright.

When you do the math, you’ll find that Neven has easily devoted more than 10,000 hours to his passion of sharing his coaching expertise with young athletes.

Neven was introduced to BFS at the time of his first coaching job, when he was given a copy of the BFS total program book by the head coach. “I read it that weekend and came back on Monday and said, “This is the best program I’ve ever seen, and we need to get on it right now!” The result was that first year his team went to the state playoffs.

Some years later, when Neven got his first head coaching job, he immediately installed the BFS program. The year before, the team had been 2-8, but after BFS his team was 8-2 and went to the state playoffs. “I attribute my success to the BFS program, as I was never much of an X and O type of coach – I ran a very basic type of offense and a very basic type of defense. We just man-handled people through the conditioning of BFS.”

One story Neven likes to tell at clinics is about when he was in the semifinals of the state championship where the team they were playing against had beaten them 10-0 in the regular season. “At halftime in the semifinals they had us 10-0. I talked to the players about how they were consistently able to break records in the weight-room and that this was our chance to prove that we were stronger than the other team by not throwing the ball at all during the second half. We came back and ended up beating them 21-10. And I gave all the accolades to the BFS program, because of its emphasis on breaking records.”

Neven is 100 percent with BFS, as a full-time clinician and as Southeast Director of Sales. Currently Neven is focusing on introducing the BFS program to younger athletes. “I want to develop standards for the youth and to continue to promote the great things that BFS has to offer.” **BFS**

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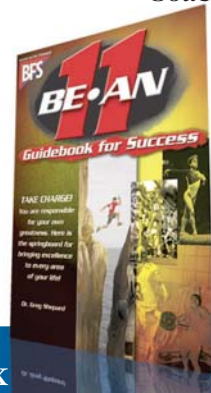
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