

The BFS Booth



Below, far left: (L-R) BFS president Bob Rowbotham, Pro Elite president Eric Snowden, Luigi Tani and Sandro Ciccarelli. Sandro translates and publishes many BFS publications in Italy.

Below, left center: BFS clinician Jeff Scurran talks to a group of coaches at the BFS booth.

Below, right center: Lifting Chains were a popular item at the BFS booth.

Below, far right: These bodybuilders answered the question, "Where's the beef in Germany?"



This April BFS president Bob Rowbotham and BFS clinician Jeff Scurran attended the weeklong FIBO Trade Show in Essen, Germany, where the BFS booth showcased BFS equipment and athletic programs. Approximately 500 companies from 35 countries were represented, and the event attracted more than 50,000 visitors. In addition to proudly displaying our

quality exercise equipment, Rowbotham observed that due to the focus on bodybuilding in Germany, sport coaches there are especially interested in the BFS approach to training athletes. "In my early years as a coach I learned much about how to train athletes from reading strength and conditioning publications from Europe; my perception now is that the US is taking the lead in basic athletic

training. In fact, in Essen many coaches who came to our booth were unfamiliar with the glute-ham developer, which was surprising because this training unit has its origins in Europe. But the bottom line is that we had a great time exchanging training techniques in Germany, and we're looking forward to getting the word out to the rest of the world about the benefits of BFS."

Putting the Student Back in Student-Athlete

On May 26, Team BFS member Maegan Snodgrass visited the girls advanced weight training class at Hunter High School in Salt Lake City to give

a presentation on what it takes to earn, and keep, a college scholarship. A scholarship athlete at Utah State and an inspirational speaker, Maegan captured the attention of the class with her message that with student-athletes, *student* comes first, because grades influence the recruiting decisions of college sports programs. After the presentation Maegan visited with the girls during their workout to encourage them and answer their personal questions, and watched junior Clotile Harris set a school record in the full squat (below parallel) with 315 pounds and several athletes make personal records in the power clean.



Shenay Aguilar, Maegan and Keisha Rogerson



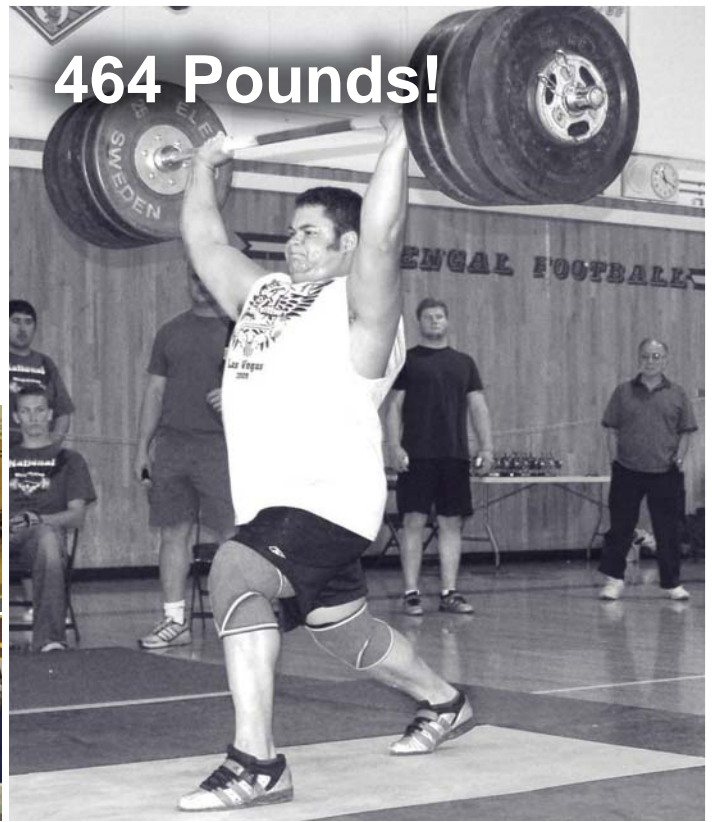
Melissa Manwill with Maegan



Clotile Harris

Power Clean Champ Has Eyes on Olympic Games

Pat Mendes, last year's heavyweight winner of the National High School Power Clean Championships, has shocked the weightlifting community with his rapid progress. Last year he power cleaned 350 pounds to win the championships, and this year he did an exhibition at the competition in which he cleaned 464 pounds and just missed the jerk. About an hour later, lifting in a back room on a tile floor, Mendes snatched 374 pounds and just missed 386 pounds. This year Mendes, who is still a teenager, expects to clean and jerk 500 pounds and is focused on winning the gold medal in the 2012 Olympic Games. His story has attracted the attention of the national media, and he will be featured in an upcoming issue of *Planet Muscle* magazine.

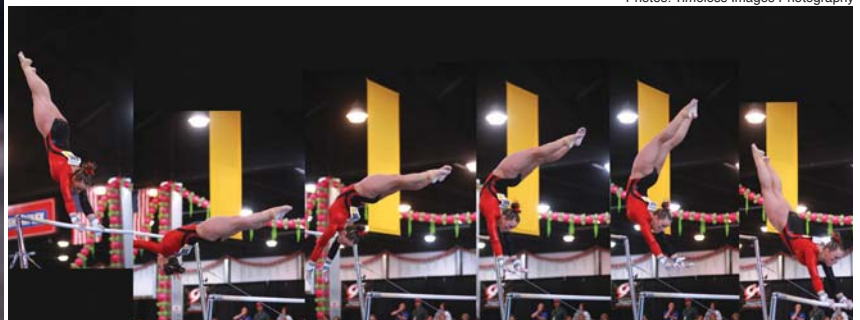


DOUBLE TAKES

Team BFS Gymnast Goes to Nationals

Chloe Van Tussenbroek, a level 10 gymnast who represents the Olympus School of Gymnastics in Sandy, Utah, placed sixth in her regional competition to qualify for the Junior National Championships. As a result, she has been entertaining many scholarship offers from Division 1 schools. Van Tussenbroek is also an accomplished weightlifter, representing Team BFS last year in the School Age National Championships, and has modeled for many training articles in *BFS* magazine. Van Tussenbroek appeared on the cover of our September/October special women's edition last year.

Photos: Timeless Images Photography



PLAYER PROFILES



Photo: Dave Argyle

Melissa Manwill

Melissa Manwill is a senior at Hunter High School in Salt Lake City, Utah, who has accepted a scholarship at BYU for their illustration program and will be a walk-on on the school's track team. She has a 3.9969 GPA. In athletics, this year she was the state champion in the 300-meter hurdles and broke the 5A state record with a time of 43.47 seconds, breaking the previous record that held for five years. Says Manwill, "I've always loved to run and jump. When I was little, I used to line up big water barrels and jump over them for fun, kind of like hurdling. So it's no wonder that I took to hurdles so quickly. I started hurdling in my junior year, and I taught myself to three-step over the hurdles on our school's indoor track." In the weightroom, she has power cleaned bodyweight, squatted 200 pounds and vertical jumped 23 inches.

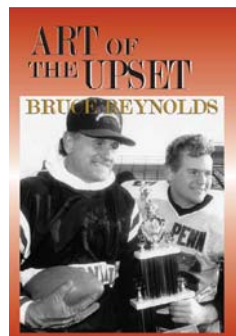


Coming Next Issue

Our September/October issue is our annual special women's addition. If you have any great stories you'd like to share with BFS readers, please contact BFS editor in chief Kim Goss at kim@bfsmail.com.

Art of the Upset Inspires Greatness

Bruce Reynolds knows how to win, and win big. He was a high school head football coach for 27 years and is a member of Delaware's Hall of Fame with 218 wins and seven state championships. He has written a compilation of his experiences in his new book, *Art of the Upset* (Advocate House, 2009; contact www.coachbruce-reynolds.com to order). Although the theme of this book is about how underdogs can pull off the big win, Reynolds emphasizes that "the prin-



ciples of the upset can be applied to any profession and walk of life." We were especially excited to find that there are several references to the BFS program in Reynolds' book. So if you're looking for an inspirational read that will give you, as Reynolds

says, "a blueprint for success," then check out *Art of the Upset*.

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