



Meet the Clinician: *Paula Davis*

A look at a great role model for young athletes

At BFS we're proud of our clinicians. All of them have considerable coaching experience and great personal stories that we believe will inspire young athletes. Case in point: Coach Paula Davis.

Davis joined the BFS team last year. Her father, Paul, was in the military, and Davis was born in Frankfurt, Germany. She came into this world with the tremendous challenge of being born with cerebral palsy, which delayed her from walking until the age of two. When she was in the sixth grade, her father retired in Laquey, Missouri. Davis graduated in 1980 with honors from Laquey High School, a 2A school where for all four years she played varsity basketball, volleyball and softball and was a cheerleader. In her senior year Davis was ranked seventh in the state for rebounding and fourth in

scoring in basketball.

After high school she attended Southwest Baptist University in Bolivar, Missouri. She received a degree in physical education, a minor in science, and played basketball two years until she had to undergo ACL reconstruction. After the surgery she played tennis for two years and softball for one. In 1984 she started teaching and coaching at Laquey High School, and then she moved to Waynesville in 1987 to coach at Waynesville High School. She has coached track, basketball, volleyball and tennis.

Paula and Jeff Davis have three daughters: Dani, 7; Magi, 13; and Niki, 15. Magi is in eighth grade and participates in volleyball, basketball and track. Niki is in ninth grade and also plays volleyball, basketball and track. Coach Davis

says that Dani is getting a head start on her athletic career by doing the BFS plyo boxes (she can do the 20-inch boxes), and her favorite exercise is the glute-ham raise.

Asked why she is thrilled to join the BFS team, Davis replied, "Why am I excited about BFS? How can you not be? After you have met the people involved and experience their passion for what they do, it is contagious. I was in a low point in my career, teaching Science, when I was introduced to the BFS system and the passion that went along with it and I was hooked. Then after implementing the BFS program at our school and seeing fast, dynamic results I can't imagine trying any other system."


A great athlete, teacher and mother, Paula Davis is a superb addition to the BFS team! 



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