



## Meet the Clinician: *Ray Cosenza*

A look at one of our veteran clinicians

Our clinicians are the heart and soul of BFS, and this issue highlights a clinician we are particularly proud of: Ray Cosenza.

His extensive educational background includes a BS in physical education and a master's in psychology. As for his athletic background, Cosenza played baseball for four years in the Netherlands after college. Coach Cosenza has been coaching since 1981 and has been a head football coach since 1984, with the past 20 years at Fitchburg High School in Fitchburg, Massachusetts. Since 2003 he has served as the director of athletics and physical education at Fitchburg.

Coach Cosenza became a BFS clinician in 2000, has hosted seven BFS clinics, has given BFS clinics in 24 states, and has spoken at mega clinics in Atlanta, Atlantic City, Baltimore, Boston, Minneapolis, Toledo and Springfield. He and his wife, Judith, have three children in college: Kimberly, 22, who plays field hockey and lacrosse at Worcester State College; David, 21, who plays football at Bryant University; and Jeffrey, 19, who plays tennis at Johnson & Wales.

Cosenza started doing the BFS program in 1991, and since then his

teams have played in 10 high school super bowl championships, winning three. "Having our first BFS clinic in 1991 was the single most productive activity I have ever taken part in. Our athletes have benefited from it; my own children have benefited from it."

Athletes coached by Cosenza have received scholarships to Boston College, Northeastern, Syracuse, University of Maine, University of Massachusetts and University of Rhode Island.

"Being involved in BFS has had a profound effect on my professional

and personal life, and I am extremely honored to be working as a BFS clinician," says Cosenza. "It has given me the opportunity to meet and work with some of the best coaches and athletes in the country. I have learned so much from Dr. Shepard and Bob Rowbotham, and I love sharing that knowledge with coaches and athletes around the country when I go out to do a clinic. I feel privileged to be part of such an outstanding organization. On a scale from 1 to 10, becoming involved with BFS has been an 11 experience for me." **BFS**

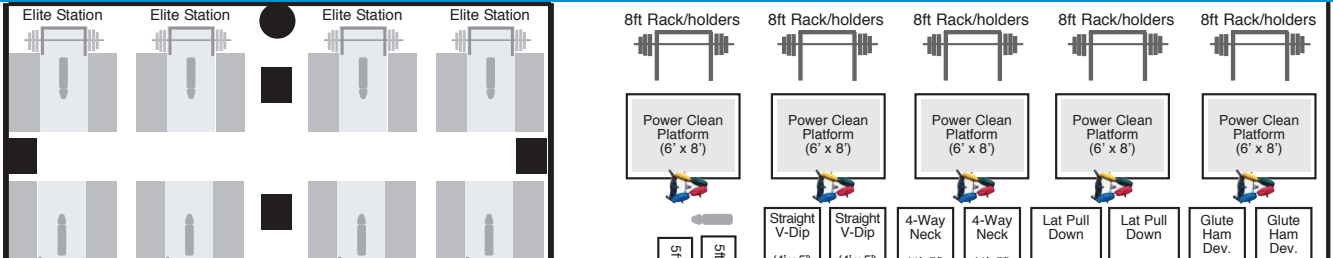


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**2** In addition to 2D illustrations, BFS can also provide you with 3D illustrations. These 3D renderings are drawn to scale to show you exactly how your weightroom can look, ensuring proper use of available space and the best design for safe traffic flow. Having a 3D illustration is also a great way to help generate funding for a new facility. (BFS must complete a 2D illustration of your facility prior to the 3D illustration)



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