



Evan Ayres with his wife, Danielle, and his two sons, Baylor, age 6, and Charlie, age 4.

## Meet the Clinician: *Evan Ayres*

The coaching life of one of our most experienced clinicians

Conducting a BFS clinic is an amazingly rewarding experience, one that motivates young athletes not just to train hard in the weightroom but also to set goals and learn the appropriate steps to achieve those goals. A clinic is a life-changing experience, which is why we want only the best coaches and physical educators to represent our organization as BFS clinicians. One such individual is Evan Ayres, a veteran of more than a hundred clinics.

Both of Ayres' parents were successful coaches and physical education teachers, and his introduction to BFS was in the eighth grade at Sehome High School in Bellingham, Washington. Good study habits and hard work on the field and in the weightroom during his high school years enabled Ayres to become a student-athlete at Central Washington University. There he excelled in football – becoming an honorable mention All-American – and also in track. “I have always had a passion for the weightroom, and that was the reason I got my degree in exercise science.”

In 1999 Ayres became the assistant strength coach for the University of Arizona, and four years later he became the offensive and defensive line coach for Shorecrest High School

in Shoreline, Washington. It was between these two coaching jobs that he decided to focus on BFS, and he became a BFS clinician in June of 2002. Says Ayres, “Even though I went to school to become a strength coach at the college or professional level, I feel BFS is much more rewarding.”

One example of his influence on young athletes is when he started working with the South Anchorage football team in South Anchorage, Alaska. The team brought out Ayres for a clinic after a disappointing two-win season. The following year they made it to the semifinals in state, so they brought out Ayres for another clinic to step up their program to the next level, and the result was that the following year the team went undefeated in winning the state championships!

Coach Ayres' dedication to BFS has led him to become our West Coast Director of Sales, and among his goals are to give a clinic for 1,000 athletes and coaches at once and to give a clinic in all 50 states. “I truly believe that I have the best job in the world. Being able to travel the country working with coaches and athletes to help them achieve their athletic goals gives me a sense of pride, as I know it does for all of our clinicians.” **BFS**



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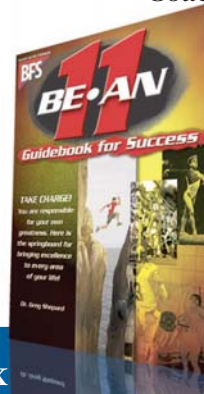


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