



Top left: Coach Chuck Hartman, Sibley East High School, MN. Top right: Coach Brad Dix, Sacred Heart High School, KS. Middle: Athletic Director Rob White and Coach Mike Glennie, Saline High School, MI. Bottom: The Sacred Heart Knights in quest of State Championship #40.



## On the Road Again: BFS Clinics Across America Tour

In June BFS clinician Roger Freeborn packed up his van and drove from his home in Oregon to Ohio on a trip that has come to be known as “The BFS Clinics Across America Tour.” Here is Roger’s trip report:

“Due to the success of *BFS* magazine and our catalog, the vast majority of schools know about BFS and have purchased equipment, but may not have sponsored a BFS clinic or seminar, which is especially difficult during these economic times and tightened budgets. I made the offer to stop and conduct a special “Intro to Be An 11,” a one-hour presentation that I developed, charging just \$5 per athlete.

“The program was such a success that I have continued to make the offer while traveling to conduct other certifications in other states, such as North Dakota. While traveling there to conduct an in-service in Killdeer, I was also able to present the Be An 11 presentation to Park High School, MN; New Salem, ND; Valley City, ND, and make a Be An 11 presentation to the entire athletic staff of the Minot, ND, schools.”



## BFS Weightlifting Summit

On September 28, USA Weightlifting CEO Rick Adams, BFS President Bob Rowbotham and *BFS* Editor in Chief Kim Goss had a teleconference to see how the two organizations could work together for their mutual benefit. The meeting went so well that Mr. Adams plans to visit BFS headquarters in Salt Lake City soon to discuss specific details on future projects.

Rick Adams, CEO of USA Weightlifting







## Remembering Nellie

BFS lost a dear friend on August 30 with the passing of John “Nellie” Nelson, a beloved assistant football coach for 20 years at Pacific Lutheran University in Tacoma, Washington. On Sunday, September 6, over 1,500 people whose lives were touched by Nellie attended a service to honor him. For their opening game, the football team placed a silhouette of Nellie on their helmets with a sticker that stated some of Nellie’s last words: “I am not afraid.”

Nellie was born with arthrogryposis, a disease that locked all his joints from the neck down, and doctors did not believe he would reach the age of 30 – but Nellie’s love of life enabled him to make it to 44. BFS Vice President John Rowbotham developed a close relationship with Nellie when Rowbotham played at PLU. Here are Rowbotham’s words from an earlier tribute to Nellie:

“The first time I heard Nellie tell about his life was after one of the games where he spoke to the football team. When I heard how tough his life had been and still is, I was just amazed at the man he has become. Nellie is a proud man, confident, hardworking and determined. I just couldn’t imagine going through the things he has and having the outlook on life that he has. At that point I really wanted to get to know him better and to draw on his strength. We developed a close friendship and a trusting relationship.

“Nellie helps people understand life. Too often, the things that should matter – taking care of others, integrity and love – get swept under the rug because we get involved in seemingly more important things such as money, winning and ever-changing priorities. Nellie brings us down to the essentials: being humble, seeing the importance of the little things. I am a better person because of Nellie. I find myself in my daily life saying, “Hey, Nellie got through that! I can sure as heck get through whatever obstacle I’m going through.”

“Nellie was the greatest of friends – and he will forever be remembered.”





## Teenage Powerhouse Hoists Massive Weights

In our July/August issue we talked about the accomplishments of America's strongest teenager, Pat Mendes. This issue we'd like to discuss the accomplishments of 16-year-old Peter Musa, a 16-year-old from Price Township, PA, who is pound-for-pound one of the strongest teenagers in the country. On June 26 Musa won his fifth School Age national championships in weightlifting, also taking home the best lifter award. Competing in the 152-pound (69 kilos) bodyweight class, Musa snatched 248 pounds and clean and jerked 314 pounds. Both lifts are national records.

Photo by Bruce Klemens



## PLAYER PROFILES

### Erick Kahl

**E**ric Kahl is a graduate from Spencer-Van Etten High School in Upstate New York and currently plays linebacker for Utica College in Utica, New York, where he carries a 3.54 GPA. In high school Eric bench pressed 235 pounds, squatted 400, power cleaned 205, and ran the forty in 5.0. His bests now are a 365 bench press, 500 squat, a 295 power clean and a 4.78 forty. Eric's high school football coach Ron Miller sent us this amazing letter about Eric to share

with *BFS* readers:

"In 9th grade Eric was 5'6" and weighed 104 pounds.

Normally this would not draw the attention of many high school football coaches.... Right away you could tell that he had a burning desire to excel in everything he pursued.... He started the BFS routine early in his freshman year, and he continued throughout his high school career. His sophomore season he was a member

of the varsity football team and earned a starting spot as an outside linebacker. His work ethic and hunger for success was unmatched.

"In his sophomore year at Utica, a linebacker missed a practice and the rest is history. Eric stepped into the position and led the team in tackles that game. Afterwards he started every game and finished the season second in tackles. In his junior year he led his team, as well as the Empire 8 Conference, in total tackles with 116. He was named 2nd team All Conference and finished 15th in the nation in Division III for total tackles. Currently he leads his team in tackles, had an interception for a touchdown and blocked a punt.

"Eric Kahl is an inspiration to everyone who knows him. He is totally committed to live his dream, and I'm proud to have been a part of his journey."

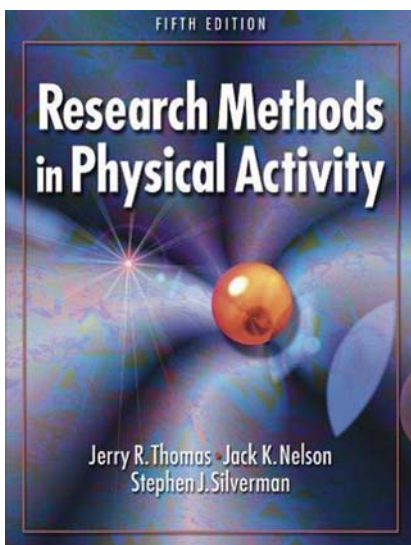


## PRODUCT SPOTLIGHT



### Plate Loaded Gripper

They say a chain is no stronger than its weakest link, and that being the case athletes should not neglect grip work. After all, what's the use of having great upper body strength if your forearms are not strong enough to enable you to apply it? And although squeezing tennis balls is certainly a practical way to train your grip, this type of training can only do so much, as the resistance is constant. For this reason, BFS developed the Plate Loaded Gripper (#400448). Built for Olympic-size plates, this heavy-duty yet portable unit allows you to precisely control the amount of resistance used. Designed to accommodate the range of motion of any size hands, the unit can be used with the hands supinated (palms down) or pronated (palms up), and performed with one or two hands at a time.



### The Mere Mortals Guide to Understanding Research

Reading a research paper can be intimidating, what with all the radar graphs, foot-long mathematical equations and bizarre expressions such as “statistical significance.” It’s almost as if the authors are daring you to understand what they are talking about. If you don’t have a Ph.D. in physical science and want to learn an easy way to read and understand research that applies to the field of coaching and physical education, then your bookshelf needs a copy of *Research Methods in Physical Activity* by J. Thomas, J. Nelson, and S. Silverman (published by Human Kinetics, [humankinetics.com](http://humankinetics.com)). Now in its fifth edition, this surprisingly readable textbook painlessly (and often with humor) guides the reader through the research process and shows how to interpret the results. Unquestionably, *Research Methods in Physical Activity* is a must-have book for anyone involved in physical and athletic fitness. BFS



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