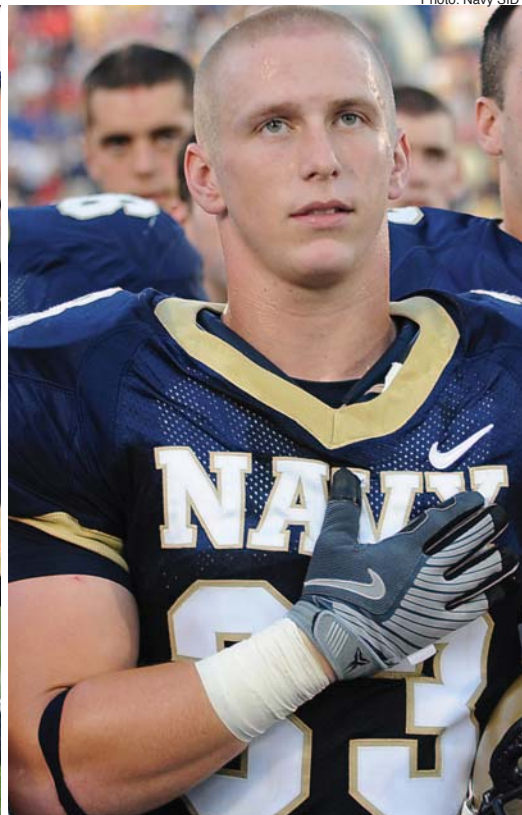


Photo: Navy SID



Bobby Doyle: Starting Strong

We recently heard that Bobby Doyle will be a starting slot back this year for the Naval Academy. Doyle, who appeared on the January/February 2008 cover of *BFS* magazine, got a great start in his early athletic career with BFS.

Doyle is the son of BFS clinician Bob Doyle, and in high school this future midshipman did a 300-pound power clean, a 455 parallel squat and 34.2 seconds in the dot drill. Great work!



Iron Women Who Pump Iron

BFS clinician Roger Freeborn recently sent us photos of triathletes Natalie Russell (left) and Jen Howland (right). Russell is the 2007 World Champion, and Howland is a six-time national champion. Both athletes are trained by Adam Zucco, Freeborn's son-in-law. Zucco is a certified BFS coach and uses BFS with the Multisport Madness Team located in Geneva, Illinois. This team has won the national championships six times. Coach Freeborn reports that these athletes testified that BFS training really helped them achieve such admirable results, especially in the swimming and cycling phases of this sport.

Team BFS to receive \$30,000 sponsorship

Steve and Diana Chaston are shown giving Team BFS weightlifting coach Kim Goss a \$30,000 sponsorship contract that will be used to help with travel expenses for athletes and develop a college scholarship program for promising weightlifters. This fundraising program was developed by BFS Founder/CEO Greg Shepard in cooperation with International Automated Systems, Inc. (IAUS). IAUS is a company that focuses on the research and development of high-technology products, most notably a revolutionary solar power energy system. The company was founded in 1987 and is based in Salem, Utah.



Step Up to Chin-ups

Our Canadian strength coaching colleague Mario Greco told us about an idea he had to improve chin-up performance using the BFS Adjustable Step.



Beginners, women and heavier athletes often have trouble performing a full repetition in the chin-up – the result is that these individuals often get frustrated and drop the exercise

from their programs. Greco had the idea to place the BFS Adjustable Step under a power rack, or as shown here, the BFS Functional Trainer, and adjust the platform to a range of motion that the athlete can perform. As the athlete becomes stronger, he or she can increase the range of motion until full-range exercises can be performed.

DOUBLE TAKES

Tim Adams

We recently learned that Tim Adams accepted the position as the strength coach for the Los Angeles Kings Hockey Club.



Adams was featured in our Fall 2003 issue when he was the head strength coach of the Oakland Raiders. Adams was on *BFS* editor in chief Kim Goss's weightlifting team when Goss was a strength coach for the Air Force Academy.



PLAYER PROFILES

Makayla Betz

Makayla Betz will be in the ninth grade this fall at Fort Herriman Middle School in Herriman, Utah. Betz took her first gymnastics class nine years ago and has been competing for the past seven. Betz was a level 4 state champion in 2003, a level 6 state champion in 2004, and she advanced to level 8 in 2005, when she qualified for the Regionals. She moved to level 9 in 2008, when she qualified for Western Nationals, and this year she finished in fifth place in the all-around. She has a 23.8-inch vertical jump without a step, and 24.6 inches with a step. Betz maintained a 4.0 GPA last year while taking advanced math and Spanish courses, has been accepted into the Junior National Honor Society and is active with the Humane Society of Utah. Betz represents the Olympus School of Gymnastics in Sandy, Utah.



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COMING NEXT ISSUE BFS School of the Year

The November/December issue of *BFS* magazine will announce our BFS High School of the Year. If you know of a school that is worthy of this prestigious award, please contact *BFS* editor in chief Kim Goss at kim@bfsmail.com.

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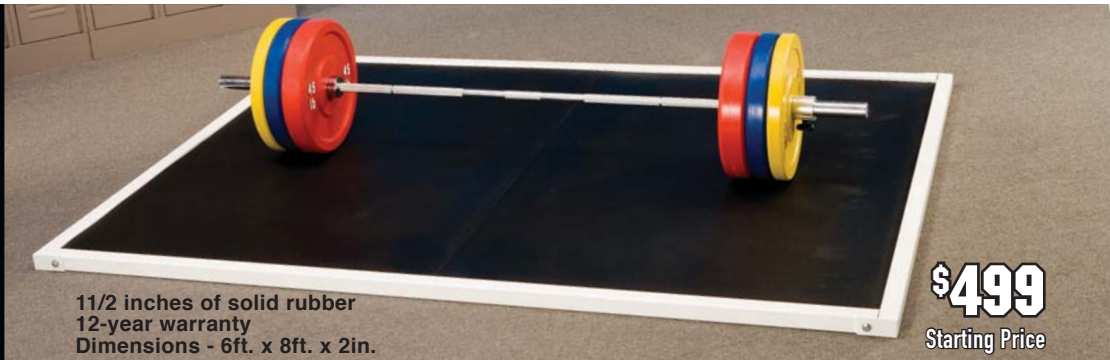
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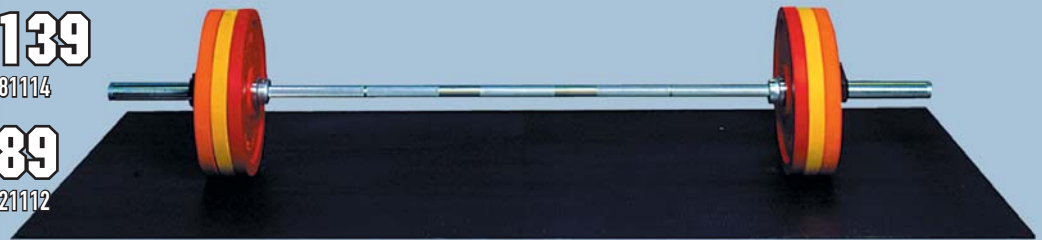
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CONFIRMED DATES

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▶ CA Monterey Park 2/28/2009

▶ OH Columbus 2/28/2009

▶ MN Ft. Branch 3/28/2009

▶ MA Fitchburg 5/02/2009

▶ GA St. Simons Island 7/13/2009

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