

From BFS to Superbowl!



The bad news is the Colts lost the Super Bowl. The good news is that one of our former BFS athletes, who made the cover of the Summer 2003 issue of *BFS* magazine, plays for the Colts!

Jamie Silva played running back and defensive back for East Providence High School in East Providence, Rhode Island. Silva was a senior captain and first-team all-state running back. He went on to play defensive back for Boston College and now is a defensive back for the Indianapolis Colts.



During the 2002 season, with only 15 seniors on the team, the Townies made it to the state championship game against La Salle, which was on a 24-game winning streak. Despite opening with a 21-point deficiency, the Townies came back to score 35 unanswered points to win the game, 35-21. Whew!

Shown are the 2003 cover that Silva appeared on and a photo of him power cleaning. When asked about the impact of *BFS* on his Townies, Silva replied, "We all got bigger, faster and stronger, but most importantly, it helped bond us as a team. Every day we were building team unity and morale."



Look Who's Reading *BFS*!

On January 23-24 at the Poliquin Strength Institute, Team *BFS* weightlifter Chloe Van Tussenbroek took these photos of two top Canadian weightlifters putting on strength and plyo demonstrations and also, most importantly, reading *BFS* magazine!

Shown is 2008 Olympian Marilou Dozois-Prévost making this personal training best of 185 pounds in the snatch, and 18-year-old Paul Dumais putting on an impressive demonstration of hurdle jumps. During the seminar Dumais, who only weighs 187 pounds, snatched 319 pounds.





BFS Training Center Opens Its Doors

After the success of the 2010 BFS National Certification, BFS decided to develop a permanent on-site training facility. With 2,500 square feet of workout area, the facility includes eight do-it-all stations, plyo boxes, selectorized machines, and cardio equipment. We will be adding additional equipment and rolled flooring and making many other facility improvements. The facility will be used for certifications, and also will serve as a showroom of BFS equipment. Here are a few photos of the initial setup – but stay tuned for much, much more!

Photos: Kim Miller



Gina Lirange



Marcus Backlin



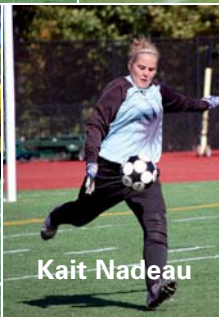
Allison Juneau



Joseph Cadarette



Poya Jarfari



Kait Nadeau



Rachel Gillies



Bryan Desimone

Auburn High School Still Going Strong!

We first featured Auburn High School of Auburn, Massachusetts, in our May/June 2006 issue when we learned that the Rockets' football team finished the season with a perfect 12-0 record. This accomplishment was especially impressive because in the 1999 and 2000 seasons they only won a total of five games. We have been following the Rockets' athletic success ever since. How are they doing now? Great! Case in point: this fall, the total win-loss record was 58-12-7, which breaks down as follows:

Football: 13-0 Super Bowl Champion; JV Team, 10-1; Freshman Team, 10-0

Field Hockey: League Champs, District Semifinals, 15-2-4

Boys Golf: League Champions, District Semifinals, 17-2-1

Boys Soccer: District Semifinals, 12-5-3

Girls Soccer: League Champs, District Finals, 14-3-2

2010 BFS National Certification

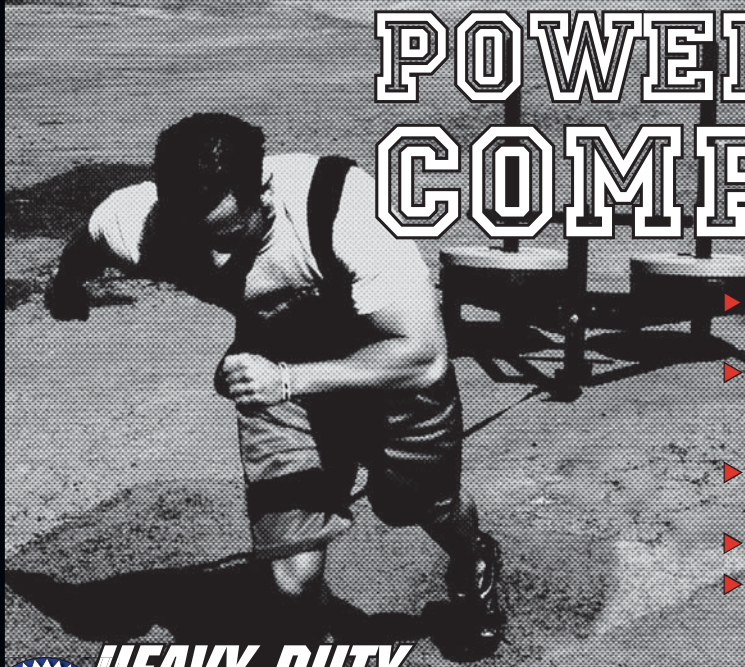
The first-ever BFS National Convention was held on January 15 at BFS headquarters in Salt Lake City, Utah. It was a sellout, with over 50 coaches, many from out of state, eager to learn the BFS Total Program. Instructors included BFS president Bob Rowbotham, his son BFS vice president John Rowbotham, Jeff Sellers, Roger Freeborn and Doug Kaufusi. With a combination of theory and hands-on practical application, the event was a tremendous success. We expect to hear from many of these coaches in the near future as they apply the knowledge and skills they acquired.



• Salt Lake City, Utah



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