

# Meet the Clinician: *Mike Glennie*

A closer look at a veteran BFS coach

**M**ike Glennie is living a coach's dream. He runs a great program as the head football coach of Saline High School in Saline, Michigan. His weightroom is one of the largest in the country. His athletes have earned division 1 college scholarships. And he is a BFS clinician, traveling across the country to share with other coaches the power of a unified athletic program.

Glennie attracted the attention of BFS when he took a 0-45 program to 26 consecutive wins. He did it with what he likes to call an "athletic development system" to provide the best training environment and workout system for athletes and the general student population. It's what we at BFS call a Total Unified Program.

One of Glennie's success stories is Vince Helmuth, who could bench

press 405 pounds in high school and earned the distinction of being the 2006 BFS Male High School of the Year. Helmuth earned a scholarship to the University of Michigan, and later transferred to the University of Miami, Ohio.

With a master's degree in physical education and athletic administration from Central Michigan University, Glennie used his education and experience to create one of the best high school weightrooms in the country. The facility cost \$100,000, measures 2,500 square feet, and focuses on athletic training with free weights. The equipment includes six power racks, six lifting platforms and a wide variety of other heavy-duty free weight equipment. "I haven't seen anything better than the weightroom we have...the school is really behind our athletes,"



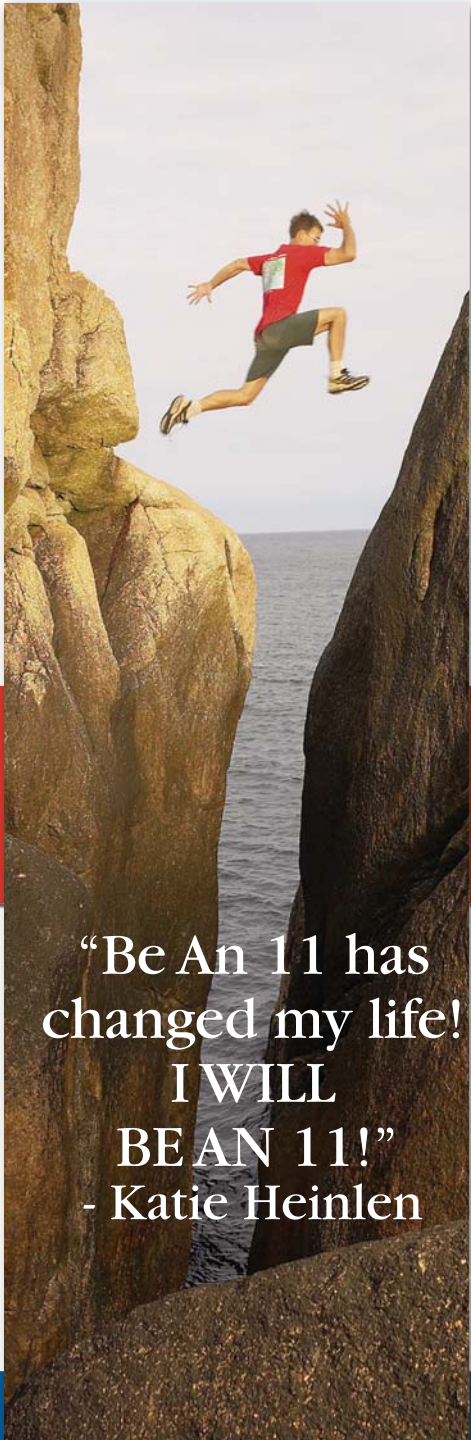
Coach Glennie with one of his star athletes, 2006 BFS Male High School Athletic of the Year Vince Helmuth.

said Helmuth when he was interviewed for the May/June 2006 issue of *BFS*.

Asked what impresses him about BFS, Glennie replied, "Young athletes are very impressionable, and BFS is an amazing outreach program for young athletes." **BFS**



Mike Glennie with his wife, Cindy, and his three kids Micayla (13), Morgan (11), and Mason (7).



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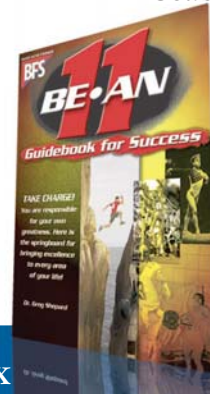


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