

Meeting of the Minds

One of the great aspects of my work with the Poliquin Strength Institute is that I meet a lot of amazing coaches and athletes from other countries. And because the Institute is located in East Greenwich, Rhode Island, a really cool vacation spot, I also keep in touch with my roots by meeting with athletes I either have trained or am training currently (via the magic of e-mails and cell phones). Even BFS coaches come to visit!

In April I had a visit from one of our veteran BFS clinicians, Jeff Sellers, and his 13-year-old son, Nick. They were attending our Olympic lifting seminar conducted by Canada's Pierre Roy, who was accompanied by several of his elite athletes. Jeff and Nick had a great time, and when it comes to a weightlifting coach who knows his stuff, you can't have a better teacher than Pierre Roy.

As I'm "The Word Guy," I like to ask questions. One of the common questions I ask those who attend our seminars is "What trends do you see in physical education and athletic fitness in your country?" Very often the answers point out important lessons for us in the US. Just ask personal trainer Barbara Depta.

Depta was born in Poland and was a gymnast, played semipro basketball and also competed in fitness competitions. She attended the Academy of Physical Education in Kraków and became a spokesperson in promoting a healthy-lifestyle campaign in Kraków called "Live Healthy Sports." Six years ago she moved to the United States to attend the University of Massachusetts in Boston, where she obtained a bachelor's degree in health and exercise science. Because of her unique perspective in being involved in physical education programs in two countries, I asked her what she thought about the youth fitness programs in the United States.

"To be honest, they are in need of improvement," says Depta. "There are not enough hours for the kids in physical education activities – where I come from we had five hours per week of physical education, which was important not only to develop the muscles but as a way for the kids to

express themselves, become familiar with their peers and get rid of the stress that the school places on them. Also, in this country the kids are not getting enough information about good nutrition. I see a lot of junk foods at schools, and with so many obese kids it is obvious that eating well does not seem to be a priority for them." She's right.

When BFS began doing business 34 years ago, our focus was on high school students. Soon we realized this wasn't good enough – middle school athletes needed to get started on learning the total program to be fit not just for sports but for life. The result was the BFS Readiness program, a total workout program that gives middle school and even elementary school athletes a head start in learning how to train properly. To learn more about all the BFS programs, check out the

program section in our website, biggerfasterstronger.com, and arrange to have a BFS clinic at your school.

Finally, in this issue we recognize Alexander High School in southeastern Ohio as the BFS High School of the Year. We congratulate them for being a great example of what schools need to do to get the young men and women of this country back in shape.

Enjoy!

Kim Goss, MS

Editor in Chief, *BFS* magazine

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Barbara Depta, shown here coaching at a seminar at the Poliquin Strength Institute, is a personal trainer who has worked in Poland and the United States.



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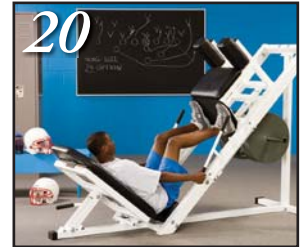
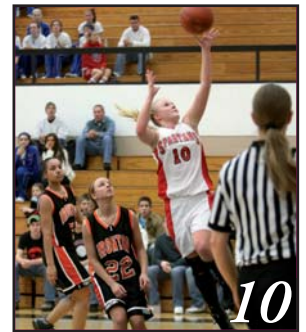


Photo: Timeless Images



Front: Nick Sellers
Back (L-R): Pierre Roy, Jeff Sellers, David Kandel.



Charles Poliquin



Future Stars of Team BFS

The future of Team BFS is bright with weightlifters such as Nick Sellers. The powerful 13-year-old is the son of BFS clinician Jeff Sellers, a former world record holder (natural division) in the squat. On April 3-4, Nick and Jeff attended a unique Olympic lifting seminar by Canadian coach Pierre Roy that was held at the Poliquin Strength Institute in East Greenwich, Rhode Island.



Dancing with the Belleville East Stars

We just received great news from Belleville East High School in Belleville, Illinois. The school's dance team won first in jazz and third in lyrical in its state competition. BFS clinician John Rowbotham recently did a clinic at Belleville East, and here is what Coach Tara Zobrist said to Coach Rowbotham, "Thanks for all you did for our school. We took what you said and applied it to our team, and obviously it works!"

Posing with the Stars

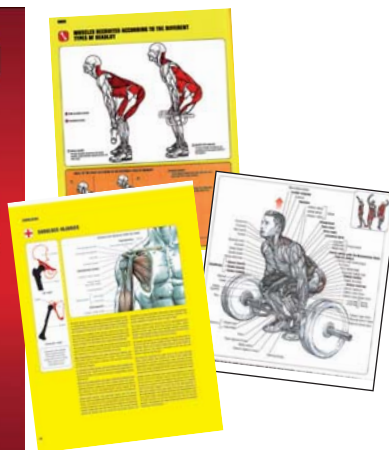
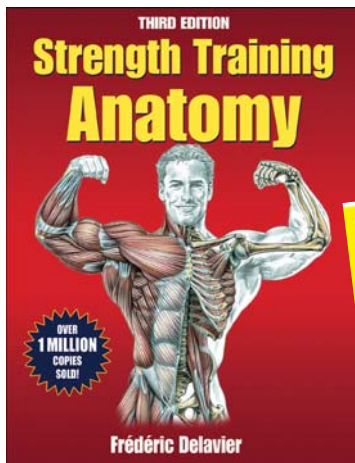
On February 8 BFS clinician Lance Neven got a celebrity photo op at Montgomery's indoor baseball training facility "Capital City Strike Zone." Shown (l-r) are Neven, Atlanta Braves pitcher Tim Hudson and former Auburn teammate second baseman Rob Macrory, who also played in the St. Louis Cardinals organization. Hudson was at the facility to put on a bullpen pitching clinic.



PLAYER PROFILES

Cameron Little

Cameron Little started his athletic career with the BFS Readiness and Be an 11 Program. Little recently achieved one of his goals by becoming a 7th Grade Youth All American and playing in the Football University Youth All American Game in San Antonio, Texas, on Jan. 10, 2010. Little played left offensive tackle for the victorious East Squad, which won 21-14. "BFS gave Cameron the tools and knowledge to lift properly, teach respect and develop character," says his father, Michael Cole Little.



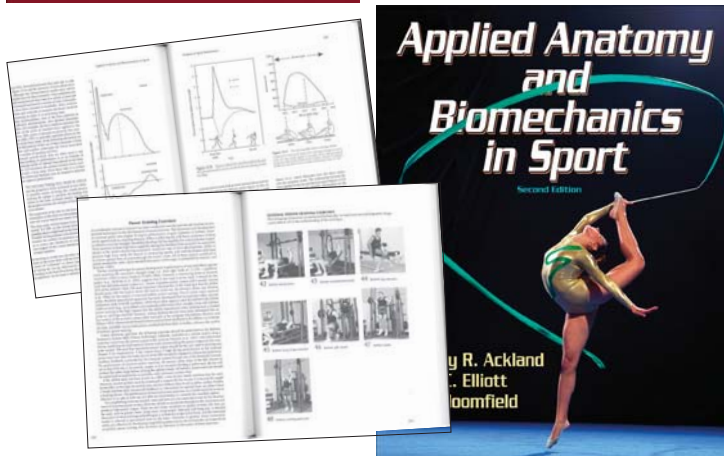
BOOK REVIEWS:

Strength Training Anatomy and *Applied Anatomy and Biomechanics in Sport*

If you want to take your coaching knowledge to the next level, Human Kinetics (humankinetics.com) has introduced new editions of two practical anatomy books for coaches: *Strength Training Anatomy* (third edition) by Frédéric Delavier, and *Applied Anatomy and Biomechanics in Sport* (second edition) by Timothy R. Ackland, Bruce C. Elliott and John Bloomfield.

The expanded edition of *Strength Training Anatomy* includes several additional exercises along with pages showing common strength training injuries. The book has sold over a million copies and includes more than 600 full-color illustrations of the primary muscles worked in numerous strength training and stretching exercises.

Applied Anatomy and Biomechanics in Sport shows how to combine the latest findings in sport science to improve sports performance and reduce the risk of injury. Included are special sections addressing posture and body composition.





How Much Can You Power Clean?

May 15 is the date and Bonanza High School in Las Vegas is the place of the sixth annual National High School Power Clean Championships. This event keeps getting better and better, with records broken every year. Former winner Pat Mendes got his start in this meet, and in training the 19-year-old recently snatched over 400 pounds and appears destined to stand on the medal platform in the 2012 Olympics.

Shown in the accompanying photo is Josh Gilbert, one high school lifter who should shatter national records this year, having cleaned 270 pounds at 128 pounds bodyweight. Gilbert has also done a 198-pound snatch and a 242-pound clean and jerk. For more information on this event contact Val Balison at vjbalison@cox.net.



PLAYER PROFILES

Photos: Pam Tabone



Zach Lander

Coach Paul Dick's athletes from Churchville-Chili Senior High School were featured in the September/October issue of BFS magazine (Power Clean High), and his tradition of developing powerful athletes continues with junior Zach Lander. The school's Baseball Coach Ed Distaffen says "Zach played his first varsity game at 14 years of age and last year had two multiple home run games," "He didn't pitch a lot last year as we had two scholarship level pitchers and our team won the sectionals, which attests that he is not a young kid playing in a weak program." Dick says that Zach power cleans 325 pounds, squats 490 pounds, intends to play baseball in college and will compete in the National High School Power Clean Championships this year. **BFS**



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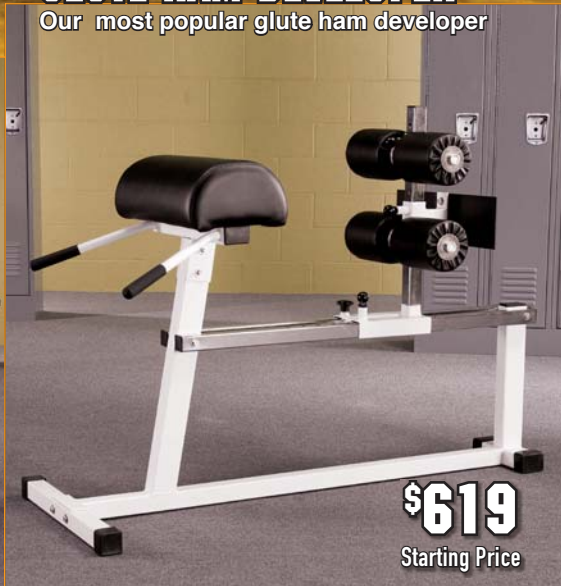


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