



Coach Johnson with members of the Southwest Georgia Academy coaching staff at the GISA All Star Game. Shown left to right are Max Evans, Austin Boyd, Beau Johnson, Parker Rentz and David Bell.

## Meet the Clinician: *Beau Johnson*

A closer look at a new BFS coach

**B**eau Johnson came to be a BFS clinician as did most – he experienced success with the program and wanted to share his enthusiasm with others. Johnson gave his first two BFS clinics this summer, and he plans to be a part of the BFS family for a long time to come.

Johnson teaches history at Southwest Georgia Academy in Damascus, Georgia, and is also the head boys track coach, the assistant football coach and the strength coach. Prior to filling these positions, he had been the head football coach at three schools in which the BFS program was implemented.

When Johnson joined SGA he found they had a wonderful history and a great coaching staff but had fallen on some tough times. Says Johnson, “They were hungry for success and looked forward to getting involved in BFS because they knew BFS had worked and believed it would make them better. The coaches and staff had been working hard before I got here but needed direction. The kids had not been doing the basics of stretching, dot drills, running,

plyos or the Olympic lifts – so we had lots to catch up on.”

Johnson began by implementing a reward system for kids coming in the summer. “Every kid who came to the weightroom 22 times or more got a T-shirt and a medal proclaiming them to be ‘BFS Bulletproof!’ We also implemented the Be an 11 program to help the kids understand what it takes to be a champion, on and off the field.”

Johnson says he follows the BFS Program “by the book” but also supplements the program with power balance drills and some Olympic lifts. “We lift year round, and follow the BFS in-season program. We lift every Monday and Wednesday; sprint work and conditioning on Tuesday, plyos and jumping on Thursday. And we do Be an 11 projects and watch film on Fridays.”

Asked why he feels so enthusiastic about giving BFS clinics, Johnson replied, “BFS clinics can change lives. They are awesome experiences. I know for a fact that BFS works for kids. There are so many great parts to BFS, but what I like to call the ‘Be an 11 Attitude’ is what really sets it apart from


any other program in the world.”

As for his personal goals, Johnson says he wants to be “the best possible coach, person and Christian I can be. I want to learn more and more about coaching and weight training each year.



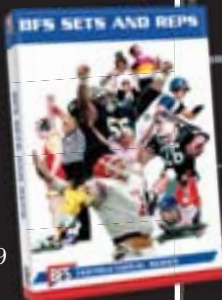
Coach Johnson when he was head football coach at Piedmont Academy, which won the 2008 Region Championship. Shown left to right are Keith Mason, David Artessa, Joel Sauls, Wes Tanner, Tony Tanner, Beau Johnson and Josh Stevenson.

I would love to do several BFS clinics a year until I retire from coaching and then work full time with BFS.”

From what we’ve seen, Coach Beau Johnson is definitely on the right track to achieving his goals. 

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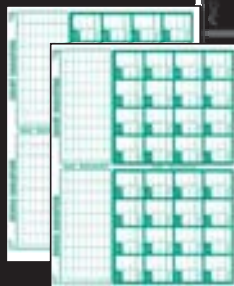
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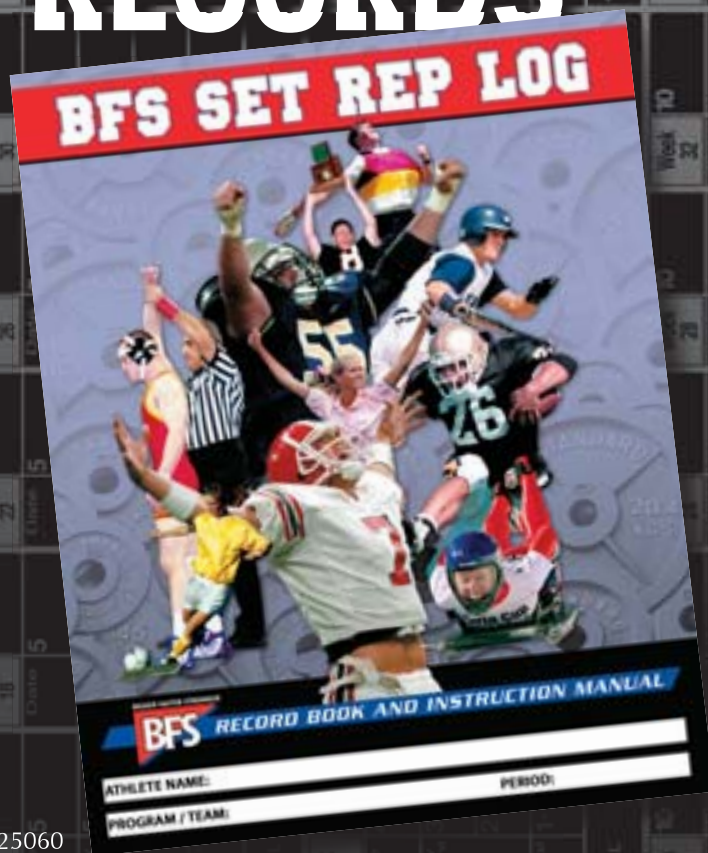


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