



New York Certification

Highlights of a great educational event

Shown in front of a successful certification clinic at Manhattanville College in Purchase, New York. Shown are (l-r) BFS President Bob Rowbotham, BFS clinician-in-training Rob Mergardt, and BFS clinician Roger Freeborn.

Rod Mergardt is a professor at Manhattanville College who is working to incorporate the BFS program into the physical education curriculum. The spark for this goal was veteran BFS clinician Jeff Sellers.

Mergardt met Coach Sellers at a convention and started up a conversation about inspiring and coaching young athletes – he liked what Sellers had to say and wanted to learn how to become more involved with BFS. He wanted to be a BFS clinician.

The next step was to travel to BFS headquarters in Salt Lake City for initial training, as the extensive training program includes hands-on training and mentoring at BFS clinics, Be an 11 seminars and BFS certifications. The result is a team of BFS presenters who are well trained and experienced.

After Mergardt’s initial training, he began his mentorship on May 1 at a certification clinic at Manhattanville College in Purchase, New York. This is a great educational institution

where Mergardt teaches a master’s degree program. Presenters included BFS president Bob Rowbotham and veteran BFS clinicians Roger Freeborn and Jeff Sellers. On the following pages are some of photos from this

great educational experience.

Mergardt’s next goal is to introduce many more coaches and athletes to the value of BFS, not just in athletic fitness but also in physical education. **BFS**



The prize that is in store for those who complete the hands on training at a BFS certifica



Lecture and hands-on training are part of the comprehensive BFS certification program.

BFS CERTIFICATION SCHEDULE

STATE	CITY	DATE
NY	Manhattanville	10/2/2010
MN	Cottage Grove	12/4/2010
UT	Salt Lake City	1/15/2011
GA	Damascus	2/12/2011
MS	Jackson	2/19/2011
MD	Timonium	2/26/2011
OH	Louisville	3/12/2011
CA	San Diego	3/19/2011
MI	Saline	3/26/2011
IN	Ft Branch	4/02/2011
MA	Fitchburg	4/02/2011
IN	Brookville	4/23/2011
KY	Marion Cty.	4/30/2011
NY	Manhattanville	4/30/2011
UT	Salt Lake City	5/07/2011

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◆ NY Manhattanville 10/2/2010	◆ MD Timonium 2/26/2011	◆ MA Fitchburg 4/02/2011
◆ MN Cottage Grove 12/4/2010	◆ OH Louisville 3/12/2011	◆ IN Brookville 4/23/2011
◆ UT Salt Lake City 1/15/2011	◆ CA San Diego 3/19/2011	◆ KY Marion Cty. 4/30/2011
◆ GA Damascus 2/12/2011	◆ MI Saline 3/26/2011	◆ NY Manhattanville 4/30/2011
◆ MS Jackson 2/19/2011	◆ IN Ft Branch 4/02/2011	◆ UT Salt Lake City 5/07/2011



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