

Road Trip!

Now that I live in Rhode Island, I'm aware that the coming winter will turn the area into a giant popsicle. So, I've been taking a few trips to tide me over until civilized weather returns. A few weeks ago I decided to visit my strength coaching colleague Paul Gagné in Quebec. I got there on a Saturday morning, just in time to see him put a dozen NHL players through the conditioning program from hell.

Twice a week Paul loads up his truck with a bunch of chains, pulley devices and thick ropes and heads to a nearby park. The park has a steep hill, so Paul has his athletes run up and down the hill – forward and backward and sideways – all the while attached to a pulley apparatus that provides hundreds of pounds of resistance. Then he uses the ropes and chains for several hardcore upper body drills to drain the last bit of glycogen from the guys' muscles. It's only 30 minutes, but unquestionably the longest 30 minutes of their lives.

What also impressed me was that in the first session, Paul performed the entire workout with the athletes and easily kept up. Paul – who is in his late 40s – obviously is a man who practices what he preaches. To see some of these workouts, along with many of the interviews I did with Paul for *BFS* magazine, go to posturalsportsperformance.com. While you're at the site, check out the article on Joe Durill, who currently plays for the Boston Bruins. Durill is coached by Paul and is certainly one of the strongest professional

hockey players, as evidenced by a 319-pound power clean!

This issue of *BFS* is considered our college football issue, and in the past we've used it to make our predictions for the Heisman. However, our picks last year were so far

off the mark (we didn't even mention Alabama's phenomenal running back Mark Ingram) that we're finally throwing in the towel. Thus, I'm officially announcing that, as editor in chief of *BFS* magazine, I have no intention of making any more predictions for the Heisman or any other sports. (Well, except maybe for *Dancing with the Stars* – our staff's water-cooler talk has been hitting .500 on that show.)

Seriously, there are many history-making stories this year in college football.

Case Keenum of the University of Houston has a shot at becoming the all-time pass leader in Division I football, and Navy quarterback Ricky Dobbs, one of the greatest option quarterbacks ever, could break the all-time career rushing record for a quarterback. All-time rushing and passing records in one season – wow!

And to top things off, we're announcing our BFS Male High School Athlete of the Year, Austin Ryf of Winneconne, Wisconsin.

Enjoy!

Kim Goss, MS

Editor in Chief, *BFS* magazine

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Air Force Academy fans storm the field on October 2 after the Falcons ended a 7-game losing streak to beat Navy 14-6.

Photo by USAFA SID

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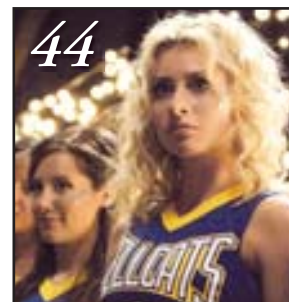
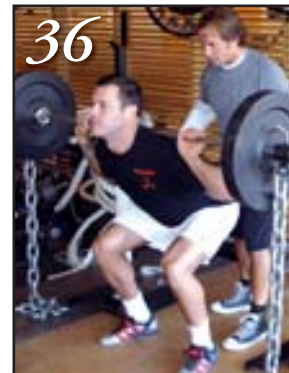


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BFS Midwest Training Center Opens Its Doors

Veteran BFS clinician Jeff Sellers has just opened the BFS Midwest Training Center in Ft. Branch, Indiana. This facility enables coaches and teachers in the Midwest area to have a year-round location where they can get BFS certified. To set up an appointment or confirm an appointment, call Coach Sellers at 1-801-419-3240 or email jsellers@bfsmail.com.



Jeff Sellers and his son Nick in the BFS Midwest Training Center.



Look Who's Reading *BFS*

Ashley Wiltgen, BSc, shown taking a break during a seminar she attended in September at the Poliquin Strength Institute in East Greenwich, Rhode Island. Wiltgen, who competed in the 2008 Olympic Trials for hurdles, appeared in our January 2010 issue. At that time she had just opened a personal training facility called BioPhysique-Midwest; she says that since then, her income has doubled and that she plans to eventually open a functional medicine clinic with her husband after he graduates from chiropractic school.

DOUBLE TAKES



John Broz

Coach John Broz's success stories include Rob Adell (left) and Pat Mendes (right). In the middle is Broz posing with (l-r) Aubree Andersen, Janelle Avila and Tiara Lusk.

The National High School Power Clean Championships is a competition held in May in Las Vegas that has been featured in *BFS* magazine since 2006. In 2008 two of the winners were Pat Mendes, who power cleaned 350 pounds at a bodyweight of 270 pounds, and Robert Adell, who made 320 pounds at a bodyweight of 207 pounds. Since then both lifters have been recruited by weightlifting coach John Broz, and their progress has been remarkable.

Under Coach Broz's guidance, in training Mendes (age 20) has snatched 440 pounds, clean and jerked 485, cleaned 529, back squatted 800 (551 for 5 reps in less than five seconds), bench pressed 507, and deadlifted 727 for 5 reps. Adell (age 20) has snatched 341 pounds, cleaned 440 pounds, back squatted 639 and front squatted 529. Both athletes will be competing in the American Open in December.

Broz was introduced to Olympic lifting at the age of 10, and during his early years as an athlete he trained at the Olympic Health Club in Cleveland, Ohio. Among his mentors were John Schubert, who coached the last male Olympic weightlifting champion from the US; powerlifter Vince Anello, who deadlifted over four times bodyweight in the '70s; and another powerlifting great, John Black, who went on to open a great gym called Black's Health World.

When he was 28, Broz met Antonio Krastev and became his roommate and training partner for the next three years. Krastev was a Bulgarian weightlifter who in 1987 snatched 216 kilos (476.2 pounds), a record that still stands. Broz made great progress with guidance from Krastev, who taught him his version of the Bulgarian weightlifting system as

originally taught by Ivan Abajiev. As proof of his continued passion for hard training, in 2007 at age 39 Broz snatched 153 kilos and clean and jerked 175 kilos, the snatch and total being an American masters record in the super heavyweight division.

Although he continues to train hard, Broz has redirected much of his passion for the sport into coaching. He converted a part of his contracting business in Las Vegas to a gym where he and his small but powerful team of the most promising weightlifters train. They perform a tremendous amount of volume in their workouts, often training twice a day with workouts lasting up to three hours.

Asked what he believes is the most important step that needs to be done to make the US a world power in weightlifting again, Broz replied, "Change the mindset of the lifters and the coaches – they need to change their target goals. It seems that just about everyone in this country thinks that to be a national champion in the US is a great goal, which is really sad. In my gym we only have international lifters on our videos and we only have the world records on the wall. Who cares about the American records? – our goal is to be the best in the world. If you break American records on the way, that's great, but it's just one step in the process and it's not the apex of what the lifters at my gym are shooting for."

The American Open is scheduled for December 10-12 in Cincinnati, Ohio, and the meet director is Chris Cleary. Often many of these national events can be seen live, and links for the broadcast are made available through the USA Weightlifting website, www.usaweightlifting.org.

Breaking Tradition at Utah State



Utah State Weightlifting

The September/October 2009 issue of *BFS* featured Utah State's new weightroom outfitted with 10 BFS Elite Half Rack stations. Located in scenic Logan, Utah, the Aggies weightroom accommodates the various needs of more than 300 student-athletes. The new motto for the Utah State Aggies football team is "Why not us? Why not now?" to emphasize their commitment to turn around their struggling program. Proof that they are fulfilling their commitment happened on October 1 when the Aggies defeated in-state rival BYU, 31-16. BYU had defeated Utah State in the past 10 meetings with an average margin of victory of 25.3 points. Congratulations, Aggies!

BOOK REVIEW: Human Body Composition, 2nd Edition

Achieving optimal body composition is a key component of athletic fitness – no question about it. And there's no question that one of the most complete textbooks on the subject is *Human Body Composition* by editors Steven B. Heymsfield, Timothy G. Lohman, Zi-Mian Wang and Scott B. Going (Human Kinetics (humankinetics.com)).

This valuable resource for sport science researchers examines the history of the field and gives an in-depth look at all the major forms of body composition, including what is considered the most accurate measurements: computed tomography and magnetic resonance imaging. The book has been expanded to 523 pages in the second edition and includes new material in the following areas:

- Animal body composition
- Molecular genetics
- Energy expenditure
- Body composition as related to various pathological states,

including cancer, inflammatory disease, and illnesses associated with HIV.

Although certainly not light reading, books such as *Human Body Composition* set the standard for the future education of serious coaches and educators.



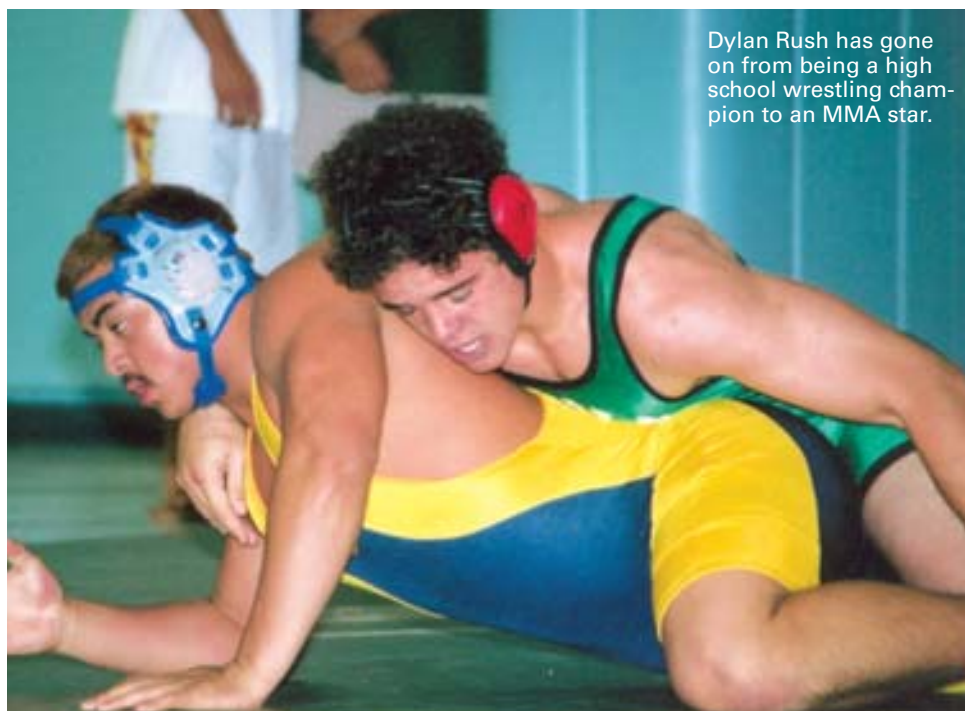
**Andersen****Avila****Lusk**

Team BFS Still Going Strong

On August 21 Team BFS lifters Aubree Andersen, Janelle Avila and Tiara Lusk traveled to Las Vegas to compete in the Las Vegas Open competition. The athletes all made personal records, hitting 17 out of 18 successful attempts. With Andersen it was her first-ever meet – welcome to the team, Aubree Andersen!

Coming Next Issue

Dylan Rush was the winner of the 2005 High School Male Athlete of the Year, and his story was featured in the September/October of *BFS* magazine. Dylan is currently a junior at Stanford, having transferred from UCLA after his sophomore year, and is an upcoming star in mixed martial arts. Read about Rush's progress in the January/February 2010 issue of *BFS*.



Dylan Rush has gone on from being a high school wrestling champion to an MMA star.

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