

Meet the Clinician: *Peter Gregg*

A closer look at a new BFS coach

Just as Clark Kent has a secret identity, so does Peter Gregg. During the day he is a nurseryman, growing trees at a wholesale nursery, specializing in dwarf conifers and Japanese maples. But frequently on weekends Gregg transforms into an extremely inspiring individual by working as a BFS clinician. It is then he reveals his passion for helping young people achieve their goals.

Gregg graduated from Oregon State University with degrees in history and horticulture. In high school his sports were wrestling, football and track, and in college he focused on football. He has been coaching football and wrestling for five years, and his proudest achievement to date is making it to the Oregon state semifinals in football. “We had a good bunch of kids come together, and we accomplished something great together collectively.”

As for how he became involved with BFS, in high school Gregg was coached by veteran clinician Roger Freeborn. “I am a product of BFS. I was fortunate enough to have a coach who taught us the system. It was one of the best things to happen to me at the time; the BFS program helped me focus and motivated me to achieve more, work harder and become who I am today.”

Gregg says that a key aspect of the BFS program is that it introduces an athlete to the right way to become what



Coach Peter Gregg with his wife, Renae, and son, Isaac.

he calls “a self-perpetuating machine.” “People get excited about success, especially when it is tangible and they can see and feel it daily. This success feeds on itself and pervades other aspects of life, creating a healthy self-confidence that can be used at the time and later in life.”

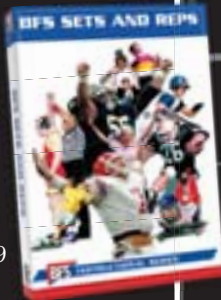
As for his advice to young coaches, Gregg believes it’s important not to spend too much time on the most talented athletes. “Keep as many young people in your program as possible and coach them up. I have heard it said everyone has a few good athletes; it’s what you do

with the pretty good ones that makes the difference!”

Gregg says the most challenging aspect of coaching is getting athletes to focus and move out of their comfort zones. “I try to show them that being uncomfortable is okay, that to grow as an athlete and as a person sometimes can be a bit painful.” As for what Gregg considers the most rewarding aspects of coaching, it’s all about giving young people direction and “knowing that I played a small part in creating a better world.” **BFS**

Sets & Reps DVD \$29

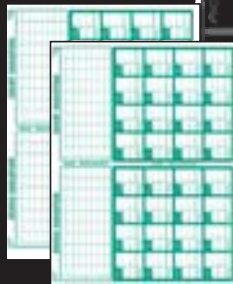
- See how to record lifts correctly and track progress
- Watch how to break 8 or more records every week!
- 63 minutes of instruction



#322039

Record Cards 79¢ Minimum 50

- 100 pack \$79
- 50 pack \$39.50
- Track 16 weeks
- Black, Blue, Green or Red - Ask about Custom Colors



Readiness Book \$225 25+

Readiness Cards 50¢ Min. 50

1: \$4.00 • 2-9: \$300ea • 10-25 \$2.50ea
 The BFS Readiness Program introduces athletes to weight training by emphasizing perfect technique. A solid foundation for all athletes!



#325050

#325062

Custom Logbooks

\$5.50 each
 (100 minimum)
 Build team pride!



BFS set rep cards, books and videos are TRADEMARKED Products. It is illegal to reproduce these items in full or in part.

BIGGER FASTER STRONGER

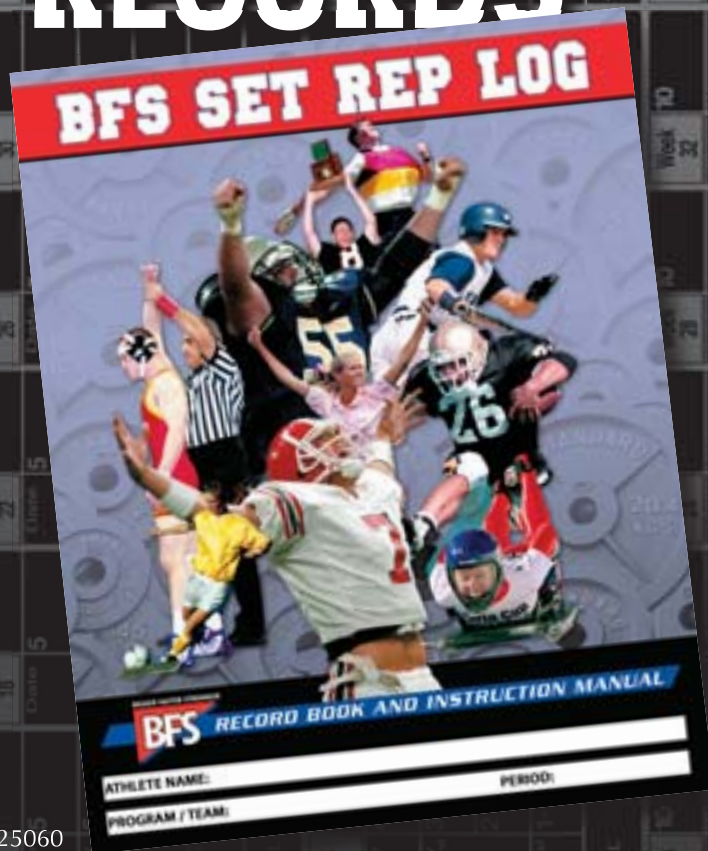
BFS

DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

OVER ONE MILLION SOLD! - CALL 1-800-628-9737

online at www.biggerfasterstronger.com • email us at info@bfsmail.com
 843 West 2400 South, Salt Lake City, UT 84119 • Fax (801) 975-1159

YOU CAN'T BREAK RECORDS



#325060

IF YOU DON'T KEEP RECORDS

SET REP LOG BOOKS \$2.25 for 25 or more

Track 1 Full Year • Includes Instruction

Record sets, reps, times, broken records & more!

1 book - \$4.00

2-9 books \$3.00 ea

10-25 books \$2.50 ea