

Staying with It

Back when I was a strength coach at the Air Force Academy, I remember one summer in which head football coach Fisher DeBerry stopped by the weightroom to find two dozen players working out. What was unusual was not that football players were working out in summer but that it was well past midnight.

During the summer at the Air Force Academy, many cadets leave the campus for special assignments, while others remain on campus to work with the survival school program. The demands of this program are such that the senior cadets often get finished late in the evening, so to ensure they could train I kept the weightroom open at some pretty extreme hours of the day. It just so happened that this day Coach DeBerry had come back from a red-eye flight and stopped by the weightroom to see what all the noise was about.

Nobody told these football players they had to train at midnight, and when I think back on it, I was probably breaking some type of military rule. But the point is these athletes knew what it would take to excel on the gridiron against the larger and more talented players from other schools. Hard work, yes – but even more so, consistency.

The media love to show pep talks – a coach shouting out last-minute words of inspiration about the importance of the game. But the fact is, especially at the high school level, a pep talk may actually cause a player to become too excited, and this will interfere with their ability to perform well. It's sort of like a deer in the headlights or those horror movies where the girl goes into the attic (or whatever else you're not supposed to do when trying to avoid zombies and vampires and such) and is frozen in fear. Adrenalin is pumping, and often pumping too much.

Likewise, how difficult is it to get motivated to play hard

in a game? After all, you have a supportive audience watching your every move, your teammates and coaches encouraging you, and perhaps even the possibility of a scholarship. That's not enough? I recall Carl Miller preparing his athlete Luke Klaja at the 1980 Olympic Trials in weightlifting. Just

prior to attempting a clean and jerk that would put him on the team, Klaja turned to his coach asking for encouragement. Miller, perhaps puzzled as to why his athlete would need any additional encouragement with what was at stake, told Klaja, "Miss it and you owe me \$100!"

The importance of consistency is not lost on us at BFS, which is why we emphasize training in-season. Compare this to a program in which the players

taper off during each of their three seasons, and then ease off during the summer to give themselves a much-deserved vacation. Sure, talent prevails – but as with the story of the tortoise and the hare, sometimes the champions in sport are those who simply work hard and work often.

As we have been doing for the past four years, we are bringing you our annual women's issue. There is plenty of interesting content for male athletes and their coaches, but we also want to make the point that BFS is a program for all athletes, whether male or female. It's also an appropriate time to announce the BFS High School Female Athlete of the Year – by now you know she's Megan White because she's on the cover.

Next issue we will announce the name of our 2011 BFS High School Male Athlete of the Year. Right now we are still looking for nominations, so if you know of a qualified young athlete who deserves this award, drop us an email and tell us about him.

Kim Goss, MS
Editor in Chief, *BFS* magazine
kim@bfsmail.com

Photo by David Jennings of Jennings Photography, www.jenningsrodeophotography.com.



Megan White is the 2011 BFS High School Female Athlete of the Year.



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Steve Kinslow

WEBSITE PROGRAMMER
Richard Knowley

SALES MANAGER
John Rowbotham

COVER PHOTO
Megan White

Photo by David Jennings
www.jenningsrodeophotography.com

COVER INSET PHOTO
Alec Walker

MAGAZINE DESIGN
Jana Niemeyer

PRINTER
RR Donnelley

BIGGER FASTER STRONGER
843 West 2400 South
Salt Lake City, Utah 84119
1-800-628-9737 · fax 801-975-1159
info@bfsmail.com
biggerfasterstronger.com

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DEPARTMENTS

- 2 ■ From the Editor**
Staying with It
- 4 ■ What's Happening**
News and highlights from the world of athletic fitness

BFS SUCCESS STORIES

- 10 ■ BFS High School Female Athlete of the Year**
Megan White is the recipient of our most prestigious award
- 14 ■ Striving for SIXCESS: Panther Softball**
This New Mexico softball team won six straight state championships

BFS PROGRAM

- 18 ■ The Three Rules of Speed Training**
Simple, proven methods to dramatically increase running speed
- 22 ■ Working with the Six Absolutes**
Practical tips on how to implement this important teaching tool at your school
- 26 ■ Concussion: A Growing Concern**
Taking action against this serious brain injury

FEATURE

- 30 ■ The Death of Food**
The shocking truth about genetically engineered foods
- 34 ■ 2011 National High School Power Clean Championships**
It was another record-breaking day at this annual strength event

TRAINING AND EQUIPMENT

- 40 ■ Barbell Basics: The Power Rack**
Rediscover this valuable training tool

PHYSICAL EDUCATION

- 46 ■ The Dark Side of Sports**
The legal consequences of slacking off in coaching



10



14



34



40



46

Photo: Cathy Chavez



Wish for World Peace

Team BFS weightlifter Tiara Lusk continues to surprise us with her accomplishments. When she first joined Team BFS, she had just been accepted into a master's program at BYU Idaho; then, after finishing that degree she was accepted into a doctorate program in Malibu, California. Now we just heard she has received a \$26,000 Rotary International ambassadorial scholarship to go to either Israel or Pakistan to study conflict resolution and mediation. Perhaps we will have to expand the Be an 11 program to include a category for 12's?



Strength Training Makeover for Speedskating



Last April strength coach Wolfgang Unsöld traveled to Sweden for a two-day seminar with Charles Poliquin. As he was preparing for his return trip, a volcano erupted in Iceland; the volcanic ash disrupted air travel so much that instead of a six-hour trip by plane and train, Wolfgang's trip turned into a 25-hour train ride. But this change in travel plans turned into a great opportunity for Wolfgang: a chance meeting with Yves Nadeau.

Nadeau is a legend in the world of short track speedskating and the most medaled coach of all time, having coached athletes who've won a total of 202 medals at world championships and the Olympic Games. As a result of Wolfgang and Yves' meeting, Wolfgang was invited to a training camp with Charles in Budapest a few weeks later.



Charles convinced the governing body of their sport that their team needed a strength coach, and subsequently Wolfgang was hired. As a result, once a month Wolfgang travels to Budapest to

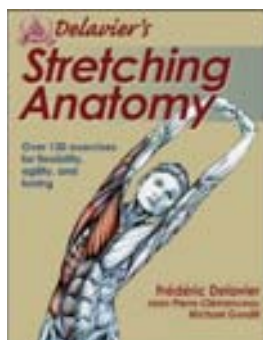
work with the team. He got great results – and got them fast!

In a recent World Cup competition their 3000-meter relay team set a national record, and in a relay competition at a meet in Turkey they beat the Canadian team. In the accompanying photo, Wolfgang Unsöld's speedskaters pose with their medals after the recent European Championships (l-r): Andrea Keszler, Szandra Lajtos, Bernadett Heidum, Erika Huszar, Rosza Darazs.

Wolfgang worked on getting his skaters strong, and he says the best predictor lifts for performance in speed skating are the power clean, the front split squat and the incline press. Says Wolfgang, "Next year we will have a longer off-season and a better base to build on. Two of my athletes, Bernadett Heidum and Szandra Lajtos, have made excellent progress, and their improvement is motivating the others to catch up. The Hungarian relay team will be a threat to the big powerhouse nations such as Korea, China and Canada. The Hungarians have never won a World Cup medal, but I predict next year they will."



BOOK REVIEW: Delavier's Stretching Anatomy



Any coach who trains athletes in the weightroom needs to understand how muscles work – after all, how can a coach design a workout if he or she doesn't understand the function of muscles?

Unless a coach has a college degree in the field of exercise science, possessing a copy of *Gray's Anatomy* won't do them much good. Instead

of memorizing the location of isolated muscles and bones and other anatomical structures, or studying cadaver dissections, a trainer or strength coach will get a much better understanding of anatomy by using real-world examples of functional movement. Such an approach will also enable coaches to better retain their knowledge.

What they need is a first-rate anatomy book that illustrates the muscles that are worked in popular weight training exercises. And in this regard, the artist considered among “the best of the best” is Frédéric Delavier. As an athlete, Delavier was powerlifting champion of France in 1988, and he has lectured at biomechanics conferences in Switzerland. His teachings earned him the Grand Prix de Techniques et de Pédagogie Sportive. Delavier's most successful work is his book *Strength Training Anatomy*, which is the first book published by Human Kinetics to have sold over one million copies.

Collaborating with fitness coach Jean-Pierre Clémenceau and Michael Gundill, Delavier has produced his latest offering to the world of strength and conditioning: *Delavier's Stretching Anatomy* (Human Kinetics, 2011). The book contains 250 four-color photos and 300 illustrations of 130 exercises for all the major areas of the body. One of the unique features is that it shows breathing techniques to increase the effectiveness of the stretches.

Says Delavier, “Stretching has the ability to increase or diminish performance levels, so we must be careful to use stretching properly.”

Most major bookstores carry Delavier's books, and you can expect to see this one on the shelves (you can also order it from Human Kinetics at Humankinetics.com). As with this gifted artist's other books, *Delavier's Stretching Anatomy* will be a valuable addition to your coaching library.





Secrets of Bulgarian Weightlifting

The 2011 Eleiko Strength Summit was held on May 21-22, 2011, at the Poliquin Strength Institute in East Greenwich, Rhode Island. Ivan Abadjiev gave a presentation entitled “Building Maximum Strength for Major University Sports.”

Ivan Abadjiev was hired to be the national coach of the Bulgarian Weightlifting Team in 1969, the year after the country experienced a disappointing Olympic Games in which it failed to win any medals. Three years later in Munich the Bulgarian team beat the powerful Russian team by winning three gold and three silver medals. In two decades as the national coach, Abadjiev coached a total of nine Olympic and 57 world champions, and went on to develop champions in other countries. As a result, many coaches from other countries began adopting Abadjiev’s training system, which came to be known as the Bulgarian system.

In the seminar in May, Abadjiev discussed the science of strength training, beginning at the cellular level, and explained how this knowledge can be applied to any athlete wanting to improve their strength, power and muscular endurance. *BFS* Editor in Chief Kim Goss attended the presentation, and the following day was able to interview the coach and dig a little deeper into his training methods.

Abadjiev told Goss that there are many misconceptions about his training methods. For example, Abadjiev believes that weightlifters need to strive to lift the heaviest weights every day, as opposed to Russian systems in which workouts are periodized with lighter training sessions. He believes that children can lift maximal weights much younger than the ages recommended in the US, and that the only leg exercise for competitive weightlifters should be the front squat because the back squat is not specific.



Look Who’s Reading *BFS* Mary-Pier Gaudet

During a photo session in May at the Poliquin Strength Institute, Mary-Pier Gaudet took a few minutes to check out the May/June issue of *BFS* (which, it just so happens, features her photo on the front cover). Gaudet has done stunt work in 17 movies, including the recent romantic drama *Beastly*. Gaudet wants to inspire others with her fight against diabetes and cystic fibrosis, a chronic degenerative disease of the lungs and digestive system.

Taking Stock in BFS

This January the BFS sales staff, headed by BFS Vice President John Rowbotham, was happy to report that sales for the month exceeded those of January 2010. The following month – same result. Likewise with March, April and May! A commitment to quality products and unparalleled customer service and 35 years of experience are the reasons why.



Getting Readiness at Shakopee Middle School

Shown is a photo of Coach Donnat Courteau of Shakopee Middle School while teaching the school's

BFS elective PE class in 2010. This summer when Shakopee High School's head football coach, Jody Stone, was organizing the Saber Summer Conditioning Program, Coach Courteau figured that there would be 75 JHS enrolled in the SHS Readiness Program. On the

first day of the summer program twice that many athletes showed up to enroll. In February 2010 Coach Stone and

Shakopee athletic director Jeff Janke organized a BFS Certification Clinic for the Shakopee High School athletic and P.E. staffs. Last fall the Sabers chalked up their best football season in years, going undefeated during the regular season and finishing 9-1, losing in the second round of the playoffs.



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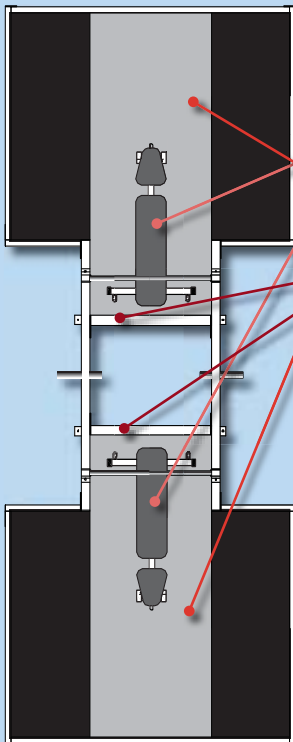
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