

The Public's Right to Know

If you've ever watched TMZ or visited their website, you may wonder how these people can get away with harassing celebrities. The TMZ people follow them around to their homes, often coordinating their efforts with other paparazzi, and take photos and often provoke the celebrities with embarrassing questions – with the hope of getting an angry response that they can post on their website and possibly television. They get away with it because celebrities are considered public figures, and as such the laws of privacy apply to them differently from the rest of us.

One of the first discussions in any journalism class is the topic of who is and who is not a public figure. A public figure may be defined as anyone who willingly puts themselves in the public eye or is involved in matters that are in the public interest, such as movie stars, sports figures and politicians. (In effect, this means that the reporters at TMZ could also be considered public figures and thus could be followed around and harassed by other reporters.) This discussion brings me to the main subject of this editorial, which is “Are strength coaches public figures?”

As a former Division I strength coach, I can assure you that the paparazzi, and pretty much any type of news reporter, have had no interest in strength coaches – except maybe the occasional college football reporter who wants to find out what a particular player can bench press or how fast he can run a 40. But strength coaches are now in the news, with events such as the bench press accident at USC that seriously injured a star running back and more recently the incident involving 13 University of Iowa football

players who had to be hospitalized after a workout.

Because of this latter incident, Chris Doyle, the strength and conditioning coach at the University of Iowa, has been thrust into the public spotlight. Although technically Coach Doyle already could be considered a public figure – there are YouTube videos of him that try to promote his strength and conditioning program in a positive light – his program is now the subject of national attention and is reflecting negatively upon the school. And the story apparently won't go away. I just read an article in which one of those Iowa players told ESPN reporter Joe Schad that he is still experiencing the symptoms of the kidney illness related to this issue, and has requested to be released from his scholarship. And the president of the board of the National Strength and Conditioning Association has released a statement that the workout “...has no scientific basis to be used to train college athletes.” What happened at Iowa is the subject



Amy Elizabeth Medina won the 2010 BFS High School Female Athlete of the Year. Do you have a nominee for the 2011 award?

of this issue's installment of Dr. Marc Rabinoff's regular column, *The Dark Side of Sports*.

In this column Dr. Rabinoff focuses not on what happened with the players that caused them to be hospitalized but on the manner in which the University's public relations people handled the situation. This article is a must-read.

Every year we award the BFS High School Athlete of the Year, both male and female. Right now we are looking for nominations, so if you know a qualified young athlete who is deserving of this award, drop us an email and tell us about them.

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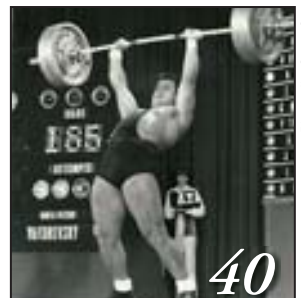


Photo courtesy of ASU

Photo: Jim Curry, Sr.



Haylie Duff

Reality Bites: Mary-Pier Gaudet

Vanessa Hudgens, Ashley Tisdale and Haylie Duff are former Disney stars who have appeared in hit movies, and all three have been stunt-doubled by stuntwoman Mary-Pier Gaudet.

Born in the small town of Ville-Marie in Abitibi-Témiscamingue, Quebec, Gaudet has done stunt work in 17 movies, including the recent romantic drama *Beastly*. A competitive figure skater for 12 years, Gaudet then turned to figure competition, placing in the top 10 in the 2009 Figure Universe competition and, subsequently, to stunt work.

Working with personal trainer Christian Maurice, Gaudet has trained in martial arts to enable her to perform a variety of stunts and therefore increase her marketability. If you're in the market for a stuntwoman, Gaudet can do falls, acrobatic reactions, gun shooting, precision driving (including motorcycles), martial arts fighting, *parkour* and sword- and stick fighting. She is also extremely strong and can perform chin-ups with an additional 40 pounds attached to her hips.

Besides entertaining movie fans with her stunts, Gaudet wants to inspire others with her fight against cystic fibrosis, a chronic degenerative disease of the lungs and digestive system, and diabetes. Gaudet says that her condition has improved tremendously thanks to the advice on diet and supplements from her personal trainer, Christian Maurice, and Charles Poliquin. She says, "With the help of Charles Poliquin and Christian Maurice, my life started to change. My energy level improved, my breathing comes much better, my daily stomachaches stopped, my pulmonary function improved – and I have not been hospitalized for over three years. The future is brighter than I ever could imagine – I am really blessed."



Vanessa Hudgens



Youth Power

Two coaches who are starting kids off right in weight training are Paul Dick and C.J. Stockel. Dick coaches at Churchville-Chili High School in New York, and Stockel coaches at Flowery Branch High School in Flowery Branch, Georgia. Several of Dick's athletes have won the National High School Power Clean Championships, including three-time winner Dustin Dillard. Now Dick has expanded his program to include middle school and grade school athletes.

Stockel is an experienced weightlifting coach, and his school will send three of its athletes to compete this year in the Youth World Championship Team in Lima, Peru.

Says Stockel, "The three athletes competing are junior Ellen Kercher (48 kilos bodyweight class) and sophomores Jimmy McIntyre (62 kilos) and Hope Stockel (58 kilos). Ellen is active as a youth leader in her church and has a 4.1 GPA. Jimmy is a varsity football letterman and has a 3.7 GPA. Hope is active as a youth leader in her church, is a two-time varsity softball letterman, has a 3.66 GPA and will be representing Flowery Branch High School at the Hugh O'Brien Youth Leadership Seminar this summer. She will be competing in the 58 kg weight class.

We're looking forward to hearing more about the successes of these future champions.

Fairbanks Road Elementary School



(l-r) Teriann Green, Autumn Demarco, Stephanie Longfellow, Jenna Guyette, Erika Dick



Paul and Zachary Dick

Flowery Branch High School



Ellen Kercher



Jimmy McIntyre



Hope Stockel and C.J. Stockel

PRODUCT SPOTLIGHT

OptoJump: From Performance to Concussion Control

Since the inception of *BFS* magazine 30 years ago, we at *BFS* have been proud to position ourselves at the leading edge of athletic performance. We have focused on informing our readers with the best and most current safety practices, training concepts, performance tools and research information in order to maximize the success of the student athlete.

We are excited to introduce a biomechanical measurement tool that we believe will not only revolutionize the way symmetrical development is measured in all school students but also take the training of athletes to the next level. After months of study and research, *BFS* is endorsing and adding this groundbreaking performance evaluation tool to our product line.

OptoJump, a product created by Microgate™, is the only objective, dynamic device that quickly and easily assesses body mechanics while the athlete is in motion. It provides precise, easy to interpret, and objective performance data to make certain that the well-rounded athlete is able and agile in all directions – there is no favored side. With a simple, 30-second march-in-place test, OptoJump can measure the contact time of each foot, the flight time of each foot, and the athlete's ability to hold his or her center of mass constant. An athlete's biomechanical baseline, or "gait print," can then be tracked over time, allowing physical educators, coaches and trainers to objectively measure biomechanical development and ensure effectiveness of training. In addition, the device provides the only dynamic stability test in the world: a simple five-jump, in-place test that evaluates an athlete's creation, execution and direction of power (stability).

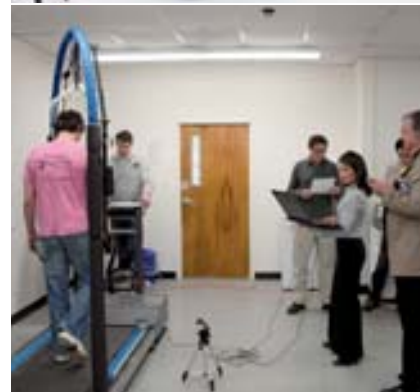
OptoJump™ allows immediate and exact identification of biomechanical asymmetries by assessing gait, acceleration of each leg, power, etc. Its precise appraisal of movement means that problem areas can be addressed long before they turn into injuries, and it makes possible a crucial, *objective* evaluation of an athlete's preparedness to return to play after injury, including concussion.

One of the most serious health concerns we have today is the increase of concussion in sports and the incidence of "second impact syndrome." We are confident OptoJump will play a major role in minimizing the danger of this life-threatening condition, and future articles in *BFS* will detail the implications of this device for return-to-play protocols.

As a performance and training tool, OptoJump is one of the best possible means of developing bigger, faster and stronger athletes who are efficient and effective in their movement for their sport. OptoJump is backed by a company firmly committed to the principle that every child has the right to symmetrical development and biomechanical health. We are certain that principle will resonate with our readers and this device will help them guarantee its fulfillment.



Dr. Peter Gorman lecturing at the University of Rhode Island on OptoJump™



How Much Can You Power Clean?

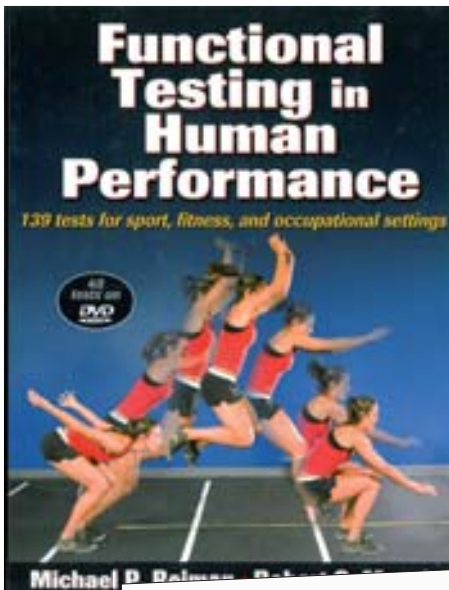
May 14 is the date, and once again Bonanza High School in Las Vegas is the place for the seventh annual National High School Power Clean Championships. Entries close May 5, so if you know an athlete who wants to lift, they need to contact meet director Val Balison at vjbalison@cox.net.

Among the competitors this year



are C. J. Fort of Global High School in Las Vegas, who this year cleaned 305 pounds at a bodyweight of just 165 pounds; Alec Walker of Las Vegas

High School, who power cleaned 340 pounds at 209 pounds; and Chloe Van Tussenbroek, recipient of the 2011 BFS Weightlifting Scholarship.



BOOK REVIEW:

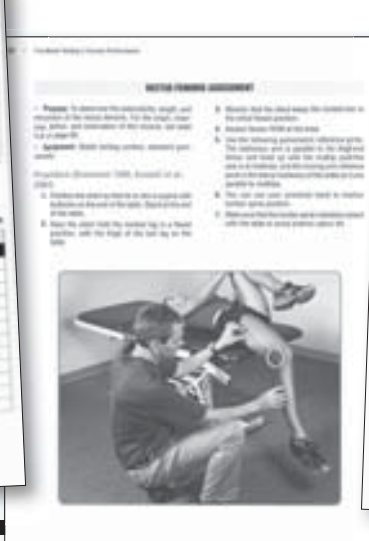
Functional Testing in Human Performance

Testing is critical in any physical or athletic fitness program – after all, if you don't test, how do you know if what you are doing works? For this reason, the book *Functional Testing in Human Performance* should be on hand in the athletic department of every school in the country.

Written by Michael P. Reiman and Robert C. Manske and published by Human Kinetics (humankinetics.com), this valuable resource covers 139 functional tests. Each test is explained in great detail, and 40 of the advanced tests are featured in live-action demonstrations on a companion DVD. Normative data are also provided along with details on how to interpret the results of each test. **BFS**

TABLE 1-10
Percentile Ranks for Vertical Jump (in Inches) in NCAA Division I Men's Athletes

Height	50th	60th	70th	80th	90th
5'6"	18.0	22.0	28.0	35.0	42.0
5'7"	19.0	23.0	29.0	36.0	43.0
5'8"	20.0	24.0	30.0	37.0	44.0
5'9"	21.0	25.0	31.0	38.0	45.0
5'10"	22.0	26.0	32.0	39.0	46.0
5'11"	23.0	27.0	33.0	40.0	47.0
6'0"	24.0	28.0	34.0	41.0	48.0
6'1"	25.0	29.0	35.0	42.0	49.0
6'2"	26.0	30.0	36.0	43.0	50.0
6'3"	27.0	31.0	37.0	44.0	51.0
6'4"	28.0	32.0	38.0	45.0	52.0
6'5"	29.0	33.0	39.0	46.0	53.0
6'6"	30.0	34.0	40.0	47.0	54.0
6'7"	31.0	35.0	41.0	48.0	55.0
6'8"	32.0	36.0	42.0	49.0	56.0
6'9"	33.0	37.0	43.0	50.0	57.0
6'10"	34.0	38.0	44.0	51.0	58.0
6'11"	35.0	39.0	45.0	52.0	59.0
7'0"	36.0	40.0	46.0	53.0	60.0



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