

BIGGER FASTER STRONGER

BFS

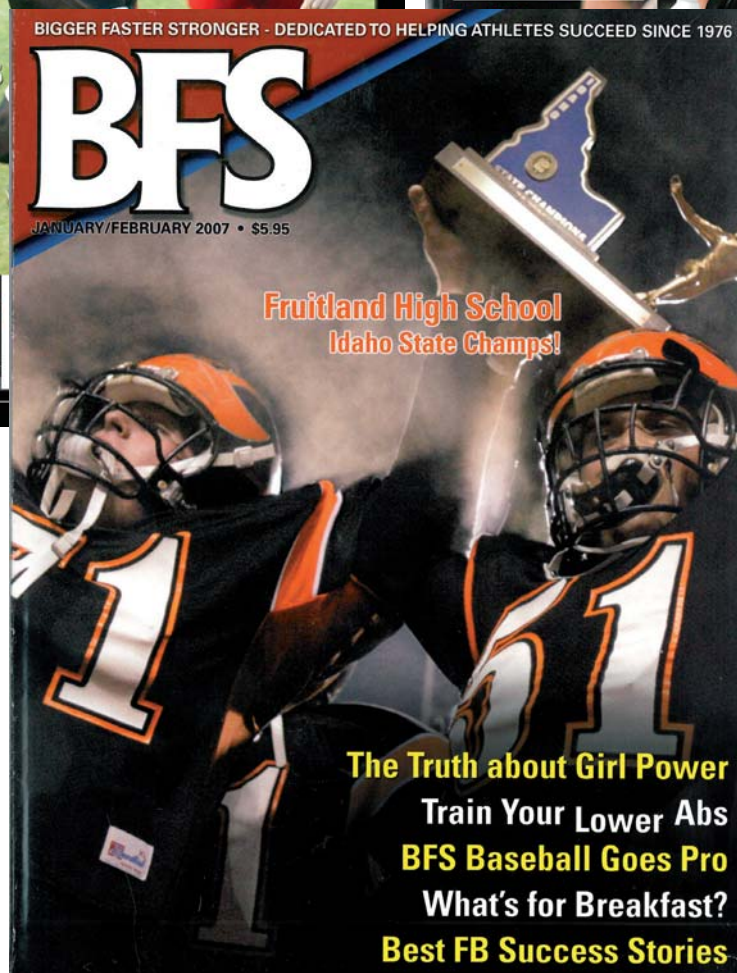
*Dedicated To Helping
Athletes Succeed
Since 1976*

Speaking Up About BFS

Football coaches' testimonials about their success with BFS



BFS clinician Jeff Scurran has developed a reputation for turning around high school football programs.



Every issue of *BFS* magazine contains success stories from high school football programs that have won with BFS. For some, adopting the BFS program completely turned around their win-loss record, transforming them from cellar dwellers to conference champions or even state champions. For some, BFS added a few more wins to their record, making a

good program great. And for those with a tradition of winning, BFS helped keep them at the top of their game. Here are some quotes from BFS believers:

"We have seen tremendous gains in strength and speed ever since we started using BFS. We trained year-round, and we still lifted three times a week during the season, even during the week of the

state championships."

Josh Floyd
Athletic Director and Head
Football Coach
Shiloh Christian High School,
2006 State Champions
Springdale, Arkansas

"Lifting and conditioning for nearly 12 weeks in the summer helped

our team make great strides in speed and strength.”

Matt Gilmer
Class of 2007
Holy Family High School, 2005
State Champions, Football
Broomfield, Colorado

“There are all kinds of different ways to work out, but BFS is a proven product. It’s been around since the ’70s, they’ve grown and changed, and we don’t have to

reinvent the wheel. Bringing in BFS was a commonsense solution.”

Pat O’Brien
Head Football Coach
Sickles High School
Tampa, Florida

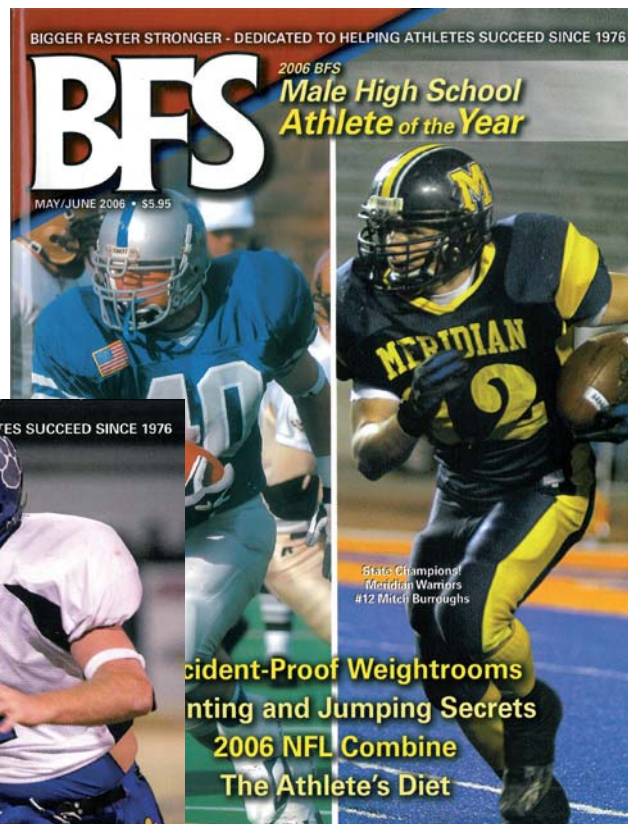
“We wanted to build on our success, so we brought out BFS clinician Tom Sullivan to give a Be an 11.”

Mark Peach
Head Football Coach

Anderson County High School
Lawrenceburg, Kentucky

“Just before we started becoming successful, we’d had some issues getting our younger kids into the weightroom; so we really bought into the BFS Readiness Program.”

Paul Dick
Head Football Coach
Churchville-Chili High School
Churchville, New York **BFS**





ACHIEVE YOUR GOALS!

TOTAL

PROGRAM CLINIC



Unify Your Sports and Athletic Programs to Win!

A great start! A BFS Clinic is a great way to introduce your school to the advantages of unification. If you are already a BFS school, this clinic will introduce new athletes to the BFS Total Program and will reinforce the importance of following the program to experienced athletes.

The Ultimate BFS Experience: Two Day **Total Program Clinic** with a **Be An 11 Seminar!**

2 Day Clinic \$2300 (up to 50 athletes). Additional athletes \$25 each. **Be an 11 Seminar:** \$20 per athlete

In a two-day clinic, a BFS instructor can come to your school and show you how to unify your athletic program to ensure athletes will progress, year-round. With more hands-on instruction and additional time for our clinicians to answer your questions this is a more complete, personalized experience

Coach Rick Bojak got me to believe completely in BFS. He spent three days with us, and did both a Be An 11 workshop and a BFS Two- Day lifting clinic. This helped motivate us into our off season."

Kevin Belcher, Head Football Coach Central HS
Phoenix, Arizona

Additional Options:

2 Day Clinic
\$2300

Up to 50 athletes. Addl athletes add \$25 each

1 Day Clinic
\$1900

Up to 50 athletes. Addl athletes add \$10 each

Certification Clinic

Regional Certification

\$299 Per Coach - Practical & Theory Course, 1 Day, Hands on Practicum and Online Exam

In-Service Certification

\$299 Per Coach - Practical & Theory Course, 1 Day, Hands on Practicum and Online Exam
\$800 Reservation Fee-10 Coach Minimum

Be an 11 w/ 1-Day

ONE DAY \$1900 Up To 50 Athletes

Additional Athletes \$10 Each

BE AN 11 Seminar \$20 per Student

Be an 11 Seminar

\$1700

Up to 50 athletes. Add'l athletes add \$20 each

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