

Confirm As Friend?

I finally broke down and started a Facebook page. No, I won't use it to tell the world about my ingrown toenail or to notify potential burglars when I leave my house unattended. For me, its purpose is to stay in contact with old friends and to recognize the accomplishments of the amazing athletes I've had the privilege to train. It may seem rather conservative to have waited so long to become involved with this technology, but when it comes to change, I'm careful – as is BFS.

The words “relaunch” and “makeover” have become commonplace in our society, especially in the fitness business. Many competitors of BFS have changed their business focus entirely, and often the result has been that their decisions ended badly. BFS continues to operate very much in the same way we did when we started: holding clinics, promoting a unified workout program, and providing those who need quality equipment with just that – at a BFS price! The result is that we are still in business after 35 years, and in fact we're still growing – our end-of-year sales in 2011 were even better than those in the previous year. With such success in our pocket, we think long and hard about making changes – and that includes this magazine.

It took more than two decades before we switched from four issues a year to six! This decision to publish on a bimonthly basis enabled us to expand our editorial content, especially in regard to covering women's sports. Women athletes increasingly appear on *BFS* covers, and several years ago we established a BFS High School Female Athlete of the Year award. Now we've decided to make another change.

With this issue, we are starting a For Women Only

section – it will be devoted to content of particular interest to young women athletes, their parents and coaches. But because we have a finite amount of space, when we add something we must take something away. That something will be the Physical Education section and Dr. Marc Rabinoff's column, “The Dark Side of Sports.” We appreciate Dr. Rabinoff's contributions over the past nine years in covering many of the major issues of sports liability.

This doesn't mean that we will no longer have articles about physical education or editorial contributions from Dr. Marc Rabinoff – he is not being “unfriended.” Although Dr. Rabinoff is scaling down his workload as he heads into a well-deserved retirement, he will contribute to *BFS* as an expert consultant for upcoming articles that relate to sports liability. Physical education issues will be covered in the Features section or, depending upon the subject matter, the BFS Program section.

For this issue, the individual contributing to the For Women Only section is Laanna Carrasco, who did the “2011 BFS High School of the Year” article in our January 2012 issue. Laanna holds a master's degree in journalism, was a Division I basketball player, and interned as a strength and conditioning coach at two prestigious universities, Harvard and Brown. She will be discussing the many scholarship opportunities available for young women. That's a good start – and a change for the better.

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



Team BFS weightlifter Mary-Pier Gaudet recently completed work on the movie *Snow White*. Expect to read more about her in our new section, For Women Only.



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Kim Goss, MS

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Steve Kinslow

WEBSITE PROGRAMMER
Richard Knowley

SALES MANAGER
John Rowbotham

COVER PHOTO
Jared Abbrederis
Photo by David Stluka,
Wisconsin Athletic Communications

INSET COVER PHOTO
Rob Adell
Photo by John Broz

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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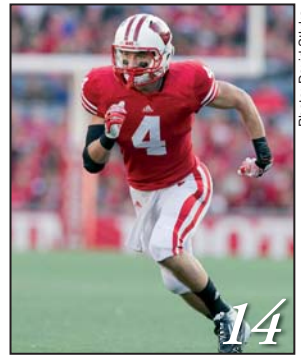


Photo: David Stluka

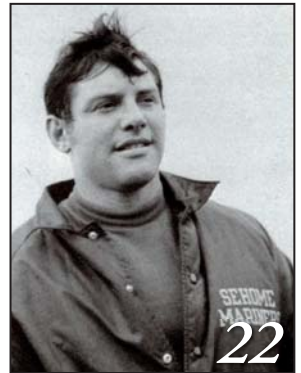


Photo: John Broz



2012 Power Clean Championships Set for Vegas

The 8th Annual National High School Power Clean Championships will be held on May 12, 2012, at Bonanza High School in Las Vegas, Nevada. Val Balison is the meet director; for more information contact him at vjbalison@cox.net.

The 2011 event resulted in many national records being set, and it also was the first year to officially offer competitive events in a women's division. The best lifter for females was Chloe Van Tussenbroek of West Jordan High School in Utah, who set a national record of 165 pounds in the 152-pound bodyweight class. National records were set in three other bodyweight classes. For the men, the best lifter was CJ Fort of Global High School in Nevada, who set a national record of 315 pounds in the 169.5-pound bodyweight class. National records for the men were set in four other bodyweight classes; consult the *BFS* magazine archives for results of past championships.

Here are the current national record for boys and girls records in each bodyweight category.

BOYS

WT CLASS	NAME	WEIGHT	SCHOOL
110	Eric Sorto	190	Global High School
123.5	Brett Sampson	260	Las Vegas High School
136.5	Josh Gilbert	270	Global High School
152	Saulsberry/Rodgers/Glenn	275	Las Vegas High School
169.5	CJ Fort	315	Global High School
187	Darryl Brown	325	Las Vegas High School
207	Alec Walker	340	Las Vegas High School
231	Brett Rather	350	Green Valley High School
HWT	Pat Mendes	350	Del Sol High School

GIRLS

WT CLASS	NAME	WEIGHT	SCHOOL
106	Monica Carballo	95	Global
117	Francesca Paraz	125	Foothill
128	Sarah Garcia	105	Global
139	Patryson/Lind	140	Green Valley/Bonanza
152	Chloe Van Tussenbroek	165	West Jordan
165	OPEN		
HWT	Robyn Mascolo	140	Foothill



Chloe VanTussenbroek

CJ Fort

Alec Walker

DOUBLE TAKES

Sarah (Cardinal) White

In 2004 Sarah White, then Sarah Cardinal, became our first BFS High School Female Athlete of the Year. She was a perfect choice.

White inherited great genetics, as her father, Marc, was a member of the 1980 Canadian Olympic Team in weightlifting and had best lifts of a 369-pound snatch and a 485-pound clean and jerk as a super heavyweight. Marc went on to earn a doctorate (today he is a highly respected radiologist), thus becoming a role model for Sarah to excel in both athletics and school. And she did just that.

White attended Blackfoot High School in Blackfoot, Idaho, where she earned a 3.92 GPA. There she excelled in track, winning state titles in the discus and shot put. She also competed in weightlifting, and at age 16 she snatched 171 pounds and clean and jerked 222 pounds to break School Age National records in the clean and jerk and total. These accomplishments earned her a track scholarship at the University of Utah.

White started college as a nursing major and eventually



became a certified nursing assistant. After a year at the University of Utah she discovered that her true passion was for English literature and composition, and she discontinued competing in track.

She eventually moved to California, where she met her husband-to-be, Jesse, who serves in the Air Force. Sarah and Jesse married in December 2008.

The Whites had their first son, Reginald Eugene White, in November 2009; and in August 2011 they welcomed into the world their second, Rhys Gerald White. Currently the Whites live in Fort George G. Mead Junction, Maryland, where White has a company that makes special baby blankets she calls "Soothing Swaddlers by Sarah." She is also working on finishing her degree through Grand Canyon University to become an English teacher at the secondary level. She still lifts, working out in a home gym equipped with heavy-duty free weights.

Sarah White is a role model for young women, excelling in sports and education, and now as a mother. As we say at BFS, she is a true 11.

BOOK REVIEW:

Postural Assessment

Coaches are always emphasizing the importance of having good posture, but how many coaches know how to accurately evaluate an athlete's posture? Unless

a coach has a background in dance, this skill is probably lacking. The practical resources available to coaches are few, but filling this need is *Postural Assessment* (Human Kinetics, 2012), a hands-on guide to assessing posture by Jane Johnson, MSc, a physiotherapist from London.

"This book focuses on what posture reveals about the relationship among various body parts so that you may become better informed about whether such relationships are causing or contributing to pain or discomfort or where these relationships might affect

the stability of joints by increasing or decreasing joint range," says Johnson. "The emphasis is on the assessment of the static posture in standing and seated positions" (Note that an assessment of dynamic posture would be the BFS power balance drills.)

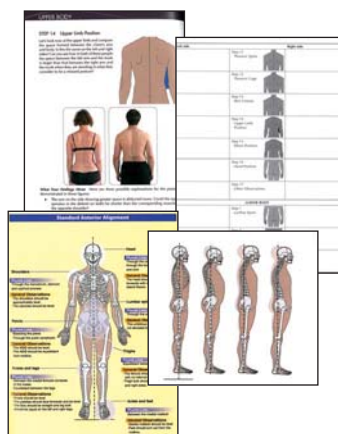
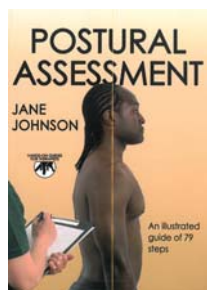
Postural Assessment contains two parts; the first discusses the theory of postural assessment and the preliminary steps needed to perform an assessment. The second part of the book focuses on practical application, which the author refers to as "the nuts and bolts of postural assessment – where you start and what you look for." This section is divided into four assessment categories: posterior, lateral, anterior and seated. The book also contains many useful postural assessment charts to help with

conducting these assessments.

What is unique about this book is that when describing each body part assessment, Johnson offers her opinions about how to interpret your findings. For example, if an athlete stands with their elbows pointed outward, Johnson says this could indicate a shortening of the muscles that internally rotate the humerus (upper arm bone), such as the subscapularis, pectoralis major and teres major.

Postural Assessment provides coaches with a good starting point in the field of postural assessment. From here, they can progress to more advanced textbooks, such as *Muscles: Testing and Function, with Posture and Pain* by Florence Peterson

Kendall et al. (Lippincott Williams & Wilkins, 1993) and *Anatomy Trains* by Thomas W. Myers (Churchill Livingstone, 2001).



PLAYER PROFILES

BFS Player Profile: Jenny Lyvette Arthur



American weightlifter Kelly Lynch was featured in the March/April 2007 issue of *BFS* in our article "America's Strongest Girl." Lynch held Junior (20 and under) records

in two weight classes, one being a 249-pound clean and jerk in the 152-pound bodyweight class. But records are made to be broken, and at the National Junior Championships this January Jenny Lyvette Arthur exceeded that standard with a clean and jerk of 251 pounds, winning the national title. As a result, Arthur received a check for \$1,000 from Poliquin Performance as

part of Charles Poliquin's record incentive program that he established for USA Weightlifting.

Arthur is a senior at Chestatee High School in Gainesville, Georgia, where she has a 3.2 GPA. She began lifting in October 2009 and is coached by Stan Luttrell. Arthur would like to pursue a degree in early childhood education and says that another of her goals is to volunteer at homeless shelters.

Photos by Stan Luttrell



BFS Player Profile: John Eagan

John Eagan is a senior at Wautoma High School in Wautoma, Wisconsin, who will be attending Northern Illinois University on a football scholarship. He earned

four letters in baseball and three in football and basketball. This season as a quarterback, he was the Conference Player of the Year, passed for 1,731 yards (22 TDs) and

rushed for 1,257 yards (17 TDs). Among his lifting and field-test bests are a 4.57 in the 40, 34.5" vertical jump, a clean of 260 pounds and a 430 squat.



Don't Slow Down When Training for Speed

Superslow weight training protocols consist of relatively long periods of lowering a weight (eccentric contraction) and raising a weight (concentric contraction). A typical protocol in a bench press, for example, would be to lower the barbell to the chest in five seconds and press the bar off the chest in 10 seconds. Superslow proponents claim that their method is superior to traditional weight training methods, but the research on this subject suggests otherwise.

In a study published in the August 2001 issue of the *Journal of Strength and Conditioning Research*, strength gains were quantified with 1RM assessments of the following exercises (results of the traditional training are shown first, followed by those of the superslow training): bench press, 34 percent vs. 11 percent; torso-arm (anterior lateral pulldown), 27 percent vs. 12 percent; leg press, 33 percent vs. 7 percent; leg extension, 56

percent vs. 24 percent; and leg curl, 40 percent vs. 15 percent.

In another study published in the November 2005 issue of the same peer-reviewed journal, the conventional training group improved their squatting



strength by 6.8 percent compared to 3.6 percent for the superslow group. In the vertical jump test, used to determine peak power, the researchers found that the traditional training group showed significant improvement, whereas the superslow training group did not.

In a third study published in the

November 2011 issue of this journal, the authors found that at the end of their four-week study only the conventional training group had achieved “statistically significant improvements” in strength, although the superslow group improved 14.7 percent in the sit-and-reach test compared to 11 percent for the conventional weight training group.

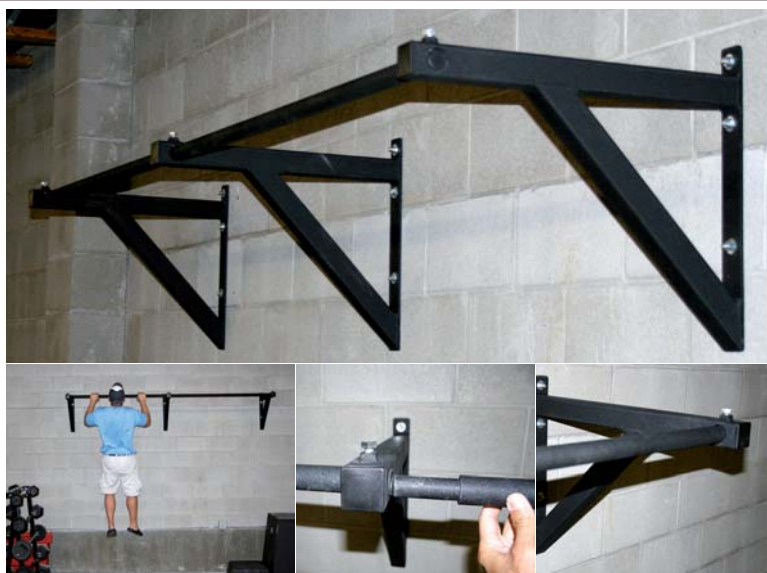
Neurons are nerve cells that control muscle contractions, and these studies suggest that conventional training recruits more of these neurons. As such, conventional training enables the athlete to develop more force to lift more weight

and produce more power. While superslow training is better than no training, athletes who are interested in developing physical superiority over their competition need to stick with conventional methods. As they say in the military, “Train the way you are going to fight!”

PRODUCT SPOTLIGHT

Get an Advantage on Chin-ups

Chin-ups and pull-ups are basic upper body exercises that are especially popular in physical education classes and boot camp programs. As such, one convenient way to include these great exercises in a physical fitness or athletic fitness program is with the BFS Wall Mounted Modular Chin-up Bar. This unit has an oversized 1¼" chin-up bar and heavy-duty, 2" by 2", 11-gauge brackets. What's unique about this product is that any number of brackets can be connected. Check the BFS online store for more product details.



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