



The BFS-Swedish Connection

On May 18 *BFS* Editor in Chief Kim Goss (right) attended an Olympic lifting seminar by Anders Lindsjö (left). Lindsjö competed in the 1992 Olympic Games and today is the head coach for the Swedish Olympic Weightlifting Team. Lindsjö says there are three main qualities to mastering the snatch and the clean and jerk: close, fast, deep. What this means is that lifters need to keep the barbell close to the body throughout the lift, move quickly, and catch the bar in a low squat (for the snatch and clean) and a low split (for the jerk).

Reduce TV Viewing to Improve Athletic Performance



We've all been warned that watching TV will rot our brains, but recent research shows that the small screen also adversely affects athletic performance.

In a Canadian study published in 2012 in the *International Journal of Behavioral Nutrition and Physical Activity*, researchers followed 1,314 children over 10 years and found a correlation between muscle power and time spent watching television prior to age 5. The kids who watched TV the most had larger waist circumferences and scored poorest on the long-jump test. Conversely, those who watched TV the least scored the best, indicating much greater athletic prowess.

Based on this data you should have already cut your TV cord, but if you are still not alarmed, be aware that the average time spent watching TV in this study at 29 months was 8.8 hours a week, whereas at 53 months it was 14.85 hours a week. Talk about time wasted!

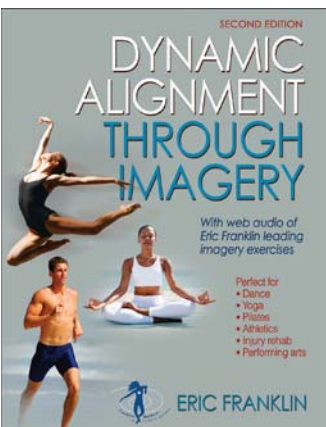
Researchers suggest that early muscular strength and power will predict athletic performance in later years, and that limiting television viewing time is a key way to enhance strength development in kids. In addition, poor muscular strength in childhood puts kids at risk for sport-related injuries, back pain, poor heart health, impaired mobility and greater risk of mortality.



BFS High School Female Athlete of the Year

Candidates are being accepted for the 2013 BFS High School Female Athlete of the Year. Each year an exceptional young woman who excels in athletics and the classroom is selected for the award; the 2013 honoree will be featured in an upcoming issue of *BFS* magazine. The 2011 recipient, Megan White, appeared on the cover of the July/August 2011 issue. If you have a candidate for this award, submit a letter to *BFS* Editor in Chief Kim Goss at kim@bfsmail.com.

BOOK REVIEW: *Dynamic Alignment Through Imagery*

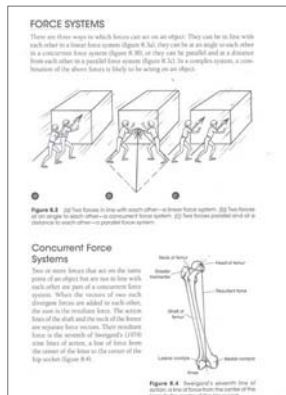
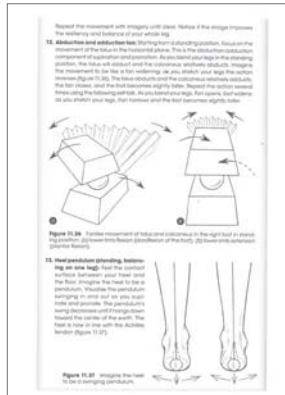
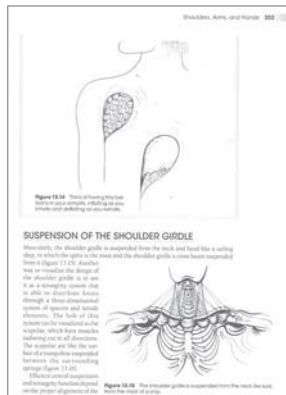
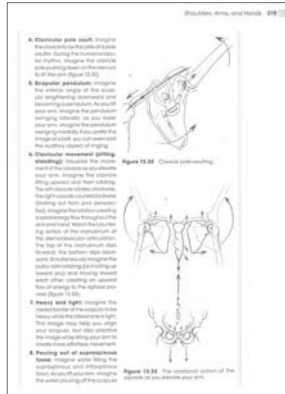
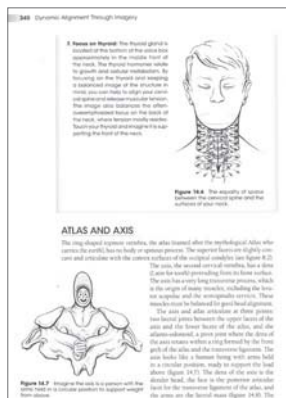


with Olympians and professional dance troupes such as Cirque du Soleil.

Now in its second edition, this highly readable textbook is 429 pages long, contains nearly 500 illustrations and discusses more than 600 exercises. In contrast to the standard approach to anatomy of “connect the dots” and memorization, Franklin *shows* readers how to improve alignment and coordination through imagery.

How can imagery improve posture and movement? Franklin explains by way of example: “If you don’t want your back to look crooked, you shouldn’t focus on it not being crooked as a banana. Instead you need to replace the image of a banana with that of something straight yet flexible – a waterspout, for example.” In this unique book readers are guided by not only words but also powerful images of how the body should look and move.

Whether you're a physical educator, sports coach or strength coach, you'll find that purchasing a copy of *Dynamic Alignment Through Imagery* is a wise investment in your education.



PRODUCT SPOTLIGHT

Rubber Medicine Balls

BFS carried many brands of medicine balls over nearly four decades but we've narrowed the field and are pleased to offer just one type. These easy-to-grasp, rubber medicine balls have a thick, durable shell and are easy to catch; they have little bounce, making them ideal for indoor and outdoor training. They come in six weights: 2, 4, 6, 8, 10, and 12 pounds. To take the next step in functional training, get a set of these balls today by calling BFS at 1-800-628-9737 or order online at www.biggerfasterstronger.com.

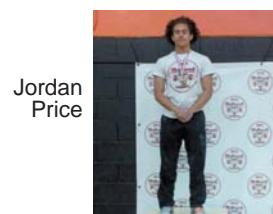


Jordan Price: Best-Ever at National Power Clean Championships



The 10th Annual National High School Power Clean Championships was held on June 1, 2013, at Chaparral High School in Las Vegas, Nevada. Participants broke national records in four weight divisions: three men's records and one women's record. The meet director was Bill Froman, and the competition was sponsored by Rockin' Refuel® protein drinks.

The highlight of the competition was Jordan Price, who competed in the 136.5-pound weight class and exceeded the national record of 270 pounds with a lift of 295 pounds. Pound-for-pound, Price's lift is considered the best ever in the 10-year history of the event. Also breaking national records in the men's division were Brian Catano, who lifted 195 pounds at 110 pounds bodyweight, and Caleb Davis, who lifted 280 pounds at 152 pounds bodyweight. On the women's side, Tamera Grieves broke the national record in the 139-pound division by 20 pounds with a best result of 160 pounds.



Jordan Price



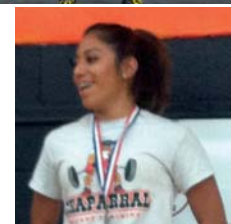
Chaparral High School



Juan Santoyo



Hector Montenegro



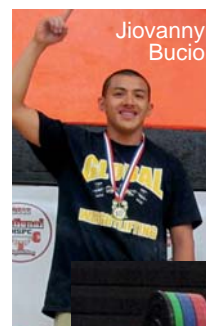
Alejandra Macias



Caleb Davis



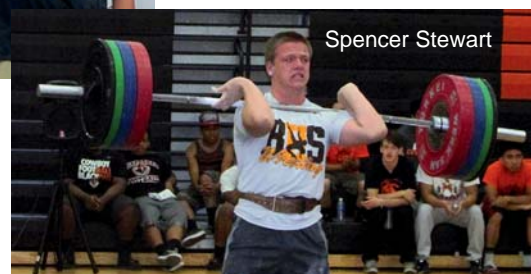
Brian Catano



Jiovanny Bucio



Jordan Knapp



Spencer Stewart

2013 National High School Power Clean Championships National Champions

WOMEN

BODYWT.	NAME	SCHOOL	WT. LIFTED
128	Gema Avila	Global	95
139	Tamera Grieves	Green Valley	160*
165	Alejandra Macias	Chaparral	165
HWT	Sydne Yanez	Green Valley	130

MEN

BODYWT.	NAME	SCHOOL	WT. LIFTED
110	Brian Catano	Chaparral	195*
123.5	Justin Bonaparte	Las Vegas	225
136.5	Jordan Price	Chaparral	295*
152	Caleb Davis	Chaparral	280*
169.5	Jiovanny Bucio	Global	290
187	Richard Hernandez	Chaparral	270
207	Spencer Stewart	Bonanza	315
231	Sam Martin	Foothill	300
HWT	Will Hernandez	Chaparral	340

*National record

TEAM COMPETITION

1 st	Chaparral HS
2 nd	Las Vegas HS
3 rd	Bonanza HS

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Record sets, reps, times, broken records & more!
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Coaches Sessions
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Weight Training,
Weight Room
Evaluation



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BE AN 11	\$2990	\$1495
2 DAY TPC	\$3990	\$3990
IN-SERVICE WRSC	\$3195	\$1495
IMPLEMENTATION PACK-AGE	\$3500	\$0
TOTAL :	\$13,675	\$6980

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WRSC: \$299 per coach over 5
Camp: \$40 per student over 50

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Valued at over \$3,500 the implementation package contains equipment, instructional materials and ongoing support to allow you to take charge of your program immediately after the conclusion of your Championship Camp!

Includes:

Complete Weight Room Evaluation and 2D weight room layout design, Set Rep Logs, Youth Training Bar Package, Total Program DVDs, Be An 11 books, camp t-shirts, 4 month magazine subscription for all athletes and students attending, WRSC Support for certified coaches and much, much more!

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The BFS Championship Camp delivers a winning culture to your school - in athletics and in life!

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Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

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BE AN 11 SEMINAR	\$2990	\$1495
2 DAY TPC	\$3990	\$3990
IMPLEMENTATION PACK-AGE	\$2500	\$0
TOTAL:	\$9480	\$5485

Save Over \$3995!

Camp: \$40 per student over 50

Implementation package valued at over \$2,500. Includes Set Rep Logs, Weight Room Evaluation, Total Program DVDs, Be An 11 books, camp t-shirts and much more!

G Be An 11, Coaches WRSC 50 Athletes & 5 Coaches:

\$4735 Product # 800G

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE	
BE AN 11 SEMINAR	\$2990	\$2990
IN-SERVICE WRSC	\$3195	\$1745
IMPLEMENTATION PACK-AGE	\$2500	\$0
TOTAL:	\$8685	\$4735

Save Over \$3950!

Be An 11: \$30 Per student over 50
WRSC: \$349 per coach over 5

C Be An 11, Coaches WRSC 1 Day Total Program Clinic,

50 Athletes & 5 Coaches: \$6480
Product # 800C

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE	
BE AN 11 SEMINAR	\$2990	\$1495
1 DAY TPC	\$3490	\$3490
IN-SERVICE CERT.	\$3195	\$1495
IMPLEMENTATION PACK-AGE	\$3000	\$0
TOTAL::	\$12,675	\$6480

Save Over \$6195!

Be An 11: \$20 per student over 50
1 Day Clinic: \$20 per student over 50
WRSC: \$299 per coach over 5

Implementation package valued at over \$3,000. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, WRSC Support and much more!

H Coaches Weight Room Safety Certification

10 Coaches Minimum

\$5190 Product # 800H

Pricing

INCLUDES TRAVEL, AIR FARE AND EXPENSES

10 COACHES

10 COACHES X \$399 - \$3990 + 1200 DEPOSIT

Total: \$5190

WRSC: \$399 per coach over 10
Implementation package worth over \$2,300.

START YOUR CHAMPIONSHIP JOURNEY HERE!

4 Building Blocks are the Foundation of the BFS Camps Clinics and Certification program. With two flavors of the **Total Program Clinic**, the character education benefits of the **Be An 11 Seminar**, and the Strength, Conditioning and Safety instruction of the **WRSC** you can find the combination that your program needs!

2 Day Total Program Clinic: Up to 12 hours of Hands on Strength & Conditioning Training for Athletes & Coaches, Core Lifts, Auxiliary Lifts, Speed, Plyometrics, Flexibility, Nutrition, Program, etc... Coaches only break out session starts off the clinic to ensure you are able to immediately put the total program in use for your team. In a 2 day clinic, a BFS instructor will come to your school and show you how to unify your athletic program to ensure athletes will progress, year-round. The two-day clinic permits more hands-on instruction and additional time for our clinicians to answer your questions to make this a more complete, personalized experience.

1 Day Total Program Clinic: Up to 6 hours of Hands on Strength & Conditioning Training for Athletes & Coaches, Core Lifts, Auxiliary Lifts, Speed, Plyometrics, Flexibility, Nutrition, Program, etc... Coaches only break out session starts off the clinic

Be An 11: Up to 3 hours of Character Education, Goal Setting, Team Building Activities, Championship Attitude Activities, Community Support, Unification, etc... See **page 24** of this magazine to learn how a Be An 11 seminar can inspire your teams and student body!

WRSC: (In-Service or Regional Certifications Available) A BFS Weight Room Safety Certification provides a minimum of 8 hours of Hands on Teaching Protocols, Program Implementation Details, Safety & Liability Details, Weight Room Evaluation, Core Lifts, Auxiliary Lifts, etc... WRSC includes one year of online video training support. See **page 48** to learn more!

OPTIONS TO COVER YOUR UNIQUE SITUATION

D Be An 11 Seminar, 1 Day Total Program Clinic

50 Athletes: \$4985

Product # 800D

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

	RETAIL PRICE: 50 STUDENTS	PACKAGE
BE AN 11 SEMINAR	\$2990	\$1495
1 DAY TPC	\$3490	\$3490
IMPLEMENTATION PACK-AGE	\$2500	\$0
TOTAL	\$8980	\$4985

Save Over \$3995

Be An 11: \$20 per student over 50

1 Day Clinic: \$20 per student over 50

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, and much more!

I 2 Day Total Program Clinic, 50 Athletes \$3990

Product # 800I

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

2 Day Clinic: \$30 per student over 50

Implementation package worth over \$1,500.

E 2 Day Total Program Clinic, Coaches WRSC

50 Athletes & 5 Coaches: \$5735

Product # 800E

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

	RETAIL PRICE: 50 STUDENTS	PACKAGE
2 DAY TPC	\$3990	\$3990
IN-SERVICE CERT.	\$3195	\$1745
IMPLEMENTATION PACK-AGE	\$2500	\$0
TOTAL:	\$9685	\$5735

Save Over \$3,950!

2 Day Clinic: \$30 per student over 50

WRSC: \$349 per coach over 5

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

J 1 Day Total Program Clinic, 50 Athletes \$3490

Product # 800J

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

1 Day Clinic: \$30 per student over 50

Implementation package worth over \$1,500.

F 1 Day Total Program Clinic, Coaches WRSC

50 Athletes & 5 Coaches: \$5235

Product # 800F

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

	RETAIL PRICE	PACKAGE
1 DAY TPC	\$3490	\$3490
IN-SERVICE CERT.	\$3195	\$1745
IMPLEMENTATION PACK-AGE	\$2500	\$0
TOTAL:	\$9185	\$5235

Save Over \$3,950!

1 Day Clinic: \$30 per student over 50

WRSC: \$349 per coach over 5

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

K Be An 11 Seminar 50 Athletes \$2,990

Product # 800K

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

Be An 11: \$30 per student over 50

Implementation package worth over \$1,000.

Package Details and Information: All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit www.biggerfasterstronger.com/camps. Here you will also find helpful hints and instructions on what you can do to prepare for your BFS clinics. All dates must be booked 30 days prior to clinic date. **Book early to lock in your preferred dates.**



Questions? Call 1-800-628-9737
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