

Sarah Valentine photos

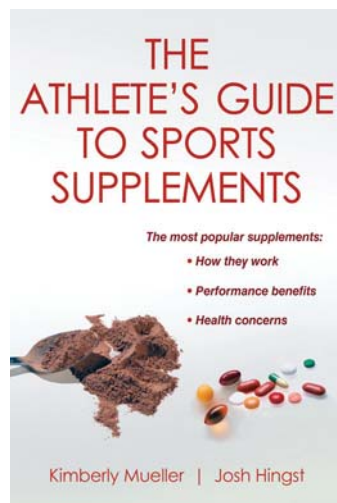
## BFS Scholarship Athlete Presses On

Since winning the 2012 National High School Power Clean Championships, Brittanie Masticola has been making great progress in the sport of Olympic-style weightlifting. A BFS-sponsored athlete, Masticola has successfully made 50 out of 52 attempts in competition, and has exceeded the qualification totals for the 2014 Junior Nationals and Collegiate Nationals Championships. Shown are lifts from her recent performance at the Connecticut Open Weightlifting Championships, held in Stamford on July 21, where she won the Best Lifter award for juniors.



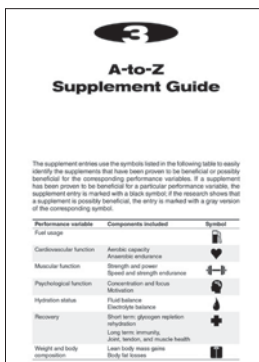
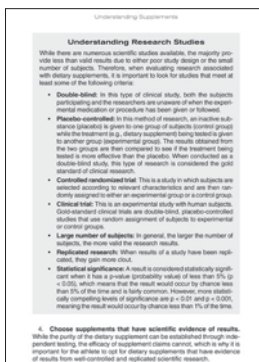
## BOOK REVIEW:

### The Athlete's Guide to Sports Supplements



Some of the most popular sections in bodybuilding magazines are the supplement ads, promising that the secret to physical superiority can be found in a pill or powder. Likewise, every major pharmacy and supermarket devotes large sections of shelf space to numerous types of natural products formulated to resolve specific health issues or simply to improve overall quality of life. Trying to determine which of these products work, and which doesn't, is a challenge. One tool to help you take on this information overload is *The Athlete's Guide to Sports Supplements* by Kimberly Mueller and Josh Hingst (Human Kinetics, 2013).

This book provides concise descriptions for approximately 120 popular supplements, listed alphabetically. Each entry reviews where the supplement comes from, how it works, what benefits are claimed, health concerns, dosage recommendation, and reviews of research studies. There are many useful tools, such as a section on how to read a supplement label and tables that help you locate specific supplements according to their purpose, such as strength, endurance and recovery. If you're looking into taking sports supplements, or if you're a coach and want to be able to provide intelligent answers to your athletes' questions about supplements, pick up a copy of *The Athlete's Guide to Sports Supplements*.



Supplement	Potential benefits	Recommended dose (16 to 19 years old)	Recommended dose (14 to 15 years old)	Recommended dose (10 to 13 years old)
Beta-Alanine	Increases muscle carnosine levels, which may improve performance in high-intensity, short-duration activities.	2 to 3 g/day	2 to 3 g/day	2 to 3 g/day
Creatine	Increases muscle creatine stores, which may improve performance in high-intensity, short-duration activities.	3 to 5 g/day	3 to 5 g/day	3 to 5 g/day
L-Alanine	Increases muscle glycogen stores, which may improve performance in high-intensity, short-duration activities.	2 to 3 g/day	2 to 3 g/day	2 to 3 g/day
L-Leucine	Increases muscle protein synthesis, which may improve performance in high-intensity, short-duration activities.	2 to 3 g/day	2 to 3 g/day	2 to 3 g/day
L-Tyrosine	Increases dopamine levels, which may improve performance in high-intensity, short-duration activities.	2 to 3 g/day	2 to 3 g/day	2 to 3 g/day
Phosphatidylcholine	Increases choline levels, which may improve performance in high-intensity, short-duration activities.	2 to 3 g/day	2 to 3 g/day	2 to 3 g/day
Protein	Increases muscle protein synthesis, which may improve performance in high-intensity, short-duration activities.	2 to 3 g/day	2 to 3 g/day	2 to 3 g/day
Triphosphates	Increases ATP levels, which may improve performance in high-intensity, short-duration activities.	2 to 3 g/day	2 to 3 g/day	2 to 3 g/day
Weight and body composition	Increases muscle mass, which may improve performance in high-intensity, short-duration activities.	2 to 3 g/day	2 to 3 g/day	2 to 3 g/day



# The Future of American Weightlifting: C.J. Cummings

There's no question about it: 13-year-old Clarence (C.J.) Cummings is the most promising youngster in American weightlifting. Providing some perspective on Cummings' talent is Marty Schnorf, one of the most respected youth weightlifting coaches in the country. Featured in the Summer 2003 issue of *BFS* magazine, Schnorf coached 1988 Olympian and American record holder Curt White; White won the Senior National Championships at the age of 14. Here is what Schnorf had to say about Cummings:

"I, as well as most people who have been in the sport a while, regarded Curt White as the most talented young weightlifter in USA Weightlifting history. Last year I told people the USAW now has one even better. That lifter is C.J. Cummings."

At a bodyweight of 133 pounds (60.5 kilos), at the 2013 Senior National Championships in July Cummings snatched 222 pounds (101 kilos) and clean and jerked 277 pounds (126 kilos), winning the bronze medal. All his lifts were national records in the Youth 13 and Under category. Stay tuned!

Photos by Bruce Klemens



*C.J.  
Cummings*



# PLAYER PROFILES

Photos courtesy A. J. Krause



## Chanel Krause: Making High Marks in the Pole Vault

A recent graduate of Saint Paul's Episcopal School in Mobile, Alabama, Chanel is the fifth of six athletic children in her family. Her sister and four brothers all received Division I college scholarships, and Chanel is continuing the legacy.

Chanel's first love was gymnastics, where she achieved a Level 8 ranking by the age of 12. Her favorite event was the vault, so it's only natural that when Chanel switched to track and field, the pole vault would be her primary event; she also did the hurdles and the heptathlon.



By her sophomore year she could leap 12'6", which was the highest result in the country for her age group. In her junior year she won the state championships in the pole vault and placed 3rd in the 300 meter hurdles, 4th in the 100 meter hurdles, and 4th in the heptathlon. In her senior year she cleared 13 feet, and in state she placed 3rd in the 300 meter hurdles, 2nd in the 100 meter hurdles and 4th in the heptathlon. All together, during her high school career she earned 13 all-state titles. She now attends the University of Louisville.



# BOUND FOR SUCCESS

## Varsity Plyo Box Set

\$695



**\$259**

42" Box

**\$219**

32" Box

**\$139**

20" Box

**\$119**

10" Box

### INDIVIDUAL BOXES AVAILABLE AS YOU EXPAND YOUR PLYOMETRICS PROGRAM

ALL PLYO BOXES CONSTRUCTED WITH THE BFS CLOSED, SOLID SIDED DESIGN TO REDUCE THE RISK OF INJURY BY TRIPPING OR STEPPING THROUGH ON A MISSED REP. Our Plyo Boxes are stackable to save space.

### Varsity Plyo Box Set Includes:

Plyometric box jumping video.

3 x 20" boxes  
1 x 32" box

1 x booster



**PLYO RAMP \$495**

l-89" w-48" h-14"

BIGGER FASTER STRONGER

**BFS**

BFS plyo boxes are proudly designed and manufactured in the USA



FRONT TO BACK

- ▶ Develop explosive lateral quickness
- ▶ Rehab tool for ankles and knees



QUARTER EAGLE

- ▶ Stable steel frame; non-slip rubber top
- ▶ Includes plyo ramp video

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**MADE IN THE USA**

**D1 FULL CAGE: \$2795**

#5D196 l-80" w-66" h-104"

**D1 Double Half Rack: \$3595**

#5D197D 1-99" w-90" h-104"



# ALL NEW RACKS & PLATFORMS FROM BFS

# D1

Racks and Benches built from massive 3" x 3", 11 gauge steel for the demanding environments of training team sports and commercial facilities. Loaded with top of the line features like laser etched and numbered guides, chromed plate storage pegs and versatility enhancing band hold downs the D1 line has it all. Add expansion items such as swivel handle chin-ups and "land mine" Olympic bar fulcrums to fully customize your racks for your individual requirements.

## Standard Features



- ▶ 7-gauge chrome-plated adjustment system with laser cut numbering



- ▶ 4 upright Olympic bar holders



- ▶ Chrome-plated Olympic plate size horns angled for safety



- ▶ Bench Docking System for use with Bench #5D107



- ▶ Multi-grip pull-up bar



- ▶ Multiple pegs on each side for band resistance exercise

## Package Options



- ▶ **A.** Swivel Handle Chin Up Option: **\$145**  
#5D197SW



- ▶ **B.** Dip Attachment: **\$225**  
#5D118



- ▶ **C.** Land mine option for fulcrum lifts: **\$205**  
#5D197LM



- ▶ **D.** D1 Bench with docking system **\$605**  
#5D107



- ▶ **E.** Modular Power Clean Platform: **\$1745**  
#6D154C

- ▶ Custom Logo Available \$299  
Call BFS

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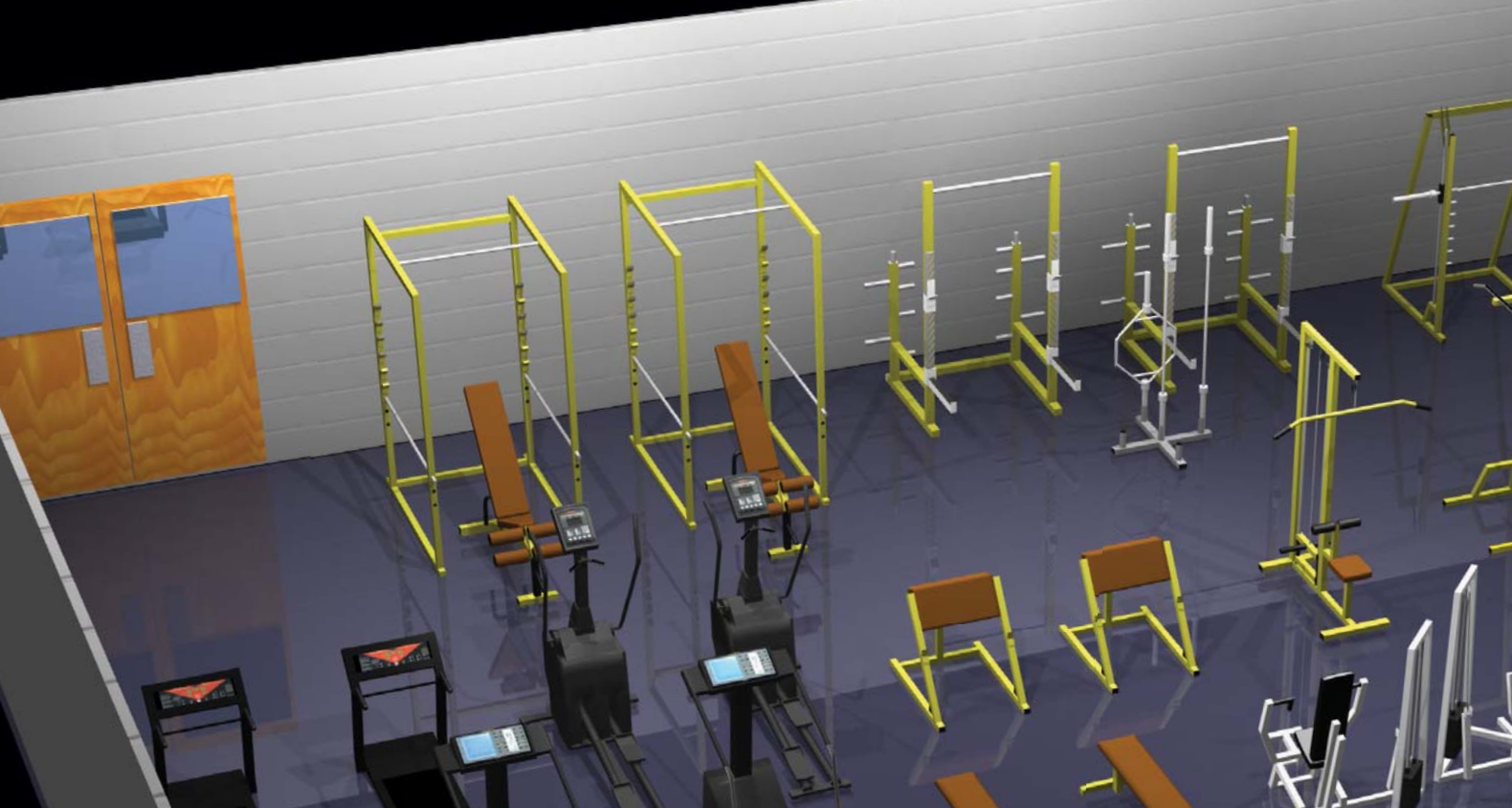


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# CONCEPT TO COMPLETION™

## SUPERIOR WEIGHT ROOMS = ATHLETIC DOMINANCE

For over 35 years BFS has been providing middle schools, junior high schools and senior high schools with the tools they need

for success. We'd like to do the same for your school. We are your full-service company for not only all your Exercise

Equipment needs, but for safe and effective Exercise Instruction and Program Design.

## BFS STEP UP TO SUCCESS PROGRAM

### BUILDING A GREAT WEIGHT ROOM – ONE STEP AT A TIME, ALL ON YOUR 3 TO 5 YEAR TIME LINE

Although it's great to get the funding to build a new weight room, as we say, "From Concept to Completion," the reality is that many schools have limited budgets. The alternative is not to give up on your dream, but to take the process one step at a time.

Throughout this process of long-term

planning BFS can help by providing you with a safety evaluation and needs analysis. From there we will help you establish an annual budget and then show the process, step-by-step, with 2-D and 3-D image rendering technology.

As an example, during the 1st year you

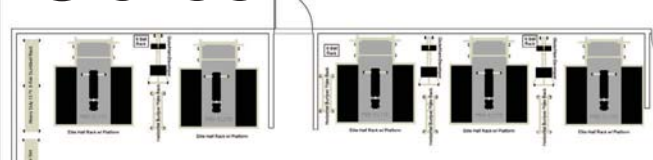
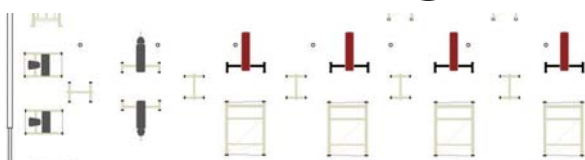
could replace bent barbells with high-quality multi-purpose bars, and your solid steel weight plates with bumpers. The next year, replace worn-out benches and flooring. The following year start adding racks. Before you know it, your dream weight room will become a reality!

**CALL 800-628-9737 AND TALK TO ONE OF OUR SALES STAFF TO GET STARTED**





# SIMPLE THREE STEP PROCESS



**1**

The 2D illustration is the first step of the Concept to Completion process.

These illustrations are drawn to scale to show you exactly how your weight room can be laid out, thereby ensuring

proper use of available space and the best design for safety and traffic flow.



**3D Illustration \$250**

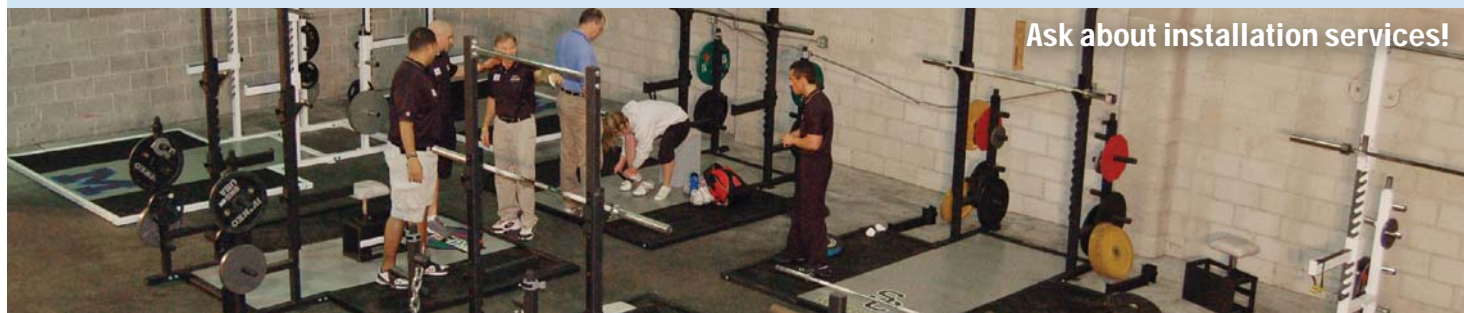
Fee waived upon order of \$3000 or more - Item #325095

**2**

In addition to 2D illustrations, BFS can also provide you with 3D illustrations. These 3D renderings are drawn to scale to show you exactly how your weight room

can look, ensuring proper use of available space and the best design for safe traffic flow. Having a 3D illustration is also a great way to help generate funding for

a new facility. (BFS must complete a 2D illustration of your facility prior to the 3D illustration)



**Ask about installation services!**

**3**

BFS provides unmatched, ongoing support. With instructional clinics in

safety and technique as well as coaches' certification courses, BFS provides all

the tools for raising your program to THE NEXT LEVEL!





## SUCCESS AND THE TOTAL PROGRAM

Although athletics in high school means different things to different people most will agree that athletics can be a huge part of a young persons development. From making the varsity team to participating in PE classes, students can get the most out of athletics if they have a clear understanding of what is being taught and why. Even better, is if there is a consistent methodology that allows the students and athletes to move easily from sport to sport, season to season. The BFS Total Program is a complete system that can unify the disparate goals of athletic and PE programs.

### THE PROGRAM

The BFS Total Program is a strength and conditioning program that helps athletes reach their full potential. Along the way the the Total Program teaches so much more. Building confidence and leadership through the process of setting and achieving goals, and consistently breaking personal records. The Total Program can be a step up, in high school and in life.

It is not a fad or a short cut, the Total Program is a time tested regimen that requires discipline and hard work. These are the qualities that make it a great system for team building by offering opportunities, every day, for students to help and encourage each other to go a little harder.

While it is not an easy path it is a simple one. For over 30 years coaches and administrators have found the Total Program to be highly efficient and remarkably effective, particularly within the confines of student's busy schedules. By utilizing the Total Program across all sports and in PE classes both coaches and athletes have a framework that keeps the athlete improving and provides each coach with measurable

results. We call this Unification and when an entire athletic department and PE curriculum are on the same page the results are amazing. BFS has it's roots in the football arena but we encourage all coaches, mens and womens, and administrators to attend a Total Program Clinic.

### SAFETY

BFS has over 32 years of experience working with coaches and athletes in the weight room and understands that safety is priority one with your athletes. At a Total Program Clinic our clinicians spend as much time on proper weight room behavior and spotting as on proper lifting technique. This has the double benefit of helping keep the athletes injury free and building camaraderie between the lifters and spotters. By emphasizing the proper safety protocols *and* the perfect lifting technique we are building not only strength but responsibility and leadership.

### SUCCESS

When you bring in the BFS Total Program you are bringing in a proven roadmap to success. Success can be defined in many different ways but we know that success on the field is a very concrete definition. BFS is committed to building winning programs and we have the track record to back this up. The majority of schools that host a Total Program Clinic improve their win loss record immediately! More state championships have been won using the BFS Total Program than any other strength and conditioning program in the country.

Call **800-628-9737** to learn about hosting a Total Program Clinic at your school. Visit **[biggerfasterstronger.com/clinics](http://biggerfasterstronger.com/clinics)** to read more about the Total Program!



**Great Results!**

### The BFS Total Program Delivers for Edgar High School, Wisconsin

In this school of just 220 students, all the boys and girls work out together.

"One of the first things I teach the girls here is that they need to buy into the Bigger Faster Stronger program, and that the workout will transform their bodies into athletic bodies," says Streit. "I tell them they should not be concerned about the number on the scale, but just work hard on the same core lifts the boys are doing so they can develop into a higher level as an athlete."



Although some high schools have athletes who just play one sport, Streit explains that because there is relatively little to do in a small town, everyone usually plays two or three sports. "Playing sports keeps our kids active, keeps them busy." The only off-season is the summer, and at this time Streit will include more plyometrics and special speed development drills in the program. The result is that Edgar High School has enjoyed success and has won conference titles in many other sports, football, wrestling and cross country (where they won 15 titles in a row!).



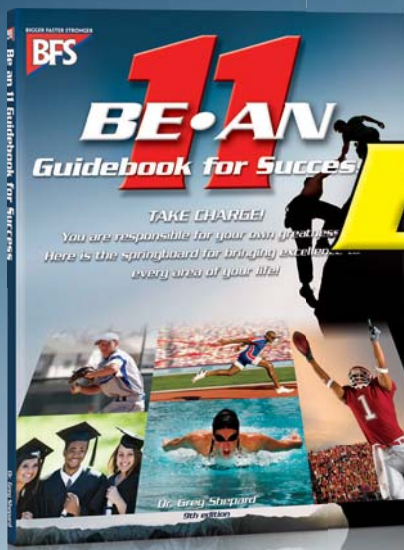
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# 11 BE•AN Seminars



## Be An 11 Seminar Here's How it Works:

- ▶ A BFS Presenter will come to your school and will spend up to three hours inspiring, motivating and educating your athletes how to become true elevens!
- ▶ The cost is only \$2,990 for 50 athletes. Additional athletes only \$30 each. Includes the Be an 11 Guidebook!
- ▶ All travel fees included in price. No hidden fees!
- ▶ Book your dates now! First come - First Serve.

## Interested schools can request a free Be An 11 Book & Seminar literature

- ▶ Christian B11 Seminar is also available  
**CALL FOR DETAILS**
- ▶ Package your Be An 11 Seminar with a Total Program Clinic or a BFS Weight Room Safety Certification (WRSC) and save while bringing the BFS program to your school. See the inside front cover of this magazine to learn about how to bundle and save on BFS camps and clinics!

**"Be An 11 has changed my life!**

**I WILL BE AN 11!"**

- Katie Heinlen

**"The most inspiring night of my life!"**

Kyle Meyers,

Rutherford B. Hayes High, OH



**"Reaffirmed the reason I entered coaching 25 years ago."**

Coach Al McFarland

**"This is exactly what our school and community - needed."**

Coach Fox



**"Every school in the nation should schedule a Be An 11 Seminar today!**

**It is without a doubt the best thing that has happened to our school."**

Coach T. Cox