



On January 28-29, 2012, the University of Bridgeport College of Chiropractic sponsored a human performance seminar that included two BFS Advisory Board members, Dr. Peter Gorman and Dr. William Brechue. Shown l-r: BFS Editor in Chief Kim Goss, Dr. Frank Zolli, Dr. William Brechue, Dr. Peter G. Gorman, BFS CEO Bob Rowbotham, and Ernie Rimer.

Update: BFS Advisory Board

A look at exciting developments at BFS, from our team of experts

Training trends are a unique aspect of the world of strength and conditioning. Many novel training ideas are passing fads, but others prove their value over time. As new tools are added to our strength and conditioning toolbox, we are better able to refine our approach and emphasize some types of training over others.

Currently one big trend is mobility work, which includes all types of stretching (especially static, PNF, dynamic and distraction) and various

therapeutic treatments such as myofascial stretching, or “mashing.” Before that, our world was fascinated by functional training; before that, core training and stability; and before that, plyometrics. The problem with most trends is that they often consume a disproportionate amount of time.

At BFS, as we enter our 37th year, our program still retains our original emphasis. The reason is simple – it works. BFS is a unified, total program that works off-season and in season.

It includes all the essential aspects of a total conditioning program. Yes, mobility work is good, but consider that the BFS program includes a stretching program (BFS 1-2-3-4 Flexibility Program) and the auxiliary exercises can serve to “pre-habilitate” athletes so they are less likely to get injured in the first place.

Certainly, BFS is open to new ideas, and we have promoted the use of many new training methods over the years, such as lifting chains and push/pull sleds. We also recognized the need



Dr. Gorman and BFS CEO Bob Rowbotham are shown here working at West Jordan High School in West Jordan, Utah, teaching the BFS Balance Control Protocol to screen for asymmetrical development.

to develop a character education program, which we call Be an 11. Still, we carefully look at the value of what is out there before adding it to our program.

One of the guiding principles of BFS is that we are “coaches helping coaches.” Active coaches, certified teachers (more than 20 have master’s degrees), and many who have played at the collegiate level constitute the majority of our more than 50 BFS clinicians. Now we’ve decided it’s time to develop an advisory board to help BFS navigate through the vast amount of new information available about strength and conditioning.

The BFS Advisory Board is a team of individuals who are experts in their chosen fields. On the medical side, our board includes a medical doctor, a chiropractor and a neuropsychologist. Completing the board is a college professor with a PhD in physical education and an elite strength coach with a master’s degree in psychology.

Whereas many organizations simply add the names of advisory board members to their roster, our members are active in the field. One of the busiest is Dr. Peter Gorman, who works extensively to bring professional-level athletic testing to young athletes all over the world. One day he might be in South Korea, where he serves as an



The OptoJump is a revolutionary training and testing tool for coaches that is endorsed by the BFS Advisory Board. One of its applications is precisely measuring balance control whether the individual is walking, walking on a treadmill or performing complex jumping drills.

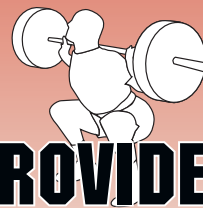
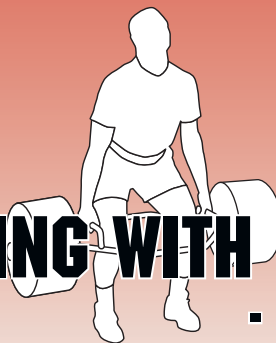


adjunct professor at Hanseo University, and another day he might be in Salt Lake City teaching high school coaches and athletes the BFS Balance Control Protocol to screen for asymmetrical development.

Likewise, William F. Brechue, PhD, a physical education professor at the United States Military Academy, conducts seminars that help teachers, parents, coaches and student-athletes understand the reality and risks of concussion. Dr. Brechue will soon be publishing the results of groundbreaking research in the area of concussions. Concussions are an increasing problem in athletics at all levels. In high school alone, an estimated 67,000 high school students suffer concussions each year; however, this number may be much higher, as an estimated 50 percent of concussions are not reported. We believe Dr. Brechue's findings, which include input from the other BFS Advisory Board members, will literally change the game in how we deal with the prevention and treatment of this serious injury.

In upcoming issues of *BFS* magazine we will be updating readers on the work of the BFS Advisory Board and their practical applications in helping young athletes perform better and more safely. **BFS**





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BFS SCIENCE LAB

BFS is committed to advancing every coaches and teacher's ability to track the improvement of their students and athletes. On November 1, 2011, BFS opened the "BFS Science Lab" with Dr. Peter Gorman, President of MicroGait USA, at his facility in New York.

"This will be a great addition to the BFS organization," says BFS President Bob Rowbotham. Look for more details about this exciting facility in future issues of BFS and on our website, www.biggerfasterstronger.com

Using top quality BFS equipment and the Optojump system the BFS Science Lab is developing systems and protocols to continue the advancement of youth training and performance!



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