

## *What's Happening*

BIGGER  
FASTER  
STRONGER

BFS

BIGGER  
FASTER  
STRONGER

OLC

ONLINE  
LEARNING  
CENTER

Log Out

CORE LIFTS

HOME

Groups

CERTIFICATION

CORE LIFTS

AUXILIARY

PLYOS

PROGRAM

SAFETY

Jump to BFS Online

BLOG

ARCHIVES

eSTORE

# The BFS Online Learning Center

Bigger Faster Stronger has been a leader in weight training for athletes for over 38 years. The commitment to working with coaches, teachers and athletes means that BFS is employing every means to get our information to WRSC certified coaches and teachers.

Once certified, coaches and teachers have immediate access to a complete range of videos covering every core lift and the proper execution of each. Spotting techniques are of course also extensively covered to maximize safe weight room protocols and behaviors.

# documents

[A Closer Look - Six Absolutes](#)

[A Closer Look - Box Squat](#)

[A Closer Look - New Box Deadlift](#)

[A Closer](#)

[A Closer Look - Power Clean](#)

[A New Look at Squatting Part I](#)

[A New Look at Squatting Part II](#)

## videos

## photos

Para  
Tow

Squat

Squat

Squat

Bench

Bench

Bench

Deadlift

Deadlift

Deadlift

Clean

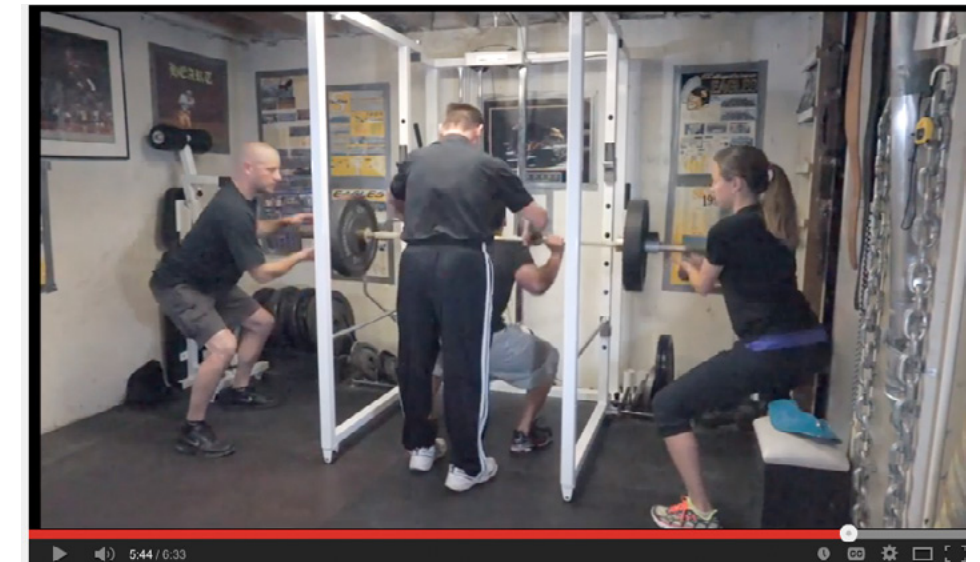
Clean

Clean

# BFS at Home

## *Safety and Strength Training*

BFS at Home is an initiative to help young athletes train throughout the year. The BFS Total Program has built-in muscle confusion and recovery days that make it an ideal system for year-round development.



To this end BFS has published a series of videos through YouTube on the [CoachBFS channel](#) and on the [biggerfasterstronger.com](#) website. Utilizing the same work area BFS president John Rowbotham and his teammates used to lead Skyline High School to three state championships, Bob Rowbotham guides home workouts in the 6 Core Lifts. Stressing proper technique and demanding proper spotting, these videos are “must watch” viewing!



# Player Profile

## Team BFS's Triple Threat



Poliquin Group™ photos

**Kaitie McHugh**



**Lisa Maas**



**Sarah Evers**

Welcome to the newest members of the Team BFS Weightlifting Club: Sarah Evers, Lisa Maas, and Kaitie McHugh. Evers has a degree in health promotion and wellness and was a scholarship soccer player, Maas has a degree in exercise science and was a scholarship tennis player, and McHugh has a degree in sports

medicine. Among the nine members of the current team, three have master's degrees, four have bachelor's degrees, and two were high school honor students who are pursuing bachelor's degrees.

# Book Review

## One Game One Time



Jeff Scurran is a veteran BFS clinician with a reputation for turning around high school football programs and helping athletes move on to the college level; many of his athletes have

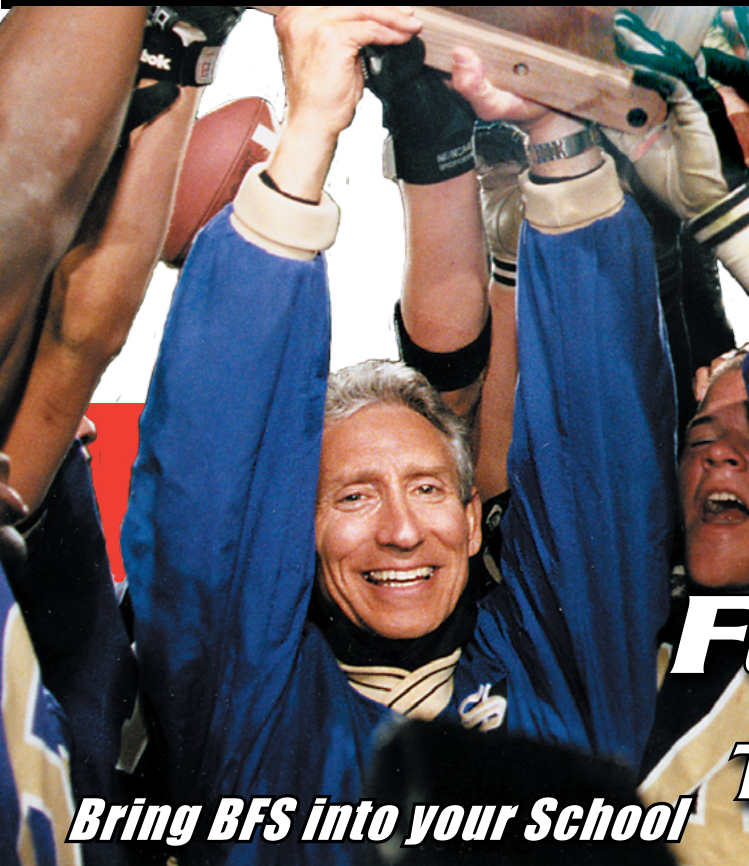
gone on to play in the NFL. If you want to know how Coach Scurran works his magic, pick up a copy of his new book, *One Game One Time*, which can be ordered through Amazon.com.

*One Game One Time* is based upon Scurran's work in preparing the 2004 Pima Community College football team for the Pilgrim's Pride Classic. It focuses on Scurran's struggle to build a winning team with minimal funding – in fact, after earning a shot in a bowl game he had to single-handedly raise \$50,000 for travel expenses. This was a tough sell, as the team's competitor, Kilgore, was a 42-point favorite.

Want a taste of why Scurran was such a success? Consider this: Before stepping onto the field at the bowl game, Scurran told his team: "If we play these guys 10 times, we lose nine. But we don't play them 10 times. We play them once."



# TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS



Exercise Instruction  
Character Education  
Coaches Sessions  
Weight Room Safety  
Weight Training,  
Weight Room  
Evaluation



## BFS PRESENTATIONS IN 4 FORMATS COMBINE FOR 11 OPTIONS TO COVER YOUR UNIQUE SITUATION



**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, 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. A BFS instructor will come to your school and show you how to unify your athletic program so athletes can progress year-round. The 2-day clinic permits more hands-on instruction for every coach, teacher and student/athlete.

**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!

## Explore your options

Find a complete list of available camps clinics and certifications on page 7



Learn More about the Total Program  
at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)





Start Your Championship Journey With BFS!



**A** BFS Championship Camp & Coaches WRSC  
2 Days, 50 Athletes & 5 Coaches: \$6980 Product # 800A  
Be an 11 Seminar • 2 Day Total Program Clinic • In-Service Weight Room Safety Certification

## Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE	
BE AN 11	\$2990	\$1495
2 DAY TPC	\$3990	\$3990
IN-SERVICE WRSC	\$3195	\$1495
IMPLEMENTATION PACK- AGE	\$3500	\$0
TOTAL :	\$13,675	\$6980

Save Over \$6695!  
WRSC: \$299 per coach over 5  
Camp: \$40 per student over 50

Implementation package  
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!

Experience, Tradition, and Value:  
The BFS Championship Camp delivers a winning culture to your school - in athletics and in life!

**B** BFS Championship Camp  
2 Days, 50 Athletes \$5485 Product # 800B  
Be an 11 Seminar • 2 Day Total Program Clinic

## Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
BE AN 11 SEMINAR \$2990	\$1495
2 DAY TPC \$3990	\$3990
IMPLEMENTATION PACK-AGE \$2500	\$0
TOTAL:	<b>\$9480</b>
	<b>\$5485</b>

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 PACKAGE	\$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.

**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.

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](http://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.

**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.

Combine your clinics and save!  
Call 800-628-9737 to learn about bringing BFS to your school



Learn More about the Total Program at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)

