

Power Clean Meet Enters 11th Year

If you like Las Vegas and you love power cleans, then this spring, you need to head to the Entertainment Capital of the World. That's when the best high school athletes compete in the 11th Annual National High School Power Clean Championships.



The quality of competitors grows every year, and last year was no exception as participants broke national records in four weight divisions: three men's records and one women's record. The highlight of that 2013 meet was Jordan Price, who lifted 295 pounds in the 136.5-pound bodyweight division. This performance, pound-for-pound, is considered the best ever in the history of the event. For more information on this meet, contact meet director Bill Froman at whfroman@interact.ccsd.net.



Hector Montenegro

Maggie Martin Photo



A Strong Connection

Last Thanksgiving Michael Cardinal popped the question to Team BFS athlete Lindsey Spencer. The big day is set for July 22, 2014.

Mike is the brother of Sarah Cardinal, who in 2004 became the first woman to receive the BFS High School Athlete of the Year award. Mike is currently a thrower on the Utah State Track Team; later this year he will complete his bachelor's degree in nutrition and move to Rhode Island, where Lindsey currently lives. After graduation Mike plans to leave the throwing circle and become a full-time weightlifter.

Lindsey, a Utah State graduate, is currently a weightlifter training for the 2014 Senior Nationals. Mike was a former member of Team BFS, and in 2002 won his age and bodyweight division at the School Age National Championships. This meet could be considered a homecoming, as it will be held in Salt Lake City, July 17-20.

Poliquin Group™ photos.





Dr. Peter Gorman

Working is with BFS Inc. developing the Child's Right to Symmetrical and Coordinated Growth. And he is leading the efforts of the BFS Advisory Board

BFS has employed the Total Program for over 37 years to bring a balanced training system student athletes. The results have been staggering with hundreds of schools and teams winning championships using this time tested program.

Now BFS, with the aid of our advisory board and measuring equipment from OptoJump in our science lab, is adding hard numbers to back up the 1,000s of success stories.

BFS is honored to work with these doctors and coaches as we continue to bring you "The Secret" to developing young bodies.

BFS Advisory Board works to ensure every child has the opportunity to grow into a healthy balanced student and athlete



Dr. William Brechue

Professor of Physical Education at the United States Military Academy at West Point NY



Dr. Henry Kamin

Board certified in Internal Medicine, Assistant Professor of Medicine at NY Medical College



Dr. Scott Burkhart

Neuropsychologist trained in clinical concussion management and treatment



Coach Kevin Barr

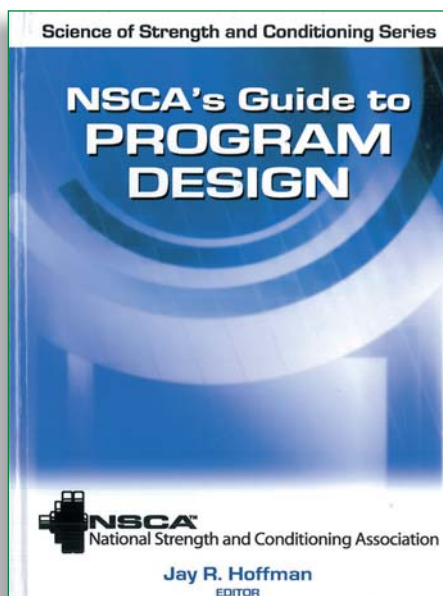
Over 20 years as a strength coach working with athletes at the highest level of sports

"The BFS Advisory Board is a great idea and something that I am very interested in participating in. As we have discussed many times, our common bond fits well with the tenets of BFS; which I fully support. I look forward to working with you and BFS in advancing the science and prescription of training."

Dr. William Brechue

BOOK REVIEW:

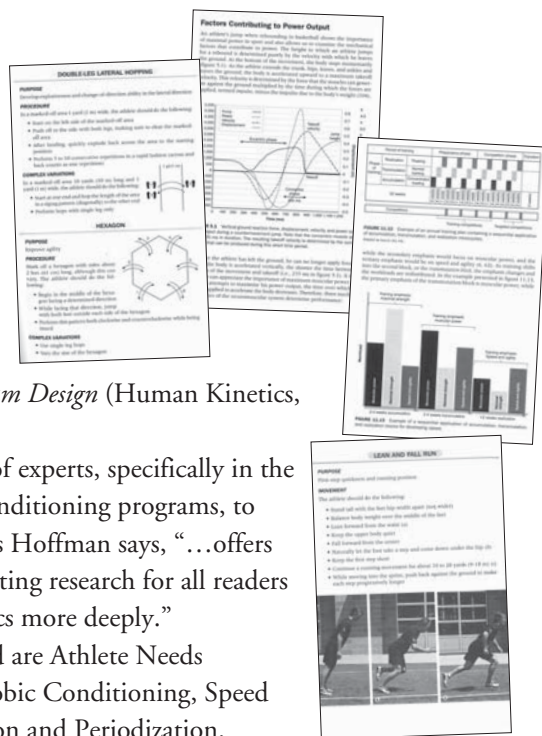
NSCA's Guide to Program Design



In this age of information overload it's impossible to keep up with all the credible research in the field of strength and conditioning. Jay Hoffman, PhD, is the author of a book that can help: *NSCA's Guide to Program Design* (Human Kinetics, 2012).

Hoffman assembled a team of experts, specifically in the area of designing strength and conditioning programs, to contribute to this book, which, as Hoffman says, "...offers extensive reference lists of supporting research for all readers who wish to explore specific topics more deeply."

Among the 12 topics covered are Athlete Needs Analysis, Power Training, Anaerobic Conditioning, Speed Training, and Training Integration and Periodization. Heavily referenced with photos, illustrations and tables, this compendium of training information is a must for any serious strength coach.





The D1 line of racks, platforms and benches from BFS continues to gain fans

The D1 Line of weight room equipment from BFS is a commanding presence in any weight room. Built from 3 inch by 3 inch steel you can immediately tell this equipment is made for teams and athletes that are serious about succeeding. Built to last

is an under statement for these tough racks.

As impressive as the durability of these racks is, their versatility is perhaps what sets them apart from the competition and makes them so desirable for aspiring champions.

Chrome plated weight horns and bar catches ensure smooth operation for years of use. Built in vertical bar holders keep the stations working smoothly while multi-grip pull-up bars offer a mix of body weight options.

The D1 line is well worth a look

BFS Expands in many regions. Are you ready to join the excitement?

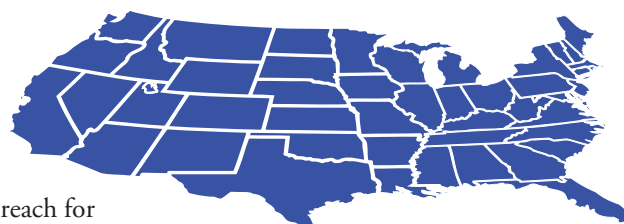
BFS is a company built on the idea that we are helping athletes succeed.

Since our humble beginnings in a garage in Salt Lake City in 1976 BFS has been committed to the idea of coaches helping coaches. Now as a nationwide provider of weight room equipment and developer of the BFS Total Program, Bigger Faster Stronger, Inc is still completely focused on our core ethos. With this central thought we continue to help a wider range of coaches and athletes than ever before. From football to volleyball, boys to girls, soccer to track, sports to PE, BFS has a proven record of establishing championship quality facilities and

empowering programs to reach for their highest goals.

Join BFS and our regional expansion!

As we expanded, BFS was fortunate to bring on the highest quality coaches and teachers to impact 1,000s of athletes and coaches across the country. Now we are looking to continue our growth with a few more dedicated clinicians and sales people across the nation. BFS needs coaches for our team that are excited to be helping schools and athletes reach their goals.



Whether you are interested in weight room sales, layout and design, or want to lead seminars and clinics that cover character education and athletic weight training - or both - BFS could be the opportunity your are looking for.

To learn what it takes to get on the BFS team call Doug Kaufusi, Vice President of Sales 800-628-9737 or email doug@bfsmail.com to get started. We are eagerly looking forward to learning about you and what you can bring to BFS to help us reach a broader audience.

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\$599

#950WTBT



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Chalk Ball:

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#320099

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S	322946	XL
322949		
M	322947	XXL
322950		



BFS Wrist Bands
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BFS Head Band
\$799

#950HDBD



Dip Belt: \$47
25 lbs. #323105



Color Coded Belts: 7 sizes. Available in 4", 6" and Power Belt thickness. 1/4" Top grain leather with steel buckles. Starting at \$27.95

NEW PRODUCTS Resistance Bands

1. Purple Mini	1/2 Inch	#315050	\$9.00	5. Black Large	2 1/2 Inch	#315054	\$27.00
2. Red Super Mini	13/16 Inch	#315051	\$13.50	6. Purple XL	3 1/4 Inch	#315055	\$42.00
3. Blue Small	1 1/8 Inch	#315052	\$18.00	7. Red Monster	4 Inch	#315056	\$52.50
4. Green Medium	1 3/5 Inch	#315053	\$22.50				



Resistance Bands Sets

315057	Readiness Band Set Pairs 1, 2, 3	\$75.00 Save \$6.00
315058	Varsity Band Set Pairs 1, 2, 3, 4	\$115.00 Save \$11.00
315059	Elite Band Set Pairs 1, 2, 3, 4, 5	\$160.00 Save \$20.00
315060	D1 Band Set Pairs 1, 2, 3, 4, 5, 6	\$230.00 Save \$34.00
315061	Pro Band Set Pairs 1, 2, 3, 4, 5, 6, 7	\$315.00 Save \$54.00



2014 WEIGHT ROOM SAFETY CERTIFICATION

Date	Location	City	State
11/20/13	NYSAPERD	Verona	NY
1/18/14	St. Olaf College	Northfield	MN
1/18/14	White Plains HS	White Plains	NY
1/18/14	Bryant High School	Bryant	AR
1/26/14	SUNY Cortland	Cortland	NY
2/1/14	Monte Vista	Spring Valley	CA
2/10/14	Montgomery City HS	Mont. City	MO
2/22/14	Dulaney HS	Timonium	MD
2/22/14	St. Marys HS	Medford	OR

Date	Location	City	State
3/22/14	Manchester HS	Manchester	MI
3/22/14	Shorecrest HS	Shoreline	WA
4/12/14	Beresford HS	Beresford HS	SD
4/26/14	Fitchburg HS	Fitchburg	MA
5/17/14	Ripon College	Ripon	WI
5/31/14	Ferris HS	Ferris	TX
6/30/14	Knox College	Galesburg	IL
Check the BFS calendar for more updates or call 800-628-9737 www.biggerfasterstronger.com			

- Improve Weight Room Safety
- Perfect Your Technique

- Learn Proper Spotting
- Understand Liability

- Protect Your Athletes
- Protect Your Coaches

REDUCE LIABILITY WITH CERTIFIED COACHES AND TEACHERS

Join coaches in your area to learn how best to train your students and athletes with the proven BFS program. Not only will this BFS Weight Room Safety Certification (WRSC) ensure that you know how to improve athletic performance, you will learn techniques to significantly improve the safety of training for every sports program and PE class.

This is a hands-on, learn-by-doing certification

Visit www.biggerfasterstronger.com to register

\$299 per coach with early registration

\$399 regular price within 30 days of certification

Keep up with NEW or UPDATED events with the online calendar page

Practical & Theory Course - 1 Day, Hands on Practicum & Online Exam.

WRSC includes continuing education through one year of online video training through the BFS Online Learning Center as well as one year of the BFS Magazine and the "What's Happening" Email

100's CERTIFIED EVERY YEAR!

"We just clinched the league title with one more regular season game left until playoffs. First time North has won league Championship since 1973. Your program along with the clinic has definitely changed the attitude and helped my football program. Other sports are coming to me asking me about the BFS program after seeing our success."

Joseph Trongone, Head Coach, North High School



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YEAR ROUND SUPPORT

**STREAMING DEMONSTRATION VIDEOS • MAGAZINE SUBSCRIPTION
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Look at who, where, and why America's teachers and coaches are becoming Weight Room Strength and Conditioning Coaches by achieving the BFS "Weight Room & Safety Certification (WRSC).

Should Teachers or School Corporations take the risk of supervising students in weight rooms without a proper Strength and Conditioning Certification that is designed to deal with the potential dangers surrounding the weight room? The completion of a "WRSC" prepares teachers, trainers, and coaches to deal with critical issues involving weight room Strength and conditioning. The BFS Weight Room & Safety Certification (WRSC) is proof of competence, experience, and the qualifications needed to organize, instruct and supervise students in free weight lifting, spotting, and postural issues. WRSC also covers developing program, proper poundage progression, student record keeping, speed and power development, flexibility, and issues that deal with potential weight room litigation.

School corporation administrators, dept heads, and athletic directors can potentially benefit as well, from supporting and encouraging their teachers working in the weight room to achieve the "WRSC" credential.

Together we can make America's weight rooms safer for students, more productive, and help teach students some of the workout skills needed for lifelong health and wellness.

Once certified maintaining all the benefits of being a WRSC Coach is easily maintained through \$99.95 yearly renewal fee. This will keep all the online benefits including video instruction available for incoming athletes and assistants as well as the BFS Magazine to keep up to date on the latest in safety and reducing liability concerns.



INCLUDES: EXCLUSIVE ONLINE SUPPORT • WEEKLY EMAIL BULLETINS • YEARLY MAGAZINE SUBSCRIPTION



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