



Dulaney High has benefited in many ways by integrating the BFS program into their physical education classes and school curriculum.

# *The Benefits* of Unifying a PE Curriculum

Dulaney High brings BFS into the classroom

It used to be that the interests of physical education and athletic departments of high schools would clash, with neither wanting anything

to do with the academic side of things either. Today we live in a different world, where high school budgets are tight and compromises are inevitable.

All the departments at a school have to work together, not only to share equipment but also to integrate all the aspects of a student's education for a



common purpose. A prime example is Dulaney High School in Timonium, Maryland.

Dulaney High is part of the Baltimore County School System, and their success in integrating the BFS program into their physical education classes was a key reason they were named the 2012 BFS High School of the Year.

Kyle Fiat, the varsity boys' lacrosse coach at Dulaney, used the BFS program when he lived in Salt Lake City, where BFS is headquartered. Fiat is aware that a high percentage of young men and women drop out of organized sports at a young age – one estimate is that 70 percent drop out by age 13.

Fiat says that due to deconditioning, these types of kids are at a definite disadvantage in their junior and senior years if they decide to try to get back into a sport. However, he is confident

that if these kids were involved in an athletic fitness program such as BFS, their strength, coordination and other basic athletic skills would be at a high level and their transition back into sports would be easier. Along with the physical pluses, there are also mental positives to be gained with athletic fitness programs.

David Schlenoff, a psychologist for the school who is certified with BFS, evaluated the results of a research study involving Dulaney students who used the BFS program. The personality test administered was the Piers-Harris 2, which provides insight into an individual's self-concept and is often used to help identify at-risk youth. Schlenoff found that the girls using the BFS workout experienced significant improvements in many areas that fell under the category of happiness, such as cheerfulness, ability

to get along with others, and their perspective of life circumstances.

Of course, being able to have BFS in the physical education classes helped with the overall success of the athletic program, as athletes could get their workouts done before classes. An early morning BFS class was also offered at 6:30 to accommodate students who couldn't attend otherwise. The results? Virtually across-the-board athletic team success for both boys and girls sports. Here are some examples of win/loss records in the 2103 season: girls volleyball, 21-0 (state champions); boys basketball, 13-3; girls softball, 13-3; girls lacrosse, 11-4; coed tennis, 9-3; girls field hockey, 13-6; girls basketball, 9-5; boys baseball, 13-9; coed wrestling, 8-3; boys lacrosse, 10-6; boys soccer, 8-4-2. Also noteworthy is cross-country runner Isabel Griffith, who won the state championships.



The Dulaney High School Girls Volleyball Team not only won the 4A state championships last year, but did it with a 21-0 record.



# PHYSICAL EDUCATION

With such great results, plus the 36-year history of success and extensive teaching resources BFS offers, Fiat says the next step was a natural: BFS was integrated into the school curriculum as a for-credit class. After all, who can argue with success?

Dulaney High School is the ultimate example of a unified program: athletics, physical education, and academics. On a scale of 1-10, Dulaney High and its students are 11's! **BFS**

Incorporating all aspects of the BFS program, Dulaney was named the 2012 BFS High School of the Year.



Dulaney High School's athletic teams have experienced tremendous success in both boys and girls sports.



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# TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS



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Weight Room  
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Bring BFS into your School

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<b>TOTAL: \$13,675</b>	<b>\$6980</b>

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Product # 800B

Be an 11 Seminar • 2 Day Total Program Clinic

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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
<b>TOTAL: \$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 PACK-AGE \$2500	\$0
<b>TOTAL: \$8685</b>	<b>\$4735</b>

#### 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
<b>TOTAL: \$12,675</b>	<b>\$6480</b>

#### 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
<b>Total: \$5190</b>

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
<b>TOTAL</b>	<b>\$8980</b>	<b>\$4985</b>

#### 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
<b>TOTAL:</b>	<b>\$9685</b>	<b>\$5735</b>

#### 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
<b>TOTAL:</b>	<b>\$9185</b>	<b>\$5235</b>

#### 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](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.**



Questions? Call 1-800-628-9737

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11/20/13	NYSAPERD	Verona	NY
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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

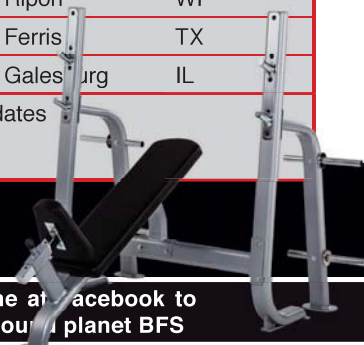
Date	Location	City	State
3/22/14	Manchester HS	Manchester	MI
3/22/14	Shorecrest HS	Shoreline	WA
4/12/14	Beresford HS	Beresford HS	SD
4/26/14	Fitchburg HS	Fitchburg	MA
5/17/14	Ripon College	Ripon	WI
5/31/14	Ferris HS	Ferris	TX
6/30/14	Knox College	Galesburg	IL

Check the BFS calendar for more updates or call 800-628-9737 - Learn more at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)

## Find out about the ALL NEW ABSOLUTE LINE - Pg 36

Follow @CoachBFS on Twitter for inspirational quotes and ideas on how to Be An 11!

Friend Bigger Faster Stronger online at facebook to keep up with "What's Happening" around planet BFS



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**THE TURNAROUND ARTIST**  
Jeff Scurran leads the Falcons to greatness

Photo credit: Robert Roy

28  
**THE WEIGHTROOM CHECKLIST**  
How to keep your gym safe and organized

38  
**THE SAFE WAY TO GET AMERICA'S YOUTH IN SHAPE**  
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