

A Message from BFS Editor Kim Goss, MS



BFS Goes Viral

Although BFS's success is rooted in tradition, we make a point of keeping current with technology. This month we are proud to present the inaugural online-only issue of BFS magazine.

We've been publishing BFS since 1980, and in 2005 we changed from publishing quarterly to bimonthly. Only by printing six issues per year instead of four could we keep up with the demand for quality information about athletic fitness and character education for young athletes.

Then several years ago we began to put our past issues online – every issue, every article. While the earlier issues had to be converted into primarily a text format, for the later issues we have been able to pro-

vide free, downloadable PDF files of every article exactly as they appeared in the magazine. We've heard from countless coaches who make many of these articles "bulletin board" material, along with health science instructors who use BFS articles in their classes to expand their curriculum.

A win-win system, but not perfect; it can take several weeks from the time we start producing an issue to actually getting physical copies into our readers' hands. Then it takes more time to get the online version posted on our website. That's why we decided it was time for a change.

As of this issue for May/June 2014 we are continuing to produce six issues of BFS magazine a year, but three of these will be published as online-only issues that appear on our website without delay. You can share these online issues with others right away. Another benefit is that should we become aware of a published error, we can correct it immediately.

This issue contains many features we hope will interest you. Sesely Omlis is, pound-for-pound, one of the strongest multisport athletes we have ever seen. She has cleaned 190 pounds (at a bodyweight of 140 pounds), bench pressed 185 pounds, and squatted and deadlifted 300 pounds. Add to those accomplishments a 3.96 GPA, and you have what we at BFS like to call "A True 11."

Another great story we want to share with you is the accomplishments of the Dufour-Lapointe sisters at the 2014 Olympic Games in Sochi. Justine and Chloé earned gold and silver in moguls skiing, and their sister Maxime finished an impressive 12th in the world. Besides these unprecedented accomplishments, what also attracted our interest in the story was that these three sisters are trained by Canadian strength coach Paul Gagné. Gagné has been featured in several issues of BFS, including September/October 2010 as the cover story, for his unique approach to postural correction and advanced athletic training.

At BFS we're excited about this new, viral era of the magazine. We hope you enjoy this issue.

Kim Goss, MS

Editor in Chief, BFS magazine

kim@bfsmail.com