

## *BFS Success Story*

### Strong Beginnings: Amber Moss

*How a physical educator is helping his daughter reach the highest levels*



One of the distinguishing aspects of today's best athletes is that they tend to get an early start with sport skills and also conditioning. This trend prevails in women's sports as well as in men's – and one young woman who is benefiting from early sports preparation is Amber Moss.

Moss is a freshman at Burlingame High School in Burlingame, California. Her father, Packy Moss, is a PE teacher and coach at nearby Mills High School. He began using the BFS program in the Mills High PE curriculum in 1994, and started Amber in the BFS Readiness program when she was in seventh grade at Taylor Middle School. She trained for eleven months in the BFS Readiness program, through June 2013.

Now in high school as a three-sport athlete, Amber power cleans 140 pounds, benches 160, squats 235, and deadlifts 310. These loads are unusual for a high school freshman and more expected of a mature college athlete. It's also worth mentioning that Amber has never been injured. She's confident she'll make continual progress, especially since her father has adjusted his coaching duties to focus greater attention on Amber's athletic endeavors.

Asked if he was concerned about his daughter starting so young in the weightroom, Coach Moss replied, "There was no hesitation. I have a daughter who wanted to play three sports, and I told her that if she



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was going to play sports she had to be as physically ready as she could be. As a physical educator, I've seen so many high school kids who just play sports and don't do any strength and conditioning end up getting injured – they are just not physically ready to play sports at this level. So we hit the ground running in seventh grade with the BFS Readiness Program and then progressed to the BFS Set-Rep System. As Amber progressed, she saw that training was helping her ability to play these sports, and this gave her more confidence.”

Amber's first BFS workout was in August 2012. “She began with the BFS Readiness program under my guidance while working out in my high school weightroom,” says Coach Moss. “Amber learned how to properly warm up using the BFS Dot Drill and BFS 1-2-3-4 flexibility programs. She followed the BFS Readiness program by learning the Six Absolutes and all techniques of the six core lifts using a 15-pound technique bar and 5-pound training plates.”

Amber trained Mondays, Wednesdays, and Fridays. She also trained on Tuesdays and Thursdays in the BFS flexibility, speed, agility, and plyometric programs. She played volleyball and basketball for her middle school, in addition to soccer and softball for her city

league teams. Academically she carried six classes, finishing her seventh- and eighth-grade years with a 4.0 GPA.

Amber is extremely hard working and dedicated to preparing her mind and body for her sports and competing at a high level. Here is a summary of her progress:

During Amber's seventh- and eighth-grade years she was among the best players on the teams, often serving as team captain and always an excellent role model for her teammates. At the end of each sports season Amber was recognized by her coach, other league coaches, and her teammates for her leadership, competitive spirit, dedication, and work ethic. (Amber's middle school and the community recreation department do not hand out individual awards, the philosophy being team achievement rather than individual distinction.) At Amber's eighth grade graduation from Taylor Middle School, she was awarded the 2014 Female Scholar/Athlete of the Year by her teachers, coaches, and staff.

Coach Moss acknowledges there is pressure for young athletes to specialize early in sports, especially if the ultimate goal is to earn a college scholarship.

**Strength, power, and agility are athletic qualities that Amber has been developing to the highest levels since she started training with BFS two years ago.**



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He says that in Central California, college scouts tend not to attend many high school games, but rather visit club tournaments so they can see more players from different schools in one setting. This creates a lot of pressure for young athletes to join clubs, but Coach Moss says at the present time Amber is too busy as a multisport athlete to go this route. “Currently Amber is so busy with high school sports and her BFS training that she doesn’t have time for club sports. I also believe that if an athlete is playing a high school sport and is doing well and showing leadership qualities, the colleges will find out about it.”

Let’s give the final word to Amber’s father: “Amber is overflowing with self-confidence, self-esteem, and pride in the work she has done, thanks to BFS. I have used the BFS program for the last 20 years with great success, and now I have been blessed to use the BFS program to help my own child succeed in her athletic



Yearly Progress	August 2012	June 2013	June 2014
Height	5’ 7”	5’ 8 1/2”	5’ 10”
Weight	152	160	165
Dot Drill	78.0 sec	57.2 sec	56.30
Vertical Jump	10.5”	16”	18”
Standing Long Jump	4’ 11”	6’ 7”	6’ 9”
20 YD. Speed	3.70	3.23	3.10
40 YD. Speed	7.0	5.90	5.70
Power Clean	25	115	140
Bench Press	25	120	160
Parallel Squat	25	200	235
Deadlift	25	250	310
Mile Run	9:54	7:46	7:56
Sit and Reach	9	12	14



Coach Moss with his wife, Julie, and their children, Austin and Amber





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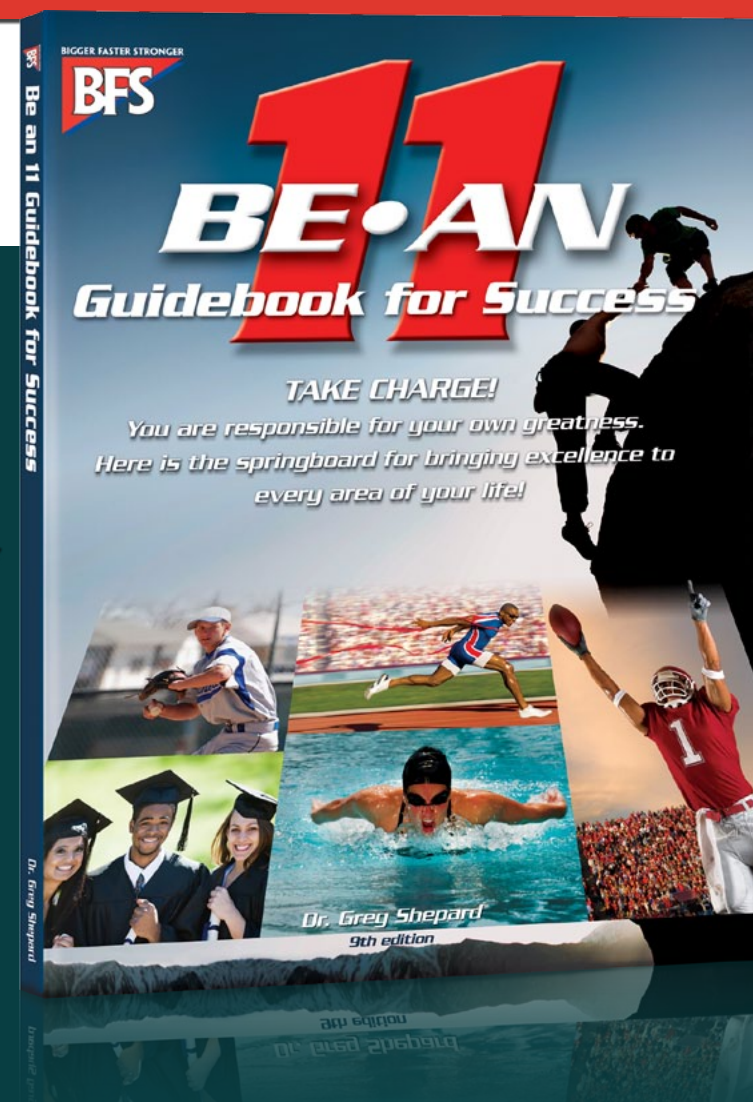
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