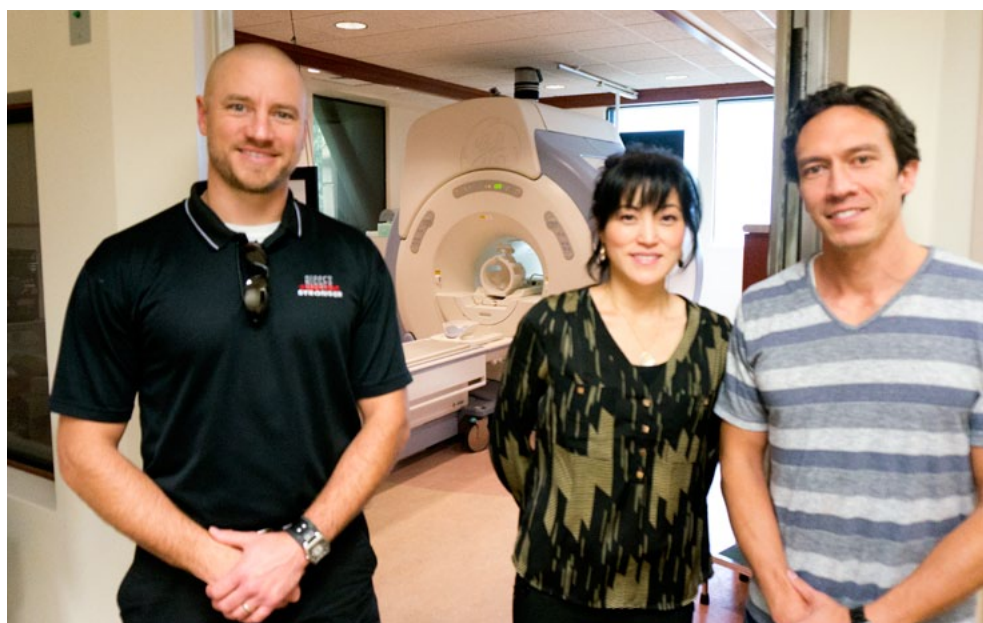


## Physical Education

# Advances in Testing and Training Athletes with the OptoJump

*Exciting updates on how new technology is helping athletes succeed*



**Dr. Alina Fong and Rett Lam give BFS President John Rowbotham a tour of CognitiveFX, their state-of-the-art concussion treatment and research facility in Provo, Utah**

The OptoJump was introduced to BFS readers three years ago as the next level in performance testing and training. In subsequent issues we discussed the numerous applications of this remarkable technology, including ongoing research on its use as a noninvasive method of evaluating brain function in concussion victims. Today we're even more excited about OptoJump.

First, we're honored to announce the addition of Alina K. Fong, PhD, to the BFS Advisory Board. Fong received her PhD in clinical neuropsychology with an emphasis in neuroradiology from Brigham Young University. In 2004 she received the national American Psychological Association Clinical Neuropsychology Division 40 Graduate Student Research Award. Recently, BFS CEO Bob Rowbotham and BFS President John Rowbotham visited Fong and her staff at their clinic in Provo, Utah.

Next, we're excited to report that many more schools are instituting the BFS Balance Control Protocol designed by Dr. Peter G. Gorman, president of Microgate USA. This system assesses any athlete quickly and easily, without any special equipment. The BFS balance protocol starts with a progressive series of five static balance tests. Each test builds upon the previous one; athletes must master a test before moving on to the next, more advanced, test. To learn more, check out "Testing Made Simple with OptoJump," an article that appeared in our September/October 2013 issue.

Conversations in developing balance in a growing athlete and student for lifelong wellness benefits.



### Audio01. March in Place

Using easy-to-implement protocols with the one-meter OptoJump system to track and evaluate symmetrical development in young students and athletes



### Audio02. Understanding Simple BFS Protocols

Using simple feedback from the OptoJump system to track students' symmetrical development



# Physical Education



Dr. Alina Fong and Rett Lam discuss strategies to bring access to training equipment such as OptoJump to more schools and young people in the interest of both treating and preventing head trauma.

Finally (although there is much more to come), we’ve added four interviews with Dr. Gorman on the Coach-BFS YouTube channel as follows:

**Video 1.** March in Place, **Video 2.** Understanding Simple BFS Protocols, **Video 3.** Everyone Is an Athlete, **Video 4.** Measuring Plyometric Power with the Opto-Jump System

There is much more to come, including articles by Dr. Fong as well as summaries of the exciting research studies using OptoJump to evaluate concussions. Stay tuned!



Dr. Peter Gorman leads students and athletes through the March in Place protocol. This simple and effective exercise gives a baseline from which to monitor progress and to measure recovery against.

Conversations in developing balance in a growing athlete and student for life long wellness benefits.



**EVERYONE IS AN ATHLETE  
EVERYONE BENEFITS FROM SYMMETRY**

### Audio03: Everyone Is an Athlete

Using the OptoJump system with a treadmill to gain feedback on lifelong efforts to improve health and lifestyle



**MEASURING PLYOMETRIC POWER  
WITH THE OPTOJUMP SYSTEM**

### Audio04: Measuring Plyometric Power with the OptoJump System

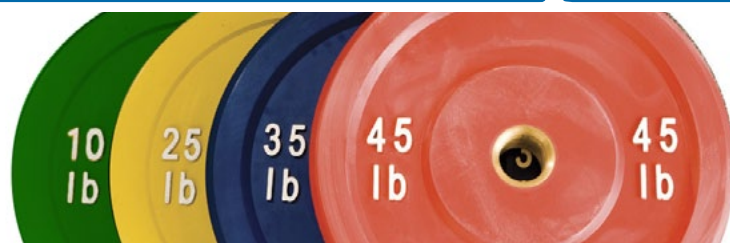
Using the OptoJump system to measure the effectiveness of plyometric training to reduce ground contact time while maintaining or increasing power.





# Bumpers and Training Plates

## *Rubber Bumpers for Every Lifter*

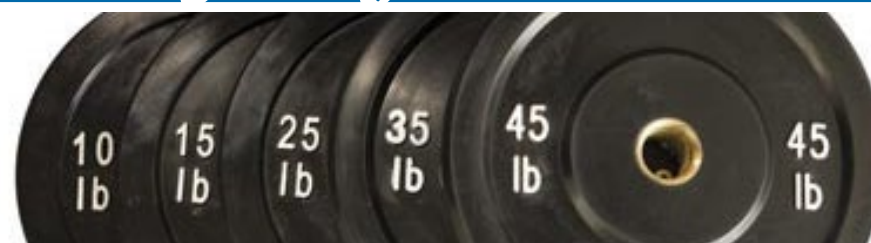


### Solid Colored Bumpers

Item #: 320386

High quality solid rubber bumpers with brass inserts you can be assured of the best value anywhere

- # 320386 10 lb. Each \$ 49.50      # 320382 25 lb. Each \$ 69.50
- # 320383 35 lb. Each \$ 99.50      # 320384 45 lb. Each \$114.50
- # 320385 Full Set - 25 to 45 lb. One PAIR of Each Weight \$529
- # 320387 Full Set - 10 to 45 lb. One PAIR of Each Weight \$599

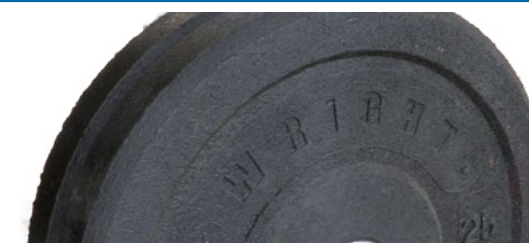


### Solid Rubber Bumpers

Item #: 320390

High quality solid rubber bumpers with brass inserts. You can be assured of the best value anywhere

- # 320390 10 lb. Each \$ 34.50      # 320391 15 lb. Each \$ 44.50
- # 320392 25 lb. Each \$ 49.50      # 320393 35 lb. Each \$ 59.50
- # 320394 45 lb. Each \$ 69.50
- # 320395 Full Set - One PAIR of Each Weight \$499
- (10 lb. Bumpers - Teaching Only - Do Not Drop)



### Black Crumb Bumpers

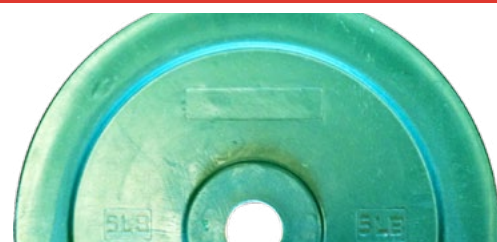
Item #: 380390C

Recycled Crumb bumpers made in Alabama from a nearly indestructible combination of recycled, vulcanized rubber and a 2" stainless steel insert.

These tough bumpers can handle the most demanding environments from high schools to boot camp style work outs.

Measuring 17.7" in diameter, they're available in weights of 10, 15, 25, 35, and 45 pounds as well as **kilogram weights!**

## *Training Plates to get started right!*



### 5 Pound Training Plates

Item #: 320200

Usually Ships Within 48 Hours

A Must for Teaching All Core Lifts

Perfect for Beginners



### 10 Pound HiTech Training Plates

Rugged One Piece Solid Construction Deemed Unbreakable on the Platform Competition Size and Shape. 17 1/2" Diameter & 2" Center Hole - All Competition Bars

Less Expensive than the Typical Technique Plate. Environmentally Friendly. 'Green' Made from Recycled Materials

Sold Only in Pairs



### 5 Pound HiTech Training Plates

Rugged One Piece Solid Construction Deemed Unbreakable on the Platform Competition Size and Shape. 17 1/2" Diameter & 2" Center Hole - All Competition Bars

Less Expensive than the Typical Technique Plate. Environmentally Friendly. 'Green' Made from Recycled Materials

Sold Only in Pairs

## Getting big results with proper incremental training

The BFS Total Program is the most successful High School weight training program because we give athletes the tools to improve every week!

Using the right weight for every athlete from a brand new athlete to seasoned senior lineman is what develops championship quality teams.

From Training Plates to Bumpers BFS has what you need to get start training the way 100s of championinship teams have for almost 40 years!

**Call BFS to learn more 800-628-9737**



Learn More online