

BITS AND PIECES



Coach Bill Cutcher

Coach Cutcher just moved down to Southern Florida to a large high school from New Jersey. He likes new challenges and had a clinic last month. His new school has had a very tough time winning in football and he was hoping the BFS clinic would help. The interesting thing was Bill Cutcher has been around. He has coached football in five different states in both high school and college. It turns out he was Roger Staubach's high school football coach in Ohio. We had a great time talking X's and O's and football stories.

The New BFS Speed and Reaction Timer

We are working on what we feel will be the most exciting new product for football and athletics to come out in a long time. We have computer experts and electrical engineering experts just about finished with the design, and it should be ready this summer. It times an athlete's 40-yard dash or any distance you want automatically and accurately. It will not have any bothersome cords. It will also measure times in thousands of a second. So, for example, a 40-yard dash time might read 4.923 seconds. It will also measure an athlete's reaction time. It will be able to tell you who reacts best offensively or defensively off the ball. And, because you'll now be able to measure how fast a player can get across the line of scrimmage, you'll be able to *improve* reaction time. You can also use it as a useful tool in determining personnel correctly. The BFS speed and reaction timer can also be used in timing track meets and useful in baseball, basketball and other sports. We also think you'll be very pleased with the cost.

Basketball BFS Clinic

I just happened to meet Jim Brandenburg, the basketball coach of the University of Wyoming on an airplane last week. They really go after the weights both in-season and off-season and they are highly successful on the court. We will feature in the next issue the feelings of some of their ball players towards weights. Also, Coach Brandenburg and I have tentatively agreed to hold a BFS Basketball Clinic in the Denver area this September. We plan to have several pro basketball players who weight train seriously. It should really be a trend-setting event.

University of Houston Basketball

Bill Thomas, who is the strength coach for the Cougar Basketball Team, has written an article which will appear in the next BFS issue in May. The Houston team, at this writing, is currently ranked #2 in the nation. I know you'll enjoy reading about Mike Young their 6'6" 225-lb. star who bench presses 350 and legally squats 450 pounds.

Arnold Campbell

Arnold goes to Airline High School in Bossier City, Louisiana, and are you every going to enjoy his story in the next issue. Arnold is now a Junior, but as a 14-year-old ninth grader, he actually won the Louisiana 4-A State Championship in the shot put with a mighty heave of 60'3". Incidentally, it was also a world record for his age.

Getting Bigger

Football Coach Wayne Stahley of Terre Haute, Indiana has been getting a lot of cases of Super Weight Gain Formula lately. He reports his athletes are gaining 8 to 15 pounds per month.



Arnold Campbell: World record holder at 16.