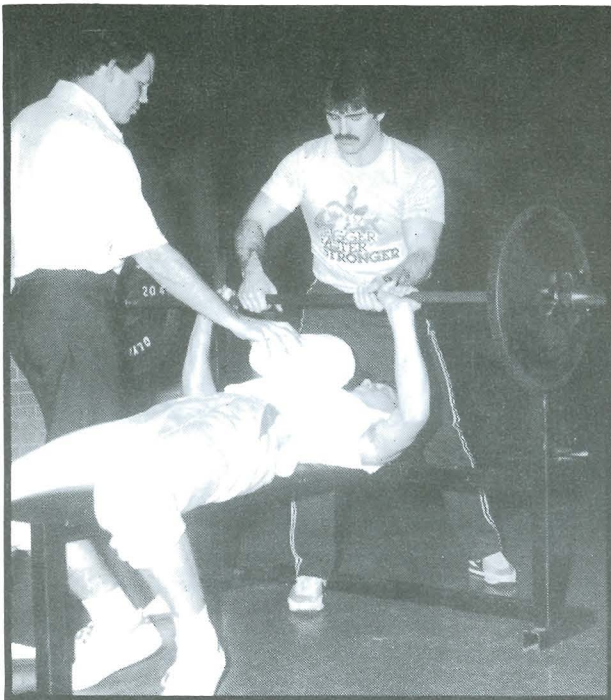


ABOUT BFS CLINICS



BFS Clinician Rick Anderson and Deer Park High School Strength Coach David Elmore assisting Jr. Brian Kirk on the Towel Bench.

Editor's Note: A Bigger Faster Stronger Clinic is unique and special. Strength Coach David Elmore from 5-A Deer Park High School in the Houston, Texas area has expressed his feelings after their clinic. This is a typical reaction!

About BFS Clinics

Saturday morning, January 28, 1984 was the beginning of a very important day for the athletes of Deer Park. The early morning sunshine was beautiful and many of them, attending the strength clinic they had heard about from the coaches, had to be thinking what others would be doing at the beach, the golf course, or whatever "average" kids do. They gathered at the front row of seats of Gaines-Mason Auditorium and blinked in the semi-darkness at the young, well-built man organizing the Olympic weights on the floor. The comments ranged from admiration to skepticism, from curiosity to anticipation, that anyone who has been around a group of teenagers has heard before. By the end of the day a new sense of pride would bind these young athletes together.

The mood was quickly established as Rick Anderson had Junior Tim Camp box squat 400 lbs. before the clinic had even officially begun. This definitely captured everyone's attention. The morning session was filled with expert instruction by Rick and demonstrations by the athletes. Preceding lunch Rick gave an excellent talk on nutrition from which the athletes are still benefiting because now they have a

system for eating the right foods. The afternoon session continued to be informative as everyone watched inspirational films and learned about goal setting.

The climax of the day came in the dead-lift competition. The football players in the off-season program had been talking about setting a new clinic record in the dead-lift. The record was six athletes from one school each dead-lifting 500 pounds. The auditorium was filled with a sense of anticipation as the Deer Park athletes challenged the existing record. The time was now. Freshmen, sophomores, juniors and seniors, male and female athletes joined together. The bar was set at 235 and all proceeded to lift. It was raised to 285, then 325 as the athletes warmed up to break the record. Only one girl remained as the weight went higher. Tammy Boyette, the daughter of Coach Larry Boyette, then lifted 375 lbs., which was the third best ever at a BFS clinic by a female. The auditorium was echoing with the noise. With the bar set at 400 lbs., nineteen Deer Park football players proceeded to conquer it. The stage was set for the attempt at the record.

A quiet hush descended on the audience as Rick discussed the record and the number of schools that held it. Athletes, coaches, and parents were out of their seats and gathered around the lifting mat. The bar was set at 500 lbs. The togetherness fostered by this dynamic challenge was unique. The enthusiasm, encouragement, and tremendous sense of purpose was so inspirational that eight Deer Park football players were able to dead-lift 500 lbs. apiece. These young men were Freshman Naisaun Ahmadi, Sophomores Andy Miller and Klark Spencer, Juniors Steve Harrell, Allen Hashaw, Daren McClellan, and Brian Nielsen, and Senior Bret Floyd. It was pandemonium. Then the weight was raised to 600 lbs. and Allen Hashaw dead-lifted this. What a great day in the history of Deer Park High School. We are expecting even greater accomplishments in the future as a result of the BFS Clinic and the impact it has had on the athletic program at Deer Park.

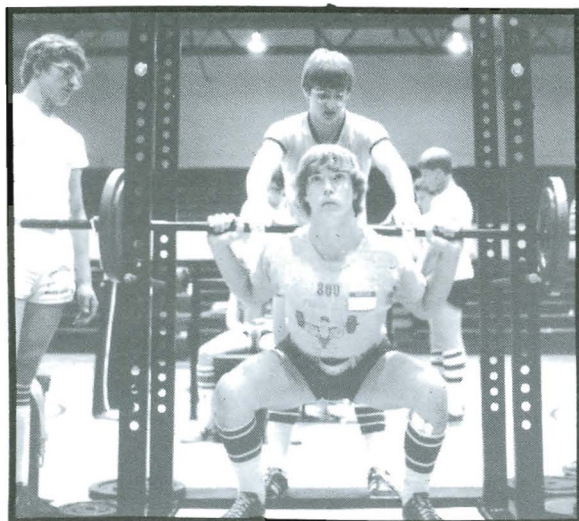
Bob Rowbotham, BFS Clinician, had a super clinic this March at Gallion High School in Ohio. 400 were in attendance from many schools. 8 athletes dead-lifted 500 or more with 4 at 600 and a new clinic record was set at 685 pounds!

Lee Owens is the Head Football Coach at Gallion.

13 Clinics were Held in March!

5 Clinics were done on one weekend!

Between Greg, Rick and Bob. Also: We welcome opportunities to speak at state association coaches clinics. Naturally we abide by the associations normal speaking stipend.



Athletes from coast-to-coast have learned to be "Pros" in Power Weight Training by Doing in BFS Clinics!



A clinic is stimulating, informative and motivating. Athletes are always extremely interested and attentive the whole short seven hours.



Coaches are given the opportunity to become experts by Doing. Every coach who participates will develop great confidence in coaching Power Weight Training.

What Will Happen In Your Clinic

- Motivational instructional movies are shown and discussed.
- Instructional period given where each player and coach becomes an expert in how to power weight train.
- Discussion periods to answer all questions about lifting, diet, speed, agility, injuries, etc.
- Presentation of Munchies concept . . . a unique approach to goal setting for weights, sports, and life.
- Coach Shepard can spend time with your administrators or Booster Club to assist them in understanding the program; give advice on curriculum planning; ideas on how to finance program; or any topic with which you need help.
- Coach Shepard will have a *Reaction-Speed Contest* with your quickest athletes. Take a quarter out of my hand or keep me from taking a quarter out of your hand and win a Book or a Shirt. We will learn how to increase reaction time. Warning: Do not expect to win.
- The climax of the Clinic comes as selected players lift 400-600 lbs. This is carefully supervised by Coach Shepard. This clearly demonstrates the "*Sky is the limit*" and that our minds, not our bodies, control our future

Ways To Have Your Clinic

- The best way to have a clinic only for your school. We can really attack your teams personal challenges.
- Because of finances you may want to go in with several other schools outside your league. Martinsburg High School in West Virginia had 10 other schools at their clinic.
- You may want to have a "Bigger Faster Stronger Day" during a school day like Aledo High School in Illinois. All athletes both guys and girls, attended and the administration helped foot the bill.
- Have a clinic for your In-Service Day as did Park View High School in Springfield, Missouri.
- A junior college or college may want to sponsor a clinic and invite all the area coaches and athletes. At the University of Wisconsin at LaCrosse over 400 coaches with over 400 athletes turned up for the clinic. I'm sure the public relations benefits were enormous.
- A Bigger Faster Stronger Clinic can be structured any way that will most help your program.

Reservation Procedure

- Call Toll Free 1-800-628-9737. Rick, Bob or Greg will take your call. Please have some possible dates in mind and how you plan to have your clinic. We'll be glad to help you work out the details and the feasibility of your clinic.
- Saturdays are the most popular day and usually the best day. However, any day is OK.
- Your date will be confirmed when the transportation money is received. *Please Note:* Your tentative dates will be lost when transportation money from another school is received first for that date.
- Reserve your clinic dates as soon as possible. Clinic dates are already filling up for the 1984-85 year.

The Winning Edge A Clinic Can Be A time Experience

CLINICS



Clinic Records

- Thirty-two State Champions after the Clinics!
- Eighteen Coaches named "Coach of the Year."
- Most athletes dead lifting 500 lbs. at a high school. Eight at Deep Park High School in Houston, Texas.
- Schools where all 1-1 selected athletes dead lifted 400 or more: Seventy-eight!
- Most athletes attending from one high school: 205 from Bishop Ryan High School in Minot, North Dakota (40% of Student Body).
- Best Dead Lift for College Athlete: Paul Kendrick, 670 lbs. from Hamline University in Minnesota.
- Best Dead Lift for High School Athlete: Kimbo Spencer, 681 lbs., from Graham High School in Virginia.
- Most clinics held in one state since 1978: California with 18 Colorado with 11, Michigan with 10 and Ohio with 10.
- Best Dead Lift for 9th Grader: 600 pounds! Bobby Raynor from Idabel High School, Idabel, Oklahoma.

Equipment Needed For Your Clinic

- One 700 pound Olympic set.
- One Bench Press.
- One set of Squat Racks.
- Two 4 x 8 sheets of plywood for each dead lift and clean station (to protect floor).
- Gymnastics Chalk; Please note rosin will not work.
- Weight Lifting Belts.
- Pencils for each participant, 16mm projector, chalkboard.

**If you do not have access to any of the above equipment, contact me for additional help.*

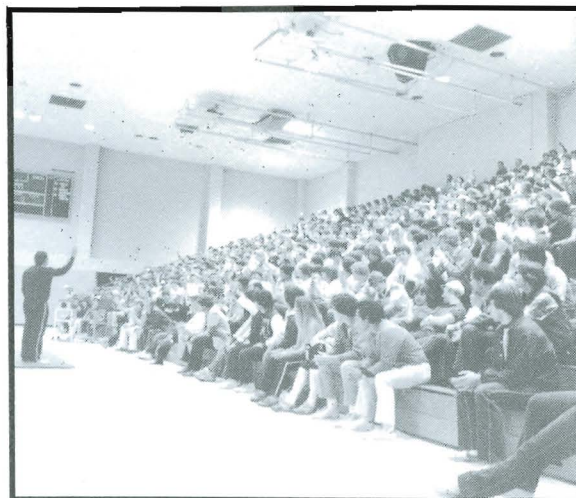
Cost

Transportation: The least expensive flights from Salt Lake City will be used. The earlier we can book flights, the easier it is to schedule economy rates.

Lodging: Coach Shepard prefers staying with one of the coaches, rather than a motel. This gives a better chance to exchange information and ideas.

Clinic Fee: \$495.00. Includes Motivation Packet and Bigger Faster Stronger Book for the Head Coach. Includes goal cards for everyone. Invite as many participants as the Gym will hold.

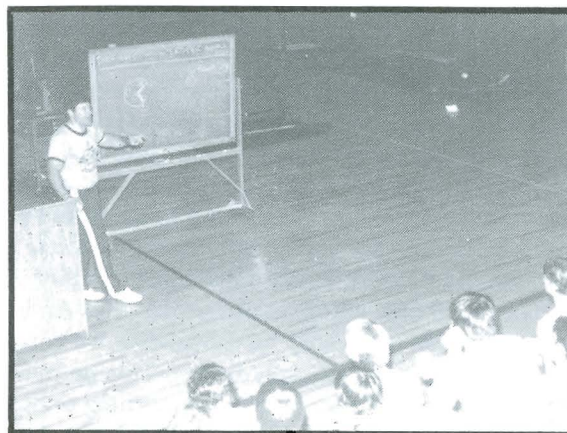
The Clinic lasts *Seven hours*, usually from 9:00 a.m. to 4:30 p.m. with ½ hour for lunch, but can be any hours of your choosing.



50 BFS Clinics are held annually. Pictured is a clinic at Golden West Junior College in the Los Angeles area.



All clinic participants learn to properly lift and spot. Usually everyone gets a full beginning workout during the clinic.



Coach Shepard teaching the "Munchies" Goal Setting System, a very important part of every clinic.