

COORDINATE YOUR TOTAL ATHLETIC PROGRAM THE BFS WAY AND WIN BIG!

By Kurt Mattison, Midwest BFS Representative
Wrestling and Strength Coach, Fergus Falls H.S., Minnesota



This QB can use the same BFS Program for basketball and baseball!

One of the greatest advantages to the BFS Super Set-Rep Program is how efficiently it combines your total athletic program into one comprehensive strength program. Using a different strength program for each sport will slow an athlete's progress and create inconsistencies in team progress. We must remember that many high school athletes participate in more than one sport, and want to excel in all of them. Changing their strength program every few months will confuse and frustrate them, and eventually "turn them off" to strength training. Obviously when an athlete succeeds in one sport his confidence, winning attitude, and enthusiasm gained will carry over into other sports and into other areas of life. By

SPORT	BEFORE BFS	AFTER BFS
Football	11-16	16-3
Basketball	31-29	29-15
Wrestling	9-16	18-6
Hockey	23-20	40-9

The football team made the State playoffs. The 1984 basketball team made the MN State playoffs for the first time in 27 years. Wrestling went 12-0 in dual meets in 1983. The Hockey team was also the '84 Conference Champs! The BFS Program gave us the winning edge.

About Coach Mattison

- ★ Head Wrestling Coach 5 years, Fergus Falls High School
- ★ Wrestled at U. of Northern Iowa
- ★ Coached State Champs; Jr. College All-American in wrestling
- ★ Coached Jr. Pan Am Games Gold Medalist
- ★ Honored as 1984 BFS Rep of the Year

changing this pattern we interrupt that carry over.

One of the essentials to making the Total BFS Concept work for any athletic program is a total coaching staff that cooperates and understands the program. Hosting or attending a BFS Clinic is the ideal way to gain this understanding and support for the entire program.

The BFS Program uses 6 core lifts that will bring maximum benefit to any athlete in any sport. It also allows the individual coach to add his own emphasis by including 2 or 3 auxiliary lifts that fit a particular sport. An example of how this can be done and which auxiliaries could be used goes like this:

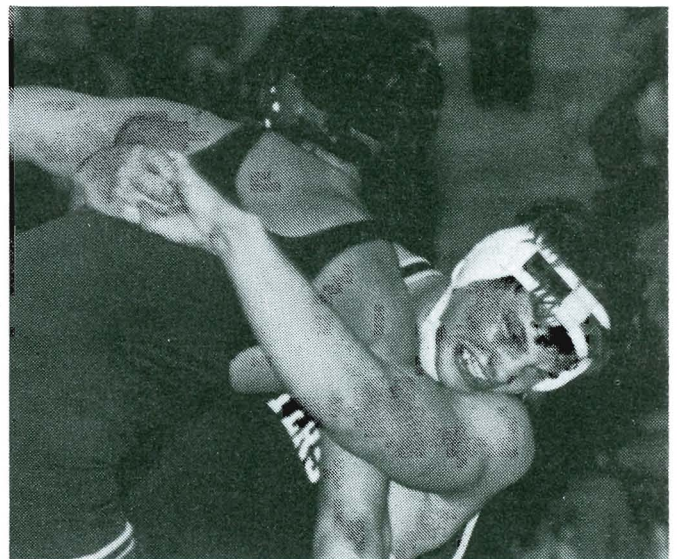
— a defensive lineman can do a close grip bench press and power pulls.

— a basketball player can do step-ups, calf raises, and rebound pulls (done on a lat machine).

— a wrestler can do weighted dips and power pulls and curls. Another variation we have used with a few wrestlers who have reached a high level of power and strength and wants to increase his muscular endurance and possibly discourage more gain in bodyweight: simply change their 3 x 3 week to 3 x 10, and their 5-4-3-2-1 week to 10-8-6-4-2. No other change is needed and recording set & rep records works the same.

— a volleyball player, high jumper or long jumper could follow the same workout as the basketball player, except for the rebound pulls.

Does the BFS Total Concept work? Absolutely! Since establishing the BFS Program at Fergus Falls in the spring of 1982, we have definitely gained an edge. See for yourself:



Mark Kratzke — Fergus Falls H.S. HWT throwing his "footsweep" for one of his 19 pins of the season. "Thunder Thighs" has 30" thighs.