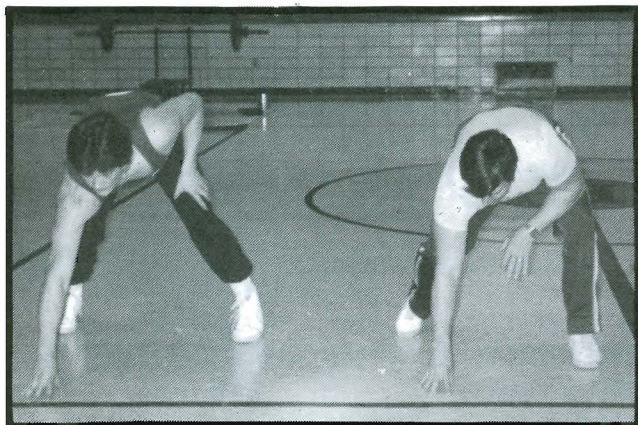


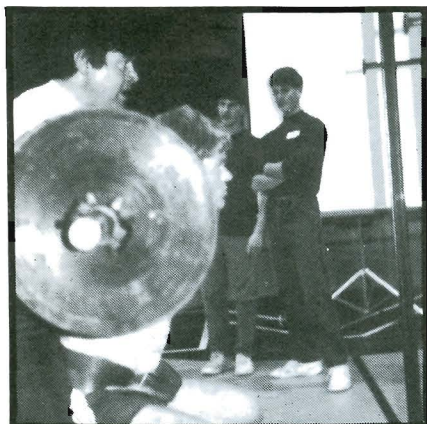
# 1984 BFS CLINICS



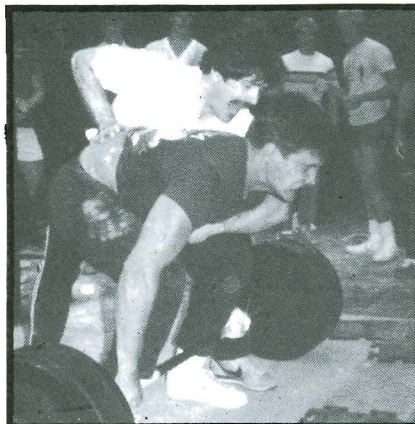
Sprinting is part of the total BFS Program. Coach Shepard shown with Homer H.S., Michigan Athlete Homer FB Coach is Kurt Evans.



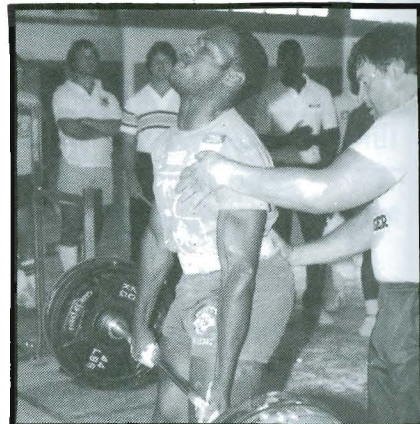
Allan Williams and Coach Shepard battling in the famous BFS Quarter Reaction Contest. Allan was one of two athletes to beat Coach Shepard out of 50 Clinics held this year! St. James High School, Louisiana.



Coach Shepard working with Marblehead H.S. Athlete on the Box Squat Technique. Marblehead H.S., Massachusetts FB Coach is Bruce Jordan.



Coach Anderson at the Grand Finale of a BFS Clinic. The Torrey Pines H.S., San Diego Athlete Dead Lifted 555! Torrey Pines FB Coach is Ed Burke.



Coach Shepard assisting Athlete at St. James H.S., Louisiana Clinic. 575 Dead Lift! St. James Coach is Allen Hymel.

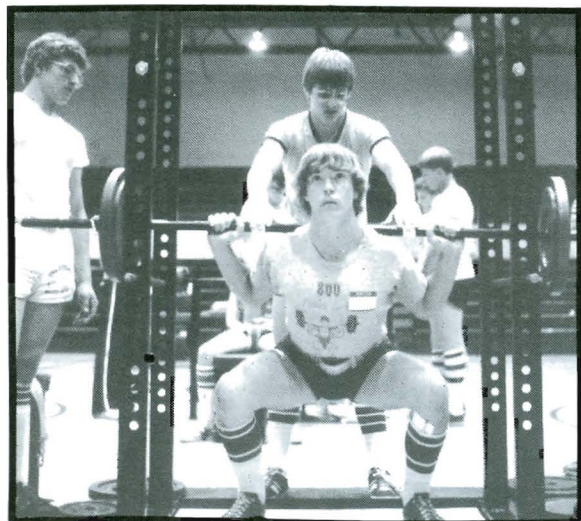


Coach Anderson's Enthusiasm is Contagious as a Bell High School, Los Angeles Athlete completes a 505 Dead Lift. Motivation is at least one third of a clinic! Bell High School FB Coach is Tosh Nitta.



The Athletes Attitude at the End of any clinic is always spontaneous and Always the same: We can be #1; We want to work hard to be #1; We love having an opportunity to reach our potential! Bell High School, Los Angeles.





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 14 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.*

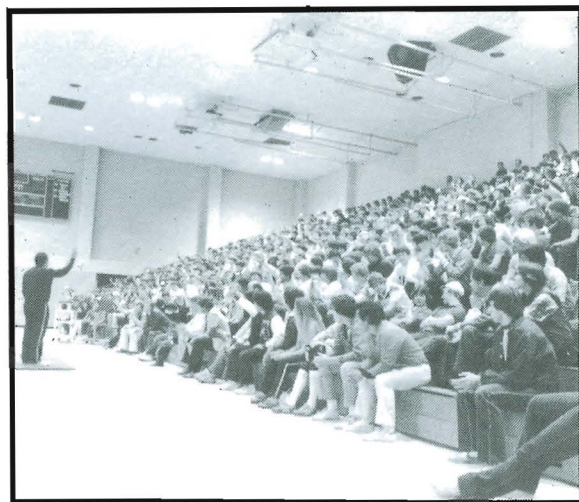
## Cost

**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.

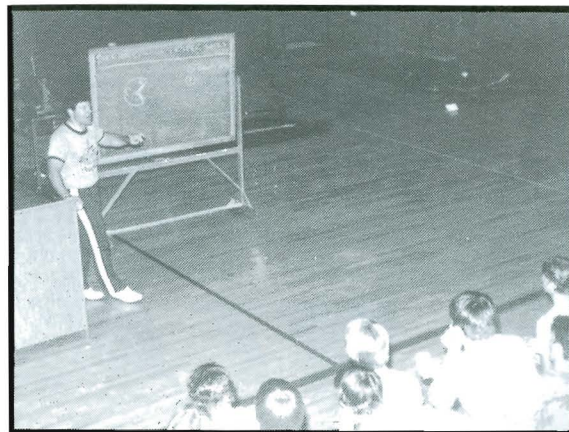
The Clinic lasts *Seven hours*, usually from 9:00 a.m. to 4:30 p.m. with ½ hour for lunch, but can be any hours of your choosing.



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.