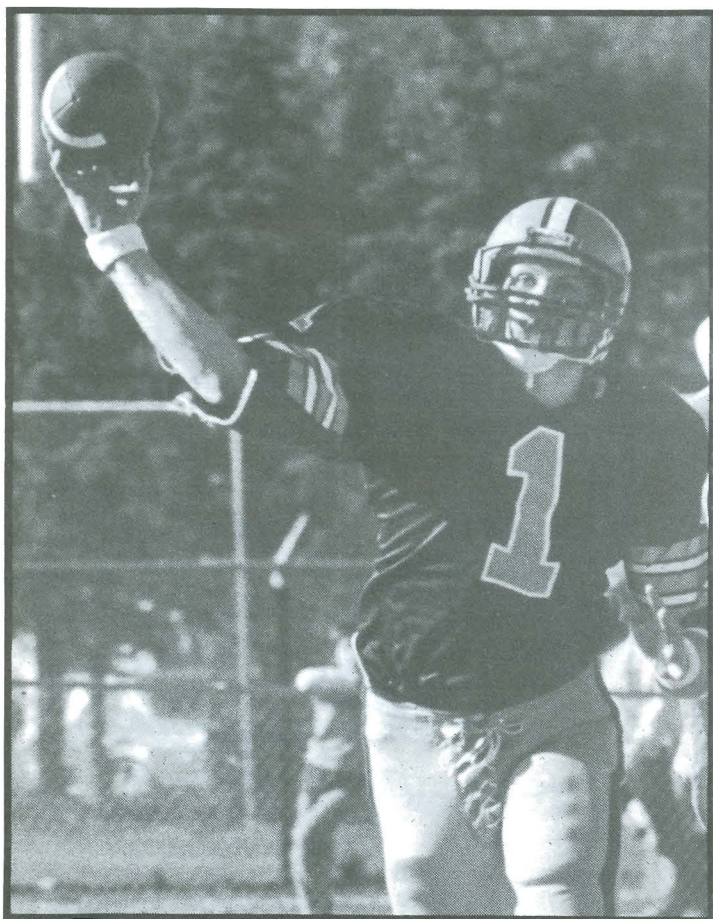


# COORDINATE YOUR TOTAL ATHLETIC PROGRAM THE BFS WAY AND WIN BIG!



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

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

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 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 body-weight: 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:

**FOOTBALL:** Before-combined record 3 years, 11 wins - 16 losses = .407%.

After-combined record 1982 & 83, 16 wins - 3 losses = .842%.

+ Minnesota State Playoffs 1982

**BASKETBALL:** Before-combined record 3 years, 31 wins - 29 losses = .520%.

After-combined record 1983 & 84, 29 wins - 15 losses = .660%.

+ 1984 Subregion & Region Champions, 20 - 4.

+ MN State Tournament 1984, 1st time in 27 years.

**WRESTLING:** Before-combined record 2 years, 9 wins - 16 losses = .350%.

After-combined record 1983 & 84, 18 wins - 6 losses = .750%.

+ 1983 first unbeaten dual season (12-0) in school history

+ 8 new school records set

+ Region 8AA Team Dual qualifier 1st time.

**HOCKEY:** Before-combined record 2 years, 23 wins - 20 losses = .534%.

After-combined record 1983 & 84, 40 wins - 9 losses = .816%.

+ 1984 Conference Champions

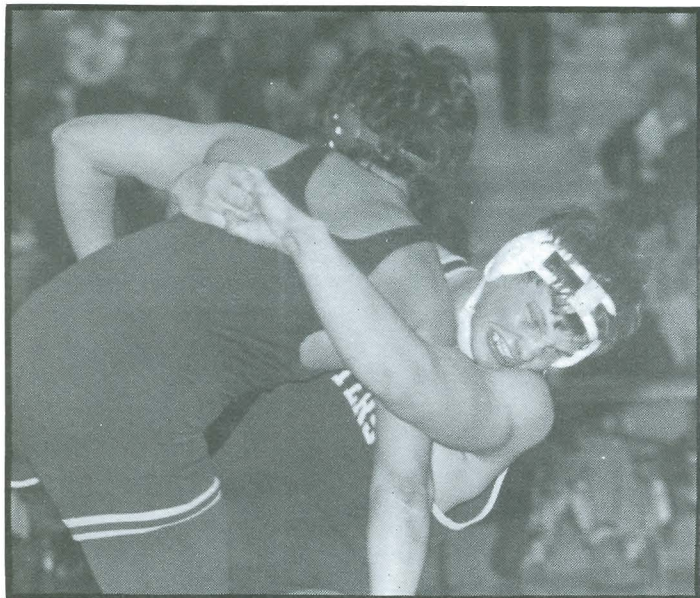
What do we mean by "the edge"?

The 1984 basketball team that was 20 - 4 and Region Champs averaged 54.4 pts. per game to opponents 50.1! Their season could have easily been .500% instead of .833%.

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The football team of 1982 that went to the playoffs scored an average 15.6 pts. per game to opponents 12.5! Their season could have easily been .500% instead .888%.



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

#### 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 in 1984
- ★ Honored as 1984 BFS Rep of the Year

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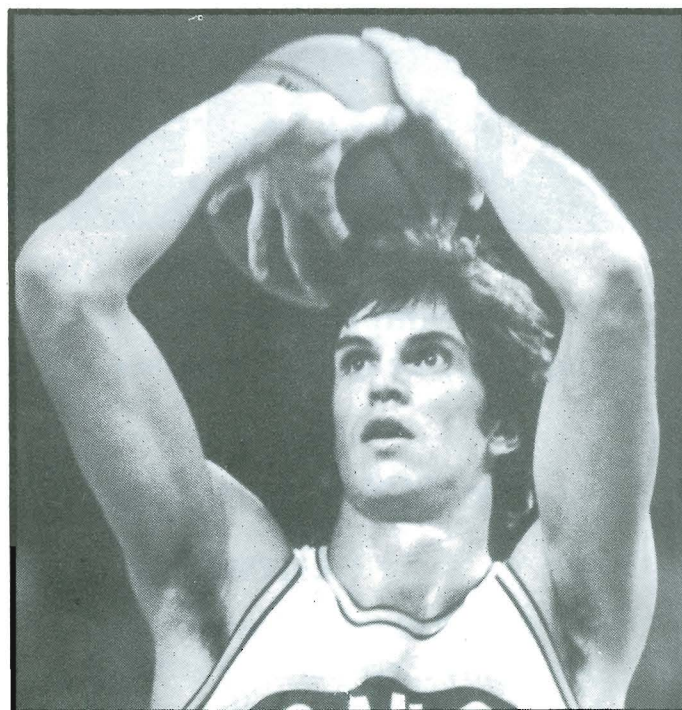
## RECORD HOLDERS



New BFS Clinic Record! Eight athletes Dead Lifted 500 or more! St. James High School, Louisiana. Clinic was held last June. Pictured top row left to right. Albert Eason, Kevin Jackson, Noel Allen, Eric Williams, Head FB Coach Allen Hymel. Bottom row: Joseph Julian, Terrance Harrison, Ryan Malancon, Errol Lassere.

*Photo by Kirk Crochet, BFS Representative*

## DANNY VRANES



Sharpshooting Vranes states "If I were a coach at any level, my basketball players would be lifting weights!"