

THE BFS READINESS

By Dr. Greg Shepard, Ed. D.



Begin the BFS Readiness Program in the 7th Grade!



Use the BFS Core Lifts: Test for Completion of Set AND TECHNIQUE!



Upon Graduation From the BFS Readiness Program, the Athlete then Progresses to the Regular BFS Program.

The Readiness Program

We used to tell coaches when your athlete can parallel squat 145 pounds 5 times with good form THEN he is ready to lift with the Big Boys on the BFS program. Thus, the answer as to **when** to start was based on **performance** and not **age**. Those athletes who could not squat with the above amount were told to work out on a Universal type machine until they were ready. Just to be safe, we repeated what we had heard a doctor say, "Better not lift at too early an age because the bones in the hands and elsewhere have not yet completely hardened."

Now, after careful thought and study we have changed our position. Observation of our nation's athletes and athletes from the Eastern Bloc nations has added powerful testimony to our position. We realize that many orthopedic men and sports medicine people will disagree with us. We also realize it is much safer to tell people to wait until you're 16 or 18 before you begin lifting. However, we are in the business of helping athletes reach their potential. We, therefore, take a firm and resolute stand that our BFS Readiness Program will help athletes reach their potential at an even earlier age than before and if the program is followed strictly it is completely safe. The BFS Readiness Program is the new way in the 1980's a coach and athlete can achieve the "Winners Edge."

The Eastern Bloc nations, especially Bulgaria, start their Olympic weight lifters on a vigorous program at the age of twelve. For those coaches who have subscribed to our BFS journal and read about High School Shot Putter Arnold Campbell (recently threw 75 feet) and in this issue the stories of Jim Ritcher and Dalton Young may have come to realize "Athletes can start lifting in junior high."

There has been preliminary research done in this country with 7th graders on a lifting program which suggests there is **no change** or **adverse effects** in the ossification (hardening of the bones) or joint maturation.

Dr. Mel Hayashi, an orthopedic surgeon, from Thousand Oaks, California, specializes in sports medicine and joint replacement. Dr. Hayashi enthusiastically supports our BFS Readiness Program but stresses careful coaching of proper technique is critical to success. Dr. Hayashi has been the chief resident at the Mayo Clinic and was a chief orthopedic surgeon for the '84 Olympic games.

In a recent publication of the N.S.C.A. journal, many of our nation's leading strength coaches were asked the question as to what age can an athlete start lifting. To our surprise, the majority felt junior high was the place to start. The above information is given to help the high school and junior high school coach

PROGRAM



Confidence, Pride and Potential are Goals of the BFS Readiness Program!

with the implementation of a lifting program with administrators, parents, athletes and medical doctors.

High school and college athletes lift not only to get Bigger Faster and Stronger but also to gain confidence, prevent injury and to attain the full mental and spiritual benefits one gets from a total commitment towards fulfillment of potential. There is no age barrier here! A 7th grader can get just as much benefit in confidence and pride going from 85 to 100 pounds as a 12th grader can get going from 285 to 300 pounds.

The BFS Readiness Program is for junior high athletes both boys and girls. It can be started successfully by 7th graders. It can be for high school women athletes who are not quite ready for the demanding regular BFS programs. Coaches will also find the BFS Readiness Program useful for rehabilitation and in those high school athletes who are late bloomers.

Everyone starts with the bar (45 pounds). If that is too heavy a smaller bar may be used. This starting weight is used for all lifts by all athletes regardless of how light and easy it feels. The athlete progresses to a higher weight when he does two things correctly. First, he must be able to complete the set. Second, he must perform each set with perfect form technique. If he fails with either completing the set or with perfect form technique, he cannot go up in weight the next workout. Thus, teaching, coaching and knowledge is critical by all coaches in a supervision capacity. If coaches feel they need help or a review in technique, we have books, clinics or video cassettes available.

How would it be if a high school coach could get a group of 25 incoming sophomores or freshmen who could squat 300 or more, bench 200 or more and clean 175 or more with super form? This would be a piece of cake with the BFS Readiness Program! Obviously it would give any coach a "Great Winning Edge"!

HOW TO ORDER

BFS READINESS PROGRAM

COST

| | |
|----------|-------------|
| One: | \$4.00 |
| 2 - 9: | \$3.00 Each |
| 10 - 25: | \$2.50 Each |
| Over 25: | \$2.25 Each |

Each Athlete Should Have One!

The BFS Readiness Program is similar to our BFS Set-Rep-Log. It is 8½ x 11, durable, attractive and fully illustrated. It is presented in a straightforward easy-to-understand manner.

Tell Me More!

- ★ Workout 3x per week
- ★ Workouts are Only 15 minutes
- ★ Requires a Minimum of Equipment

GRADUATION!

When Athletes complete the Readiness Program, they are filled with Pride and Satisfaction. Graduation takes a minimum of FOUR MONTHS to complete. For most 7th Graders it will take longer, however. Then, they can start a regular BFS Program after graduation.

BIGGER FASTER STRONGER

P.O. Box 20612
Salt Lake City, UT 84120
Toll Free 1-800-628-9737