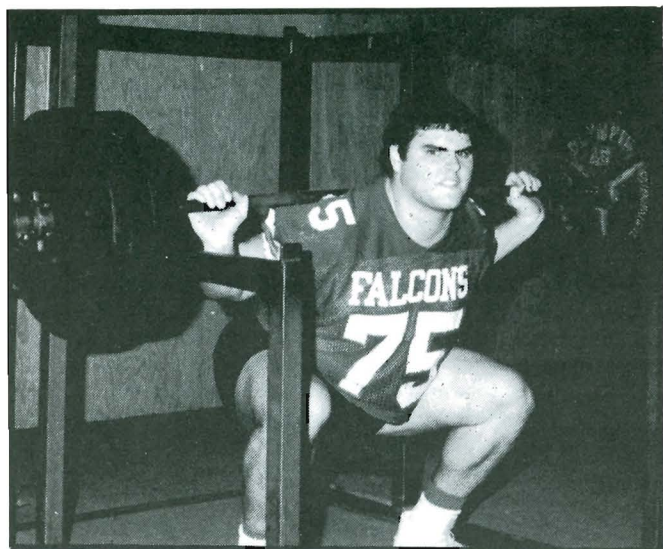
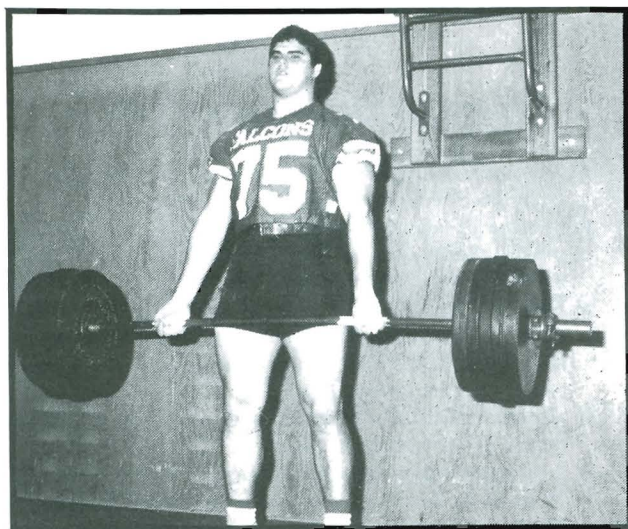


# TIM MOORE

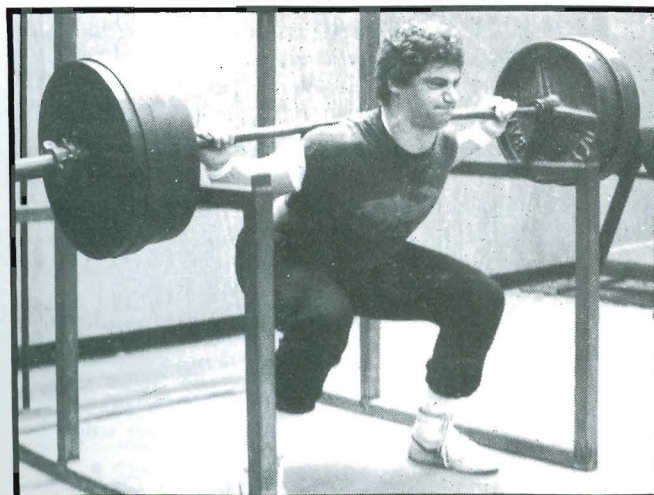
## TWO TIME BFS ALL-AMERICAN



Squatting 415 is child's play for Tim Moore!



Tim's max on the Dead Lift is 605!



Tim's great training buddy, Ray Valladao, squatting 505.

### TIM'S PROGRESS CHART

Grade	9	10	11	12
HT.	6-2	6-4	6-5	6-5½
WT.	245	285	275	280
40	X	X	5.1	5.0
Squat	X	370	435	600
Bench	X	290	350	420
Dead Lift	X	385	450	605

Tim Moore is a two time BFS All-American football player from Atwater High School in California. His head football coach, Mike Burrows, reports Tim has been All-League Player and the League's Lineman-of-the-Year. In addition, Tim has been selected as an All-District, All-Area and All-Northern California offensive tackle. To top that, Tim Moore is a 1984-85 All-American representing three different teams.

Obviously the colleges were really excited about Tim. After visiting some of the most prestigious football schools in the country, Tim chose Nebraska.

As you can see from Tim's Progress Chart, he started out big. However, if Tim Moore had said, "Hey, look at me, I don't need to work, I'm already there," he wouldn't be going to Nebraska. Coach Burrows states, "Tim is a very dedicated lifter who emphasizes squats, benches, cleans, dead lifts, push presses, inclines and declines."

Tim works out with Ray Valladao. They have been work-out partners since their freshman years. They push each other and provide each other with motivation. Ray is 6-2, 240 and squats 500, benches 350 and dead lifts 550! They both compete in the shot and discus. As juniors in the Northern California Finals, Ray placed 4th and Tim 5th. Ray placed 7th in the State with a 57-6 shot and Coach Burrows feels confident that both Ray and Tim should go well over 60 feet this spring.

Ray and Tim played side by side on both offense and defense and were awesome. Atwater's fullback broke the school record (1110 yards) with a 9.8 yards per carry effort. The tailback had 927 yards and 7.4 yards per carry. The offensive team averaged 359 total yards per game while making the playoffs. Since Ray and Tim have been playing together since the ninth grade, the combined record is 33-5-1. Their class was the first to run Coach Burrows system and strength program for 4 years.

Tim maintains a B- grade average and works hard on his agility, dot drill and running. His training involves lifting 2 hours 3 days per week in addition to throwing the shot and discus. Tim and Ray take a firm position on drugs, "We try to influence it out." They also do not believe taking steroids is the way to go either. I asked Tim what advice he might have for younger athletes and he replied, "Be a leader and encourage others. Things don't always come easy. You've got to work hard. 60% of football is your off-season work." Tim's favorite pro team is Miami and Mat Miller his favorite player.

Good luck and continued success to Mike Burrows, Atwater High School, Ray Valladao and Tim Moore on his new Quest for Greatness at Nebraska.





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.
- Your clinician 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.
- Your clinician will have a *Reaction-Speed Contest* with your quickest athletes. Take a quarter out of our hand or keep us 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 your BFS clinician. 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 is 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.



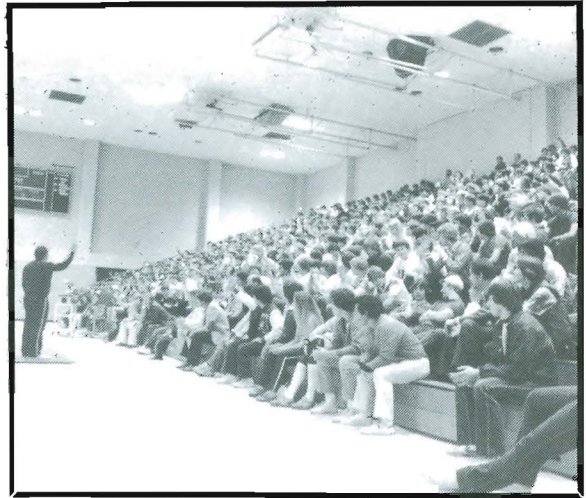
# A Clinic Can Be A Once In A Lifetime Experience

# CLINICS



## BFS Clinic Records

- Thirty-nine State Champions after their BFS Clinics!
- Twenty-two coaches named "Coach of the Year."
- Most athletes dead lifting 500 lbs. at a high school. Eight at Deer Park High School in Houston, Texas, Gallion High School in Ohio and St. James High School in Louisiana.
- Schools where all 14 selected athletes dead lifted 400 or more: Ninety-five!
- 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. Kimbo weighed only 170 lbs. Scott Ison of Gallion High School in Ohio dead lifted 685 lbs! Scott weighed in at 235 lbs.
- Most clinics held in one state since 1978: California with 21, Colorado with 11, Michigan with 11, Ohio with 11 and Texas with 10.
- Best Dead Lift for 9th Grader: 600 pounds! Bobby Raynor from Idabel High School, Idabel, Oklahoma.



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

## 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 dead lifts and cleans or our BFS mats (to protect floor).
- Gymnastics Chalk; Please note rosin will not work.
- Weight Lifting Belts.
- Pencils for each participant, 16mm projector, chalkboard.
- Three towels.

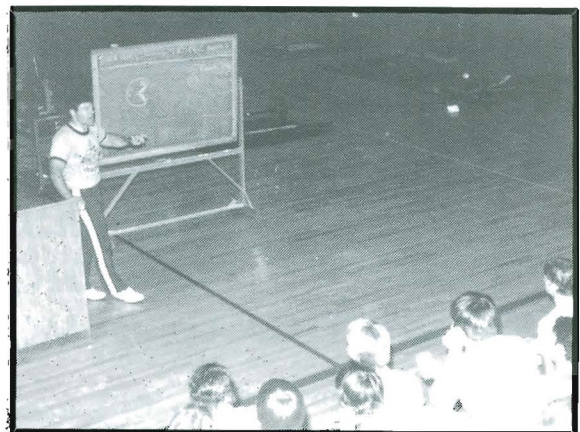
*\*If you do not have access to any of the above equipment, contact us for additional help.*



All clinic participants learn to properly lift and spot. The teaching of correct technique is given top priority.

## Cost

- **Transportation:** The least expensive flights from Salt Lake City will be used and because of our travel coupons, the maximum cost is \$325.00 usually.
- **Lodging:** We prefer 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 1/2 hour for lunch, but can be any hours of your choosing.



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