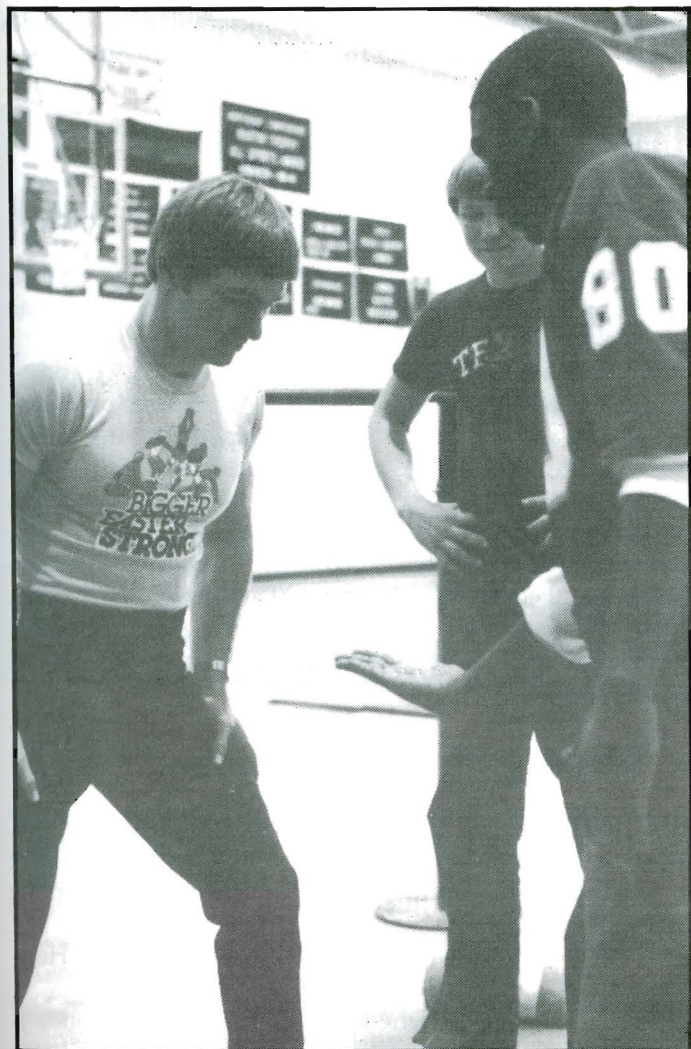


1985 BFS CLINICS

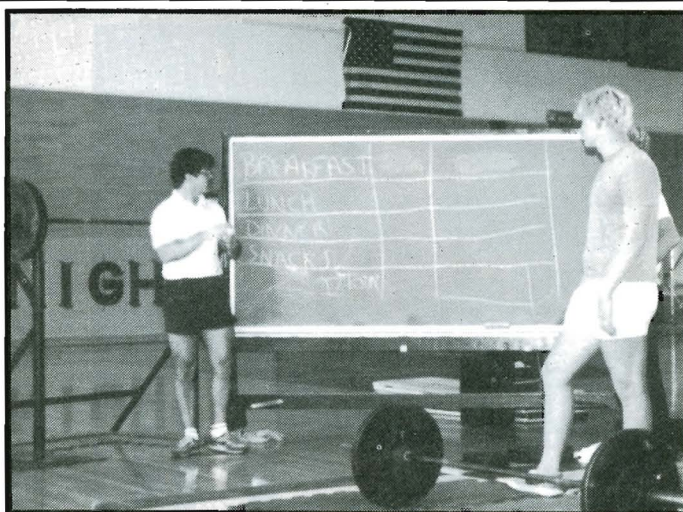
Gordon Gore Photo



BFS Clinic-Assembly in Kamloops, British Columbia. Westsyde High School. Bob Bridges is the Football Coach.



BFS Clinician Bob Rowbotham going against Seymour McKenzie in the Quarter-Quickness Drill at Lynn Classical High School, Massachusetts. Bruce Jordan: Football Coach.

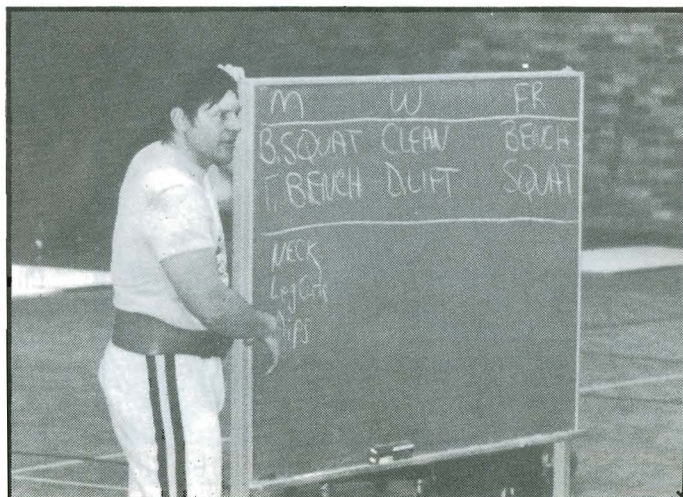


BFS Clinician Rick Anderson details BFS Nutrition Program at Lake Havasu High School in Arizona.

Gordon Gore Photo



Coach Shepard has Power Pull Contests with your strongest athletes. Warning: Don't expect to win!



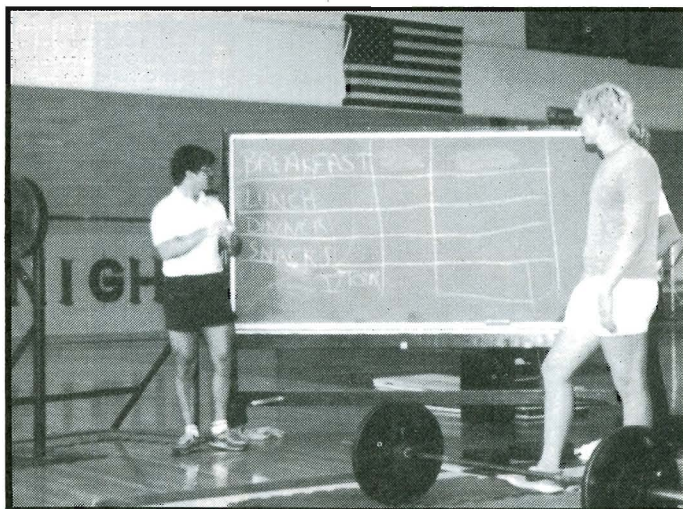
We go over in detail all Core and Auxiliary Lifts at BFS Clinics. Shown is Coach Shepard

1985 BFS CLINICS

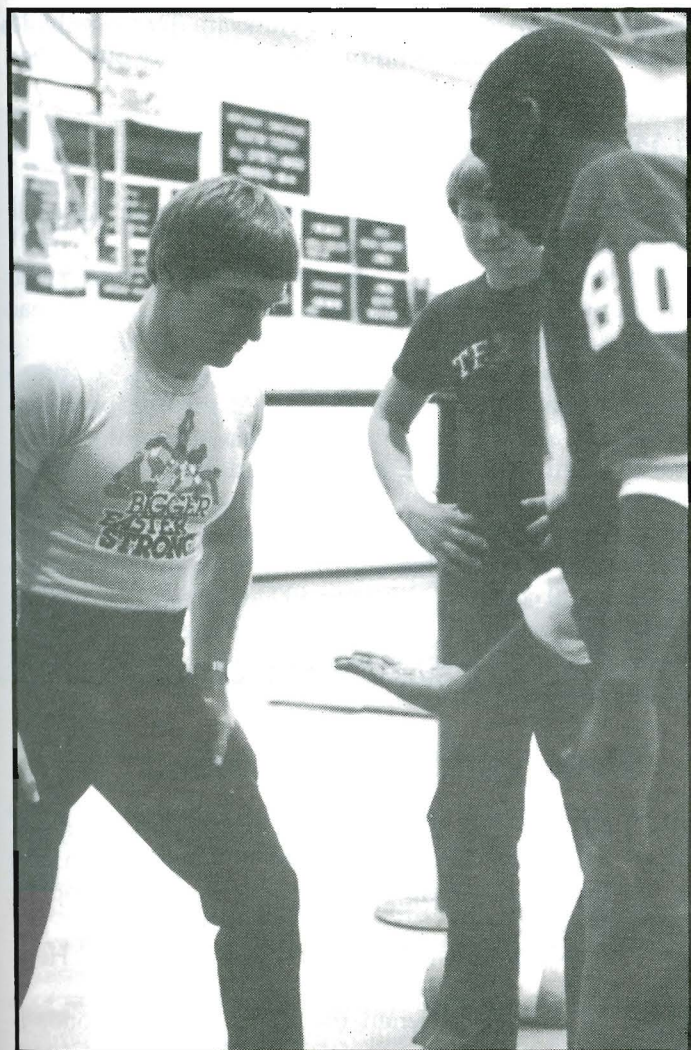
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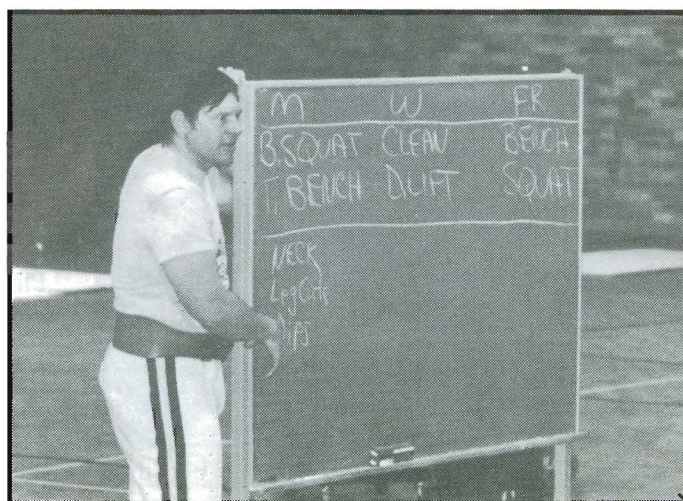


BFS Clinician Bob Rowbothom going against Seymour McKenzie in the Quarter-Quickness Drill at Lynn Classical High School, Massachusetts. Bruce Jordan: Football Coach.

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We go over in detail all Core and Auxiliary Lifts at BFS Clinics. Shown is Coach Shepard

CLINICS

**Give Your Kids
The Winning Edge
They Deserve**



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 1985-86 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. Twenty-four at Dothan High School in Dothan, Alabama.
- 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 35, Ohio with 25, Colorado with 19, Texas with 19 and Michigan with 15.
- Best Dead Lift for 9th grader: 600 pounds! Bobby Raynor from Idabel High School, Idabel, Oklahoma.

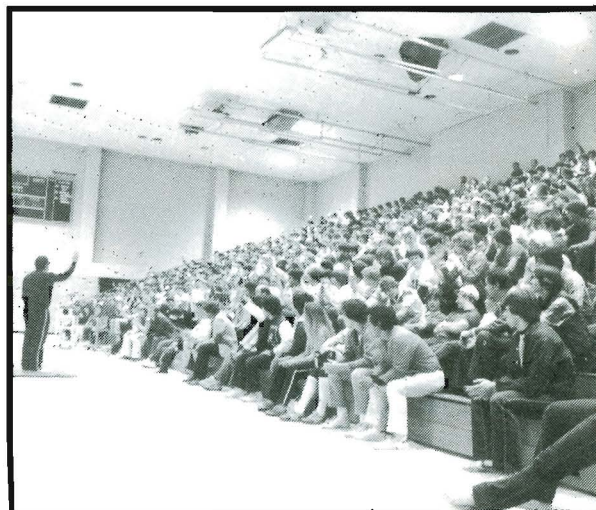
Equipment Needed For Your Clinic

- One 700 pound Olympic set
- Two Extra Olympic Bars
- 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
- 16mm projector, overhead projector
- Three towels

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

Cost

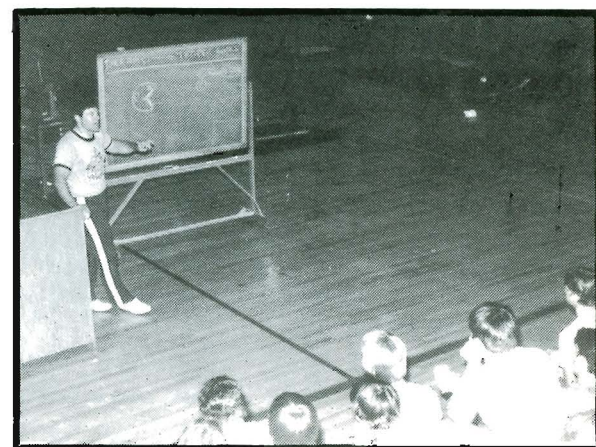
- **Transportation:** The least expensive flights from Salt Lake City will be used and because of our travel coupons, the maximum cost is \$325.00 usually.
- **Lodging:** We prefer staying with one of the coaches, rather than in a motel. This gives a better chance to exchange information and ideas.
- **Clinic Fee:** \$550.00 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.



80 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. The teaching of correct technique is given top priority.



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

ABOUT BFS CLINICS

Gordon Gore Photo



Coach Shepard has only lost twice in his last 500 Quarter-Reaction Contests. The Stronger you are, the Quicker you are! "I believe I'm still getting Quicker at 43," challenges Coach Shepard.

Jill Cousins/Clayton Sun Photo

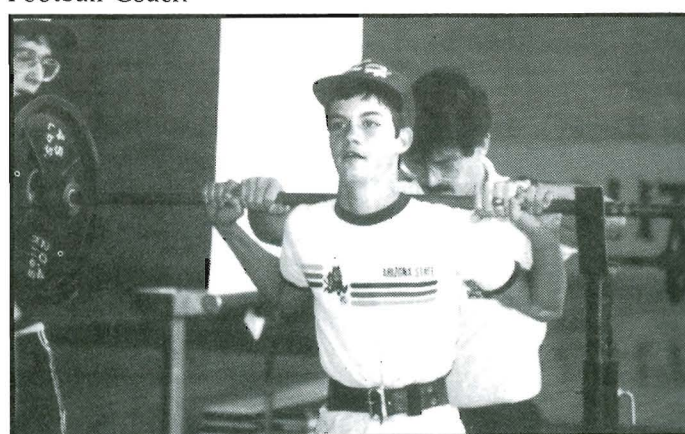
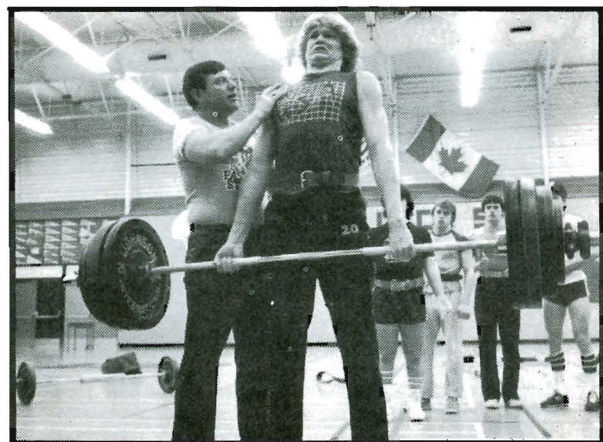


Rick Anderson spotting Tim George on his 500 lb. Dead Lift at Morrow High School in Georgia. Bud Theodocian: Football Coach



Dothan High School in Alabama had 24 returning football players Dead Lift 500 pounds or more in May. This was a new National BFS Clinic Record! Emory Latta on the left is the strength coach.

Gordon Gore Photo



Rick Anderson carefully spotting and instructing a young athlete on the BFS Warm-up weight of 235 lbs!



All these underclassmen Dead Lifted 500 or more for Bob Rowbotham's BFS Clinic at San Geronio High School for a California State BFS Record. Dave Duncanson Football Coach.

We want Effort, Commitment and Enthusiasm. We want to leave you with Pride, a Great Self Concept and a Fierce Determination to stay faithful to your goals in your noble quest of Being the Best That You Can Be!