

CHESAPEAKE BAY MIDDLE SCHOOL

By Brien McMurray

Physical Education Dept.

Chesapeake Bay Middle School and a
Football Coach at Broadneck Senior High School
in Pasadena, Maryland.

We start our BFS Readiness Program with our 8th graders in January. Last year 35 boys were selected out of 86 candidates. Unfortunately we have room for only 35 due to teacher overload. Each member is then required to sell at least 2 boxes of candy which has earned us \$7200 in the last 4 years. Thus, our weight room is very well equipped. The money is also used to pay for Barbell Club jackets, trophies and a pizza party along with a field trip at the end of the year.

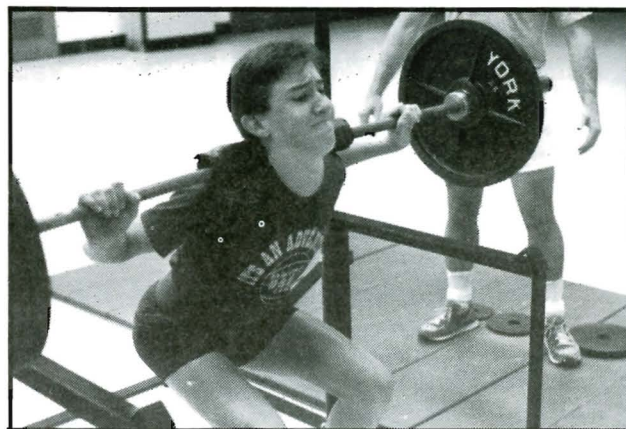
Our orientation period stresses technique and we show them the BFS videos. We emphasize the BFS technique points over and over and have them perform the core lifts with the Olympic Bars stripped of all weight. What a blow to their ego! However, I emphasize that technique must be learned first. We deviate a little from the core lifts as we have replaced the step-ups with the dead lifts. They will be doing those anyway when they get to the high school which follows the BFS program.

After the athletes have been oriented in the 6 core lifts, I begin demonstrating our auxiliary lifts. I introduce about one every week thereafter. I place a strong emphasis on dips and after they can do 20 dips I graduate them to isokinetic and weighted dips. Some of our auxiliary lifts include: sit-up board, crunches, lat pull downs, tricep pull downs, leg extensions, leg curls, preacher curls, pec-deck machine, chin-ups and peg board climbing.

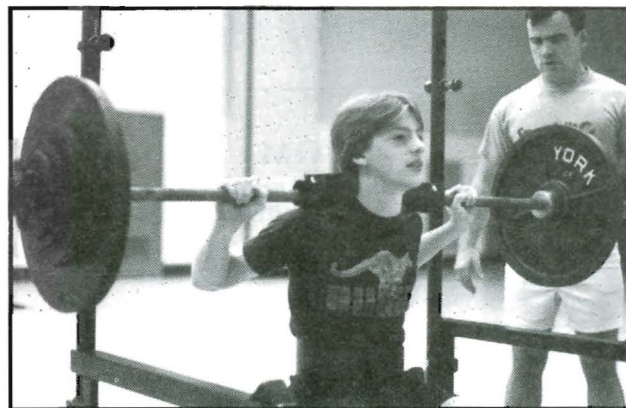
We run the program on Tuesday and Thursday afternoons from 3:30 - 4:45 from January to June. Each member must perform 3 core lifts per workout and 5-6 auxiliary lifts. We also have an early bird workout available to those who want extra workouts or for those who miss our afternoon sessions.

There was one initial problem that I encountered with this age group. Once the athletes learned the correct techniques of all the lifts, few bothered to log or record their lifts correctly and some didn't do it at all. I sat them all down one day and mentioned that recording their workouts was essential because without it, it was hard to remember what one did on a certain lift during a prior workout. Consequently, you may be working out with a weight lighter than before and obviously no personal records can be broken without recording. Therefore, each athlete was required to show their record book to me before dismissal. Before long, I didn't have to do anymore checking.

Three boys graduated to the set-rep log booklets by March 1st. You would not believe how many were "shaking at the bit" to graduate once that occurred. By April, 12



19 out of 35 kids graduated from the Readiness Program by June 1st!



We start with just the bar and stress great technique, that's the beauty of the BFS Readiness Program!

graduated and by June 1st 19 out of our 35 had graduated!

Motivation is the key to keeping the interest level up in any weight program. I employ several techniques. I take their max lifts and make up a top 10 listing in 4 categories. I post their names on 4 wooden plates located in the trophy case in front of the school and also in the weight room. In addition the top 10 over the last 6 years is posted.

Every 2 weeks a newsletter goes out to the parents from the school. It always has something about our program. Monthly test result highlights go over the morning announcements. In May, I showed the athletes your movie "Tom" and that really picked up their interest. The squat "beeper" has also helped our athletes considerably with their technique. The BFS Readiness Program has made a great difference in the attitude and achievements of our athletes. Anyone can call me (301-647-0635) if they have any questions.

***Editors Note:** Brien McMurray has been lifting himself for 13 years and started with Maryland Football Coach, Jerry Claiborne and Strength Coach, Frank Costello in 1972. We thank Coach McMurray for being an extra effort coach who produces extra effort athletes. The hard work will pay off!*

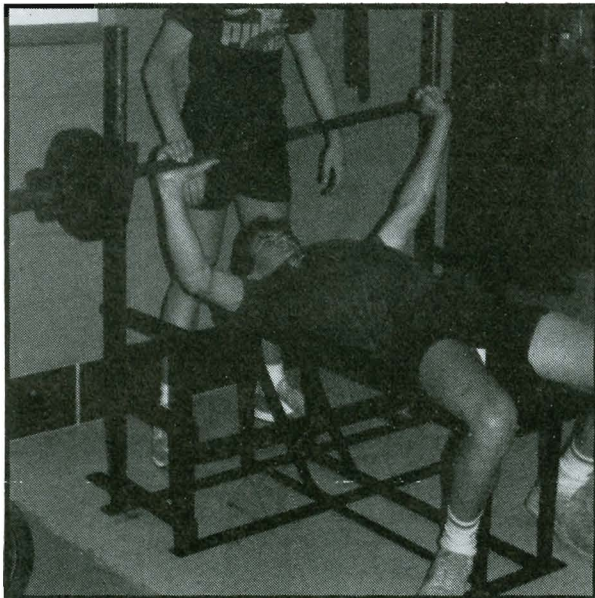
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Jimmy starting his BFS Readiness Program with just the bar and emphasizing great technique!



Chesapeake Bay Middle School does weighted dips.



Chesapeake Bay Middle School Athlete getting close to 12 graduation!

BFS READINESS PROGRAM

How To Get Started!

We have written a Record Book and Instruction Manual (see previous page). Explanations of the BFS Readiness Program are given in complete detail. Nutrition, goal setting with agility and running programs are also given. Explanation of equipment needs, which are minimal, and organization of a Physical Education class are suggested for the coach and teacher.

We also have a BFS Readiness Program video cassette available (see previous page and page 8). The video cassette is a great teaching device that can greatly aid a physical education program. You now can become an expert teacher with the Record Book and Instructional Manual combined with the video cassette.

Why Do It!

You want to lay the groundwork now for great things to come. You want to make the effort to start kids out right. We've made it simple. Many kids are going to have a weight set at home and use it incorrectly without proper purpose or motivation. Now, they can be taught correctly and the rewards will be seen for years to come. The program itself has a built-in purpose, which leads to graduation with all kinds of opportunity for a coach or parent to enlist motivational ideas.

The P.E. Class

Your P.E. Class Readiness Program takes only 3 workouts per week and takes only 15 minutes per workout. A large group can be handled with a minimum of equipment when you rotate running, agility, auxiliary exercises and technique work with the BFS Readiness Program Core Lifts. Feel free to call us Toll Free 1-800-628-9737 and we can help you with your equipment needs for your particular situation.

Each Athlete Should Have A Record Book

The BFS Readiness Program Record Book and Instruction Manual is similar to our BFS Set-Rep Log. It is 8½ x 11, durable, attractive and fully illustrated. It is presented in a straight forward easy-to-understand manner. We feel it is very important that each athlete or student has their very own. They will need to record what they have done as they progress towards graduation. Record charts are provided for this purpose. It takes less than 10 seconds to record their progress in the BFS record book.

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. We have provided suggestions for motivational awards that can be given athletes upon graduation including our own BFS Graduation Award Certificates. After graduation, then your athletes will be ready to start the regular BFS program!