

THE FUTURE

By
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Editor

THE FUTURE

What is the future? What will athletes look like in the future? How will they perform?

Pictured is Thurl Bailey of the Utah Jazz. He is 6-11 and weighs 215 pounds. I've also timed Thurl in the 40 yard dash and standing long jump. I was amazed! He ran only 5.5 and jumped barely past 8 feet. His vertical jump is about 24 inches. What would he be like if he had trained since junior high on our BFS Upper Limit Training Guidelines? I will tell you.

Thurl Bailey would be 6-11, 303 pounds, run a 4.6 forty, have a vertical jump of 32 inches plus, and a standing long jump of 11 feet!

Thurl made the NBA All-Rookie Team in 1984 and at North Carolina State was named the N.C.A.A. Tournament's Player of the Year as he led his team to a National Championship.

If Thurl had been given the opportunity to train properly since junior high, had the knowledge been available, if the other NBA players had been given the same opportunities what would be the result? I will tell you.

The NBA would simply have to make Sweeping Rule changes!

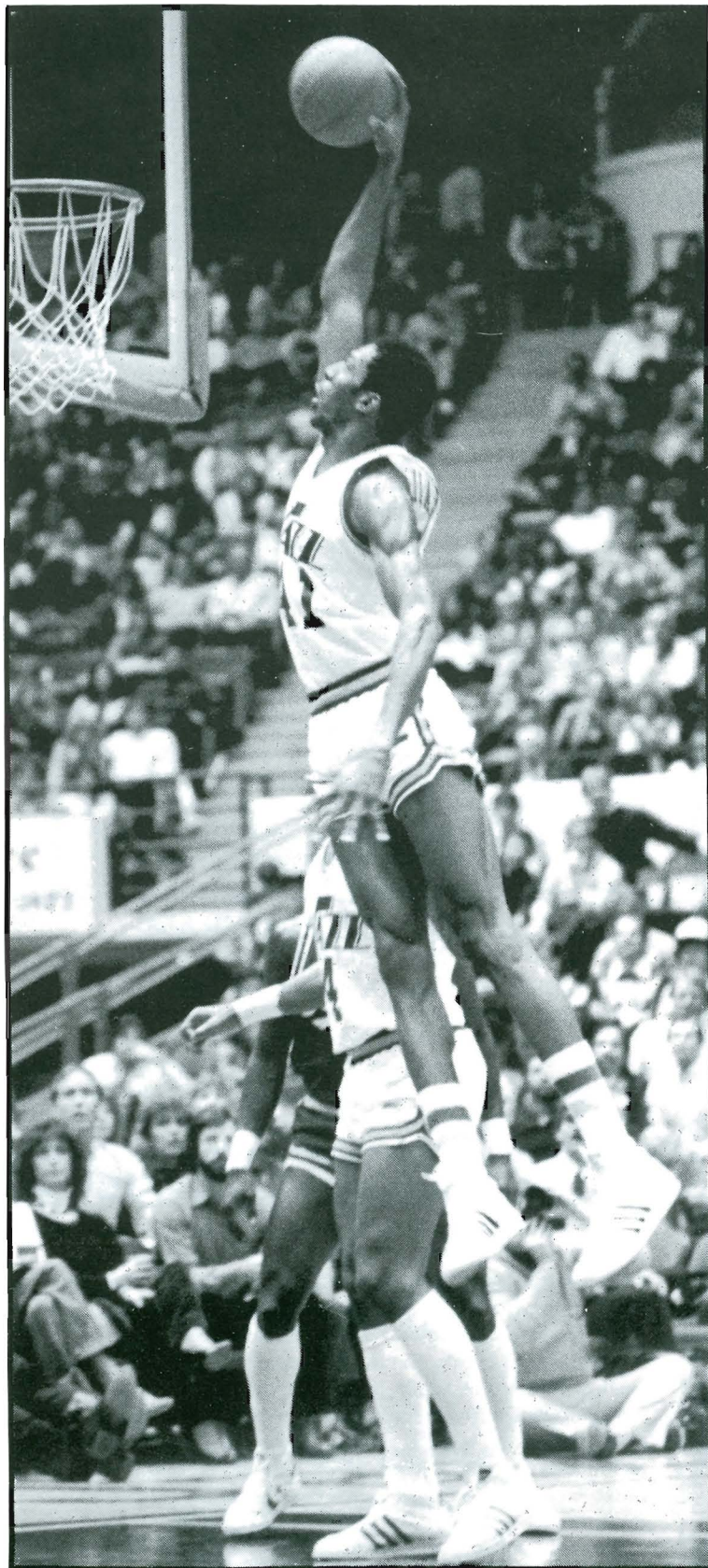
In the past, we have printed a height-weight chart accompanied by the BFS strength standards. I'm not sure if most coaches know how I use it. Below is the Thurl's height-weight chart and how I would use it.

COLLEGE-PRO TE-FB-LB BASKETBALL BIG MEN

6'0" — 210	6'7" — 269
6'1" — 218	6'8" — 278
6'2" — 227	6'9" — 286
6'3" — 235	6'10" — 295
6'4" — 244	6'11" — 303
6'5" — 252	7'0" — 312
6'6" — 261	

HIGH SCHOOL 40 — 4.8 COLLEGE PRO 40 — 4.6

Thurl at 6-11 should weigh 303 pounds. If he stretches properly, works on a speed and jumping program, and lifts weights properly; Thurl Bailey should run a forty in 4.6 while Parallel Squatting 500, Benching 350 and Power Cleaning 300. This would also enable him to have a vertical jump of 32 inches plus and a standing long jump of 11 feet. The lifting poundages are taken from the BFS strength standards chart.



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Basketball Coaches are now only beginning to accept the idea of strength and conditioning for their sport. The same can be said for baseball and strangely high school track. I say strangely for high school track because the upper echelon of our nation's and world's top track athletes are tremendous advocates of hard free weight training both in the off-season and IN-SEASON. It has been that way for at least 20 years. Yet about half of the high school track coaches don't permit their athletes to train in-season. To me, it is incomprehensible and tragic for the athletes who will never reach their potential until they, if ever, leave the clutches of such archaic thinking. I can understand a baseball coach resisting the idea of in-season weight training. Only a few pro baseball players and teams do any serious training during the season.

If a school system would get all the sports to cooperate in working together on one common program and goal, the results would be phenomenal. All athletes, regardless of their sport should be doing a core program consisting of squats, cleans, benches and one or two more major total body development lifts. Flexibility, Running speed Development and Nutritional Programs should all be the same and coordinated. They should and can be taught at early ages. Below is a brief BFS curriculum guide to follow.

THE BFS CURRICULUM GUIDE

GRADE	K-3	4-6	7-8	9-12
Strength	X	General Physical Fitness, Push-ups, chins, etc.	The BFS Readiness Program	The BFS Development Program 3-4 hours off-season one hour in-season
Speed	Encourage physical activity.	Teach running form. Have races.	Analyze each athletes form on video. Teach running form. Time regularly.	Continue and expand from Jr. High program. Three 15 minute sessions.
Flexibility	Teach gymnastics.	Teach gymnastics and BFS flexibility program.	Teach BFS flexibility program.	The same. All athletes will do program everyday at school or at home 10 minutes per day.
Nutrition	Teach basic principles.	Same	Same Plus use BFS Nutrition Rating System.	Same
Plyometrics	Encourage running - jumping.	Teach VJ and SLJ. Have contests and measure.	Same Plus use BFS Plyometric program 3x per week.	Same plus test twice per month three 5 minute sessions.
Agility	Hop Scotch 4 Square Games	Same	The BFS Dot Drill 1 min. everyday.	Same, plus test twice per month.

*Total time requirement is approximately 5½ hours per week in the off-season of which 2 hours can be done outside school. The In-Season time requirements are cut to 3 hours of which 2 hours can be done outside school.

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Stefan Fernholm preparing for the Vertical Jump. Testing is New Strength Coach, Al Miller, of the Denver Broncos.

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- Features Stefan Fernholm, 6-1½, 265. Runs a 4.3 forty, squats 700, power curls 358, breaks all Denver Bronco Records.
- BFS Upper Limit Training Guidelines thoroughly discussed and demonstrated.

BIGGER FASTER STRONGER

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