

ABOUT BFS CLINICS



Bob Rowbotham having fun with the famous Quarter-Reaction Contest. You get a BFS Shirt if you win!



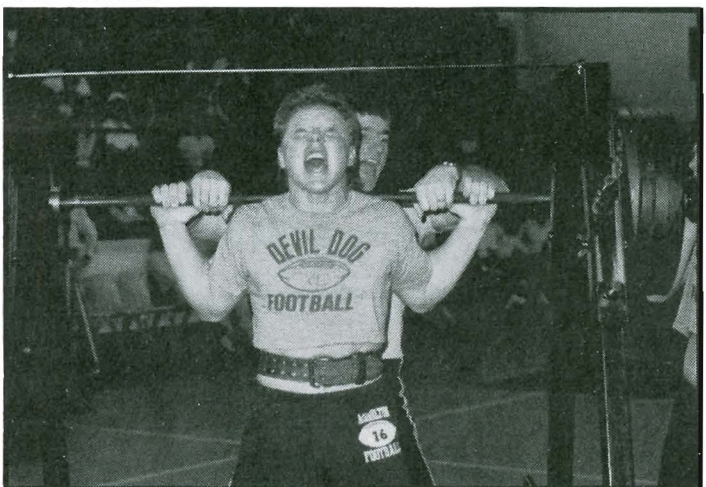
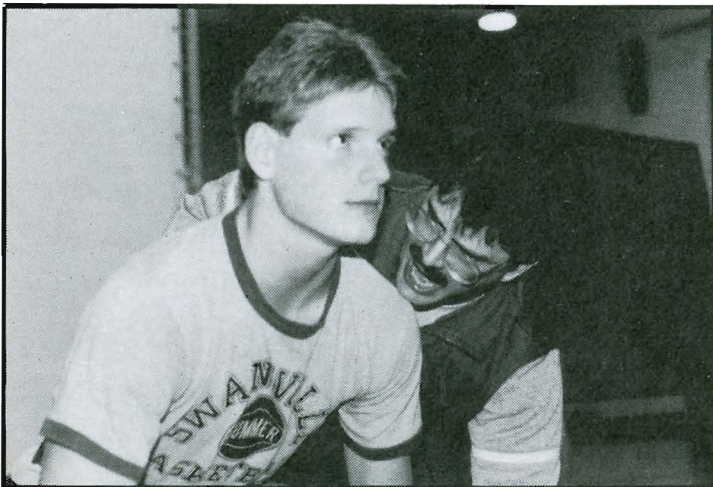
Greg Shepard teaching the state-of-the-art BFS 1-2-3-4 Flexibility Program.



Rick Anderson doing a BFS Upper Limit Clinic with Stefan. Many video and overhead aides are used to instruct.



Greg Shepard with Key West, Florida athlete. State-of-the-art technique and spotting guidelines are taught to reach new maximums.

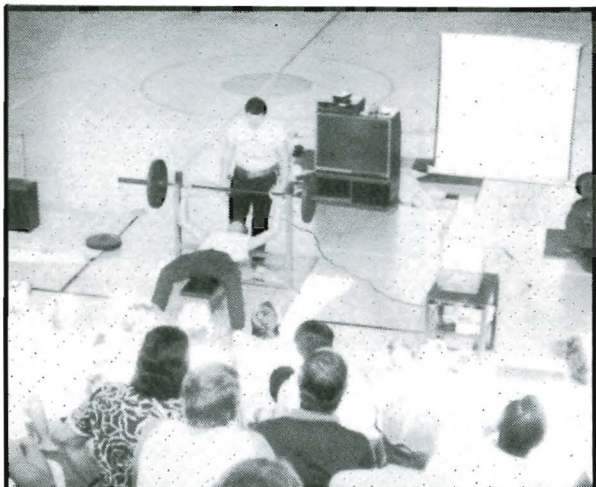


Rick Anderson left and Bob Rowbotham right. We want Effort, Commitment and Enthusiasm. We want to leave you with Pride, a Great Self-Concept and a Fierce Determination to stay Faithful to your Goals in your Noble Quest of Being 78 the Best that you can be!

CLINICS



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 eight hours.



Coaches are given the opportunity to become experts. Every coach will develop great confidence in coaching Power Weight Training and the Total Program.

BFS Clinic Outline

- The Core Lifts completely discussed with invaluable information on Coaching, Lifting and Spotting techniques. The Box Squat, Squat and Power Clean are discussed and demonstrated in great detail. Almost all athletes brought up to demonstrate will get new max's.
- The Auxiliary Lifts and In-Season Training.
- Flexibility, Quickness, Agility, Jumping.
- Nutrition, Proper Diet and Special Set-Rep Session.
- Goal setting and coordinating the total program with all sports.
- Speed: Unique ideas on improving speed.
- Inspirational and Instructional movies shown and discussed.
- 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.
- Rules for Success are shared after the Deadlifting Climax of your BFS Clinic. Thought provoking ideas and inspirational stories are illustrated. Tears are common, determination to be the best prevails and a great inward reflection is experienced by all. This makes a fitting end to a great, great day.

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, Stefan, 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 reservation fee is received. *Please Note:* Your tentative dates will be lost when reservation fees from another school is received first for that date.
- Reserve your clinic dates as soon as possible. Clinic dates are already filling up for 1988.
- When your reservation is complete, you will receive a complete clinic packet which also contains a clinic video.

GIVE YOUR KIDS THE WINNING EDGE THEY DESERVE

A BFS CLINIC CAN BE A ONCE IN A LIFETIME EXPERIENCE!!

BFS Clinic Records

- Sixty-six State Football Champions after their BFS Clinics!
- Forty-eight 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: Two Hundred thirty-four!
- 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! New 1987 Record: Clay Jones, Bossier, Louisiana, 16 years old, dead lifted 695 lbs. weighing in at 225 lbs.
- Most clinics held in one state since 1978: California with 58, Ohio with 48, Texas with 35, and Michigan with 26, and Colorado with 22.
- Best Dead Lift for 9th Grader: 610 pounds! Jeff Negrette from Etna High School, Etna, California.

Equipment Needed For Your Clinic

- One 700 pound Olympic set (All plate increments)
- Three 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
- 16 mm projector, overhead projector, video recorder with TV and remote control with great slow motion capabilities.
- Three towels

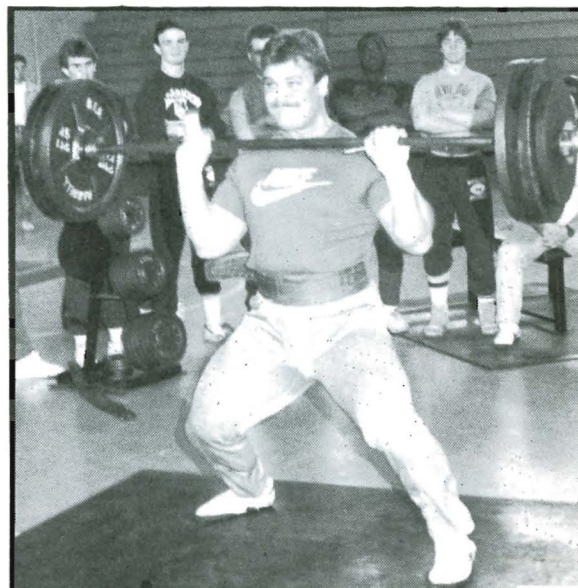
**If you do not have access to any of the above equipment, contact us for additional help.*

Cost

- **Reservation Fee:** \$325.00 normally, this also includes all the transportation costs. However, if the plane fare is higher, this will be added to the clinic fee.
- **Lodging:** We feel very comfortable staying with one of the coaches as this gives a better chance to exchange information and ideas. However, if you prefer, you may provide motel accommodations.
- **Clinic Fee:** \$650.00. Includes Motivation materials and special clinic video for the Head Coach. Includes goal cards for everyone. Invite as many participants as the gym will hold.
- **The clinic lasts Eight hours:** usually from 9:00 a.m. to 5:00 p.m. with ½ hour for lunch, but can be any hours of your choosing.
- **Upper Limit Clinic:** \$995.00. Reservation fee \$600.00. This is a two-man clinic with Stefan and one other clinician.



100 BFS Clinics are held annually. Pictured are 1,200 people at Morrilton, Arkansas.

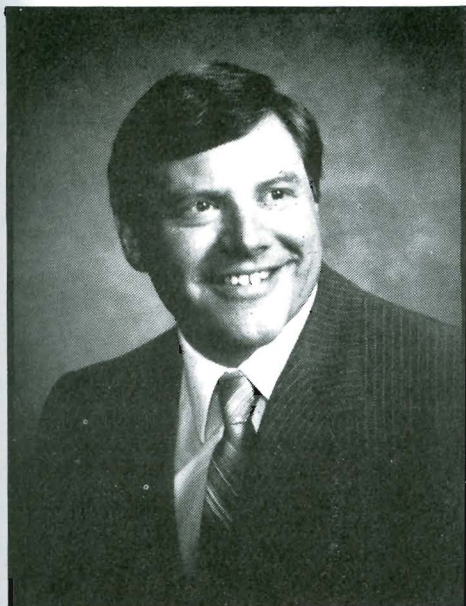


Stefan Fernholm "World's Fastest Big Man" does Upper Limit BFS Clinics. Excellent idea for repeat clinics.

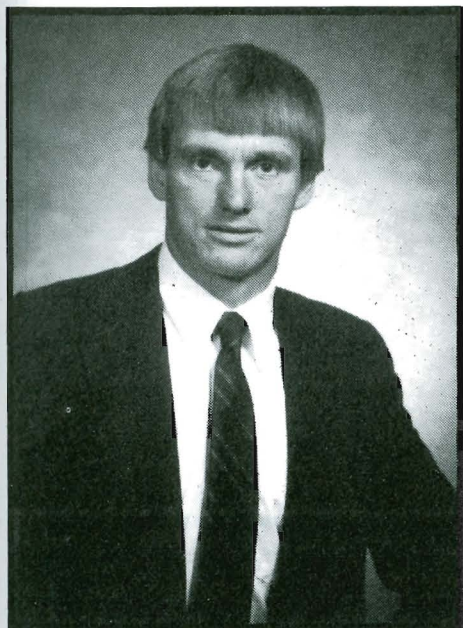


Our goal is to leave each athlete bursting with an intense desire to succeed on his own; with a mind that accepts no limits in sports or life. 77

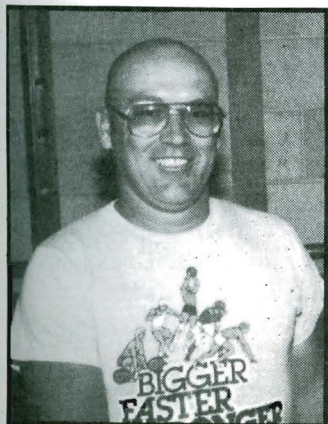
YOUR BFS CLINICIANS



GREG SHEPARD, Ed.D.
BFS President



BOB ROWBOTHAM
BFS Vice-President



JIM BROWN

New Clinician

Head football coach at Morriton High School in Arkansas. Dynamic and Motivational speaker. Has working practical knowledge of BFS program.

About Coach Shepard

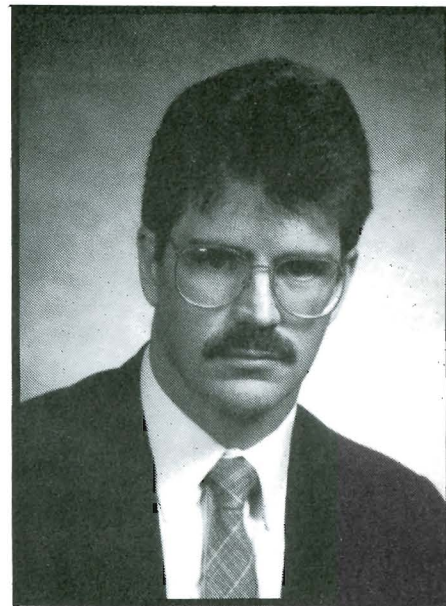
- Strength Coach for the NBA's Utah Jazz since 1981
- Training All-Americans since 1965
- 1976 Utah Football "Coach of the Year"
- Coached Brigham Young University to the 1973 National Weightlifting Championship
- A Power Lifting Champion 1969-1980
- Past U.S. Western Open Powerlifting Champ, 220 lb. class, age 38
- Previous Strength Coach at Oregon State University, Brigham Young University, and University of Oregon
- A Veteran Football Coach 1964-1978 turned two High Schools with previous winless records into immediate Champions and Winners
- Set up Football Strength Programs in Mid-Seventies at Idaho State University and Southern Methodist University
- Won Olympic Lifting Medals in Austria in 1962
- President of Bigger Faster Stronger since 1976

Call Toll Free

1-800-628-9737

About Coach Rowbotham

- With BFS since 1979.
- Highly successful Minnesota High School Football and Wrestling Coach.
- Utah Jazz flexibility coach.
- Over 15 years experience in strength training.
- Also, specializes in BFS Clinics for the younger athletes.
- Super quick and a great example of strength and flexibility. Martial Arts Experience.
- Kids love Coach Rowbotham! Has ability to establish great rapport quickly.



RICK ANDERSON
BFS Vice-President

About Coach Anderson

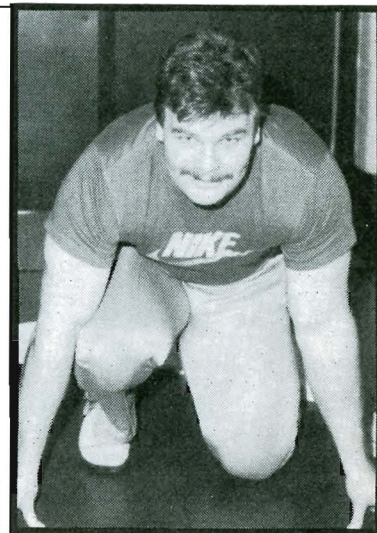
- With BFS since 1979
- Highly successful Minnesota High School Football Coach.
- Widely sought after Fitness Consultant.
- Utah Jazz Strength Coach.
- Over 20 years Experience in strength training.
- Also specializes in BFS Clinics for women athletes.
- Super motivator. He gets you laughing and crying at the same time! Great success record!

SAM VARNER, 1986 CLINICIAN is the new University of Utah Strength Coach. Available only on special limited basis.

About Stefan

- Top Discus Thrower in the World for 1987
- Broke NCAA Discus Record.
- Finalist in 1984 Olympics.
- Squats 820, cleans 450, benches 500, VJ 39", 40-4.25, SLJ 11'3", 6-1½, 270 lbs.
- Specializes in speed and plyometric clinics.
- Relates his extraordinary abilities super well with athletes and coaches at any level.

Stefan will be limited on dates as he either prepares for the Olympics or Pro football.



STEFAN FERNHOLM
BFS Clinician