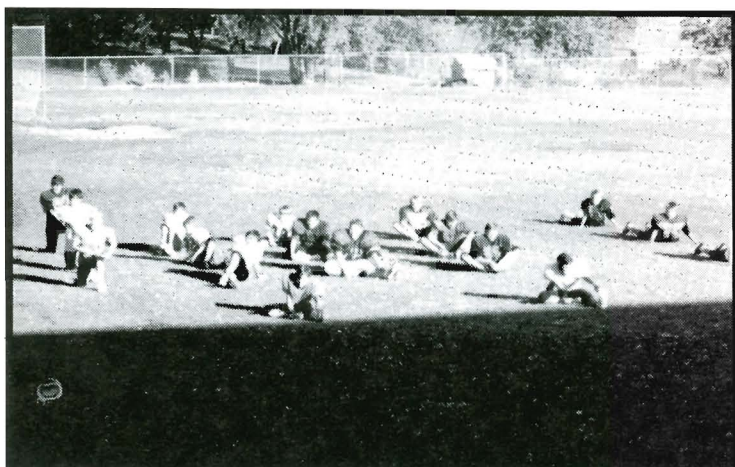


**BIGGER
FASTER
STRONGER**

THE TOTAL CONCEPT

**CATCH
THE
VISION**

By Dr. Greg Shepard



7th Grade Football Team Stretching on the 1-2-3-4 BFS Flexibility Program.



Same Team doing Agilities with the BFS Dot Drill.



7th Graders Practicing the BFS 8 Point Speed Technique System.

The theme for this year's special edition of the BFS Journal is "Catch the Vision." I urge everyone to read all the stories about the great athletes featured in this issue and think about the "Vision."

You will find that Dalton Young and Kamy Keshmiri had devoted fathers who started them working out at age ten. You will find that Heisman Candidates Gordon Lockbaum and Chris Spielman had special friends that gave them the opportunity to develop their potential at an early age. Must we wait for a unique father or friend to develop an athlete once in a great while or CAN WE TEACH UPPER LIMIT STATE-OF-THE-ART TRAINING TECHNIQUES IN A COORDINATED MANNER IN OUR SCHOOL SYSTEM IN GRADES 4 through 12?

If YOU think you can and are willing to listen and try, then my friend, YOU HAVE INDEED CAUGHT THE VISION!!

The hardest part of catching the vision in grades four through six is first getting a coach to believe, second getting administrators to believe and third getting teachers to spend the necessary 45 minutes per week.

Yes, you heard right. Forty-five minutes per week! You see, much of the work will be done by the students at home. Here's how it works:

The complete grade school program consists of strength, speed, agility, flexibility and plyometrics. The strength program consists of doing 50 push-ups and 25 sit-ups at home daily. The teacher merely tests periodically. Rewards such as certificates can be given out for minimum standards, most done, most improvement, etc. Contests can be experienced between classrooms. The BFS dot drill can be done for agility. This, too, can be done at home. It takes only about 60 seconds daily and can be tested periodically. Stretching should be done daily at home and kids can use the BFS 1-2-3-4 flexibility program (See Page 87). The grade school age kids should be taught how to jump high and far. They should practice by doing 10 vertical jumps and 10 standing long jumps twice per week. These jumps should also be tested periodically. The last area to implement is speed development. The eight point BFS speed technique system should be taught and experienced 15 minutes per week. One week, a class could concentrate on keeping the head still and eyes focused straight ahead. The next week - toes straight and the next, elbows at a right angle. Most elementary teachers should be able to handle this kind of program. If the district is fortunate in having a physical education specialist, then it becomes even easier.

The important thing to understand and believe is that

THE TOTAL CONCEPT



Matt Shepard, age 12, working on Power Cleans with light weight.

a high percentage of kids will do this work at home. When you tell the parents that you are giving their child a chance to reach his or her physical potential and that you have a program backed up by research with videos and books, they will really get behind you and help. Each kid is supposed to do 50 push-ups and 25 sit-ups daily. Take one minute to do agilities and 9½ minutes to stretch daily while jumping twice per week. It comes out to less than 30 minutes per day. They can do everything during commercials in the living room. Hey, it just ain't that tough.

The next most important thing to understand is how rapidly improvement can be made. In just 30 days the results can be dramatic. It's much easier to teach a 6th grader how to run than an 11th grader who has to unlearn many bad habits.

When the students enter into the 7th grade and are in junior high, a formal weight training program can be implemented. The BFS Readiness Program is tailor made for a junior high program. It can be done 2 to 3 times per week. Lifting sessions last only 15 to 20 minutes and emphasis is placed on technique not the amount lifted. The push-up and sit-up program can be discontinued or left in for extra credit. Everything else remains the same:



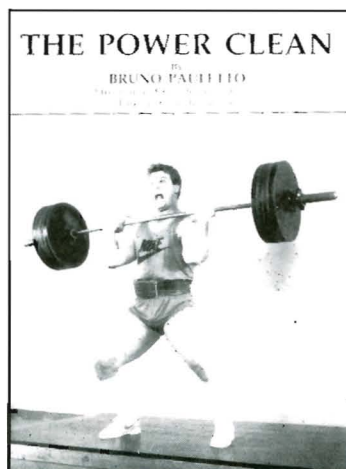
Lift, Run, Jump, Stretch and Practice Your Sport to Reach Your Potential. But Don't wait until you're 16 or 18.

They stretch and do the agility drill at home. The jumping and running can be done easily at school.

A physical education teacher can easily check up on kids once a week to see if they have been doing their program at home. Instead of throwing out the ball and watching kids play basketball, flag football or softball; organize the program and do some teaching on how to reach athletic potential. It only takes about an hour of class time per week. Any teacher should be able to take the ball and run with it after seeing our videos.

The rewards are great. By the 9th or 10th grade, athletes coming into the program will be flexible with quick feet. They will know how to run and jump. Many will be able to power clean 175 or more, bench press 200 or more and parallel squat 300 or more. Those athletes will have pride and a strong self concept. They will have established a strong work ethic to reach their potential. Those kids that don't go into organized sports have also gained. They've been taught how to run, jump and stretch. They are prepared to do most any recreational leisure time sport or activity. Just give kids an opportunity; an opportunity to reach their upper limit and actually become the best that they can be. CATCH THE VISION!!

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AID**



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