

BFS CLINIC RECORDS

THE COMPETITION IS FIERCE IN CALIFORNIA

Several years ago Greg Shepard did a clinic in Dothan, Alabama. Emery Lotta, an assistant football coach and strength coach at Dothan High School, had his boys ready. The adrenalin was really flowing. Sometimes you're on and sometimes you're not, but this seemed like a once-in-a-lifetime thing. The players popped in and out super fast and no one even thought about what was on the bar. They just did it! When the dust had settled, 24 athletes had pulled over 500 pounds. It was a record—a record Greg Shepard thought would last until the 21st century.

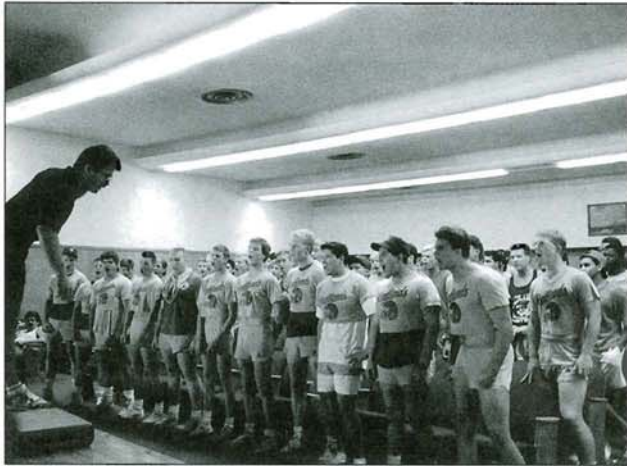
However, after several hundred schools had tried to break this mark, Rick Anderson did a BFS Clinic this year at Redlands High School in Redlands, California, in the fiercely competitive Citrus Belt League. The kids wanted the record so badly that several had nose bleeds from their effort. The impossible record was broken. Redlands laid its claim to the national BFS Clinic Dead Lift record with 25 players hoisting more than 500 pounds.

But then, Bob Rowbotham did a BFS Clinic at Colton High School from the same league. Football Coach Robin Luken wasn't about to let Redlands get an edge. On June 4, 1988, Colton's team blew Redlands's record away with 30 players Dead Lifting over 500 pounds.

Rubidoux High School's football coach, Wayne Cochrun, felt that to stay

BFS Clinic Records

- Seventy-five State Football Champions after their BFS Clinics!
- Fifty-three coaches named "Coach of the Year."
- Most athletes Dead Lifting 500 lbs. at a high school—34 at Redlands High School in Redlands, California.
- Most athletes Dead Lifting 600 lbs. at a high school—5 at South Medford High School in Oregon.
- Schools where all 14 selected athletes Dead Lifted 400 lbs. or more—281!
- Most athletes attending from one high school—205 from Bishop Ryan High School in Minot, North Dakota (40 percent) of student body.
- Best Dead Lift for High School Athlete: Under 200 lbs. body weight, Kimbo Spencer, 681 lbs. from Graham High School in Virginia. Kimbo weighed only 170 lbs! Over 200 lbs. body weight, Kevin Vance, 705 lbs., from Chippewa Falls High School in Wisconsin.
- Most clinics held in one state since 1978—California with 67, Ohio with 52, Texas with 37, Michigan with 32, and Colorado with 23.
- Best Dead Lift for Ninth Grader—610 pounds! Jeff Negrette from Etna High School, Etna, California.



Coach Rick Anderson psyching up Redlands High School Football Team last August.



Coach Greg Shepard with DE Shawn Williams Cleaning 300 lbs. Three players improved 50 lbs. each on their max to get 300 lbs.



One of 34 Redlands players getting over 500 lbs. on the Dead Lift. Coach Anderson and Coach Shepard are pictured assisting on technique.

STEFAN'S PERSONALIZED CLINICS

Stefan Fernholm is available to work with any athlete on an individual basis. You may come to Utah, or Stefan can travel to your location.

Call 1-800-628-9737 for details.

ARE MADE TO BE BROKEN

competitive this fall he had better see if his players could meet a BFS Clinic challenge. Six weeks later, on July 16, 1988, BFS Clinician Bob Rowbotham saw Colton's record smashed. Rubidoux increased the number to 33!

When the word got back to Redlands, Coach Jim Evans demanded that Coach Anderson schedule another clinic before the start of the season.

BFS President Greg Shepard couldn't stand to be left out, so on August 20, 1988, he and Coach Anderson left for Southern California. Coach Evans thought they needed some intensive help on the Clean before the Dead Lift. After an hour of technique instruction and video analysis, three Redlands players Power Cleaned 300 pounds, a jump of 50 pounds per man. Coach Evans was elated but what we had really come for was the Dead Lift. The intensity was deafening. It was unbelievable. Thirty-four players got over 500 pounds. It was a total team effort. Three weeks later Redlands beat Crespi High School, which was ranked fourth in the nation by *USA Today*. Redlands won 28-7. But you can't rest because the competition is so fierce.

Two weeks later Colton got by Redlands 21-14, and at this writing Rubidoux is waiting for both of them. Our congratulations to all these coaches and players. They are all upper-limit people.



*A New National BFS Clinic Record!
These 34 players from Redlands High School
Dead Lifted over 500 lbs.*

FIRST NATIONAL BFS CLINIC

January 27-28, 1989

Morrilton High School
in
Morrilton, Arkansas

Featuring Stefan Fernholm and the BFS Staff

Two-Day Clinic Fee:

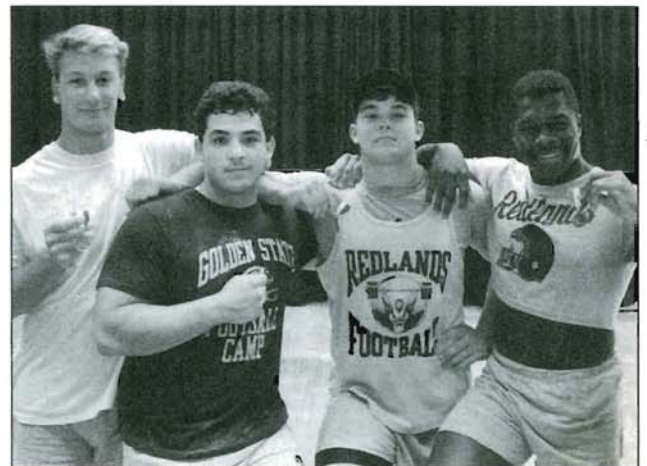
Only \$25.00 per coach • \$5.00 per athlete

Registration from 4-5 p.m., Jan. 27

For further information contact:

Coach Jim Brown
Morrilton High School
710 East Harding St.
Morrilton, AR 72110
501-354-8100 (school)

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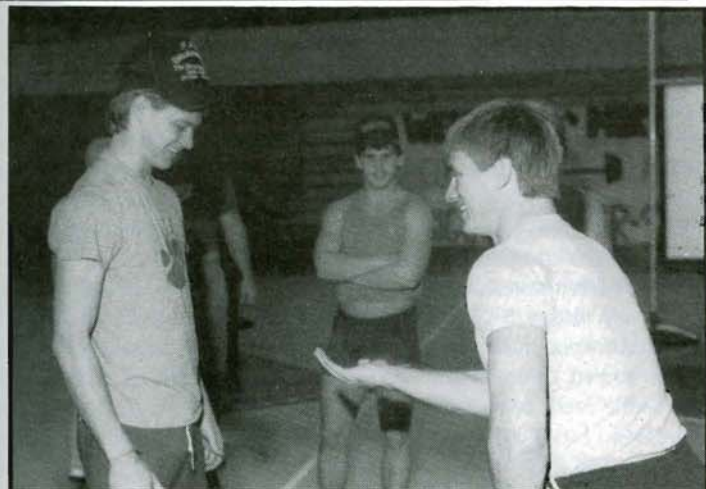


*From left; Shawn Williams, Manuel Marquez, Kenny
Bisbee, and Joe Ojomoh each Deadlifted 600 lbs.
They received a Quest for Greatness medal.*



*Redlands Head Football Coach Jim Evans with BFS
Clinician Rick Anderson at barbecue after the clinic:
Friendships that last a lifetime.*

ABOUT BFS CLINICS



Bob Rowbotham having fun with the famous Quarter Reaction Contest. You get a BFS T-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 aids 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. Fifty pound jumps in Clean not unusual.



Rick Anderson (left photo) and Bob Rowbotham (right photo). 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 you can be! **Seventy-five schools have won the state High School Football Championships after their BFS Clinics!**