

**BIGGER  
FASTER  
STRONGER**

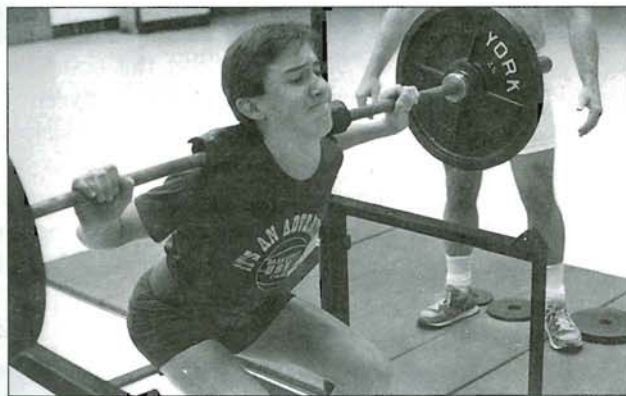
# READINESS PROGRAM

**THE  
TOTAL  
PACKAGE**

By Dr. Greg Shepard



*Start the BFS Readiness Program in seventh grade with just the 45-lb. bar.*



*Increase only when technique is perfect. Graduation from the Readiness Program occurs when the athlete can Parallel Squat 145 and Bench 105 for two sets of 10 reps, and Power Clean 105 for two sets of 5 reps.*



*Matt Shepard graduated at the end of his seventh grade year and won the National Olympic Weight Lifting title in the 123-lb. class (for 12-13 year olds), while also being a three-sport athlete.*

The BFS Readiness Program can produce spectacular results in any junior high school. It can be implemented in a physical education class in conjunction with other activities or as an entity unto itself. It can really be surprising just how fast seventh graders can learn and profit from this program.

**Weight Training:** We teach and stress the technique of the BFS Core Lifts with just the 45-pound bar. A two- or three-day-per-week cycle may be used. I actually prefer two workouts per week, especially in the beginning. It's very easy to get three core lifts done in a 40-minute physical education class. On the first day, do Box Squats, Towel Benches, and Straight-Leg-Dead Lifts or Jerk Presses. On the second workout day, do Parallel Squats, Bench Presses, and Power Cleans. If you have enough time, do auxiliary exercises.

The unique concept of the BFS Readiness Program is the criteria for increasing poundage. Most programs allow poundage to be increased when the last set is done comfortably. In our program, the athlete must be able to do not only the prescribed number of sets and reps successfully, but he must also do each set and rep with perfect technique. In our BFS Readiness Program Instruction Manual, easy-to-follow guidelines on how to judge perfect technique are presented. When the technique of the correct number of sets and reps has been judged to be perfect, then the athlete may increase the poundage by five pounds for the workout the following week. This system is really amazing for producing great technique in young kids.

Graduation from the BFS Readiness Program occurs when the athlete can Parallel Squat 145 pounds for two sets of 10 reps, Bench Press 105 pounds (or 90 percent of body weight, whichever is less) for two sets of 10 reps, and Power Clean 105 pounds (or 90 percent of body weight, whichever is less) for two sets of 10 reps. If you really get after it, about one out of five boys will graduate by the end of the seventh grade year. After graduation, the athlete would then use the Standard BFS Program. If the emphasis continues throughout the junior high years, many athletes will be able to Bench 200, Parallel Squat 300, and Power Clean 175 before they enter high school.

**Flexibility:** I coach my son's eighth grade football team. The whole team does the 9 1/2-minute BFS 1-2-3-4 Flexibility Program. The parents know I expect them to do their flexibility exercises on a daily basis. Most of the kids do it on their own every day at home. All I had to do was teach it and check on them once in a while. If kids are given a chance to be upper-limit, it's amazing

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## DRUGS: WHAT TO DO! *Continued from page 77*

Barry Sanders (on the front cover) that he is not going to have a drug problem at Oklahoma State.

I was at one Southwest Conference school and the coaches were trying to decide on which of two Quarterbacks to offer a scholarship. They had been running their films back and forth for several hours with two projectors running at once.

"Dr. Shepard," they called, "Which one is the best?"

I viewed the two kids scrambling and throwing 40-yard touchdown passes. The coaches were trying to determine which had the faster release or better speed. I responded: "Which is the best leader? Which is the most dedicated? Which has the best grades? Which is the best citizen? And which has the best family relationship?"

College coaches need to evaluate a lot more than size and natural speed. I recommend giving a scholarship to the kid with a little less ability or potential over a better kid with a poor work ethic or attitude. Look at the ulcers and tons of wasted hours spent on Anthony.

It seems like drugs are everywhere and alcohol abuse with athletes is epidemic. Space does not permit me to discuss the many drug/alcohol problems that occurred just this summer. Seventeen players were suspended for substance abuse by the National Football League. Olympic diver Bruce Kimball killed two people while driving with a .20 percent blood-alcohol level, twice the legal limit. A woman was denied the opportunity to be on the gold medal basketball team because of cocaine. A Senior Linebacker at Rutgers faces criminal charges from a head-on collision that killed a teammate resulting from drunken driving. And the list goes on.

However, the vast majority of kids are great and handle today's fast-paced, pressurized life-style tremendously well. That's why we try to print so many positive stories in our BFS Journal.

*USA Today* reported a great story on how Larry Bishop handled a crisis with his football team at Santa Fe High School in Alachua, Florida. Coach Bishop deserves a lot of roses. His starting Quarterback was arrested on drug charges. Coach Bishop suspended his Quarterback.

Sixteen teammates walked out because they thought the coach was wrong. After thinking about it, they returned later that same day to apologize, but Coach Bishop suspended them all for one game.

Dale Scott, a Sophomore, took over at Quarterback and Santa Fe got ripped 56-0.

Coach Bishop stated: "With the things we preach, it would be two-faced to have someone charged with something like that and still put him on the football field. What are the kids going to learn from that?"

Coach Bishop is right. He made a courageous move. I'm glad his kids responded with courage.

Santa Fe Running Back Orian Lumpkin said: "The coach made a decision and we didn't understand it. We didn't think about it enough or give him a chance to finish. We jumped a little fast and it turned out to be a mistake."

Defensive Back and co-Captain Jeffery Robinson said, "Everybody has gotten closer together since the incident. We're all like brothers now."

The following week Santa Fe played Tallahassee Godby High School, which was ranked in the *USA Today* Super 25. Santa Fe won 21-14, and Dale Scott threw a 58-yard touchdown pass in that upset victory.

We need to have the courage of Larry Bishop. We need to reward a strong work ethic. (Anthony was much more highly recruited than Barry Sanders.) Willingness to work hard and commit to high ideals should be more highly regarded by recruiters. Player leadership needs to take a more prominent role in combating drugs. Winning teams take care of losing problems. Drug tests become sort of a game. Many will do it until they get caught and then, at the pro level, all that happens for the first offense is some counseling but by that time it may be too late. Stricter guidelines need to be worked out by players and coaches. It should never be coaches pitted against players but a feeling of love and concern emanating and abounding in trust between all concerned. True success and happiness can never come from drugs and we need to do whatever it takes to combat this insidious national tragedy.

### CROUDIP DIES AFTER OVERDOSE

As I finished writing this article, I picked up the paper and read that David Croudip had died from an apparent overdose of cocaine. Croudip, 29, was married with a daughter, and had a promising career with the Atlanta Falcons. Croudip may have ingested more than a gram of cocaine.

### WILL IT EVER END? IT'S UP TO YOU!

#### BFS READINESS PROGRAM

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the high number that will respond.

**Agility:** Again, my team does the BFS Dot Drill every day on their own. My son can do it in 47 seconds, and most of my 31 players can do it in under 60 seconds. If you haven't seen the BFS Dot Drill, I can tell you—to see a 13-year-old whip through the BFS Dot Drill in 50 seconds is really impressive.

**Speed and Plyometrics:** You can teach kids at any age how to run correctly. You want an edge? Teach seventh graders how to run: Less than 1 percent of our nation's seventh graders have had this seemingly basic opportunity.

Teach kids how to jump. My son helped me with a clinic in Georgia. He demonstrated Plyometrics and the high school Senior basketball players were amazed when Matt jumped from a 20-inch box to another 20-inch box, then to another, and then finally popped up on a 38-inch desk. I was even surprised.

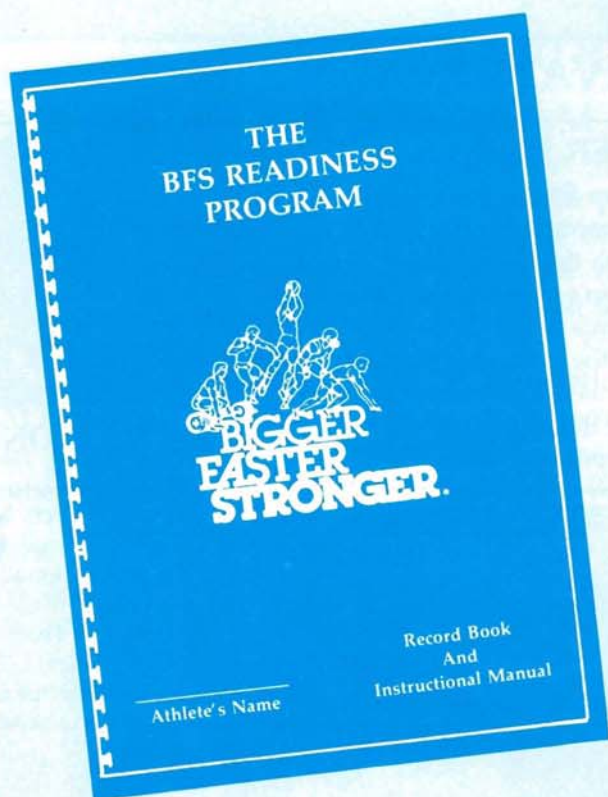
Matt said, "Dad, that's nothing."

The Seniors were reluctant to try until a 13-year old showed them how.

Fifteen minutes twice per week can work wonders.

# READINESS PROGRAM

## RECORD BOOK AND VIDEO



### THE BFS READINESS PROGRAM

Our BFS Readiness Program has met with great success for four full years. This pioneering program emphasizes the importance of Great Technique. In fact, you cannot increase in weight until the athletes perform every rep with the approved technique guidelines. This prevents excessive loads from being placed on young frames. An easy way to get an edge on your opponents in high school is to prepare and motivate the junior high athlete. The BFS Readiness Program does just that! Each athlete should have the Record Book and see the Video. It will help a class, or an individual, visually understand what to do.

Dr. Greg Shepard, BFS President

### ALSO ON VIDEO CASSETTE

See Jimmy, a 13 year old,  
and  
Coach Shepard go completely  
through the BFS Readiness  
Program.

VHS & BETA

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or only \$49.00 if you purchase any other  
BFS Cassette Program on Page 8

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