

**BIGGER
FASTER
STRONGER**

THE TOTAL CONCEPT

**CATCH
THE
VISION**

By Dr. Greg Shepard



The Gang at my house: Part of the 7th grade football team.

In November's special Bigger Faster Stronger Journal, we introduced the theme of "Catch the Vision". That vision consisted of starting kids out at an earlier age than school and coaches do, generally speaking. We discussed the fact there is no reason NOT to teach elementary age kids how to stretch, run or jump. We also have had our BFS Readiness Program available for three years which recommends beginning a lifting program in the seventh grade. The Readiness Program stresses technique and only when the prescribed number of sets and reps are done with proper technique is the athlete allowed to increase the poundage. Everyone begins the lifting program with just the 45 pound olympic bar on each exercise. Poundage is increased in five pound increments.

My son Matt just turned 13 in late November. He plays quarterback on the seventh grade team. We started the Readiness Program last summer and did some lifting during the season. Matt is 5-5 and weighs 105 pounds. He is really getting into it and I've seen great strides in maturity, self concept and creating intensity during workouts.

After the season, we invited the team to our house twice

per week to begin the Readiness Program. I am elated. I believed the Readiness Program was good but didn't realize how good until I took these kids through it on a regular basis. The average kid has great technique and they are handling an average of 65 pounds on each lift. **WHAT ARE YOUR SEVENTH GRADERS DOING?** It's exciting to think about what my kids are going to be like when they're seniors in high school.

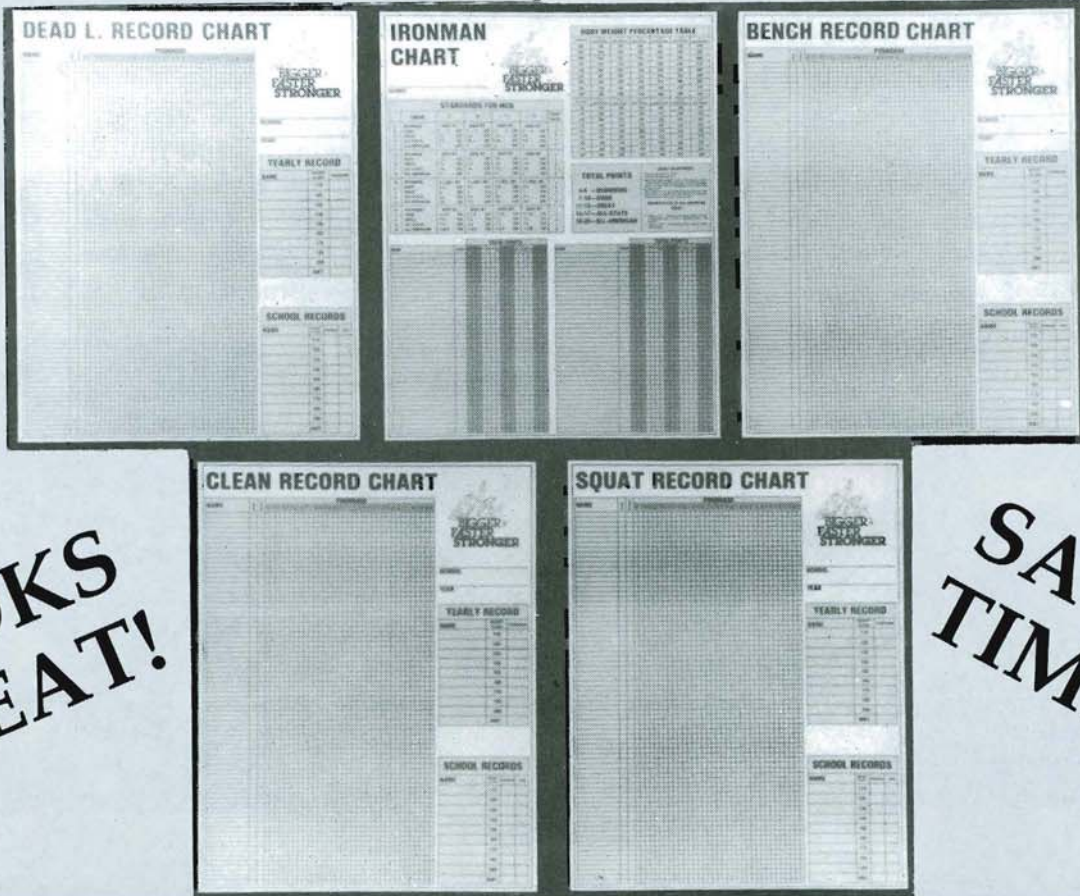
Along with the lifting, the kids do the BFS 1-2-3-4 flexibility program. They sprint, jump and practice. Matt does the BFS Dot Drill in 51 seconds. Matt has been involved in the off-season program for nearly 3 months (October, November, December). Here's his progress report: Box Squats from 70 to 145 pounds; Towel Bench from 70 to 100 pounds; Hang Clean from 65 to 95 pounds; Parallel Squat from 70 to 130 pounds and his Bench from 65 to 90 pounds. We've also done some Olympic lifting with a 75 pound snatch and a 95 pound Clean and Jerk. Matt should graduate by March.

Obviously, I'm a proud father but I just want others to know the real potential of Catching the Vision.



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