

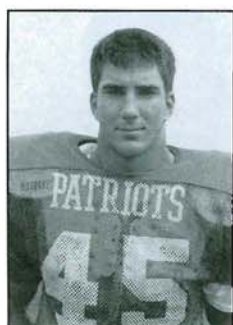
1988-89 BFS HIGH SCHOOL FOOTBALL ALL-AMERICA SECOND TEAM



Jay Marque



Scott Dirkson



Rick Steinbacher



Kyle Freeman



Eddie Beaune

NAME	SCHOOL	POS.	COACH	HT.	WT.	40	GPA	SQ	BCH	DL	CL	FB HNRS
Jay Marque JR	Cath.-Pt. Coupee New Roads, LA	OG MLB	Kevin LaMoine	6-1	215	4.8	4.0	520	315	500	275	All-District
Scott Dirkson SR	Smith County Carthage, TN	TB DB	Gary Rankin	5-9	175	4.4	2.8	505	275	540	265	State MVP
Rick Steinbacher SR	J.L. Mann Greenville, SC	TE LB	Red Cook	6-2	218	4.7	3.7	500	315	605	305	All-State
Kyle Freeman JR	Stratford Acad. Macon, GA	OG NG	Rodney Collins	5-10	210	4.7	3.1	525	400	X	X	All-State
Michael McNulty SR	Bergenfield New Jersey	FB LB	Alex Turnamian	5-10	210	4.6	3.8	475	340	450	260	All-State Sec. Team
Eddie Beaune SR	Hilmar California	OT DE	Jerry Van Lengen	6-1	265	4.8	2.0	505	335	515	285	All-State
Jason Watson JR	Bunker Hill Claremont, NC	OT DT	Randy Faucette	6-3	270	5.0	3.65	605	420	545	255	All-State Hon. Mention
Wallace Murray SR	Trezevant Memphis, TN	OT DT, NG	Harry Burnham	6-0	275	5.0	2.8	505	345	X	280	All- Memphis
Lance Johnson SR	Charlotte North Carolina	C DT	Tony Paroli	6-3	254	4.95	4.0/5	550	405	550	X	All-Amer.
Ryan Adams JR	Athens The Plains, OH	RB CB	Bob Gasser	6-0	198	4.63	3.87	440	325	455	275	All-Ohio Sec. Team
Jim Roberson SR	University Irvine, CA	RB DB, PK	Mark Cunningham	5-6	155	4.6	3.59	475	325	450	250	League MVP
Scott Leefers SR	University Normal, IL	FB LB	Frank Chiodo	6-1	198	4.8	3.0	480	325	600	280	All-Conf.
Ward Kaiser JR	William Kelley Silver Bay, MN	LG NT	Doug Conboy	5-11	194	4.9	3.5	475	360	505	280	All-Conf.
James Hunter SR	Oak Ridge California	FB OT	Mike Thomas	5-11	230	4.9	3.2	525	410	X	275	All-Conf.
Barry Rich SR	Tomkinsville Kentucky	OT DT	Sam Clark	6-3	250	5.0	3.4	450	375	500	250	All-State
Pete Pierson SR	David Douglas Portland, OR	OT DT	George Rallis	6-7	240	4.9	3.0	440	270	X	275	All-Amer.
Bryan Gorka JR	Stafford Texas	RB LB	Dennis Gorka	6-1	215	4.7	3.85	480	330	500	260	All-District
Joey Galloway JR	Bellaire Ohio	SE S	John Magistro	5-10	165	4.4	3.4	375	300	X	200	All-Ohio
Eric Mahlum SR	Pacific Grove California	TE DE	Steve Sosnowski	6-4	240	4.8	3.7	470	275	595	265	All- League
Tom Shank SR	Ft. Defiance Virginia	OT DT	Dale A. Spitzer	5-11	215	4.8	2.8	580	290	630	315	All-State Hon. Mention
Tim Parson SR	Alexander Georgia	OG DE	Vernon Wilkes	5-11	195	4.65	3.25	450	356	500	275	County MVP
Chris Washington SR	Elyria West Elyria, Ohio	OG DE, PK	Darrell Mayne	5-10	215	5.0	2.7	665	380	505	250	All-Ohio Hon. Mention
Chuck Hasty SR	Hobgood Acad. Hobgood, NC	QB DE	Doug Thurston	6-1	175	4.8	3.1	475	300	505	X	All-State Hon. Mention
Jim Loscalzo SR	Old Bethpage Plainview, NY	RB LB	Mark Colleluori	5-7	150	4.5	2.5	425	310	590	215	All-Conf. Hon. Mention

VIDEOS:

BFS PROGRAM CASSETTES

THE BFS CORE PROGRAM

NEW VIDEO: All of the BFS core lifts are explained thoroughly and completely: the parallel squat, the box squat, the power clean, the dead lift, the bench press, the towel bench press and the straight leg dead lift. Why we do it, how it is done, what benefits are derived and specific spotting techniques are fully explained. This cassette is for ALL sports. Proper lifting and coaching techniques are emphasized! Live action of Stefan Fernholm and other athletes demonstrate the BFS core lifts. (80 min.)



Straight Leg Dead Lift: Auxiliary lift develops speed

FLEXIBILITY —NUTRITION

NEW VIDEO: Bob Rowbotham, our flexibility expert who stretches our Utah Jazz of the NBA, is featured along with Stefan Fernholm. The new 1-2-3-4 BFS flexibility program is fully explained. Your athletes will be motivated to work hard on flexibility everyday. Coach Shepard describes the now famous 30-point BFS Nutrition System. It's easy to understand. We explain, in easy terms, the importance of carbohydrates versus protein in an athlete's diet. (50 min.)



Stefan Sprinting and Jumping



Stefan Squatting: A Key BFS Core Lift.

AUXILIARY LIFTS —SETS & REPS

NEW VIDEO: This cassette brings you every auxiliary exercise recommended for football, basketball, baseball, volleyball, and many other sports. The BFS philosophy is fully explained. Stefan Fernholm, NBA Shot Block Champ Mark Eaton, and other athletes demonstrate. We also bring you an exciting live action of the BFS Set-Rep System. You'll understand fully the meaning of intensity and its tremendous motivational value. We guarantee you'll break 8 personal records per week and 400 per year. This video will make everyone a believer! You'll also fully understand how to record your records in the BFS Set-Rep Log Book. (55 min.)



Stefan's Hip Flexor Stretch for increased stride.

SPEED —PLYOMETRICS

NEW VIDEO: Stefan Fernholm demonstrates upper-limit speed and plyometric techniques. We illustrate the BFS 7-point speed technique system. Various athletes have their speed, vertical jump, and standing long jump form analyzed, which demonstrates exactly how to perform at your utmost optimum level. This video is of great importance to the high school athlete and yet sophisticated and advanced enough for the best professional athletes. (50 min.)

BRAND NEW LOW PRICES

INSTRUCTIONAL AND MOTIVATIONAL VIDEOS



BEYOND MAN'S UPPER LIMITS

This incredible video cassette features Stefan Fernholm, the World's Fastest Big Man. Stefan has successfully blended his European heritage training philosophy with the United States. The result: An athlete who has gone Beyond Man's Upper Limits. Stefan goes to Denver and breaks the Bronco records in the 40, the vertical jump, the triple standing long jump, and the medicine ball throw. Stefan also demonstrates extreme power in the weight room. Upper-limit training techniques and guidelines are thoroughly discussed. It will cause any viewer to re-evaluate what is possible. (62 min.)



MARK EATON CASSETTE

This cassette depicts Mark Eaton's incredible rise from obscurity to being named the NBA Defensive Player of the Year. After playing less than one minute in a game at U.C.L.A., Mark came to Coach Shepard via the Utah Jazz and broke hundreds of personal weight training records. This cassette views an intense and complete weight training session, along with basketball techniques. NBA game highlights of Mark Eaton in action are shown. (60 min.)

TOM

This 20-minute film has been nationally acclaimed. If there is a better inspirational movie for your athletes, we have not seen it. Tom Southall stars as himself. At 142 pounds, he rushed for 412 yards in the State semifinal game, made the State Tournament basketball team, and set the State long jump record at nearly 24 feet. Even more incredible, Tom was born without his right arm.



THE ROAD TO STATE

This is an exceptional award winning video about 71st High School, the 1986 4-A State football champs from Fayetteville, North Carolina. There is great football action from beginning to end. Highly motivational and inspirational! Every high school coach would derive a great benefit. Use it as a model to enhance your own program.

RENT THREE KEEP ONE!

BFS I

This 1972 award-winning, 27-minute film features Tom Landry and the Dallas Cowboys. It displays college and high school athletes covering the sports of football, basketball, and track. Many world record holders are shown in action. It is a highly-motivational movie which should be shown to your team every year. It's a great way to introduce your off-season program. Ideal to show to coaches from all sports.

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.



BFS II

This 22-minute film shows us how to do core lifts. Jeff, an incoming sophomore, asks Coach Shepard how to become a great athlete. He is introduced to High School All-Americans and All-Staters who show Jeff the High School All-State Lifting Standards (400 Squat, 300 Bench, 235 Clean, and 500 Dead Lift). Coach Shepard shows Jeff, who has never lifted before, what to do.

DRUGS:

A POSITIVE APPROACH

NEW VIDEO: Special Price: \$20.00 Purchase Price and \$10.00 5-Day Rental Fee. This is a special video brought to you exclusively by Bigger Faster Stronger. It is our way of helping you cope with and understand the ever increasing challenge of drugs in our society. The cast features high school kids, NBA athletes Mark Eaton and Danny Vranes, and Coach Greg Shepard. Top medical, psychological, and law enforcement personnel are featured. (60 min.)

VIDEO PRICES

VHS or BETA

★ 5-DAY RENTAL FEE

\$25.00 Each Cassette

★ PURCHASE PRICES

ONE: \$69.00

ANY TWO: \$119.00

ANY THREE: \$159.00

Each Additional Cassette Only \$39.00