

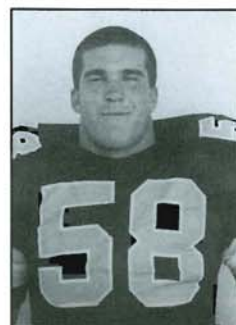
1988-89 BFS HIGH SCHOOL FOOTBALL

ALL-AMERICA THIRD TEAM

NAME		SCHOOL	POS.	COACH	HT.	WT.	40	GPA	SQ	BCH	DL	CL	FB HNRS
David Thomas	JR	Forest Hills Marshville, NC	OG NG	John Lowery	5-11	265	5.12	3.1	530	405	560	240	All-County
Brent Myers	SR	Forest Hills No. Grand Rapids, MI	OG LB	David J. Sukup	6-1	222	4.68	2.65	440	335	425	220	All-State
Jeff Huerta	SR	Rubidoux Riverside, CA	FB LB	Wayne Cochrun	5-10	210	4.8	2.95	500	310	605	270	All-County
Jourdan Johnson	JR	West Point Mississippi	OT DT	Bubba Davis	6-1	200	4.8	2.2	515	360	X	260	All-Dist.
Kevin Scheffler	SR	Connellsville, Pennsylvania	FB,LB Kicker	Dan Spanish	6-1	210	4.8	3.8	415	300	X	250	All- Conference
Erik Hanson	SR	Kofa Yuma, AZ	OG MLB	Jeff Priestly	5-10	230	4.8	3.51	505	360	550	280	All-Conf. Sec. team
Reggie Elder	SR	Carrollton Georgia	OT DT	Ben Scott	6-3	230	4.7	2.7	430	340	450	230	All-State
Joe Slattery	JR	Old Beth Page Plainview, NY	FB LB	Mark Colletuori	6-1	190	4.73	2.8	415	295	605	265	All- Conference
Steven Anderson	SR	Kingston Oklahoma	FB LB	Glenn Pool	5-10	190	4.9	2.66	500	300	520	240	All-Dist.
Robert Yelverton	SR	Goldsboro No. Carolina	OT NG	Elvin J. James	6-3	270	5.1	3.3	400	420	500	250	Hon. Men. All-USA
Duane Ham	SR	Upper Sandusky Ohio	OT DT,NG	Rob Lee	6-2	290	5.2	2.8	480	325	525	250	All-State
Trent Thompson	SR	Greenville Ohio	FB LB	Larry Masters	6-1	200	4.6	3.5	500	335	510	255	All-Conf.
Mike Sutton	SR	Weiser Idaho	C NG	John Srholec	6-1	215	4.8	3.95	505	265	505	215	All-State
Greg Bridges	JR	Trigg County Cadiz, KY	TB DB	Dixie Jones	5-9	152	4.32	3.5	455	300	550	245	All-State Hon. Men.
Sam Hrko	JR	Pineville West Virginia	OT DT	Silas Mullins	6-2	235	5.1	3.5	518	315	528	220	All-State
Randy Cape	SR	Edgerton Ohio	RB LB	Timothy L. Spiess	6-0	183	X	2.88	465	330	505	245	All-State
Jason Deason	SR	Rubidoux Riverside, CA	OT DT	Wayne Cochrun	6-1	245	4.9	3.0	450	365	605	265	All-League
Justin Tomberlin	SR	Greenway Coleraine, MN	QB DB	Ray Tomberlin	6-1	193	4.75	2.25	380	290	405	230	All-State
Justin Watson	SR	Deerfield Acad. Deerfield, MA	TB	James Smith	6-0	198	4.6	3.5	520	340	500	280	All- Conference
Spintz Harrison	SR	San Juan Blanding, UT	OG,PK MLB	Art Burtenshaw	5-11	215	4.8	3.5	410	300	515	230	All-State
Cory Weck	SR	Rim of World Lk. Arrwhd, CA	RB LB	Richard Manzo	5-10	205	4.6	4.02	450	305	X	225	All- League
Glen Magurany	SR	Hillcrest Ctry Clb Hls, IL	OG DT	Carl Zambo	5-10	210	4.7	3.0	465	390	500	230	All-Conf.
Tony Paul	SR	Forest Hills No. Grand Rapids, MI	RB CB	David J. Sukup	5-11	185	4.48	2.2	450	335	500	265	All-State Hon. Mention
Steward Carlisle	SR	Greenbrier East Lewisburg, WV	OG DT	Homer Griddle	6-0	220	5.2	3.375	473	362.5	518	X	All-Conf.



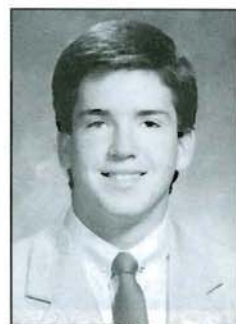
Brent Myers



Jeff Huerta



Jourdan Johnson



Kevin Scheffler



Reggie Elder



Athletes from coast to coast have learned to be "Pros" in Power Weight Training by Doing in BFS Clinics!



A Clinic is stimulating, informative, and motivating. Athletes are always extremely interested and attentive the entire eight hours.



Coaches are given the opportunity to become experts. Every Coach will develop great confidence in coaching Power Weight Training and the Total Program.

Instructional

- Includes the **Core Lifts**: The Squat and Power Clean are discussed and demonstrated in great detail: 22 major coaching points on the Squat.
- Includes the **Auxiliary Lifts** for all sports and how to select each one to help you win.
- Includes **In-Season Training**: Every athlete from every sport will be super motivated to lift all year around.
- Includes the complete **BFS 1-2-3-4 Flexibility Program**.
- Includes the **BFS Agility Dot Drill**.
- Includes **Plyometrics** and how to include them into the Total Package.
- Includes the **BFS 40-Point Nutrition System**.
- Includes the **BFS Set-Rep System**. Every athlete will understand how easy it is to break 8 or more records *Every Week*.
- Includes the **BFS 8-Point Sprint Technique System**, plus Ten unique ways to *Increase Speed*.
- Includes the **Organizational Details** on extending the Total Package from sport to sport.
- Includes the **BFS Clinic Review Video**, which covers *All* the Clinic Instructional Material.
- Includes the opportunity to **Create a Custom-Fit BFS Clinic** tailored to fit your specific needs.

Ways To Have Your Clinic

- The best way to have a clinic is for your school only. We can really attack your team's personal challenges.
- Because of finances, you may want to go in with several other schools outside your league. Martinsburg High School in West Virginia had 10 other schools at it's clinic.
- You may want to have a "Bigger Faster Stronger Day" during a school day, like Aledo High School in Illinois. All athletes, both guys and girls, attended. The administration helped foot the bill.
- Have a clinic for your In-Service Day, as did Park View High School in Springfield, Missouri.
- A junior college or college may want to sponsor a clinic and invite all the area coaches and athletes. At the University of Wisconsin at LaCrosse, over 400 coaches with over 400 athletes attended the clinic. The public relations benefits were enormous.
- A Bigger Faster Stronger Clinic can be structured any way that will most help your program.

Reservation Procedure

- Call Toll Free 1-800-628-9737. Rick, Bob, Stefan, or Greg will take your call. Please have some possible dates in mind and how you plan to have your clinic. We'll be glad to help you work out the details and the feasibility of your clinic.
- Saturdays are the most popular day, and usually the best day. However, any day is okay.
- Your date will be confirmed when the reservation fee is received.
Please Note: Your tentative dates will be lost when reservation fees from another school are received first for that date.
- Reserve your clinic dates as soon as possible. Clinic dates are already filling up for 1989.
- When your reservation are complete, you will receive a complete clinic packet that also contains a clinic video.

GIVE YOUR KIDS THE WINNING EDGE THEY DESERVE

A BFS CLINIC CAN BE A ONCE IN A LIFETIME EXPERIENCE!!

Inspirational

- Includes many **Inspirational Stories** about great role-model athletes. The impact of these stories are deepened with overhead visual presentations.
- Includes the **Inspirational Movie** "Tom."
- Includes **New Max Lifts** for almost every athlete that is brought down to demonstrate on the Squat, Bench, and Power Clean.
- Includes a **Goal Setting Session** designed to help your athletes reach their potential and *WIN* the Team Championship.
- Includes **the Vision** of what is possible. We learn that the *Sky is the Limit* and that our minds, not our bodies, control our future.
- Includes an **Emotion-Packed, Three-Minute Video on Drugs and Alcohol**.
- Includes the **BFS Dead Lift Finale**. Everyone goes wild with enthusiasm as selected athletes lift 400-600 pounds or more. This is carefully supervised by your BFS Clinician. Your athletes will have a deep conviction that they can conquer the world and attain Upper-Limit Status.
- Includes the **BFS Rules For Success**, which ends the clinic by putting athletics and a successful, happy life in proper perspective. Tears are common, determination to be the best prevails, and a great inward reflection is experienced by all. It makes a fitting end to a great, great day.

Equipment Needed For Your Clinic

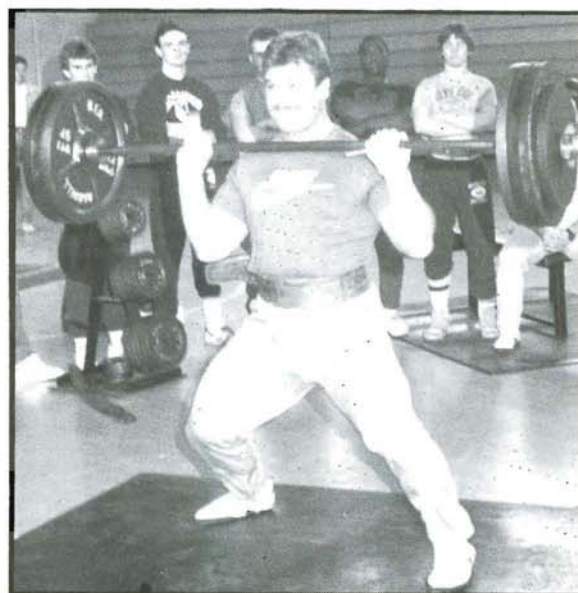
- Three Olympic Bars and Collars
- Twelve 45s and Two 35s, 25s, 10s, 5s, 2 1/2s
- One Bench Press
- One Set of Squat Racks
- Two 4 x 8 sheets of plywood for dead lifts and cleans, or our BFS mats (to protect Floor)
- Gymnastics Chalk: Please Note—rosin will not work
- Weight lifting belts and three towels
- Overhead projector, T.V., video recorder with remote control and great slow-motion capabilities.

Cost

- **Reservation Fee:** Normally \$325.00; this also includes all the transportation costs. However, if the plane fare is higher, this will be added to the clinic fee.
- **Lodging:** We feel very comfortable staying with one of the coaches, as this gives a better chance to exchange information and ideas. However, if you prefer, you may provide motel accommodations.
- **Clinic Fee:** \$650.00. Includes Motivation materials and special clinic video for the Head Coach. Includes goal cards for everyone. Invite as many participants as the gym will hold.
- **The clinic lasts** Eight hours: usually from 9:00 a.m. to 5:00 p.m. (with 1/2 hour for lunch), but can be any hours of your choosing.
- **Upper-Limit Clinic:** Reservation fee \$995.00. Reservation fee \$600.00. This is a two-man clinic with Stefan and one other clinician.
- **Super Clinic:** Reservation fee \$325.00. This is a special, four-day intensive clinic, like a camp. \$50.00 per athlete (minimum of 50 participants). Call for further info.



100 BFS Clinics are held annually.
Pictured are 1,200 people at Morrilton, Arkansas.



Stefan Fernholm, "World's Fastest Big Man," does Upper-Limit BFS Clinics. Excellent idea for repeat clinics.



Our goal is to leave each athlete bursting with an intense desire to succeed on his own, with a mind that accepts no limits in sports or life.