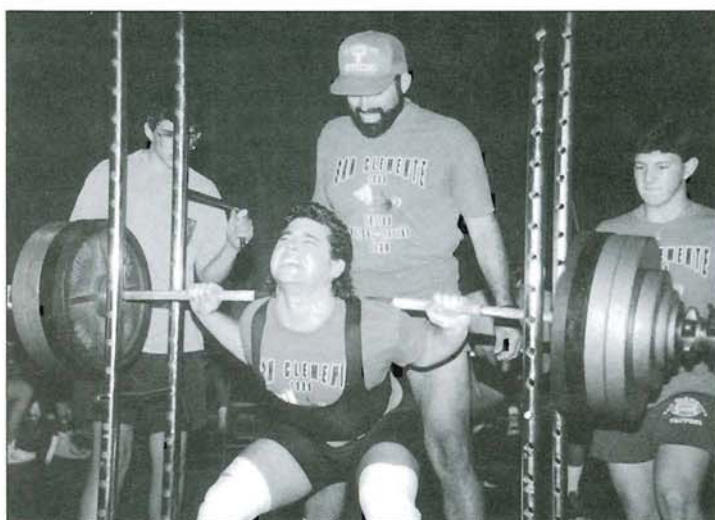
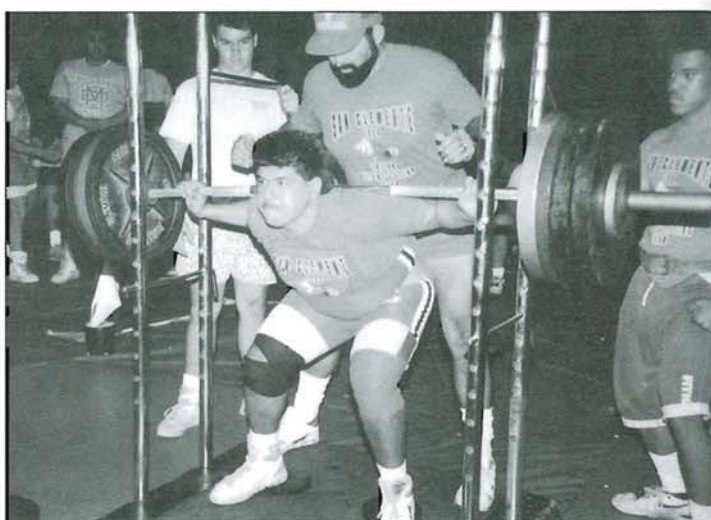


MEETS = FUN & CHALLENGE



Baron Zachary from San Clemente High School Squatting 480 pounds being spotted by Head Football Coach David Elecciri. Baron won his weight class (175-199) which had 40 participants.



Ed Diaz Squatting 440 pounds in the 11th Annual South Orange County Weight Lifting Championships. Ed, only a sophomore placed ninth. Spotting is Coach Elecciri.

11th Annual South Orange County Weight-Lifting Championships

Editor's Note:

I first met Coach Elecciri several years ago while he was an assistant football coach and track coach for Capistrano Valley High School in California. I visited his school while doing an interview on Brian Blutreich who had the best double in High School track history with a 69-6 1/2 Shot Put and a 210-8 Discus throw. Brian was 6-5 1/2 and weighed 250 with a 405 Bench, 515 Squat, 320 Clean and a 200 Snatch. His standing long jump was 10 feet and his vertical jump was a bodacious 33 inches. I remember that Coach Elecciri's weight room shined. It was motivationally beautiful. He was an Upper Limit coach. It was then he told me about his weight-lifting meets which were amazing in terms of organization and number of participants.

Coach Elecciri has since become the head football coach at San Clemente High School. He has carried the tradition of his weight lifting meets to his new school. Coach Elecciri's program guide for the meet is 118 pages long and loaded with pictures of past meets and statistics. The following is part of the welcome page in that program guide: (For further info you may contact Coach Elecciri; at his high school, 700 Ave Pico, San Clemente, CA 92672)

WELCOME to San Clemente High School. This perennial growing event of single repetition maximums for high school athletes has seemingly proved that there are more stronger athletes as a group than ever before. Twenty-Two high schools participated in 1988 and we expect 30 high schools to exhibit the strength of their programs this year. This is a culmination activity of the off-season strength program for football players just before spring football starts. At this time, Shotputters and Discus throwers are at the top of their power and strength gains and ready for C.I.F. competition. Strength and power training is a means to an end for sport competitors. The ultimate goal of strength and power training is to aid the athlete with potential energy so he may compete at his most powerful level of conditioning whatever his or her sport may be. But there are those who weight-train just to compete in Weight-Lifting meets. This contest is a "Proving Ground," for all the talking stops here. The popular Bench Press and the most important lift, the Squat, will be featured here today. As the sixty-six trophies (incentive) are being presented to the winners, make sure you see the smiles on the faces of those who earned them. That's proof that all the hard work was worth the time they put in. Thank you for attending this annual event and remember, "Whatever a weak muscle can do, a stronger, more powerful and more flexible muscle can do it much better." ("The Winning Edge")

THE BFS SET-REP LOG

A DYNAMIC, PROVEN SET-REP SYSTEM



- ★ New Design for Easier Recording!
- ★ Creates Upper-Limit Intensity!
- ★ Organizes Every Workout
- ★ The Ultimate Motivator!
- ★ Sets Daily Goals!
- ★ No Plateaus!

Over 200,000 Set-Rep Logs Sold!

THE BFS GUARANTEE
*Break 8 Personal Records
Per Week!*
Break 400 Per Year!

Organizes Every Workout: Your athlete now has specific goals with every set, every rep, and every workout. Absolutely no more worrying about how much weight to put on the bar, ever again. Contains workout schedules for one year. New easier recording.

Contents: Each Log Book contains a section explaining the weekly lifting schedule. The second section explains the lifts—their proper execution, spotting techniques, and why we do the lift. The next section explains recording and contains the actual weekly workouts and recording areas. The fourth section contains record charts for all core lifts at all repetitions. The last section contains a running record chart, an explanation of the BFS nutritional rating system, an agility record chart, the BFS Dot Drill, and a goal record chart.

All Sports: The Set-Rep System is applicable to all sports. Professional basketball players use it.

Time: In a well-organized weight room it takes a group of athletes only 45 minutes to accomplish their weightlifting. Many schools use the Set-Rep Log during P.E. classes, leaving valuable time after school for sport specific-skill training. Great for the multi-sport athlete (in-season training).

Motivation: Athletes thrive on the competitive nature of the BFS system. Breaking records is the ultimate motivational factor in building great confidence! A motivated, confident team is a winner in the arena of competition.

No Plateaus: All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems, like one set of 12–15 reps or 3 sets of 10 reps, reach this point very quickly, but even complex computer-cycle systems eventually have problems. The new BFS Set-Rep System will keep your athletes progressing month after month after month. The key is keeping track of personal records. This is why every athlete should have his own Set-Rep Log.

Since each athlete in your program needs a Set-Rep Log, the following discounts will help on larger orders.

COST:

One: \$4.00 • 2–9: \$3.00 Each
10–25: \$2.50 Each • Over 25: \$2.25 Each

Custom Set-Rep Log Books with your school logo and school colors \$2.70 each (minimum order of 100).