

THE POWER SNATCH



BFS Clinician and Olympic Discus Thrower Stefan Fernholm Power Snatching 275 Pounds.

Part One In A Series

By Dr. Greg Shepard

The Power Snatch is an excellent lift. In fact, it is so excellent, you can use it as a BFS Core Lift in place of Power Cleans. I'm not saying it is better than Cleans but you may want to try it for awhile. It can be a great change of pace. You may also want to work on a quick lift movement twice a week. If so, a great clinic would be to do Power Cleans once and Power Snatches once.

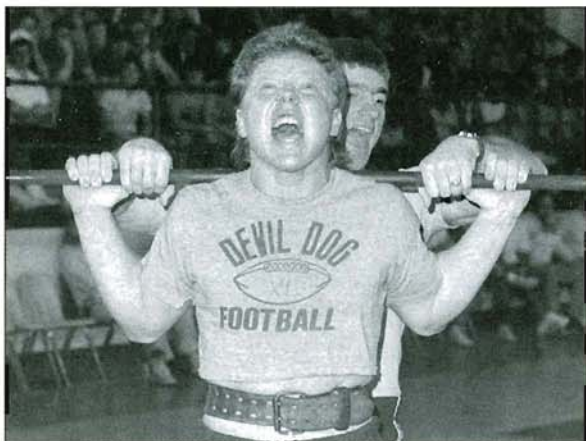
Don't be scared of the Power Snatch. If you do reasonably well with the Power Clean, you will do just fine with the Power Snatch movement. High school

athletes who Power Clean well should start with 105 pounds. It would be superior to have our 25 pound all-rubber bumper plates.

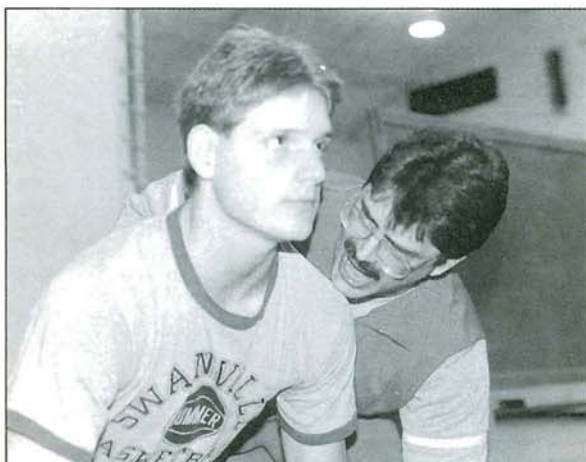
Begin the Snatch with the same starting position as the Power Clean except you will use a wider grip. I suggest to start with, that you put your first finger on the grooved line on the bar. Bring the bar up just like the Clean. Now, jump high and explosively! Then, pop under the bar as illustrated by Stefan.

In our next issues, we will have a detailed series of technique articles on this great lift.

CLINICS



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



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



Coaches are given the opportunity to become experts. Every Coach will develop great confidence. Clinician is Coach Shepard

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 1990.
- When your reservation is complete, you will receive a complete clinic packet that also contains a clinic video.

WE NOW GIVE YOU FOUR GREAT CLINIC CHOICES!! 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 presentation.
- 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 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.

★ Inspirational presentation may vary with clinician.

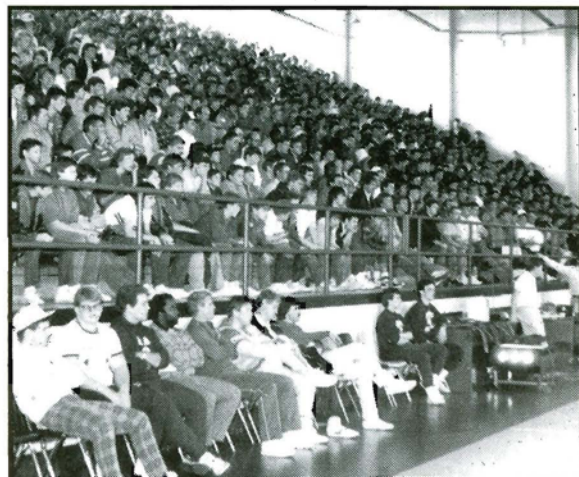
Equipment Needed For Your Clinic

- Three Olympic Bars and Collars
- Twelve 45s and Two 35s, 25s, 10s, 5s, 2 1/2s
- One Bench Press and 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.

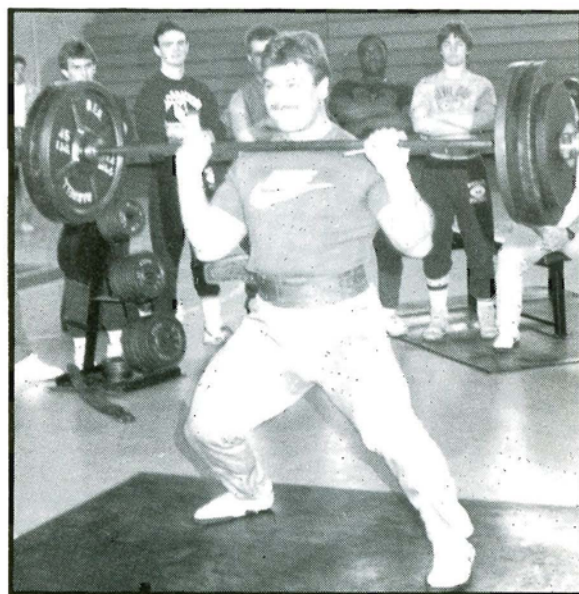
BFS Clinics Last Eight Hours: usually from 9:00 a.m. to 5:00 p.m. (with 1/2 hour for lunch), but can be any hours of your choosing.

Cost: Four Great Clinic Choices

- Standard Clinic:** Reservation Fee \$350.00 plus \$650.00 due on clinic day. Includes motivation materials and special clinic video. Includes goal cards for everyone. Invite as many participants as the gym will hold.
 - Upper-Limit Clinic I:** Reservation Fee \$350.00 plus \$995.00 due on clinic day. A specialized custom clinic by Stefan for you and your school.
 - Upper-Limit Clinic II:** Reservation Fee \$650.00 plus \$1295.00 due on clinic day. The best of both worlds. Stefan comes with Greg, Rick, or Bob.
 - Super Clinic:** Reservation Fee \$350.00. This is a special, four-day intensive clinic, like a camp. \$50.00 per athlete (minimum of 50 participants). Done during Christmas, Spring or Summer breaks. Call for further info.
- ★ **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.
- ★ If plane fares are higher than the reservation fees, the difference will be due on clinic day.



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.