

# ABOUT BFS CLINICS



*Coach Rick Anderson psyching up a team's intensity*



*Bob Rowbotham with the famous BFS Quarter Contest.*



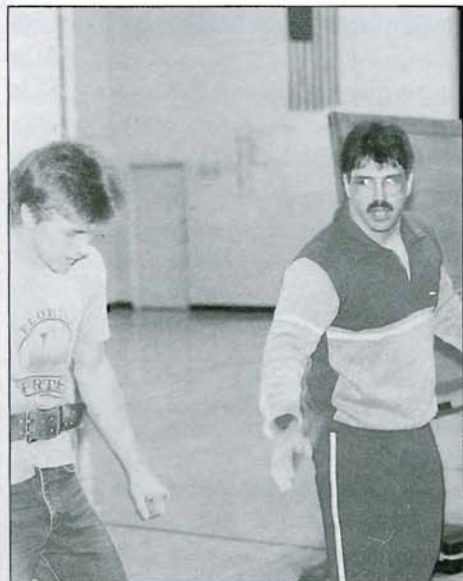
*Greg Shepard in front showing state-of-the-art techniques. This high school athlete jumped 50 lbs. to a 300 lb. Clean.*



*Stefan meeting with kids informally at an Upper-Limit Clinic.*



*Jim Brown on left at Super Clinics at Eau Claire, Wisconsin. Four awesome, intensive days!*



*Coach Anderson (left), Coach Rowbotham (middle) and Coach Shepard (right) demanding, challenging and motivating kids to do their best. We want Effort, Commitment, and Enthusiasm! We'll leave you with pride and a greater self concept. Over 80 schools have won the State High School Football Championship after their BFS Clinics.*