

SUMMER WORKOUTS

What To Do On Long Family Vacations

By Dr. Greg Shepard

TEN SUPER RULES

This article is written primarily for the junior high and high school athlete going on a family vacation for more than one week:

★ First, make sure you get a great workout just before you leave.

★ Second, take workout clothes, belt and record book.

★ Third, plan when and where you might workout. Remember, you can maintain nicely with only one workout per week.

★ Fourth, you can always do the BFS Dot Drill and 1-2-3-4 BFS Flexibility Program daily.

★ Fifth, you should have three 10 minute sprint workouts per week.

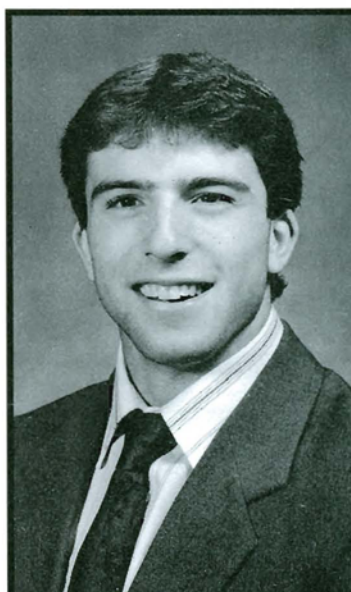
★ Sixth, do three simple plyometric workouts per week: 10 quality Vertical Jumps and 3 sets of 3 Standing Vertical Jumps.

★ Seventh, do at least 100 perfect pushups and 50 situps per day. You will find that by doing this your bench may even improve when you return.

★ Eighth, depending on your position or sport, take a ball and work on skills.

★ Ninth, set goals while you read an inspirational book.

★ Tenth, have fun and be ready to kick fanny when you return.



JOHN DONNER
STARPOINT
CENTRAL
SCHOOL
5-9 170
Tailback

2nd Team All
N.Y. State

Holds Single
Game Rushing
Record 431 yards

HONORARY BFS ALL-AMERICAN

We'd like to recognize the perseverance of John Donner an Upper Limit athlete from Starpoint Central High School in Lockport, New York. Assistant Football Coach Tom Sarkovics nominated John for the BFS All-American team. However, since he blew out his knee during the first game, we couldn't select him but we can make him a honorary BFS All-American for his perseverance.

John was looked at as a Division I prospect after a great junior year making 2nd team All-State honors and setting the Single Game State Rushing Record with 431 yards. After tearing his ACL and also suffering some cartilage damage, John worked very hard to rehabilitate himself. At this writing, he is ahead of schedule and has accepted a scholarship to play football at Emporia State in Kansas. We hope the full reconstruction of John's knee is completely successful and he'll enjoy a great college career.