

Mike Gillitzer

Wade Mumma



Russell Brown



Jarrod Florence



Nathan Carman

SPECIAL MENTION BFS HIGH SCHOOL FOOTBALL ALL-SECTIONAL SELECTIONS

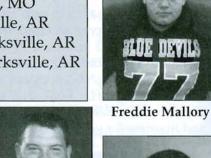
CENTRAL STATES

Mike Gillitzer, Waterloo, WI Wade Mumma, Rich Hill, MO Russell Brown, Bristow, OK Jarrod Florence, Topeka, KS Nathan Carman, Chanute, KS Jim Wandler, Wheeling, IL Dirk Handlin, Mahomet, IL Mark Phillips, Mattoon, IL Josh Fulwider, Spring Lake PK., MN Tim Sanders, Chicago, IL Jeff Wilms, Mahomet, IL Chad Butler, Mattoon, IL

Robert High, Mattoon, IL Andy Tenor, Green Bay, WI Nathan Arthur, Chanute, KS Jason Muhlstein, Mason City, IA Travis Wools, St. James, Mo Troy Smith, Syracuse, KS Kory Kunze, Rolla, MO Jay Halley, St. Louis, MO John Cline, Clarksville, AR Scott Houston, Clarksville, AR Marty Hannon, Clarksville, AR









Casey Stancil



Marvin Davis

SOUTHERN STATES

Mike Payne

Dirk Handlin

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Jim Wendler

Independence, VA Chad McAdams, Wilmington, NC John Towers, McLean, VA Jesse Allen, Memphis, TN Marvin Davis, Homestead, FL Devin Butler, Memphis, TN PatrickYoung, Breenville,SC Bruce Carroll, Isle of Wight, VA Steve Blaylock, Pikeville, TN Steven Brock, Pikeville, TN Darrell Baker, Folkston, GA Joe Hagins, Jr., Folkston, GA Tony Nazworth, Folkston, GA

Stewart Hudson, Macon, GA Bryan Paslay, Statesville, NC Brad Kellogg, Cumming, GA Chester Tucker, Statesville, NC Jeremy Le Feber, Ft. Myers, FL Brad Warren, Statesville, NC Keith Drayton, Ft. Myers, FL Edgar McGee, Cadiz, KY Micah Smith, Mayfield, KY Keith Buzanis, Mayfield, KY Aaron McClung, Mayfield, KY Jon Moree, Sweetwater, TN Sterling Davis, Sweetwater, TN Larry Arwood, Sweetwater, TN Kerry Walker, Trezevant, TX Gerald Harris, Trezevant, TX Eddie Mosely, Trezevant, TX Jason Ross, Trezevant, TX Kaivon Madani, Dade City, FL



Steve Blaylock



Steven Brock

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Garrett Neugebauer

Jason Reese

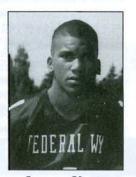
SPECIAL MENTION BFS HIGH SCHOOL FOOTBALL ALL-SECTIONAL SELECTIONS

WESTERN STATES

Garrett Neugebauer, Manzanola, CO Jason Reese, Kremmling, CO Brian Christensen, Salt Lake City, UT Nick Gibson, Salt Lake City, UT Dominic Sanone, Salt Lake City, UT B.J. Wilson, White Swan, WA Andrew Werts, Palos Verdes, CA Mark Diggs, Lompoc, CA Casey Johnson, Ilwaco, WA Todd Murray, Federal Way, WA
Dion Alexander, Federal Way, WA
Matt Johnson, Ojai, CA
Bryan Ludwick, Gresham, OR
Jason Ball, Gresham, OR
J.R. Roby, Salem, OR
Matt Taylor, Salem, OR
Eric Miles, Toppenish, WA
Mike Hereim, Clyde Park, MT



Chris Cebula



Jeremy Kurtz



B.J. Wilson



Dion Alexander



Bryan Ludwick



Damon Ashman



Chris Vinci



Matt Gross



Andrew Werts

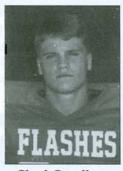


Todd Murray

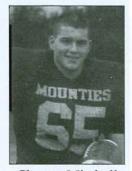
MIDWEST-EASTERN STATES

Chris Cebula, Manville, NJ
Jeremy Kurtz, Lititz, PA
Matt Gross, Lititz, PA
Chad Goodhart, Lititz, PA
Chester Mitchell, Frederick, MD
Jason Scherer, Arcadia, IN
Corey Andrews, Detroit, MI
Eric Chinn, Detroit, MI
Damon Ashman, Indianapolis, IN
Chris Vinci, Frostburg, MD
Jeff Medley, Portage, IN
Levaniel Hicks, Ft. Meade, MD

Shawn Lusher, Nitro, WV
Jason Redman, Keyser, WV
Lewis Wood, Nitro, WV
Todd Pearson, Washington, MI
Kevin Booker, Indianapolis, IN
Dicron Jamgochian, Hyattsville, MD
Edward Crowe, Frostburg, MD
Chad Ulm, Delphos, OH
Brad Schwing, Brookville, IN
Adam Patterson, Frostburg, MD
Timothy Johnson, Ewing, VA
John Pearson, Carmel, IN



Chad Goodhart



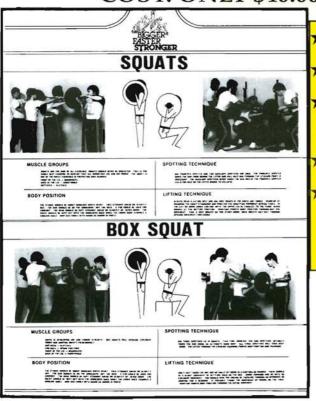
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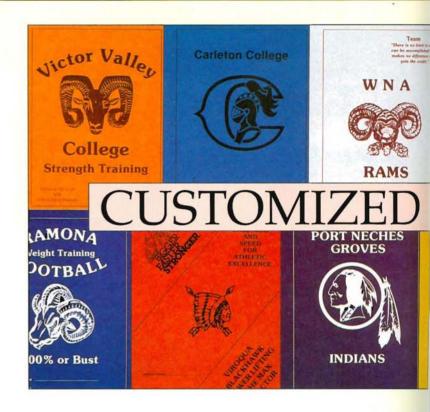
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- ★ No Plateaus!



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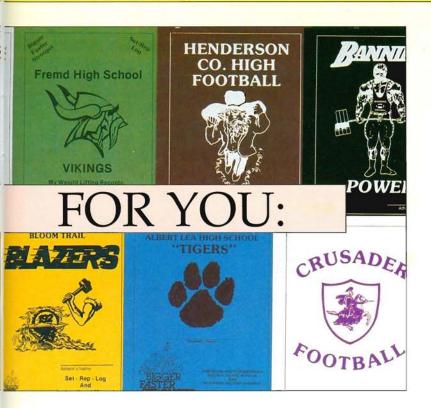
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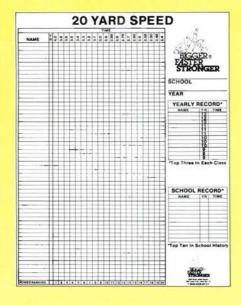
Motivation: Athletes thrive on the competitive nature of the BFS System. Breaking records is the ultimate motivational factor in building great confidence! A motivated, confident team is a winning team!

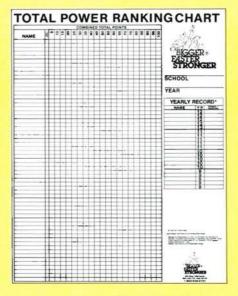
No Plateaus: All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems, like one set of 8-12 reps or 3 sets of 10 reps, reach this point very quickly, but even complex computercycle 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 or Record Card.

SPEED & PLYO CHARTS

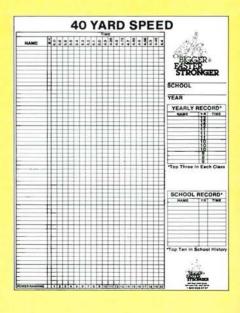
Complete record keeping now possible.

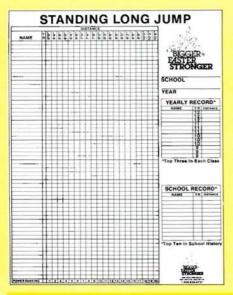
Use in conjunction with the BFS Motivation Charts.

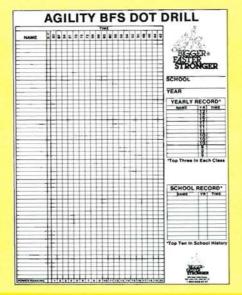


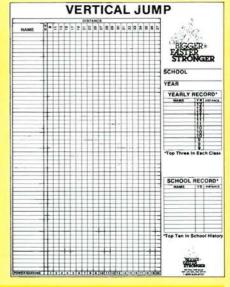


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