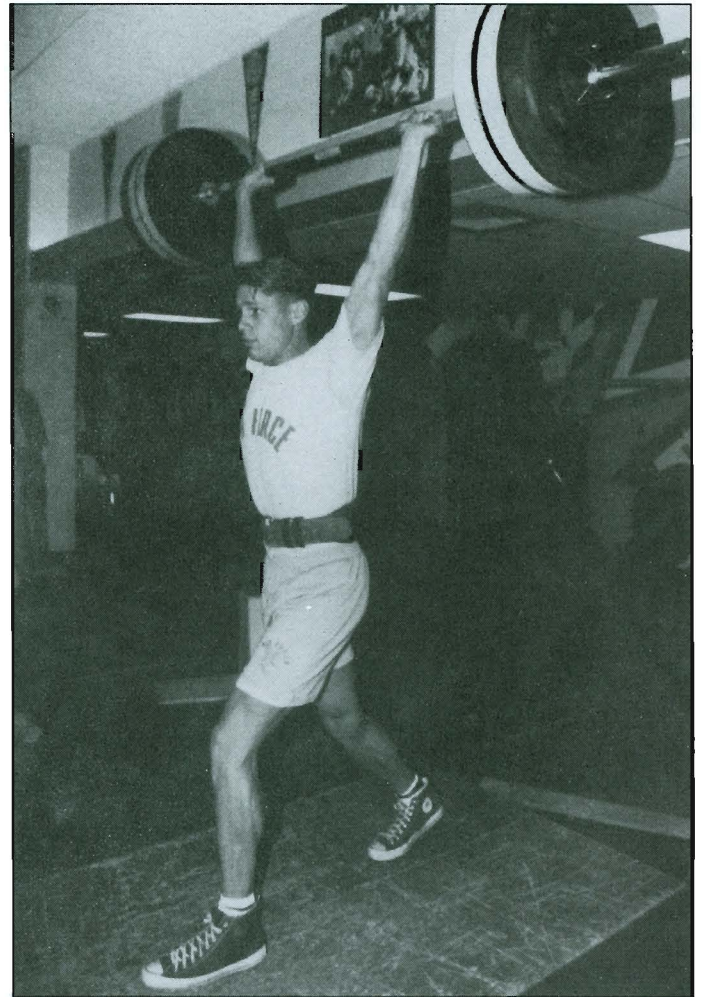
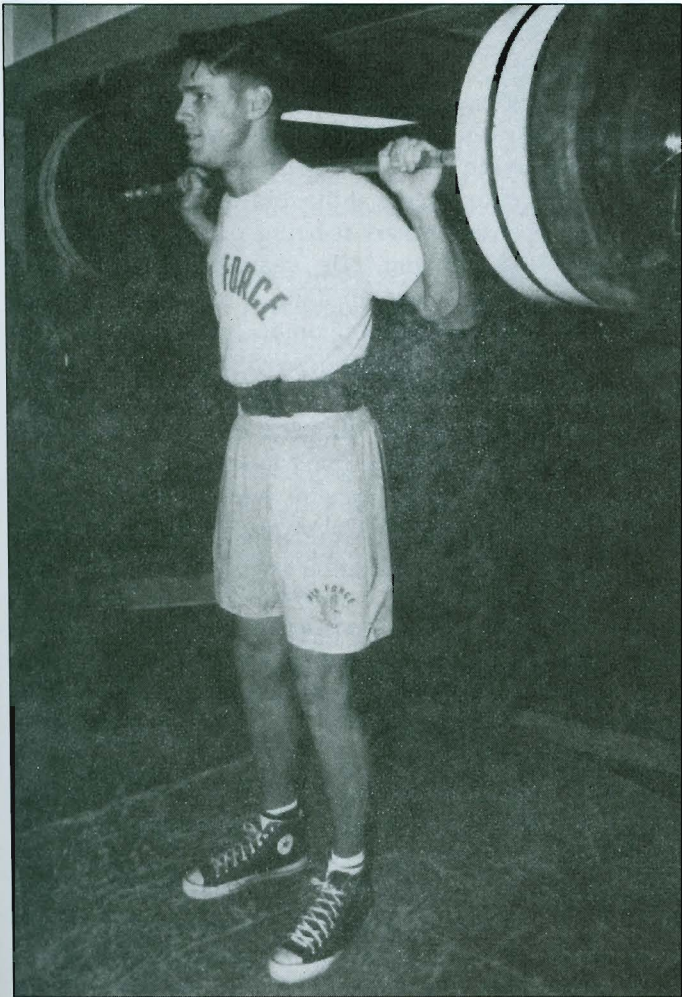


SWIMMING???



Tony "Bams" Bamsey Air Force Academy Swimmer Jerks 275 Overhead (Photo By Sgt. Daryl Pagel)

We've had a number of athlete's and coaches at clinics ask us about doing the BFS program for swimming. We've never been totally satisfied with our answer: Squats and Power Cleans will help on the start by making you more explosive and will help you on the turns as you push off. However, since your feet are not in contact with the ground during the swimming stroke perhaps more upper body work should be emphasized. We also thought higher reps would perhaps be more beneficial.

We therefore would go through a clinic and say the BFS program is great for all mainstream high school sports such as football, wrestling, basketball, baseball-softball, track, volleyball, lacrosse, field hockey and soccer but may not be so ideal for swimming. Although since many swimmers also play other sports, we'd say to do the BFS program and then do some higher reps on upper body exercises. We have even suggested to exercise using surgical tubing as many swimmers do as they duplicate their swimming stroke with resistance.

However, we just received a letter from Kim Goss, assistant strength coach at the Air Force Academy, about

a recent study on swimmers. It looks like we should have been saying that swimmers would benefit greatly from doing the BFS program as is and without changes.

The Olympic Training Center and the Air Force Academy studied the effects of two different types of weight training programs on swimmers. The first did heavy weights with low reps and the other medium weights with high reps. Power Cleans and Jerks were also used in this study. Coach Goss exclaimed, "We got some very interesting results!"

Tony Bamsey was the 1991 Western Athletic Conference Champion in the 100-yard breaststroke and the 1992 Team Captain. Tony has jerked 275 pounds overhead at 185 pounds bodyweight.

Olympic lifting movements are used extensively by the Air Force swimmers. In fact, this year five Academy

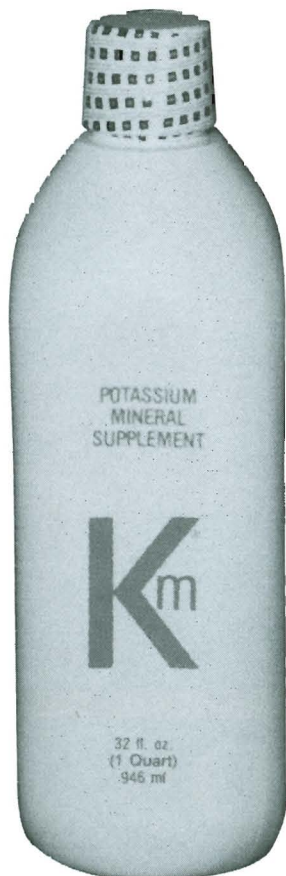
"Doing this kind of program gives us something we can't get in the pool. I used to think it was all high reps and hours in the pool. We've had great results with this new approach in becoming more explosive"

Casey Converse: Air Force Swim Coach

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—Reggie White,
star defensive lineman,
Philadelphia Eagles

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SWIMMING??? *Continued From Page 11*

swimmers jerked at least 250 pounds overhead. Prior to training this way, the Air Force men's team usually placed last or next-to-last in the (WAC) conference. Last year they were second and this year the men's team had a

7-2 dual meet record with Bamsey winning the WAC 50 yard freestyle event. The women posted an 11-1 dual meet record.

Our position at BFS for swimmers will now be the same as other sports: Do the Core Lifts and select about 5 auxiliaries in the off-season that will help you win.