

YOUR BFS CLINICIANS!



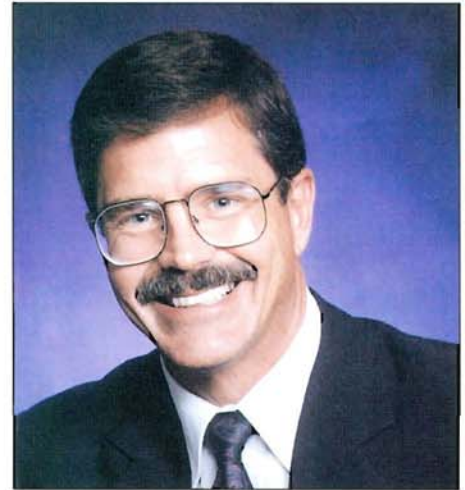
Dr. Greg Shepard, BFS President

- Strength Coach for the NBA's Utah Jazz since 1981 • Training All-Americans since 1965 • 1976 Utah Football "Coach of the Year" • Coached BYU to the 1973 National Powerlifting Championship • A Power Lifting Champion 1969-80 • Previous Strength Coach at Oregon State and University of Oregon • A Football Coach (1964-78). Turned two High Schools with previous winless records into immediate Champions and Winners • Won Olympic Style Lifting Medals in Austria in 1962.



Bob Rowbotham, Vice Pres.

- With BFS Since 1979 • Highly successful Minnesota high school Football and Wrestling Coach • Utah Jazz flexibility coach • Over 15 years experience in strength training • Specializes in BFS Clinics for younger athletes • Super quick and a great example of strength and flexibility • Martial Arts Experience • Kids love Coach Rowbotham! Has the ability to establish great rapport quickly • Author of BFS Flexibility book • Has done BFS Clinics in all 50 states.



Rick Anderson, Vice Pres.

- With BFS since 1979 • Highly successful Minnesota high school Football Coach • Widely sought-after Fitness Consultant • Utah Jazz Strength Coach • Over 20 years experience in strength training • Specializes in BFS Clinics for women athletes • Super motivator. He gets you laughing and crying at the same time! Great success record! • Has done BFS clinics in all 50 states • Expert on weight room organization and supervisory skills • Makes complex concepts easy to grasp.

COMPLETE CLINIC INFO ON PAGES 8-9 Call Toll Free 1-800-628-9737



Jeff Scurran

- Turned around 5 losing programs and put them into playoffs by 2nd year • Coached 1990 Arizona State Championship Team, ranked #17 in USA Today • Motivational speaker for business, school organizations and athletics • Won over 80% of all games coached in 5 sports, including women's athletics • Specializes in Power Cleans and Total Lifting Programs for all athletes • Dynamic, emotional, team-oriented speaker who will develop quick rapport with your team.

**THESE MEN
WILL IGNITE
YOU, YOUR
STAFF AND
YOUR TEAM.
IT'S THE
BEST THING
YOU CAN
DO!**



Jim Brown

- High School Coach in Missouri • Dynamic and Motivational Speaker • A veteran BFS Clinician, Coach Brown can teach the Total BFS Package in easy-to-understand terms • Coached four major sports for 11 years at all size schools • Has done BFS Clinics from Coast-to-Coast • Expert in organizing the Total BFS Program for any high school situation for any sport during the in-season or off-season.

BFS CLINICS!



BFS ATTITUDE & SPIRIT

What Is Taught:

The Core Lifts: The Squat and Power Clean are discussed and demonstrated in great detail.

The Auxiliary Lifts For All Sports and Power Plyometrics.

Also In-Season Training, The BFS 1-2-3-4 Flexibility Program, The BFS Dot Drill, The BFS 40-Point Nutritional System and BFS 8-Point Sprint Technique System, plus TEN unique ways to Increase Speed.

IN SHORT: YOU GET THE TOTAL BFS PROGRAM!

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.
- Have a clinic for your In-Service Day.
- Have a "Bigger Faster Stronger Day" during a school day. The administration may help foot the bill.
- A junior college or college may want to sponsor a clinic and invite all the area coaches and athletes. The public relations can be 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. 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.
- Clinic date is confirmed when reservation fee is received.
- When your reservation is complete, you will receive a complete clinic packet that also contains a clinic video.

**Clinics
Are The
Best Thing
You Can
Do For
Your Team**

NEW!
COACHES
WITH
• ALL

BFS Clinics Last Eight Hours:
(with 1/2 hour for lunch), but

Equipment Needed

- Three Olympic Bars and Collars
- Gymnastics Chalk
- Two 4 x 8 sheets of plywood for Dead Lifts and Cleans, or our BFS Mats (to protect floor)
- One Bench Press and One Set of Squat Racks

BFS CLINICS!



IT BREEDS SUCCESS

SPECIAL
SESSION
CLINIC

SPORTS•

**Have A
BFS
Clinic!
89 Schools
Have Won
State!**

usually from 9:00 a.m. to 5:00p.m.
can be any hours of your choosing.

For Your Clinic

- Twelve 45s and Two 35s, 25s, 10s, 5s, 2 1/2s
- Weight Lifting belts and three towels
- Overhead projector
- TV and video recorder with remote control and great slow-motion capabilities.

THE GOAL – THE VISION

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. New maxes will happen on every lift. During the Dead Lift Finale, everyone goes wild. Your athletes will have a deep conviction that they can conquer the world. Tears are common, determination to be the best prevails, and a great inward reflection is experienced by all.

A BFS CLINIC CAN BE A ONCE IN A LIFETIME EXPERIENCE!

COST: Four Great Clinic Choices

- I. **Standard Clinic:** Reservation Fee \$300.00 for West Coast and Mountain States: \$400.00 for all others. 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.
 - II. **Upper-Limit Clinic:** Reservation Fee \$700.00 plus \$1295.00 due on clinic day. The best of both worlds. Stefan comes with Greg, Rick, Bob or Jim.
 - III. **Upper-Limit Speed Clinic:** Reservation Fee \$700.00 plus \$1295.00 due on clinic day. The world's best! Stefan again teams together with Greg, Rick, Bob or Jim.
 - IV. **Super Clinic:** Reservation Fee \$400.00. This is a special, three day intensive clinic. \$35.00 per athlete (minimum of 50 participants). Usually begins Friday afternoon and ends Sunday evening.
- **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.