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THE BFS READINESS PROGRAM

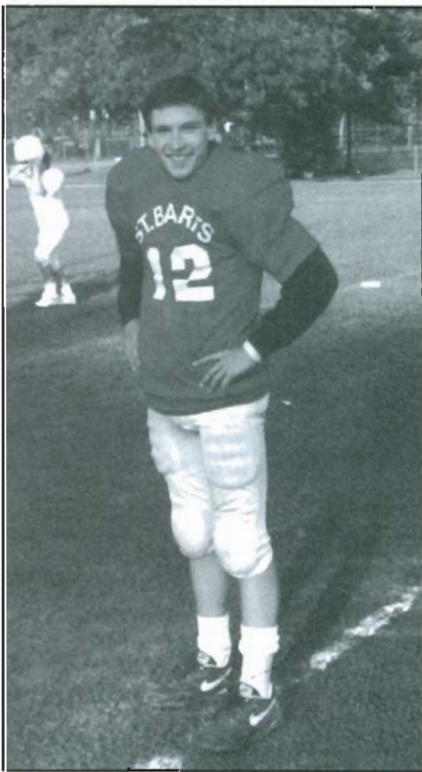
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DAN NAWCEWICZ 8th GRADE QB



FUTURE BFS
ALL-AMERICAN
Dan Nawcewicz
5-11 150 QB

Editor's Note:

Dan Nawcewicz led St. Barts to a 6-3 season. That's good for anyone, but Dan is only an 8th grader. He Bench Presses 165, Power Cleans 135, and Dead Lifts 200 pounds. Obviously Dan has surpassed the Readiness Program Graduation Requirements. As an 8th grader, he is ready to begin the BFS Advanced High School Program. Certainly the new wave of the future is to have junior high age athletes train and reap benefits.

The BFS Readiness Program can produce spectacular results in any junior high school. It can be implemented into a physical education class. It can really be surprising just how fast seventh graders can learn and profit from this program. All junior high athletes can and should do the BFS 1-2-3-4 Flexibility Program and BFS Agility Dot Drill. In addition, there is no reason why junior high athletes can't be taught how to sprint and do plyometrics.

Coach Jim Trost wrote the following letter in behalf of Dan. We felt he was deserving of special mention. We hope you'll agree and Dan, keep up your intensity and continue to be an Upper Limit person.

Dear BFS

I know you don't consider Junior High kids, but I think you should make a consideration this one time. Let me tell you a little about Dan Nawcewicz, he started at quarterback for St. Bartholomew School, he played both sides of the ball with many great accomplishments, threw for more than 300 yards in four games, ran 9 kickoffs and 2 punts back for touchdowns, Dan guided his team to the playoffs for the first time in eight years. Dan also excels in the classroom ranking in the top of his class.

I am Dan's coach, and for the first time in my 10 years of coaching, I do believe that an 8th grader is worthy of this honor. Dan is a great leader on and off the field, his teammates all look up to him because of the way he handles himself.

Coach Jim Trost — St. Bartholomew School — Chicago, IL 60641