



# IMPLEMENT CORRECTLY

By *Dr. Greg Shepard*

All athletes regardless of their sport should do the same basic strength and conditioning program, and all coaches should teach the same philosophy.

The worst thing that can happen is where every sport and every coach is off doing his/her own strength and conditioning program, while concepts and philosophies are totally opposite. Sometimes, where egos are so strong between head coaches, the athletes are confused with loyalties tested and the entire athletic program is adversely affected in terms of winning. If all sports would adopt the BFS System, all the athletes would do basically the same program as they changed sport seasons. Teaching time would be reduced, many hassles eliminated, everybody would be pulling for one another and the winning percentage of all sports should be dramatically improved.

I've been to many high schools where the football coach did one program primarily with free weights and the basketball coach would do a little strength training and use machines. The girls coach would say, "My girls are intimidated," and work on a Universal machine. Then, the baseball coach would tell his players, "Hey, weights will screw you up," and do no stretching, running or plyometrics. The multi-

sport athlete is now in a real fix. His loyalties are torn. The baseball coach has unwittingly given the athlete a very real excuse not to work hard or prepare to reach for his potential. It's a tragic story told over and over again. So it's no big surprise when the school does an immediate turnaround after we've set up a unified program at a BFS clinic.

The average high school has seven different flexibility programs or philosophies floating around. The same goes for each broad area of training: agility, warm-ups, strength, stamina, speed and plyometrics. Even if a coach does not include any of the above areas in his/her program, that is a philosophy. If the baseball coach does not make strength training an integral part of his in-season program and never works with his athletes on how to run faster, what is the message being given?

At BFS clinics, we unify the athletic program including all sports both male and female from grades 7 through 12. We give the school the option of calling it the BFS Total Program or naming it after their school mascot. Let's say you're the "Wildcats". Everyone does the Wildcat Stretching Program. The Wildcats would also have a unified agility, strength, stamina, speed and

plyometric program.

The three-sport Wildcat athlete would move smoothly from sport season to sport season without interruption. After football, for example, this athlete would not wait 4-6 weeks to get started on some other weight program but would merely continue his in-season program from day one. If this athlete's winter sport were basketball, his coach wouldn't have to waste time teaching some new and different stretching exercises, but just merely continue the Unified Wildcat Stretching Program.

The junior high would follow the same guidelines. There is no reason a 7th grader cannot do the same stretching, agility, speed program, etc., as the high school athletes. Just think of the advantages, when those young kids, who are maturing and developing on the Wildcat Total Program, get to the high school.

The fact is that less than one percent of all high schools in America are on a true unified program. This means that over 14,000 high schools do not implement their strength and conditioning program correctly. Obviously, our unification principle gives a clear advantage. In fact, because it makes so much sense, our presentations at BFS clinics are always enthusiastically accepted by all coaches from all sports.....□



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