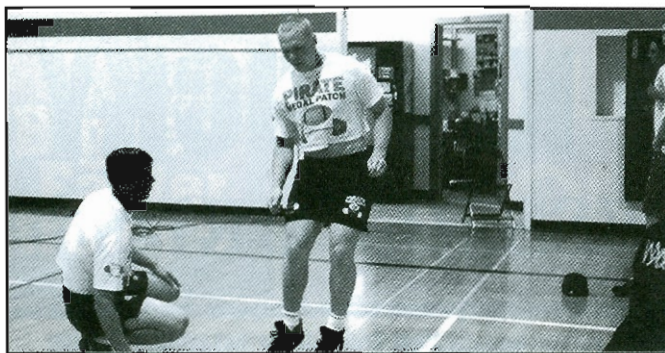
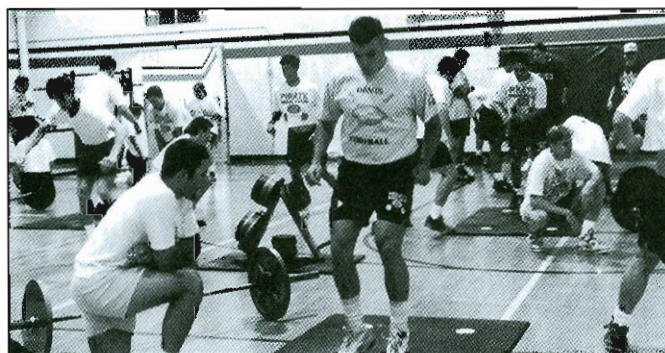


# Bigger Faster Stronger

## Davis High School



1. Cal Davis demonstrates the BFS Dot Drill. He is the 198 lb. State Powerlifting Champion, 1400 lb. total - 600 lb. Squat



2. Everyone experienced the Dot Drill. Shown is All-League player Eric Boukather. Roger Metsker is coaching his teammate.



3. Next, we reviewed the BFS 1-2-3-4 Flexibility Program. Coach Shepard is working on Glute-Lower Back Stretch.



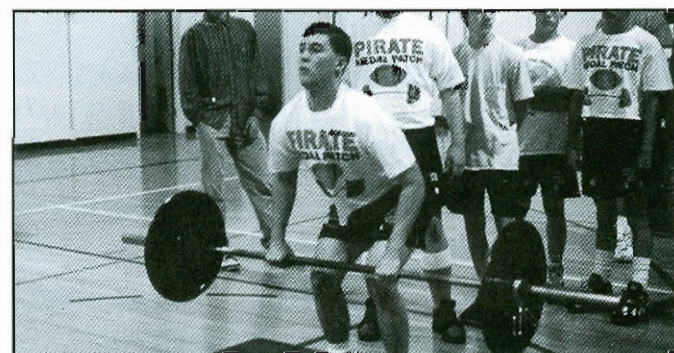
4. Coach Shepard stressing the importance of keeping your chin up at all times during the Clean.

Just before school let out, Coach Shepard did a special clinic in Yakima, Washington at A.C. Davis High School. Assistant football coach and strength coach, Frank Steele, organized the clinic. The clinic was held in conjunction with a physical fitness symposium which was an outstanding event for the entire school.

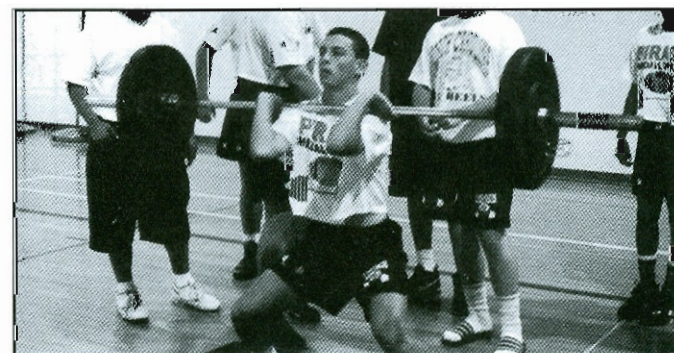
Coach Steele has engineered one of the most outstanding high school strength programs nationwide. His athletes do some amazing feats of strength. Most noteworthy of Coach Steele's style are his positive motivational ideas. He could write a book on the subject. Coach Steele felt for his clinic that we should really stress the Power Clean and the technique of this most important lift.

We had 12 stations. Most of the stations were equipped with training plates or lighter Bumper Plates. The athletes were great. Coach Steele took a lot of photos. I will now make comments just like I did at the clinic. Keep in mind that many of these athletes are young and are not perfect in their technique: they only want to get that way.

PHOTO #5: Stance, knees, chin, head and back are good. Scott needs to rotate his wrists forward to keep the bar closer to his body. His arms need to be straight to utilize his leg and hip power.



5. The Davis Pirate Students split up into 12 Clean stations. Scott Beaudry is shown. What is good? What could be improved?



6. Tim Logan, a Pirate Freshman, racking his Clean. Again, What's good about his technique? What could be improved?



# Power Clean Clinic

## Takima, Wash.

PHOTO #6: Head, eyes, wrists, fingers, bar position on shoulders, elbows, lower back, stance and hips are all very good. Tim's knees need to be directly over his toes. His left knee seems to be pinched in a little.

PHOTO #7: I like Fonzie's chin, head, arm and body position. However, the bar is away from his body: rotate the wrists over the bar slightly.

PHOTO #8: Head, eyes, lower back, stance, grip, wrists and arms are all very good. He's ready to go!

PHOTO #9: Lower right athlete has his chin a little low. Athlete on left looks good.

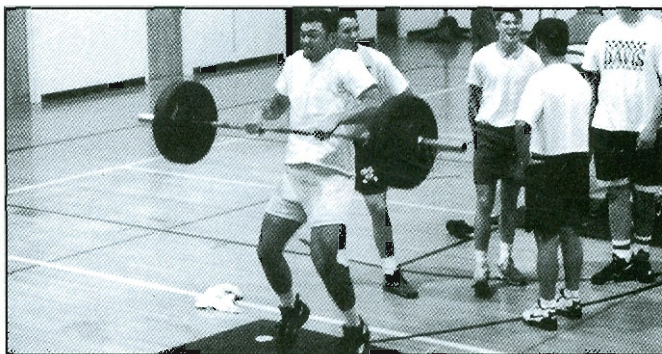
PHOTO #10: It is hard to tell everything accurately but Roger is jumping. That's the most critical phase of the clean. The bar is too far from his body: Again, rotate the wrists over the bar. Roger's chin definitely needs to be higher. His eyes should be up not down.

PHOTO #11: I like everything about Eric's rack!

PHOTO #12: Head, eyes and stance good. Elbows need to whip through high. Bar needs to be on his fingertips and resting on his shoulders. The hips should be back with the lower back locked-in.



9. Shown is five stations. What about the athlete on the lower right? ...the Left?



10. Roger Metsker going for it. How's he doing?



7. Fonzie Ruiz Cleaning. Any Comments regarding his technique?



11. Davis High Linebacker Eric McGaughlin. How's his rack?



8. Ian Mallahan. Freshman tackle, in the starting position. What do you think?



12. Head football Coach Paul Harbeck going from station to station. Any Comments on the athlete in the middle?



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