

SUCCESS AT NORTHFIELD



Members of the 400 lb. Club. Each member can deadlift at least 400 lbs. All members were players on the Northfield Raiders Minnesota Class A state runner-up football team.

BACK ROW: (L - R) **Ben Hause** - 450 lb. Deadlift (All-Conference) offensive and defensive tackle. **Ryan Setterstrom** - 400 lb. Deadlift (All-Conference) offensive tackle and defensive end. **Jeremy Webber** 510 lb. Deadlift (All-State) noseguard and sometimes running back. **Chris Feuling** - 465 lb. Deadlift, center.
MIDDLE ROW: (L-R) **Brent Setterstrom** - 410 lb. Deadlift (All-Conference) Linebacker and offensive guard. **Chuck Van Nostrand** 450 lb. Deadlift, offensive guard and defensive tackle
FRONT: **Mark Streefland** - 500 lb. Deadlift (All-Conference) running back and linebacker

By Scott Sahli:
Strength and Conditioning
Coach Northfield High School,
Northfield, Minnesota

I wanted to drop you a note as a testimony of success to your program and philosophy. Two years ago our school was able to dedicate a beautiful and well-stocked weight room due to the contribution of some wonderful people. They wanted it dedicated to a fine athlete-

ic son they had lost. I was hired and wonderfully supported by a creative athletic director and booster club. Our coaching staff heavily promotes weight training year around in philosophy and by the commitment of practice time. We adopted much of your philosophy and program. The student-athletes dedicated themselves and worked extremely hard all year round.

The hard work paid off. It has resulted in the first conference wrestling championship in the school's history and the first conference title in some time. As a matter of fact the football team was

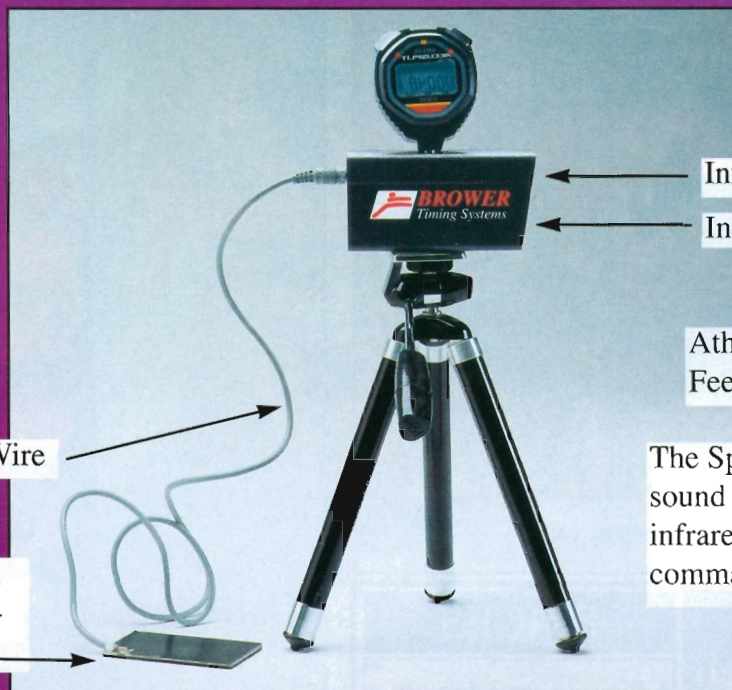
13-1, with the only loss coming in the last game of the year in the state championship. The last game was played in the Metrodome and we lost 21-14 to the defending state champions! The program has paid many dividends beyond these. Our athletes are physical, have great work habits and are confident. Thank you for your guidance and ideas.

Included is a picture of our first 400 pound club. Most have since broken these records and our efforts and performance on the bench press, squats and power cleans have kept pace.....□

SPEED TRAP I

AT LAST AN ACCURATE SHORT DISTANCE TIMING DEVICE AT A GREAT LOW PRICE!

- Times Distances 1-50 Yards, Fully Automatic.
- Accurate To 1/100 Of A Second
- Portable In Small Carrying Bag - Easy To Set Up
- Unit Has 42" Tripod
- Times Accurately In All Lighting Conditions, Indoors Or Outside!



50 Yard Timing Wire

Infrared Emit Lens

Infrared Receive Lens

Athlete Must Pass Within 8 Feet Of The Infrared Beam

The Speed Trap I buzzer will sound when a person crosses the infrared beam and send a stop command to the stopwatch.

Place hand or foot on start pad, when hand is released the stop-watch starts.

Complete Package **\$329**

BFS 1-800-628-9737

SPEED TRAP II

WIRELESS TIMING SYSTEM - EASY TO USE

- Six Memory Capacity Records Reaction Time, Splits, and Finishes Over Any Distance.
- Wireless, Fully Automatic
- 1/100 Second Accuracy
- Eliminate Human Error
- Fits Inside Carrying Bag, Light & Easy to Set Up.

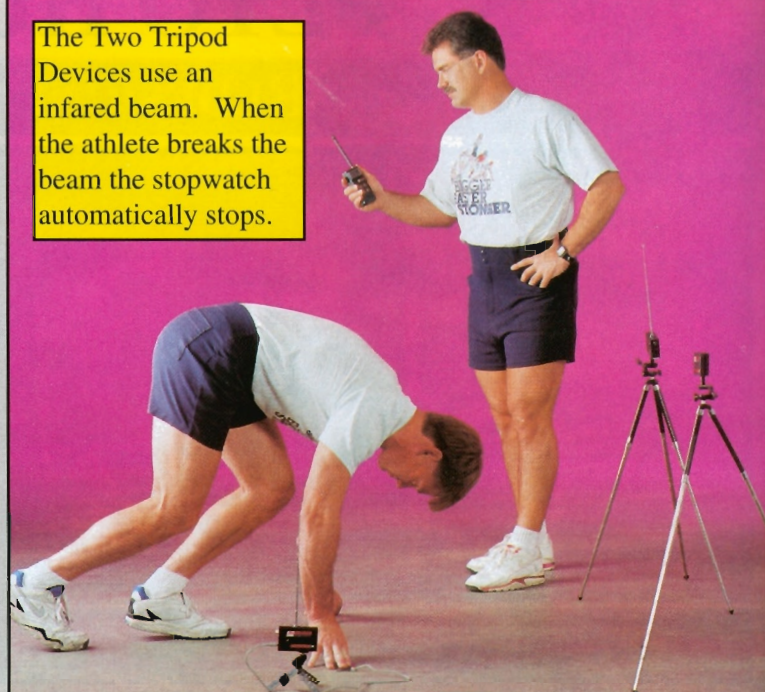
COMPUTER WATCH

Measures reaction and sprint times automatically with complete accuracy. You don't even need to push any button. You can get precise times on any distance from one yard on up. You can hold the watch at the start or finish or anyplace in between. You can even move around with it as you coach. It's amazing! All you do is read the time.

THE TOUCH PAD START

The starting device starts in two different ways: (1) When your hand moves, the clock starts. (2) Hear three beeps signifying "Ready - Set - Go." On the third beep, the reaction clock starts. The instant the athlete moves, the reaction clock stops. Of course, the sprint clock also gives you the total time for your distance.

The Two Tripod Devices use an infrared beam. When the athlete breaks the beam the stopwatch automatically stops.



Complete Package **\$819**