

BFS SUCCESS STORIES

Johnson City High School Wins Again!



Football Coach Al Brunetti had BFS Clinician Bob Rowbotham out to New York. He writes, "Our clinic last year met with great response. After returning only 6 senior lettermen, we were still able to win our division for the second year in a row. The tradition and pride has returned."

Coach Brunetti's son A.J., a junior, made our BFS Honorable Mention Team. A.J. is a 3-sport athlete who works out every morning at 6:30 a.m. and has still maintained a 4.0 GPA after 5 semesters in college prep courses.

A.J. started on the BFS program at age 9, by doing pushups, sit-ups and the BFS Dot Drill.....□

QUITTING IS NO OPTION

For those of you who follow the BFS Set-Rep System. We've always said on your last set, you do the prescribed number of reps or more if you can. "You go until you puke."

Coach Dixie Jones from Trigg County High School in Cadiz, Kentucky writes about his junior tackle Kenny Allen, who made our Southern State All-Sectional Team.

"On Kenny's last set on the Parallel Squat, he was supposed to do two or more with 355 pounds. He did 9 reps and could not walk the bar back to the rack. He did 9 reps and could not walk the bar back to the rack. We had to help. After racking the bar, he vomited. Kenny literally squatted until he vomited. This was first! It's the best way to describe the type of work ethic Kenny has. After words, he came back and finished his other exercises."□

McCLUER NORTH HIGH SCHOOL GOES TO MISSOURI STATE FINALS

Greg Shepard did a BFS clinic for football coach Jim Schottmueller of McCluer North High School in Florissant, Missouri.

"Greg, if we go 6-4, I'll be happy," stated Coach Schottmueller after his clinic. "We have a lot of young kids."

Well, they lost one early on but then they just kept winning. Toward the end of the season, they played the #1, 3, and 4 teams in Missouri. The #1 team was nationally ranked in the top ten in the USA Today Poll. They played these teams in a two week period and beat all three.

They entered the State Final 5-A Missouri Championship game with a glossy 12-1 record but lost to perennial power Jefferson City High School, who ended up being ranked 21st Nationally.....□

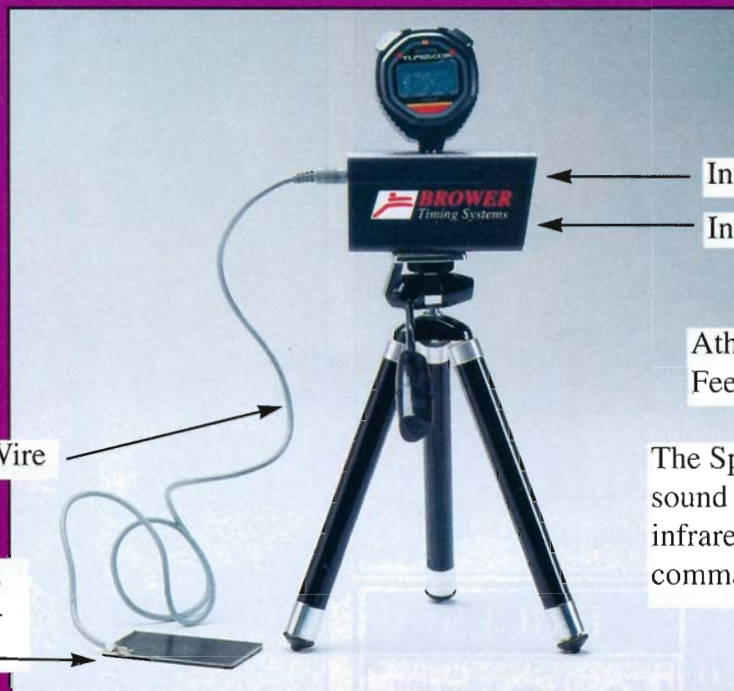
CAN YOU BEAT CHIP STEWART?

Chip is a freshman football player from Gardner-Webb University in North Carolina. He did 26 reps with 225 pounds on the Bench Press. If you can top that, drop us a line. (Must be verified by a coach).....□

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!



Infrared Emit Lens

Infrared Receive Lens

Athlete Must Pass Within 8 Feet Of The Infrared Beam

50 Yard Timing Wire

Place hand or foot on start pad, when hand is released the stopwatch starts.

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

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.

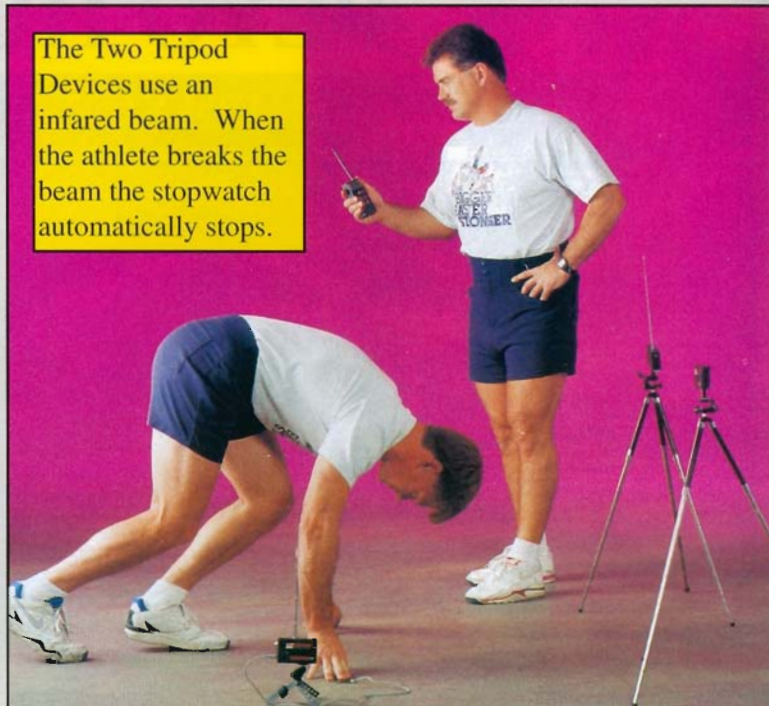
COMPUTER WATCH

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 anywhere 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**