



# BFS Baseball Goes

# PRO

BY **ROBIN JENNINGS**

Learn winning baseball techniques from professionals

Former major league players are taking baseball training to the next level with motion analysis and the BFS Baseball Total Program. This comprehensive, unique program promises to significantly improve all aspects of baseball performance. The BFS program will make you run faster, throw farther, hit harder and become more explosive. You will win!

BFS Baseball has assembled a tremendous staff of professional players with over 70 combined years of coaching, playing, scouting and training experience in order to provide you with the best instruction possible. The staff at BFS Baseball are committed to providing you with leading-edge information and technology to take your game to the next level. Baseball is our passion and we are committed to making it yours. Join thousands of high school programs already winning with BFS. Here's how we do it.

BFS Baseball begins with the premise that the great game of baseball can be broken down into the following five basic skills:

- Hitting for Average
- Hitting for Power
- Defensive Ability
- Arm Strength
- Speed

With these skills in mind, BFS Baseball has created these developmental programs to address each skill.

- The BFS Total Hitting Program teaches the proven hitting mechanics of today's Major League players. The BFS program provides superior instruction along with visual training to improve bat speed, power potential and batting average.
- The BFS Total Pitching Program develops sound pitching mechanics, provides knowledge of in-season and off-season physical preparation and prepares pitchers to be mentally successful. The goal is to make pitchers become their own best coaches, as well as increase their understanding and enjoyment of the game.
- The BFS Total Fielding Program is the definitive guide to becoming a more confident and successful defensive player. The program begins by providing you with an inside look into proven MLB fielding techniques, using an easy-to-understand style to break down the proper footwork for all ground balls and demonstrate accurate throwing mechanics. It further provides a complete guide to turning the double play, explaining proper fly ball footwork, and developing a big-league mental approach. The BFS Fielding Program is

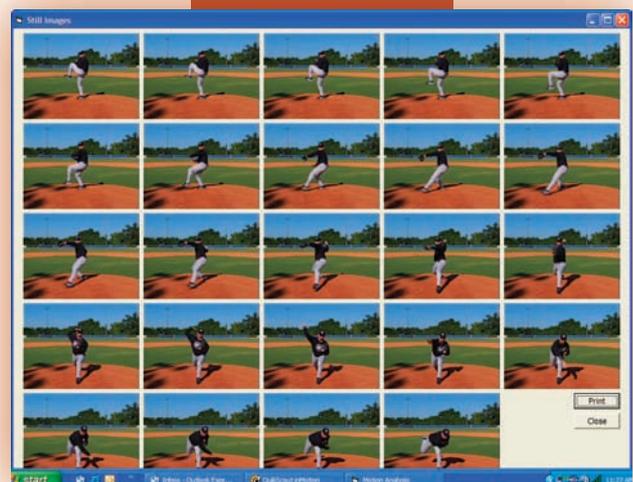
## FIELDING



## HITTING



## PITCHING



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The BFS Baseball Total Program significantly improves all aspects of baseball performance. The BFS program will make you run faster, throw farther, hit harder and become more explosive. **You will win!**

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**BASEBALL is our passion** and we look forward to making it yours! Join 7000 high school programs already winning with BFS!

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ideal for experienced coaches, interested parents and enthusiastic players looking for the competitive advantage.

- The BFS Total Catching Program covers proper positioning, receiving, throwing and blocking, as well as proper technique and execution of all in game fundamentals.

Sports are meant to build character and teach life lessons through desire, discipline and dedication. Existing baseball programs available to athletes are legitimate programs that have proven effective by elite athletes. However, these programs show a growing trend that focuses on having individual athletes stand out and impress, instead of improving the overall program. This has been a setback to the game as a whole. BFS firmly believes there is a direct relationship between the rise in high school and youth

sports injuries and young athletes putting too much stress on their bodies – they try to participate in these programs without a proper foundation of strength. Without building strength through hard work and proper technique, elite programs are ultimately useless and possibly detrimental. BFS Baseball offers a total package that includes building a foundation of strength and incorporating all aspects of training.

The framework for BFS Baseball is through individual instruction using Qwik Scout™ motion analysis software, utilizing the BFS website to increase exposure and participate in online instruction, as well as offering instructional DVDs. After that, the clinics come into play – that's where we, as former major league players, travel to your facility and conduct on-site skill development training sessions exclusively tailored for your program's needs. Skill development programs are offered at



## Robin Jennings: An Insider's Look at Pro Baseball

**FEATURE STORY**

A former pro ballplayer talks frankly about getting the edge in baseball

Born in Singapore in 1972, Jennings had early success in high school as he achieved his goal of being all conference, all region, all state and all metropolitan. He signed a full athletic scholarship to Florida State University after two years at Miami Junior College, yet decided to go professionally instead. On April 19, 1996, when he was 24 years old he got called up to the big leagues by the Chicago Cubs. Now he is devoted to his life as coaching to be one of the best coaches in the world.

In his exclusive interview, Jennings opens up about the realities of the sport, from the correct consensus of how the game is changing in the areas of strength and conditioning.

BFS Looking back at your career, if you could do something differently, what would it be?

JENNINGS: I would have trained smarter in the areas of flexibility, strength and recovery. I was always dedicated to training, but I did some things that were not the optimal in harmful to my body. If you were to talk to some of the players and coaches that I've worked with, they would say that I was injured more. At the time, I just felt like I played the game hard and you had to play – now I know better.

BFS: Are kids who want to play pro baseball getting the right sort of guidance?

JENNINGS: On one hand, I believe there is enough information out there right now about how young people should train for baseball – that is, doing things that are fundamentally sound for their particular level. But too many kids are already worrying about what the pros are doing. It's like to see young people get back to the fundamentals and a foundation in strength.

BFS: What is your general philosophy about achieving success in baseball?

JENNINGS: This is going to sound very obvious, but baseball is a repetitive, monotonous sport, and working on the fundamentals is what it takes of success. It's all about muscle memory and repetition.

BFS: In the past, many baseball players thought there would be too much

### FEATURE STORY

Robin Jennings talks about his career and the challenges of being a professional athlete.

BFS: How did you get into baseball?

JENNINGS: I was born in Singapore, and I moved to the United States when I was 12. I played baseball in high school and college, and then I was drafted by the Chicago Cubs.

BFS: What was your experience like in the majors?

JENNINGS: It was a mix of excitement and pressure. I had to learn a lot about the game and myself in a short period of time.

BFS: How do you stay motivated during tough times?

JENNINGS: I focus on my goals and the love of the game. I also surround myself with good people who support me.

BFS: What advice do you have for young players?

JENNINGS: Stay focused, work hard, and never give up. The game is a long journey, and you have to be patient.

### FEATURE STORY

Robin Jennings shares his thoughts on the current state of baseball and the future of the sport.

BFS: How do you see the future of baseball?

JENNINGS: I think the game is evolving, and there are challenges ahead. But I believe in the passion of the players and fans, and that's what will keep the sport alive.

BFS: What role do you see for coaches and trainers?

JENNINGS: They are crucial in helping players reach their potential. They provide the structure and guidance needed to succeed.

BFS: How do you balance your professional and personal life?

JENNINGS: It's a constant juggle, but I try to stay organized and prioritize my time. Family and friends are always a top priority.

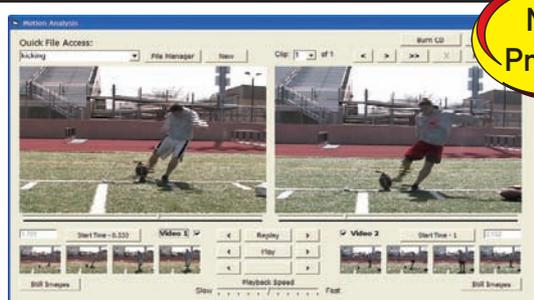
Robin was featured in the November/December 2006 issue of BFS. This article, along with an archive of hundreds of other articles, will soon be available on the BFS website, [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com).

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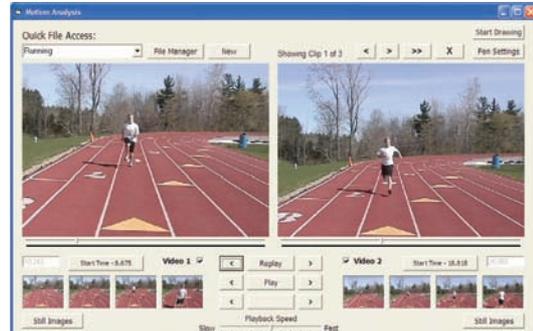
Football Technique



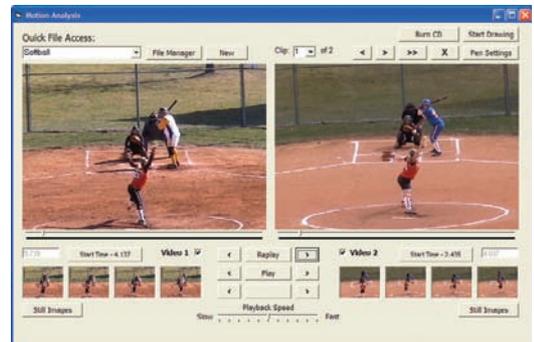
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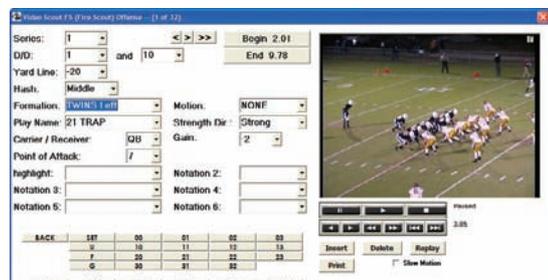
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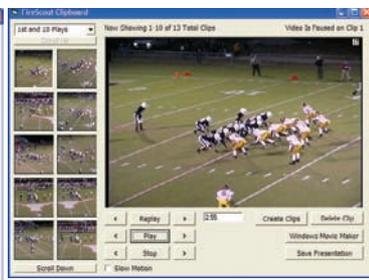
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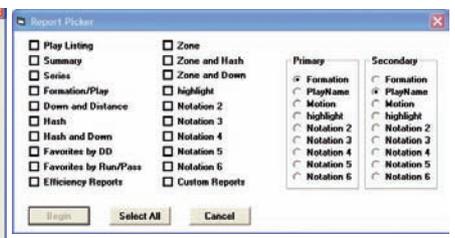
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3. SPREAD THE CHEST
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5. KNEES ALIGNED
6. EYES ON TARGET

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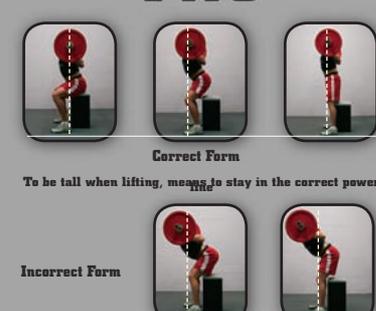
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**ATHLETIC OR JUMP STANCE**

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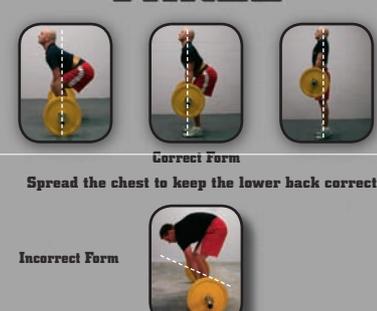
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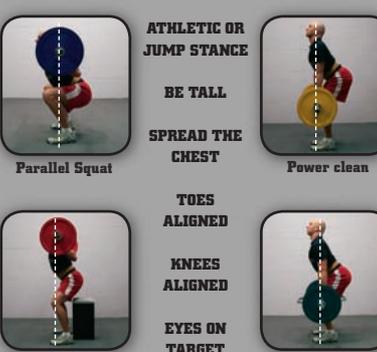
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**POWER LINE**



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all levels, starting with beginners, for the middle school level; intermediate, for the high school level; and advanced, for top high school and collegiate athletes; and finally, elite, for professional players.

BFS Baseball incorporates the latest training techniques with proven old-school principles. BFS would like to do its part to help redirect high school and youth training programs away from focusing on individual interests and toward achieving a common goal. The ultimate goal is to win a championship as a team for the school or organization.

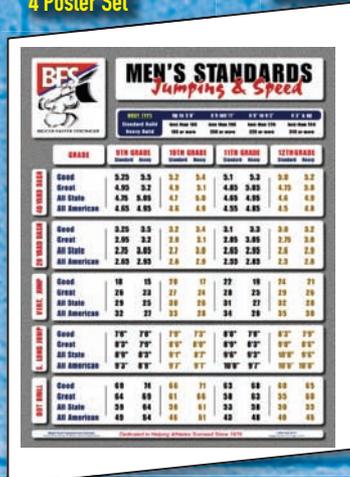
With the foundation of the proven BFS system, professional instruction and 21st century technology, BFS Baseball is committed to assisting athletes, dramatically improving talent, greatly reducing injuries and instilling passion. We look forward to helping you achieve your goals and dreams. BFS



BFS President Bob Rowbotham welcomes Robin Jennings to the BFS Team. Robin is now the head of our BFS Baseball Program.

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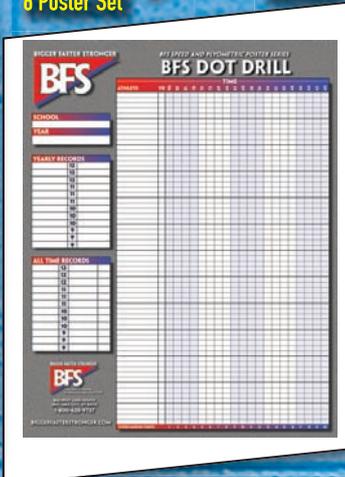
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