

## PLAYER PROFILES

### Kathy Leither



Kathy Leither is a very special senior at Rocori High School in Cold Spring, Minnesota. First, she's smart, with a 3.71 GPA and career aspirations in sports medicine. Next, she is strong, able to bench press a school record 180, squat 275 for two reps, Hex bar deadlift 345, power clean 131 for 8 reps, and do 28 consecutive dips. And she is a great athlete, participating in softball and cheerleading. As a catcher, last season she had a .516 batting average, with a .484 lifetime, and was all-area, all-conference, and the



team's MVP. She has also won many cheerleading awards, such as the Minnesota State cheerleading coaches' honors award.



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### Samuel Harvill

On March 1, 2007, Samuel Harvill bench pressed 405 pounds, and then two minutes later did 225 pounds for 33 reps. What makes these feats even more impressive is that Samuel was only 14 years old at the time! According to Caleb Perry, the strength coach at Shiloh Christian School in Springdale, Arkansas,



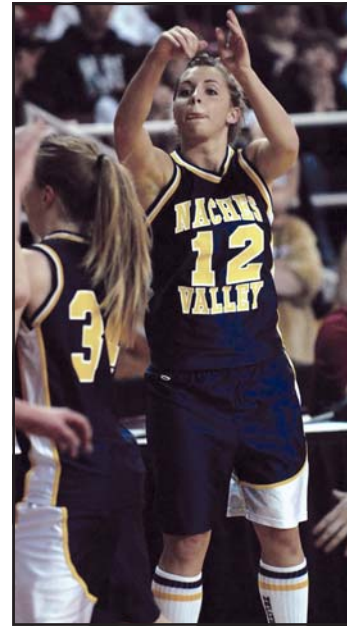
Samuel has also squatted 415, dead-lifted 500 and power cleaned 225. What's more, during that same month, Samuel participated in the Schuman's National Underclassmen Combine and, out of 400 freshmen, was selected as MVP: He ran a 5.1 forty, broad-jumped eight feet, and ran a 4.9 shuttle; then he set a bench press record by lifting 150 pounds for 48 reps! Samuel is six feet tall and weighs 240 pounds, all muscle.



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# Monique Wickenhagen

Senior Monique Wickenhagen plays basketball at Naches Valley High School in Naches, Washington. Monique's team went from 1-19 in 2005 to an appearance in state the following year. Her coach, John Hallead, says that Monique is dedicated to the BFS program and has broken two school lifting records. At a bodyweight of 143 pounds, Monique has recorded these best lifts and field testing results: bench press, 135; squat, 280; clean, 150; vertical jump, 25"; Dot Drill, 57 seconds; 20-yard sprint, 2.77 seconds. She carries a 3.9 GPA.



## NEW PRODUCTS

# Mirror, Mirror, on the Floor, Platform, etc.



BFS Senior Vice President Rick Anderson usually takes his time before deciding to introduce a new product into the BFS equipment line, but he was immediately sold on the *Teaching and*

*Training Mirror*. It's an adjustable, portable mirror made of acrylic with a large 2' by 4' viewing area with a solid back that ensures minimal distortion. But what really sets this baby apart is its two adjustable horizontal and vertical gridlines that provide a reference of your body position. For example, the unit can be placed in front of a squat rack to determine if the athlete is shifting to one side during the exercise, a fault that places an athlete at a high risk of a groin injury. Or you can use it outside so that baseball players can check their batting stance – the uses are endless.

The *Teaching and Training Mirror* (#323280) is available through BFS for only \$299.00.

