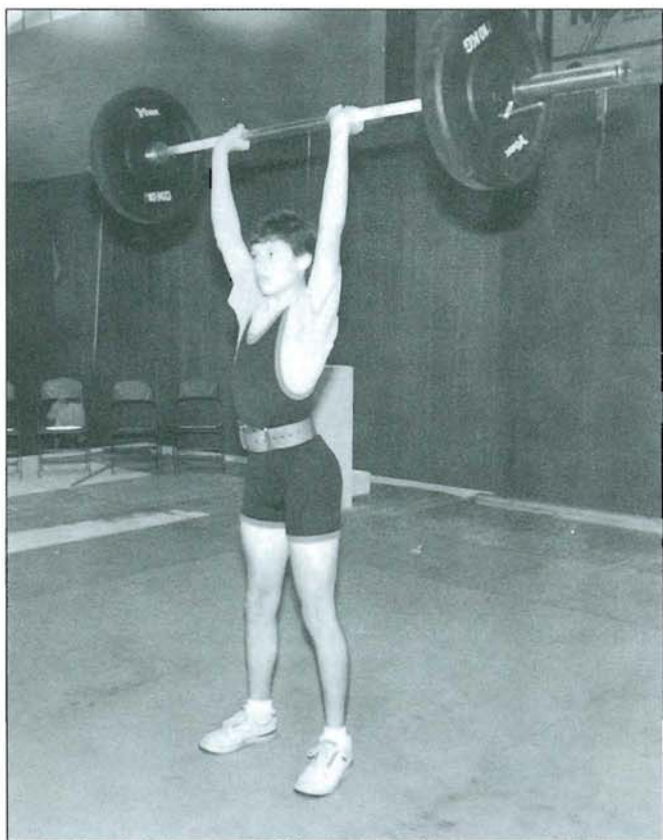


MAKING THE TRANSITION

Continued from the previous page



*Matt has jerked 115 pounds.
It's a lot easier than most coaches think.*

Matt's confidence and abilities took some major jumps. As of July 15, the official end of his 7th grade year, his marks were as follows: Bench, 125; Clean, 135; Snatch, 82 1/2; Clean and Jerk, 115; and Squat, 205. His body weight jumped from 100 to 125 pounds. In August, 1987, Matt could barely throw a wobbly, 10-yard pass. He can now throw an accurate, 35-yard pass with a quick release. Obviously, I'm real proud of him.

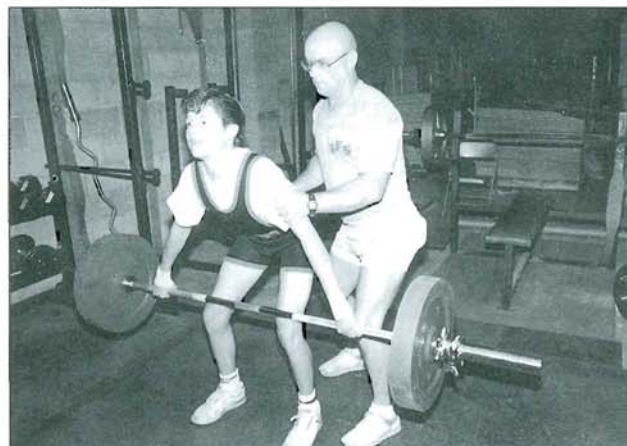
It is also obvious that every junior high school should offer this program, or something similar. The weight workout for groups takes only about 30 minutes twice per week. An individual takes even less time. The teaching of our BFS 1-2-3-4 flexibility program is easy and it's easy to do. A lot can be done at home. Teaching sprinting technique and plyometrics are also easy. The main thing is to consistently reinforce correct form. Much of the program can even be taught in conjunction with other physical education units, like basketball or softball. So much can be accomplished with only five minutes per day of teaching time. Go for it. Catch the Vision!

Now one final thought on Matt. During a workout in late July we walked the track together. Matt seemed a little down. I put my arm around him and said, "Son, am I pushing you too hard? If I am, just tell me to back off."

He replied after a moment of thought, "No, Dad, just keep pushin." I hugged him a little tighter. "Let's knock off a little early tonight. How 'bout a milkshake?"

Matt grinned and nodded. After all, he's only thirteen.

OLYMPIC WEIGHTLIFTING A GREAT IDEA!



*BFS Clinician Jim Brown coaching Matt Shepard on the
Power Snatch movements.*

We at BFS strongly recommend that all coaches get involved in Olympic Weightlifting. It's a fun and challenging sport. The Olympic Lifts also help build an athlete's explosive power. The vast majority of coaches are intimidated by the Snatch and Clean and Jerk. I used to be like that. However, I found out that an athlete can compete very well on the Snatch by doing a Power Snatch. You don't have to drop down with your butt one inch from the floor. A Power Snatch is similar to a Power Clean in many respects. The Clean and Jerk is even easier. Just do a Power Clean like most athletes are already doing. Then dip, launch the bar upward, split the feet explosively, and you have the jerk part of it.

Hardly anybody Olympic Lifts anymore so you don't have to do much to get national recognition. For example, a 16-year-old, 165-pound athlete can be ranked in the top 25 in the nation with a 135-pound Snatch and a 200-pound Clean and Jerk. If an athlete weighs over 181, it's even easier! Just Snatch 135 and Clean and Jerk 170 pounds.

What you read is not a misprint. It's that easy. What it means is that every high school has the capacity of having every member of a 10-man team ranked in the top 25 nationally. Obviously, that can do wonders for your program, not to mention the increased self-concept improvement for the individual.

HOW TO GET STARTED

Bigger Faster Stronger is initiating a Three-Phase Program to help coaches get started in Olympic lifting Competition.

Phase I: The High School Clean and Jerk Competition.

This competition phase lasts six weeks beginning next February. This program is funded by a grant from the U.S. Olympic Foundation. All you do is Clean and Jerk during a

Continued on page 16

OLYMPIC LIFTING: A GREAT IDEA

Continued from page 12

physical education or weight-training class. You don't have to go to a contest, just do it as part of a class. There are some nice prizes, such as T-Shirts, Medals, and Certificates for participation. Top prizes include a 310-pound Olympic Barbell Set for a school.

For free information on how to get involved and technique videos, write: U.S. Weightlifting Federation, 1750 East Boulder, Colorado Springs, CO 80909, (303) 578-4508.

Phase II: The BFS Olympic Record Board.

We will begin keeping national records on January 1, 1989 in the Snatch, Clean and Jerk, and Total. Your athletes must do these lifts in an intramural meet, a meet with other school(s) or in an officially sanctioned meet. Athletes get only three total attempts on each lift with an individual's best Snatch and Clean and Jerk recorded as the total. To be eligible for a national BFS record, an athlete must have a 2.0 minimum GPA and be a member in good standing in at least one of the following team sports: football, basketball, wrestling, track, or baseball. All results must be verified by an official coach or school administrator.

Three age groups will be used: 14 and under, 15 - 16, and 17 and over. Weight classes are as follows: 123, 132, 140, 148, 157, 165, 173, 181, 190, 198, 220, 220+.

Phase III: A Fully Sanctioned Meet.

You should now be ready to compete in a fully a

sanctioned U.S. Weightlifting Federation meet as a U.S. Registered lifter. If you don't know your local weightlifting official, you may write or call the Colorado Springs office listed in Phase I. They can tell you about upcoming meets.

To summarize succinctly: Phase I, Clean and Jerk in P.E. class; Phase II, do both lifts in an Intramural meet; Phase III, compete in a fully sanctioned meet.

Olympic Lifting: A Great Idea!



Stefan Fernholm with a 275-pound Power Snatch. Stefan will begin a series of articles to teach just how easy the Power Snatch can be.

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