

# THE BFS CLINICIAN STAFF

## BIGGER FASTER STRONGER



**EVAN AYRES • Northwest Director**

Bachelor of Science Degree • International Sports Science Association: Certified • Shorecrest High School Assistant Football and Track Coach Football - Offensive and Defensive Line Coach Track - Throwers • University of Arizona: Designed strength, conditioning and speed development programs for varsity athletes. • Coached Professional Athletes in NFL, NBA and MLB • Central Washington Univ. Head Track Strength and Conditioning Coach



**GREG SHEPARD**

PRESIDENT

**RICK ANDERSON**

VICE-PRESIDENT

**BOB ROWBOTHAM**

VICE-PRESIDENT



**JEFF SELLERS • MID-WEST DIRECTOR**

• Strength and Conditioning Coach at the Univ. of Evansville 1990-00 • 2001-Current Full Time BFS • Trained over 3,000 athletes, male and female in 15 different sports • Coached U of E Powerlifting Team to back-to-back National Championships in '94 and '95 • NSCA, Certified CSCS • USWF, Olympic Lifting Certified USWF I • 1987 APF World Record holder in the Squat • Won 1987 IPF Powerlifting World Championship •



**BOBBY POSS**

M.S. Degree from Indiana State University • 28 years head football coaching • 241 wins 89 losses 1 tie 5 North Carolina 4-A State Championships • 02,99,91,86,84 • Lead three different 4-A schools to the State Title • South Region Coach-of-the-Year (NFCA) 2000 • North Carolina Coach-of-the-Year 01,99,91,89 • Shrine Bowl Head Coach 1998 • Twelve Conference Championships • Sixteen times to the State Playoffs •



**MARK BECKHAM**

• Head Football Coach and Strength & Conditioning Coach at Oxnard H.S., Oxnard, CA • 23 years coaching Football, Basketball, Baseball & Track in OK, TX & CA • 14 years head coaching experience • Implementing BFS System since 1988 for all sports • Turned around 3 losing football programs • Teams have made playoffs 13 of last 14 years, including 3 semi-final appearances, 2 title games appearances and one CIF Title • CIF Coach of the Year, 1996 • Clinic speaker at several renowned Sports Clinics •



**DENNIS DUNN**

• Head Coach at national power Evangel Christian Academy in Shreveport, LA • 5 State Championships '93, '94, '96-'98, '99 • *USA Today's* Super 25 1996 thru '99 • QB's have averaged 350 yards per game over the last 8 years • Heads the Unified Strength & Conditioning BFS Program for all Boys & Girls Sports at Evangel • 14 Coach of the Year Awards • Record at Evangel is 115-8 • Overall record is 135 -26 (60-0 over last four years) • Has masters in education • 1999 team crowned National Champions by FOX News •



**JEFF SCURRAN**

• Turned around 5 losing programs and put them into playoffs by 2nd year • Coached Tucson's Sabino High to the 1990, '92 & '98 Arizona State Championship, and a top 20 USA Today ranking • Motivational speaker for business, school organizations and athletics • Won over 80% of all games coached in 5 sports, including women's athletics • Specializes in Power Cleans and Total Lifting Programs for all athletes • Dynamic, emotional, team-oriented speaker • New Head Football Coach at Pima College in Tucson •



**BOB BOZIED**

• Coached Football in Five Different States • Football 4-A Coach of the Year in Colorado at Adams City High • Football Coach of the Year at Riggs High in Pierre South Dakota • Turned 2 Losing Football Teams into Winners • Assistant Coach at Augustana College for 7 Years with Two Division II Playoff Appearances • Head Football Coach at Arvada High in Colorado • Has Implemented the BFS Program the Last 10 Years at Two Different High Schools •



**LEN WALENCIKOWSKI**

• Strength and Conditioning coach at Miami Southridge High School since 1979 • Coached high school football and wrestling for 20 years • Coached 18 pro football players, over 30 Division I football scholarship players and over 100 other college football players • Coached 5 track All-Americans and over 18 pro baseball draftees • Coordinates the BFS Program for 25 varsity sports & all P.E. classes at Southridge • Southridge football was the best in Florida in the 1990's •

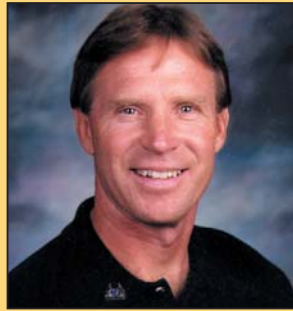
# THE BFS CLINICIAN STAFF



**NEW CLINICIAN**

**DOUG HOLLAND**

- Current football coach at Pima Community College, AZ • Has worked extensively with at-risk students • Defensive coordinator at Sabino High School • Winner of 4A State Championship in 1998 • Contracted curriculum developer and lecturer • Was Assistant Principal of Activities at Sabino High School • Has won state championships in football, baseball, softball, swimming and soccer • Won three state awards in six years for most outstanding athletic program in Arizona • Has worked with and implemented the BFS program for over 10 years



**RICK BOJAK**

- Has been coaching and teaching since 1975 • 2 Master degrees from Univ. of Utah in psychology and physical education • Turned around two high school football programs from winless records to champions • Named Football Coach, Citizen and Utah Teacher of the Year in 1995 • Took a 0-22 team to the 4A state finals after only one year • His football teams have won 10 region titles and played for state titles • Coached at three Universities • Head coach at brand new Riverton H.S. in Utah •



**DOUG EKMARK**

- Vertan BFS Clinician has a history of turning programs around and developing winning traditions • Head football coach at Park High School, Mimmesota • Has been head coach in football, basketball and baseball at the collegiate level • Has Masters degree • Has done BFS program since the late 70's •



**NEW CLINICIAN**

**JOHN ROWBOTHAM**

- Assistant Strength & Conditioning Coach at University of Utah working with football, and baseball • Used the BFS program for 11 years while competing as an athlete • Part of three state championship teams in football 95-97 • Played for Univ. of Utah '00 named Special Teams Most Inspirational Player • Played for P.L.Univ. 01-02, Named Team Most Inspirational Player. • Head Strength Coach Olympus HS, UT & Washington HS, WA. •



**JIM BROWN, BFS NATL SALES REP**

- A BFS Clinician since 1987 • Dynamic and Motivational Speaker • Coach Brown can teach the Total BFS Package in easy-to-understand terms • Coached four major sports for 20 years at all size schools • NSCA & USA Wt. Member • Has done BFS Clinics from Coast-to-Coast • Expert in organizing the Total BFS Program for any high school situation and for any sport during the in-season or off-season. • Has 450 kids in his daily program •



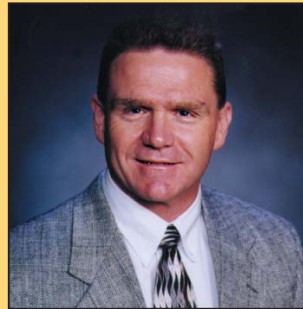
**ROGER FREEBORN**

- A 20+ yr. BFS veteran • Coached Football Conf. Championship Teams in 6 states over 35 years • His Oregon record is 70-15 with 6 conf. championships, 6 playoffs and 1 State Championship • Has MS Degree in Leadership • Expert in Motivational Psychology • Has coached boys & girls track and basketball plus boys baseball, softball & wrestling • Strength coach for Nat. Champion Cristy Ward • Most Recently turned a 9-20 team into 23-5 two-time Conf. Champion.



**MANDY EAKIN**

- Featured in the BFS Video "The Total Program for Women" • Attended S.E. Missouri State as a Student Athletic Trainer for Football, Baseball, Track and Basketball • B.S. in Heath Management /Athletic Training • A.T.C. • C.S.C.S. • Has done BFS Clinics in many states for over 11 years • Manager of an Aquatic & Fitness Center in Poplar Bluff • Strength Coach for Three Rivers Community College Female athletes • U.S. Weightlifting Association Club Coach Level One •



**RICK TOMBERLIN**

- Head Football Coach and A.D. at Washington Co. HS in Georgia for the last 10 years • Earned 29 Coach of the Year Awards • Set the GA single season scoring record with 630 points (42.2 pnts/game) • AA State Champs in '94, '96 and '97 • Has had a total of 84 players sign football scholarships • Coached 6 All-Americans • Selected as Pres. of the Georgia A.D. Association in '97 • Won 115 games in 10 yrs (state record for same school) •

**See BFS Clinician Patty Hagemeyer on page 73**



**RAY COSENZA**

- Assistant Principal and Head Football Coach at Fitchburg High School, Massachusetts • Record at FHS is 97-36-1, including 8 Super Bowl appearances, 5 league championships, and 3 State Division 1 Super Bowl Championships '91, '96, and '00 • Masters degree in counseling and psychology • Played professional baseball in Holland for 4 years • Coached varsity baseball for 15 years • Has implemented BFS program since 1991 and has hosted 5 clinics in that time •

# BFS CLINICS

AN ALL-DAY ATHLETIC TRAINING EXPERIENCE AT YOUR SCHOOL

OVER 360 HIGH SCHOOL STATE FOOTBALL CHAMPIONSHIPS HAVE BEEN WON AFTER A BFS CLINIC!

*"The Best Kept Secret For Winning In America"* "I Wish I Had Discovered BFS Clinics Earlier"

**"We Won!!!"**

*"Inspired, Motivated and Rewarded a Wonderful Day!"*

*"We are a Unified School and are Winning Everywhere"*

## AMAZING CLINIC RESULTS!!!

To say the least our BFS Clinic was the beginning of something great for our football program. Within three months, our off-season program produced fourteen 1,000 pound club members where we were only able to previously produce one or two. The BFS Program lead to many positive changes in our athletes self image as physical, fast football players.

*Chuck Warden  
Head Football Coach  
Loveland High School, OH*

Our BFS Clinic was everything we had hoped for and more! I see the athletes working harder on technique and encouraging each other more than prior to the clinic (especially our girl athletes). The coaches who participated all expressed that it was very informative and beneficial to them.

*Ed Rohloff  
Head Football Coach  
Custer County HS, MT*

On behalf of the entire North Scott Athletic Program I want to thank you for the tremendous job that you did. Our kids and coaches are still buzzing about the clinic. The professionalism you showed was a great example to our coaches and the enthusiasm that you showed to our kids was a great selling point for the BFS Program.

*Randy Schrader  
Head Football Coach  
North Scott High School, IA*

I have been doing the BFS program for 2 years now. By having the clinic I found out what I was doing wrong and how I can improve myself. The program has helped me in many ways. I have been on the Varsity team for 2 years and I'm only in the 9th grade. I enjoy doing your program. Thank you!

*Andrew Gould  
Football Player*

I have to share with you the tremendous feedback we have received from the coaches in attendance, students, athletic director and the parents. The phone has been ringing off the hook with positive feedback. The clinic was both informative and motivational. It had a significant impact on my athletes.

*Coach Bob Butler  
Tappan Zee High School, NY*

I loved our BFS Clinic! I learned more in this one day than I have in all the other clinics I have been to put together in my entire life.

*Coach David Gonyar  
Buck Sport High School, ME*

**TURN THE PAGE FOR  
THE COMPLETE  
CLINICIAN STAFF.**

# Every Clinic Attacks Three Areas!

## **1** INSTRUCTION!

Agility, Flexibility, Strength, Speed, Jumping, Nutrition, Skills, etc. Every athlete and coach will gain an amazing level of knowledge in all areas of strength and conditioning.

## **2** INSPIRATION!

“The time I spent with BFS was the best thing I have ever done for my school”  
At our Clinics, we share incredible stories to inspire every athlete and coach.

## **3** UNIFICATION!

In the average high school, a three-sport athlete will have to learn three different ways to stretch. Each clinic has a special coaches session to get them on the “same page”.

Last year our  
Clinicians did over  
300 Clinics  
Nationwide!

## Select a 1, 2 or 3 Day Clinic

### 1 Day Clinic

- 1 to 2-hour Coaches session with all coaches both boys and girls grades 7-12 represented.
- Six to Seven-hour session with athletes and coaches usually from 9 to 5 pm.

### 2-Day Clinic Camp

- Usually from 3 to 9 pm on Friday and then from 9 to 5 pm on Saturday.
- Offers an in-depth full workout experience in all areas of strength and conditioning.

### 3-Day Clinic Camp

- Similar to the Two Day Clinic with six to eight additional hours of more intensive instruction.
- An experience your athletes and coaches will never forget!

## Costs & Reservations

ADD THE “BE AN 11”  
SEMINAR TO YOUR  
BFS CLINIC.  
-See pages 12 & 13-

### ◆ Reservation Procedure

1. Call BFS at 1-800-628-9737 to discuss your needs with our Clinic coordinators.
2. With your coaching staff, select a date to schedule you Clinic.
3. Call BFS to get your date approved and entered on the calendar.
4. Send (We highly recommend 4 weeks before your clinic date) your \$600 reservation fee to schedule a BFS clinician and to lock-in your clinic date!

AVAILABLE DATES AND  
CLINICIANS GO FAST  
SCHEDULE NOW!

### ◆ Clinic Costs

**Reservation Fee:** All BFS Clinics require a \$600 reservation fee which confirms your clinic date.

**One Day Clinic:** An additional \$900 is due on the day of the clinic. **TOTAL COST \$1500**

**Two/Three Day Clinic Camps:** Camps are just \$25/\$35 per athlete (50 min). Please call for details.

**Participation Package (€150) and BFS Certification (\$50):** Options Available - Call for Details.

**DISCUSS YOUR CLINIC DESIRES  
WITH US AT 1-800-628-9737**