



## BFS Certification Training Overview

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Bigger Faster Stronger recommends a unified approach to implementation of the BFS Program. Our “Best Practices” approach would include the following (however each of these steps/trainings/programs are available individually or as needed):

### **BEST PRACTICES FOR IMPLEMENTING THE BFS PROGRAM:**

**1)** Certification training on the BFS Program for all coaches. This is a 1-day training (4 to 6 hours of instruction) that introduces the BFS program, discusses weight room safety, fitness, program development, etc... It is a hands on, learn by doing seminar.

### **DETAILED EXPLANATION OF BFS WRSC CERTIFICATION (FITNESS, STRENGTH TRAINING, SAFETY, ETC...):**

The BFS Weight Room Safety Course/Strength & Conditioning Certification (WRSC) training is a full-day, 6 hour, hands-on practicum with a multimedia presentation. It is an activity based session, focusing on proper lifting and spotting techniques and movement skills.

### **START WITH THE BFS READINESS PROGRAM.**

**Step one** of the Readiness program is for students to master body-weight only movements in preparation for fitness development.

**Step two** of the Readiness program is the implementation of resistance training, with an extreme focus on technique and safety. Students are allowed to gradually increase resistance based on the teachers recommendation. The readiness program comes to completion when students accomplish benchmarks that confirm a balanced and solid foundation of strength and movement.

After students progress from the Readiness portion of the program, they will advance to a balanced progressive strength/conditioning program. This stage of the program allows for the student to self assess their effort and technique and focus on breaking personal benchmarks.

In addition students will be introduced to basic running technique, flexibility/mobility, plyometrics, agility, goal setting, motivation, character education, etc..., to expose them to all aspects of training the entire mind and body.

During the training session, there will be a focus on body weight exercises that develop functional strength, balance and can be used as dynamic warmups.

The BFS Total Program is geared toward balanced development and building confidence for all students. For over 40 years the BFS System has been implemented nationally at every level of development and ability.

BFS is a progressive program that helps you educate the beginners and challenge the more advanced students every step of the way.

### **CERTIFICATION TRAINING OUTLINE:**

BFS Intro - General Overview

Safety and Liability- Avoiding Lawsuits

Total Program Information / Student Pre Assessment

6 Absolutes of Safety and Technique

Blur Pring for Success - Implementing a Balanced Program

Goals for Student Involvement / Program Development

Dot Drill Agility/ Dynamic Warm up

Flexibiiyt / Range of Motion / Mobility

Core Lifts: Parallel Squat and Variations, Bench Press & Variations, Power Clean & Deadlift

Weight Room Safety - Equipment layout etc...

Program Options - PE Programs / Fitness - Athletics, etc..

Sets and Reps

Auxiliary Lifts / Rules

Plyometrics Speed and Agility

## 2) Detailed Explanation of Certification - Theory Test:

Teachers who attend the training will also be asked to complete the Certification theory test. The test pushes the teacher/instructor to focus on the details of safe and efficient training in the weight room as well as any fitness environment. With the help of the online, interactive study guide they can read associated articles as well as answer pre-test questions to prepare for the test. The test focuses on all areas of fitness, strength/cond. training, technique and safety.

When teachers pass the theory exam, they will be granted access to our Online Learning Center (OLC). The OLC is a complete database of training information (videos, articles from our advisory board of Doctors, presentations, etc...) that can be used at the teachers discretion to help educate their students.

The OLC is constantly being updated with new info. to help the teachers stay up to date on all training modalities.

By combining hands on training and a theory exam the BFS Weight Room Safety Course/ Strength & Conditioning Certification is the most complete training available

### **DETAILED EXPLANATION OF WEIGHT ROOM CONSULTATION:**

Drawing on 40 years of experience BFS knowledgeable consultants will measure, review and make recommendations for your weight room. Using criteria that always begins and ends with

safety your BFS consultation will provide clear recommendations for your unique situation. BFS Consulting brings a deep understanding of schools and educational systems. With this insight to time and space constraints we will provide the best solution for turning your weight room into a learning classroom. Depending on when your school was built, what your current budgets allow and what your expectations are BFS knows your situation is unique.

Once your on-site consultation, including measuring and inventory of existing equipment as well as on-site interviews with teachers and coaches, is complete BFS delivers two options for moving forward with upgrading your facility. Your consultant will provide one floor plan that utilizes your existing equipment. This option will rearrange and perhaps remove excess equipment that hinders safe and efficient use of your weight room.

The second option will provide a floor plan of recommended replacement and new pieces of equipment to maximize your safety and results. Recommended upgrades in equipment may include auxiliary pieces, flooring, and storage options will be provided.

### **DETAILED EXPLANATION OF BFS SUPPORT MATERIALS & TECHNOLOGY:**

BFS Set Rep App (Allows coach to implement and track the readiness and set rep program for all athletes)

Recording Books, Training books, Teaching DVD's, Safety & Technique Posters, etc...

Digital Leaderboard

True Squat App & Strap for evaluating proper squat depth, push up and dip

Just Jump Pad & Speed trap for assessing vertical jump & speed efficiently

**BIO OF MAIN BFS PRESENTER:**

BFS CEO/President John Rowbotham grew up as a BFS student/athlete. He used the BFS program in junior high (Readiness Program) and as a high school football and track athlete (Set Rep System); finishing high school with three football state championships. He then spent time playing football at both the University of Utah and Pacific Lutheran University where he was recognized as the “Most Inspirational Player” in both programs. John received his BA in Physical Education from Pacific Lutheran University.

After college, he worked as an assistant strength and conditioning coach at the University of Utah; working with both men’s and women’s teams. John has also served as the head strength and conditioning coach at various high schools.

He spent years giving back to his alma mater, Skyline High School, by running the strength and conditioning program for football, rugby and lacrosse. He also coaches youth Football, Lacrosse, Basketball, and Soccer.

John has performed 100’s of BFS camps, clinics, professional developments and certifications over the last 15 years in the US and abroad. He works hand-in-hand with administrators, coaches and teachers across the country to develop balanced progressive physical education and athletic training programs for all students as well as designing safe, efficient and effective weight rooms for their facilities.

John believes strongly in the power of the Bigger Faster Stronger program to create better students & athletes as well as shape character and change lives.

John is married to Laura Rowbotham who works alongside him at BFS and in coaching youth sports. They have a son, Trace and a daughter, Addyson.

He is dedicated to running a company based on integrity and helping people.

