



# Breckenridge Sports Boosters invites YOU to attend:

## Bigger Faster Stronger Motivational Seminar

Saturday, January 26, 2008  
8:30 a.m. to 2:00 p.m. in the BHS Gym



**Bigger, Faster, Stronger (BFS)** is a nationally known program which motivates student athletes to set goals, work harder and do their best at everything. It is a training program which allows every athlete, regardless of sport, age or gender to make great gains and break personal records. It conditions athletes and decreases the chance for injuries. BFS is a total, year round program geared for students in 6th grade through High School.

“For a high school athlete, especially for multi-sport athletes, BFS is the best whole-body workout program available. It is a system designed by high school coaches for high school athletes with the high school coach in mind.” states Bruce Mann, athletic director, teacher, and coach from Webberville High School. Bruce will be the presenter during this seminar. Bruce is also BFS certified and a very motivating speaker.



According to Mann, “BFS has drastically changed the attitude and success of the sports programs at Webberville. It has increased the self esteem of the student athletes and given them the confidence to reach for their goals and win!”

### Seminar Schedule:

- 8:30 - 12:00 Training for Coaches  
Parents and students are also welcome to attend.
  - Program overview with video explaining the BFS concept.
  - Practical Training – to train coaches with the proper techniques for stretching, lifting and agility drills.
- 12:00 Lunch Provided (RSVP not required, however, appreciated)
- 1:00 – 2:00 Motivational Session
  - Character Development for Students
  - Short overview of BFS Program
  - How coaches and teachers are currently using BFS at Breckenridge and how BFS could be utilized in the future.

***All coaches, parents, students and the members of the community are encouraged to attend!***  
You are welcome to come to the morning session, afternoon session or both. We ask you to support your school and its student athletes by learning how, together; we can help them to succeed.



**RSVP not required, however, appreciated.**

To RSVP or for additional information regarding the seminar and the BFS program, you may:

- Visit our website at: [www.huskiesports.net](http://www.huskiesports.net)
- Phone: **Karen Stoneman, 989-620-0017**
- Send an email to: [ContactUs@HuskieSports.net](mailto:ContactUs@HuskieSports.net)

**Sponsored by The Breckenridge Sports Boosters**