

Bigger, Faster, Stronger program comes to Friend High School

“We had about 84 at the highest point and ended with about 54 students. I was disappointed in the number of students who left after the dinner break, but many had other obligations,” explained Josh Nash, Physical Education Instructor. “We had a change of plans as the clinic missed a flight and changed our schedule but we had a good event nonetheless. I was impressed with the participation of our younger students upon whose shoulders the upcoming success of Friend athletics must rest.”

On hand was clinician Evan Ayers, who is the West regional director of Bigger, Faster, Stronger (BFS).

As Nash explained, “BFS is the most popular strength and conditioning program for high schools in the world. We have been using the principles of BFS here for a number of years but have never had a clinic. The clinic is the first step in developing a unified program of strength training, flexibility, and Plyometrics. Less than 2 percent of schools have a unified program, which would give our student-athletes an incredible edge if we could accomplish this feat. It is challenging because we have a large number of coaches and a large portion of community members who have to be committed to being on the same page for the sake of student success.”

BFS is unique in that it is designed for schools that share athletes and whose success in all sports depends on the participation of the same athletes during every season.

“Be an Eleven is a recipe for success in life, school, and sports. We encourage our student-athletes to be an 11 on a scale of one to ten.”

he explained. “As coaches and teachers, we are working to establish an expectation that 10/10 is not good enough. When you demand excellence from students and athletes, they will rise and meet those expectations which is critical for them getting the most out of their high school experience. Remember that their time in high school is finite, they will never again get the chance to experience being part of a high school team or activity. Being an Eleven encourages them to get the most of this experience and embrace the incredible opportunities offered to them here at Friend Public School.”

According to Nash, “I believe that this is the jump start that we need to resurrect our athletic programs. It will require support of all coaches but we are well on the way and have already seen an increase in the intensity of workouts during our track season. Our athletes need the principles taught in this program to be competitive with the teams that we play and we as coaches need to provide an opportunity for them to work and improve. Each of us plays a vital role in ensuring the success of our athletes and the coaches participation in our clinic sent a strong message of the importance of year round training and the importance being an eleven on a scale of one to ten.”

For additional information on BFS, visit their website at www.biggerfasterstronger.com.