

**BIGGER  
FASTER  
STRONGER**



Bigger Faster Stronger has been helping athletes succeed for over a quarter of a century and has enjoyed 29 consecutive years of growth. While working on his doctorate in exercise physiology in 1973, Coach Greg Shepard began compiling ideas he had been working on for years in the field of athletic weight training. These findings were incorporated into a movie called "Bigger Faster Stronger".

## *What you will learn*

- The 6 absolutes
- Dot Drill
- Plyometrics
- 1,2,3,4 Flexibility
- Parallel Squat
- Bench Press
- Hex Bar Dead Lift
- Power Clean
- Box Squat
- Towel Bench
- Glute-Ham Exercise
- Record Keeping
- Performance Tests
  - 40 yard dash
  - Vertical Jump
  - Standing Long Jump
  - Sit and Reach
- And More!
- \*Parents are welcome to come watch



NCHS Mustangs  
930 S. Elm  
Casper, WY 8601  
Phone: (307) 233-1530

**Sponsored by NCHS Booster Club**

**BIGGER  
FASTER  
STRONGER**

*Dedicated to helping athletes  
succeed since 1976!*



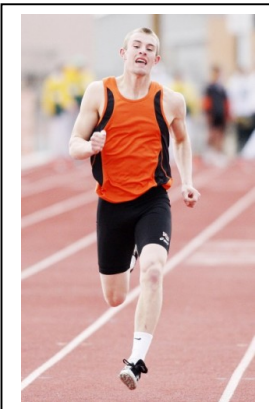
**Wednesday May 29th, 2013**

**Hosted by  
NCHS Senior Lettermen  
and Coaches**

**Sponsored by  
NCHS Booster Club**

## BFS's MISSION

The mission of Bigger Faster Stronger, Inc., is to encourage positive changes in the lives of young people through character education and sports fitness seminars. To support coaches and physical educators in their work with young people, we offer certification programs and continuing education materials that teach how to increase the safety and effectiveness of their sports and physical education programs through the concept of unification. To support excellence in youth athletics and physical education, BFS offers the highest-quality exercise equipment at the best prices. Our experienced staff also assists – from concept to completion – with all aspects of developing the best possible strength and conditioning facilities and programs.



## EVENT DETAILS

WHO: All NCHS Athletes Grades 7-12  
WHAT: Bigger, Faster, Stronger Clinic  
WHEN: Wednesday  
May 29th  
Activities begin at 7 a.m. conclude at Noon.

WHERE: NCHS Gymnasium  
HOW MUCH: \$5 for the clinic/instruction/training

**Cost is ONLY \$5 which includes:**

- 1 days of Instruction/Training
- T-Shirt
- Snacks/Lunch

*\*Please make checks payable to NCHS-Clinic*

"One's philosophy is not best expressed in words; it is expressed in the choices one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And, the choices we make are ultimately our own responsibility."

~Eleanor Roosevelt



## PRE-REGISTRATION FORM

If you are interested in participating, please complete the following form and NCHS representative will be in contact with you in the near future:

Name: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Zip: \_\_\_\_\_ D/O/B: \_\_\_\_\_

Home: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

School: \_\_\_\_\_ Grade: \_\_\_\_\_

Sport(s) Participating In: \_\_\_\_\_

T-Shirt Size (Please Circle One): YTH L

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**SPACE LIMITED  
PRE-REGSITER TODAY!**

For More Information Please Contact:  
Your Coach! or

Activities Secretary Ashley Roberts  
930 S. Elm

Casper, WY 8601

Phone: (307) 233-1530

Email: [Ashley\\_Roberts@ncsd.k12.wy.us](mailto:Ashley_Roberts@ncsd.k12.wy.us)