

## **BFS Strength & Conditioning Certification - GACA Clinic**

**Every teacher or coach who supervises students and student athletes in the weightroom is recommended to be certified.** Besides increasing the results of your workouts, this recommendation offers a tremendous opportunity for you to unify your school's strength and conditioning program to improve efficiency. We strongly encourage you to make sure all coaches, physical education teachers, and anyone who supervises students in your weight room to complete this certification. Here are details about our upcoming certification:

**Date and Location:**  
**Saturday June 20, 2009**  
**Sea Palms Resort**  
**St. Simons Island, GA**

**Schedule:**  
**8:00 AM - Lunch Noon – 1:00 PM– 5:00 PM**

**Registration and Fees:**

**Online Registration:**

[http://www.biggerfasterstronger.com/p\\_certificationForm.asp](http://www.biggerfasterstronger.com/p_certificationForm.asp)

[http://www.biggerfasterstronger.com/uploads/BFS\\_Cert\\_Registration\\_form.pdf](http://www.biggerfasterstronger.com/uploads/BFS_Cert_Registration_form.pdf)

Certification - \$299 per Coach

For questions contact: [lance@bfsmail.com](mailto:lance@bfsmail.com) or [kellyg@bfsmail.com](mailto:kellyg@bfsmail.com) or call 1-800-628-9737

Proper safety protocols for weightroom supervision, strength and conditioning will be detailed which lead to a safe learning environment. This certification also details a training regime for beginning athletes to safely learn the same strength training skills as the more advanced athletes. Certifying your staff provides a respected, time-tested (this is our 33<sup>rd</sup> year certifying coaches nationwide) vehicle to improve and unify your athletic and physical education programs, including all male and female students from grades 7 through 12.

For administrators, certification provides your staff with the tools necessary to minimize liability issues. Please go to [www.maxcast.com/BFSCertification](http://www.maxcast.com/BFSCertification) and listen to Dr. Marc Rabinoff, a sport/risk management liability expert, identify the three major reasons for liability lawsuits and listen to the recommendations of other coaches and administrators regarding certification.

Certifying your staff is a valuable in-service for your coaches, instructors and volunteers, providing 25 clock hours for both the full day practicum and subsequent theory portion of the certification. Many schools consider this certification so important that they fund it with money from the district's tuition or professional development fund.

We are looking forward to seeing you there!

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