

## The Voice of Reason

One of the best things about being the editor of *BFS* magazine is chatting with Dr. Marc Rabinoff and publishing his amazing articles about legal matters in the areas of sports and fitness. His column for *BFS* – “The Dark Side of Sports” – has been running for several years and has become very popular among a wide demographic that includes coaches, administrators and parents. Dr. Rabinoff writes a regular column only for *BFS*, and we feel extremely fortunate to have access to his amazing body of work.

We decided on the title of “The Dark Side of Sports” because Dr. Rabinoff discusses topics that other professional organizations have chosen to ignore. It seems there is considerable reluctance within the field of strength and conditioning to discuss the countless injuries that occur to athletes as a result of ignorance and often just plain laziness. Sorry, but we believe that the first step in resolving a problem is to admit there is a problem – and Dr. Rabinoff does his part by sharing his experiences with the readers of *BFS* magazine.

A full professor in Human Performance at Metro State College in Denver, Colorado, Dr. Rabinoff has served as an expert witness in more than 400 litigations. Many of these cases involved injuries that resulted in lifelong injuries, including paralysis, or even death. I first met Dr. Rabinoff more than 20 years ago while he was giving a seminar to strength coaches in Denver, and I’ve followed his career ever since.

Dr. Rabinoff’s articles frequently address the question of ethics; specifically, knowing the difference between right and wrong. His expertise in this area is such that he has taught an ethics course for the American College of Forensic Examiners, and he currently teaches ethics in his sports liability class. Knowing his background, I once asked Dr. Rabinoff for his definition of ethics. This was his reply:

“Ethics is an offshoot of the study of philosophy and is

the standard by which you are measured professionally – it’s your behavior in your profession. Let me put it another way: An ethical person is a person who makes the right decision for the right reasons, or after making a wrong decision for the right reason makes an effort to correct it. An unethical person is one who makes the wrong decision for the wrong reason and therefore cannot correct it.” I then asked him for a real-world example. He continued:

“Let’s say you are a coach of a boys baseball team. At some point in the game you put one kid in as a pitcher, and that pitcher is not nearly as good as the other pitchers. But for some reason you want to impress that kid’s mom or dad, or you owe someone a favor – your decision is based on any reason except skill level. In that case, when you put the kid in, that is unethical behavior. Eventually you are going

to be called on it. You can’t correct it, you lose your job, everyone is angry and the team falls apart. In contrast, if you make a wrong decision for the right reason, it is possible to remedy what you’ve done. Let’s say you put the kid in – he’s one of three kids and you’re giving him a shot – and then after two innings you realize he can’t pitch as well as the other players and you take him out; in this case you’ve corrected your decision, because you made it for the right reason in the first place – you thought he was a better pitcher than he turned out to be.”

Does Dr. Rabinoff sound like a voice of reason? We think so. If you want to learn more, check out his column in our Physical Education section. It contains many of Dr. Rabinoff’s best quotes from “The Dark Side of Sports” and tells how to access our website to read all his previous *BFS* articles.

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Dr. Marc Rabinoff and his new bride, Diana, at their wedding



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Photo: Bruce Klemens

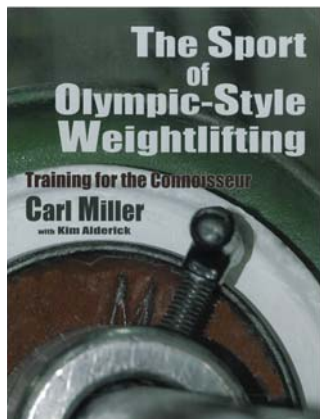


Photo: Karim Ghoreem



## Carl Miller: Still Going Strong

Carl Miller was featured in our Fall 2003 issue. For those who are not familiar with this amazing man's body of work, Miller and his wife, Sandra Thomas, run Carl and Sandra's Physical Conditioning Center in Santa Fe, New Mexico. It is a popular gym, and several members have been with the club for more than 25 years. The reason for the gym's longevity and popularity is its professional, friendly coaching staff led by Carl Miller.



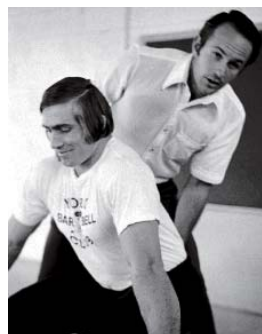
As a weightlifter, Miller broke the national teenage record in the snatch at age 19. Jumping ahead 22 years, at age 41, despite being restricted by two spinal fusions, Miller snatched 281 pounds and clean and jerked 352 pounds at a bodyweight of 181 pounds. And 20 years after that, at age 61, he power cleaned 319 pounds and ran the 40 in 4.81 seconds. Miller had a setback last year when a piece of metal from one of his previous

surgeries poked an organ that shouldn't have been poked, but he is back training and coaching and is as active as ever.

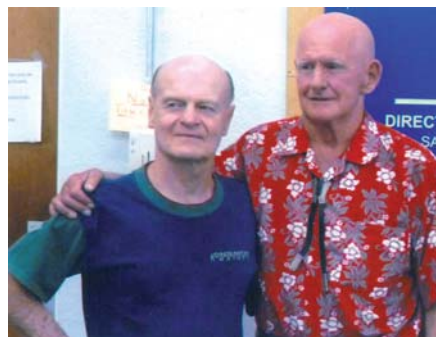
As a coach, Miller earned a master's degree in exercise science from the University of Arizona, and then went on to coach weightlifting overseas (three years in Japan and two in South America). In 1978 Miller was named head coach of the US Weightlifting Team at the World Championships. His best-known weightlifter was Luke Klaja, an alternate on the 1980 Olympic Team. Miller also served as the national coaching coordinator of USA Weightlifting in the '70s, and while serving had a private audience with Ivan Abadjiev, the head coach of the Bulgarian Weightlifting Team. Miller's outstanding work served to introduce North America to a new paradigm of training that would revolutionize the sport.

Carl Miller built his reputation with his knowledge of Olympic-style weightlifting, and he has written four books on his training methods. His most recent is *The Sport of Olympic-Style Weightlifting: Training for the Connoisseur* (Sunstone Press, 2011). Canadian strength coach Charles Poliquin was so impressed with it that he purchased an entire case of the books to give out to his best students.

Carl Miller has achieved remarkable success as an athlete and as a coach, and he has made significant contributions to the body of knowledge on strength and conditioning for athletic and physical fitness. We look forward to hearing about his next project.



Carl Miller was the 1978 head coach of the US Weightlifting Team.



Carl with longtime friend and body composition expert Clarence Bass, and with his son, Shane.



## Look Who's Reading *BFS*: Ben Pakulski

BFS Editor in Chief Kim Goss recently saw Ben Pakulski reading a copy of *BFS* magazine and just so happened to have a camera with him. Pakulski possesses a degree in honors kinesiology from the University of Western Ontario – he also possesses 22" calves, 21" arms and 32" thighs at a height of 5'10". A professional bodybuilder who competes in the International Federation of Bodybuilders, Pakulski weighs 300 pounds in the off-season and drops down to a ripped 255 with a 34" waist in the in-season.





## BFS: 35 Years and Stronger Than Ever!

This issue's cover highlights the 35 years that BFS has served as a leader, providing the highest standards in educational programs and equipment for athletic and physical fitness.

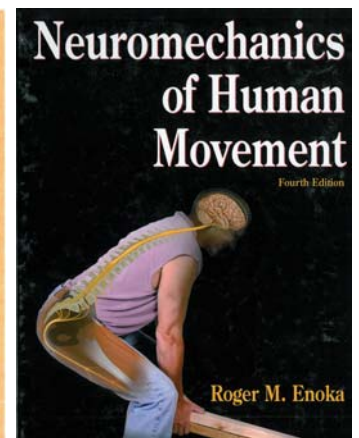
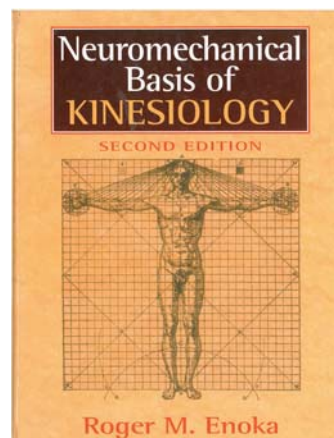


### BOOK REVIEW:

## Neuromechanics of Human Movement

One of the best textbooks on the nervous system's effects on muscles and motion is Roger M. Enoka's *Neuromechanical Basis of Kinesiology* (Human Kinetics). If you are a serious student of biomechanics, you probably own a copy, as it differs from the traditional approach of biomechanics, which focuses on the mechanics of human motion without consideration of the sensory system. A fourth edition (2008) of this book is currently available, but the title has been changed to *Neuromechanics of Human Movement*.

This expanded edition contains more than 750 illustrations, many that have been upgraded from the previous edition, and includes the most current references – in fact, the text contains more than 1,500 citations! The new edition has updated discussions about



The title of this great sport science textbook may have changed, but the content is better than ever.

electromyography, research developments in rehabilitation, the effects of aging on the nervous system – and much, much more.

*Neuromechanics of Human Movement* is certainly not light reading, and those without a physical science background will find most of the material too technical. However, this book has its place as one of the most significant contributions to the field of physical education, biomechanics and neurophysiology.

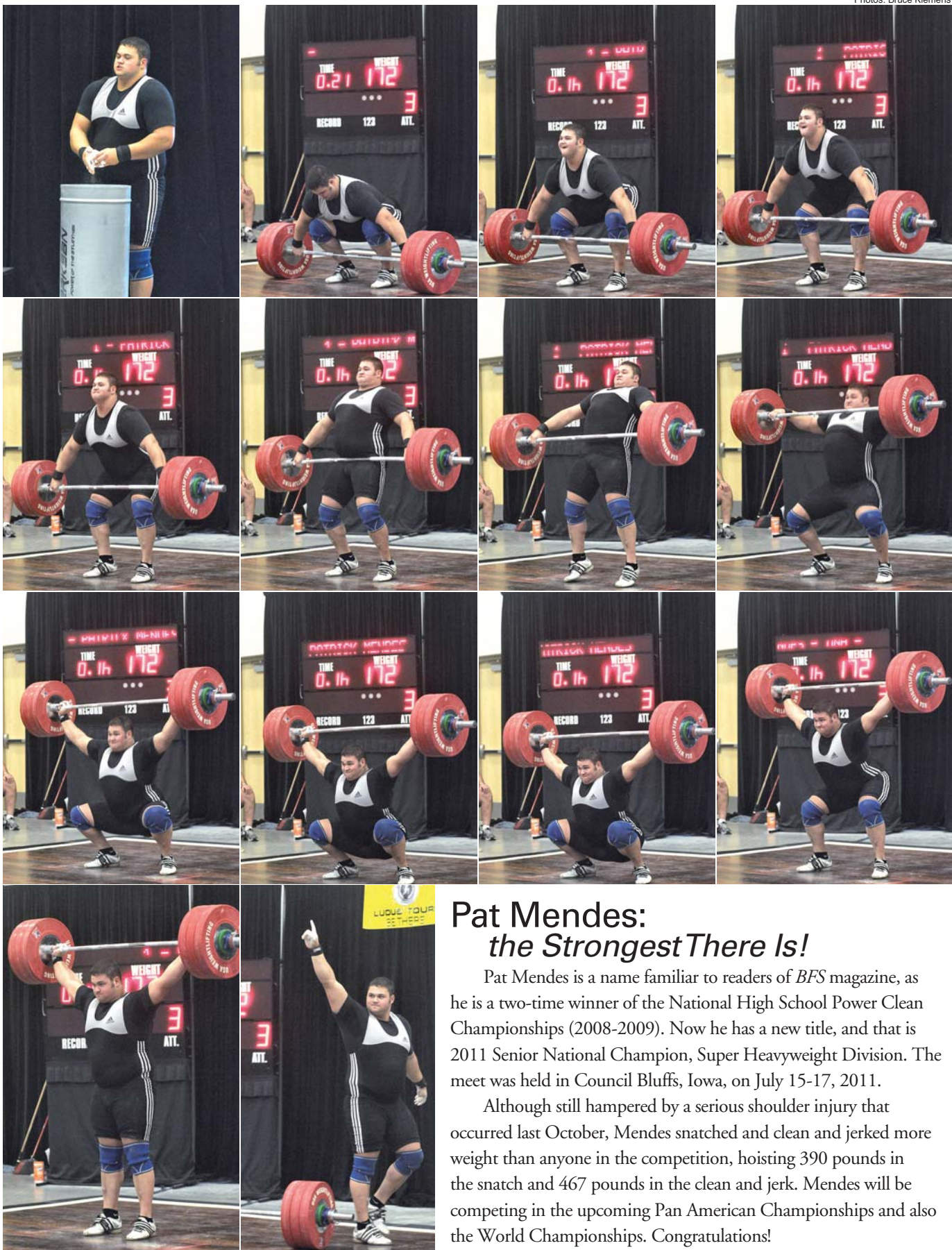
Photo: Victoria Duquette



## BFS Scholarship Winner Update

Chloe Van Tussenbroek is putting her BFS weightlifting scholarship to good use. This past May at the National High School Power Clean Championships she broke four national records and was, pound-for-pound, the strongest female lifter in the meet. In July she entered her first full weightlifting meet, the Bay State Games in Boston, and made all six lifts and personal records. One month later Chloe competed in the Connecticut Open Weightlifting Championships and made all six lifts and personal records. Chloe is on track to qualify for the American Open Championships in December, one of the most prestigious competitions in the country.





## Pat Mendes: *the Strongest There Is!*

Pat Mendes is a name familiar to readers of *BFS* magazine, as he is a two-time winner of the National High School Power Clean Championships (2008-2009). Now he has a new title, and that is 2011 Senior National Champion, Super Heavyweight Division. The meet was held in Council Bluffs, Iowa, on July 15-17, 2011.

Although still hampered by a serious shoulder injury that occurred last October, Mendes snatched and clean and jerked more weight than anyone in the competition, hoisting 390 pounds in the snatch and 467 pounds in the clean and jerk. Mendes will be competing in the upcoming Pan American Championships and also the World Championships. Congratulations!

# Are Football Combines a Waste of Time?

A recent peer-reviewed study investigated the relationship between football players' results in the NFL Combine and the way they were drafted into the NFL. The results were surprising.

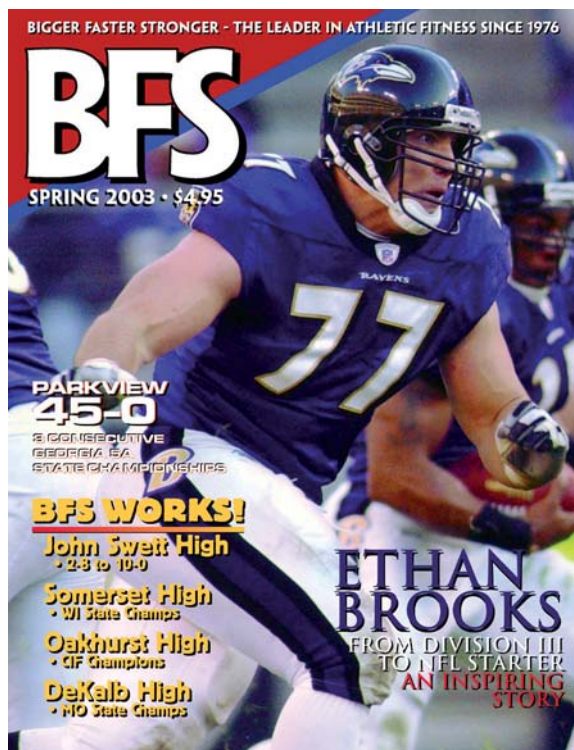
The study by Daniel W. Robbins is "The National Football League (NFL) Combine: Does Normalized Data Better Predict Performance in the NFL Draft?" It was published in the November 2010 issue of the *Journal of Strength and Conditioning Research*. This study involved 1,155 athletes who participated in NFL Combines between 2005 and 2009.

Specifically, the author investigated the relationship between NFL draft order and the results of eight tests performed in the NFL Combine. The NFL Combine is held every winter in Indianapolis, Indiana, and is covered by ESPN and all the major media outlets.

The NFL Combine is considered an objective measure of a football player's athletic fitness as it relates to their specific position, and the appeal is that all the athletes compete under the same conditions. As such, it's possible that an athlete from a smaller college could earn the attention of pro scouts. One example is former NFL lineman Ethan Brooks, who graduated from a Division 3 college and was the cover story for the Spring 2003 issue of *BFS*. Brooks' exceptional performance on these tests helped him earn a place in the NFL. Says Brooks about his decision to attend a smaller college, "I had always dreamed of going to the NFL, but I didn't know how realistic it was, so I just focused on getting the

best education I could. I also wanted to participate in track and field, and a Division III football program wouldn't be as demanding on my time."

The NFL Combine tests are divided into the following player positions: center, cornerback, defensive end, defensive tackle, free safety, fullback, inside linebacker, kicker, offensive guard, offensive tackle,



outside linebacker, punter, quarterback, running back, strong safety, tight end and wide receiver. Some positions do not require specific tests; for example, quarterbacks do not have to perform the bench press. And it's also expected that some athletes will have to skip specific tests due to injury.

According to the author of this study, the following are the NFL Combine tests and the physical qualities they are designed to evaluate.

- 36.6-meter (40-yard) sprint: speed, acceleration and power

- 18.3-meter (20-yard) sprint: speed, acceleration and power
- 9.1-meter (10-yard) sprint: speed, acceleration and power
- Vertical jump: lower body strength and power
- Standing broad jump: lower body strength and power
- 18.3-meter (20-yard) shuttle: power, acceleration and change of direction
- 3 cone drill: speed, power and change of direction
- Bench press: upper body strength

Partly because of the emphasis on performing well on these tests, absolute and overall results are continually improving in the NFL Combine. In fact, many players will hire strength and conditioning coaches who specialize in preparing athletes for the NFL Combine with the goal of achieving the highest results in these tests.

Here is what Robbins had to say about the results of his analysis: "It would appear that regardless of position, the current battery of physical

tests undertaken at the combine holds little value in terms of predicting draft order." However, Robbins added that the best predictors of success in the NFL draft appear to be "straight sprint times and jumping ability."

The NFL spends a lot of money holding the NFL Combine, and players invest considerable time and effort trying to prepare for these tests. It will be interesting to see if the NFL re-evaluates its emphasis on the NFL Combine based upon these surprising conclusions. **BFS**



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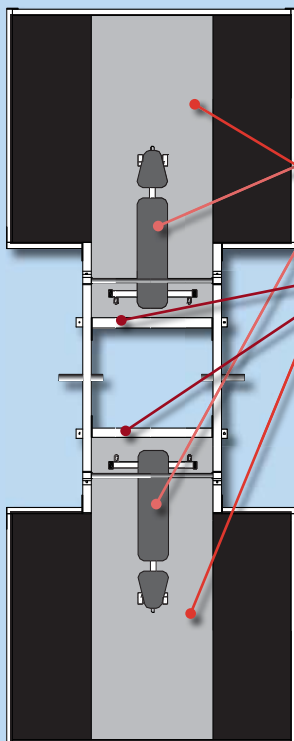
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