Bigger Faster Stronger, Inc. ®

Beat The Computer
Professional
Weight Training System

User's Manual

Version 4.0 for
Windows 95/98/XP/2000

ALL OF THE USUAL LEGAL MUMBO JUMBO

Backup copies of the software

Trademarks

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Chapter One

What is the Beat The Computer Professional?

Beat The Computer Professional is the combination of Bigger Faster Stronger's Beat the Computer and the Athletic Achievement System. It contains all the functions of both programs, in one simple, easy to use package.

Beat the Computer is a unique computerized Set-Rep Weight Training system for athletes designed by the coaches at Bigger Faster Stronger. The system is intended as an alternative to their Super Set-Rep program.

Instead of keeping paper records, the computer keeps track of each athlete's scores, and prints a workout schedule. As a coach, you follow these three simple steps:

1. **Set up your desired workout schedules**. For each workout schedule, you get to specify how many workout days per week, and which core and auxiliary lifts are used for each workout day.

   Workouts can be customized for each sport or team, and athletes can be moved from one workout to another. If you don't see the lift your athletes use, you can easily add any core or auxiliary lift to your workout.

   You can also use the default workout schedule provided, which the coaches at BFS have determined to be a great all-around workout good for most athletes.

2. **Print the Pre-Workout test forms** for your athletes, and have the athletes use them to record their best efforts in each lift and event shown. Each test form is customized for the athlete and shows only the lifts in their workout, along with the standard BFS speed and agility events.

   After entering the scores from the Pre-Workout tests, the computer then uses those scores to determine how much weight each athlete should lift for each set of each workout.

3. **Each week, print the Weekly schedule for each athlete**. The computer automatically prints the exact schedule for each athlete.

   Workout programs can run from 4 to 16 weeks, and automatically get more challenging each week. For each day during the week, the computer shows the exact lifts, weights, sets, and reps for the day. The workout is calculated by the computer based on the athlete's own tested scores, and constantly challenges the athlete to do better.

The goal for the athlete is simple: Each time you workout, just follow the schedule printed by the computer up to the last set. On the last set, try to do more reps than the computer thinks you can. It's that easy. Just try to **BEAT THE COMPUTER!**

The Athletic Achievement System is a computer program that allows a coach or trainer to see and track the progress of their athletes in 10 key areas that cover overall strength, speed, and agility. Using very simple screens, the coach enters the information for the athletes and their scores, and the computer does the rest.

The computer also calculates rankings based on the raw scores, and automatically adjusts for the athlete's height, weight, and grade. In addition to individual scores and rankings, the system can also calculate averages for any group of athletes the coach chooses.

These rankings have been developed by the coaches at Bigger Faster Stronger over many years. Based on their experience, each athlete is tracked by the system in 4 core weight lifts, and 6 Speed and Flexibility events.

The system tracks scores for all athletes in the following key areas:

Strength Tests (Lifts):

- Parallel Squat
- Bench Press
- Dead Lift
- Power Clean

Speed and Agility tests (Events):

- 20 Yard Dash
- 40 Yard Dash
- Dot Drill
- Vertical jump
- Long Jump
- Sit & Reach

The scores for these lifts and events, when evaluated properly, have been determined to be key indicators of an athlete's progress.

Once the athlete and scores have been entered into the system, the coach can instantly call up any athlete's scores on the screen for a quick check on progress. He may also print the scores on a report for a more permanent record.

Printed reports include individual scores and rankings, averages by team or grade, a top 10 listing by grade and/or school, and all time records.

Doing it Right

Bigger Faster Stronger (BFS) has been in the business of athletic training for many years. The owners are all coaches who have been, and still are, personally involved in strength, speed, and agility training. Over the years, they developed the BFS Super Set-Rep Program. The Beat The Computer Pro is based on this same time-tested system.

The BFS Super Set-Rep Program virtually eliminates plateaus. You should always be in a position of making progress. No other program can do this. If you have been doing 3 sets of 10 reps, 1 set of 15, 5 sets of 5, you no doubt reach a plateau very quickly. You cannot do the same workout time after time. You must alternate lifts, percentages of maximums, and alternate sets and reps. More complex systems such as cycle workouts are good but you will still eventually hit a plateau. The BFS system allows you to alternate your lifts, sets and reps in such a way that a specific work-out is repeated only every fifth week, thus eliminating plateaus.

This system of alternating lifts, sets, reps, and percentages of maximums is integral to the Beat The Computer Pro. The computer uses the athlete's own ability level to create a workout schedule calculated to be challenging, and which uses the same technique of alternating sets and reps as the Super Set-Rep System.

The Beat The Computer Pro automates the process of keeping track of constantly changing lifts, weights, sets, and reps. Once the Pre-Workout information is entered, the computer keeps track of all workouts for all athletes. This simplifies the coach's' job, allowing them to concentrate on technique, motivation, and getting the best from their athletes!

In addition, the computer can be a great motivator. No athlete wants to think that a computer knows better than they do. So if the computer says they can only do 3 reps at 260, they'll want to do 5. If the computer says 5 at 225 is all they have, they'll push for 6 or 7. This is the motivation. Give them the printed schedules, and then challenge them to **BEAT THE COMPUTER!**

In addition, the tracking functions of the Athletic Achievement System give you the information you need to track your athletes, see where they rank, and concentrate on those areas where they need improvement.

Where to call for help

Beat The Computer Professional was developed by Klein Allen Company under the direction of the coaches at BFS. Klein Allen has been in the software development business for 20 years, and specializes in making complex tasks simple.

We have tried to make the software as simple as possible, and the manual as complete as possible, but there will always be some questions or problems.

During the warranty period, you may call and talk to our Customer Service Department at no charge. Be sure to have your invoice ready so we can get your customer number without keeping you on the phone any longer than necessary.

If you cannot make the system work, or discover a problem or error in the software, we would be glad to help out. You can contact us at:

Klein Allen Company
30 South Center
P.O. Box 398
American Fork, Utah 84003

Phone: 801-756-5757
Toll Free: 800-279-0663
Fax: 801-756-5783

Our standard office hours are 8:30 to 5:00, MST, Monday through Friday.

After the warranty period, calls for assistance may be billable at our standard hourly charge unless you purchase our Annual Support Package. For details call our customer service department.

If you have e-mail or web access, you can reach us by e-mail or (soon) via the World Wide Web.

Email: support@kleinallen.com

After February 2001 look for product information and support at www.kleinallen.com.

Chapter Two

Installing the System on Your Computer

This chapter tells you how to install your new program on your computer. Installing the Beat The Computer Professional CD takes only a few minutes. Please read these instructions carefully to avoid any problems.

System requirements

Before continuing, make sure that your system meets or exceeds these requirements:

- Windows 95®, Windows 98®, or Windows NT 4.0®, Windows ME®, Windows XP®, or Windows 2000®, required.

- Pentium® or equivalent processor running at 133 MHz is required, but faster systems are recommended for better performance.

- Minimum of 8 MB of available memory.

- 8x speed or faster CD Rom drive (only required to install the program, not required to run).

- Hard drive with a minimum of 8 MB free space.

- SVGA monitor/video card running at 800x600, 256 color minimum.

- Windows compatible mouse or pointing device.

- Any Windows compatible Printer. Laser, ink jet, or desk jet type printers give superior results and much faster printing times compared to older dot matrix type printers.

Although the software will run on virtually any modern PC-type system running Windows 98 or later, the faster your system is, the faster the software will run.

Installing the software

Insert the Beat The Computer Professional Installation CD into your CD-ROM drive. The Setup program should launch automatically. If this does not happen, follow the steps below.

1. Click on the Windows Start menu and select Run. The Run dialog appears.

2. Click Browse and navigate to the file named Setup.exe located on the CD-ROM drive.

3. Click Open. The BFS Computer System Setup window (shown below) should appear.
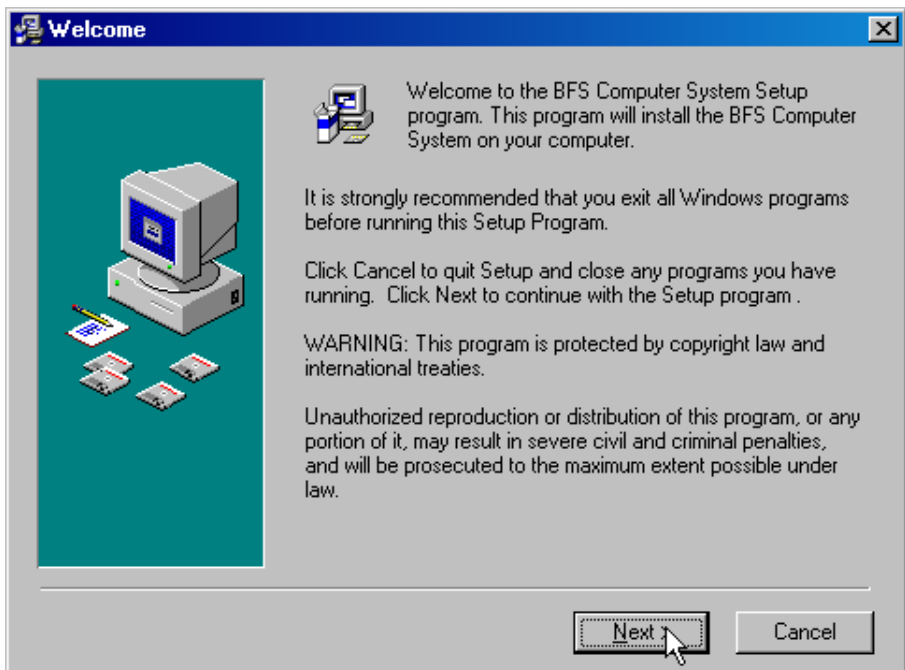
4. In the Run dialog box, click OK. The BFS Computer System installer starts. Follow the on screen directions to complete the rest of this installation.

A few notes on installing the program:

During installation, you will have the opportunity to choose to install Password Protection. If you choose this option, no one will be able to run the Beat the Computer professional program without a User ID and Password. This helps protect your data from accidental changes.

Remember these things about Password Protection:

- If you choose to install Password Protection, a default User ID and Password have been set up for you. The User ID is BFS, and the Password is BFS. Use these to start your program up for the first time. As soon as possible after Activating the program, you should enter new User Ids and Passwords for everyone who will be using the program, and then change the password on the BFS User ID, or delete the BFS user completely.

- To add, change, or delete User Ids, use the option on the File menu "Add/Change Authorized Users. When you enter a new User ID, the Password is set to match the User ID. So if you set up a User ID John, the Password will also be John until it is changed. Any user can change their Password by using the option on the File menu "Change My Password".

- If you forget your User ID or Password, you may have to delete that User ID and re-enter it. If you forget all your passwords, you will have to re-install the program. This will delete ALL User IDs and Passwords and re-create the default BFS User ID, with the Password BFS.

- Remember that using Password Protection may stop someone unauthorized from running the program, but it does not encrypt your data. So someone with access to tools that allow them to browse or look at binary files may be able to see or corrupt your data. If this is a possibility on your system, you should use Windows security and passwords to keep unauthorized people from accessing the folder the program resides in, whether that is on your computer, or a network drive.

If you are upgrading from a previous version of Beat the Computer or Athletic Achievement System, this new version can automatically convert all your data to use in the new version. Just install the new program in the same folder as the old version, and everything will happen automatically. You should not have to re-enter any data, or re-type anything.

If you are upgrading, **be sure to have a current backup of your existing data**. Then if anything happens to stop the automatic update, your data will be safe.

After upgrading, the old version will be gone, and you must use the new version.

Running the program

When you finish installing Beat The Computer Pro, you can run it immediately.

To start Beat The Computer Pro, click the Windows Start menu, click Programs, BFS, then BFS Computer System, or double-click the BFS shortcut on the desktop. If you have not installed Password Protection, the Beat The Computer Pro main window appears.

If you have installed Password Protection, you must enter a valid User ID and Password before you gain access to the program:

The default User ID and Password are BFS and BFS.

Remember these things about Password Protection:

- When you install the program with Password Protection, a default User ID and Password have been set up for you. The User ID is BFS, and the Password is BFS. Use these to start your program up for the first time. As soon as possible after Activating the program, you should enter new User Ids and Passwords for everyone who will be using the program, **and then change the password on the BFS User ID, or delete the BFS user completely.**

- To add, change, or delete User Ids, use the option on the File menu "Add/Change Authorized Users. When you enter a new User ID, the Password is set to match the User ID. So if you set up a User ID John, the Password will also be John until it is changed. Any user can change their Password by using the option on the File menu "Change My Password".

- If you forget your User ID or Password, you may have to delete that User ID and re-enter it. If you forget all your passwords, you will have to re-install the program. This will delete ALL User IDs and Passwords and re-create the default BFS User ID, with the Password BFS.

- Remember that using Password Protection may stop someone unauthorized from running the program, but it does not encrypt your data. So someone with access to tools that allow them to browse or look at binary files may be able to see or corrupt your data. If this is a possibility on your system, you should use Windows security and passwords to keep unauthorized people from accessing the folder the program resides in, whether that is on your computer, or a network drive.

To end the program, click on File and Exit, or click the close icon in the upper right hand corner.

Chapter Three

Interacting with the System

This chapter has information about the terminology used in the manual, and how to use the various windows and functions you will encounter while using the system.

This version of Beat The Computer Pro has been designed using standard conventions used by almost all Windows programs. If you feel comfortable using Windows programs, you can probably skip this section, and go straight to Chapter Four, Using the Beat The Computer Pro.

Terminology

There are three main parts of the Beat The Computer Pro with which you interact: windows, fields, and buttons. In addition, the information you enter into the computer is stored in files, records, and fields.

What is a window?

When we talk about a **window** in a computer system, we mean the area on the monitor where information is displayed. Windows have a **Title Bar** that will usually indicate what kind of information appears in that window. You can move a window around on your Window's Desktop by clicking in the title bar and dragging the window to a new position.

The size of some windows can be changed by clicking on one the edges of the window and dragging. Additionally, the **Main Program Window** (see below) may be **maximized** so it fills your entire screen, or **minimized** so it appears only as a small icon with a description on your task bar.

Although each window in the Beat The Computer is different, there are only a few basic types, and all windows of the same type act in a very similar manner. Once you learn how to use one window of a given type, you will find it very easy to learn other windows of the same type.

The different types of windows are discussed below in the section Types of Windows. But first, let's look at some of the things you'll see on the Beat The Computer windows.

What is a field?

A **field** is an area in a window where you can enter new information, or where the information you already entered appears so you can change it. Although there are many different fields on the various windows, all fields are one of these types:

- Entry Fields
- Drop Down Fields
- Date Lookup Field
- Radio Buttons
- Check Boxes

Types of fields

There are five different types of fields used in the system. You may see these different types of fields on browse windows, add/change windows, or prompt windows. The difference between these field types is which characters you are allowed to type, or how you select an option.

Entry Fields

An entry field allows you to type information directly into the field. Most of the information you enter into the Beat The Computer goes into entry fields. An entry field looks like this.
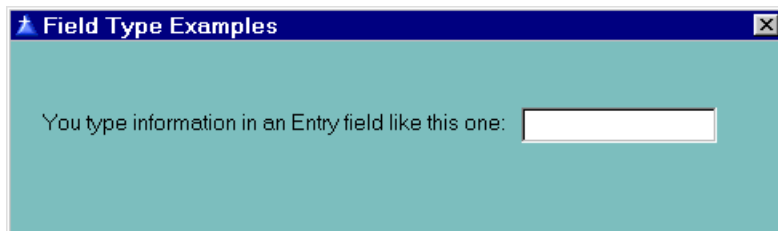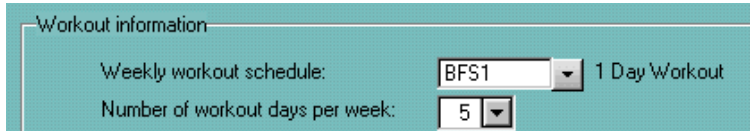
After you enter information in an entry field, you press the tab key or use the mouse to move to another field or button.

When you first move your cursor into an entry field, any information already in the field will be highlighted. If you want to change that information, just start typing, your new information will replace the old information.

Drop Down Fields

You can type information directly into a drop down field just like you can in an entry field, but only a few specific items are valid for that field.
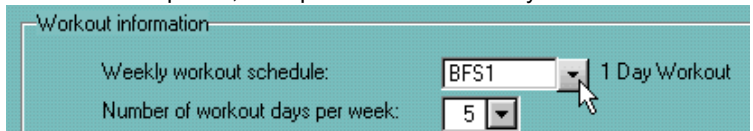
Workout information
Weekly workout schedule: BFS1 ▼ 1 Day Workout
Number of workout days per week: 5 ▼

To help you choose one of the valid options, a drop down arrow shows you a list of the valid choices, and you can choose one item from the list without typing at all.
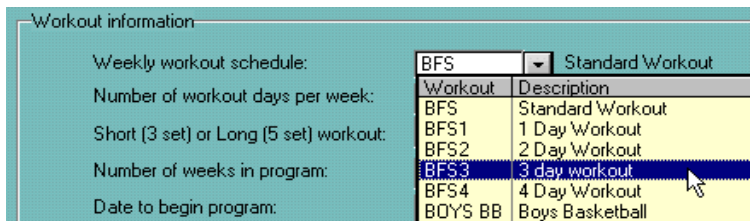
Workout information
Weekly workout schedule: BFS1 ▼ 1 Day Workout
Number of workout days per week: 5 ▼

For example, when you set up you athletes you must tell the system which Workout Schedule that athlete will use. If you remember the code for the proper Workout Schedule, you can just type it in, But if you don't remember the code, you can click the down arrow and the list of your Workout Schedules will appear, like this:

Workout information
Weekly workout schedule: BFS ▼ Standard Workout

Workout	Description
BFS	Standard Workout
BFS1	1 Day Workout
BFS2	2 Day Workout
BFS3	3 day workout
BFS4	4 Day Workout
BOY'S BB	Boys Basketball
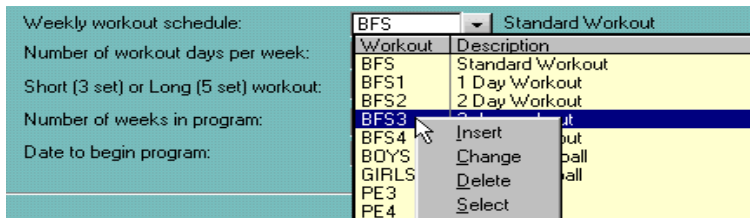
Number of workout days per week:
Short (3 set) or Long (5 set) workout:
Number of weeks in program:
Date to begin program:

You just pick the proper workout from the list by using you mouse to click on the workout you want to select for that athlete or by using your "up" and "down" arrows and pressing enter on the keyboard.

From some of the drop down buttons you can use your mouse to Insert, Change, Delete and Select information by using your right click on your mouse.

Weekly workout schedule: BFS ▼ Standard Workout

Workout	Description
BFS	Standard Workout
BFS1	1 Day Workout
BFS2	2 Day Workout
BFS3	
BFS4	Insert
BOYS	Change
GIRLS	Delete
PE3	Select
PE4	

Number of workout days per week:
Short (3 set) or Long (5 set) workout:
Number of weeks in program:
Date to begin program:

Date Lookup Field

A lookup field is a regular entry field, and you can type in it just like an entry field. But the information you type must match something that is already set up in the system somewhere else.

For example, when you set up your athletes you must tell the system which Workout Schedule that athlete will use. If you remember the code for the proper Workout Schedule, you can just type it in, like this:

Print for week beginning on this date :   9/29/03   September 29, 2003

Print for week beginning on this date :   9/29/03   September 29, 2003

But if you don't remember the code, you can click the lookup button just to the right of the field, as shown here….

Print for week beginning on this date :   9/29/03   September 29, 2003

Select Date

◀◀ ◀	September 2003	▶ ▶▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

▶| Today   ✕ Cancel

Radio Buttons

Radio buttons allow you to choose quickly between a very few choices, as shown here:

When setting up your athletes, you tell the computer if they are male or female by clicking the appropriate radio button. You can also use your Left and Right Arrow keys to move from one option to the other.

When you click one button, the other is automatically cleared. This is similar to a car radio, where when you press a button for one station, the radio automatically changes from the old station to the new station.

Check Boxes

A check box is for choosing a Yes/No option. When the box is checked, that means Yes. When the box is cleared, that means No.
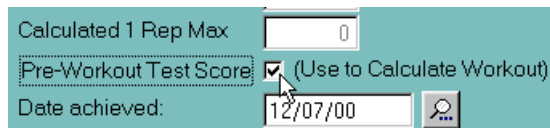
You click on a checkbox to change it from Yes to No or back again, or press the spacebar.

What is a button?

Buttons on windows allow you to do several things: call other functions, finish with the current window and save your work, cancel the current windows without saving, start a report printing, etc.
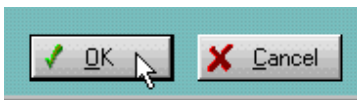
You've already seen the lookup button as part of the lookup field. Other common buttons are the Ok and Cancel buttons, as shown here. To activate a button, just click on it, or tab to it and press the Enter key.

Each window has a default button. This just means that when the window is first opened, this button is already selected. A selected button is shown by a darker border around the button. Note that the default button will change on some windows depending on their use at the moment. The default is usually the "Ok" button for Add/Change and Prompt windows, and the 'Change' or "Select" button for Browse windows.

When you press the Enter key (or double click on browse windows) the currently selected button is automatically pressed. This happens no matter where on the screen your cursor is currently located. So unless you've used the tab key to select a different button than the default, pressing the Enter key automatically presses the default button.

Files, records, and fields

When you enter data into fields on the various windows, the information is stored in the system in **files**, **records** and **fields.**

Files

All information in the system is stored in **files**. A file may be thought of as a notebook full of similar information. For instance, one notebook might have all of the names, addresses and personal information about your athletes, while another would have all of the athletes' scores for the various events and lifts.

Records

The information in each file is divided into **records**. A record is like a page in a notebook. Each record contains the information for one of the items in the file. For example, in your notebook of athlete information, each page would have all of the information for one athlete.   In general, each add/change window in the system represents the data from one record in one file.

Record fields

The information in records is divided into **fields**. These fields are like the individual entries you make on each page of a notebook. For instance, in your notebook of athlete information, each page would contain an athlete's first and last name, address, height, weight, etc. Each one of these entries is a **field** in the athlete's record.

You have probably noticed that the term field is used for both the areas on a window where you enter data, and the area in a record where data is stored. This is because they are basically the same thing. In general, the data you enter into a field on an add/change window is stored as one field in a record in one or more files.

Types of windows

There are four types of display windows used in the BFS Beat The Computer system. They are:

- **Main Program Window**

- **Browse Windows**

- **Add/Change Windows**

- **Prompt Windows**

Each of these window types works in a different way. Once you learn how to use these four types, you should have no problem using any of the programs in the system. A brief description of each window type follows.

Main Program Window

The Main Program Window is the window that opens when you first start the Beat The Computer Pro. A sample of this window is shown here:
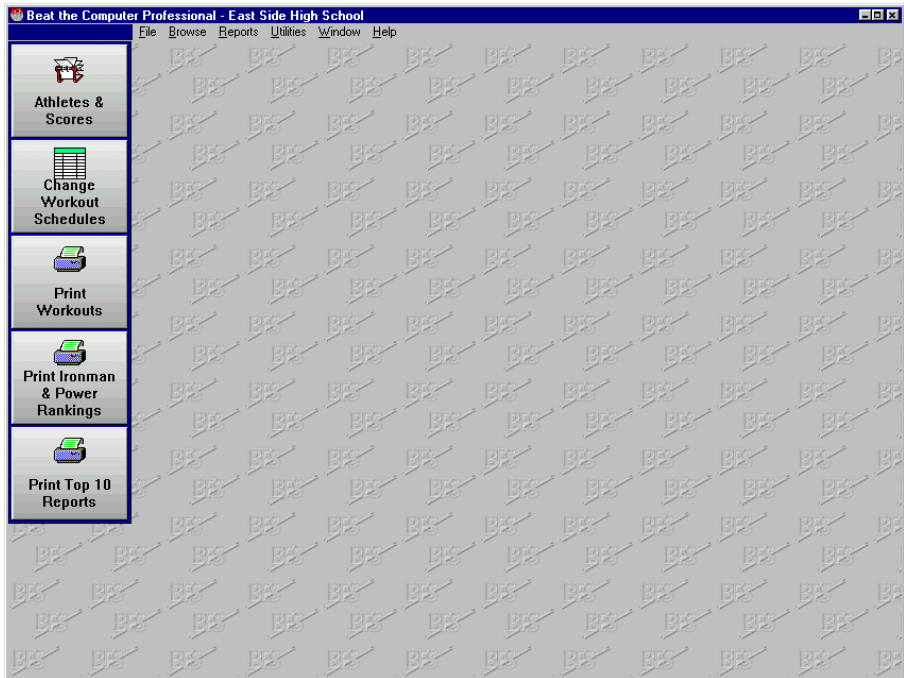
This window is your control center for the Beat The Computer program.

The title bar at the top shows your school name, or the name of the person the program is licensed to.

Running Beat The Computer Professional functions

Just under the title bar are the pull down menus. They allow you to access all of the functions of the Beat The Computer Pro. All of these functions are described fully in the following sections of this manual.

To start a function with your mouse, click on a pull down menu, and then click on the function you want to run.

To start a function with your keyboard instead of the mouse, press the Alt key along with the underlined letter for that menu function.

For example, to print one of the available reports, click on the Reports pull down menu or press Alt+R, and the reports menu will appear.

After the menu appears, either click the desired report, press the underlined letter for that report, or use the Up or Down Arrow keys to select the report and press Enter. The prompt screen for the report will appear.

All functions are selected this same way, by selecting first a pull down menu, then one option on that menu.

Resizing the Beat The Computer Pro window

The Beat The Computer Pro main program window, like most Windows programs, can be resized to fit your desktop. We recommend that you set your desktop for a viewable area of at least 800x600 pixels, and 256 or more colors. A smaller desktop can make it harder to see all of the information on some of the program windows.

To resize your Beat The Computer window, click and hold on one of the edges or corners of the Main Program Window (your cursor will turn into a small double headed arrow when you're pointing at border or corner that can be resized), drag the window to the desired size, then release the mouse button.

The Main Program window can also be **Maximized** so it covers your entire desktop, or **Minimized** so it appears as just an icon with a description on your taskbar. To maximize, minimize, or restore the Beat The Computer Main Program window, use

the standard Windows icons in the upper right hand corner of the window, as shown here. The underline icon minimizes the window; the window icon (it looks like a little square box) maximizes the window.

When maximized, the window icon turns into a double window, as shown here. Clicking the double window icon will "shrink" the Main Program window back down to the last size you had it set for.

When the window is minimized, it will appear on the Windows Taskbar as just the Beat The Computer icon and the description "Beat The Computer". To restore the normal window to your desktop, click on the icon on your taskbar, or use your Alt+Tab keys to select the Beat The Computer program from your current list of running tasks.

Restoring default window sizes and positions

If you size or move one of your windows so that you can't see it anymore, or can't seem to move it back to where you want it, you can reset all windows to their default sizes and positions by removing the Beat The Computer configuration file.

> **WARNING:** Be very careful while doing this that you don't remove or rename any other files in the Beat The Computer program folder. Doing so could cause your program not to function, or cause your data to be permanently lost. If you are not very comfortable using Windows explorer to delete and manipulate files, **get help from someone who is knowledgeable about deleting files.**

To remove the Beat The Computer configuration file, use the Windows Explorer (not Internet Explorer) to browse to the folder where the Beat The Computer program is installed. Look for a file named **btcaas.ini** and delete it. There is no danger deleting this one file, it only keeps the size and position information for your Beat The Computer program windows. Just **do not** delete or rename or **any other files**.

The next time you start the Beat The Computer program after deleting the configuration file, a new btcaas.ini will be created with default sizes and positions for all windows.

Browse windows

A browse window, as the name implies, displays a list of similar items and lets you browse through them to see your data, or choose an item to update.

A browse window shows you items already entered into the computer, and allows you to call an **Add/Change** window to change those items or add new items, or to delete an item you no longer need.

There are browse windows available to display the athletes, sports, scores, lifts, events, etc., that you have entered into the system.

As shown here, browse windows always have a title at the top and column headings for the data in the upper part of the window. The actual list of items takes up most of the rest of the window, with each item using one line.

Workout	Description
BFS	Standard Workout
BFS1	1 Day Workout
BFS2	2 Day Workout
BFS3	3 day workout
BFS4	4 Day Workout
BOYS BB	Boys Basketball
GIRLS BB	Girls Basketball
PE3	P.E. Class
PE4	P.E. Class
SFB3	Softball
SOC3	Soccer
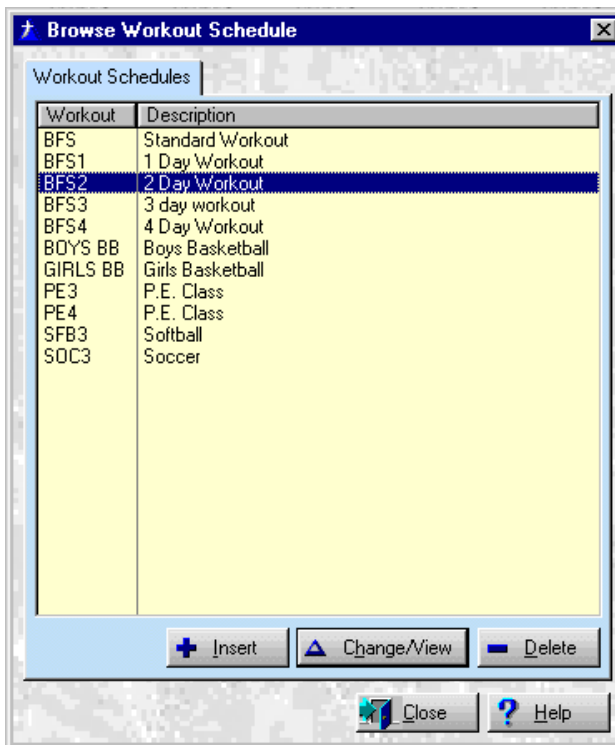
At the very bottom of the window are the buttons that call the various functions available for this browse.

The items on browse windows are listed in order according to a key field that is appropriate for those items. For instance, athletes are listed in order by the athlete's last name; sports and positions are listed alphabetically by their name, etc. On browse windows where all of the data will not fit on one window, a "Position to" function allows you to move immediately to a specified line without using the cursor keys or page keys.

Where you see and use browse windows

Browse windows are used for two different functions:

- Display items previously entered in a program
- Display valid entries for a field on an add/change window when you press a lookup button

When you start many of the programs in the system, the first thing you will see is a list of entries that have already been made. If you want to make a change to one of these entries, select it from the browse window. When you select an item, an add/change window appears that allows you to make changes to the information for that item.

 This is the **Change** function, and when used in this mode, the button marked "Change" will be the default button, and the Select button will not be available.

The second use of browse windows comes when you are filling in the information on an add/change window. Many of the fields on these windows accept only pre-defined values. For example, the "sport" fields on the Athlete Info add/change window will only accept sports that have already been defined. Most of these fields allow you to press a lookup button and display a browse window showing the valid values for that field. You may then select the desired value, and it will be entered automatically into the field on the add/change window.

 This is the **Select** function, and when used in this mode, the button marked "Select" will be the default button. The Change button will still be available, but will not be selected unless you specifically tab to it and press enter, or click on it.

Searching through the list

Often there are more items in the list than will fit on the window, and the item you want may not be displayed. In this case, you can move forward and backward through the list until you find the record you want. Several methods are available to help you move up and down the list:

- the Up and Down Arrow keys
- the Page Up and Page Down keys
- the Home and End keys
- the "Position to" function
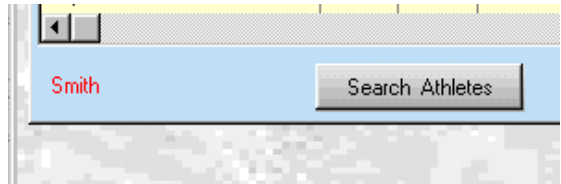- the Vertical scroll bar

The Up and Down Arrow keys move up and down the list one item at a time. The Up Arrow key moves towards the top of the list, and the Down Arrow key moves towards the bottom. If you are already at the bottom of the window and press the Down Arrow key again, the list will move up one line and display the next item down the list, if there is one. If you are at the top of the window, the Up Arrow key will move the list down and display the next item up the list, if there is one.

The Page Up and Page Down keys work just like the Up and Down Arrow keys, except that they move the list an entire window, or page, at a time.

The Home and End keys will move your cursor immediately to the top or bottom of the entire list.

The "Position to" function allows you to jump directly to any point in the list without going through the intervening items. If you type anything while looking at a browse window, the list will immediately jump to the first record whose key field matches what you typed. You don't need to have your cursor positioned in a specific field, there isn't any special field. Just start typing!

For instance, if you want to find the name Smith in your list of athletes, you can type the letters SMITH. As you type, the letters will appear at the bottom of the list, and the list will jump directly to the names beginning with those letters. You

do not need to know the entire name. Typing in SM will position the list to names beginning with those letters. The more letters you type in, the more precisely the list will be positioned, but even three or four letters will usually put the item you are looking for on the window.

The vertical scroll bar also allows you move up and down the list. Note that the scroll bar is only shown if there are more items on the list than will fit on a single page. Clicking on the up or down arrow at the top or bottom of the scroll bar will move up or down the list one item at a time. Clicking the scroll bar above or below

the "thumb" (this is the little box that moves up and down the scroll bar as you move through the list) will move the list up or down one full page at a time. Or you can click and hold on the thumb, and drag it up or down to move through the list very quickly. For example, dragging the thumb to about the middle of the scroll bar will take you immediately to about the middle of the list, even if that is many pages of information.
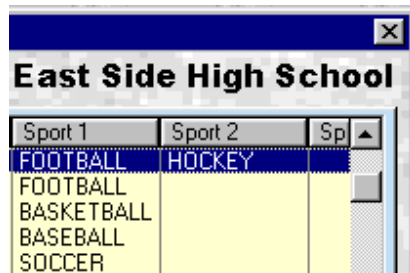
Selecting an item from a list

Once the item you're looking for appears on the current page of the browse window, you can **Change, Delete** or **Select** the item by highlighting it and then choosing the appropriate function.

You highlight an item by clicking on it, or by using the Up or Down Arrow keys. The highlighted item appears as light-colored text on a dark band, instead of the dark-colored text on a light background like the rest of the window.

Once an item is highlighted, you can chose to **Select, Change,** or **Delete** an item in several ways.

- Double-click it or press the Enter key, and the default function will automatically be selected. The default will be either Select or Change.
- Click the Change button, Delete button, or Select button (when available) directly.
- Right-click on the item, and select Change, Delete, or Select (when available) from the pop-up menu.

If you choose to Change an item, the **Add/Change** window appears, and you can make any changes needed.
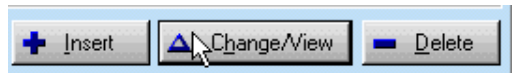
If you choose to Delete an item, a **Confirm Delete** window appears, and you can choose to complete the delete and remove the item from your list. Once an item is deleted it cannot be recovered, and would have to be re-entered by hand to restore it.
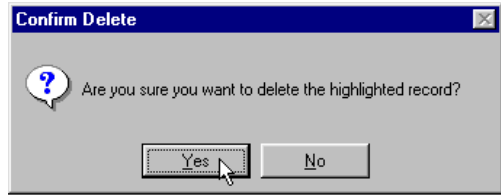
If you choose to Select an item (when this option is available) the browse window will close, and you will be returned to the **Add/Change** window where you pressed the lookup button. The item you selected on the list will appear automatically in the lookup field you were working with.

Adding new items to a list

When you need to add a new item to a list, it doesn't matter what item on the list is currently selected. Anytime the browse window is shown, you can add a new item in any of three ways:

- Click the Insert Button
- Press the Insert key
- Right click any item on the menu and select the Insert option from the pop-up menu

When you choose to add a new item to a list, an empty (or mostly empty, some fields may have default values) **Add/Change** window appears which you can use to enter the new information.

Closing the Browse window

When you're finished with the browse window, you can close it. There are several ways to close any browse window. You can Press the Escape key,

click the close icon in the upper right hand corner,
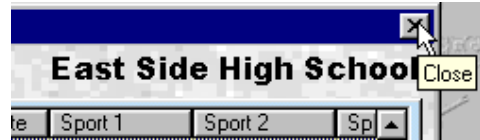
or click the Close button on the bottom of the browse window.
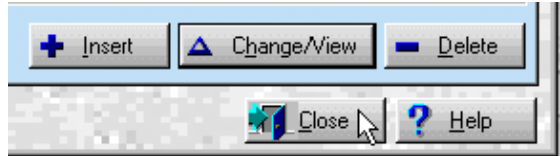
Add/Change windows

Add/Change windows serve a dual purpose. They let you enter new data into the system, and see or change information that has already been entered. Each kind of data that you can enter into the system has its own add/change window that has been tailored specifically for it. Add/Change windows are often called "form fill-in" windows because they resemble a paper form with blanks that you must fill with information.

Each add/change window has a title at the top that tells you what kind of data is entered or appears on the window. The main part of the window will be taken up with the fields you must fill in and their descriptions. At the bottom of the window are the buttons for functions available on this window.

Add mode and Change mode

In order to see an add/change window, you must first call the appropriate browse window from a drop down menu on the Main Program window. When the browse window appears, you may chose to **Insert** a new item, or **Change** an existing item.

When you chose to **Change** an existing item, the add/change window appears in change mode. This means that any information for the item you selected is shown on the add/change window for you to see or change. In the title bar you will see the message "Changing…." with a description of the item. You can use the mouse or Tab key to move the cursor to any field on the window, then type the new information over the old.
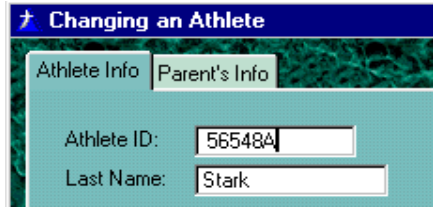
When you choose to **Insert** a new item, the add/change window appears in entry mode. This means that most of the fields on the window are empty (some may already have default information filled in), and you must fill in the needed information to create a new entry. In the title bar you will see the message "Adding…." with a description of the item. Use your mouse or Tab key to move through the fields on the window and enter the required information.
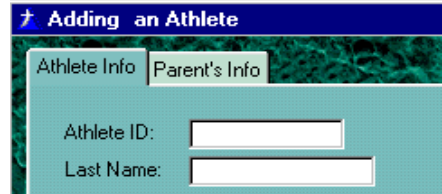
Moving around the window

When the cursor is positioned in a field on an add/change window, that field is highlighted, indicating that information can now be entered or changed. You can select which field on the window is highlighted using the Tab key or the Mouse.

The Back Tab key moves the cursor to the previous field on the window. If the cursor is already in the first field on the window, it will move to the last field or button on the window.

Moving within a field

The following keys are available to move the cursor within a single field:

- Left and Right Arrow keys
- Backspace key
- Home and End keys

The Left and Right Arrow keys move the cursor one space at a time non-destructively (without changing any information).

The Backspace key moves the cursor to the left one space at a time destructively (erasing characters as it goes).

The Home key moves the cursor to the beginning of the field. The End key moves the cursor one space past the last used position in the field.

Entering or changing a field

To enter new information or change the existing information in a field, position the cursor in the field, then type in the new information. When you are finished with the field, press the Tab key or use the mouse to move to the next field.

When you press the Tab key or use the mouse to move to a new field, any data you entered in the current field is checked to see if it is valid. If the data is not valid, an Error

You must enter the athlete's Last Name
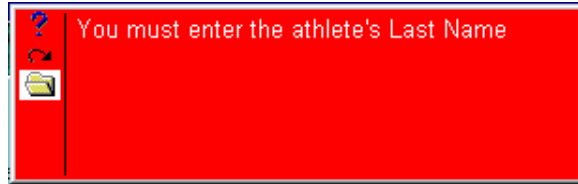
Message window appears with a description of the problem. Note the problem, and correct it. The error window will remain visible until you move to another field. You must correct the data before you can go to the next field.

If the data is valid, the cursor moves to the next field on the window.

When entering or changing information in fields, the Delete key may be used. In alpha fields, the Delete key deletes the character the cursor is on, and moves the rest of the characters to the right one space back to the left. In numeric fields, the Delete key deletes the character the cursor is on, and moves the rest of the characters to the left one space back to the right.

Saving your entry or changes

When you are finished making changes, or all of the required information has been entered, click the Ok button or press the Enter key to save the new information. When you click Ok or press Enter, then your changes or new items are saved, and you return to the browse window, where you can select another item to change or delete, or add another item by choosing Insert.
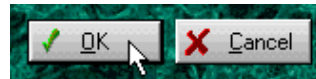
✓ OK   ✗ Cancel

If you don't want to change anything or add a new item, click the Cancel button or press the Escape key to return to the browse window.
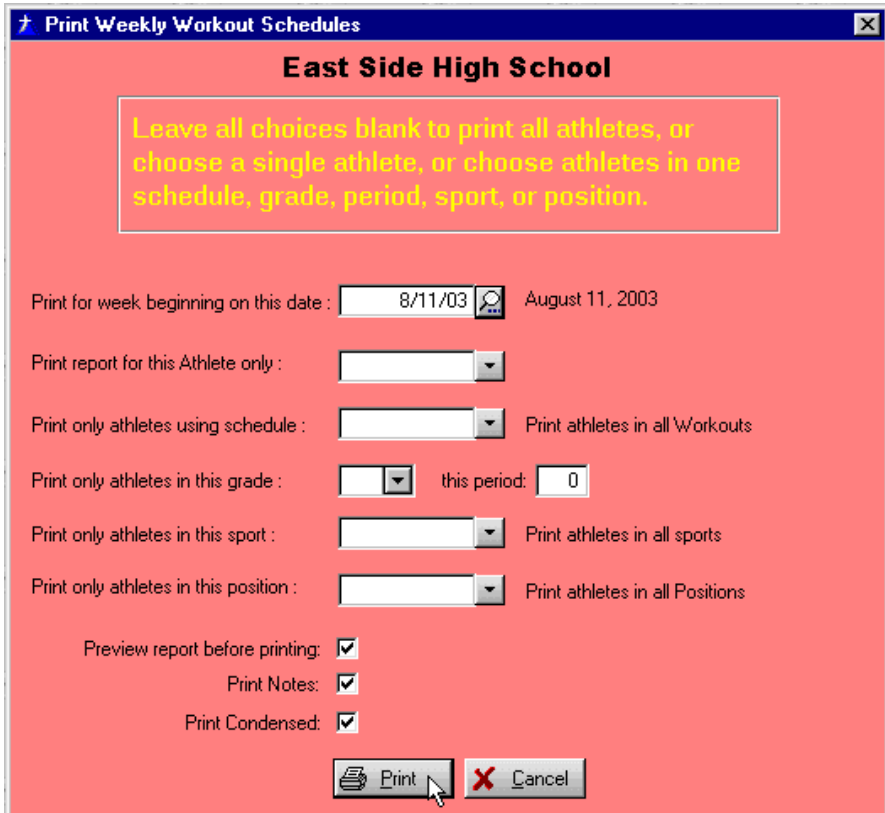
If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. This protects you from accidentally hitting the Escape Key after spending 15 minutes filling in information. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, No to continue on and NOT save your changes, or Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries.
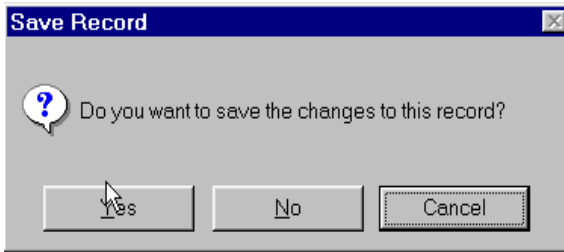
Prompt windows

Prompt windows allow you to enter the information needed to run some process or print a report.

Prompt windows have a title at the top, which indicates which function will be started by this prompt. The descriptions of your choices and the fields where you enter them are in the body of the window. At the bottom, you will see the buttons to select the available functions for this prompt.

Where you will see and use prompt windows

A prompt window will appear any time you select a menu option to print a report. The prompt window allows you to enter your selections for that particular report before you start printing. The prompt window also allows you to end the process without printing the report in case you change your mind or simply selected the menu option by accident.

Prompt windows also appear when you choose to run the Utility processes, such as saving your data, or to do Year End processing. Just as when running reports, these prompt windows allow you to enter the information required for the process and give you a chance to change your mind and not run the process.

Using a prompt window

When a prompt window appears, you enter the data called for, just like you enter data on an add/change window. For many prompt windows, there are default choices already filled in which you may use or change.

As on add/change windows, the Tab and Back Tab keys move the cursor from field to field. The Left and Right Arrow, Back Space, Insert and Delete keys are all used within a field. All of these keys function the same way as on add/change windows.

After you have entered all of the appropriate choices, Click the Ok button or press Enter to start the report or process.
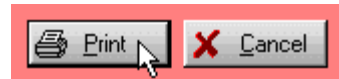
Chapter Four

Using the Beat The Computer Professional

This chapter will get you started using the Beat The Computer Pro. We start with a summary of the steps you need to follow, and then walk you step by step through each of the major functions.

A Quick Summary

This summary outlines the major functions of the system, and gives you an overview of what each function does. If you have read Chapter Three, Interacting with the System, this chapter may be all the instruction you need to use the system.

In the Beat The Computer Pro, all of the functions fall into four general groups, based on when you normally use each function. The four groups are Setup Functions, Beginning of Each Workout Cycle, Weekly Functions, and Miscellaneous Functions.

A brief summary of each of these functions is given on the following pages.

Setup Functions

These are the things you need to do to setup the Beat The Computer Pro before you can begin to print the Test Forms and Workout Schedules for the first time. You need to at least look at each one before beginning to use the system to make sure that the program is set the way **you** need it. After the initial setup, most of these functions are rarely used. The setup functions include:

- **Activate the Program License** – You can't use any functions in the Beat The Computer Pro until you activate your License. This is a simple process, and requires no Internet connection, mailing cards, or anything else.

  You just need to type in the information from the ACTIVATION INFORMATION LABEL that was shipped with your CD.
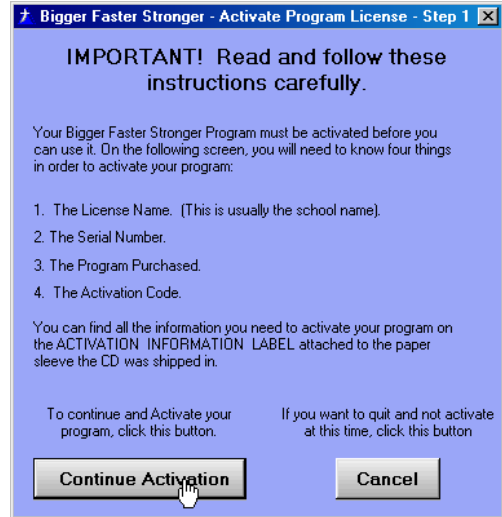
- **Check the Core and Auxiliary Lifts** - These are the lifts that appear on the Weekly Workout Schedules, and the first four are the lifts used for calculating Ironman Rankings.

  The system comes with all of the standard BFS Core and Auxiliary lifts already set up, and these may be all you need
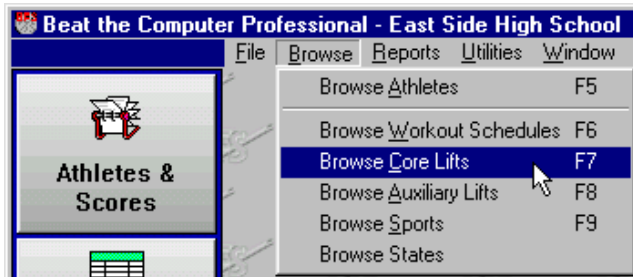
  or want to use. But you may want to use other lifts in your workouts. With these functions, you can add any Core or Auxiliary lift you want to the list of available lifts.

- **Check the Weekly Workout Schedule** - The Weekly Workout Schedule is where you define which lifts your athletes will use on each workout of the week. These lifts are the same each week, but the system automatically rotates the sets, reps, and weights to give the athletes a constantly challenging workout.
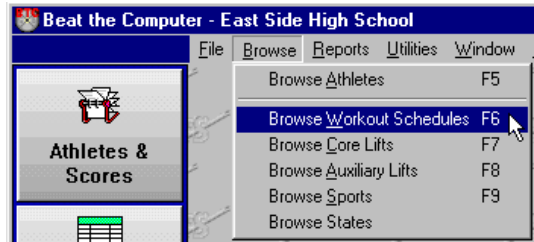
  The system comes with the standard BFS weekly schedule already set up. You may use this schedule as is or modify it. In addition, you can add additional schedules and have different athletes or teams using different schedules.

- **Check the Sport and Position Codes** - Sport Codes define the sports or teams to which your athletes are assigned. They can also be used to control the Workout Info, which tells the system how many days per week each athlete works out, whether they use the 3-set or 5-set workout, and how long the Workout Cycle is, from 4 to 16 weeks.
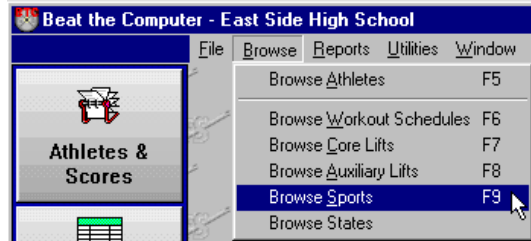
  The system comes with virtually all of the standard sports and the positions for those sports already set up with both men's and women's teams. However, you may wish to set up additional sport codes and use separate codes for the In-season and Off-season teams. Or you may want to have your Varsity Football completely separate from the Junior team.

- **Enter the Information for your Athletes** - This is the personal information for athletes, such as name & address. Also, the Workout Info for each athlete can be changed individually here, if you need a particular athlete to use different workout parameters than the other athletes in their sport or team.

This is where you will probably have to spend most of your setup time. You need to enter the information for all of your athletes so that the computer can begin to track them.

Beginning of Each Workout Cycle

These are the functions that you need to do as each group of athlete's begins a new workout cycle. The workout cycle can be from 4 to 16 weeks, and you will probably want to set your schedule so that the number of weeks in the workout matches your grading period, either by quarter or by semester.

Although the list of things to do at the beginning of each workout cycle seems lengthy, it will probably be pretty quick. Most of the things you need to do are just to check that they haven't changed from last time, and the others run automatically in just a few minutes.
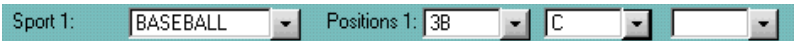
At the beginning of each workout cycle, you may need to do the following things:

- **Enter or update the information for your athletes** - In the Setup section, you entered all of the information for your athletes. For each new workout cycle, you just need to make sure all of your

information is correct, add any new athletes, and delete any that have gone.

- **Assign your athletes to the proper Sport Code** - This is really part of the previous step, just making sure the information for your athletes is correct. However, since sport codes can play such an important role in using the Beat The Computer Pro, we mention it separately here.

The Sport Code is used to determine the default workout for each athlete who is a member of that sport or team. This is where you determine which weekly schedule to use, how many weeks in the workout cycle, how many workout days per week,

and whether to use the short or long workout.

Although you can change all of these things for any individual athlete, you will probably want to start with all members of one team or sport set up the same way. Then if you need to make changes for one or two, it's easy to do.

When the system is installed, all of the teams are setup with the same workout. If you don't have different teams using different workouts, you won't have to worry about this.

- **Set up the Workout Info for your Sport Codes** - Once all your athletes are assigned to the correct sport codes, you should make sure that each sport is set up correctly. You can then use the utility described next, and every athlete can be automatically updated with any changed parameters.
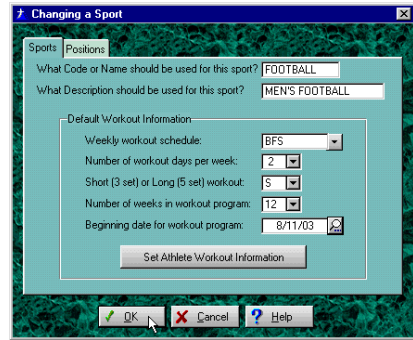
  Again, if you don't have different teams using different workouts, you won't have to worry about this.

- **Set Athlete Workout Information** – This utility allows you to change or reset the workout information for an entire group of athletes (such as all athletes in one sport) automatically, all at once.
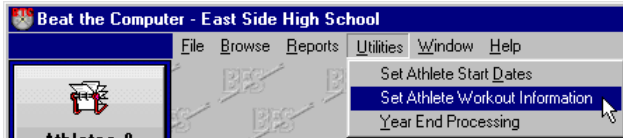
  When you run this process, all of the athletes you select to update have their workout info changed to match the information set up for their primary sport code, as described in the previous topic.

- **Set Athlete Start Dates** - Each athlete has a start date that defines when his or her Workout Cycle begins. Their workout then continues for the number of weeks you defined for the athlete or their Sport Code.
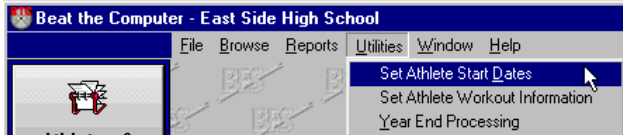
After all of the athletes have the proper Workout Info set up according to their sport codes, you need to tell the system what date to begin the workout cycle. You can automatically update all athletes to begin a new workout on the date appropriate for their team, grade, weekly schedule, etc.

Remember that this utility only sets the start dates for the selected athletes, where the **Set Athlete Workout Information** utility sets all the other workout information for the selected athletes.

- **Print the Pre-Workout Test Forms** - This is where the system starts to work for you. With your workout schedules set up, and your athletes assigned to the proper sport teams, you print the test forms.
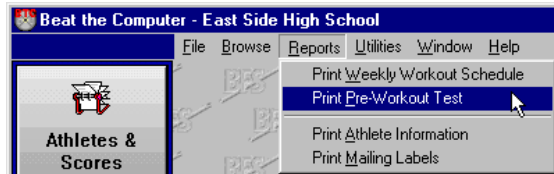
The form is a simple. For each athlete, the system prints one (or possibly two pages). The report for each athlete has their name and the exact lifts you set up for their workout schedule. It has blanks for them to write in the reps and weight for each lift. You just print them and pass them out.

- **Test your Athletes** - Using the Pre-Workout Test forms, your athletes record their best efforts in each lift and event shown.

  In addition to the Lifts you set up on the Weekly Schedules, the Pre-Workout Test form has places to enter the scores for the standard BFS speed and agility events. Testing your athletes on these events and recording their scores will allow you to judge real-world performance gains in areas such as speed, agility, and flexibility, which are so important to the overall training and conditioning process.

- **Enter the Pre-Workout Test scores into the computer** - The last step for each workout cycle is to enter the scores from the Pre-Workout test forms.

This is where the system really gives your athletes an edge. Instead of generalized workouts, the system knows each athlete's actual performance level. Using this information, the workout is tailored for each individual, challenging the athlete to do better, but at the level that is realistic.

Weekly Functions

This is the meat of the Beat The Computer Pro, and where the computer starts to work for you. Each week during the workout cycle, you do two simple things:

- **Print the Weekly Workout Schedules** - These are individual reports for each athlete, with one or two pages per week, depending on how many days per week you workout. Like the Test forms, you just print them and pass them out.

Each athlete's report is automatically customized for them, showing just the lifts in their workout. In addition, the system has calculated the weight for each set based on the athlete's own performance. The weights are calculated to be challenging, and automatically get more challenging as the weeks go by.

- **Encourage your Athletes to BEAT THE COMPUTER** - With the computer-printed schedule in hand, you hit the weight room. Each athlete has his schedule for each day of the week, showing exactly what the computer thinks he can do that day. It's now up to the athlete (with your help) to prove the computer wrong.

They follow the computer up to the last set. On the last set, however, using the weight the computer recommends, they try to do more reps than shown on the report. If they do, **THEY WIN!** It's as simple as that.

Note: It's expected that your athletes will routinely beat the computer by a rep or two on the last set of each day. If an athlete beats the computer by more than two or three reps every workout, you may want to enter the new score into the computer, so that the computer will give a more challenging workout the next week.

- **Enter New Scores** – The Weekly Workout calculated by the Beat The computer Pro system will automatically get more difficult each week. Because of this, you aren't required to enter new score each week.

  But to effectively use the Ironman, Power Rank and Top 10 reports, you may want to enter new scores for tracking, even if they don't change the workout.

  You can enter new scores for your athletes as often as needed, but many coaches do this weekly, and then print the report showing the updated rankings.
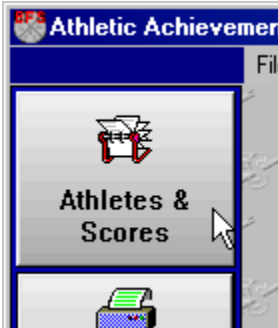
To enter new scores, just find the athlete, click on the Athlete's Scores button, double click the lift or event you want to enter, and click Insert. The system will keep any number of scores, as long as you have free disk space. After the new scores are entered, you can print the reports.
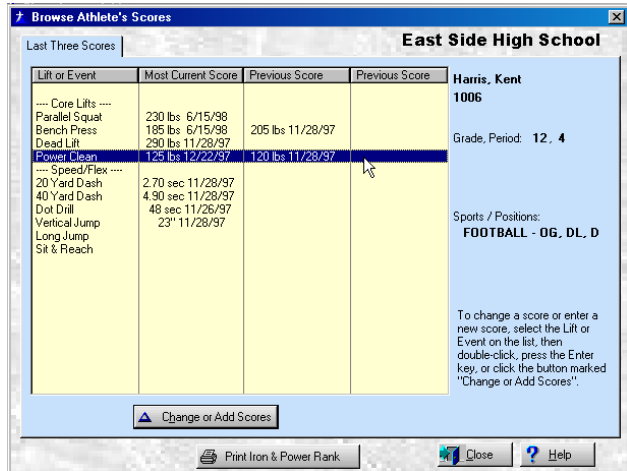
- **Print Reports** – Besides the Weekly Workout Schedule, there are two other main reports, each with a couple of different flavors, that you can print to track your athletes.

You can print the Ironman and Power Ranking Report, which shows the current standing of the Athlete according to the BFS Strength, Power, Speed, and Flexibility ratings.
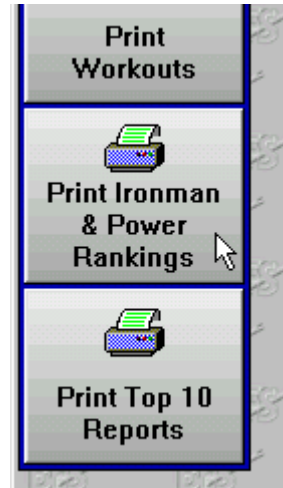
A sample of the Ironman and Power Ranking report is shown below.

October 13, 2003
11:38AM

Individual Ironman, Power, and Overall Rankings
East Side High School

Page   1

Athlete Information

Harris, Kent

ID Number:	1006	Height:	5 Ft 9 In	
Grade/Period:	12 4	Weight:	185 Lbs	
Weekly Workout Schedule: BFS4		Sport:	FOOTBALL OG DL DE	

Note: For all Lifts and Speed & Agility Events, higher Point Values are better.

Ironman Ranking

	1 Rep	Point		Rank within	
Core Lift	Max	Value	Ironman Ranking	Grade	School
Squat	230 lbs	1	Beginning		
Bench	185 lbs	2	Good	3rd	34th
Dead Lift	290 lbs	1	Beginning	2nd	10th
Clean	125 lbs	1	Beginning	3rd	27th
Point Total:		5			
Overall Ironman Ranking:			Beginning		

Power Ranking

	Most Recent	Point		Rank within	
Event	Score	Value	Power Ranking	Grade	School
20 Yard Dash	2.70 sec	14	Great	1st	4th
40 yard Dash	4.90 sec	10	Good	1st	7th
Dot Drill	48 sec	17	All-State	1st	1st
Vertical Jump	23"	8	Elite	1st	9th
Long Jump		0	No Score yet		
Sit & Reach					
Point Total:		49	No Score yet		

Additionally, you can print the Top 10 Report. This shows the Top 10 Athletes and their score in any lift or event. The Top 10 can be printed for only current students, or for All Time, which may include students who have graduated.
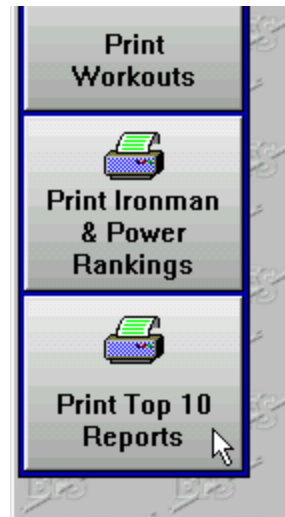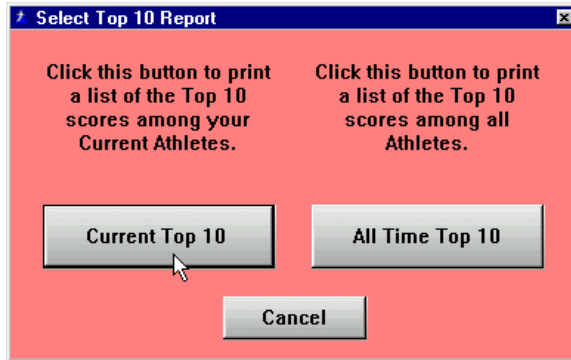
A sample of a Top 10 report appears on the following page.

```
October 13, 2003                    East Side High School                        Page   1
11:44AM

                              Top 10 scores among Current Athletes
                                            in the
                                     Parallel Squat


     1st      Johnny Mounsamrouath            10/26/1998        11th    420 lbs

     2nd      Brandon Factor                   9/17/1998        12th    380 lbs

     3rd      Tommy Duval                      8/17/1998        12th    375 lbs

     4th      Jeff Henning                     9/14/1998        12th    345 lbs

     5th      Steve Hack                       8/17/1998        12th    325 lbs

     6th      Rob Baden                        6/11/1998        12th    320 lbs

     7th      Pat Zupfer                       1/15/1998        11th    320 lbs

     8th      Ryan Walden                     12/15/1997        10th    320 lbs

     9th      John Smith                       6/06/1998        12th    305 lbs

     10th     Joel Dircks                      1/21/1999        10th    300 lbs



     This report Shows the Top 10 athletes in the Following categories:
     Sport Codes:            All Sports
     Position Codes:         All Positions
     Sex:                    Men and Women
     9th grade (Freshman)    ☒          ☐   College 1st year (Freshmar
     10th grade (Sophomore)  ☒          ☐   College 2nd year (Sophmore
     11th grade (Junior)     ☒          ☐   College 3rd year (Junior
     12th grade (Senior)     ☒          ☐   College 4th year (Senio
```

There are several options for each report, such as printing for a single grade, sport, position, etc. You can select to print a single athlete, or a group.

Miscellaneous Functions

The Miscellaneous Functions can be run at any time, as needed. They include:

- **Set up User Ids and Passwords for Authorized Users** – If you installed Password Protection when you installed the Beat the Computer program, everyone who uses the program must type in a User ID and Password before they can access the program.

  During installation, a default User ID and Password were created automatically as BFS and BFS. These must be used to run the program for the first time and Activate the program. You should then create new User IDs for your authorized users as soon as possible, and then the BFS User ID should be deleted, or at least the password changed so that it can't be used by unauthorized people.

  To create, new Users, change a User, or delete a User, use the option "Add/Change Authorized Users" on the File Menu.

- **Save Data Files to Diskette** - This process makes a copy of the data files used by the Beat The Computer Pro on a diskette. Although the data files are automatically saved to your hard disk every time you click Ok, having a safe backup copy on a diskette is good, cheap, insurance.
.
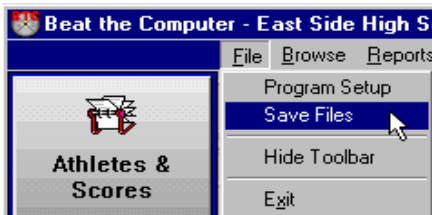
This is one of the most important functions in the entire Beat The Computer Pro! No system is completely safe from hardware problems, and the best way to protect your data is to have a second copy of it saved somewhere off the computer.

We recommend you backup your data every time you make changes, or at the end of every day.
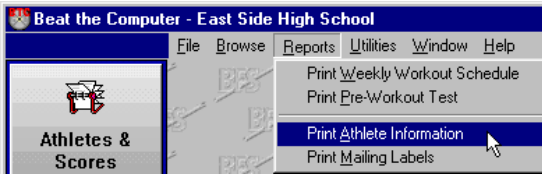
- **Print Name and Address Listing** - This is a simple report you can print that shows the names and addresses of the athletes in your system. It can be printed by Sport, Grade, Period, Workout Schedule, etc. It's handy for a quick permanent record of each class, contacting athletes by phone or mail, etc.

- **Year-End Processing** - This process automatically promotes your athletes from one grade to the next. You run it at year end, or the beginning of the new year, and everyone automatically moves up one grade.

- **All of the other functions** - Even though you normally do most of the things in the program on a regularly scheduled basis, there is no reason you can't do any of them whenever you need.

  New athletes joining the class in the middle of the term? Add them in. Want to add an extra lift to the Football team's workout? Put it on. Want to start an after-school workout for the Varsity Team? Set it up. You don't have to wait to do these things. Let the computer work for you, not the other way around!

Need More Information?

You've been given a quick overview of how to use the Beat The Computer Pro. Use this summary section as a checklist to see what to do next.

If you need detailed instructions for any of the functions we talked about here, they are in the next Section. Each function has a step-by-step description of where to find it, how to run it, and some tips that may help you out along the way.

Step by Step Details

This section goes step by step through the functions of the Beat The Computer Pro. If you have questions on how to do something in the program, you should find the answers here.

The BFS Set-Rep System

The Beat The Computer Pro is based on the BFS Super Set-Rep System. The Super Set-Rep system takes your athletes through a workout schedule lasting several weeks. The lifts, sets, reps, and weights are varied each week during the program to give the athlete an increasingly challenging workout.

Having the computer calculate and manage the workout program gives you two things: more time to spend in one-on-one work where it's needed most, and the motivational tool of challenging your athletes to do better than the computer says they can. When they exceed the computer's expectations, they've **Beat The Computer**!

The lifting part of the standard BFS program consists of a 2- or 3-day-workout week. If you lift more times than that, you will probably neglect or underemphasize other important training areas such as flexibility, agility, plyometrics and speed training.

Although you can change this to anywhere from 1 to 5 days per week, we recommend the 2- or 3-day-workout week.

To eliminate plateaus, different lifts are done each workout day during the week. During each workout week, the same number of sets and reps are done each day that week, but you do a different number of sets and reps than you did last week. There are four different combinations of set and reps, so the cycle only repeats at the **fifth** week. In addition, because the computer automatically increases the weights each week during the workout, your athletes go the entire workout cycle, **up to 16 weeks, without ever repeating the exact same workout!**

The first week you start your people right in with 3 sets of 3 reps on the Core lifts each workout day. There is no difference this week between the Short (3 set) or Long (5 set) workout, both do 3 sets of 3 reps. Auxiliary lifts are always 2 sets of 10 each workout day, or 2 sets of 5.

The second week moves up to 5 sets of 5 reps (5 x 5) on all Core lifts for the Long (5 set) workout. This is a brutal and long workout. The Short (3 Set) workout is 3 sets of 5 on Core Lifts. Again, Auxiliary lifts are always 2 sets of 10 each workout day, or 2 sets of 5.

The Third Week goes to 5 sets of 5, 4, 3, 2, and 1 reps for the Long (5 set) workout, and 3 sets of 5, 3, and 1 reps for the Short (3 set) workout. Auxiliary lifts are 2x10, or 2x5 each workout day.

The Fourth Week we go to 3 sets of 10, 8, and 6 reps for Non-Olympic Lifts (such as Bench, Towel Bench, Box Squat and Squat, or 3 sets of 4, 4, and 2 reps for the Olympic type lifts (such as Clean and Dead Lift/Trap Bar). Like the first week, there is no difference between the Short (3 set) and Long (5 set) workout. As always, Auxiliary lifts are 2x10, or 2x5 each workout day.

Note: The Trap Bar is not an Olympic Lift, but it does build a power base for the Olympic Lifts. Therefore, for our purposes, we will classify the Trap Bar as an Olympic Lift.

> **Important Concept:** Remember, every workout day, every week, you should encourage your athletes to do <u>more</u> reps than the computer says on the last set. That last set is their chance to **BEAT THE COMPUTER**.

The Fifth Week starts over at the 3x3 workout for Core lifts, and the same four-week pattern is repeated. But because the computer is automatically increasing the weights each week, the same workout is never exactly repeated through the entire cycle.

Regardless of the lifts you select for your Cores or Auxiliaries, this same pattern of rotating set and reps is followed.

To see the standard BFS workout that was automatically set up when you installed the program, see the section <u>The Standard BFS Workout</u> in the appendix.

Starting the Beat The Computer Pro

To start Beat The Computer, click the Windows **Start** button, click **Programs**, **BFS**, then **BFS Computer System,** or double-click the BFS shortcut on the desktop. The Beat The Computer main window appears.

If you have installed Password Protection, you must enter a valid User ID and Password before you gain access to the program:

The default User ID and Password are BFS and BFS.

Remember these things about Password Protection:

- When you install the program with Password Protection, a default User ID and Password have been set up for you. The User ID is BFS, and the

Password is BFS. Use these to start your program up for the first time. As soon as possible after Activating the program, you should enter new User Ids and Passwords for everyone who will be using the program, **and then change the password on the BFS User ID, or delete the BFS user completely.**

- To add, change, or delete User IDs, use the option on the File menu "Add/Change Authorized Users. When you enter a new User ID, the Password is set to match the User ID. So if you set up a User ID John, the Password will also be John until it is changed. Any user can change their Password by using the option on the File menu "Change My Password".

- If you forget your User ID or Password, you may have to delete that User ID and re-enter it. If you forget all your passwords, you will have to re-install the program. This will delete ALL User IDs and Passwords and re-create the default BFS User ID, with the Password BFS.

- Remember that using Password Protection may stop someone unauthorized from running the program, but it does not encrypt your data. So someone with access to tools that allow them to browse or look at binary files may be able to see or corrupt your data. If this is a possibility on your system, you should use Windows security and passwords to keep unauthorized people from accessing the folder the program resides in, whether that is on your computer, or a network drive.

To end the program, click on File and Exit, or click the close icon in the upper right hand corner.

Setup Functions

This section gives you more detail and background on setting up the Beat The Computer Pro for the first time. It is arranged in the same order as the summary so you can easily find the details of the function you want.

Activate your Program License

Before you can use any of the functions in the Beat The Computer Pro, you must Activate your Program License. This is a simple matter of entering the information from the ACTIVATION INFORMATION LABEL that was shipped with your CD into the program.

The first time you run the program, the **Activate Program License** window will appear automatically. Read the instructions on this window, and make sure you have your ACTIVATION INFORMATION LABEL handy.

Click on the Continue button to activate the program license. The following window will be displayed:

On this window, type in the information from the label shipped with your CD. Be sure to type the information **exactly**, including **upper and lower case**.

On the right hand side of the both the label and the window, you will see some numbers in parenthesis. These are checksums, and will change on the window as

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you type. When you are finished typing**, the checksum on the window should match the checksum on the label**. If it doesn't, you probably made a simple typo. Check your entries carefully, and make sure the checksums match the label.

When the checksums match, click the Activate Program button. You should see the message "Activation Successful. Please Restart the Program."   Click OK and restart the program, and all functions should now be available.

If your activation fails, you will need to try again, something must have been wrong on your Activation Window. Double check the checksums, and make sure that the "Program Purchased" that you selected on the window matches the one shown on the label. **You must successfully activate the program before it can be used.**

Check the Core and Auxiliary Lifts

The first step in setting up your workout is to make sure that all of the Lifts you want to use are set up. Once a lift is set up in the system, it may be used on any Weekly Workout Schedule.

The system comes with all of the BFS Standard Core and Auxiliary lifts already set up, and these may be all you need or want to use. If so, you're done here, and can move on to Check the Weekly Workout Schedule. But you may choose to use other lifts in your workouts. Using these functions, you can add any Core or Auxiliary lift you want to the list of available lifts.

You may add any number of lifts to the system. Just because a lift is on the list doesn't mean it is automatically included on a workout. Once the lifts you need are set up, they may (or may not) be added to a workout. See the section Check the Weekly Workout Schedule for instructions on adding a lift to a workout schedule.

To enter a new Core or Auxiliary Lift, follow these steps:

1. From the Browse drop down menu on the Main Program window, click the Browse Core Lifts, or the Browse Auxiliary Lifts option. The browse window for the core or auxiliary lifts will appear, showing the lifts that have already been set up.
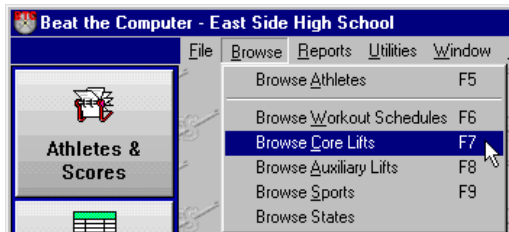
2. On the browse window, click the Insert button or press the Insert key to enter a new record. The Adding a Core Lifts, or the Adding an Auxiliary Lifts window will appear in entry mode with all fields blank (except the Lift Number, which is automatically assigned by the system) and ready for a new entry.

    A sample of the window used to enter or make changes to Lifts is shown here. The sample shows the window for the Core lifts. Auxiliary lifts are very similar.

3. Type the Short Description you want to use for the new lift, and the Long Description to use. One description or the other is used on each window or report where the lift appears; depending on how much room there is on that particular window or report. For example, one lift supplied with the system uses **Twl Bench** (used on windows where there is less space) and **Towel Bench** (used on windows and reports with more space).
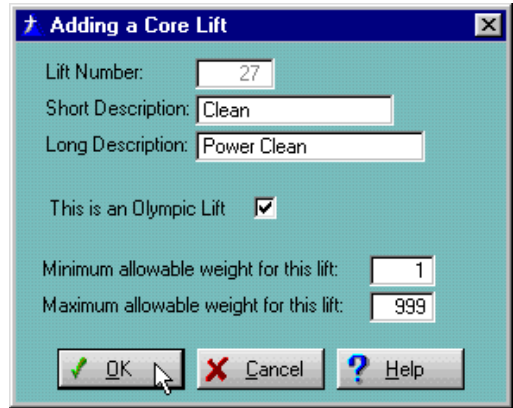
4. For Core Lifts only, Check the box for **Y** or **N** for the prompt This is an Olympic Lift. In the Beat The Computer Pro, Olympic type lifts (which are more challenging) get 4, 4, and 2 reps every fourth week in the workout, while non-Olympic lifts get 10, 8, and 6 reps every fourth week. Auxiliary Lifts are always given 2 sets of 10 reps, or 2 sets of 5 reps, and so aren't assigned as Olympic or non-Olympic lifts.

5. If you wish, you can enter the Minimum and Maximum weights allowed for the lift. If you leave these fields blank, they will be automatically set to a 1 lb. minimum, and a 999 lb. maximum.

6. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information. When the information has been saved, you will return to the browse window.

If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, Click No to continue on and NOT save your changes, or Cancel to return to the Add/Change window with all of your changes still in place so you can make further changes or entries.

When you save your changes or cancel, the Add/Change window closes, and you return to the Browse window.

7. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.

To change the information for a lift that is already set up, follow these steps:

1. From the Browse drop down menu on the Main Program window, click the Browse Core Lifts, or the Browse Auxiliary Lifts option. The browse window for the core or auxiliary lifts will appear, showing the lifts that have already been set up.
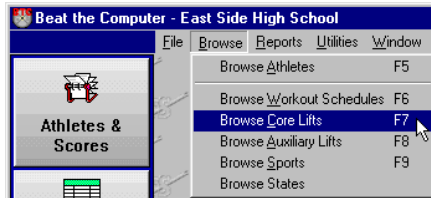
2. On the browse window, highlight the lift you want to change, and double-click, click the Change/View button, or press Enter. The Changing a Core Lift, or the Changing an Auxiliary Lifts window will appear in update mode with all fields filled in with the information for the lift you selected.
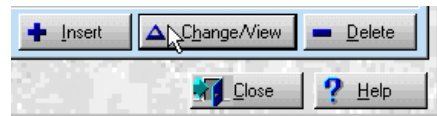
3. Make any changes needed in the information shown by pressing the Tab key (or use the mouse) until the field you want to change is highlighted, then type over the old information with the new information. (Descriptions of what each field means can be found in the previous description of entering new lifts).

4. When you have made all of the needed changes, click Ok or press Enter to save the changed information. When the information has been saved, the update window will disappear and the browse window will be shown again.

Just like when you are entering items, if you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, No to continue on and NOT save your changes, or Cancel to return to the Add/Change window with all of your changes still in place so you can make further changes or entries.

When you save your changes or cancel, the Add/Change window closes, and you return to the Browse window.

5. You may now press Escape to close the Browse window, click Insert to enter new records, or select records from the browse window to update or delete.

To delete a lift entirely, follow these steps:

> Note: Don't delete Lifts if they are currently used in a workout schedule, or you could cause problems that could keep you from running the system. To be safe, it's best not to delete lifts at all. Unused lifts don't hurt the system at all, and might be used at a later time.

1. From the Browse drop down menu on the Main Program window, click the Browse Core Lifts, or the Browse Auxiliary Lifts option. The browse window for the core or auxiliary lifts will appear, showing the lifts that have already been set up.
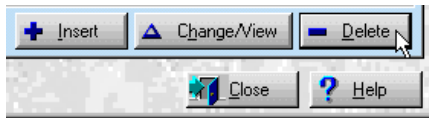
2. On the browse window, highlight the lift you want to delete, and click the Delete button, or press the Delete key.

A prompt screen will appear asking you if you are sure you want to delete this item. Click the Yes button or press Enter to confirm your choice and delete the item, or click No to return to the browse window without deleting anything.
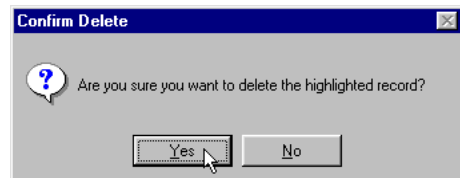
3. You may now press Escape to close the Browse window, click Insert to enter new records, or select records from the browse window to update or delete.

Check the Weekly Workout Schedule

The Weekly Workout schedule is where you tell the system which lifts you want your athletes doing on which workout days. The lifts that you set up here are used every week during the Workout Cycle, but the sets, reps, and weight are automatically rotated to keep the workout constantly challenging.

The system comes with the standard BFS weekly schedule already set up. You may use this schedule as is or modify it. If you want to use the schedule we provided, you can skip the rest of this section, and go on to Check the Sport and Position Codes.

However, you may want to add additional schedules and have different athletes or teams using different schedules. For example, you may have one schedule for football players, and a different schedule for basketball players. Or one schedule for each grade or class.

Once a schedule is set up, any athletes may use that schedule. In addition, for each Sport Code, you can set up the default schedule to use for all athletes for that sport. This makes it easy to change groups of athlete's from one workout to another.

A sample of the window used to make changes or enter new Weekly Schedules is shown below:

In each schedule, you can set up lifts for up to five workout days in the week. Each workout day can have 1 to 3 Core lifts, 1 to 6 Auxiliary lifts that should be done for 2 sets of 10 reps, and 1 or 2 Auxiliary lifts you want done for 2 sets of 5 reps. All lifts are optional, you may use as many or as few (or none) for each workout day of the week.

The lifts for each workout day are shown in a column underneath the day. On the example window, for instance, you see that workout Day 2 has two Core lifts set up (Clean and Deadlift), four Auxiliaries that will be done for 2 sets of 10 (Glute Ham, Str Leg DL, Inc Press, and Heavy Dips), and one Auxiliary to be done for 2 sets of 5 (Jerk Press). Day 3 also has two Core lifts (although different from Day 2), but has five 2x10 Auxiliaries, and no 2x5 Auxiliaries. You can see that you can set up any schedule that works for your athletes!

Note that you can have lifts set up more days than your athletes will workout. In the schedule above, there are lifts specified for three workout days. However, if you set up an athlete to use this schedule, but set that athlete for a 2-day-per-week workout instead of three, they will get only the first two days on their week printout. Another athlete using this same schedule, but set up for a 3-day-per-week workout would see all three days on their weekly printout. This means that you don't need to use separate schedules if the only difference between two groups of athletes is that one group has an extra workout day. (But you can use separate schedules if you want).

Also remember that the number of sets and reps for Core lifts are not set up here. The sets and reps for Core lifts are varied automatically each week according to the BFS Set-Rep system. Auxiliary lifts, on the other had, are always done in 2 sets of 10 reps, or 2 sets of 5 reps, depending on where you put them on this window.

The workout days are numbered 1 through 5 instead of being called Monday, Tuesday, etc. This lets you use the same workout for different groups where the only difference is which days of the week they get into the weight room. If one group works out Monday and Tuesday, while the other group gets Thursday and Friday, they can use the same schedule. For the first group, Day 1 is Monday, while for the second group Day 1 is Thursday. Once you tell them what their days are, they just go through the days in order, regardless of which day of the week it actually is.

To enter a new Weekly Schedule, follow these steps:

1. From the Browse drop down menu on the Main Program window, click the Browse Workout Schedules option.
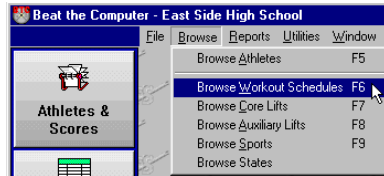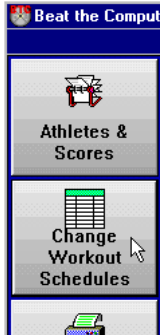
Or click the Change Workout Schedules button on the tool bar.

The browse window for the workout schedules will appear, showing the workouts that have already been set up.

2. On the browse window, click the Insert button or press the Insert key to enter a new record. The Adding a Workout Schedule window will appear in entry mode with all fields blank and ready for a new entry. (See the example window above for the layout of the fields on the window)
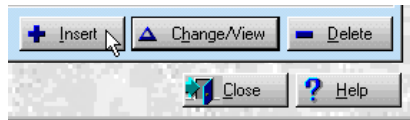
3. Type the <u>Schedule</u> code you want to use to identify this schedule. This is the code you will use when setting up Sports or Athletes to use this workout. The default schedule shipped with the system is **BFS**, but you may want to use descriptive names like **9THFOOT**. In the <u>Description</u> field, type a description for this schedule.

4. Now you can start putting lifts in for the workout days. Under each day of the week, you see where you can specify up to three core lifts, up to six 2x10 auxiliaries, and one or two 2x5 auxiliaries. Any lifts appearing under a day will be part of the workout for that day, and blank spaces will be ignored.

   Just to the right of each possible lift is a Drop down arrow. The Drop down arrow allows you to add a lift to this day's workout.
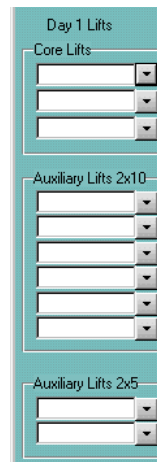
To add a lift to workout, click the drop down arrow where you want to add the lift.

Core Lift	Description	Event #
Bench	Bench Press	2
Box	Box Squat	11
Clean	Power Clean	4
Dead Lift	Dead Lift	3
New Non Oly	New Non Oly	26
New Oly	New Oly	25
Newlift	New Lift	24
Squat	Parallel Squat	1
Twl Bench	Towel Bench	12

This will display the Browse Core Lifts or the Browse Auxiliary Lifts window (depending on whether you are adding a Core lift or an Auxiliary to the workout). Just click the lift you want to use, or use your up and down arrows on the keyboard to highlight it and press Enter. You will be automatically returned to the Add/Change Workout Schedules window, and the lift you selected will appear in the appropriate position.

To remove a lift from the workout, highlight the lift you want removed with your mouse and press the Delete Key, that spot in the workout will not be used.

You can go through each possible workout day, adding the lifts you want for that day.

For descriptions of the Standard BFS Core lifts and an excellent discussion of **Auxiliary lifts by Dr. Greg Shepard**, see the appendix. This information may help you decide which lifts to use on your workouts.

5. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information. When the information has been saved, you will return to the browse window.

If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, Click No to continue on and

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NOT save your changes, or Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries.

8. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.

To change the information for a Weekly Schedule that is already set up, follow these steps:

1. Click the Change Workout Schedules button on the tool bar or from the Browse drop down menu on the Main Program window, click the Browse Workout Schedules option. The browse window for the workout schedules will appear, showing the workouts that have already been set up.
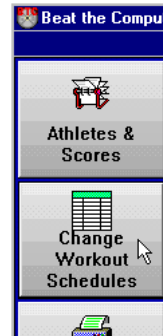
2. On the browse window, highlight the workout schedule you want to change, and click the Change button or press Enter. The Changing a Workout Schedule window will appear in update mode with all fields filled in with the information for the schedule you selected.
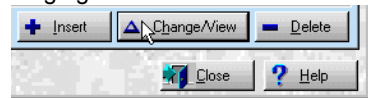
3. Make any changes needed in the information shown by moving to the field you want to change with the Tab key or mouse, then type over the old information with the new information, or add, change, or remove lifts using the lookup or eraser icons.

4. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information. When the information has been saved, you will return to the browse window.

    If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, click No to continue on and NOT save your changes, or click Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries.

5. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.

To delete a Workout entirely, follow these steps:

> Note: Don't delete workouts if they are used by an athlete, or you could cause problems that could keep you from running the system. To be safe, it's best not to delete workouts at all. Unused workouts don't hurt the system at all, and might be used at a later time.

1. From the Browse drop down menu on the Main Program window, click the Browse Workout Schedules option. Or click the Change Workout Schedules button on the tool bar. The browse window for the Workouts will appear, showing the workouts that have already been set up.
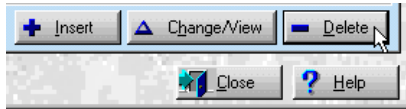
2. On the browse window, highlight the item you want to delete, and click the Delete button, or press the Delete key.

A prompt screen will appear asking you if you are sure you want to delete this item. Click the Yes button or press Enter to confirm your choice and delete the item, or click No to return to the browse window without deleting anything.

3. You may now press Escape to close the Browse window, click Insert to enter new records, or select records from the browse window to update or delete.

Check the Sport and Position Codes

Sport and Position codes are set up to allow you to keep track of who is playing in what sport and where.

Sport Codes

Sport Codes define each sport in which your athletes participate. Before you can set an athlete up for any sport, it must first be set up in this file. Also, for each Sport Code, you should set up at least one Position Code.

Sport Codes also allow you to set up the default information for your athlete's workouts. This includes which Weekly Schedule to use, how many workout days per week they have, whether they use the short or long workouts, and how many weeks in their program.

The system comes with virtually all of the standard sports and the positions for those sports already set up with both men's and women's teams. So if you don't need to add any more, you can skip this section for now, and go on to Enter the Information for your Athletes.

However, you may wish to set up additional sport codes and use separate codes for the In-season and Off-season teams. Or you may want to have your Varsity Football completely separate from the Junior team, 2nd period class separate from 3rd period, and so on.

Although you are not required to use Sport Codes for your Athletes, you will find it much easier if you do. When you set up your Athletes, their workout will be automatically set up according to their Sport Code. This means that once the Sport Code has the correct Workout Info set up, you don't need to enter it again for every athlete.

Also, if you decide to change your workouts, you can change the information for the Sport Code, and then have the system automatically update all of the athletes in that Sport Code and change their workout to match.

If you are going to add new sports and positions, add the Sports Codes first, then add the Positions.

To enter a new Sport Code, follow these steps:

1. From the Browse drop down menu on the Main Program window, click the Browse Sports options. The browse window for the Sport Codes will appear, showing the sports that have already been set up.
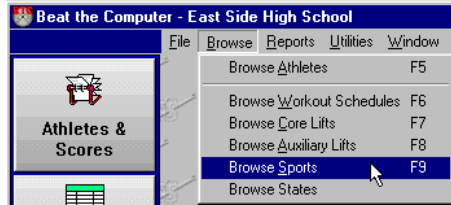
2. On the browse window, click the Insert button or press the Insert key to enter a new record. The Adding a Sport window will appear in entry mode with all fields blank and ready for a new entry.
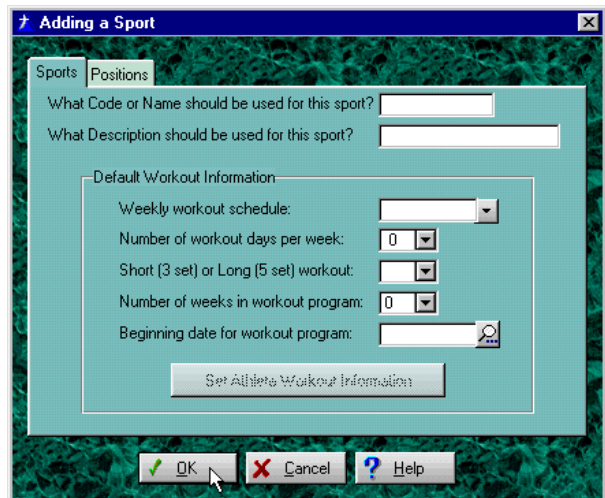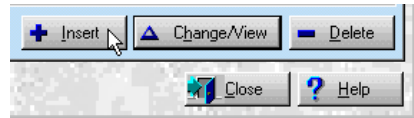
3. Type the code, or name, you want to use for the new sport and the description to use. The code and description are often the same, like **FOOTBALL** and **FOOTBALL** or **HOCKEY** and **HOCKEY**.

4. Enter the Default Workout Information. This information will become the default for all athletes you set up using this Sport Code.

5. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information. When the information has been saved, you will return to the browse window.
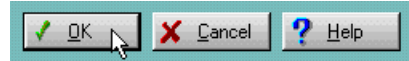
    Note: If you want to add Sport Positions, click on the Positions tab and fill the appropriate information in by following the instructions in the next section.

If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, Click No to continue on and NOT save your changes, or Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries. After you either save or cancel your changes, the Add/Change window will close, and you will return to the Browse window.
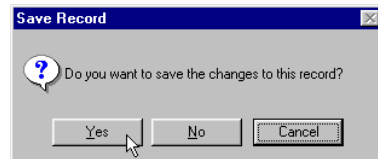
6. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.

To change the information for a sport that is already set up, follow these steps:

1. From the Browse drop down menu on the Main Program window, click the Browse Sports options. The browse window for sports will appear, showing the sports that have already been set up.
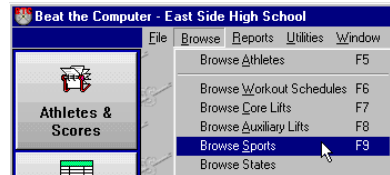
2. On the browse window, highlight the sport you want to change, and click the Change button or press Enter. The Changing a Sport window will appear in update mode with all fields filled in with the information for the sport you selected.

3. Make any changes needed in the information shown by moving to the field you want to change with the Tab key or mouse, then type over the old information with the new information.

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4. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information. When the information has been saved, you will return to the browse window.

    If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, click No to continue on and NOT save your changes, or click Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries.

5. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.
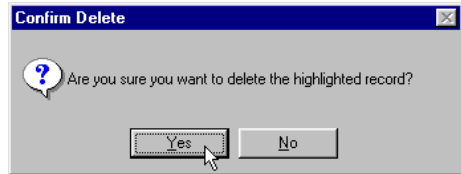
To delete a Sport Code entirely, follow these steps:

> Note: Don't delete Sport Codes if they are used by your athletes, or your weekly printed workout schedules may not be correct. When Deleting Sport Codes, you should delete all Position Codes for the sport first, then return here and delete the sport code.

1. From the Browse drop down menu on the Main Program window, click the Browse Sport option. The browse window for Sports will appear, showing the sports that have already been set up.

2. On the browse window, highlight the item you want to delete, and click the Delete button, or press the Delete key.

A prompt screen will appear asking you if you are sure you want to delete this item. Click the Yes button or press Enter to confirm your choice and delete the item, or click No to return to the browse window without deleting anything.

3. You may now press Escape to close the Browse window, click Insert to enter new records, or select records from the browse window to update or delete.

Position Codes

Position Codes are the codes used for the various playing positions in the sports your athletes participate in.

Note that at least one position should be set up for each sport code, even if it has a blank position code and a description of "NONE".

To enter a new Position Code, follow these steps:

1. From the Add/Change Sport window, click on the Positions tab.

    Note: For instructions on how to get to the Add/Change Sport window see previous section.
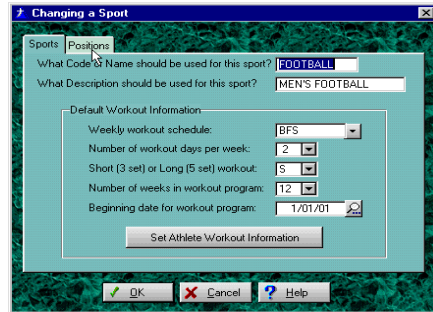
2. On the browse window, click the Insert button or press the Insert key to enter a new record. The Adding a Position window will appear in entry mode with all fields blank and ready for a new entry.
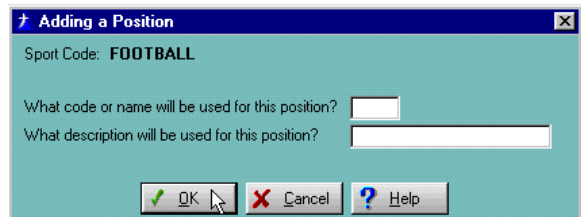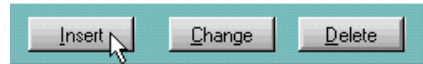
3. Type the code you want to use for the new position and the description to use.

    Note: If you want to have a sport with no specific playing positions, you should still set up at least one position for that sport with a blank position code and a description of "NONE" or "*NONE". Notice that a blank position code has already been set up for all of the sport codes shipped with the program.

4. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information.

When the information has been saved, you will return to the browse window.

If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, Click No to continue on and NOT save your changes, or Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries. When you have saved or cancelled your changes, you will return to the Browse window.
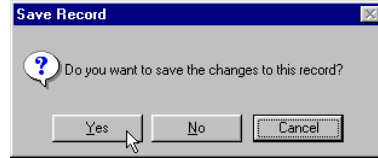
5. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.

To change the information for a position that is already set up, follow these steps:

1. From the Add/Change Sport window, click the Positions tab.

    Note: For instructions on how to get to the Add/Change Sport window see the section on Sport Codes.
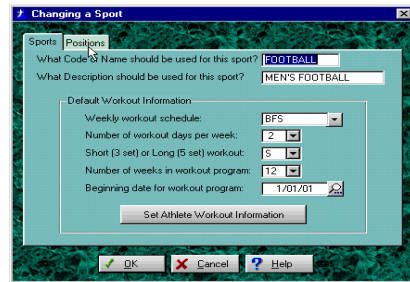
2. On the browse window, highlight the Position you want to change, and click the Change button or press Enter. The Changing a Position window will appear in update mode with all fields filled in with the information for the position you selected.

3. Make any changes needed in the information shown by moving to the field you want to change with the Tab key or mouse, then type over the old information with the new information.

4. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information. When the information has been saved, you will return to the browse window.

    If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt

screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, click No to continue on and NOT save your changes, or click Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries.

5. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.

To delete a Position Code entirely, follow these steps:

> Note: Don't delete Position Codes if they are used by your athletes, or your weekly printed workout schedules may not be correct. Remember when you're deleting positions there should always be at least one position set up for each sport, even if the position code is *NONE, and the description is blank.

1. From the Add/Change Sport window, click the Positions tab.

    Note: For instructions on how to get to the Add/Change Sport window see the section on Sport Codes.

2. On the browse window, highlight the item you want to delete, and click the Delete button, or press the Delete key.
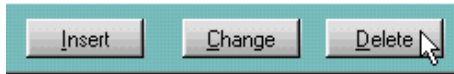
    A prompt screen will appear asking you if you are sure you want to delete this item. Click the Yes button or press Enter to confirm your choice and delete the item, or click No to return to the browse window without deleting anything.

3. You may now press Escape to close the Browse window, click Insert to enter new records, or select records from the browse window to update or delete.

Enter the Information for your Athletes

Entering the information on your athletes lets the computer know who they are, what grade they're in, which sport and positions they play, and what their Workout Information is.

Athletes must be set up in the system before you can print test forms, enter scores, or print workout schedules.

This is where you will probably have to spend most of your setup time. You need to enter the information for all of your athletes so that the computer can begin to track them.

To enter a new Athlete, follow these steps:

1. Click the Athletes & Scores button on the tool bar.

Or from the Browse drop down menu on the Main Program window, click the Browse Athletes option. The Browse window for the Athletes will appear, showing the athletes that have already been set up.

2. On the browse window, click the Insert button or press the Insert key to enter a new record. The Adding an Athlete window will appear in entry mode with all fields blank and ready for a new entry.

3. Enter the information for the athlete.

The cursor will be flashing in the ID Number field; you may choose to use the student's school identification number, or no number at all, then press the Tab key to advance to the next field. You are now in the Last Name field. You cannot exit this field without entering a name, so type the athlete's last name and press the Tab key to advance to the First Name field, directly to the right. Type the student's first name.

Next, fill in the street Address and apartment number, if appropriate, then City, State, Zip Code and Phone Number, as appropriate.

You should now be at the Field marked Height. Click the drop down arrow next to height and select the height of your athlete. Do the same for the athletes weight. Select the Sex and the Grade (this field must be completed before you can advance to the next field). The Period is optional, but it is a good idea to enter it because you can then select athletes to appear on reports based on their class periods.

The first Sport field is important, because the athlete's workout can be

determined automatically by the sport they play in (although you can always change the athlete's workout to be different from the default). The Sport and Position Codes are also used to allow you to select athletes in groups for reporting, and can be used when changing groups of athlete's workouts.

For the sport and position fields, if you know the correct code to enter, go ahead and type it in and press the Tab key. If you don't remember the proper code, you can click the drop down button to the right of the sport or position, or you can enter part of a valid Sport or Position code and press Tab, and a browse window will pop up showing the valid possibilities with the one closest to what you typed already highlighted for selection. Select any sport or position from the drop down list. You will be returned to the add/change window with the sport or position you selected already entered in the field your cursor was positioned in.

Now you need to look at the athlete's Workout Information. If you typed in a first Sport code, the information for the workout will already be set to match the information from that Sport Code. You can either leave that as is, or make any changes for this particular athlete.

The Weekly Workout Schedule should be the Workout Schedule Code from the Weekly Schedule you want this athlete to use. (The default schedule, which was installed along with the program, uses Schedule Code **BFS**). If you're not sure of the schedule Code you want to use, type in anything and press Enter, or click the drop down button. The **Browse Workout Schedule** window will appear. Select the Workout Schedule Code you want to use from the list. You will be returned to the Adding an Athlete window with the Workout Schedule Code you selected already filled in.

Now enter the number of days per week you want the athlete to work out, whether you want them to have a short or long workout, and how many weeks their total workout will run. These can all be selected by clicking the drop down arrow to the right of each field.

The last item is the starting date for the athlete's workout. This defaults to the Monday for the current week. In fact, no matter what date you enter, it will always automatically change to the Monday for whatever week contains that date. This is because the workouts are based on weeks, and so must begin at the beginning of a week. If you start a workout in the middle of week, just have your athletes begin with whichever day is appropriate, and skip the days that have already passed.

Remember that once an athlete's workout ends, the system will no longer print a Weekly Workout Schedule unless you give them a new starting date. But you don't have to change your athletes one at time. See the **Set Athlete Start Dates** in the section Beginning of Each Workout Cycle.

4. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information.
When the information has been saved, you will return to the browse window.

If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, Click No to continue on and NOT save your changes, or Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries. When you have saved or cancelled your changes, the Add/Change window will close, and you will return to the browse window.

5. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.
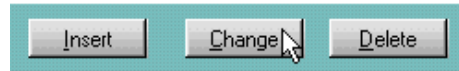
To change the information for an athlete that is already set up, follow these steps:

1. Click the Athletes & Scores button on the tool bar. Or from the Browse drop down menu on the Main Program window, click the Browse Athletes option. The browse window for the Athletes will appear, showing the athletes that have already been set up.
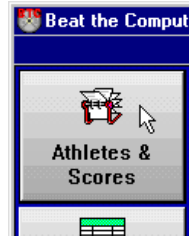
2. On the browse window, highlight the Athlete you want to change, and click the Change/View button or press Enter. The Changing an Athlete window will appear in update mode with all fields filled in with the information for the athlete you selected.
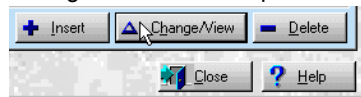
3. Make any changes needed in the information shown. See the descriptions of the various fields above in the section on entering new athletes.

4. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information. When the information has been saved, you will return to the browse window.

If you decide you don't want to save the information you entered, click Cancel or press Escape. If you made any changes or entries on the window, a prompt

screen will appear asking you if you want to save your entries, or to truly cancel. Click Yes if you hit the Escape key or clicked Cancel by mistake and really do want to save your changes, click No to continue on and NOT save your changes, or click Cancel to return to the Add/Update screen with all of your changes still in place so you can make further changes or entries.

5.   You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.

To delete an Athlete entirely, follow these steps:

4.   Click the Athletes & Scores button on the tool bar The browse window for Athletes will appear, showing the athletes that have already been set up.
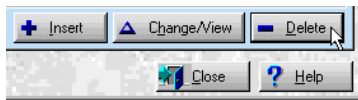
5.   On the browse window, highlight the item you want to delete, and click the Delete button, or press the Delete key.

A prompt screen will appear asking you if you are sure you want to delete this item. Click the Yes button or press Enter to confirm your choice and delete the item, or click No to return to the browse window without deleting anything.
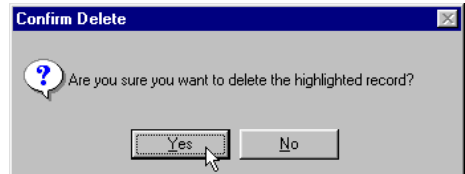
6.   You may now press Escape to close the Browse window, click Insert to enter new records, or select records from the browse window to update or delete.
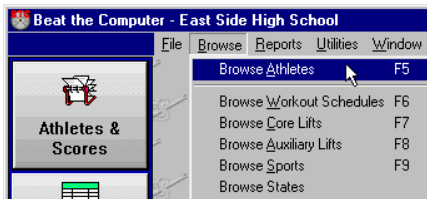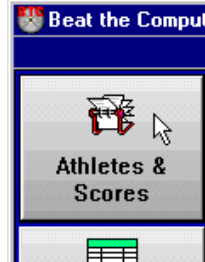
Beginning of Each Workout Cycle

This section describes in more detail the things that need to be done as each group of athletes begins a new workout cycle, which will usually be at the start of a new quarter or semester. The workout cycle can be from 4 to 16 weeks, and you will probably want to set your schedule so that the number of weeks in the workout matches your grading period, either by quarter or by semester.

An athlete starts a Workout Cycle on the date specified in their record, and it runs for the number of weeks specified. After their Workout Cycle is over, the system will no longer print a Weekly Workout Schedule for the athlete until they start a new workout cycle.

Workout cycles can begin and end anytime, except that they must begin on a Monday. The system will automatically change any date you enter to the date for the Monday of that week, so you don't have to worry about making a mistake.

Although the list of things to do at the beginning of each workout cycle seems lengthy, it will probably be pretty quick.

Update the Information for your Athletes

In the Setup section, you entered all of the information for your athletes. For each new workout cycle, you just need to make sure all of your information is correct, add any new athletes, and delete any that have gone. Also make sure they are set up for the proper Sport Codes, if you are using Sport Codes to determine the Workout Schedules. See Enter the Information for your Athletes in the previous section for instructions on entering or updating the information for your athletes.

Set the Default Workout Information for your Sport Codes

Once again, you did the work of setting up your Sport Codes during the Setup of the system. All you need to do now is check and make sure everything is current. You may want to change the Football team from Short to Long Workouts, from 9 Week workouts to 12, etc.

Again, if you don't have different teams using different workouts, or if you haven't made any changes to workouts, you won't have to worry about this.

If you do want to change the Workout Info for a sport, and then update your athletes with the new information, follow these steps:

1. From the Browse drop down menu on the Main Program window, click the Browse Sports options. The browse window for sports will appear, showing the sports that have already been set up.
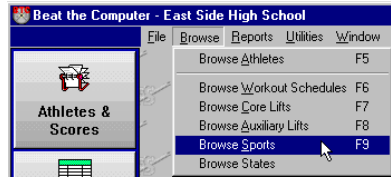
2. On the browse window, highlight the sport you want to change, and click the Change/View button or press Enter. The Adding a Sport window will appear in update mode with all fields filled in with the information for the sport you selected.

3. Make any changes needed in the Workout information shown, by clicking the drop down arrows to the right of the field you want to change and making your new selections.

4. When you have entered all of the appropriate information, click Ok or press the Enter key to save the information. When the information has been saved, you will return to the browse window.

5. You may now click Close or press Escape to close the Browse window, Click Insert or press the Insert key to enter another record, or select records from the browse window to change or delete.

Set Athlete's workouts according to their sport code

If you do change the Workout for a Sport Code, of if you just want to make sure that all athletes in a given Sport have the same Workout, you can have the system automatically set your athlete's Workout Information to match the Default Workout information set up for their Sport Code.

To automatically set your athlete's workout information to match the default workout information to their sport codes, follow these steps:

1. From the Utilities drop down menu on the Main Program window, click the Set Athlete Workout Information option. The prompt window for Set Athlete Workout Information will appear.
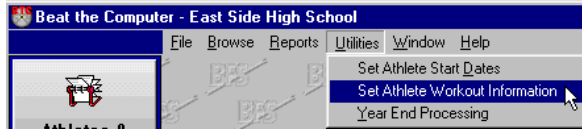
2. Normally, you will select a specific Sport Code so that only athletes in that Sport Code will be updated. But you can update one, any, or all athletes with the information from their respective sports.

    Remember that the selections on this window (like all the selection windows in the system) are **AND** type selections. This is a fancy way of saying that athletes will only be updated if they meet the first thing you select **AND** the second thing **AND** the third thing, and so on.
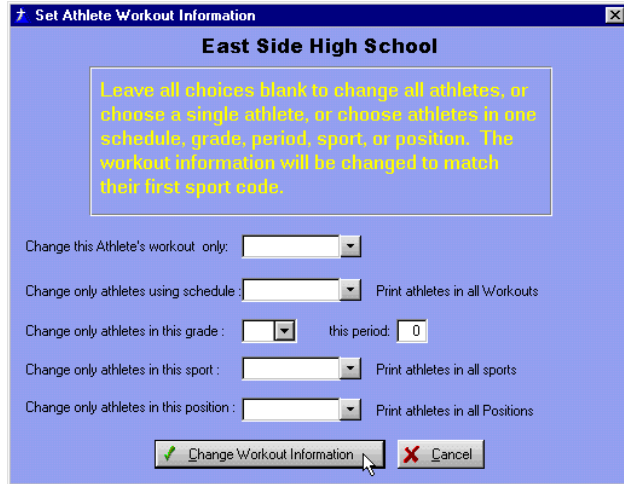
3. When you have selected the athletes you want to update, click the Change Workout Information button or press the Enter key to update the workout information for those athletes. As athletes are updated, a progress indicator will show the approximate percentage of your athletes that have been processed so far. When it reaches

    100 percent, the process is finished. When the update is complete, the prompt screen will disappear and you will be returned to the Main Program window.

4. If you decide you don't want to update any workout information, click Cancel or press Escape, the

    prompt screen will disappear and you will be returned to the Main Program window.

Set Athlete Start Dates

You start a new Workout Cycle for athletes by giving them a new start date. Their workout then runs from that date for the number of weeks specified.

You can change your athletes one at a time to the new start dates, or you can automatically update all athletes to begin a new workout on the date appropriate for their team, grade, weekly schedule, etc.

To change athlete start dates one at a time, just go to that athlete's record, and type in the new start date. See Enter the Information for your Athletes in the previous section for instructions on entering or updating the information for your athletes.

To change several athletes' start dates all at once, follow these steps:

1. From the Utilities drop down menu on the Main Program window, click the Set Athlete Start Dates option. The prompt window for Set Athlete Start Dates will appear.
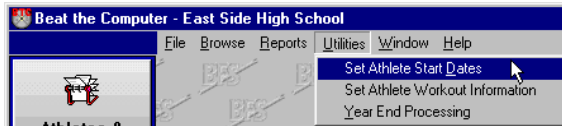
2. Enter the date you want the athletes to begin their Workout Cycle for the prompt Change Program Start Date to:.

   Remember that the system will automatically change any date you enter to the date for the Monday of the week. So you may key in any date during the week you want the workout to begin, and the system will make sure it starts on Monday.

3. The rest of the fields on the window allow you to select a single athlete to update, or groups of athletes based on their Weekly Schedule, grade, period, sport or position. Enter the information to select the athletes you want to start their workout on the date you selected.

Remember that the selections on this window (like all the selection windows in the system) are **AND** type selections. This is a fancy way of saying that athletes will only be updated if they meet the first thing you select **AND** the second thing **AND** the third thing, and so on.

4. After you made your selections, click Ok or press Enter. As athletes are updated, a progress indicator will show the approximate percentage of your athletes that have been processed so far. When it reaches 100 percent, the process is finished. When all of the selected athletes have been updated, the prompt window will disappear and you will return to the Main Program window.

Print the Pre-Workout Test Forms

Now that your Workout Schedules, Sport Codes, and Athletes are all correct, it's time to start the actual work.

In order for the system to correctly calculate the weights each athlete should lift during each workout, we need to know the current level of ability for each athlete. The most direct way to get this information is to test them on the lifts they will actually be using during their workouts.

To make testing your athletes simpler, you can print the Pre-Workout Test form for each athlete. The form is simple. For each athlete, the system prints one (or possibly two) pages. The report for each athlete has his or her name and the Core Lifts you set up for their workout schedule. Because speed and flexibility are so important to an athlete's overall program, the Pre-Workout Test also has places to enter the athlete's scores in the standard BFS Speed and Flexibility events. If you test your athletes in these events both before and after the Workout Cycle, you can get an excellent idea of their overall progress.

To print the Pre-Workout Test Forms, follow these steps:

1. From the Reports drop down menu on the Main Program window, click the Print Pre-Workout Test option. The prompt window for Print Pre-Workout Test Sheets will appear.
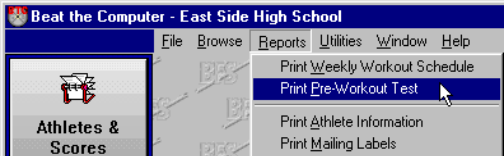
2. On the prompt window, the fields allow you to select a single athlete to print a test form for, or groups of athletes based on their Workout Schedule, grade, period, sport or position. Enter the information to select the athletes you want to start their workout on the date you selected.

Remember that the selections on this window (like all the selection windows in the system) are **AND** type selections. This is a fancy way of saying that athletes will only be updated if they meet the first thing you select **AND** the second thing **AND** the third thing, and so on.

3. After you've made your selections, click the Print button or press Enter. As Test forms are printed, a progress indicator will show the approximate percentage of your athletes that have been processed so far. When it reaches 100 percent, the process is finished. When Test Forms have been printed for all of the selected athletes, the prompt window will disappear and you will return to the Main Program window. If you change your mind and don't want to print the Pre-Workout test forms, click the Cancel button or press Escape.
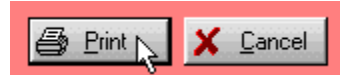
Note: If you left the checkbox marked Preview report before printing checked, your report will be shown on screen before printing. Use the page keys and the vertical scroll bar to look at the report if you want, then click the printer icon in the upper left hand corner to print the report, or press Escape to return to the Main Program window without printing.

Test your Athletes

Using the Pre-Workout Test forms, your athletes record their best efforts in each lift and event shown.

In addition to the Lifts you set up on the Weekly Schedules, the Pre-Workout Test form has places to enter the scores for the standard BFS speed and agility events. Testing your athletes on these events and recording their scores will allow you to judge real-world performance gains in areas such as speed, agility, and flexibility, which are so important to the overall training and conditioning process.

A sample of the Pre-Workout Test Form is shown below:

October 10, 2003
11:27AM

Beat the Computer Pre-Workout Test Sheet
East Side High School

Page   1

Athlete Information

Adams, Sam	ID Number	1003
9785 Green Lane	Grade/Period	10 4
Midvale, UT 84047	Sport	TENNIS
	Positions	
	Weekly Workout Schedule:	BFS

Core Lifts

Select a weight for each core lift that is challenging enough to get between 1 and 10 reps on the Bench and Squat exercises, and between 1 and 5 reps on the Dead Lift/Trap Bar and Power Clean.

Core Lift	# of Reps	Weight Lifted	Date
Parallel Squat	_____	_____	_____
Bench Press	_____	_____	_____
Dead Lift	_____	_____	_____
Power Clean	_____	_____	_____
Box Squat	_____	_____	_____
Towel Bench	_____	_____	_____

Speed and Flexibility

At the top of the report you see the date the report was printed, and the athlete's information.

Next you see the Core lifts the athlete is scheduled to do, with some simple instructions for choosing a starting weight. For each lift, there are spaces for the athlete to write in the number of reps they did, the actual weight lifted, and the date they did it.

The last section of the report shows the standard BFS speed and agility events, along with the spaces to write in the scores for these events and the dates the scores were achieved.

The system always uses a 1 rep max to calculate the weights for each athlete's workout. But you don't have to test for the 1 rep max. You can have your athletes do multiple reps, and the system will calculate the max for you! (See the appendix for the calculation formula.)

If you do test for multiple reps, you should choose a weight for each athlete that is challenging enough to get between 1 and 10 reps on non-Olympic type lifts such as the Bench and Squat, and between 1 and 5 reps on Olympic Lifts like the Dead Lift/Trap Bar and the Power Clean.

Encourage your athletes to do their best on this test. If they don't, and turn in lower scores than they are capable of, their workouts will be too easy. As the coach, you must watch their workout results. If an athlete is constantly doing more than two reps beyond what the computer-printed schedule calls for, then you should consider entering a new higher score into the computer. This will make the subsequent workouts more challenging.

Enter the Pre-Workout Test scores into the computer

The last step before beginning each workout cycle is to enter the scores from the Pre-Workout test forms. You enter the weights and reps for the core lifts, and the times and distances in the speed and agility events.

This is where the system really gives your athletes an edge. Instead of generalized workouts, the system knows each athlete's actual performance level. Using this information, the workout is tailored for each individual, challenging them to do better, but at the level that is realistic for them.

Weights may be entered into the system as multiple reps, or a 1 rep max. When entering multiple weights, the 1 rep max will be calculated. (See the appendix for the calculation formula.)

To enter any scores or weights into the system, follow these steps:

1. Click the Athletes & Scores button on the tool bar. The browse window for the Athletes will appear, showing the athletes that have already been set up.
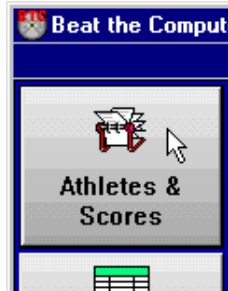
2. On the browse window, select the athlete whose scores you want to see or change, and click the Change button or press Enter. The Changing an Athlete window is shown. This is the same window where you update information about your athletes, such as their name and address, or their workout information.
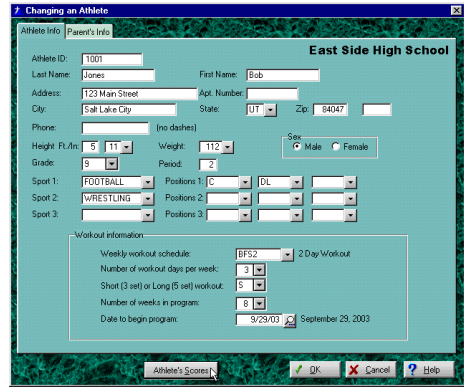
3. On the Changing an Athlete window, click the Athlete's Scores button. The Browse Athlete's Scores window is displayed.

4. The window shows the 1 Rep max (which may have been calculated) for all of the Core and Auxiliary lifts.
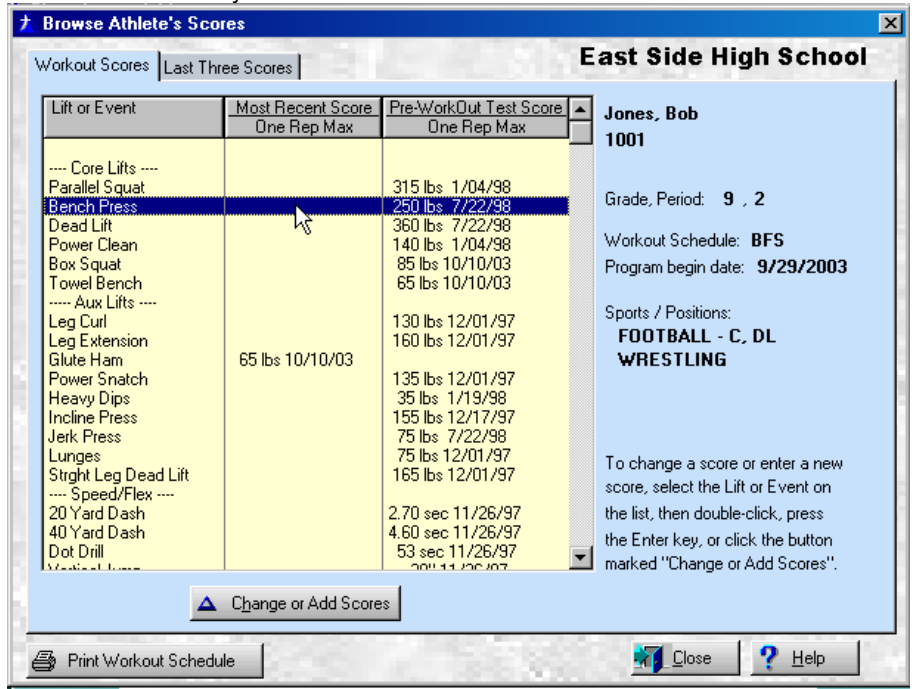
It also shows the times and distances for the speed and agility events. If all of the scores don't fit on a single window, you can page up and down.

On the right hand side of the window, you'll also see some information about the athlete, including their name, ID number, grade, period, sports, positions, etc.

For each lift and event, there is the Pre-Workout Test score, and the Most Recent Score. The Most Recent Scores are weights that you entered since the athlete began the workout cycle, but are not used to calculate the workout, they're just for record keeping. Remember, the workout automatically gets harder each week, even if the athlete does not do more reps than the system says he can. You only want to enter new Pre-Workout scores and adjust the calculation for the workout if the athlete consistently beats the computer by two or more reps.

In addition, you can see the last three scores in each lift or event for the athlete. BY clicking on the tab at the top of the window marked "Last Three Scores", you see the same lifts and events, but instead of being divided by pre-workout and most recent, you just see the three most recent. You can switch back and forth between the two views just by clicking the tabs.

To add a new score, change an existing score, or delete an existing score, follow these steps:

A. On either tab, Highlight the lift or event you want to enter a weight or score for, and click the Change or Add Scores button, or press Enter. The Browse Scores browse window will be displayed, showing all scores (if any) for this lift or event. This window allows you to add new scores, change existing scores, or delete scores no longer needed.
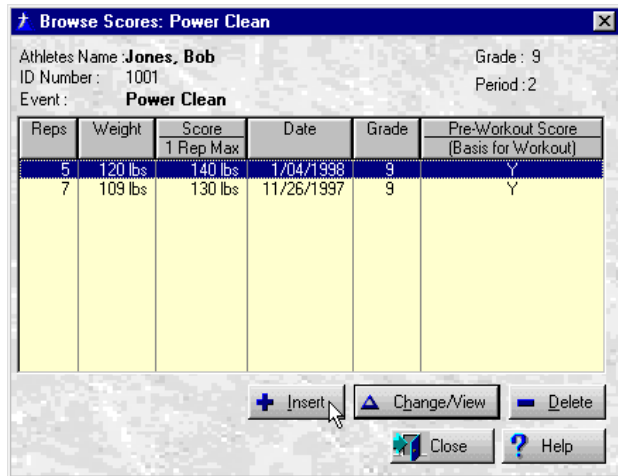
B. To delete an existing score, click the Delete button or press the Delete key.
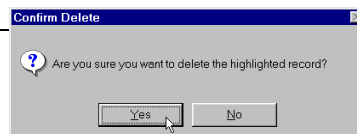
A prompt screen will be displayed asking if you really want to delete this score. Click Yes or press the Enter key to continue and delete the score, or click No or press Escape to not delete the score.

C. To add a new score, click the Insert button or press the Insert key.
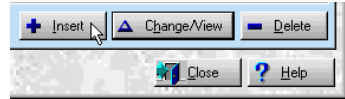
To change an existing score, highlight the score you want to change, and click the Change button or press Enter.
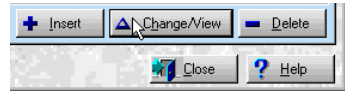
D. When adding or changing a score, the Add/Change a Score window will be displayed. If you're adding a score, the score information in the window will be empty, ready for you to enter the new information. If you're changing an existing score, the score information will be filled in with the information from the score you selected.

E. Enter the number of reps done, and press the Tab key, or if entering 1 rep max, just press Tab and the system will assume 1 rep. Enter the Weight Lifted in the appropriate spot. When you press the Tab key, the 1 Rep max will be displayed.

F. <u>Pre-Workout Test Score (Use to Calculate Workout)</u> is the field which tells the system which weight to use to calculate the workout. The most recent score

marked with this field checked is the one used. The most recent score without this field checked is also displayed on the scores window, but is not used to calculate the weights used each week in the workout. Many coaches like to enter new weights every week to track progress, and this field allows you to do that without effecting the workout calculation.

G.   You can also enter the date the weight was lifted, and the grade the athlete was in at the time, but you usually don't have to. They automatically fill in with the current date and the athlete's current grade, which is usually what you want.

H.   When you have entered all of the information, click the Ok button or press Enter to save the new information. When the information has been saved, the Add/Change Scores window will disappear and the browse window will be shown that has the scores for the lift you selected. You may now enter or change another score, or press Escape or click the Close button to return to the Browse Athlete Scores window, which (after a second or two) will reflect all changes you just made.

Once you finish entering, changing, or just looking at weights or scores for this athlete, you can click Close or press Escape to return to the Add/Change Athlete window. If you have any changes to make for the athlete information, you can make them now and click Ok. Otherwise, click Cancel or press Escape to return to the Browse Athletes window.

Weekly Functions

OK, we've been through all the setup, all the testing, all the work of entering the information into the computer, now it's time to see some real results!

Each week during the workout cycle, you do two simple things:

- Print the Weekly Workout Schedules and hand them out

- Encourage your Athletes to **BEAT THE COMPUTER**

With the computer doing the work of keeping track of who is doing which workout, which week they are in, automatically making the workouts more difficult, etc., you can give your athletes the attention they need to achieve their best!

Print the Weekly Workout Schedules

This report is one of the three core reports of Beat The Computer Pro. Based on his or her actual performance during the Pre-Workout Test, the computer now calculates a Weekly Workout Schedule for each athlete. The schedule includes the lifts, sets, and reps. Everything the athlete needs to get going.

These are individualized reports for each athlete, with one or two pages per week, depending on how many days per week you workout. Like the Test forms, you just print them and pass them out.

Each athlete's report is automatically customized for them, showing just the lifts in their workout. In addition, the system has calculated the weight for each set based on the athlete's own performance. The weights are calculated to be challenging, and automatically get more challenging as the weeks go by.

To print the Weekly Workout Schedules, follow these steps:

1. Click the Print Workouts button on the tool bar. Or from the Reports drop down menu on the Main Program window, select the option to Print Weekly Workout Schedule.
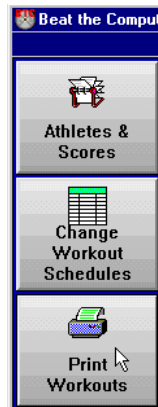
2. On the prompt window, the fields allow you to select a single athlete to print a Weekly Schedule for, or groups of athletes based on their Workout Schedule, grade, period, sport or position. Enter the information to select the athletes for which you want to print Weekly Workout Schedules.

Remember that the selections on this window (like all the selection windows in the system) are **AND** type selections. This is a fancy way of saying that athletes will only be selected if they meet the first thing you select **AND** the second thing **AND** the third thing, and so on.

4. After you've made your selections, click the Print button or press Enter. As Workout Schedules are printed, a progress indicator will show the approximate percentage of your athletes that have been processed so far. When it reaches 100 percent, the process is finished. When Schedules have been printed for all of the selected athletes, the window will disappear and you will return to the menu.

Note: If you left the checkbox marked Preview report before printing checked, your report will be shown on screen before printing. Use the page keys and the vertical scroll bar to look at the report if you want, then click the printer icon in the upper left hand corner to print the report, or press Escape to return to the Main Program window without printing.

If you left the checkbox marked Pint Notes checked, notes for the athlete will be printed on the workout schedule which will give the athlete tips on his workout. This option uses a little extra paper.

If you left the checkbox marked Print Condensed checked, your workout schedule will print using a lot less paper.

Encourage your Athletes to BEAT THE COMPUTER

With the computer printed schedule in hand, your athletes hit the weight room. Each athlete has his schedule for each day of the week, showing exactly what the computer thinks they can do that day. It's now up to them (with your help) to prove the computer wrong.

A sample of a Weekly Schedule is shown on the following page:

Beat the Computer Weekly Workout Schedule
East Side High School
For the Week of October 6, 2003

Athlete Information

Jones, Bob	ID Number 1001
123 Main Street	Grade/Period 9 2
Salt Lake City, UT 84047	Sport / Positions FOOTBALL C DL
Week # 2 of a 8 week workout.	Workout Schedule: BFS

Notes on the Workout

For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**

For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number — 1

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Box Squat	5x 65	5x 70	5x 75	_____	Leg Extension	10x 160	10x 160	_____
Bench Press	5x 195	5x 205	5x 215	_____	Leg Curl	10x 130	10x 130	_____
Towel Bench	5x 50	5x 55	5x 55	_____	Lunges	10x 75	10x 75	_____
					Strght Leg Dead Lift	10x 165	10x 165	_____
					Power Snatch	5x 135	5x 135	_____

Day Number — 2

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Power Clean	5x 110	5x 115	5x 120	_____	Glute Ham	10x 65	10x 65	_____
Dead Lift	5x 280	5x 295	5x 310	_____	Strght Leg Dead Lift	10x 165	10x 165	_____
					Incline Press	10x 155	10x 155	_____
					Heavy Dips	10x 35	10x 35	_____
					Jerk Press	5x 75	5x 75	_____

Day Number — 3

Did you BEAT THE COMPUTER on your last set?

Core Lifts	Set 1	Set 2	Set 3	Write your Reps here!	Auxiliary Lifts	Set 1	Set 2	New Weight
Parallel Squat	5x 245	5x 260	5x 270	_____	Leg Extension	10x 160	10x 160	_____
Bench Press	5x 195	5x 205	5x 215	_____	Leg Curl	10x 130	10x 130	_____
					Strght Leg Dead Lift	10x 165	10x 165	_____
					Glute Ham	10x 65	10x 65	_____
					Lunges	10x 75	10x 75	_____

At the top of the report you see the date it was printed, and the week that the report applies to. The next two sections show the personal information for the athlete, and how far along in the Workout Cycle this athlete is, followed by some simple instructions for the athlete to follow.

Next, you see one section for each workout day of the week. Each workout day shows all of the sets the athlete should do, and the lifts in each set.

For the Core lifts, the report shows not only the number of reps to do, but the weight to lift. Remember that this weight has been calculated based on the athlete's own

achievement, and automatically increases each week during the Workout Cycle, making sure the athlete is constantly challenged!

For Auxiliary lifts, the report shows the number of reps for each set. If a weight for the Auxiliary lift has been entered into the computer, then that weight is shown so the athlete can try to beat it this time. If they do, have them write down their new weight so it can be entered into the computer. This new weight will show next time the report is printed.

Now for the key to the program! For the Core lifts, have the athletes follow the computer printed workout up to the last set. On the last set each day, **challenge them to BEAT THE COMPUTER!** No one wants to think the computer can tell them what they are capable of! They can do better!

If they Beat The Computer and do more reps, have them write their actual reps down in the space provided. These can be entered into the computer for record keeping. If they consistently Beat The Computer by more than two reps, you can enter the new weight, and also tell the computer to use the new weight to calculate the workout from that point on.

For instructions on how to enter the weights into the computer, either for record keeping or to change the workout, see Enter the Pre-Workout Test scores into the computer. Although these are not really Pre-Workout scores, they are entered exactly the same way.

Enter new scores for Core lifts and Speed and Flexibility events

The Weekly workout schedule will automatically get more difficult each week or the workout. So it isn't necessary to enter new scores for the workout each week.

But in order to take advantage of the ranking and tracking functions of Beat The Computer Pro, many coaches enter the scores for the 4 BFS core lifts and the 6 Speed and Flexibility events each week, then print the new Rankings based on those scores.

New scores for Core lifts and Speed and Flexibility events are entered in exactly the same way as you enter the Pre-Workout Test scores into the computer (see the previous section).

Note: When entering Scores for the 4 basic BFS core lifts used in the Power Ranking, you normally do not want these scores to change the workout (the workout will automatically get more challenging each week, based on the original Pre-Workout Test Scores you entered).

When entering Core Lift scores just or tracking purposes, or only for Power Ranking, make sure you **do not check** the box marked Pre-Workout Test Score. Leaving this box **unchecked** allows the system to record the score, and use it for Power Rankings, but it will not effect the Weekly Workout.

Print Ranking and Top 10 Reports

In addition to printing the Weekly Workout Schedule, there are two other major reports you may want to print weekly. These are the Ironman and Power Rankings, and the Top 10 Reports.

Print the Ironman and Power Rankings

This report is one of the two main reports offered by the Athletic Achievement system. Based on the athlete's performance in each of the 10 lifts and events, the computer will print their current ranking according to BFS's standardized method, and show where they rank within their own grade and within the entire school.

To print the Ironman and Power Ranking, follow these steps:

3. Click the Print Workouts button on the tool bar. Or from the Reports drop down menu on the Main Program window, select the option to Print Weekly Workout Schedule.,

or from the Reports menu, select the option Print Ironman and Power Rankings.
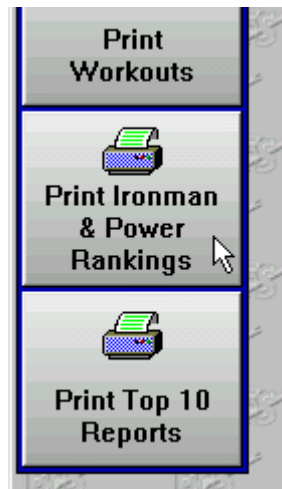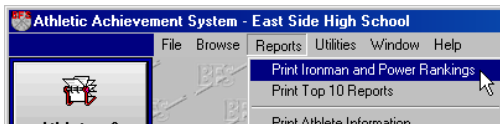
4. On the prompt window, the fields allow you to select a single athlete to print a Ranking for for, or groups of athletes based on Workout Schedule, grade, period, sport or position. Enter the information to select the athletes for which you want to print the Ironman and Power Rankings.

Remember that the selections on this window (like all the selection windows in the system) are **AND** type selections. This is a fancy way of saying that athletes will only be selected if they meet the first thing you select **AND** the second thing **AND** the third thing, and so on.

5. After you've made your selections, click the Print button or press Enter. As Rankings are printed, a progress indicator will show the approximate percentage of your athletes that have been processed so far. When it reaches 100 percent, the process is finished. When Rankings have been printed for all of the selected athletes, the window will disappear and you will return to the menu.

Note: If you left the checkbox marked Preview report before printing checked, your report will be shown on screen before printing. Use the page keys and the vertical scroll bar to look at the report if you want, then click the printer icon in the upper left hand corner to print the report, or press Escape to return to the Main Program window without printing.

There are four other print options here that allow you to tailor your report so it prints just what you want. These four options allow you turn on or off the types of information that show on the report: Ironman Ranking, Power Ranking, Relative Rank, and Recommendations. By checking or un-checking these boxes, you get more or less information on the report.

A sample of a full Ironman and Power Ranking, along with Relative Rank and Recommendations, is shown below.

October 13, 2003
1:17 PM

Individual Ironman, Power, and Overall Rankings
East Side High School

Page 1

Athlete Information

Harris, Kent

ID Number:	1006	Height: 5 Ft 9 In
Grade/Period:	12 4	Weight: 185 Lbs
Weekly Workout Schedule BFS 4		Sport: FOOTBALL OG DL DE

Note: For all Lifts and Speed & Agility Events, higher Point Values are better.

Ironman Ranking

Core Lift	1 Rep Max	Point Value	Ironman Ranking	Rank within Grade	School
Squat	230 lbs	1	Beginning		
Bench	185 lbs	2	Good	3rd	34th
Dead Lift	290 lbs	1	Beginning	2nd	10th
Clean	125 lbs	1	Beginning	3rd	27th
Point Total:		5			
Overall Ironman Ranking:		Beginning			

Power Ranking

Event	Most Recent Score	Point Value	Power Ranking	Rank within Grade	School
20 Yard Dash	2.70 sec	14	Great	1st	4th
40 yard Dash	4.90 sec	10	Good	1st	7th
Dot Drill	48 sec	17	All-State	1st	1st
Vertical Jump	23"	8	Elite	1st	9th
Long Jump		0	No Score yet		
Sit & Reach					
Point Total:		49	No Score yet		
Overall Power Ranking:		0			

Remember it is not where you start, it is where you finish.

Be totally committed to breaking your personal records each day, and you will learn the true path to success, happiness, and achieving your goals.

Recommendation # 1
Flexibility is key to improving speed. Stretch with intensity everyday with the BFS 1-2-3-4 Flexibility program.

Recommendation # 2
The key to explosive power is the Parallel Squat, Power Squat, and Plyometrics. You need to really emphasize this part of your total program.

Recommendation # 3
To get even faster you need to work on your sprinting and sprint techniques, and your Straight Leg Dead Lift.

Recommendation # 4
Make sure you have great nutrition. Cut down on fat. For example, drink skim milk, not whole milk or even 2%.

Print the Top 10 Reports

This is the second of the two main reports offered by the Athletic Achievement system. Based on the athlete's performance in each of the 10 lifts and events, the computer will print their current ranking among whatever group of athletes you select. You see the Top 10 within a single class, among players in a specific sport, among a grade, or the entire school.

To print the Top 10 Reports, follow these steps:

1. Click the Print Top 10 Reports button on the tool bar. Or from the Reports drop down menu on the Main Program window, select the option to Print Weekly Workout Schedule.,

    or from the Reports menu, select the option Print Top 10 Reports.
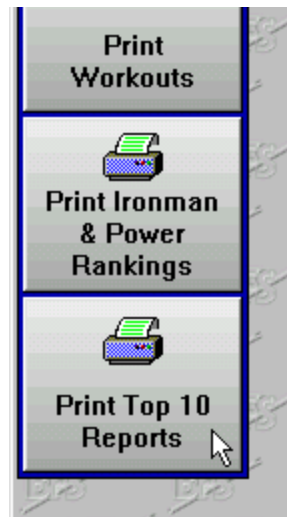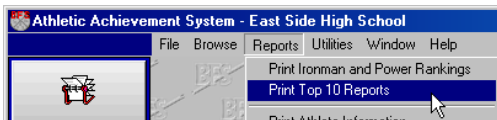
2. There are two types of Top 10 reports: **Current Top 10** reports, which only include athletes who are still active in your school, and **All Time Top 10**, which can include athletes who have graduated, and are no longer students at your school. Select the type of report you want to print by clicking the Current Top 10 button, or the All Time Top 10 button.
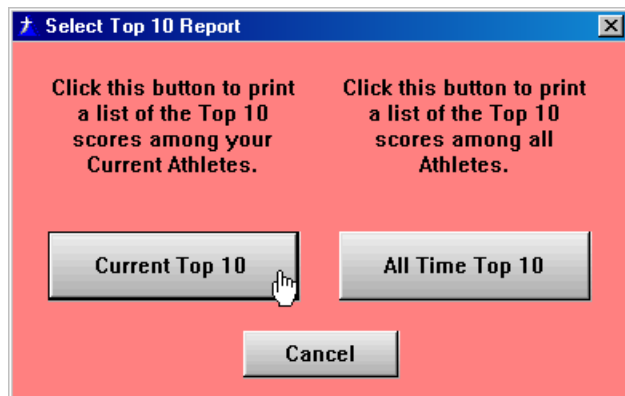
3. On the prompt window for the **Current Top 10** report, the fields allow you to select a single Lift or Event to print the Top 10 for, or to print for all Lifts and Events.

Also, you can select groups of athletes based on grade, period, sport or position.

The Top 10 scores within the group you select will be printed.

Enter the information to select the athletes for which you want to print the Top 10.

Remember that the selections on this window (like all the selection windows in the system) are **AND** type selections. This is a fancy way of saying that athletes will only be selected if they meet the first thing you select **AND** the second thing **AND** the third thing, and so on.

On the Prompt window for the **All Time Top 10**, there are fewer choices. You may select to print the Top 10 for one event, or all events, and whether to print only men athletes, only women athletes, or a combined list for both.

4. After you've made your selections, click the Print button or press Enter. As Top 10 reports for the various lifts and events are printed, a progress indicator will show the approximate percentage of your events that have been processed so far. When it reaches 100 percent, the process is finished. When the Top 10 reports have been printed for all of the selected events and athletes, the window will disappear and you will return to the menu.

> Note: If you left the checkbox marked <u>Preview report before printing</u> checked, your report will be shown on screen before printing. Use the page keys and the vertical scroll bar to look at the report if you want, then click the printer icon in the upper left hand corner to print the report, or press Escape to return to the Main Program window without printing.

Samples of both a **Current Top 10** report and an **All Time Top 10** are shown on the following pages.

:

Top 10 scores among Current Athletes
in the
Parallel Squat

1st	Johnny Mounsamrouath	10/26/1998	11th	420 lbs
2nd	Brandon Factor	9/17/1998	12th	380 lbs
3rd	Tommy Duval	8/17/1998	12th	375 lbs
4th	Jeff Henning	9/14/1998	12th	345 lbs
5th	Steve Hack	8/17/1998	12th	325 lbs
6th	Rob Baden	6/11/1998	12th	320 lbs
7th	Pat Zupfer	1/15/1998	11th	320 lbs
8th	Ryan Walden	12/15/1997	10th	320 lbs
9th	John Smith	6/06/1998	12th	305 lbs
10th	Joel Dircks	1/21/1999	10th	300 lbs

This report Shows the Top 10 athletes in the Following categories:

Sport Codes: All Sports
Position Codes: All Positions
Sex: Men and Women

9th grade (Freshman)	☒	☐	College 1st year (Freshmar
10th grade (Sophomore)	☒	☐	College 2nd year (Sophmore
11th grade (Junior)	☒	☐	College 3rd year (Junior
12th grade (Senior)	☒	☐	College 4th year (Senio

Top 10 scores of All Times - Men and Women
in the
Parallel Squat

1st	Johnny Mounsamrouath	10/26/1998	11th	420 lbs
2nd	Brandon Factor	9/17/1998	12th	380 lbs
3rd	Tommy Duval	8/17/1998	12th	375 lbs
4th	Jeff Henning	9/14/1998	12th	345 lbs
5th	Steve Hack	8/17/1998	12th	325 lbs
6th	Rob Baden	6/11/1998	12th	320 lbs
7th	Pat Zupfer	1/15/1998	11th	320 lbs
8th	Ryan Walden	12/15/1997	10th	320 lbs
9th	John Smith	6/06/1998	12th	305 lbs
10th	Joel Dircks	1/21/1999	10th	300 lbs

In Summary

You have now seen most of the major functions of the Beat The Computer Pro. You have seen how to set up your Lifts, get the Workouts you want, enter your athletes, get the new scores for them, and finally how to start printing the Weekly Workout Schedules.

There are, of course, a few other functions to look at and run which the next chapter describes. These functions all work using the same kind of windows and general logic as the ones described here, so you should have very little trouble using them.

Chapter Five

Miscellaneous Functions

The Miscellaneous functions can be run at any time, as needed.

Saving and Restoring your Data Files

Saving and restoring your data just means that you copy the data files used by the program to a diskette, zip disk, or network drive, and later (if needed) copy that saved version of the data back to the hard drive of your PC. There are two reasons to save your data to diskette:

- Recovery in the event of a hardware failure on your computer
- To copy your data to another PC, so you don't have to re-enter it

Recovery of your data in the event of a hardware failure on your computer

Saving your data so you're protected from hardware failure is one of the most important functions in the entire Beat The Computer Pro! No system is completely safe from hardware problems, and the best way to protect your data is to have a second copy of it stored safely off the computer.

We recommend you backup your data every time you make changes, or at the end of every day.

Although the data you enter is saved on the hard drive of your PC every time you click Ok or press Enter, and although you may never have any problem with your hard drive, you never know. So to be safe, use the instructions in the following section Saving Your Data, to save your data as often as possible, and keep a set of backups stored off site or in a data storage safe.

A backup copy of your data means that if you do have a problem with your hard drive, you can reinstall the Beat The Computer Pro, restore the data from your backup copy, and you are back in business. Without a current backup copy, any data entered would have to be entered again in case of a hard drive failure.

To recover your data in the event of a hard drive failure on your computer, you MUST have a backup of your data. So make sure you follow the instructions in the Saving Your Data section to save your data to diskettes as often as possible.

Then, if your hard disk fails, follow these steps to recover your data:

- Repair the error on the computer so that it is functioning correctly again.

- Install the Beat The Computer Pro, using the original CD. This will give you a working system with no data.
- Follow the instructions in the section Restoring Your Data to restore your data from your most recent backup.

Copying your data to another PC, so you don't have to re-enter it

You may have the need to copy the data entered on one PC to another PC. If you replace your PC with a new one, or maybe you sometimes work on your computer at home, and sometimes use the one at school.

In this case, you don't want to have to re-enter all of the information about your athletes and their scores. To move your data to another PC, follow these steps:

- First, make sure that the Beat The Computer Pro is installed on both PCs.
- On the computer that has the data you want to move, follow the instructions in the section Saving Your Data to save the data to one or more diskettes or a zip drive.
- On the new computer, follow the instructions in the section Restoring Your Data to restore your data to the new computer.

Note: Remember that when you restore Beat The Computer Pro data to a folder on a computer, **all BFS data** in that folder on that computer **is completely replaced**. So be careful to **make changes on only one computer at a time**, and then move that data to the other computer before making any changes there. Otherwise you may find that a change made on one computer has disappeared because you copied other data over the top of it.

Saving your Data

1. On the File pull down on the Main Program window, click the Save Files option. This will display the Save Files prompt window.

2. Enter the drive you want to save to. This is usually A for diskette drives, but could be a network drive or a removable drive such as a Zip or Jazz drive.
3. Enter the path on the backup drive to save to, if any. This is usually blank for diskettes, but may be used for network drive backups.

4. Choose whether or not to format the backup drive saving the files. This option is only valid when saving to a diskette drive (drive A or B) and is ignored for all other drive letters.

To start the save, click the Run Backup Now button, or press Enter. The backup process will save your files, then return to the Main Program window.

Restoring your data

If for any reason, such as a hard disk failure or to move your data to another PC, you need to restore your saved data from your backup diskette(s) or drive, follow these steps:

Note: When you restore your saved data, it **WRITES OVER** any data currently in the folder. This data **IS LOST PERMANENTLY**, and probably **cannot be recovered**. **DO NOT RESTORE UNLESS YOU ARE SURE YOU WANT TO WRITE OVER YOUR EXISTING DATA!**

Also make sure that you have corrected the problem, if any, that caused you to restore your data, and that the Beat The Computer Pro is now operational on the computer you are restoring to, even if the files are empty or contain old data. Then follow the instructions below.

1. Make sure the Beat The Computer program is **NOT RUNNING**.

2. On your Windows desktop, click on Start, Programs, BFS, and Restore Saved Data.

3. On the prompt window, enter the drive and path where your saved data is stored. This is usually exactly the same drive and path you use to save the data. The last drive and path you used to save your data will be filled in automatically, so if you are restoring from the same drive you saved to, you probably won't need to change anything.

4. Click the Restore Data button, or press Enter to restore your saved data.

Print Name and Address Listing

The Name and Address Listing shows the athletes you select, along with their address, phone numbers, ID numbers, grade, period, sport and position. Depending on your paper size, each page will show the information for up to 12 or 13 athletes.

This is a simple report. It can be printed by Sport, Grade, Period, Workout Schedule, etc. Handy for a quick permanent record of each class, contacting athletes by phone or mail, etc.

To print the Name and Address Listing, follow these steps:
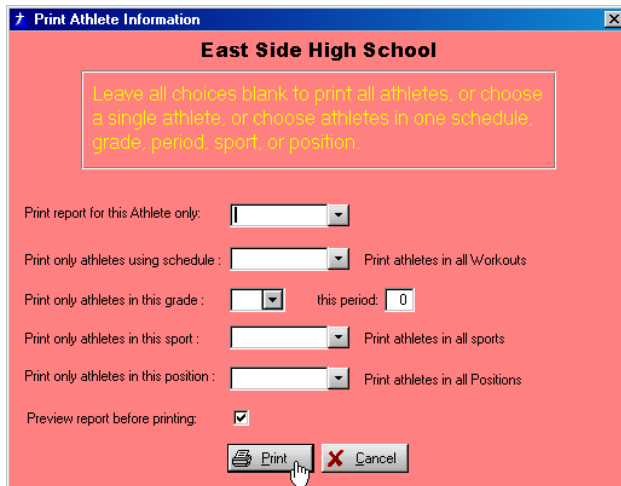
1. On the Reports pull down on the Main Program window, select the option to Print Athlete Information.

2. On the prompt window, the fields allow you to select a single athlete to print, or groups of athletes based on their Workout Schedule, grade, period, sport or position. Enter the information to select the athletes you want to start their workout on the date you selected.

Remember that the selections on this window (like all the selection windows in the system) are **AND** type selections. This is a fancy way of saying that athletes will only be updated if they meet the first thing you select **AND** the second thing **AND** the third thing, and so on.

3. After you've made your selections, click the Print button or press Enter. The athletes you selected will be displayed as their Name and Addresses are printed. When all of the selected athletes have been printed, the window will disappear and you will return to the menu.

Note: If you left the checkbox marked <u>Preview report before printing</u> checked, your report will be shown on screen before printing. Use the page keys and the vertical scroll bar to look at the report if you want, then click the printer icon in the upper left hand corner to print the report, or press Escape to return to the Main Program window without printing.

Print Name and Address Labels

The Name and Address Labels prints address labels on standard size laser or inkjet label sheets.

The labels are formatted to fit Avery 5160 style labels, or any equivalent labels that are 3 across, 10 down, and 1 inch high.

This is a simple report. It can be printed by Sport, Grade, Period, Workout Schedule, etc. Handy file folder labels, mailings to your athletes, etc.

To print the Name and Address Listing, follow these steps:

4. On the Reports pull down on the Main Program window, select the option to Print Mailing Labels.

5. On the prompt window, the fields allow you to select a single athlete to print, or groups of athletes based on their Workout Schedule, grade, period, sport or position. Enter the information to select the athletes you want to start their workout on the date you selected.

Remember that the selections on this window (like all the selection windows in the system) are **AND** type selections. This is a fancy way of saying that athletes will only be updated if they meet the first thing you select **AND** the second thing

---

AND the third thing, and so on.

6.   After you've made your selections, click the Print button or press Enter. The athletes you selected will be displayed as their Name and Addresses are printed. When all of the selected athletes have been printed, the window will disappear and you will return to the menu.

> Note: If you left the checkbox marked <u>Preview report before printing</u> checked, your report will be shown on screen before printing. Use the page keys and the vertical scroll bar to look at the report if you want, then click the printer icon in the upper left hand corner to print the report, or press Escape to return to the Main Program window without printing.

Year End Processing

This process automatically promotes your athletes from one grade to the next. You run it at year-end, or the beginning of the new year, and everyone automatically moves up one grade.

Year End Processing makes it simple for you to update your athletes' records at the end of each year.

This process deletes every 12th grader's and College 4 athlete's record(s) from the system, opening up memory capacity for new in-coming 9th graders and College level 1. At the same time, all other athletes are moved up one Grade level.

To run the process, on the utilities pull down on the Main Program window, choose the option Year End Processing.
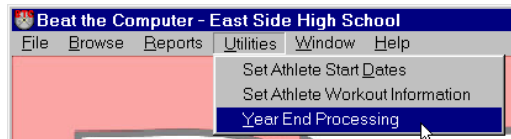
Caution! Read the warning on the prompt window before proceeding! Make sure you back up all of your files on diskettes <u>before</u> running Year End processing!

If you change your mind, and do not want to run the Year End process, you can press Escape on either of the two prompt windows and return to the Main Program Window.

If you do start the process, do not interrupt it. If it is interrupted accidentally, you will probably have to restore you data files from your most recent backup copy and start the process again.

All of the other functions

Even though you normally do most of the things in the program on a regularly scheduled basis, there is no reason you can't do any of them whenever you need.

New athletes joining the class in the middle of the term? Add them in. Want to add an extra lift to the Football team's workout? Put it on. Want to start an after school workout for the Varsity Team? Set it up. You don't have to wait to do these things. Let the computer work for you, not the other way around!

Any of the Setup Functions, Beginning of the Workout Cycle Functions, or Weekly Functions can be run any time you need to change something.

Ending the BFS Beat The Computer Pro

To end the program, click on File and Exit, or click the close icon in the upper right hand corner.

Before ending the program, always ask yourself "Have I entered or changed any data that needs to be backed up?". If the answer is yes, you should take the time to make a backup copy by saving your data files to diskette. If you do not, the chances are 999 out of a thousand that your data will be fine anyway, but who needs even a tiny chance of disaster?

Appendix

Shortcuts on your Desktop

When the program is installed, it normally automatically creates a shortcut on the Windows desktop to run the Beat The Computer program. But if you don't have the shortcut, or deleted it, you can re-create it by re-installing the program.

Note that if you re-install the program, you will need to Acitvate your Program License again, and set up any User IDs and Passwords you may have had. **Re-installing the program always removes all Users and Passwords,** and re-creates the default User ID and Password, BFS and BFS.

If you don't want to re-install the program, you can create shortcuts manually by following these instructions.

To set up a shortcut to run the Beat The Computer Pro directly from **Windows 95 or 98**, follow these steps:

1. End or minimize running programs so that the Desktop is displayed.

2. Right click on any empty area of the Desktop.

3. On the popup menu, select New.

4. On the New popup, select Shortcut.

5. On the Create Shortcut window, type **c:\bfs\btcaas.exe** for the Command line.

    Note: If you installed the Beat The Computer program in a different path, substitute that path in the above command.

6. Click Next.

7. On the Select a Title for the Program window, type the name you want displayed, such as **BFS Computer System** (the default name used during installation) or **Beat The Computer** for the name of the shortcut.

8. Click on Finish.

A new shortcut will appear on your desktop, with the description and the Beat The Computer program Icon. You can position the shortcut anywhere on the desktop you want, and Windows should remember this position. At any time, you may now run the program simply by double-clicking this new shortcut.

To set up a shortcut to run the Beat The Computer Pro directly from **Windows XP or 2000**, follow these steps:

9.   End or minimize running programs so that the Desktop is displayed.

10.   Right click on any empty area of the Desktop.

11.   On the popup menu, select New.

12.   On the New popup, select Shortcut.

13.   On the Create Shortcut window, type **c:\bfs\btcaas.exe** for the Type the location of the item:

      Note: If you installed the Beat The Computer program in a different path, substitute that path in the above command.

14.   Click Next.

15.   On the Type a name for this shortcut window, type the name you want displayed, such as **BFS Computer System** (the default name used during installation) or **Beat The Computer** for the name of the shortcut.

16.   Click on Finish.

A new shortcut will appear on your desktop, with the description and the Beat The Computer program Icon. You can position the shortcut anywhere on the desktop you want, and Windows should remember this position. At any time, you may now run the program simply by double-clicking this new shortcut.

Troubleshooting

This section describes some common problems and solutions. If you're having some problem using the Beat The Computer Pro, check here to see if there may be a simple solution.

Problems during installation

Check here if you're having problems while installing the Beat The Computer Pro.

Error reading Drive A (or B, or D)

This almost always means that the diskette or CD-ROM has been damaged in shipment or storage. To make sure, respond to this message, take the diskette or CD-ROM out of the drive, turn your computer off and wait a few seconds then turn it back on, and try the installation again from the beginning.

If you're installing from CD-ROM, carefully clean the CD-ROM before trying the installation again.

If you get the same error the second time, try to install the same diskette or CD-ROM on a different computer (if you have another computer available). If that works, you may have a bad drive in your computer. If the diskette or CD-ROM doesn't work on the second computer, you've got a bad installation disk. Contact Klein Allen Company for a replacement (see Where to call for help in Chapter One of this manual.

Error reading Drive C or Cannot access Drive C

This can mean a problem with your hard drive, but if that error isn't coming up when you do other things on your computer, your hard drive is probably OK. (If you are getting this kind of message when running other programs, run, don't walk, to get your backup diskettes and tapes, because your hard drive may be going bad.)

This error can also be caused by trying to install the program a second time, and the first installation either hasn't finished, or the program is still running (Windows can run more than one program at a time).

In any of the above cases (assuming your hard drive isn't bad), respond to the error message, then shut the computer off, wait a few seconds and turn it back on. Run Scandisk to verify the integrity of the hard drive, and fix any problems found, then try to install again.

On networked PCs and some Windows PCs with security options enabled, this error can be caused by not having authorization to a drive or folder on the PC or network. Check with your Network or Security administrator to see if you need some additional authorization to install the program, then try again with the new authorization.

Errors trying to run the program

Check here if you get an error when you try to run the program.

Program Stop, Invalid file format

This is a bad error to get, because it means that the data in your files has become corrupted somehow (turning off the computer while the program or Windows is still active is the most common source of file corruption). First, try just responding to the error message. The program will try to automatically correct some errors. If the program then works, you're in good shape. Remember to back up your data again as soon as possible after you determine that your data is Ok.

If that doesn't work, your data may be corrupted. Fortunately for you, you've been saving your data files to diskette every time you made any changes. This means it's time to get that last backup diskette out, and restore the data (see <u>Saving and Restoring your Data Files</u> in the previous section for instructions on restoring).

Before restoring your data, run Scandisk to correct any problems with your hard disk, then re-install the Beat The Computer Pro, and then restore your saved data. This should correct any problems.

What? You haven't been saving your data every time you made changes? You don't have a current backup? This can be ugly. If you have even a recent backup, you can always restore that, and then only have to re-enter any changes you made since the backup was done. If you have no backup, or a backup so old it doesn't do you any good, you have only two choices: re-install the Beat The Computer Pro and then re-enter all of your data by hand, or contact Klein Allen Company for help. In some cases we can recover corrupted data. We will step you through the process of using DOS or Windows to copy the corrupted data to a diskette. You can send the data to us, and we'll look at it and let you know if we can save anything, and if so, how much it will cost. In many cases, we'll recover what we can and return it to you at no charge other than shipping costs, but we can't make any promises until we see how much data is left.

Miscellaneous Errors

A new lift doesn't print on the Workout Schedule

You've added a new lift to the system, but it isn't showing up on your athlete's Workout Schedules.

After you enter a new lift, you have to add that lift to the Workout Schedule that your athletes are using. Only lifts that are on the Workout Schedule appear on the printed schedule.

For details about adding a new lift to a workout schedule, see <u>Check the Weekly Workout Schedule</u> in Chapter Four of this manual (it's listed under <u>Step by Step Details</u> in the section <u>Setup Functions</u>).

I can't enter a score for a lift, because it's not on the list

You're trying to enter a score for a lift, but that lift doesn't show on the list of available lifts for the athlete.

The lift isn't part of that particular athlete's Workout Schedule. If it should be, then add it to his or her Workout as noted above. If the lift isn't on the Workout Schedule, but it's just one you want to keep track of, add it to the workout, but on a day that the athlete doesn't use. For example, if the athlete is set up for a 3-day-per-week workout, put the lift on day 4 or day 5 of their Workout Schedule. It still won't print on the weekly report, but you'll be able to enter scores for it.

Printing Problems

Weekly Workout Schedule doesn't print

If the other reports (Pre-Workout test forms, Name and Address Listing) print OK, then the problem is that the program doesn't think that any of your athletes meet the criteria you selected for printing, or that no athletes are currently in a Workout cycle because their workout has ended, or hasn't begun yet.

To see if you are selecting the wrong criteria (i.e., you're selecting athletes in 5th period Football, but you have no athletes set up for both 5th period and Football), try selecting 1 athlete only. If that athlete prints OK, then look carefully at the selections you're entering when trying to print the group. One of the things you're entering may not match what your athletes are set up for.

If selecting a single athlete doesn't work, then go to that athlete's info (on the Main program window, select the Browse pull down menu, then Browse Athletes, highlight the athlete and click the Change button) and check the "Date to begin program" at the bottom of the window. If this date is in the future, or if the date plus the length of his or her program has expired, no workout schedule will print.

To change the start dates, you can just change it here, or change an entire group of athletes at one time. To do this see <u>Set Athlete Start Dates</u> in Chapter Four in this manual (it's listed under <u>Step by Step Details</u> in the section <u>Setup Functions</u>).

Nothing will print

This is usually a problem with your printer, or the printer setup in Windows. But try to print from some other program, such as Wordpad or Notepad. If that works, check which printer you have selected in the Program Setup as shown in the next section

Selecting a printer for your Beat The Computer reports

To check the program setup and select a Window printer to use for all the reports printed from the Beat The Computer program, follow these steps.

1. On the File pull down on the Main Program window, select the option Program Setup.
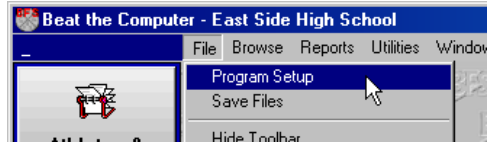
2. On the Program Setup prompt window, check which printer is selected in the field <u>Printer to use for all reports</u>. If it's blank or a printer no longer connected or available to your system, click the Select button.
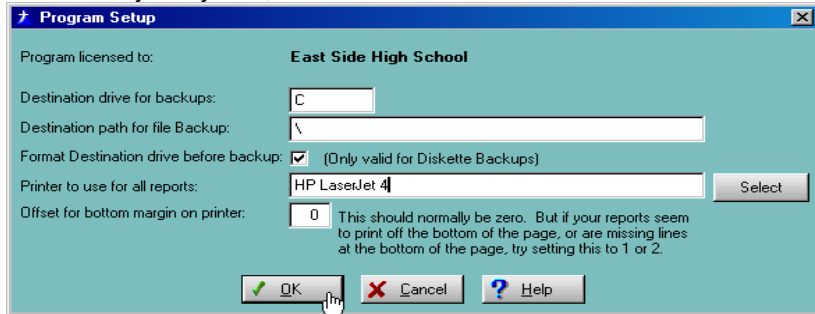
3. On the Window Print Setup window, select a valid printer for your system, and click the Ok button. This will return you to the Beat The Computer Program Setup window.
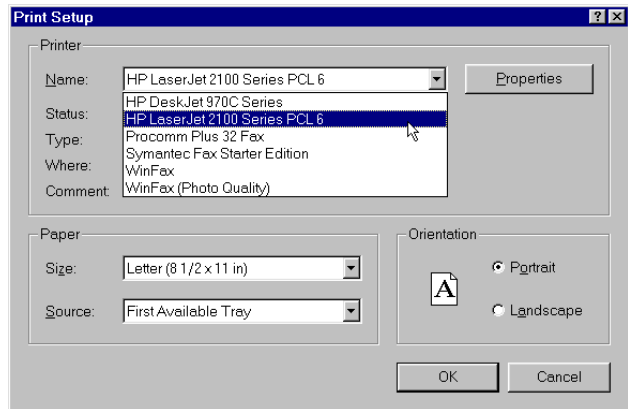
4. Click Ok or press Enter on the Program Setup window to save your choice for the printer

The Standard BFS Workout

The Standard Workout Schedule consists of a two or three day per week workout, with two Core lifts each day, plus a few Auxiliaries. The Workout Schedule includes the following lifts.

Day 1	Day 2	Day 3
--- Core Lifts ---		
Box Squat	Clean	Squat
Twl Bench	Dead Lift	Bench
--- Aux Lifts - 2x10 ---		
Leg Ext	Glute Ham	Leg Ext
Leg Curl	Str Leg DL	Leg Curl
Lunges	Inc Press	Str Leg DL
Str Leg DL	Heavy Dips	Glute Ham
Lunges		
--- Aux LIfts - 2x5 ---		
Pwr Snatch	Jerk Press	

The Core Lifts

The Standard BFS Core lifts are already set up in the Beat The Computer Pro when you receive it, and are included on the default Weekly Schedule.

We recommend that the lifting part of the program consist of a 2- or 3-day-workout week. If you lift more times than that, you will probably neglect or underemphasize other important training areas such as flexibility, agility, plyometrics and speed training. The following list shows the BFS Core lifts, with a short description of the proper technique for each one.

- **THE BOX SQUAT**: Super important in developing hip and tendon strength. It will increase explosive power and jumping ability tremendously. Don't just touch the box but actually sit on the box. There should be a slight movement of setting back on the box, then you should surge forward and up with an explosive

upward movement. You should have the feeling of tackling through an opponent or jumping for a rebound. If possible, finish this movement by rising up on the toes as a calf or heel raise. You should always use 3 spotters who always hold onto the bar. When you sit on the box, you should be 2-3 inches above parallel. Always sit tall, spread the chest and lock in the lower back. Boxes for all heights can be purchased from Bigger Faster Stronger.

- **THE SQUAT**: You need to go down until the thighs are parallel or slightly below parallel. This lift will increase your speed. Before doing any set you should get in the lower power position, athletic stance, toes slightly out, spread the chest, lock-in lower back with the eyes looking straight ahead. The heels should always remain down in contact with the floor. You should always use 3 spotters.

- **TOWEL BENCH**: Take 3 towels, fold them in half and roll them up like a sleeping bag or you may purchase one of our Towel Bench Pads. This will serve as a cushion. This prevents bench press shoulder and also gets you used to more weight than a regular bench press. Bench press shoulder is described as having a pain in the shoulder joint area and occurs in about 3 out of 4 athletes. The Towel Bench lift helps in overcoming plateaus in the Bench and also gives a slight plyometric effect. Use a wide stance with feet and knees placed carefully.

- **THE CLEAN**: Begin the clean by touching the bar with your lower shins while standing. Get in a jump stance with toes straight ahead. Now reach down and grasp the bar with your hands just outside your knees and legs. Roll wrists over the bar slightly. Your head should be level and tail down to start with. Use your legs and start upward in a slow, controlled manner. When the bar gets just above the knees, jump explosively straight up just like a vertical jump. Keep the bar close to your body with elbows always higher than the bar. After pulling as high as possible, jump under the bar and snap your elbows through, with your feet popping out to an athletic stance. Then stand erect with feet coming back to the jump stance.

THE DEAD LIFT: DOING IT RIGHT

- **DEAD LIFT**: A coach should spot by putting one hand on the lower back. The crook of the elbow of the other arm is placed in front of the shoulder with the hand on the athlete's sternum. Then lift together. The coach will pull back so the weight is on the lifter's heels. This technique prevents almost all lower back injuries associated with the Dead Lift.

- **TRAP BAR DEAD LIFT**: We recommend the Trap Bar D.L. for the following reasons: (1) Dead lifts can be done safely without a spotter. (2) Gives superior leg, hip, glute and ham development. (3) Workouts can be done quickly and in small workout areas. Techniques: head up, spread chest, lock-in lower back, jump stance, hips down, lift with the legs not back.

Suggested Auxiliary Lifts, by Dr. Greg Shepard

Basic Assumptions:

1. High School or College Situation

2. 45-60 Minute Workout Time

3. Class contains Multi-Sport Athletes

4. Highest Upper-Limit Results Wanted

Your class should be organized just like practice. One third of your class will be doing one Core Lift, one third another Core Lift and the remaining third will be doing **Auxiliary Lifts.** Then, switch the groups as you divide the total workout into three equal time segments.

Do no more than 5 auxiliary exercises per workout session. Select only those exercises that will help you win in your particular sport. Generally do two sets of ten reps on each auxiliary.

Our BFS professional staff rated 100 different auxiliary exercises and came up with the auxiliary exercises used in the program. They fit all sports very well except the Neck Exercise. Basketball players, for example, don't need to work on their neck to win in their sport. Therefore, those athletes involved may leave it out altogether or replace it with another of your choosing. If you have a total of only 45 minutes of workout time, that means 15 minutes will be devoted to your Auxiliary Lifts. Hence, when five auxiliary exercises are done, you will have three minutes to do each one. Do not allow your kids to stand around. They should always be looking for an open spot.

The following is a list of our Auxiliary Exercises and why we think they will help you win:

- **Neck Exercise**: Obvious in football and wrestling.

- **Leg Curls:** Develops the hamstrings and strengthens the knee joint area. Helps your speed and prevents injury.

- **Leg Extensions:** Develops the quadriceps and strengthens the knee joint area. Helps prevent knee injuries.

- **Glute Ham Developer:** A superior way to develop the gluteus maximus, gluteus minimus and the entire area of the buttocks. It will also strengthen the hamstrings, especially in the lower area. Helps prevent hamstring pulls.

- **Jerk Press:** Place bar behind the neck in a high bar Squat position, squat down slightly and explosively thrust the bar upward. As this is done, split your feet super quickly as you would do in a Olympic style Clean and Jerk. The bar will end up overhead in a locked position. Then stand upright. Do two sets of 5 reps.

Jerk Presses develop upper body explosiveness as well as great shoulder strength.

- **Heavy Dips**: Unbelievable in developing Powerful triceps. You should have a dip belt for your stronger athletes. When I was doing heavy lifting, I would use five 45 pound plates and do 5 dips. Fantastic for offensive linemen, all defensive personnel and shot putters. It is also helpful for jump shots in basketball and all sports who throw an implement or ball.

- **Incline Press:** A favorite auxiliary for many. It develops the upper chest area and aids your Bench Press. It duplicates shot putting and an offensive lineman's pass blocking arm position.

- **Power Snatch:** Use the same technique as in the clean but use a very wide grip. As you jump under the bar, the weight will be positioned overhead. We suggest two things to be successful: First, our new BFS Training Plates are an absolute must. Second, the Power Clean and Clean Variation video is an extraordinary coaching tool.

- **Lunges**: This develops power balance. Each leg is forced to work independently from each other. Also, there is no stress on the lower back. You may do this exercise with dumbbells or a regular bar. Develops the hamstrings, quadriceps, and buttocks.

- **Straight-Leg Dead Lift:** Do this with a very light weight. Use no more than 40% of your Parallel Squat max. Do every rep in a slow and controlled manner. Most of your kids will only be using between 100 and 200 pounds. You do this one for speed. It's like magic because you are stretching and strengthening your glutes and hamstrings at the same time. It is one of the great keys to improving

There are two ways to learn the BFS Auxiliary Lifts:

1. The New Book

2. The Auxiliary Lift Video

Call 1-800-628-9737 to order.

Calculating the Weekly Workout

In the Beat The Computer Pro, the weights used in the weekly workouts are calculated using a system of increasing weights for each week of the workout cycle. The calculation for the weight is done by using a percentage of the athlete's 1 rep max for each lift. As the athlete progresses through the Workout Cycle, he lifts a higher and higher percentage.

Calculating the 1 Rep Max

All of the weights the system calculates for the athlete's workouts are based on a percentage of the athlete's 1 rep max for each lift. However, many coaches prefer not to have their athletes try for a max. Instead they go for a lower weight and push up the reps.

No problem! The Beat The Computer Pro assumes you will have your athletes test for their workouts using multiple reps. The system will then calculate the 1 rep max based on the actual weight and number of reps.

The formula used to calculate this max is as follows:

(Actual Reps x (.03 x Actual Weight)) + Actual Weight = 1 rep max

For example, if an athlete does 5 reps at 200 lbs, we calculate like this:

.03 x 200 = 6 lbs

6 lbs x 5 reps = 30 lbs

30 lbs + 200 lbs = 230 lbs calculated 1 rep max

The Weekly Workout Percentage table

Once the athlete's one rep max is known (either by direct test or calculation), the Beat The Computer Pro follows this table of percentages to calculate the weight the athlete should use on their core lifts each week during the workout.

The Short (3 set) workout:

	1st Week reps - percent	2nd Week reps - percent	3rd Week reps - percent	4th Week reps - percent
Set 1	3 - 82%	5 - 78%	5 - 84%	10 - 72% or 4 - 84%
Set 2	3 - 86%	5 - 82%	3 - 89%	8 - 76% or 4 - 86%
Set 3	3+ - 91%	5+ - 86%	1+ - 94%	6+ - 80% or 2+ - 91%

	5th Week reps - percent	6th Week reps - percent	7th Week reps - percent	8th Week reps - percent
Set 1	3 - 84%	5 - 80%	5 - 87%	10 - 75% or 4 - 87%
Set 2	3 - 88%	5 - 84%	3 - 94%	8 - 79% or 4 - 89%
Set 3	3+ - 93%	5+ - 88%	1+ @ max+5	6+ - 83% or 2+ - 94%

	9th Week reps - percent	10th Week reps - percent	11th Week reps - percent	12th Week reps - percent
Set 1	3 - 86%	5 - 82%	5 - 89%	10 - 78% or 4 - 90%
Set 2	3 - 90%	5 - 86%	3 - 96%	8 - 82% or 4 - 92%
Set 3	3+ - 94%	5+ - 90%	1+ @ max+10	6+ - 86% or 2+ - 97%

	13th Week reps - percent	14th Week reps - percent	15th Week reps - percent	16th Week reps - percent
Set 1	3 - 88%	5 - 84%	5 - 91%	10 - 81% or 4 - 93%
Set 2	3 - 92%	5 - 88%	3 - 98%	8 - 85% or 4 - 95%
Set 3	3+ - 96%	5+ - 92%	1+ @ max+15	6+ - 89% or 2+ - 100%

Notes: The **max+** weights shown in the 3rd columns are the athlete's 1 rep max plus a number of pounds. Max+10 means the 1 rep max plus 10 lbs. Every 4th week, non-Olympic lifts use the percentages shown for the 10-8-6 reps, Olympic lifts use the 4-4-2 rep percentages.

The Long (5 set) workout:

- The 3x3 workouts (1st, 5th, 9th, and 13th weeks) are the same as the 3 set workout.

- The 10-8-6 and 4-4-2 workouts (4th, 8th, 12th and 16th weeks) are the same as the 3 set workout.

- We add 2 sets to the beginning of the 3x5 workouts (2nd, 6th, 10th and 14th weeks) to make a 5x5, using the following percentages:

	2nd Week reps – percent	6th Week reps - percent	10th Week reps – percent	14th Week reps - percent
Set 1	5 - 70%	5 - 75%	5 – 74%	5 - 76%
Set 2	5 - 74%	5 - 76%	5 – 78%	5 - 78%

- In the 5-3-1 workouts (3rd, 7th, 11th, and 15th weeks) we add a 4 rep and a 2 rep set, to make a 5-4-3-2-1 rep workout. The percentages for the 4 and 2 rep sets are:

	3rd Week reps - percent	6th Week reps - percent	11th Week reps – percent	15th Week reps - percent
Set 2	4 - 86%	4 - 90%	4 – 92%	4 - 94%
Set 4	2 - 91%	2 - 97%	2 – 99%	2 - 101%

Remember that the athlete does the same sets and reps for all lifts each workout day of any one week. The athlete will have different Core lifts each day, however, and the weights will increase each week according to the above table. The Auxiliary Lifts will also be different each day.

Calculating Ironman Rankings

Ironman Rankings are based on the athletes body weight, grade, sex, and the weight lifted for each of the following four lifts:

- Parallel Squat

- Bench Press

- Dead Lift

- Power Clean

Using the tables on the following pages, each athlete is assigned a point value and a ranking for each lift based on their most recent one rep max for that lift. To calculate a ranking, use the following steps.

Find the highest weight in the table that is equal to or less than the weight lifted by the athlete, based on the Body Type. The Body Type is determined by the following tables:

For Men Athletes:

Body Type	Up to 5' 8"	5' 9" to 5' 11"	6' 0" to 6' 2"	6' 3" and Up
Light Build	129 lbs. or less	139 lbs. or less	154 lbs. or less	169 lbs. or less
Medium Build	130 lbs. to 179 lbs.	140 lbs. to 199 lbs.	155 lbs. to 219 lbs.	170 lbs. to 239 lbs.
Heavy Build	180 lbs. and up	200 lbs. and up	220 lbs. and up	240 lbs and up

For Women Athletes:

Body Type	Up to 5' 2"	5' 3" to 5' 5"	5' 6" to 5'8"	5' 9" and up
Light Build	84 lbs. or less	94 lbs. or less	109 lbs. or less	124 lbs. or less
Medium Build	85 lbs. to 120 lbs.	95 lbs. to 135 lbs.	110 lbs. to 150 lbs.	125 lbs. to 160 lbs.
Heavy Build	121 lbs. and up	136 lbs. and up	151 lbs. and up	161 lbs and up

Minimum Weight Tables for Men

Squat - Minimum Weights for Men

Ranking	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy
Good	200	225	250	220	240	265	240	260	280	260	280	300
Great	250	275	300	275	295	315	300	315	330	325	335	350
All State	275	315	350	300	335	365	325	355	380	350	375	400
All American	300	350	400	330	380	430	360	410	460	390	445	500

Bench - Minimum Weights for Men

Ranking	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy
Good	125	155	185	135	165	190	150	175	195	160	180	200
Great	150	185	220	160	195	230	175	210	240	195	225	250
All State	175	220	260	190	230	270	210	250	285	225	265	300
All American	200	250	300	220	270	315	240	285	330	260	305	350

Clean - Minimum Weights for Men

Ranking	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy
Good	110	135	160	120	145	165	135	155	170	145	160	175
Great	125	155	185	135	165	195	150	180	205	160	190	215
All State	150	175	205	165	195	220	180	210	235	195	225	250
All American	160	200	240	175	215	260	195	240	280	215	260	300

Deadlift - Minimum Weights for Men

Ranking	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy
Good	250	300	350	275	325	375	300	345	390	325	365	400
Great	300	350	400	330	380	425	360	420	460	390	445	500
All State	325	390	450	355	415	475	390	440	490	420	485	550
All American	350	415	480	385	445	500	420	470	520	455	530	600

Minimum Weight Tables for Women

Squat - Minimum Weights for Women

Ranking	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy
Good	55	65	75	65	75	85	75	95	95	85	95	105
Great	95	115	135	115	135	155	135	155	175	155	175	195
All State	125	145	165	145	165	185	165	185	205	185	205	225
All American	180	200	220	210	235	260	240	265	290	270	295	325
Elite	180	200	220	210	235	260	240	265	290	270	295	325

Bench - Minimum Weights for Women

Ranking	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy
Good	45	55	65	55	65	75	65	75	85	75	85	95
Great	55	65	75	65	75	85	75	85	95	85	95	105
All State	70	80	90	80	90	100	90	100	110	100	110	120
All American	85	100	115	100	115	130	115	130	145	115	130	145
Elite	100	130	155	110	140	165	120	150	175	130	160	185

Clean - Minimum Weights for Women

Ranking	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy
Good	45	55	65	55	65	75	65	75	85	75	85	95
Great	55	65	75	65	75	85	75	85	95	85	95	105
All State	70	80	90	80	90	100	90	100	110	100	110	120
All American	85	100	115	100	115	130	115	130	145	115	130	145
Elite	100	130	155	110	140	165	120	150	175	130	160	185

Deadlift - Minimum Weights for Women

Ranking	9th Grade			10th Grade			11th Grade			12th Grade		
	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy	Light	Med	Heavy
Good	95	105	115	105	115	125	115	125	135	125	135	145
Great	120	130	140	130	140	150	140	150	160	150	160	170
All State	150	165	180	165	180	195	180	195	210	195	210	225
All American	180	200	220	200	220	240	220	240	260	240	260	280
Elite	220	250	280	250	280	310	280	310	340	310	340	370

Additionally, taller athletes may need to further reduce the minimum weights shown in the tables. For men athletes:

- If the athlete's height is 6' 4" to 6' 6", reduce the minimum lift required for each ranking by 10%.

- If the athlete's height is over 6' 6", reduce the minimum lift required for each ranking by 20%.

For women athletes:

- If the athlete's height is 5' 10" to 6' 1", reduce the minimum lift required for each ranking by 10%.

- If the athlete's height is over 6' 1", reduce the minimum lift required for each ranking by 20%.

Once you find the correct line on the table, use the ranking from that line, and the following Point Values:

Ranking	Point Value
Beginning	1
Good	2
Great	3
All State	4
All American	5
Elite	6

Example:

John is an 11th grade, 6' 2", 170 lb., basketball player and did a 360 lb. squat.

According to the Body Type table, John is a Medium Body Type, so looking at the Men's Squat minimums for 11th Grade, Medium Body Type, we see the cutoff for All State is 355, and the cutoff for All American is 410. Since 355 is the highest point that is still equal to or less than John's score of 360, John gets an All State ranking for the Squat., and 4 points toward his Overall Ironman ranking.

Overall Ironman Ranking

If an athlete has any ranking at all in all four lifts, they are given an overall Ironman Ranking according to the following table:

Total points	Ranking
4 to 6	Beginning
7 to 10	Good
11 to 13	Great
14 to 17	All State
18 to 20	All American

Now, aren't you glad you have a computer to do this whole thing for you?

Calculating Power Rankings

Power Rankings are calculated according to the athlete's build (standard or heavy), the athlete's grade, sex, and the scores achieved in the following events:

- 20 Yard Dash

- 40 Yard Dash

- Dot Drill

- Vertical Jump

- Long Jump

First, the athlete's score in each event is assigned a point value using the following tables. Find the best score on the table that is equal to or poorer than the athlete's score. The point value on that line is the point value for that event. For all events, the scores get better as you read down the table.

Power Ranking Point Values for Men

Point Value	20 Yard Dash	40 Yard Dash	Dot Drill	Vertical Jump	Long Jump
1	4.0 sec	6.0 sec	90 sec	9"	5' 0"
2	3.8 sec	5.8 sec	87 sec	11"	5' 4"
3	3.6 sec	5.6 sec	84 sec	13"	5' 8"
4	3.5 sec	5.5 sec	81 sec	15"	6' 0"
5	3.4 sec	5.4 sec	78 sec	17"	6' 4"
6	3.3 sec	5.3 sec	75 sec	19"	6' 8"
7	3.2 sec	5.2 sec	72 sec	21"	7' 0"
8	3.1 sec	5.1 sec	69 sec	23"	7' 4"
9	3.0 sec	5.0 sec	66 sec	25"	7' 8"
10	2.9 sec	4.9 sec	63 sec	27"	8' 0"
11	2.85 sec	4.85 sec	60 sec	28"	8' 3"
12	2.8 sec	4.8 sec	58 sec	29"	8' 6"
13	2.75 sec	4.75 sec	56 sec	30"	8' 9"
14	2.7 sec	4.7 sec	54 sec	31"	9' 0"
15	2.65 sec	4.65 sec	52 sec	32"	9' 3"
16	2.6 sec	4.6 sec	50 sec	33"	9' 6"
17	2.55 sec	4.55 sec	48 sec	34"	9' 9"
18	2.5 sec	4.5 sec	46 sec	35"	10' 0"
19	2.45 sec	4.45 sec	44 sec	36"	10' 3"
20	2.4 sec	4.4 sec	42 sec	37"	10' 6"

Power Ranking Point Values for Women

Point Value	20 Yard Dash	40 Yard Dash	Dot Drill	Vertical Jump	Long Jump
1	4.5 sec	6.3 sec	93 sec	7"	4' 3"
2	4.4 sec	6.2 sec	90 sec	8"	4' 6"
3	4.3 sec	6.1 sec	87 sec	9"	4' 9"
4	4.2 sec	6.0 sec	84 sec	10"	5' 0"
5	4.1 sec	5.9 sec	81 sec	11"	5' 2"
6	4.0 sec	5.8 sec	78 sec	12"	5' 4"
7	3.9 sec	5.7 sec	75 sec	13"	5' 6"
8	3.8 sec	5.6 sec	72 sec	14"	5' 8"
9	3.7 sec	5.5 sec	69 sec	15"	5' 10"
10	3.6 sec	5.4 sec	66 sec	16"	6' 0"
11	3.5 sec	5.3 sec	63 sec	17"	6' 3"
12	3.4 sec	5.2 sec	60 sec	18"	6' 6"
13	3.3 sec	5.1 sec	58 sec	19"	6' 9"
14	3.2 sec	5.0 sec	56 sec	20"	7' 0"
15	3.1 sec	4.95 sec	54 sec	21"	7' 3"
16	3.0 sec	4.9 sec	52 sec	22"	7' 6"
17	2.95 sec	4.85 sec	50 sec	23"	7' 9"
18	2.9 sec	4.8 sec	48 sec	24"	8' 0"
19	2.85 sec	4.75 sec	46 sec	25"	8' 3"
20	2.8 sec	4.7 sec	44 sec	26"	8' 6"

Once the point value has been assigned, each event is given a ranking based on the athlete's grade, sex, and build. Use the following tables to determine the build:

For Men Athletes:

Height	Weight for Standard Build	Weight for Heavy Build
up to 5' 8"	179 lbs or less	180 lbs and up
5' 9 to 5' 11"	199 lbs or less	200 lbs and up
6' 0" to 6' 2"	219 lbs or less	220 lbs and up
6' 3" and up	239 lbs or less	230 lbs and up

For Women Athletes:

Height	Weight for Standard Build	Weight for Heavy Build
up to 5' 2"	124 lbs or less	125 lbs and up
5' 3 to 5' 5"	144 lbs or less	145 lbs and up
5' 6" to 5' 8"	159 lbs or less	160 lbs and up
5' 9" and up	174 lbs or less	175 lbs and up

Use the athlete's grade, build, sex, and score with the following tables to determine the ranking for each event:

20 Yard Dash Ranking for Men

Ranking	9th Grade Std	9th Grade Hvy	10th Grade Std	10th Grade Hvy	11th Grade Std	11th Grade Hvy	12th Grade Std	12th Grade Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	3.25	3.5	3.2	3.4	3.1	3.3	3.0	3.2
Great	2.95	3.2	2.9	3.1	2.85	3.05	2.75	3.0
All State	2.75	3.05	2.7	3.0	2.65	2.95	2.6	2.9
All American	2.65	2.95	2.6	2.9	2.55	2.85	2.5	2.8

20 Yard Dash Ranking for Women

Ranking	9th Grade Std	9th Grade Hvy	10th Grade Std	10th Grade Hvy	11th Grade Std	11th Grade Hvy	12th Grade Std	12th Grade Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	4.1	4.3	4.0	4.2	3.9	4.1	3.8	4.0
Great	3.8	4.0	3.7	3.9	3.6	3.8	3.5	3.7
All State	3.4	3.6	3.3	3.5	3.2	3.4	3.1	3.3
All American	3.2	3.4	3.1	3.3	3.0	3.2	2.9	3.1
Elite	3.0	3.2	2.95	3.1	2.9	3.05	2.8	3.0

40 Yard Dash Ranking for Men

Ranking	9th Grade Std	9th Grade Hvy	10th Grade Std	10th Grade Hvy	11th Grade Std	11th Grade Hvy	12th Grade Std	12th Grade Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	5.25	5.5	5.2	5.4	5.1	5.3	5.0	5.2
Great	4.95	5.2	4.9	5.1	4.85	5.05	4.75	5.0
All State	4.75	5.05	4.7	5.0	4.65	4.95	4.6	4.9
All American	4.65	4.95	4.6	4.9	4.55	4.85	4.5	4.8

40 Yard Dash Ranking for Women

Ranking	9th Grade Std	9th Grade Hvy	10th Grade Std	10th Grade Hvy	11th Grade Std	11th Grade Hvy	12th Grade Std	12th Grade Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	6.0	6.2	5.9	6.1	5.8	6.0	5.7	5.9
Great	5.7	5.9	5.6	5.8	5.5	5.7	5.4	5.3
All State	5.4	5.6	5.3	5.5	5.2	5.4	5.1	5.3
All American	5.1	5.3	5.0	5.2	4.9	5.1	4.8	5.0
Elite	4.9	5.1	4.85	5.0	4.8	4.95	4.7	4.9

Dot Drill Ranking for Men

Ranking	9th Grade		10th Grade		11th Grade		12th Grade	
	Std	Hvy	Std	Hvy	Std	Hvy	Std	Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	69	74	66	71	63	68	60	65
Great	64	69	61	66	58	63	55	60
All State	59	64	56	61	53	58	50	55
All American	49	54	46	51	43	48	40	45

Dot Drill Ranking for Women

Ranking	9th Grade		10th Grade		11th Grade		12th Grade	
	Std	Hvy	Std	Hvy	Std	Hvy	Std	Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	76	81	74	79	72	77	70	75
Great	66	71	64	69	62	67	60	65
All State	56	61	54	59	52	57	50	55
All American	51	56	49	54	47	52	45	50
Elite	46	51	44	49	43	48	40	45

Vertical Jump Ranking for Men

Ranking	9th Grade		10th Grade		11th Grade		12th Grade	
	Std	Hvy	Std	Hvy	Std	Hvy	Std	Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	18	15	20	17	22	19	24	21
Great	26	23	27	24	28	25	29	26
All State	29	25	30	26	31	27	32	28
All American	32	27	33	28	34	29	35	30

Vertical Jump Ranking for Women

Ranking	9th Grade		10th Grade		11th Grade		12th Grade	
	Std	Hvy	Std	Hvy	Std	Hvy	Std	Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	10	8	11	9	12	10	13	11
Great	14	12	15	13	16	14	17	15
All State	18	16	19	17	20	18	21	19
All American	21	18	22	19	23	20	24	21
Elite	23	20	24	21	25	22	26	23

Long Jump Ranking for Men

Ranking	9th Grade		10th Grade		11th Grade		12th Grade	
	Std	Hvy	Std	Hvy	Std	Hvy	Std	Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	7'6"	7'0"	7'9"	7'3"	8'0"	7'6"	8'3"`	7'9"
Great	8'3"	7'9"	8'6"	8'0"	8'9"	8'3"	9'0"	8'6"
All State	8'9"	8'3"	9'1"	8'7"	9'6"	9'3"	10'0"	9'6"
All American	9'3"	8'9"	9'7"	9'1"	10'0"	9'7"	10'6"	10'0"

Long Jump Ranking for Women

Ranking	9th Grade		10th Grade		11th Grade		12th Grade	
	Std	Hvy	Std	Hvy	Std	Hvy	Std	Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	4'6"	4'3"	4'8"	4'6"	4'10"	4'8"	5'0"	4'10"
Great	5'0"	4'9"	5'2"	4'11"	5'4"	5'1"	5'6"	5'3"
All State	6'0"	5'6"	6'3"	5'9"	6'6"	6'0"	6'9"	6'3"
All American	7'0"	6'6"	7'3"	6'9"	7'6"	7'0"	7'9"	7'3"
Elite	7'6"	7'0"	7'9"	7'3"	8'0"	7'6"	8'6"	8'0"

Overall Power Ranking

If the athlete has any score at all in all five events, they are given an overall Power Ranking. This ranking is based on the athlete's grade, build, sex, and the total points for all five events.

Use the following table to find the overall Power Ranking. Find the highest point total that is equal to or less than the athlete's point total. The ranking on this line is the overall Power Ranking.

Overall Power Ranking for Men

Ranking	9th Grade		10th Grade		11 Grade		12th Grade	
	Std	Hvy	Std	Hvy	Std	Hvy	Std	Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	36	28	40	31	44	35	48	39
Great	51	42	55	45	59	47	65	50
All State	67	49	71	52	77	56	81	60
All American	80	61	84	63	90	69	94	73

Overall Power Ranking for Women

	9th Grade		10th Grade		11 Grade		12th Grade	
Ranking	Std	Hvy	Std	Hvy	Std	Hvy	Std	Hvy
Beginning	Any score		Any Score		Any Score		Any Score	
Good	28	20	30	22	34	26	36	30
Great	45	35	47	37	51	41	53	43
All State	65	55	67	57	71	61	74	64
All American	79	69	82	71	86	75	92	79
Elite	82	72	85	74	89	78	96	84

In addition to the overall Power Ranking, the athlete is given a numerical Power Ranking based on his body weight and total points. This calculated by the following formula:

Total points x Body Weight = Numerical Power Ranking

Readers' Comments

We have tried our best to make this manual and the Beat The Computer Pro as complete, understandable, and error free as possible.

We know however, that you may find errors or inconsistencies that escaped our proofreaders, or something that you wish was different.

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