

At Bloomfield High School, Mike Carter Jr. was a multisport athlete who excelled at football playing quarterback and at baseball playing centerfield.

Keeping up with the Carters

How BFS helped high school baseball player Mike Carter Jr. earn his college scholarship

It takes great coaches to make great athletes, and you have just that at Bloomfield High School in Bloomfield, New Jersey. In fact, here the relationship between one athlete

and his coach is even closer than usual, because athlete Mike Carter Jr. happens to be the son of Coach Mike Carter Sr.

Coach Carter is the head football

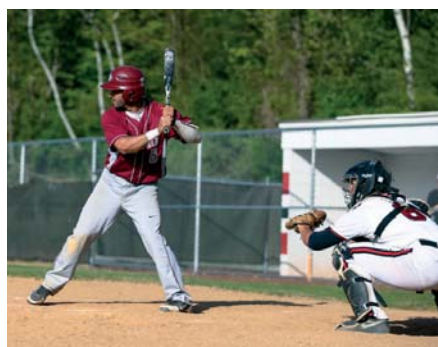
coach of the Bengals, and this year his accomplishments earned him induction into the Essex County Football Coaches Association Hall of Fame. His son Mike Carter Jr., who started

playing football in fourth grade, was excited to move on to high school to be coached by his father. Says the younger Carter, “I had a lot of passion for the game, and it has given me a lot of great memories.” Although the senior Carter was of course excited to have his son on the team, playing quarterback, the younger Carter had to wait until his junior year before he was ready to become the starting varsity quarterback. That year the team finished with a 6-4 record.

When he was ready, Carter Jr. exceeded all expectations, and in his senior year he led the Bengals to the state championship game. That season his offense racked up 3,500 yards for the season, and his individual stats include 20 TDs in the air and 10 on the ground. He was named Player of the Year by *sidelinechatter.com*, which covers regional sports in northern New Jersey.

Although Carter Jr. excelled in football, he proved to be even more talented in baseball.

In baseball Carter Jr. was a four-year starter and hit .450 as a senior; he had a career 411 average for 370 career at-bats. Playing centerfield, he also became the all-time school leader in hits with 152, exceeding the previous



In baseball Carter Jr. was a four-year starter – he hit .450 as a senior and became the all-time school leader in hits with 152. These results, along with a 3.8 GPA, earned him a baseball scholarship to Rutgers University.

record of 150 established in 1992 by Brian Lindner, an all-state shortstop. In the game prior to breaking the record, Carter Jr. had a total of 148 hits, but he went 0-3 at bat. He says, “When I was building up to the record, the pressure was getting in my head a little bit, but I sat down with my dad and we talked about it and figured things out. The next day I got three hits and broke the record, and I want to add that the guy whose record I broke was a great guy who my dad coached. It was an honor to break his record.” That record, and his other accomplishments on the field, earned Carter Jr. the County Player of the Year award, again by *sidelinechatter.com*.

Carter Jr. also really gets after it

in the weightroom. At 5 feet 9 and 175 pounds, he worked hard on the BFS program and in high school was able to bench press 300 pounds, squat 405, power clean 265 and deadlift 405 pounds. “Weight training is one reason I was able to get to where I am today – you need to do more than just play the game to win.” As for the lift he finds has the most transfer to hitting, he says it’s the power clean. “The swing is a quick, explosive movement, and the power clean is the best lift to develop explosiveness.”

Carter Jr. accepted a baseball scholarship to Rutgers University, which is only 45 minutes from the Carters’ home, and he plans to study exercise science. Rutgers is known for its high academic standards, and Carter should fit in just fine: He graduated high school with a 3.8 GPA and was in the top 20 percent of his graduating class of over 400 students.

The senior Carter is a big believer in the BFS program, and so far has brought four Be an 11 clinics to his school. No question about it, on a scale of 1 to 10, both Mike Carter Jr. and his father are Elevens. We look forward to hearing more about their continued success. BFS



At a bodyweight of just 175 pounds, Carter Jr. could deadlift and squat 405, bench press 300 and power clean 265.

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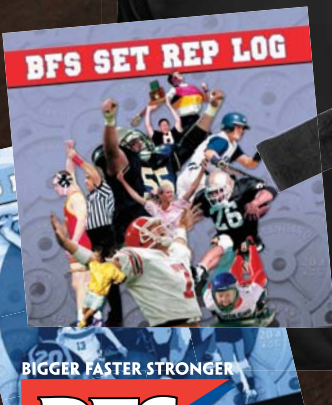
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