



A two-time All-American at Delaware and now a promising WNBA player, Delle Donne is a role model for all young athletes.

Elena Delle Donne: *Sky-High BB Dreams*

It's a Donne deal for this WNBA draft pick

BY **LAANNA CARRASCO, MA**

In high school, Elena Delle Donne was called the future LeBron James of women's basketball. Seven years later, she's living up to those grand expectations. With unique composure for a WNBA rookie playing for the Chicago Sky, Delle Donne drained the first shot of her professional career on a driving spin move. Seemingly unbothered by the defense, she followed up with a net-dancing three-pointer that set the stage for her 22-point debut.

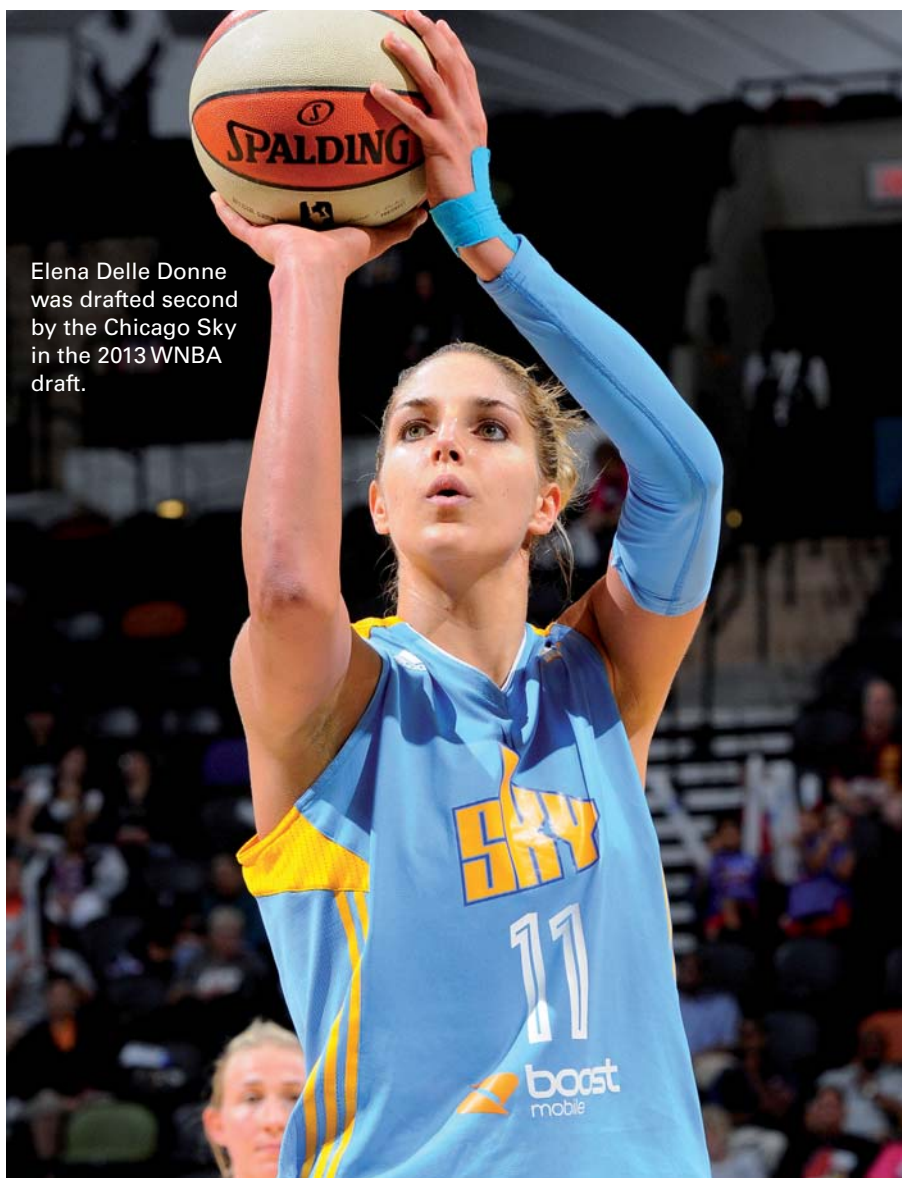
Blending grace and power on the court, the 6-foot-5 Delle Donne makes basketball look easy. Self-possession is her trademark in athletics, although her path to success has not always been seamless. Highly recruited by the nation's leading basketball programs, she signed with the top-ranked University of Connecticut for college, but lasted only two days on campus before returning home to Delaware.

This was 2008, and Delle Donne appeared to be done with basketball. Although she couldn't identify exactly what it was about playing for a national championship basketball program that wasn't right for her, she decided to move on. She enrolled at the University of Delaware and walked onto the volleyball team.

"I knew that I had to put my own happiness before my sport," Delle Donne says. "There was a great amount



Delle Donne's goals include winning a WNBA championship and earning a spot on Team USA in the Olympics.



Elena Delle Donne was drafted second by the Chicago Sky in the 2013 WNBA draft.

of pressure on me, but what became most important to me was following my heart.”

This tendency to resist other’s expectations may be the secret to Delle

“Delaware was the perfect fit for me because I was close to my family, especially my sister,” Delle Donne says, referring to her older sister, Lizzie, who was born deaf, blind and with cerebral

regular contact with her sister and support from her close-knit family allowed things to fall into place at Delaware.

“I was happy again having my sister and family just a short drive from campus and was able to truly fall in love with basketball again,” Delle Donne says. “There is no doubt that we are more successful when we enjoy what we are doing!”

A year later in 2009, Delle Donne knew she had to get back on the court, so she joined the Delaware team and led them to their first NCAA tournament appearance ever. The rest is history: Delle Donne became a two-time All-American, led Delaware to the NCAA Sweet 16 in 2013, played at the World University games, and was drafted second by the Chicago Sky behind Baylor’s Brittney Griner in the 2013 WNBA draft.

In this interview, she shares what it’s like to be a professional athlete as she pursues her goals of winning a WNBA championship and competing with Team USA in the 2016 Olympics.

BFS: *How did you feel when you were chosen second in the WNBA draft?*

Delle Donne: I had so many emotions when I was drafted second. I was relieved to be chosen by Chicago because it was my first choice. I also felt an extreme sense of excitement and pride as I was able to see one of my dreams come true.

Blending grace and power on the court, Elena Delle Donne makes basketball look easy.

Donne’s tremendous success. At a critical point when many elite players would endure a program that didn’t fit, she carved her own path to achieving her potential.

palsy. Delle Donne interacts with her sister through touch and hand-over-hand sign language, so if she’s not there in person with Lizzie, the two can’t communicate. The combination of

BFS: *What are the biggest challenges you face in the WNBA?*

Delle Donne: The transition to the professional game has been a smooth one thanks to my teammates and coaches.

The biggest challenge was adjusting to the speed and strength of the players, but my teammates and coaches prepared me well for this in training camp.

BFS: *How has weightlifting made you a better basketball player?*

Delle Donne: I have been weightlifting since I was in high school, and it has helped me to prevent injuries and stay healthy. Lifting helps me maintain a strong and efficient body, and that translates into efficiency on the basketball court.

BFS: *Do you have a hero that you especially admire?*

Delle Donne: My mom is my hero. Every day she puts my older sister Lizzie's needs before her own and does so without a single complaint. She is an unbelievably hard worker and has set an incredible, inspiring example for me throughout my life.

BFS: *What advice would you give to young female athletes who are interested in playing a sport in college?*

Delle Donne: Work hard, but more importantly, have fun! As I learned, if you are not enjoying what you are doing, you will not be as successful as you could be if you were truly happy.

In addition, when you are in the gym, be sure to focus on the weak points of your game. Too many times I have seen great shooters spend their time in the gym shooting. While this is obviously important, it is also crucial to recognize, address and improve the weak parts of our games.

BFS: *Do you have any tips for young high school athletes to survive the college recruiting process and make a good school choice?*

Delle Donne: Follow your heart! If something doesn't feel right with a certain school, don't choose that school just because others want you to. Choose the place that you feel will have the most positive all-around impact on your future.



BFS: *How does mental preparation play a role in competing?*

Delle Donne: Mental preparation is *huge* for me. If you allow a coach or fan's comments, or anything outside of the game, to affect you, you will not perform your best. A good example of this is when my shot has been "off" and I feel like I cannot make *anything*. In these situations it is crucial to remain mentally tough, tell myself that I am a great shooter and the next shot will fall. I am able to stay confident in my shot, keep shooting and get back on track!

BFS: *What are your basketball career goals?*

Delle Donne: My goals for this year are pretty simple: to make the playoffs, something that the Sky has never done before. In the future, I hope to win a WNBA championship, compete with Team USA in the Olympics and just become as successful as I can on the basketball court.

BFS: *What about your post-playing career goals?*

Delle Donne: I hope to be able to use my talents to have a positive effect on the lives of people with disabilities through camps, clinics and volunteer work. **BFS**

Sets & Reps DVD \$29

- See how to record lifts correctly and track progress
- Watch how to break 8 or more records every week!
- 63 minutes of instruction

#322039



BREAK 8 RECORDS A WEEK GUARANTEED!

Record Cards 99¢

- 100 pack \$99
- 50 pack \$49.50
- Track 16 weeks

#325061BK

Minimum 50



Readiness Book \$5

1: \$5 • 2-19: \$4 ea •
Over 20 \$3 ea
The BFS Readiness Program introduces athletes to weight training by emphasizing perfect technique. A solid foundation for all athletes!



#325050

Readiness

Cards 75¢ Min. 50
#325062BK



30 Pages to Track 1 Full Year • Includes Instruction
Record sets, reps, times, broken records & more!
1 book - \$5.00 2-19 books - \$4.00 ea Over 20 - \$3.00 ea

YOU CAN'T BREAK RECORDS IF YOU DON'T KEEP RECORDS

Build team pride!
Custom Logbooks
\$4⁵⁰ each
(50 minimum)



BIGGER FASTER STRONGER

BFS

DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

OVER 1,000,000 SOLD! - CALL 1-800-628-9737

online at www.biggerfasterstronger.com • email us at info@bfsmail.com

843 West 2400 South, Salt Lake City, UT 84119 • Fax (801) 975-1159

BFS set rep cards, books and videos are TRADEMARKED Products. It is illegal to reproduce these items in full or in part.

SALE

BFS COACH'S MARKETPLACE

**\$500 EACH
PLUS SHIPPING**

**PHONE ORDER ONLY
800-628-9737**

**RETURN & SCRATCH AND DENT - AS IS
SELECTOR MACHINES - WILL NOT LAST!**



Military/Shoulder Press
1 @ \$500 + Shipping:
White & Maroon Retail Price \$1,795



Arm Curl
1 @ \$500 + Shipping:
White & Black Retail Price \$1,895



Ab Low Back
1 @ \$500 Plus Shipping:
White & Black Retail Price \$1,995



Chest Press
1 @ \$500 Plus Shipping:
White & Maroon Retail Price \$1,995



Double Tricep
2 @ \$500 + Shipping:
Retail Price \$1,995 Wht & Blk -
Wht & Red



Seated Row
1 @ \$500 + Shipping:
Retail Price \$1,965 White & Blk



Leg Curl
1 @ \$500 + Shipping:
Retail Price \$1,845 White & Blk



Leg Extension
1 @ \$500 + Shipping:
Retail Price \$2,095 White & Blk



**ONLY 5 UNITS SMITH MACHINES
\$500 EACH WILL NOT LAST!
PLUS SHIPPING RETURN & SCRATCH
AND DENT - AS IS**

**PHONE ORDER ONLY
CALL FOR INFO
800-628-9737**



Order your **FREE 92 page BFS catalog** today!
**800-628-9737. Racks, Benches, Upper Body, Lower Body,
Selector Machines - Everything you need to build a cham-
pionship caliber weight room is available from the experts
at BFS.**

**BFS CHAMPIONSHIP
CAMPS:** 2 full days of BFS
instruction in weight room technique
and safety. Book dates early for best
selection. See page 1 for details



NEW PRODUCT
Battle Rope. \$119 40'
length, 1.5" diameter
25 lbs. #314050



Color Coded Belts. 7 sizes.
Available in 4", 6" and
Power Belt thickness. 1/4"
Top grain leather with steel
buckles. Starting at \$27.95

NEW PRODUCTS Resistance Bands

1. Purple Mini	1/2 Inch	#315050	\$9.00	5. Black Large	2 1/2 Inch	#315054	\$27.00
2. Red Super Mini	13/16 Inch	#315051	\$13.50	6. Orange XL	3 1/4 Inch	#315055	\$42.00
3. Blue Small	1 1/8 Inch	#315052	\$18.00	7. Red Monster	4 Inch	#315056	\$52.50
4. Green Medium	1 3/5 Inch	#315053	\$22.50				



Resistance Bands Sets

315057	Readiness Band Set Pairs 1, 2, 3	\$75.00 Save \$6.00
315058	Varsity Band Set Pairs 1, 2, 3, 4	\$115.00 Save \$11.00
315059	Elite Band Set Pairs 1, 2, 3, 4, 5	\$160.00 Save \$20.00
315060	D1 Band Set Pairs 1, 2, 3, 4, 5, 6	\$230.00 Save \$34.00
315061	Pro Band Set Pairs 1, 2, 3, 4, 5, 6, 7	\$315.00 Save \$54.00

BIGGER FASTER STRONGER



PSRT STD
US POSTAGE
PAID
Bigger Faster Stronger

keycode

1-800-628-9737

Fax (801) 975-1159

843 West 2400 South

Salt Lake City, UT 84119

info@bfsmail.com

biggerfasterstronger.com

Weight Room Survival Kits - 4 Packages - Up to 26 items

- ▶ You are ready? Ready to work, to train, to sweat and push? This season, this year, this week, this game is your time. BFS is there to stand behind you with top flight equipment and a program that has been impacting generations!
- ▶ Now you can let the world know just how ready you are with your BFS Weight Room Survival Kit!
- ▶ Everything you need to help build your strength
- ▶ Year round inspiration with the BFS Magazine
- ▶ All you need to supply is the will and commitment to BE AN 11



Starting at just \$89 we have what the athlete needs to prepare

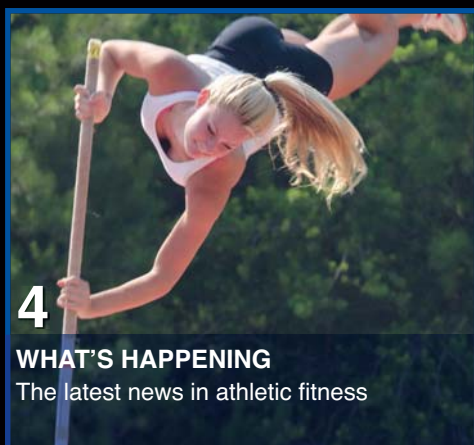
BFS Sets and Reps DVD • BFS Clinic Exercise DVD • Plyo & Box Jumping DVD • Speed 2 For Athletes with • Kevin Devine • Jump Rope • Flexibility Manual • Elastic Wrist Wraps • BFS Knit Beanie • BFS T-Shirt BFS String Back Pack • BFS Water Bottle • BFS Wrist Band • BFS Head Band • BFS Towel • Readiness Log Book • Set Rep Log Book • Be An 11 Manual • Total Program Book • BFS Magazine 1 Year • BFS Dog Tag • BFS Lanyard • Cotton Lifting Straps • Dream the Biggest • Dream Novel • Safety Squat • Visit WWW.BIGGERFASTERSTRONGER.COM to discover all your options!



Follow @CoachBFS on Twitter for inspirational quotes and ideas on how to Be An 11!



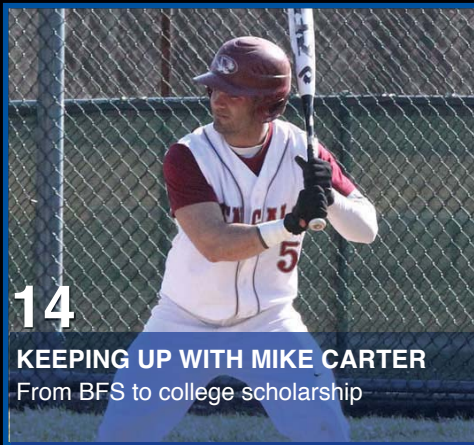
Friend Bigger Faster Stronger online at Facebook to keep up with "What's Happening" around planet BFS



4

WHAT'S HAPPENING

The latest news in athletic fitness



14

KEEPING UP WITH MIKE CARTER

From BFS to college scholarship



26

A CLOSER LOOK AT THE PALEO DIET

The benefits of eating like our Stone Age ancestors

GSA

Bigger Faster Stronger
is a GSA approved vendor
GSA# GS-03F-0001W