



## Mike Carter Jr. Muscles Up at Rutgers

When we first interviewed Mike Carter Jr. for our September/October 2013 issue, he had just graduated from Bloomfield High School in Bloomfield, New Jersey. He finished his baseball career with a .450 batting average and became the all-time school leader in hits with 152, exceeding a record that had stood for over two decades. He also was the quarterback on the football team, leading his Bengals to the state championship game. Academically, Carter finished with a 3.8 GPA and earned a baseball scholarship to Rutgers.

“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,” said Carter in that BFS interview. He also said that the lift he believes has the most transfer to hitting is the power clean. “The swing is a quick, explosive movement, and the power clean is the best lift to develop explosiveness.” He added that he loved the dot drill, practicing it once and even twice a day.

Recently, we checked in with Carter again. At

# What's Happening



Rutgers University photos

In his rookie season at Rutgers, Carter hit .318 and started 52 games at centerfield. He had 67 hits, and was named freshman All-American and Rookie of the Year.



Carter has put his time in the weight room. His best lifts include a 285-pound power clean, a 300+ bench press, and a 400+ squat. He also has an impressive 34-inch vertical jump.

Rutgers he is continuing his athletic fitness training under strength coach Mike Johansen, described by Carter as a great motivator who keeps the team focused. As for Carter's progress in the weightroom, he says besides increasing his power clean from 265 pounds in high school to 285, he still benches over 300, squats 400, and has a 34-inch vertical jump. His academics remain strong, and he finished his freshman year with a 3.4 GPA. Then there's baseball.

Carter hit .318 in his rookie season, starting 52 games at centerfield. He had 67 hits, which is the fourth-highest record made by a freshman since 2000, and finished second on the team with 34 RBIs; defensively he made only one error. These accomplishments earned him the honor of being named freshman All-American and Rookie of the Year. Says Carter, "The coaching staff at Rutgers has taught me something new every day, and they do a great job of emphasizing the little things, which will allow us to be successful." As for his team, the Scarlet Knights finished the season with a 14-9 league record, tying for third in the American Athletic Conference.

Carter says Rutgers was a great decision, and he visits home every few weeks to see his friends and family. He appreciates the advice his father gave him, which was for him to understand why he is at Rutgers and to always keep in mind how privileged he is to be there.

## What's Happening



### Second-to-none specs set the Elite line apart!

7 Gauge Steel is the definition of commercial grade. Heavy and strong this line of equipment is built in the USA with a commitment to quality unparalleled in the industry. With 2 inch by 3 inch steel this line is seriously heavy duty!

The BFS Elite line is finished with chrome on high-wear areas such as weight horns and safety adjustment rails which ensures this beast of a rack stays beautiful for years of hard use.

BFS offers a complete Elite line with racks, benches and platforms for every free weight lift and work out.



### Team pride in working toward a common goal can be the difference

Once you have invested in your weight room and equipped it with the best equipment, then what?

*You invest in motivation, spirit and team pride that's what!*

Express your commitment with a large 5' X 3' Banner. Customize your banner with your school or team name to inspire athletes and students to strive to be their absolute best!

Call BFS to submit your school name or slogan - 800-628-9737



### Hand Armor provides double duty with grip and sanitizing power!

#### *Chalk Up!*

Inspired by the demands of Division 1 athletics, Hand Armor Liquid Chalk is the handy, no mess solution for a variety of sports and training situations. Hand Armor comes in a variety of sizes from personal use to institutional uses. Keep your grip with Hand Armor!

Superior Grip Performance, Superior Protection