

Finally a Starter!



Coach Shepard spotting Mark Eaton on the Box Squat

Mark Eaton

What a success story we have in the making! Mark Eaton has been consistently weight training in-season. The BFS special in-season program only takes about 20 minutes, concentrating on the legs and hips and development of jumping skills and explosive power. Mark gets enthused when he sees himself getting stronger. He breaks at least 8 personal records every week! That is, of course, the BFS guarantee to all athletes who use the BFS set-rep system. When this happens, an athlete can't help but have greater confidence.

Mark has made unbelievable progress on the basketball court this season. Utah Jazz Coach Frank Layden states, "If you would have told me last fall that Mark Eaton would have the most blocked shots in a game (13) for the NBA this season, a chance to set an all-time NBA record for blocked shots in a season and play a great center like Artis Gilmore even, I'd have called the men in the white suits to take you away to the funny farm." "However, we drafted Mark because of his potential, great character and dedication. So it really shouldn't surprise me."

Unbelievable is probably an understatement. You see, Mark sat on the bench in high school. A tragedy! I believe with extra work on skills, agility and the BFS strength training system, he would have had tremendous success in high school. After graduation Mark became an auto mechanic (the world's tallest). A junior college coach saw Mark fixing cars and said, "Mark come to our J.C. and maybe you can help our program." Mark accepted and did well enough his second year to get U.C.L.A. interested. But Mark sat on the bench at U.C.L.A. and last year was forbidden to lift weights. Another tragedy! I believe with extra work on skills, agility and the BFS training system, he would have had tremendous success.

Because of his height 7'4", the Utah Jazz decided to take a chance and draft him. They knew they could sign him for a low figure for the NBA and perhaps he could develop into a player. Since October, Mark has been on the BFS system, and since February, one of Mark Eaton's dreams has come true. He is finally a starter! Can you imagine his feelings? From sitting on the bench in high school and college to becoming a starting center in the NBA in his first season has got to be tremendously satisfying.

Mark's lifts are as follows: Bench Press 205, Box Squat 300 and Power Clean 195 lbs. These will, of course, continue to improve throughout the season and in April, when the NBA season is completed, we can really go to work. I hope basketball coaches who read this article will take the time to learn about the BFS system and become convinced their athletes can make great strides through a proper weight training program. In May's issue, we will continue giving an up-date on Mark Eaton.

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