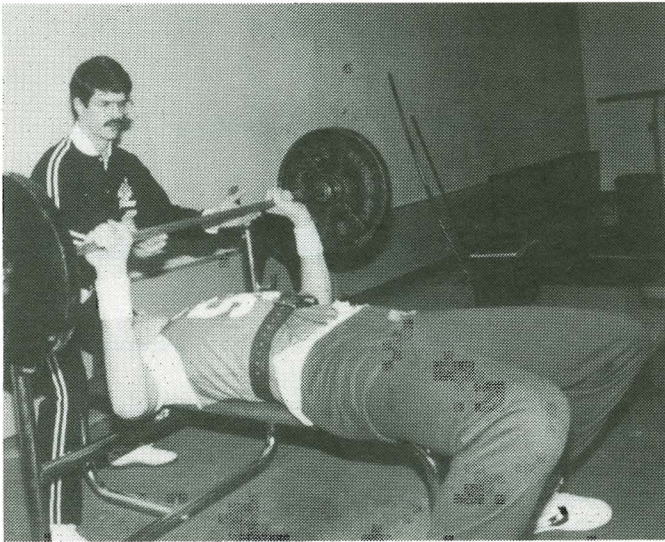


# THE MIRACLE OF EATON

by Greg Shepard

Part 3 in a Series



Coach Anderson Spotting the 7-4 Eaton

"If people had known last year what Mark Eaton would do this year, he would have been the number one pick in the draft," so say some of the owners in the N.B.A. In February, Mark finally became a starter. Quite unbelievable when you consider Mark didn't start in High school or college. Last season as a Senior at U.C.L.A., Mark averaged less than one minute a game playing time and didn't even make the traveling squad for the last game.

We have a saying that sums up our philosophy: "Confidence is the memory of past successes." Therefore, our objective in the weight room was to give Mark many successes. The object was, of course, to create confidence that would carry over onto the basketball court. From October, 1982 to April 15, 1983, Mark only spent about 12 hours of total time in the weight room. However, during these concentrated 20-minute workouts, Mark broke 259 personal records! His box squat went from 145 to 355 pounds; the towel bench from 125 to 230 pounds; the regular bench from 125 to 210 pounds; and the hang clean from 125 to 200 pounds.

Mark blocked 275 shots for the season. He was nosed out by Tree Rollins of Atlanta. However, last year this would have won the blocked shot title. His 13 blocked shot effort against Portland was the best for a game in the NBA this season. Eaton started the last 32 games of the 82 game season.

In September's issue we'll give an update on Mark's off-season program which will be much more extensive. Below are his average per game stats:

	Before Starting	After Starting
Blocked Shots	2.3	5.0
Minutes Played	13.4	27.4
Field Goal %	33 %	47 %
Rebounds	3.9	8.5
Points Scored	2.5	7.2

## SOME SET RECORDS FROM EATON'S JOURNAL

### BOX SQUAT 3 x 3

1	185	T	565
2	185	O	
3	195	T.	
		D.	12/21

1	195	T	665
2	235	O	
3	235	T.	
		D.	1-21

1	215	T	805
2	275	O	
3	315	T.	
		D.	3-8

1	235	T	835
2	285	O	
3	315	T.	
		D.	4-4

### BENCH 3 x 5

1	155	T	465
2	155	O	
3	155	T.	
		D.	1-14

1	165	T	500
2	170	O	
3	165	T.	
		D.	1-26

1	175	T	510
2	170	O	
3	165	T.	
		D.	3-10

1	170	T	530
2	175	O	
3	185	T.	
		D.	4-7

### CLEAN 5 - 3 - 1

1	150	T	500
2	165	O	
3	185	T.	
		D.	1-31

1	160	T	525
2	175	O	
3	190	T.	
		D.	2-23

1	165	T	545
2	180	O	
3	200	T.	
		D.	3-17

1	175	T	555
2	185	O	
3	195	T.	
		D.	4-11