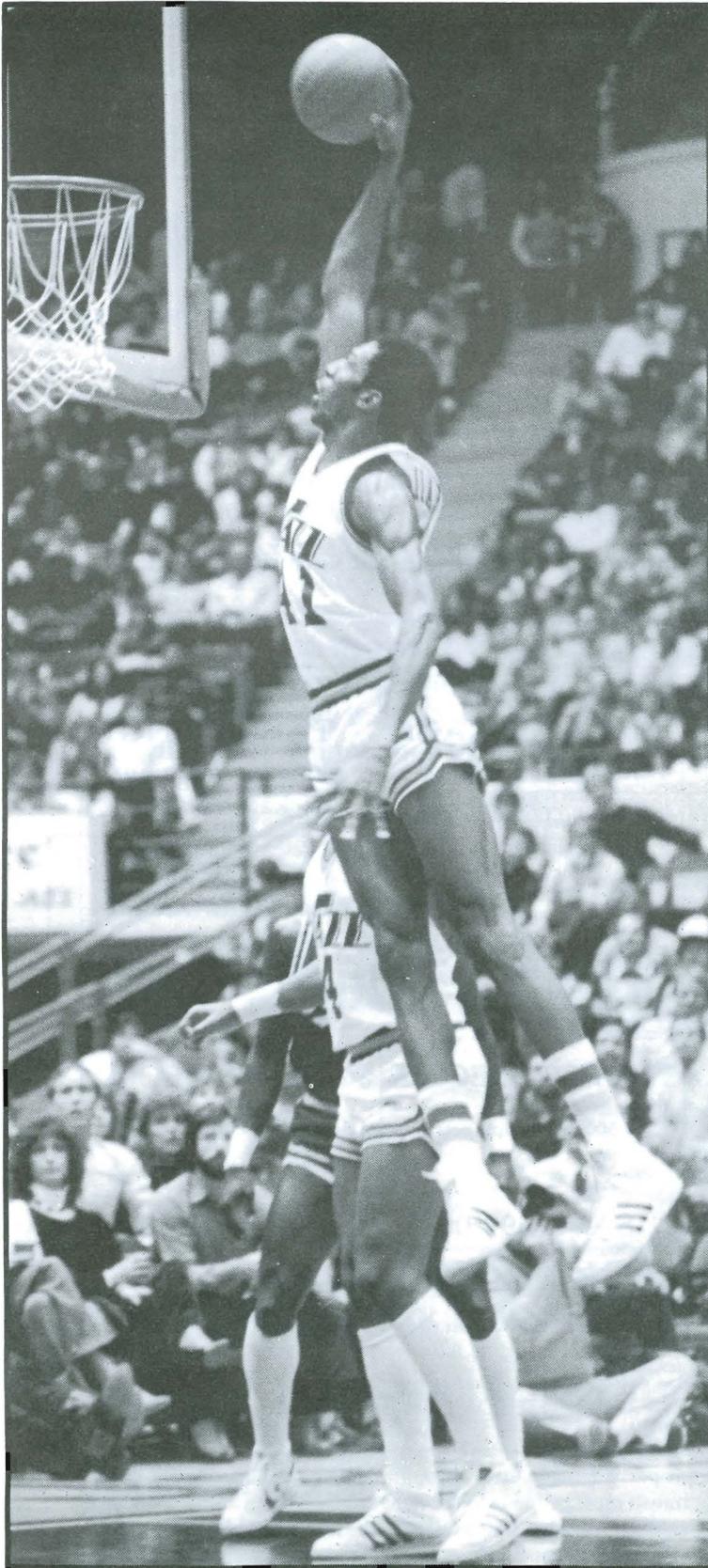


THURL BAILEY

HISTORY IN THE MAKING



by Greg Shepard
Utah Jazz Strength Coach

History in strength training will unfold in pro basketball after the NBA playoffs. Head Coach Frank Layden and assistant coaches have noticed that Thurl Bailey is being pushed around under the boards. He gives ground too easily. Now the previous solution to a problem like this was to draft another player, improve technique or just hope things would get better. Now, Coach Layden has found a history making solution: Let's MAKE the improvement happen through weight training.

I'm sure Coach Layden was influenced greatly by the amazing and dramatic improvement of 7-4 center Jazzman Mark Eaton. Coach Layden wants Thurl to gain 30 pounds in the off-season! I was most happy that it was the basketball staff's idea. Not mine! Thurl Bailey is the lightest man in the NBA 6-10 or taller. He weighs 210 pounds as of April, 1984. My job is to help Thurl progress to a bodyweight of 240 pounds. Thurl seems very willing to get started after the playoffs. I also promised Thurl that he will jump higher, run faster, be stronger, have more confidence, be less injury prone WITHOUT losing any touch!! Thurl is psyched.

Thurl Bailey was born in Seat Pleasant, Maryland in 1961. He starred at Bladensburg High School in Maryland. At North Carolina State, he was voted the MVP award as Jim Valvano's team upset Houston for the national championship last year. Thurl Bailey was the Utah Jazz's first round choice and was the seventh overall pick in the NBA draft last year.

Thurl's education is very important to him and he plans to attend North Carolina State for the first part of the summer. This will bring him closer to graduation which is a top priority for Thurl. Then the last 9 weeks before practice will be spent with me in Salt Lake City. Because he will be in North Carolina for the first part of the off-season, we will coordinate very closely with the strength coaches at North Carolina State.

I thought it would be interesting for our subscribers to know of our plans in this issue so you can follow Thurl's progress in future issues. In the mean time, the Utah Jazz enjoyed their best season ever as they won their division. Not bad for a team picked to come in last. Basketball is changing rapidly and those who follow a sound strength program will certainly enjoy a winning edge.

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