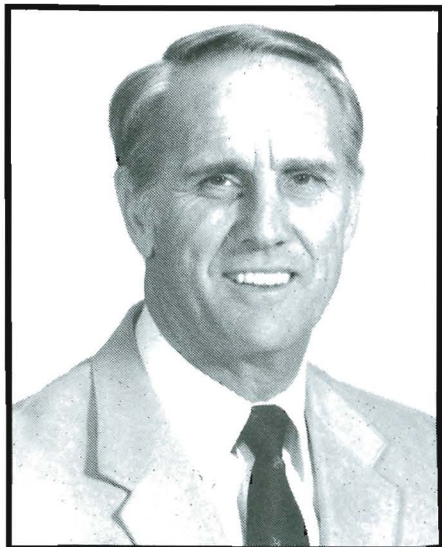


# OREGON STATE

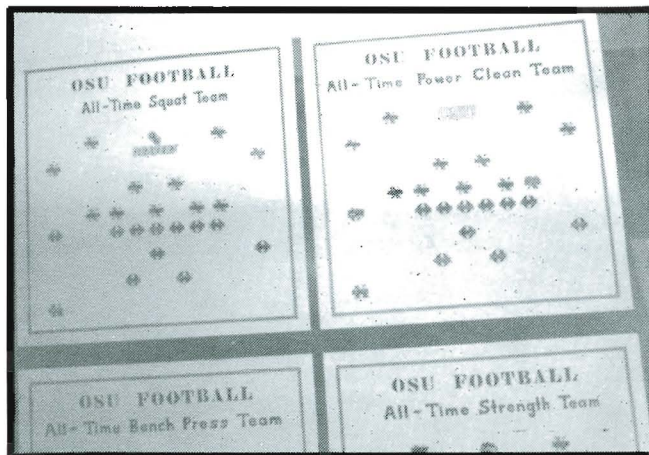
A NEW LOOK  
By Greg Shepard



Dave Kragthorpe: New Head Football Coach



Coach Shepard with OSU Strength Coach Reid Elam on the left.



A popular college motivation board! Strength records by position at OSU.

It had been twenty years since I had been back to Gill Coliseum, home of the Oregon State University Beavers. In the Fall of 1965, first year Football Coach Dee Andros had put me in charge of in-season strength building. This, of course, was unheard of in those days. Old Dee had really assembled some stallions as Oregon State whipped USC and O.J. Simpson 3-0 to win a trip to the Rose Bowl.

However, that was to be the last glory year for OSU. In fact, the past few years have been one disaster after another. The once proud Beavers have been the butt of many bad jokes. So bad, in fact, that the word among the coaching ranks was — stay away from OSU. Well, somebody forgot to tell Dave Kragthorpe. Coach Kragthorpe has undertaken what just may be the toughest college football job in America.

I've known Coach Kragthorpe for years and he is one man that might be able to turn the trick. He was the assistant head coach at Brigham Young University when I was their strength coach. He really learned the passing game and would later take that knowledge to Idaho State University. The Bengals of Idaho State were also a disaster coming off a 0-10 season prior to Kragthorpe's regime. In two short years, Idaho State was Division I-AA National Football Champions. Coach Kragthorpe decided to do three things in his initial meeting with the OSU players. First, be positive. Never allow the negative to appear. Second, demand commitment in the off-season program. Reid Elam was retained as strength coach to carry out that commitment. Finally, to pass the football! Kragthorpe and OSU will commit themselves to the passing game. They will recruit and practice with the pass uppermost in their mind.

When I walked into the football office I was overwhelmed by pictures and hype about Terry Baker the Heisman Trophy winner of the early 1960's. It was apparent to me a new image must be forged, a new direction must be taken and a new positive identity of the 1980's must be incorporated. It was also clear that Dave Kragthorpe has a monumental task before him.

When I arrived at the football weight room, I was surprised. It looked like an average high school set-up. A major priority is to enlarge and equip the weight room on a par with other Pac 10 schools. On the wall I saw the following directive:

*Attention:*

*If unable to attend a Weight Training or Running workout the following must be done before 2 PM:*

- 1. If sick or injured see the Trainer for evaluation or treatment*
- 2. For any other reason see Coach Reid Elam*

*Failure to follow the established procedures will result in an unexcused absence, and a personal appointment with your position coach will be scheduled.*

*Coach Kragthorpe*

**Continued on Page 46**

Continued from Page 38

Reid Elam has been OSU's strength coach for six years (1979 to 1985). Coach Elam states, "We have never had a directive like this before. You have 168 hours in a week; we are only asking for 5 of those hours. The new football staff is really good about coming down to the weight room. I've always felt the football coaches should be at football strength "Practice." I think their being here has added to a new positive attitude."

Coach Elam got his masters at the University of Oregon and was their assistant strength coach. "At OSU I really haven't had much input and much to do with football in the past. Things have changed now with Coach Kragthorpe," Elam began to sparkle. "I have total control of running, flexibility and strength. I deal in the total aspect of training including agilities, plyometrics, acrobatic drills (for body control), medicine ball drills and shock training. Shock training includes jump rope, mini tramp and regular jump training. I also provide dietary counseling."

"Obviously I feel better about having control and obviously this fall we will have the best conditioned team in OSU's history. I think we will see improvement in performance and injury prevention," Elam continued. "Sometimes I feel overworked with 17 other sports, but now I have my first graduate assistant. I'm glad to get him as I've been spending 70 hours a week on the job."

The Reid Elam philosophy is nearly identical with the BFS philosophy. Coach Elam concentrates on the Bench, Squat and Cleans with some variations and auxiliary work. Also, strength training must be done in conjunction with flexibility, agility, running and skill or technique work.

Coach Elam has seen a change in high school players over the years. "Still about half of the athletes we get, don't have any idea what's happening in strength training," relates Elam. "I foresee every high school in the future will have a full time strength person and physical fitness expert in the physical education department. In the future, we will understand much more in neural physiology, we will have better methods of monitoring progress and better nutrition for our athletes."

Coach Reid Elam is one of the great strength coaches in America today. We appreciate his dedication and willingness to help our athletes. Good luck to all at OSU. May the Beavers rise again!

### MARK EATON UPDATE

Mark Eaton was voted Defensive Player of the Year in the NBA! Eaton led the Utah Jazz to the playoffs by blocking a season record 456 shots. That's more than the whole Boston Celtic team combined! Eaton also led the NBA in Defensive Rebounds! Against the Twin Towers (Ralph Sampson and Akeem, Olajuwon) of the Houston Rockets, Mark Eaton set an NBA Playoff Block Shot Record as the Jazz won the series. The victory was costly. Eaton suffered a knee injury which required knee surgery for a partial medical collateral ligament tear. The good news is that Mark will be back at full strength next season.

Mark did not train with weights the last 3 months of the season. One can only guess. Maybe if he had kept it up, the injury might not have happened. We have two video cassettes (page 9) on Mark Eaton's training program. They are really interesting now as they were made before Mark's rise to the

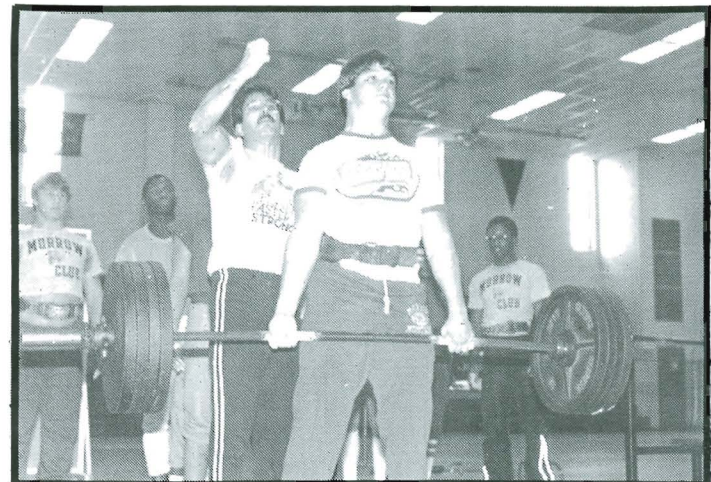
## BFS CLINICS : 8 Deadlift 500 Plus!



Eight Stallions from Springhill High School in Louisiana tied the BFS Clinic Record by Dead Lifting 500 or more. Pictured are front row L to R: James Bailey, Troy Skeesick, Chris McDonald, Mitch Rowe. Back Row: Greg Roath, Jason Wesson, John King, Brian Driskill and football - strength coach Billy Bell.



Morrow High School in Georgia: Rick Anderson spotting Tim George who Dead Lifted 505 at a recent BFS Clinic. Photo by Jill Cousins/Clayton Sun. Bud Theodocian is the Football Coach.



Sophomore Tackle Ricky Howell of Morrow High School completing his 505 Dead Lift at the Clinic. Coach Anderson Assisting. Photo by Jill Cousins/Clayton Sun.