

# JEFF KIETH TEXAS TECH RED RAIDER 6-3 282 ALL-AMERICAN GUARD

Jeff Kieth is an example of what hard work, commitment and dedication can do. His commitment is tops. Jeff does everything that he's supposed to do. I mean he dots every i and crosses every t and just keeps on gettin' better.

Jeff will stay out forever with young kids on the field. He loves kids. His leadership has proven to be tremendous. Jeff has taken an average body and made it into a great one. I love his intensity, but that goes along with the work that he's put in. I assure you that they'll have to knock him in the head to prove he can't do something. When and if Jeff Kieth ever wants to coach football, I want him!

Spike Dykes, Head Football Coach  
Texas Tech University



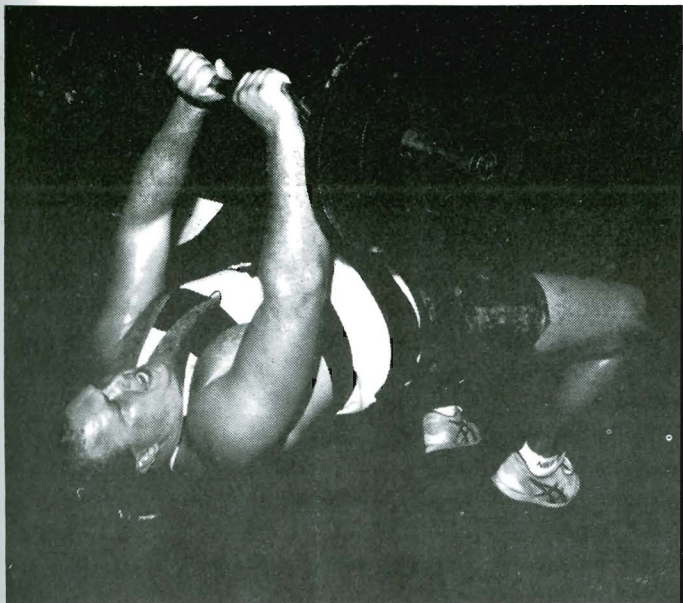
Jeff's 350-Pound Incline helps control his opponent on a Drive Block



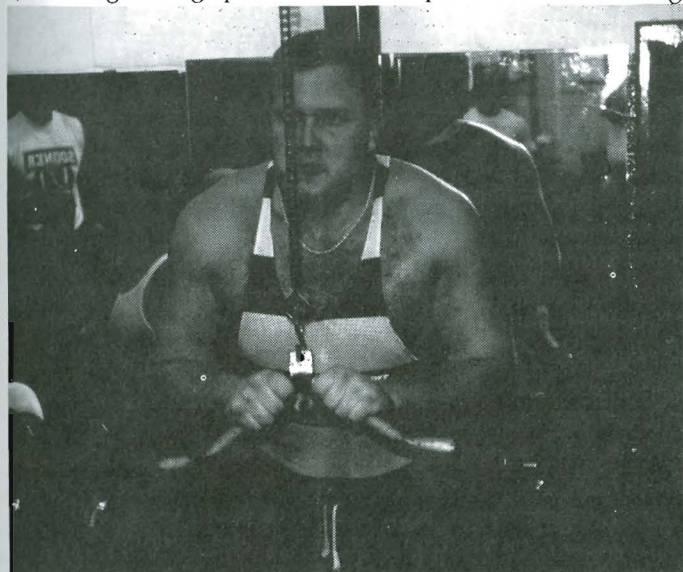
Dumbbell Benches give Jeff better balance when handling Pass Rushers

Continued on Page 83

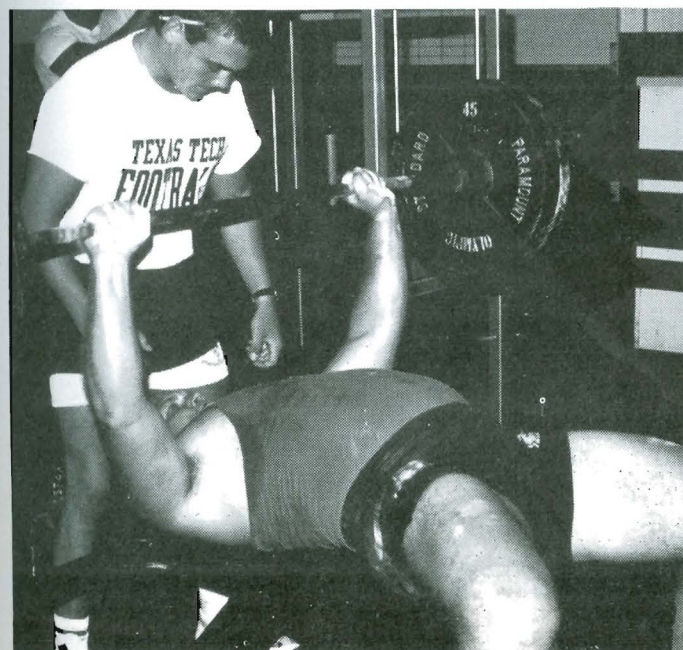
JEFF KIETH TEXAS TECH RED RAIDER  
Continued From Page 80



Jeff doing close grips for additional power when blocking.



Great Auxiliary for Triceps!



Jeff has a 400 pound Bench to his credit.

Joe Juraszek, who is in his first year as Strength Coach at Texas Tech said, "We've got a lineman who should be in the BFS Journal. Jeff Kieth is tremendous in all categories and is a great individual as well." I found this to be true. Here is the story of Jeff Kieth.

Jeff attended Arlington High School in a tough 5-A Texas Conference. In his junior year, the team went seven wins and four losses. However, in Jeff's senior year a serious knee injury halted progress on the football field and in the weight room. He entered Texas Tech on a trial year basis and made good. If you examine Jeff's progress chart, you'll notice that his vertical jump in high school was consistently at eighteen inches. Big improvements came on his jumping ability while in college. Jeff believes plyometrics have made the difference. Putting on forty pounds of bodyweight and improving nearly 10 inches on a vertical jump is quite spectacular. It came through a lot of hard work and a lot of rehabilitation.

I asked Jeff what it takes to be successful. He responded, "I believe it's consistency. You gotta work out when you're supposed to work out. You also must have intensity on every set. Your teammates are your allies and you go get the enemy together. To help me get intense, I think about the war between me and my opponent. It's like a fist fight!"

Jeff is majoring in Family Studies and is planning on getting a doctorate level degree. Jeff would like to work with kids and help them develop to their full potential. He will graduate this May and has a solid 2.4 grade average.

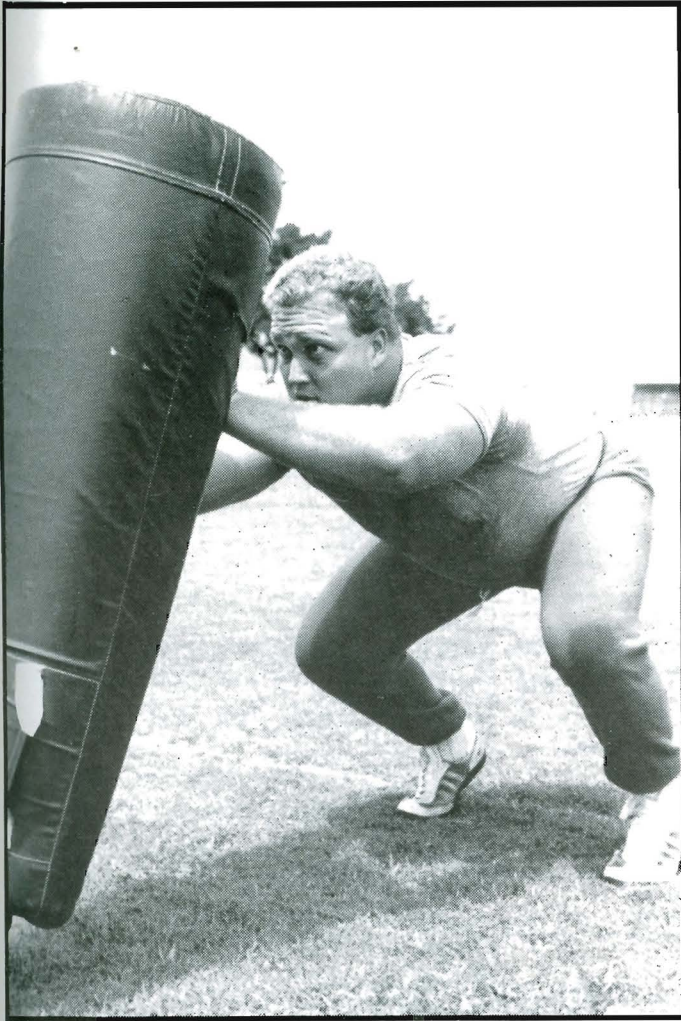
I asked Jeff jokingly what irritated him and with a straight face he replied, "Girlfriend - I no longer have one." I hate to tell you this Jeff, but that source of irritation might be around a very long time. I said that with a straight face!

On to more serious things, I asked Jeff to respond to the topic of drugs and alcohol. He stated, "I feel athletes are in the limelight and kids look up to them. All athletes should take a serious look at this responsibility. Doing drugs or drinking deteriorates from your own ability. It's definitely wrong. There's just no place for them in athletics. As far as alcohol, when you're in training or in-season, you just don't have time for it."

"You know Coach Shepard, my family has been a great asset especially when I had my knee surgery. My father was with me all the time. The doctor said I wouldn't ever play again. My dad jumped between us and told him, "Don't you ever say that to my son." My mother and father attend every game. I have a younger brother and we get along real well. He's 6-6 and 260 pounds and we train together. We're real close. My dad had a lot to do with that because early in our life he said, "Jeff, if you beat up your younger brother, I'll beat you up even worse. We learned to get along real well."

"My grandparents on both sides are very religious. As a result, they affected me that way for the positive so I feel the spiritual side of life is important."

Continued on Page 95



You Lift, You Run, You Stretch and You Work Technique!



Jeff with his Strength Coach, Joe Juraszek

## CATCH THE VISION

## JEFF KIETH: RED RAIDER

I asked Jeff if there was anything he wanted to say to kids. He answered, "Do what you're supposed to do and take care of business. As far as school, I try not to miss any class. You gotta be consistent there also. I try to develop a personal relationship with my teachers. Just be the best person you can in every area of your life."

We at BFS would like to express our appreciation to Jeff and his Upper Limit example. We thank Strength Coach Joe Juraszek for making this article possible. Our best to everyone at Texas Tech.

**"We Pull a Lot and I Love To Go Down the Line and Pop the Enemy"**

**Jeff Kieth, Offensive Guard**

### JEFF KIETH PROGRESS CHART

	9th	10th	11th	12th
HT	6-1	6-2	6-3	6-3
WT	190	200	215	237
Bench	200	225	265	310
Squat	X	300	343	X
Clean	X	225	275	X
4O	X	5.2	4.9	X
VJ	X	18	18	18
	FR.	SOPH.	JR.	SR.
WT	255	260	270	282
Bench	350	365	380	400
Squat	X	450	510	575
Clean	X	300X2	345	355
Incline	X	315	325	350
VJ	22	24	26	27½

Jeff Kieth has a super attitude. He's a natural leader and responds well to new things. Things like flexibility training and aerobic conditioning. One time we did a cycling type program. Some of the guys were hassling Kieth about lifting light. He said, "This is what Coach Juraszek has planned for me and that's what I'm gonna do".

Kieth is like an assistant coach. He helps the other athletes. He creates a good atmosphere like with his roommate Mike McBride, the other guard. Mike caught on to Jeff's fire and became our most improved player. It's just great to have Jeff Kieth on our team.

Ted Unbehagen: Offensive Line Coach