

JOHN HINSON

AGE 16
BENCH 500



John Hinson warming up with 405 Spotters L - R: Ben Clemens and Ed Grimes

By Roy Dale, Jr.
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Bainbridge High School, Georgia

John Hinson came to Bainbridge, Georgia in the summer of 1988. His father, hired as the principal at our high school, had told me that John was very strong, but I had my doubts about his claimed strength. My philosophy as a strength coach has always been, "you have to show me." When John came in with his older brother to start his summer conditioning program, he more than lived up to his father's statements. His maximums at 15 years of age were the following: Bench Press - 405 pounds, Power Clean - 225 pounds, Incline - 335 pounds, Dead Lift - 455 pounds, Squat Parallel - 495. Our program involves these 5 power lifts 3 days a week and agilities with plyometrics 2 days a week. We take 1 rep maximums at the ends of every 7 week cycle and start our workouts all over again. We feel like we have to work hard year round in order to compete in Region 1-AAAA in South Georgia. John Hinson is one kid that we call on to help lead us in the weight room. After one off-season workout, his maximums have risen greatly. He is 16 years old now and Benches 500 pounds,

Power Cleans 295, Inclines 385, Dead Lifts 610, Parallel Squats 605 — and this was before our summer session of workouts started.

John also started on offensive line for us at Guard his sophomore year. This year, as a junior, we expect to use him on both sides of the ball. His grades place him on the honor roll most of the time, and he has a friendly helpful attitude towards our younger players. John's physical appearance is deceiving as he stands at about 5'11" and weighs in at 235-240 pounds. Some college scouts say that he is too short and not heavy enough to play, but I think they are making a big mistake. He has a lot of determination and guts and really accepts a challenge.

Furthermore, John has won every Bench Press contest that he has entered. His first one was at Fowler's Gym in Bainbridge, Georgia when he won the teenage division and the 242 pound open class. Since that time he has entered three more competitions, winning each time. As of right now, he is Georgia's state teenage champion with a competition Bench Press of 435 pounds. He won that title in April 1989 in Atlanta,

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Georgia. He also holds Bainbridge High School record in the Bench Press with a touch and go lift of 500 pounds. However, he does not hold all our lifting records. We have two more current players at this time that keep John in pursuit of their records. One is a defensive tackle Scotty Rodgers with a Dead Lift of 635 pounds, and the other is Ben Clemons, a defensive tackle that has Parallel Squat of 595 pounds. These three kids keep each other motivated by their competition in the weight room, and they play across from each other on the field every day in practice. Our coaching staff is very high on these young men, and we hope their hard work and dedication will pay off this season in victories.

JOHN HINSON'S PROGRESS CHART

	Age 15	Age 16
Bench Press	405	500
Power Clean	225	295
Incline	335	385
Dead Lift	455	610
Parallel Squat	495	605



L-R: Ed Grimes, John Hinson, Ben Clemons



John Hinson doing 605 for a new Squat Record
Spotting L-R: Ed Grimes, Coach Larry Jester, Ben Clemons

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