

THE UTAH JAZZ ON WEIGHTS vs. TOUCH



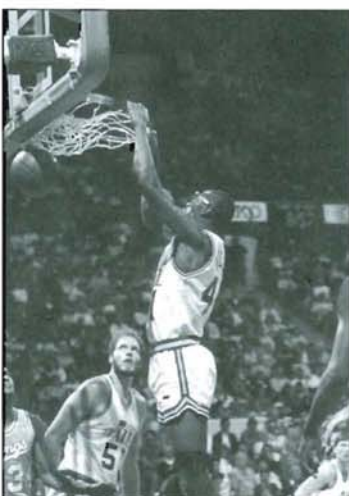
John Stockton



Darrell Griffith



Karl Malone



Thurl Bailey



Whose Taller? Manute Bol or Mark Eaton

John Stockton: If I were to lift and not shoot it would screw me up but I don't do that. I'm always shooting and doing skill work as I lift. Then, it works out great.

Jose Ortiz: Lifting does not affect your touch at all.

Eric Leckner: Weights don't affect your touch. That's a fallacy. All you got to do is keep playing as you're lifting.

Thurl Bailey: Lifting is important during the season to keep your strength. It does not affect your touch. I even have a set-up at home.

Mike Brown: As long as you lift and shoot you're all right in-season. I like the feeling of getting stronger. It helps my performance. I benefit mentally and physically.

Mark Eaton: Weights are a part of my life now. The guys now are getting stronger and bigger. I gotta do more.

Marc Ivaroni: I've lifted in an organized program for 9 years. My last two years have to be the best as far as in-season training. Lifting does not affect my touch because I always lift, play and shoot. If I take a day off, I'll take everything off. I don't ever just lift.

Jim Les: Weights have made a tremendous improvement on speed, quickness and my shooting range. I'm playing in a big man's game and it's made me able to play tougher. It takes me only about five minutes to get my touch back after lifting.

Darrell Griffith: The key is to shoot afterwards. Weights have helped a lot coming back off my injury, especially this year. I didn't do it last year consistently. This year I have and it's paid off.

Bobby Hansen: Weights are becoming more and more important. People used to think it was only for football players but now it's important in the NBA. I lift also to keep injury free and increase the longevity of my career. I'm thankful for the emphasis the Jazz have placed on strength conditioning through Bigger Faster Stronger.

Jim Farmer: I had a real good weight program at Alabama and I can do things at my height because of my strength, that I wouldn't be able to do otherwise.

Karl Malone: Weights do nothin' but help you. If I was a high school coach my players would all lift. If they wouldn't get intense in the weight room, then they wouldn't play basketball for Karl Malone.

Coach Jerry Sloan: I have heard in the past that weights would make you tight, but it's not so, especially the way we do it. It also helps on keeping us injury free.

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