

Blue Edwards, 6-4 228 Power Cleaning 300 pounds! This Has Got To Be Tops In The NBA

Blue Edwards was the number one draft pick of the Utah Jazz in 1989 and has elevated himself to being a starter, an NBA Slam dunk contestant and the only NBA player who can Power Clean 300 pounds. Here's his story:

Blue grew up in Snowhill, North Carolina and played basketball at Greene Central High School. However, it was unusual that Blue didn't play school basketball until his junior year. Even in the 7th and 8th grade, they tried to get him to play but he didn't do it. When Blue got to high school, his parents wanted him to work. Blue thought he was good enough from playing around in physical education classes. "But I was a little afraid of getting cut," admitted Blue.

One of Blue's good friends told Coach Lewis Godwin about Blue's ability. "Coach Godwin kept talking to me and then my parents. Finally he told them that I could get a free college education," related Blue.

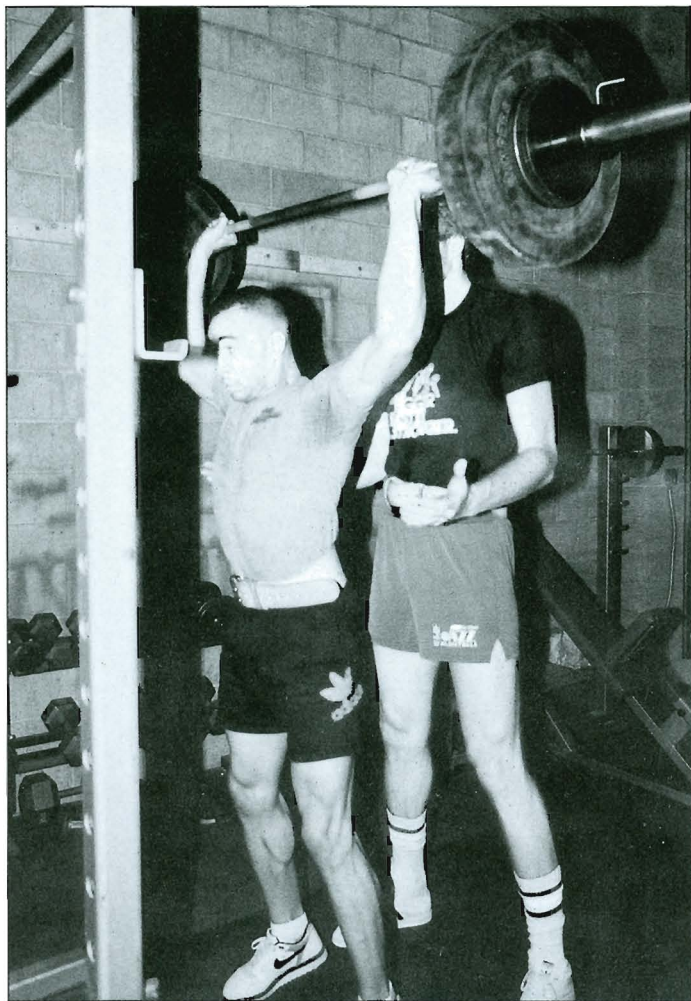
Blue's parents weren't convinced and wanted him to get a job but when he couldn't find one, Blue went out for the team.

Greene Central is a 3-A school and Blue's graduating

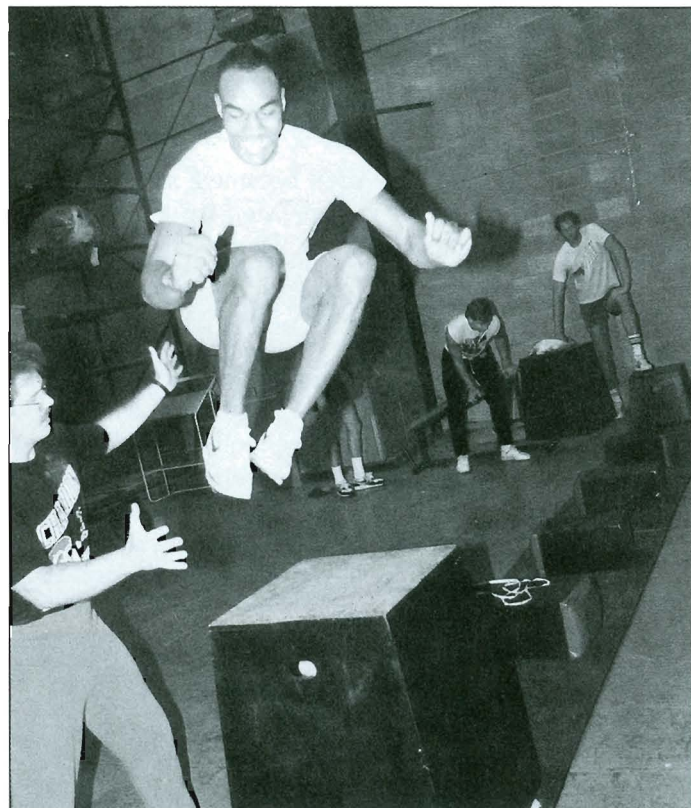
class was 215 students. He soon became a starter for this medium size high school and ended up averaging 17 points and 8 rebounds per game. That was good enough for All-Conference, All-East Carolina and Team MVP honors. At 6-2^{1/2} and 180 pounds, Blue had some smaller colleges interested.

Only a few called Blue "Blue". His coach called him "Theodore". Anyway Theodore "Blue" Edwards now emerged as someone to watch. The football coach wanted him as well as the track coach. He decided against football but began lifting with the football players. He liked it and decided to enroll in the school's weight lifting class. As he began his senior year, Blue grew to 6-3 and 187 pounds. "I gained strength and got bigger. I had positive effects. I wasn't intimidated like my junior year," remembered Blue. As a result, Blue led the conference in scoring with a 19.5 average and got 10 rebounds per game. He was Conference Player-of-the-Year, All-Region, All-State, Team MVP and voted the male Athlete-of-the-Year at Greene Central.

After basketball, Blue decided to try track and Long



Blue On Behind The Neck Presses Being Spotted By Jazz Center Mark Eaton



Having Fun On Side Box Jumps On 32-Inch Box

BLUE EDWARDS

Jumped 23-7, High Jumped 6-8, Triple Jumped 47 feet and ran the 110 hurdles. Blue went to state in the high jump with no form. He scissored 6-4 or 6-5 before he learned a little of the backward flop style.

Since Blue's High School GPA was 2.9, he had some college offers but he decided on Louisburg Junior College in North Carolina. It was close to home and perhaps if he did well, he could get an ACC offer instead of mid-level college offers. It was a good decision as he led the conference in scoring with an 18 point average. He received All-Region and Honorable Mention Junior College All-American honors. "I had to lift on Nautilus," said Blue regrettably, "they didn't have free weights."

Blue decided to stay at Louisburg, one more year because the right ACC offer had not yet materialized. Consequently Blue led the region with a 22.6 scoring average and was a First Team Junior College All-American from his guard position.

Blue received offers from North Carolina State, Marquette, Virginia Tech, Virginia Commonwealth U. , Wake Forest and East Carolina. "I felt East Carolina offered the best playing opportunity," Blue said. Again the right ACC offer didn't come about but no matter. Blue became a starter and an Honorable Mention All-Conference player at 6-4 210 pounds.

"I Was Impressed With The Results Of The Football Players. I Wanted The Same Results."

East Carolina basketball coach Charlie Harrison told the team to lift on the first day. "I was impressed with the results of the football players," observed Blue. "I wanted the same results. I really started lifting good with Mike Gentry and Jay Omer, our strength coaches. As a senior I Benched 250, and Squatted 440 pounds. I didn't Clean that much because my technique was bad."

Blue was 5th in the nation during his senior year in scoring with a 26.7 average. He led the team in every statistical category except assists. He was the Conference Player-of-the-Year and made some All-American teams while establishing five new school and conference records.

After his senior year, Blue played in three All-star games. After the final game, Jazz assistant coach Scott Layden told Blue that he'd had a real good camp. Seven NBA teams flew Blue in for final interviews before the draft. Blue thought back, "Atlanta told me they'd take me on the 23rd pick so I flew home from Atlanta because I wanted to be home. My agent said that I'd probably just have to go back the next day. When it was Utah's turn, I didn't think anything. I didn't even hear them. Then, the phone rang off the wall."

With the Jazz, Blue became a starter and averaged 25 minutes per game. He also made the 2nd All-Rookie Team. Last year in his second season, Blue averaged 27-28 minutes per game and was invited to participate in the

300 LB. CLEAN

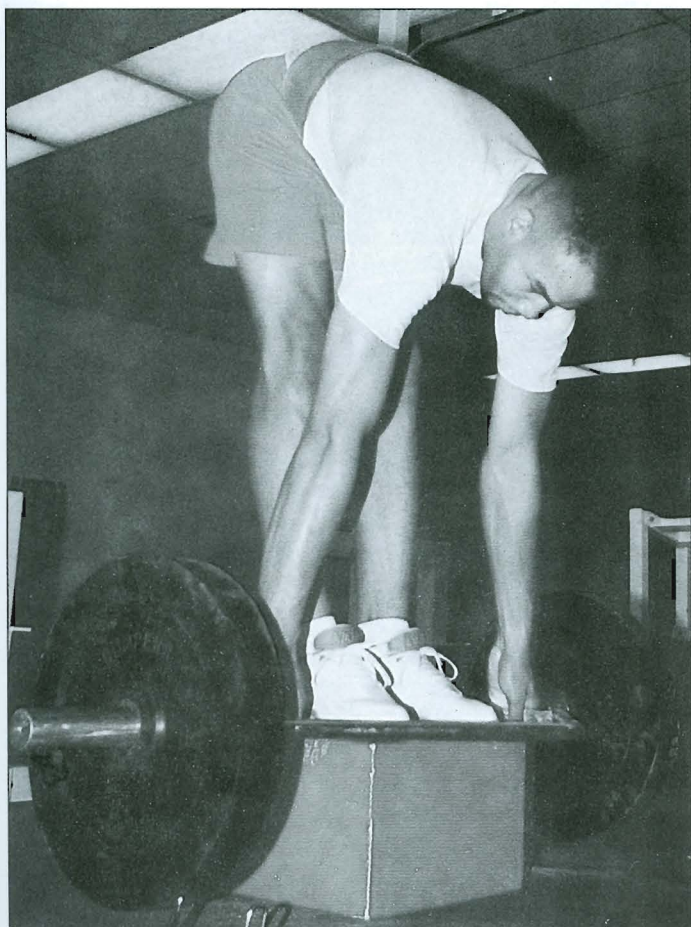
NBA's All-Star Slam Dunk Contest in spite of a rough year of a broken nose and a sprained ankle.

Blue continued his lifting with the Jazz and stated, "I like lifting and the Power Clean. When you know what to do, you enjoy it. Now I really know the technique and I can see and feel the benefits. When I finally got the 300 pounds on the Power Clean on the third try it felt really good but you guys at BFS got more excited than I did. Coach Anderson(BFS Vice-President) said after I did 240 my first year that I could get 300 and be the first on the team to do it. I thought it was unrealistic but we just kept working on technique and it happened."

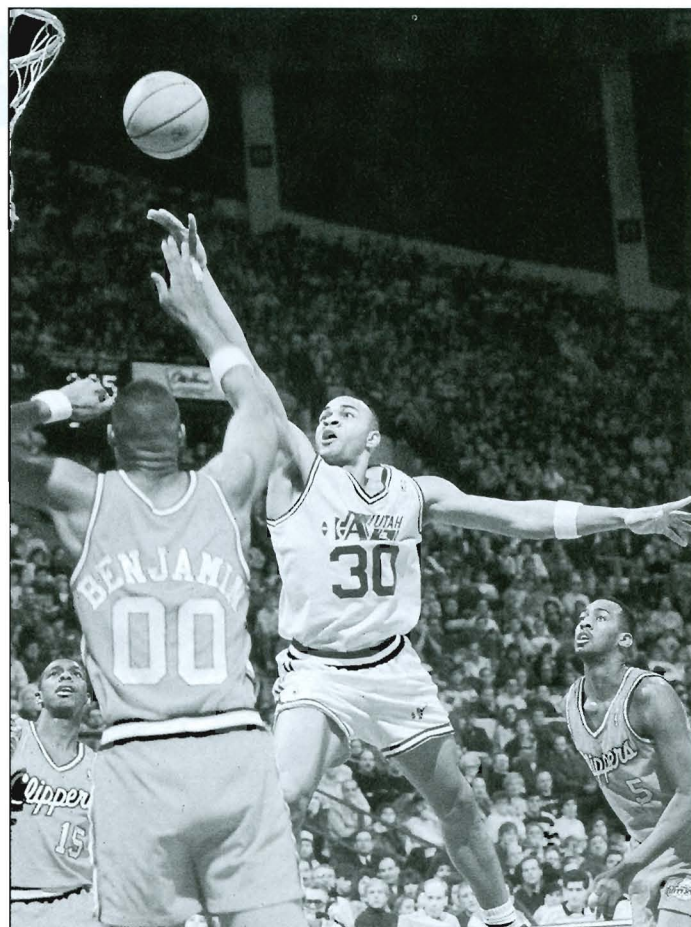
Blue offers this advice, "If you want to be an athlete, you should be on a total conditioning program but especially work hard on the lifting. Go to a gym you feel good about and that has good coaches."

As far as defeating peer pressure, Blue states, "I had two brothers involved in drinking and drugs. I saw what happened. I wasn't interested. I didn't want to be like that. My parents stressed to me over and over again to be my own person and not let others tell me what to do. When you get to college you're on your own but again you have to know what your goals are. Also, if you gamble with

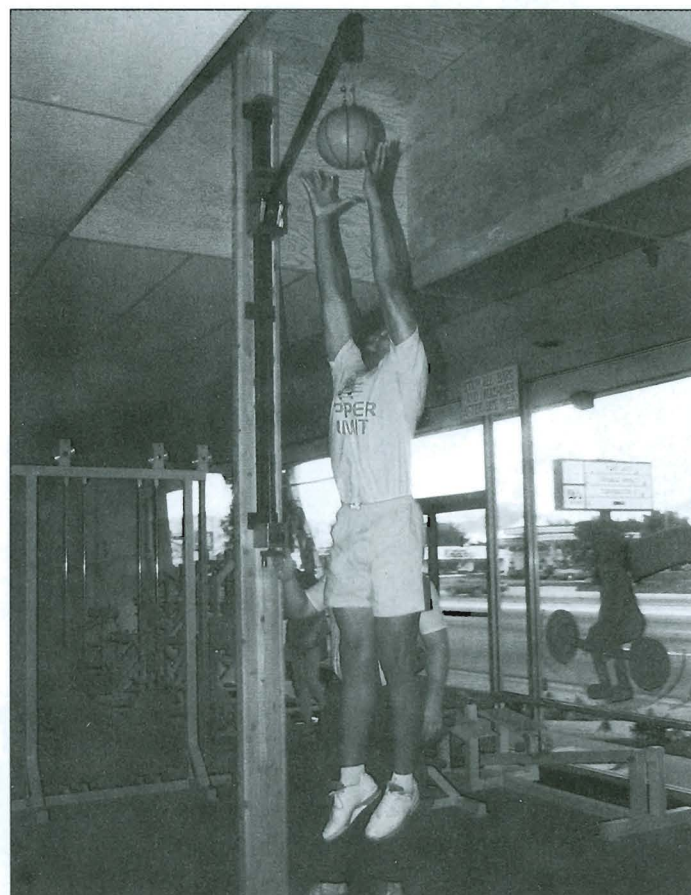
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Blue Doing Straight Leg Dead Lifts to Stretch and Strengthen His Hamstrings and Glutes.

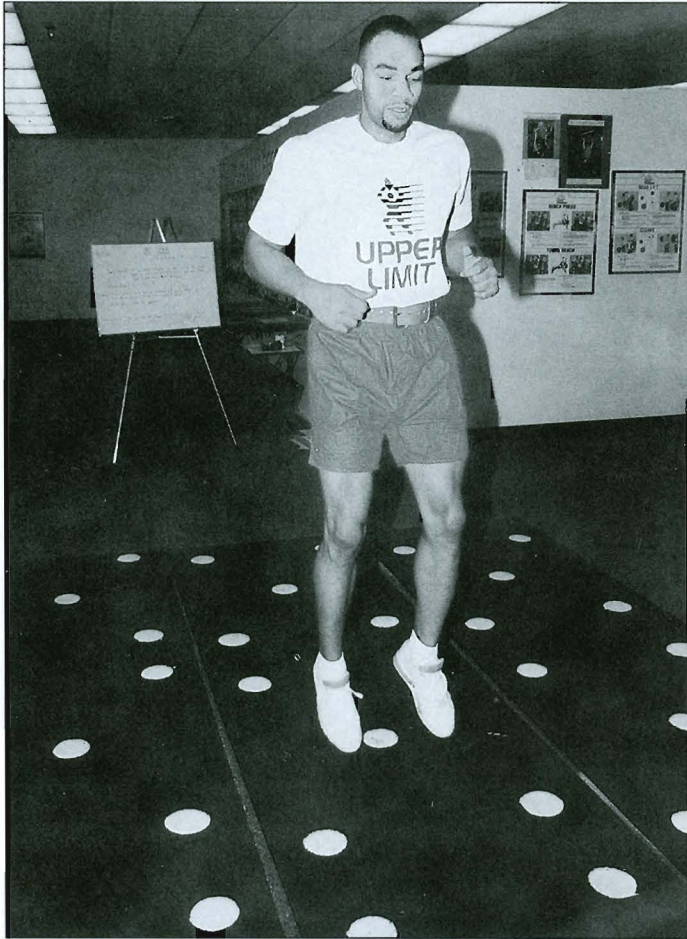


Blue Using His Jumping Skills For Great Defensive Play



Having Fun On The Top Jump At Upper Limit

BLUE EDWARDS JAZZ POWER GUARD



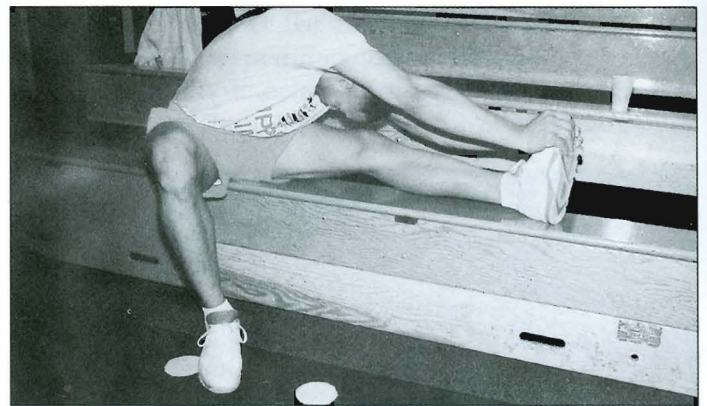
Blue Doing The Famous BFS Dot Drill

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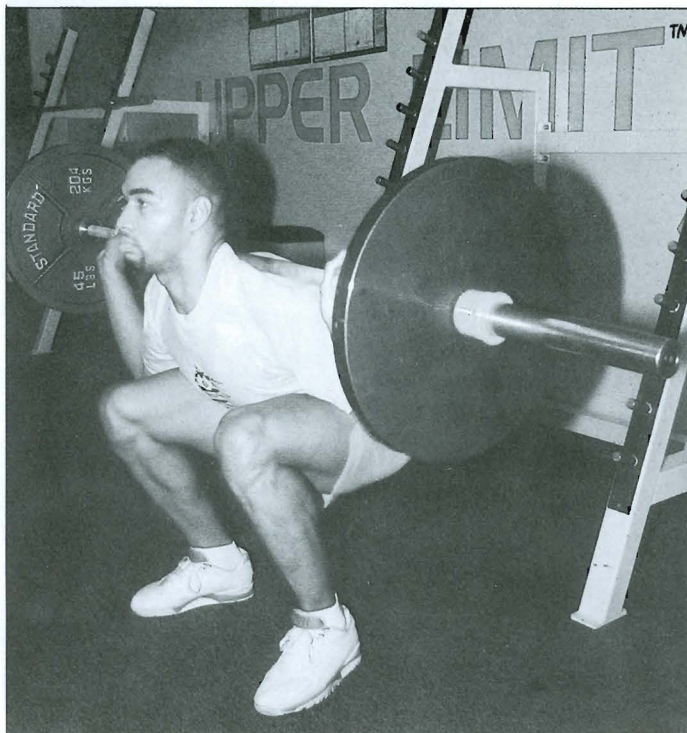
drugs you may not get a second chance."

Blue's goal is to play in the NBA and at Utah for at least ten years and to keep on improving. He also plans to finish his degree at East Carolina where he carried a 2.5 GPA and only lacks four classes to graduate. "My parents taught me some good values," reflected Blue. "They made sure I studied and got my homework done." When Blue goes home he attends the same church. He hasn't forgotten his roots even though his father died right after his rookie season.

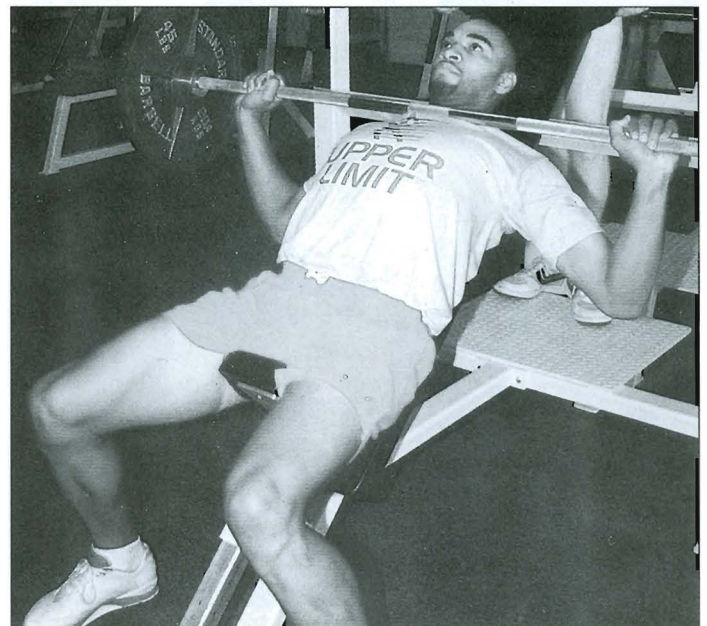
Blue's life looks great because he decided to make it great. Last year he married Valerie whom he met at junior college. They now have beautiful twin girls named Britny and Whitney. Blue ended the interview with this Upper Limit thought, "My kids and family are the most important thing in my life. I've got to be smart, not foolish."



*Blue Doing The BFS 1-2-3-4
Flexibility Program: One On The Bench*



The True Parallel Squat



The Incline Press Is One Of Blues Favorite Auxiliaries.