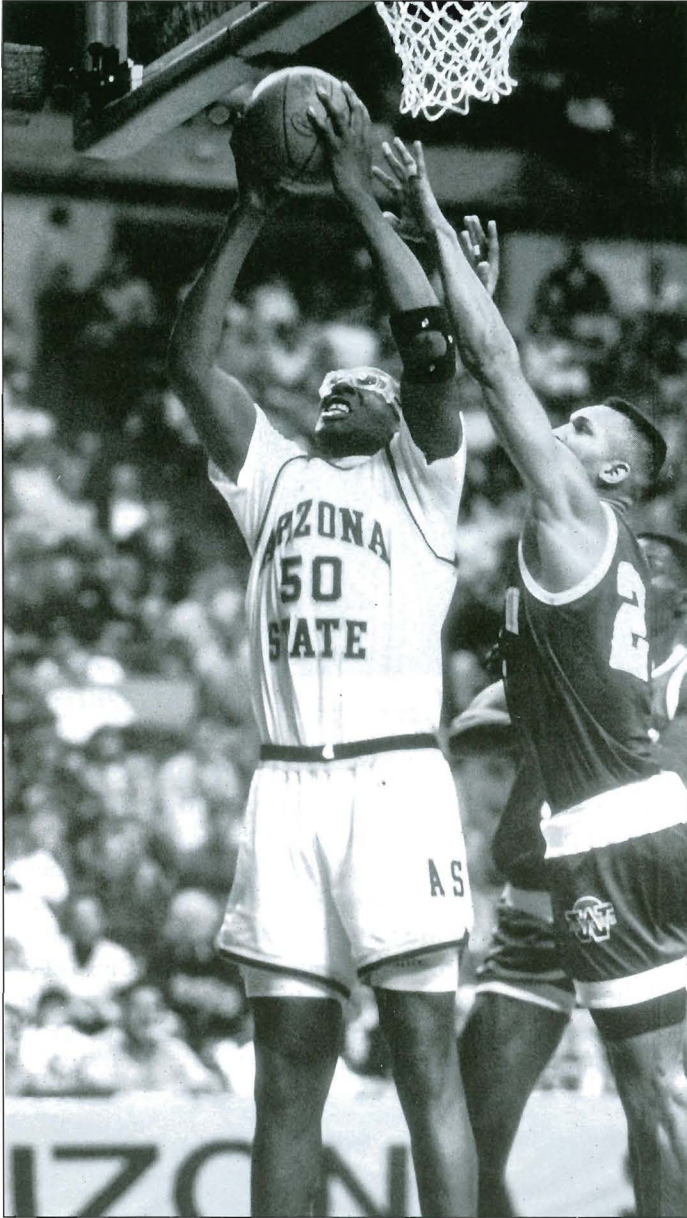


ISAAC AUSTIN

By Dr. Greg Shepard



Isaac Stretching His Hamstring On BFS 1-2-3-4 Flexibility Program.

Isaac Austin comes to the Utah Jazz this season from Arizona State. As with all our big rookies, we get them started on the BFS program as quickly as possible. Isaac was eager to get started and made lots of progress last summer.

Isaac attended Las Plumas High School in Oroville, California where he participated in basketball and track. His family is huge with his dad being 6-5 325 and a brother at 6-6 220 pounds. Isaac started out big. As a 6th grader, he was 5-10 and 160 pounds and by the time he was a senior at Las Plumas, Isaac was 6-8 and 280 pounds.

Isaac played center and averaged 17 points and 9.5 rebounds per game in his senior year. He also threw the discus 155 feet and shot put 60 feet. Isaac maintained a solid 2.8 GPA and could have played major college ball but chose Kings River Junior College in Reedley, California.

"I had a good relationship with Coach Kieth Hughes plus in junior college you can play all year round," reasoned Isaac. He also felt that he wasn't quite ready for major college. Isaac went on a diet and slimmed down to 250 and grew to a 6-9^{1/2} height. As a freshman he averaged 8 points per game. His first real experience with weight training came the following year. He also went to U.C.L.A. in the summers to play. It paid off. Isaac averaged 18 points and 10 rebounds per game and chose Arizona State for his next level of play.

"My brother Alex was playing at ASU," stated Isaac. So the Austin brothers teamed up and started for the Sun Devils with Isaac averaging 13.7 points and 9 rebounds during his junior year. Strength Coach Rich Winter started Isaac lifting hard for his senior year and for the first time began lifting in-season. Isaac benched 265 and cleaned 275 pounds.

"I had a lot of challenges," remembered Isaac. "If you have a challenge, respond to it. That's what it's all about. I was told that I couldn't do it; that I was too fat or too slow. But it motivated me. I had to respond."

Isaac was also told that he couldn't play well against other good big men. He responded! Isaac proudly remembers his stats: Against Mark Randle of Kansas, 14 points - 10 rebounds; Luc Longely of New Mexico, 17 points - 10 rebounds; Shawn Bradley of BYU, 15 points - 10 rebounds. Those stats played an important role in the Jazz drafting Isaac in the second round.

Isaac hurt his knee in the NCAA tournament but didn't have it "scoped" until after the draft. They also put in six pins to correct a defect in his femur. Isaac responded and worked very hard to rehabilitate himself and things get better every day.

The 6-11 284 pound Austin is now hooked on lifting.

UTAH JAZZ ROOKIE

"I want to be like Karl Malone," said Isaac. "Being strong is good. If you're not strong you're already behind."

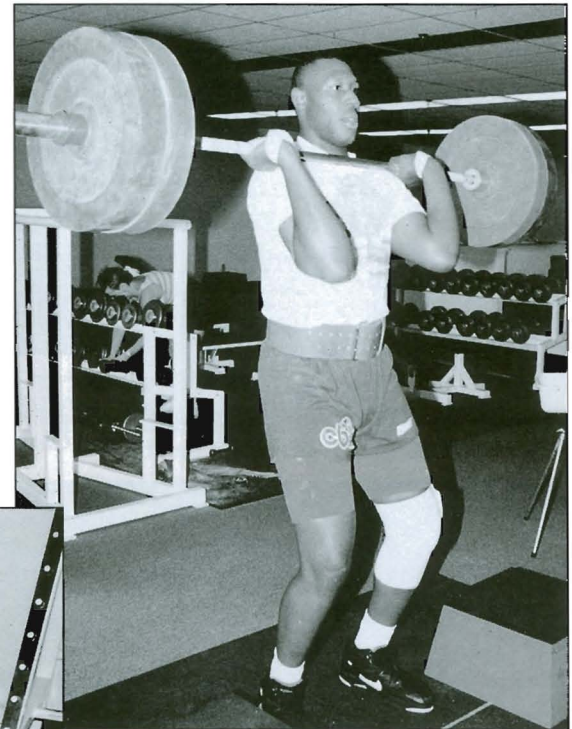
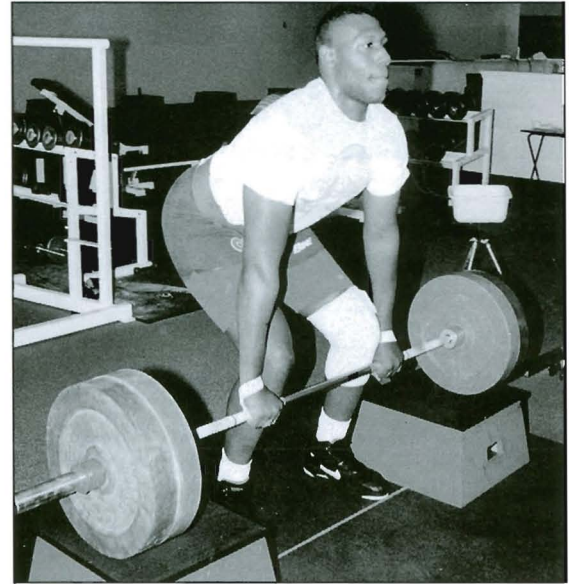
Isaac was fortunate to have very unique parents. "My dad moved us from Fresno when I was in the 6th grade," revealed Isaac. "We started to get involved with a bad crowd. It was a great move. My dad is retired so he lives for me and my brother. My parents stressed to stay away from drugs and alcohol. I never had a drop of alcohol in high school."

"My dad stayed on top of us for studying. I was really struggling at ASU my junior year. I was facing not being eligible and missing out on a European tour. I was motivated by basketball to get good grades. That summer I got a 4.0 and the next fall a 3.0 GPA."

Isaac wants to give back to his parents for their sacrifices. He wants to be successful for himself and his parents. "I want very much to get my degree so I can coach high school basketball. I want my future children to respect me and be an example so they'll get an education. I don't want to be the stereotype athlete who just goes to



The First Thing A Jazz Rookie Learns Is The BFS Dot Drill.



We Had Isaac Do His Power Cleans From Boxes Because of His Knee Injury



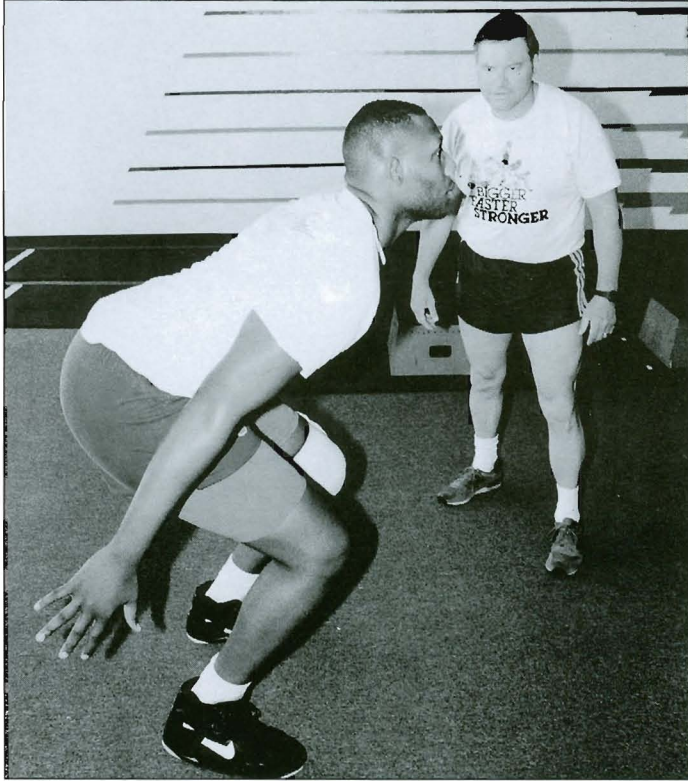
play basketball and forgets about classes."

Isaac's parents always had their kids go the church. "We said our prayers every night before bed. We prayed for guidance and thanked the Lord for all the blessings we'd received." That kind of upbringing has brought Isaac Upper Limit attitudes. As he ponders about his future in high school coaching, Isaac states, "I like

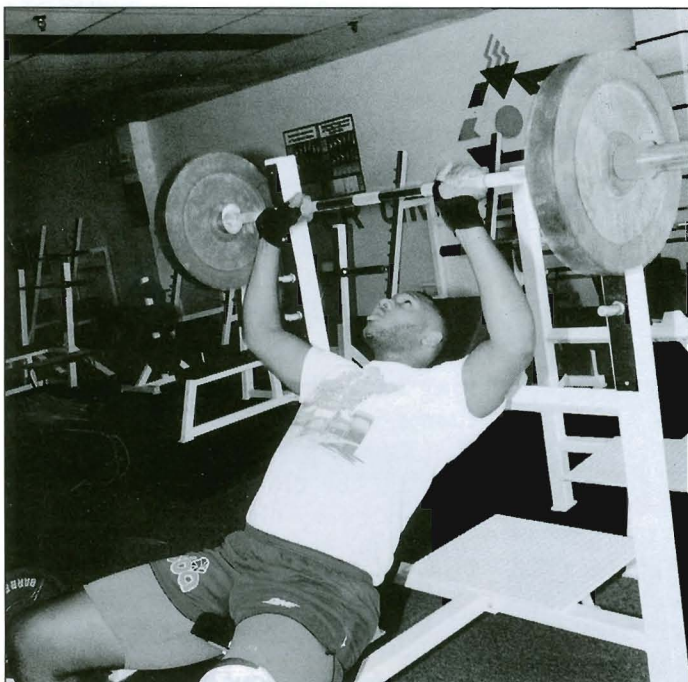
ISAAC AUSTIN

working with kids and the strategy of the game. I want to start kids out well and give back what has been given to me."

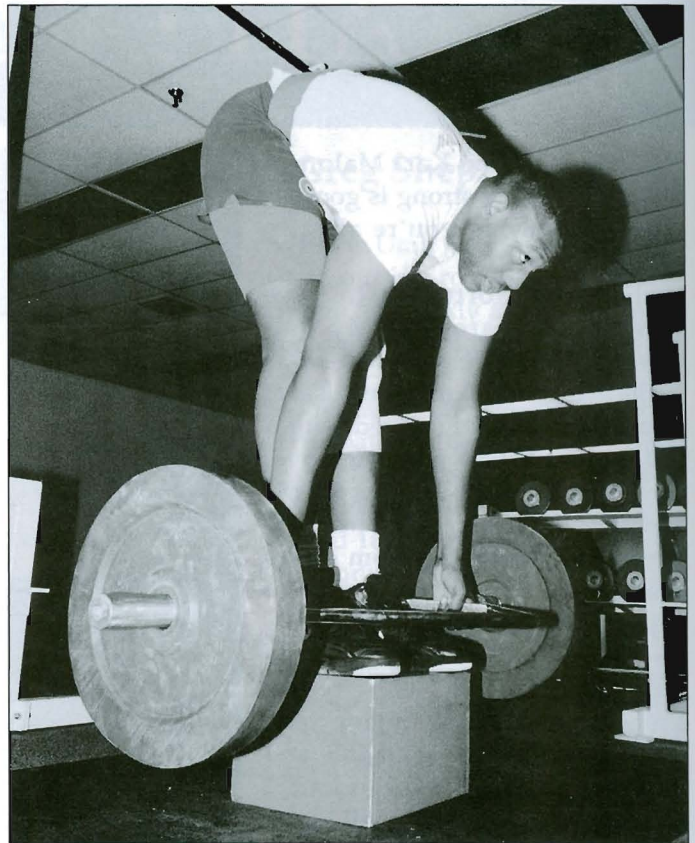
We thank Isaac for sharing his thoughts and know he'll keep responding positively to life's challenges.



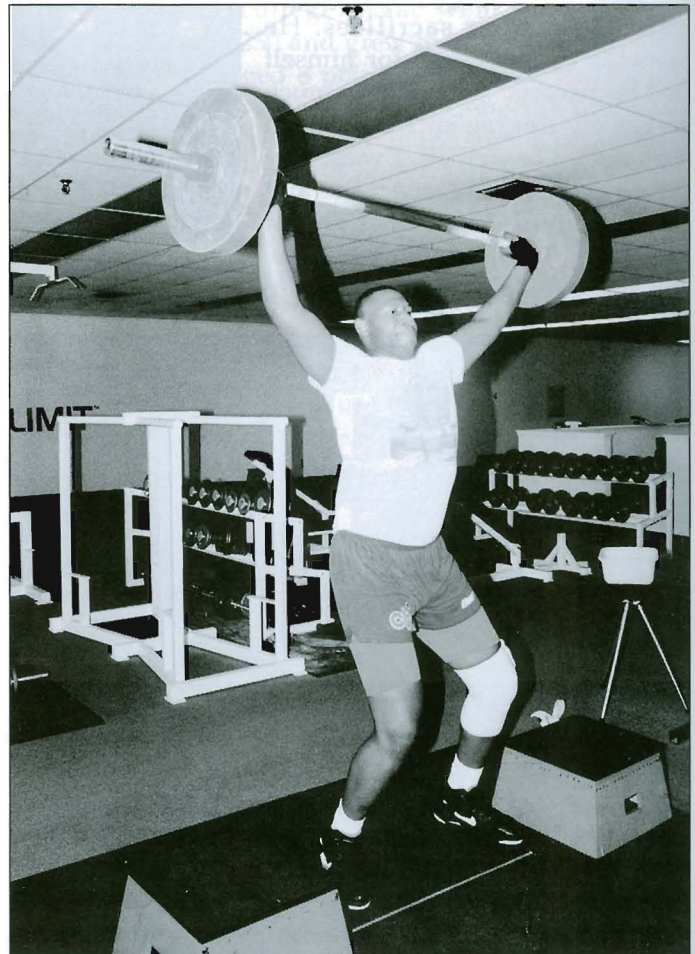
Coach Shepard Teaching And Testing Isaac's Vertical Jump. "Eyes Straight-Lock-In Lower Back" It Is Virtually The Same Position As A Snatch or Clean.



Inclines Are A Great Auxiliary Exercise



Straight Leg Dead Lifts Stretch and Strengthen The Glutes and Hamstrings At The Same Time. Isaac Is Using The Trap Bar.



After Power Cleans Are Taught, The Jazz Rookies Find It Easy To Do Power Snatches