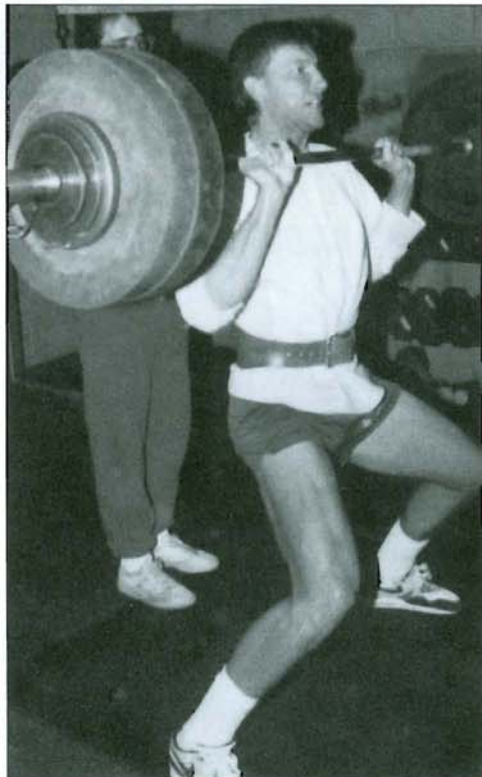


# THE LOWEST INJURY RATE THE UTAH JAZZ DO IT SEVEN OUT OF EIGHT YEARS!



Dr. Greg Shepard, Bottom Left, Ten Years Ago With Utah Jazz. Ben Poquette Squatting. Spotting is Darrell Griffith Who Had An Amazing 10 Year NBA Career.

doesn't happen any more. All Jazz players exude good character and have a strong sense of personal pride in keeping in shape. Also, players selected have good body structure and are just plain rugged people.



Ex-Jazz Guard Bobby Hansen Doing Power Cleans. Hansen is now with Chicago.

**2. Aerobic Conditioning After The Game:** If a player sees only limited action, then after the game they run on a treadmill or ride a stationary bike for 20-30 minutes. Therefore usually 4-5 players are required to do this after a game.

**3. On The Road Workouts:** In every NBA city, we have selected a workout facility close to our hotel. A van picks the players up and takes them for an hour workout. This is voluntary to some individuals. We just don't want to miss a workout in-season, especially when we're on a long two week road trip.

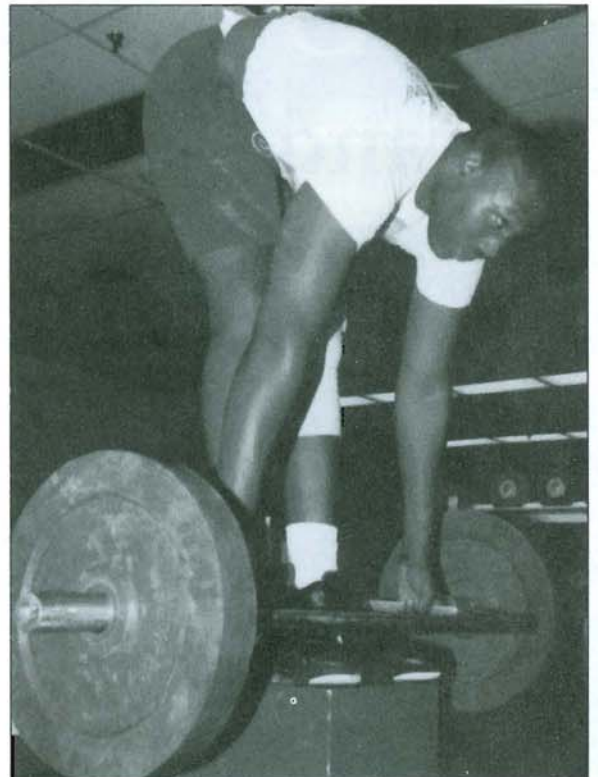
**4. Trainer, Don Sparks:** They call him magic fingers and he may be the best trainer in the NBA. He's been the only trainer in Jazz history.

We have not really made this public before, partly because we enjoy the advantage of playing through injury free seasons. The NBA keeps statistics on the number of games players miss because of injuries and USA Today publishes an NBA Injury Report on a weekly basis.

If you get USA Today, look at the report and you'll be amazed at the number of injuries the other teams have. The Utah Jazz will say, "No significant injuries." NBA Statistics on injuries are kept as follows: take your 12 men on the team and multiply that times the number of NBA games (82) for the regular season. This equals 987. Now divide that by the number of games that each player missed. This gives you a percentage. We hold the NBA record at only 6 games missed out of 984! Four of those came at the final two games of the season when we'd already clinched the Midwest Division title.

At this writing with about two-thirds of the season completed, only five games have been missed. There are six main reasons for this success:

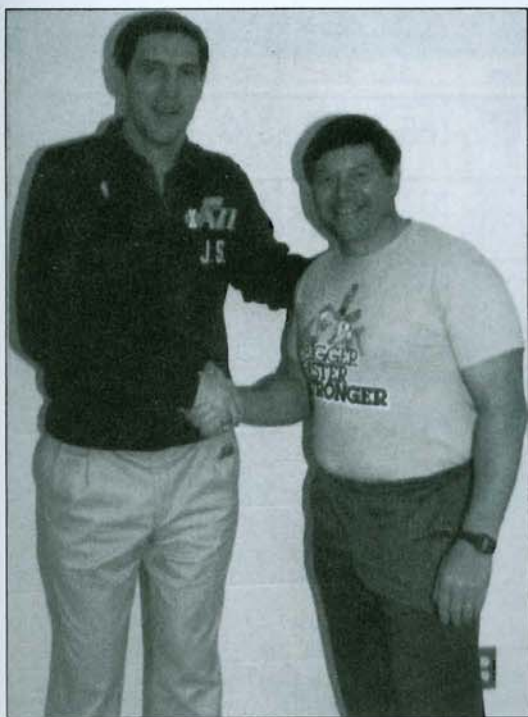
**1. Players Selected:** The Jazz had some bad experiences in the mid-80's with some players not having strong character. This



Our Special Project This Year is Isaac Austin Shown Doing Straight Leg Dead Lifts.



# ONE SECRET: ABSOLUTE HEAD COACH SUPPORT



Head Jazz Coach Jerry Sloan With BFS  
President Greg Shepard

**5. Bigger Faster Stronger:** When we work with the Jazz in full force, the entire BFS Total Program is used exactly as we've outlined for high school athletes in our clinics, books and videos. Do the Core Lifts, auxiliaries that will help you win, stretch everyday on the BFS 1-2-3-4 Flexibility Program, Warm-up with the BFS Dot Drill, and do Sprint and Plyometric Drills. Also, everything is coached in an attempt to have perfect technique on every rep, set and drill.

**6. Coach Jerry Sloan:** He's a blue collar coach. If you don't want to work, you are gone. There is absolutely no B.S. with Coach Sloan. Here's an example:

In February, I came to Coach Sloan and said, "I want to talk to you about Isaac Austin He's one guy we can really help. We could do a lot better if Isaac came to BFS for a personalized intensity filled workout after he's well rested about 21/2 hours after basketball practice. Isaac doesn't play that much, so let's treat him like the off-season. So if Isaac wants to..." Coach Sloan interrupted, "Wait a minute. There is no if. That's what Isaac will do."

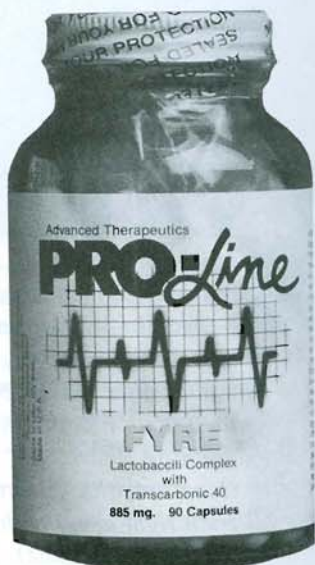
We immediately met with Isaac. Coach Sloan said. "Isaac, you'll meet with Dr. Shepard twice a week when he wants you. We want to help you out and get you ready. Dr. Shepard will tell me if you're on time and if you work hard." Coach Sloan stared at him intently, "You don't have a problem with that do you Isaac?" Isaac is a good kid anyway but he did say "No sir" rather quickly.

I congratulated Coach Sloan on his leadership. He's probably the only NBA Coach who would have handled it that way. It's great. Isaac and the Utah Jazz will be the better for it.

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