

# UTAH JAZZ UPDATE

By Dr. Greg Shepard, Strength Coach Utah Jazz

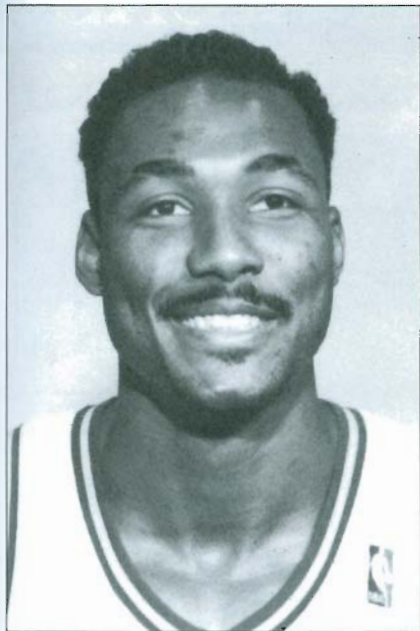
The Utah Jazz are again doing well as we lead the NBA in the fewest number of injuries. That makes 8 out of the last 9 years. Coach Jerry Sloan has had us emphasize the BFS Flexibility Program even more this year. The whole Jazz Coaching Staff is extremely supportive of our entire program.

The Jazz are the heaviest players in the NBA and undoubtedly the strongest. The following players can bench press 225 for at least 10 reps: Karl Malone, Mike Brown, Larry Krystowiak, Mark Eaton, Ike Austin and Stephen Howard. David Benoit and Tyrone Corbin can bench 205 x 10 reps. Even point guard John Crotty is almost at that level. The Jazz players undergo extensive medical examinations and this information is compiled to determine what each individual can or cannot do. I divide the players into three broad categories and that determines their direction and intensity.

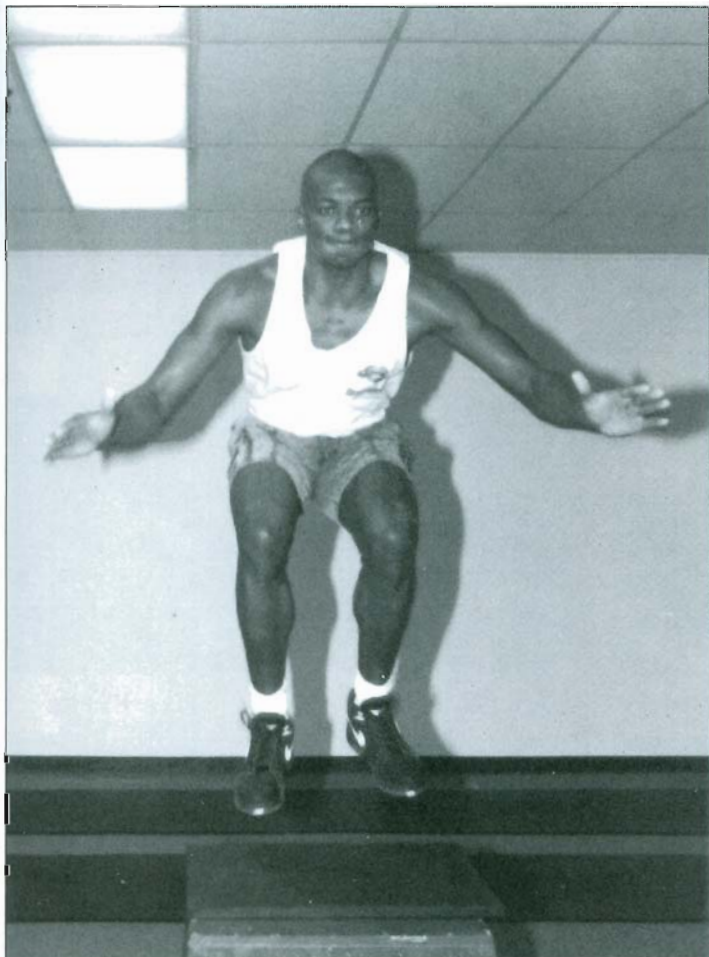
Some players are viewed as athletes still in a developmental stage. These are young players who don't play very much. We try to give these athletes the opportunity to train like it was the off-season. The goal is to do as much of the total BFS program as possible. For example, Stephen Howard is doing very well in this category. David Benoit, who averages about 20 minutes per game, is going to work hard on development after the season. Our goal is to gain ten pounds without losing any speed or jumping ability while keeping David's body fat percentage the same.

Some Jazz players are in a maintenance stage like Karl Malone and John Stockton. Karl is 29 and John is 30 years old. The goal is to keep them playing at that NBA All-star level for as long as possible. Other players are in an injury prevention or rehabilitation stage. Mark Eaton had knee surgery and continues to rehabilitate. This summer we may move Mark to a maintenance program. Jeff Malone has chronic back problems so we do straight deadlifts. Jay Humphries has groin and hamstring pulls periodically. Therefore, we really emphasize the one-on-the-bench flexibility exercise, the glute-ham developer and straight leg deadlifts.

How does this translate to a high school or college program? Simple—all these athletes should be on the development BFS program.



**NBA All-Star Olympian Karl Malone and 1993 Co-MVP NBA All-Star Game**



**David Benoit Jazz Forward and Participant in 1993 NBA All-Star Slam Dunk Contest. David Can Slam a Twelve Foot Basket**

## **BFS OPEN CLINICS**

**SATURDAY — MAY 15TH**

**University of Evansville**

**Evansville, Indiana**

**Contact Jeff Sellers**

**1-812-479-2298**

**June 24-25-26**

**BFS 3-DAY SUPER CLINIC**

**Hardin Simmins University**

**Abilene, Texas**

**Contact Mike Phillips**

**1-915-670-1546**