

Hard Work and Love of the Game . . .

By Jere Adcock

Former Strength Coach, McIntosh High School

As an eighth grader, Jeff Sheppard was making his name known to the high school basketball coaches at McIntosh High School. The basketball team had finished a season of 9 wins and 14 losses. Coach Steve Hale, our varsity basketball coach, was looking forward to working with this young skinny kid that showed much promise.

As tryouts began, it was soon obvious that Jeff would not only be a varsity player as a 9th grader, but a starter. That year McIntosh High School recorded its first winning season in varsity basketball with a 13-10 record. After that season Coach Hale sent the basketball players to the weight room with the understanding that if we were

to win in our league, we would have to get strong enough to compete with the "big boys".

I can remember the first day we taught Jeff and one of his teammates, Ryan Vickers, to squat and power clean. At the time both players were about 6'2" and they were complaining about being too tall to do these lifts. I went home and got my ammunition. We began to bombard these players with articles from BFS Journal on the Utah Jazz and the progress their players and the team had made because of an intense weight program.

This began a change in the development of our basketball program. In two years Jeff has improved his Power Clean from 85 pounds to 230 pounds and his Parallel Squat has improved from 95 pounds to 380 pounds. We don't hear any complaints about being 'too tall' to do squats and power cleans; instead these are Jeff's favorite lifts.

The coaching staff at McIntosh refers to Jeff as a "gym rat". If the gym is open, Jeff is either in the weight room or on the court.

Grade	9th	10th	11th
Team Record	13-10	15-8	23-4
Scoring Avg.	12.4	19.8	18.1
Rebound Avg.	4.8	6.7	9
Steal Avg.	1.5	1.4	3
Assists Avg.	2.2	2.4	8

Jeff says he has participated in sports since he was 7 years old. "I started playing basketball, football, baseball, and running road races as a kid. Everyday I tried to do something athletic; if I wasn't involved in athletics, I wasn't happy."

Jeff's mother is a high school teacher and everyday, when he was younger, he would go to the school at which she worked and watch the older athletes practice football, basketball, or baseball. Jeff said, "I really didn't have a particular hero as I was growing up. I looked up to all the high school athletes that were older than me.

Jeff's athletic goals are "To win —everything I do is based around our team winning. I would like to play col-

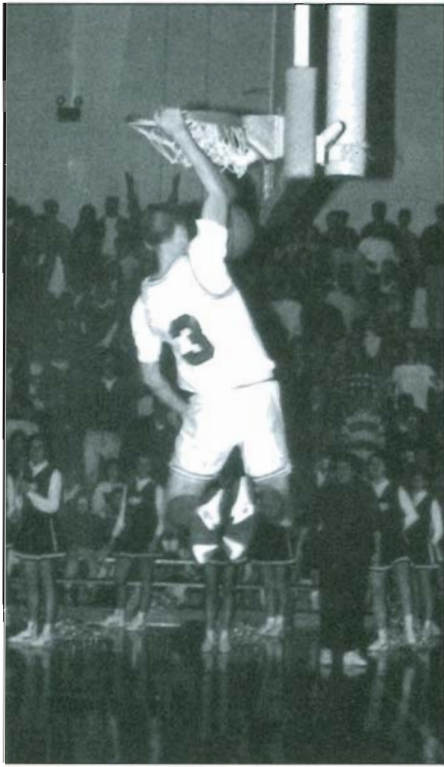
In 2 years, Jeff has improved his POWER CLEAN from 85 POUNDS to 230 POUNDS and his PARALLEL SQUAT has improved from 95 POUNDS to 380 POUNDS

lege basketball.” Jeff would like to become a coach after graduating from college, get married, have a family and spend lots of time with his children.

Who motivates young men like Jeff Sheppard to set and work at such high standards? I once read a quote by John Hannah before he was inducted into the NFL Hall of Fame that said, “Attitude begins at home.” The longer I am in coaching, the more I realize this statement is true.

Jeff gives his family a lot of credit for establishing proper values in his life. “My family has been supportive of me in athletics. They pick me up when I need it, and they humble me when I need it. They have taught me the correct way to act in athletics and when I am not involved in athletics. They really push me to also do better in school and in work,” says Jeff.

He also believes you should associate with people that have good work habits and good personal habits off the field, because these people push you and that makes everyone work harder.

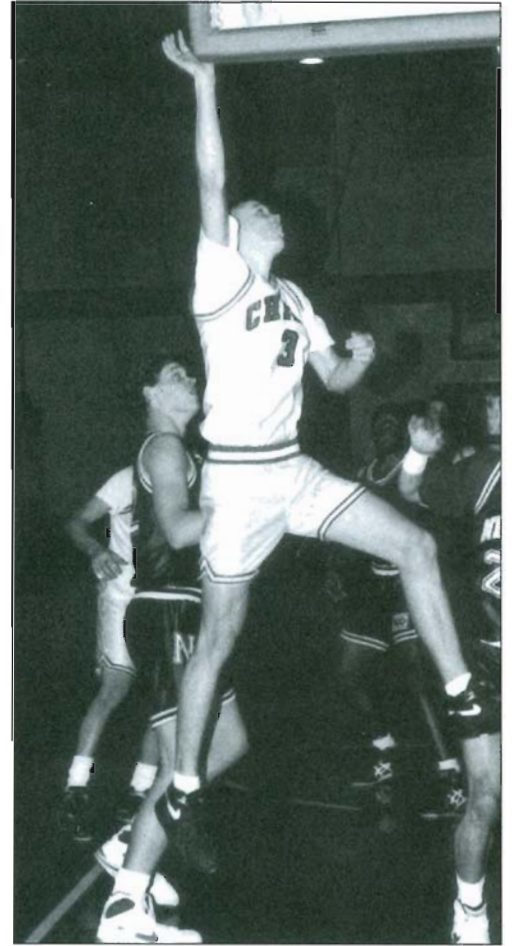


*A Shaq Attack?
No, a McIntosh Attack by Jeff*

Jeff doesn't have a hero, such as a pro or college basketball player. Instead, he takes bits and pieces of things he likes from older players, from the team and coaches. He says coaches have had a great influence on him and have helped him push himself harder and understand that athletics are temporary, but the lessons learned on the court are the most important lessons to be learned after sports.

What is the driving force that makes young athletes a success? Jeff says, “Winning, it is a great feeling, and losing is the worst feeling I ever have. I don't care if it is a pickup game or a track competition. If I don't prepare properly, I don't feel comfortable about competing.”

He believes you can never perfect anything, you can always make more shots, jump higher, lift more weights, and run faster. Jeff is always looking for a way



Continued on page 42



Jeff was the Region Champ in the High Jump at 6'8"

**He is a
Positive
Role Model,
a 3.5 GPA,
and is a
Highly
Recruited
Player**

JEFF SHEPPARD

Continued from page 37

to be a better competitor.

Two years ago we encouraged Jeff to come out for track. This year he was the Region Champion in the High Jump with a jump of 6'8". He also long jumped and triple jumped.

Last year he began running Cross Country to improve his conditioning and make him work harder against other athletes. After a disappointing loss in the first round of the region basketball championship tournament, Jeff came into the weight room at 7:15 in the morning and did squats for 30 minutes, then continued to work out until school started.

Coach Steve Hale says Jeff has a presence that says, "Follow me!" He is not going to be outworked or out-classed. Jeff is totally unselfish and seems to have one of the best understandings as to the purpose of athletics. Our basketball program has improved its record over the last 3 years and last year we were 23-4 and sub-region champs.

Jeff has provided the young people in our community a positive role model by talking to them about the evils of drugs and alcohol and the positive side of hard work. We as coaches are always looking for young men like this on our team, because they add motivation to our lives as well as the lives of their team-mates.

BETTER FASTER STRONGER

The Total BFS Program For Women

New Video: \$29.00

(Rent: \$15.00)

Shalane and Mandy demonstrate each phase of the *BFS Total Program for Women to Perfection*: The Core Lifts, Auxiliaries, the BFS Dot Drill, the BFS 1-2-3-4 Flexibility Program, Plyometrics, Box Jumping and Speed. Shalane is a 5-7^{1/2} 8th Grader who is a 3-sport athlete. Lithe, Strong, Graceful and Athletic, Shalane is the Perfect Example! Mandy is a 12th Grade Two-Sport Athlete who is a great example of what can be done over a High School Career.

Call 1-800-628-9737