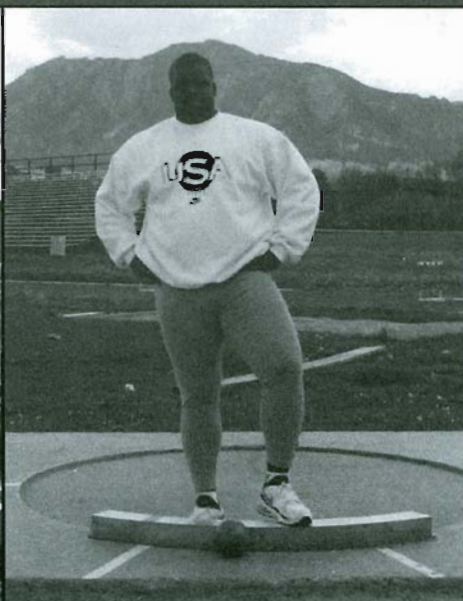
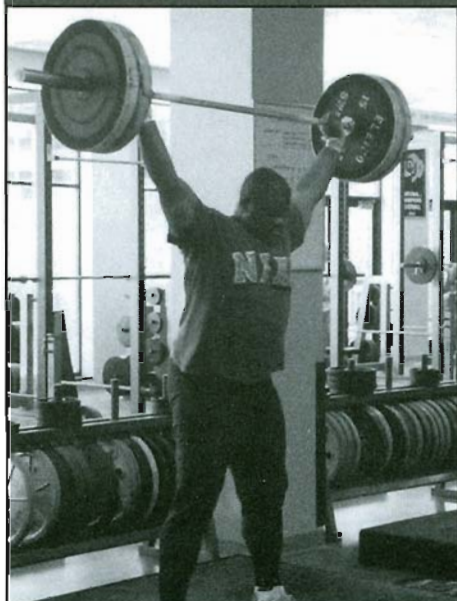


# THE HUNTER

## A JOURNEY FOR "GOLD"



By Dr. E.J. "Doc" Kreis  
Strength & Conditioning Coach  
University of Colorado

This is the story of a man's commitment to hard work, paying attention to detail, and the spirit to excel.

In recent years, the shot-put event has had its share of bad luck with suspensions and disqualifications running rampant. Its been hammered by the media nationally and internationally. Was there a reason for this black cloud or was the shot-put just going through a cleaning cycle?

In the shot-put event in the 1994 USA Track and Field championships held in Knoxville, Tennessee, there was a young man of strong character who exemplified a new ethic and work habit. In

sports, patience has long been considered a virtue, and patience over time can be the difference between winning and losing. This athlete learned the art of patience and molded that theory into practice. It made the difference in winning and recreating the world of the shot putter.

The word drug-free conjures up many kinds of thoughts. To many readers, they cannot and do not want to believe that it is possible to achieve a maximum level of peak athletic performance without some kind of illegal drug that enhances performance. Because of this misnomer, the world of Track & Field, especially the throwing events, have come under tremendous fire and in recent years, the popularity of the shot-put has diminished with American youth. However, there

seems to be a new breed of athletes growing who have a brighter vision of changing this sport. One such athlete goes by the name of C.J. Hunter (Cottrell J. Hunter).

C.J. stands at five feet eleven inches. He's not very tall by shot-putter standards; however, the jury is still out on what is or is not the best height to be in this event. C.J. weighs over 300 lbs. When seeing C.J. for the first time, you might do a double, no make that a triple take. His legs and hips are in the model of the great weightlifters of today. He has tremendous calf and glute ham development, right up into his back, chest, neck and arms.

C.J. started when he was 13 years old with a 12 lb shot-put. His best mark in 1982 was 38'10". As an eighth grader, football was his first



choice and linebacker was his favorite position. He grew up in Hyde Park, New York and attended Roosevelt High School. His ambition was to play linebacker at Notre Dame; however, in the 11th grade he came in contact with the Track & Field Coach, Bob DeDerer, who got him involved in a structured and defined weight training program. Coach DeDerer, a great motivator and technician, also implemented many agility and sprint workouts into his lifting regimen of power cleans, back squats and bench presses. This would later become the difference between C.J. the linebacker and C.J. the shot-putter. There was also one other change that would further his career. During his senior year in high school, the coaches changed their method of throwing. C.J. went from the slide method to the rotation method.

When considering colleges, he narrowed his choice to Penn State University (known in the football circle as Linebacker U). Three



**C.J. threw the 16 lb shot put 60'5" as a true freshmen.**

**C.J.'S MEASUREMENTS**

NECK 22"  
 RIGHT ARM 19 1/2"  
 LEFT ARM 19 1/4"  
 WAIST 42"  
 THIGH 30"  
 CALF 20 1/2"

things occurred at Penn State: 1) Head Track & Field Coach Harry Groves and Thrower Coach Bill Whittaker would increase what had already been started; free weights. 2) They used higher motivation skills to throw farther, and 3) They emphasized success early.

C.J.'s physical size changed during this time as well. He concentrated on just one sport, and adjusted quickly to the 16 lb shot put throwing 60'5" as a true freshmen. Why? Because of his speed, strength and size. He went on to win the indoor and outdoor IC4A Big East Title four times each, equaling the record for wins of an event eight championship times.

Many thought C.J.'s sophomore year showed no real progress because the social life and academic work of college had caught up with him. However, C.J. considered it just an off year and still placed 6th at the NCAA's Track & Field Championships and made All American again.

It was not until 1989 that the Hunter really started the ball rolling (pardon the pun). Weighing in at over 280 lbs, he timed 4.72 seconds in the forty yard dash and his shot was counted at 65'10" which placed him third at both the indoor and outdoor NCAA's Track & Field Championships with a throw and personal best of 65'7". The big dif-

ference in his training would be the different phases of jumping drills - better known as plyometrics; many plyometric drills. C.J.'s secret wish is to be a linebacker and to also play in the NBA, shows through in his stamina and determination as well as the heights and distance of his jumps. (His vertical jump measured in at 37 1/2", while his standing long jump was measured at 10'7").

In 1991 C.J. relocated to Boulder, Colorado and was hired by US West Direct, and as a result joined up with the U.S. West Track Club sponsored by NIKE. Armed with his degree from Penn State and this new challenge, C.J. began the second part of his journey; that of implementing more Olympic lifts into his lifting regimen and striving for throwing consistently longer.

University of Colorado thrower's coach, Pete Corkey, was instrumental in seeing C.J.'s lifts and throw progress upwardly; approximately a foot a year. His message is loud and clear. He had a plan and a program for success. From 1991 - 1994 C.J. had personal records (PR) in the following:

**Bench Press 480 lbs 1 rep**  
**Back Squat 760 lbs 2 reps**  
 (super deep reps)  
**Snatch 313 lbs 1 rep**  
**Front Squat 540 lbs 2 reps**  
**Jerk from Rack 440 lbs 1 rep**

The areas that C.J. had marked as keys to his progression were simple and smart. Those athletes who fly by the seat of their pants are usually the ones who look for the easy way. Here are some important factors incorporated into his training:

**Sleep: at least nine hours a night**

**Massage: at least once a week**



# STRENGTH & CONDITIONING PRODUCTS



**We Take Our Responsibility Seriously**

**48hrs before competition**

**Supplements: everyday**

**Stretching: because of his karate background as a youngster, C.J. has a finesse for stretching**

**Jumping: from basketball to plyometric drills (work your play)**

**Agility: short explosive drills and movement exercises**

**Sprints: starting, reactive, and explosive movements**

Below is a brief look into C.J.'s IN-SEASON & OFF-SEASON lifting schedule:

C.J.'s LIFTING PHILOSOPHY  
C.J. incorporates in the pre-competition phase of training, higher repetitions and sets than what will precede

the main competition phase. Early training consists of reps from between 6-8 reps with between 4-5 sets, after warm ups. This is only for a 2-3 work period.

After this phase, the repetitions (volume) and intensity (amount of weight) become what is to be his maximum training goal for a one rep maximum lift.

C.J. likes the feeling that goes with handling heavy explosive weight. The personal excitement of being under 600 + lbs with only a lifting belt on and doing reps at will is what he calls, "the attitude of success". "You only get that edge from doing".

The idea of being the most explosive shot-putter in the world intrigues the Hunter man. The idea that he does what he does as a drug free thrower sets in motion that the speed-

strength of explosive strength, reaction strength, and starting strength, targeted with absolute strength makes for a dynamic model for further throwers.

**THE SECRET**

When judging the physique of C.J., the most notable features about him are the thickness and the density of his body. He has especially large defined calves, outstanding hamstrings, and quadriceps development, along with heavily molded traps, neck and lats. His arms and chest size are in proportion to his overall body make-up.

The key to athletic success is that magnificent posture (backside) of his body. If you could divide him in half, you could then see what a tremendous example of speed-strength implemented and connected together could do.

**C.J.'s IN-SEASON & OFF-SEASON TRAINING**

**In-Season**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>	<b><u>Saturday</u></b>
Clean	Bench Press	Throw	Snatch	Travel	Competition
Clean Pulls	Dumbbell Incline	Sprint	Snatch Pull	Light Sprint	
Back Squats	Behind Neck Press	Jump Drills	Jerk From Rack		<b><u>Sunday</u></b>
Sprints (after)	Push Press	Ballistics-	Agility Drill		Bike& Jog
Agility Drill	Triceps	(Throw Drill)			
	Run	Agility Drill			

**Off-Season**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>	<b><u>Saturday</u></b>
Clean	Bench Press	Throw	Snatch	Bench Press	Rest
Clean Pulls	Dumbbell Incline	Sprint	Snatch Pull	Neck Press	
Back Squats	Push Press	Jump Drills	Front Squat	Jerk from Rack	<b><u>Saturday</u></b>
Sprint	Triceps	Ballistics-	Agility Drill	Sprint	Bike & Jog
Agility Drill		(Throw Drill)		Agility	
		Agility Drill		Jump Drill	
				Ballistics-	
				(Throw Drill)	

YOU SEE SPORT SPECIFIC DRILLS BUT ALSO NOTICE THAT YOU HAVE A LARGE DEGREE OF ATHLETICISM SPECIFIC EXERCISES, THAT COMMITMENT OF SPEED-STRENGTH AND BODY AGILITY AWARENESS.

**NUMBER ONE RANKING AND GRAND PRIX WINNER**

Following are some of the rankings with placements and distances of 1994's number one ranking shot-putter, C.J. Hunter. Grand Prix points are awarded by placement in Grand Prix meets. Each placement from first to sixth is granted a point value. (Note: G.P. stands for Grand Prix meet)

<u>MEET</u>	<u>DISTANCE</u>	<u>FINISH</u>
New York Games (G.P.)	65 1 1/4	4th
Boulder All Corners	68 8 1/2	1st
Jenner Classic (G.P.)	68 1	2nd
U.S. Championship	68 3 3/4	1st
Helsinki, Finland (G.P.)	66 7 1/4	1st
Nurmijarvi, Finland (G.P.)	67 3 1/4	2nd
U.S.Great Britain Dual (G.P.)	68 2 1/2	2nd
Linz, Austria (G.P.)	66 11 1/4	1st
Goodwill Games, Russia	66 9 3/4	1st
Tallinn, Estonia (G.P.)	67 5	1st

On September 3, 1994, eight men with the greatest Grand Prix points will meet in the Grand Prix Shot-Put Championships in Paris, France. The winner walks away with \$100,000 dollars.

C.J.'s low center of gravity and his overall physique and handling of his physique enables him to maximize his method of throwing (which is the spin technique).

By understanding the physical make-up of C.J. Hunter and the time and patience that he has incorporated into throwing the shot, we see not the instant magic, but the diligent work and effort that comes from hard practice and training. To be successful, C.J. has incorporated the brilliance of longevity. "You can get there by getting one part stronger, one step faster, and quicker, by slowly learning how and what to develop using the best methods for throwing and what accompanies it, one day at a time".

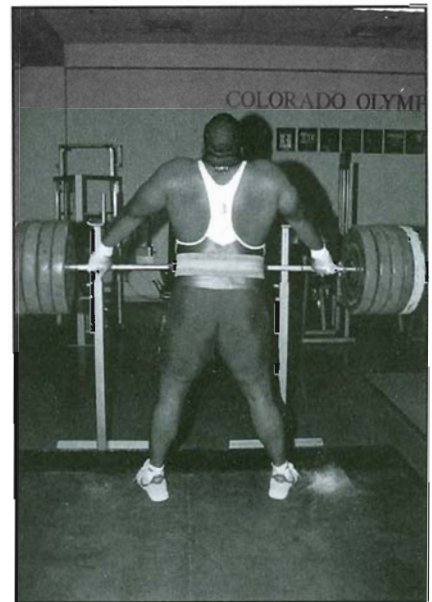
**NO FINAL CHAPTER**

C.J. has set high goals but one can easily see the progression over the last fourteen years. Would you expect anything else?

He has set his sights on throwing 70' and that is nothing but time and technique now. His goals are to win the USA Track & Field Championship with the 70' throw, go on to win the world champi-

onship throw with a 71' throw, and finally, to win the Olympic gold with a throw of over 72'+.

You might not think this is possible with the way things used to be and the way things are now. However, C.J. has taken the time, made the effort and patiently planned the next steps. He does not expect the drug users to go away and he understands



that there are individuals out there who do not understand his methods which get him to throw a little over a foot more each year. However, one factor that is not listed by C.J. is his knowledge of where he wants to go in his mind. "Do not worry about the others" says C.J. "The true hunter always gets his prey."

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Author of Sports Agility and Speed-Strength Training for Football which can be purchased through IRONMAN magazine.....□

**C.J.'S PROGRESSION CHART**

<u>Year</u>	<u>Age</u>	<u>Shot</u>	<u>Best Throw</u>	<u>Remarks</u>
1995	26	16 lb.	69'7.5"	#3 in US
1994	25	16 lb.	68'10"	USA Track & Field Championships
1993	24	16 lb.	68'3"	Air Force Academy
1992	23	16 lb.	67'8"	Air Force Academy
1991	22	16 lb.	65'2"	East Tenn. State University
1990	21	16 lb.	65'7"	NCAA Indoor Champ

