

Kevin Jackson drives for a bucket. (Biar Orrell photo)

Kevin Jackson brings height and talent to BC

by Kim Belanger

Brevard College, meet Kevin Jackson, one of the new additions to the 1987-88 basketball team.

Kevin was destined to play basketball from the very beginning.

For starters, Kevin's dad played pro ball for the San Francisco Warriors in the early '70s. Prior to that he was All American at Oklahoma State University.

Growing up on Oklahoma, Kevin played basketball five to six hours a day. He feels that the skill came very naturally.

Kevin also enjoys other hobbies such as football and tennis. During high school Kevin won state tennis doubles three years in a row.

Kevin remembers playing ball as early as 4-years-old when he had a nerf ball and hoop in his room. "I imagined myself playing in a real game," says the 6'9" sophomore.

After high school, Kevin attended OSU as a freshman on a full scholarship. The previous year OSC won 33 straight games and played in the Nationals.

Kevin then moved to Washington, D.C., and wrote to Georgetown about playing ball. As Kevin puts it, "I signed up and the transfer rule hit me."

Two of Kevin's friends then introduced him to playing on the summer coalition league. The league is made up of pro players on the off-season. While playing, Kevin met Adrian Dantley, Michael Graham, and Michael Jordan. "They taught me what it takes," he says.

Kevin plans on majoring in Business Advertising and Real Estate Investment.

Kevin's major goal: "I want to be twice as good as my dad."

Smith -- going for the gold

by Heather Conrad

Troy Smith takes a final, deep breath. He stares straight ahead in total concentration. "With seven years of work behind me, this shouldn't be a problem," he thinks. He bends down, grasps the bar and lifts. Now upright, Troy is 625 pounds heavier. He pauses, then returns the weights to the floor. No problem. He smiles.

Troy Smith of Brevard has just completed his final lift in the 198 pound class of the Nautilus competition at this year's Southern USA Powerlifting championship recently held in Spindale, NC.

After seven years of training and competitive powerlifting, Troy has completed a 625-pound deadlift, which is a sheer strength lift of the bar and weights straight up from the ground. Two judges approved Troy's lift, but the third and head judge voided Troy's lift for technical reasons.

The disqualification did not diminish Troy's expectation. Instead of disappointment, Troy feels that he has brought home his largest trophy yet: his own self-satisfaction. He feels that he's won the assurance that he can accomplish anything, including the ability to lift almost three times his own body weight.

Troy began his powerlifting career in 1980, when a friend, Bill Sunburry, and his wife, Mary Ann, urged him to begin lifting. Says Troy, "They brought me to the weight room, and started me on circuit weight training, every day. I looked up to Bill so much. He gave me advice, and helped me find confidence and pride in myself."

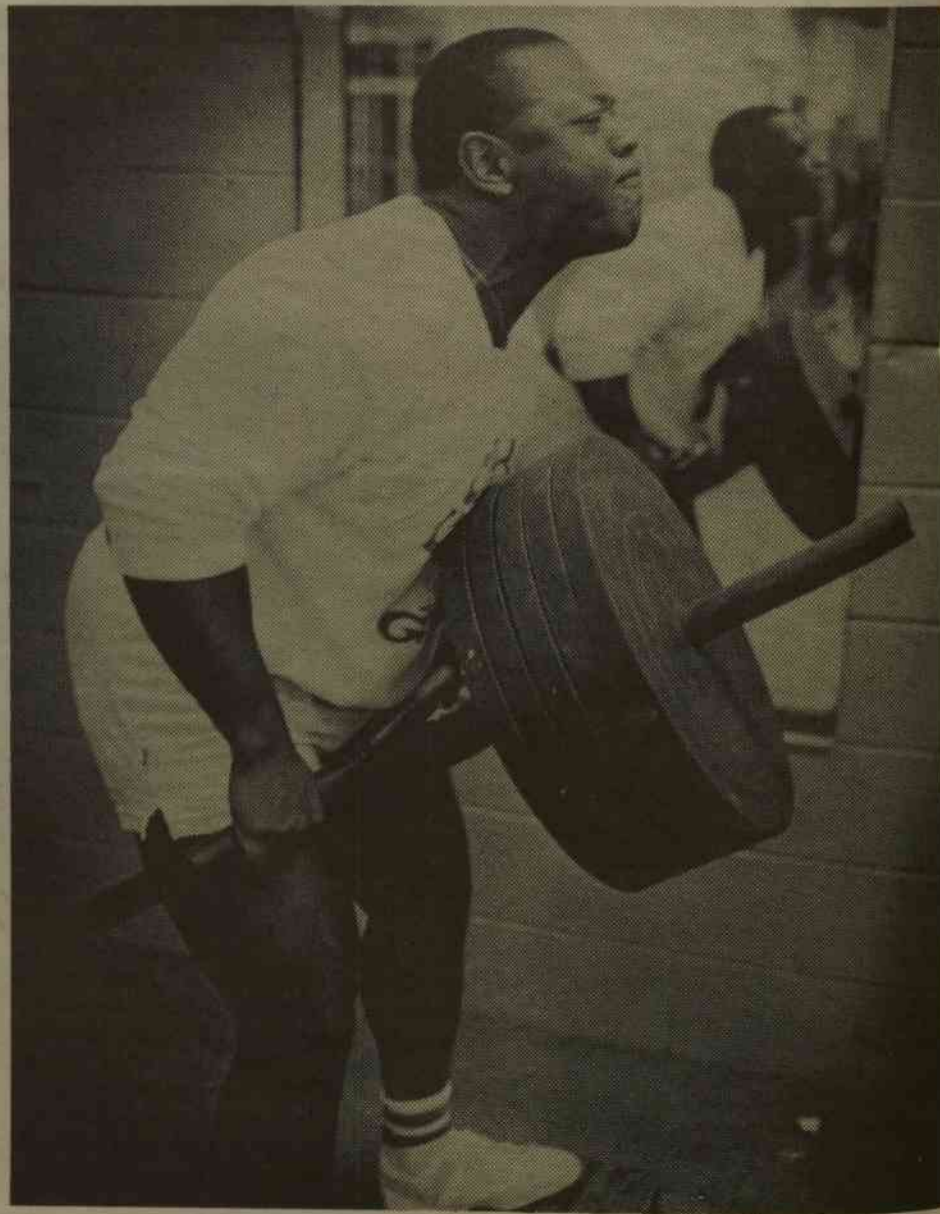
A year passed before Troy began to compete in powerlifting. His first competition was held at Furman College in 1981. From there, he attended various meets throughout the state. Eventually, after years of practice and competition, Troy met the qualifications to participate in this year's USA Championship.

Troy continues to work out each day, and follows a vigorous training regimen. Beginning at 1:30 p.m., he heads down to the weight room. Awaiting him, a circuit of lifts to be done that will build and strengthen all the essentials -- triceps and biceps, lower back to abdomen, etc. Troy says "I make sure to do everything, head to toe, and nothing less. I also run every day, at least three miles."

Troy has reasons for such dedication, he feels it is more to him than "just exercise". Says Troy, "It is a challenge. Bill introduced me to it, and I took it. He helped me alot, and taught me to believe in my abilities. Now, powerlifting has become a part of me, I love doing it. It is physical and mental. When I lift using both, I can bring up just about anything. Sometimes, my mind plays tricks, and I think that I'm unable to do the lift. So I concentrate, and pretend Bill's there, telling me that the only thing keeping me from reaching a new 'max' is my mind. I have to decide, to give in, or to push. So I push."

Troy will continue his training, despite his loss at the USA Championship. He plans to compete in Raleigh this November.

Troy smiles, "I will never quit lifting," he says. "Not until I get old and can't move!"



Brevard powerlifter Troy Smith pumping iron.