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*Redshirt sophomore Andrei Savrasov under the watchful eye of strength and conditioning coach Brandon Lee.*

## **Big Gains in the Weight Room Lead to Big Gains on the Court**

**Look for the Eagles to play with physicality in 2020-21.**

By Marc Gignac  
11/5/2020 3:55:00 PM

**STATESBORO** – If you have seen any Georgia Southern men’s basketball players on campus or around town on multiple occasions since the summer, you may have seen some noticeable changes in their physique.

Take, for example, junior guard Kamari Brown, who has put on 20 pounds since he arrived on campus in June. Even 5-foot-6 guard Eito Yuminami put on over 20 pounds. For the Eagles, strength and conditioning is one of the pillars of “The Process,” the program’s holistic blueprint for success.

First-year strength and conditioning coach Brandon Lee spent time with Burg on the staff at Texas Tech, when the Red Raiders played in the NCAA Tournament Championship game in 2018-19 and worked with the football and softball programs at

East Carolina last season. He has developed a basketball-specific plan for each individual on the team, and it is already paying dividends.

“This all boils down to developing players,” says Burg. “It goes back to our days at Arkansas Little Rock and Texas Tech - how are we going to compete against the programs that are getting McDonald’s All-Americans? Well, we felt like we could develop that caliber of student-athlete through our process. We do that with our skill development, and we also do that with our strength program, and Coach Lee is a game-changer for our program. It’s pretty evident in the strength gains, in the gains in overall mass and in the increased athleticism of our guys.”

People can expect to see discipline, hard work - the mentality of this community and the mentality of this region of the country - roll your sleeves up, get your hands dirty. I think our fans will enjoy a quality brand of basketball where guys are going to play every single possession and play for the guy next to them.

*Head Coach Brian Burg*

Just as important as putting the work in the weight room, is making sure the Eagles are getting proper nutrition as well as rest and recovery, two more pillars of “The Process.”

“Coach Lee has great knowledge in regard to nutrition and making sure guys are eating and fueling their bodies in the correct way, and those are key areas of The Process that we focus on daily,” says Burg. “We also want to make sure you take care of your body, and part of that is make sure you get your rest at night. Turn your phone off at night make sure you get quality sleep.”

One of the results of all the hard work will be a team that plays with toughness and physicality that is needed throughout the season to compete in the talented Sun Belt Conference.

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The college basketball season tips off across the country Nov. 25, and Georgia Southern is in the process of finalizing its non-conference schedule. To align with guidance put in place by Georgia Governor Brian Kemp, and following NCAA, Sun Belt Conference, Centers for Disease Control and Prevention, Georgia Department of Public Health and University System of Georgia social distancing standards due to concerns around the COVID-19 pandemic, Georgia Southern will begin the season with a limited capacity in Hanner Fieldhouse.

Social distancing will be maintained throughout the arena to the fullest extent possible, including limiting court access in accordance with Sun Belt and NCAA recommendations, and face coverings must be worn by all fans, staff and media members when inside Hanner Fieldhouse.