

Rakkasan Raiders

Nucor is a steel company that moved from mills of the NE to the farming country of the Midwest. They operated under the premise that you can teach farmers how to make steel but you can't teach farmer work ethic to the people who don't have it in the first place. Nucor built its pay system around results, the more you produced the more you made. It created teams of 24 & your success was directly related to both you & your teammates production. Nucor did not aim to turn lazy people into hard workers, rather it created an environment where the hard workers would thrive & the lazy would either jump or get thrown right off the bus. You see, people are not the most important asset to a team, the right people are & the main key to success is figuring out who the right people are. Knowledge & skills can be learned but character, work ethic, dedication & integrity are more ingrained. Teams that get the right people on the bus, the right people in the right seats, & the wrong people off the bus will have the most team success. It is imperative that you first start with "who" and then "what". The right people don't need to be tightly watched or fired up; they will be self motivated by the inner drive to produce the best results & be a part of creating something great.

Get Your Seat On The Bus OR Get Off!

Central Nutrition

Power Food: Eggs (Part 2)

Last time we began to take a look at the wonderful qualities of eggs. We learned that eggs are a very good source of protein and that they contain a nutrient called choline which helps maintain healthy cholesterol levels. Eggs are also food for your eyes. The yolks contain lutein and zeaxanthin which are the nutrient superstars of eye health. But here's the kicker: lutein is better absorbed with fat! That means you need the fat from the yolk so your body can utilize lutein to the fullest (yet another reason to eat the yolk if choline wasn't enough!). In addition to what we've covered so far, eggs also contain more than 15 vitamins and minerals. One large egg contains 18% of the DV for riboflavin, 14% of the DV for vitamin B12, and 29 percent of the DV for a cancer-fighting mineral called selenium. If you can, try to buy omega-3 enriched eggs as this boosts their nutritional value even more. Most grocery stores now days should have them. So there you have it. Eat eggs with the yolks. Your muscles, liver, eyes, and even your heart will thank you for it. Next time we will take a look at a food your grandma was right about all along: oatmeal.

SCIENCE AND PRACTICE OF OLYMPIC WEIGHTLIFTING

In the last edition, we explained the first reason why we do the Olympic lifts: to increase force production against the ground. We know that the more force you can produce against the ground, the higher you can jump and the faster you can run. The second reason we do the Olympic lifts is to train the body to accept an external force. By "catching" the barbell during a Snatch, Clean, or Jerk, you train the body to accept, stabilize and then reverse the direction of a free-moving object. This is an important skill in every sport whether you are taking on a block in football, boxing out your opponent in basketball, or landing after a jump in volleyball. The third reason we do the Olympic lifts is to improve over-all athleticism. Steve Bedrosian was a 34 year-old relief pitcher for the Atlanta Braves when he began doing the Olympic lifts as part of his training regime. After six-months of training, he added 8 mph to his fastball and was able to dunk a basketball (something he had never done before in his life). Another example is of world-class 400m hurdler Derrick Adkins. After less than a year of training with the Olympic lifts, he lowered his 400m hurdle time from 49.53 to 48.6 seconds. That improvement took him from sixth in the world to winning the Gold Medal at the 1996 Olympics. The proof is in the pudding. If you want to jump higher, run faster, get stronger, and improve your performance on the court or on the field...get going on the platform!

Paja's Principles of Power

Central Strength 101

If you have ever looked at your lifting card closely, you have probably noticed the little numbers to the left of your last sets. Granted these numbers are largely of concern to the coach, it should also be an essential piece of information to the athlete as well. This number represents and informs the athlete of what percentage of their one rep max they will be handling on that day for each given movement. If you pay close attention every week you will start to notice these percentages go up and down based on the training cycle. Also, pay close attention to the rep scheme. Just because you aren't at 90% or above doesn't mean it will be a walk in the park. You should be able to handle certain percents for certain reps according to your one rep max. For example, you should be able to handle 80% for 8 reps, 85% for 5, 88% for 4, 92% for 3 and so on and so forth. That being said, as a coach we understand that if an athlete were to be able to handle a set percentage for more than that, then their one rep max needs to be bumped up, hence "bump" weeks. Science tells us that for each extra rep a female athlete does it is a two pound bump, and each rep for a male athlete would be a three pound bump. Some weeks will be more challenging than others, it's just the nature of the beast since we need time for restoration and recovery to get stronger. Also, you will see differences among those of different training maturation. A novice lifter may be challenged each week, but a more advanced lifter may have to deload more frequently. Regardless of the %'s, always Move Weight Fast!

Final Thought

Enthusiasm is an often over looked athletic quality that truly sets top level athletes apart from the average athlete. GREAT athletes truly love what they do & you can see it in everything that they do. Whether it be directly related to their sport such as practice or in other aspects such as lifting, nutrition or any other area where they can simply compete. GREAT athletes rally other athletes because their attitude, effort & desire is contagious in a very powerful way. Every day we get the opportunity to witness athletes coming thru the weight room doors who exude enthusiasm. On the flip side we see others who appear to have no motivation or passion what-so-ever. Fortunately the strong (mentally & physically) survive. Ask yourself which one you are. Are you adding to or taking away from the environment. Enthusiasm is Powerful!

IT'S FAITH IN SOMETHING & ENTHUSIASM FOR SOMETHING THAT MAKES A LIFE WORTH LIVING

CENTRAL STRENGTH: ATTACK