



Rakkasan Raiders

Your Teammates. . . You don't have to like them, but you have to love them. As coaches, we see & hear a lot of things that go on in the lives of athletes. Most of it is great stuff that you should all be proud of, but some of the talk is trash. The worst is when we have athletes talking badly about someone on their own team. Let's face it, your teammates are all you have when things are really on the line. Yes, a coach & game plan are great but when you are on the playing field your teammates are who decide the outcome. It is not necessary that everyone gets along perfectly, but to truly be a team, you need to love them. We should all be doing all we can to look out for, reach out to, and stick up for the people that we will be fighting alongside. You would all be amazed at the amount of success that you could achieve if everyone on the team respected and trusted one another, and did not have to worry about who is saying or feeling what. Trust & believe in each other and great things WILL happen.

Central Nutrition

Fast Food: What Are You Putting In Your Body

Fast food; yes it is easy and convenient but as an athlete you know that everything that goes into your body is going to either help or hurt you. So, here is a list of foods, as well as what is in them, from the more "popular" fast food chains.

	<u>calories</u>	<u>fat (g)</u>
Cheeseburger (McDonald's)	310	12
Quarter Pounder w/ Cheese (MD's)	510	25
Large French Fry (MD's)	520	25
Regular Roast Beef (Arby's)	320	13
Giant Roast Beef (Arby's)	450	19
Average Market Fresh Sandwich (Arby's)	763	36.5
Whopper w/ Cheese (BK)	800	49
Double Whopper w/ Cheese (BK)	1060	69
Chicken Breast (KFC)	380	19
Crunch Taco (Taco Bell)	150	7
1 Slice Pepperoni Pizza (Pizza Hut)	280	14

DIELEMAN'S DUNGEON

Recovery Strategies: Sleep

We've all done it, staying up late burning the midnight oil. Well, here is something to think about the next time you decide to stay up late. (1) When deprived of sleep the body metabolizes glucose (energy stores for muscle use) less efficiently. (2) Levels of the stress hormone cortisol were higher in periods of deprived sleep. These two by-products cause memory impairments, age related insulin resistances, and impaired athletic recovery. Because cortisol is a catabolic (breakdown) hormone, elevated levels interfere with tissue repair and growth. Over long periods this could prevent an athlete from adapting properly to heavy training and predispose the athlete to overtraining, as well as injury. Simply stated, get 8-9 hours of continuous sleep per night and take a nap during the day if you have time. By doing this you will no longer burn the candle at both ends and you will be able to perform at your full potential.

Foundations of the haus

The Posterior Chain: Is It Your Weak Link?

It always amazes me the amount of athletes who come here from the high school level with severe weakness in their posterior chain (PC), their low back, glutes & hamstrings. It has gotten to the point where we as coaches have just come to expect high school athletes to be weak in the PC. Honestly I could care less how big someone's pecs, biceps or quads are. Those overdeveloped muscles are not going to help him/her achieve results on the field/court. To athletes who are reading this, remember, "The SHOW muscles are in front & the GO muscles are in the back." When you are running it is your PC that propels you down the field. It is your glutes and hamstrings that are sore after sprinting not your stinking quads, biceps or pecs! The hamstrings serve two functions; a knee flexor & a hip extender. When you are running, its primary use is as a hip extender. This is how hamstrings need to be trained. If you want to see us come unglued, then ask us why we don't do machine leg curls, or better yet, just let us catch you doing machine leg curls! This exercise does jack squat for our speed. After all of this, why in the world do most people spend so much time on the "show" muscles? The answer is that they usually don't know any better. Now you guys and gals know and knowing is half the battle. Knowledge is not power, applied knowledge is power.

Final Thoughts

After watching a lot of different sports, and athletes, compete in a bar hang (simply hang from a bar for as long as possible) I have noticed 2 things. One, there is great strength & power when performing in front of your teammates. Two, some are able to fight through pain better than others can. These people simply have something inside them that won't let them quit--they want to win. I believe that inner strength is inside of everyone, once you find it you WILL overcome.

"A SOLDIER WHO SWEATS MORE DURING PEACE TIME, BLEEDS LESS DURING BATTLE"

TOGETHER WE STAND, TOGETHER WE FALL