



CENTRAL STRENGTH NEWS



Vol. 2, Ed. 2

Monday, September 18, 2006

Rakkasan Raiders

Over the course of the last few years I have had the opportunity to have many meaningful conversations with athletes; the main topic being goal setting. I am continually amazed by the fact that athletes seem to be moving farther away from team oriented goals to more self motivated ones. I see far too many people with their head held low because they are not playing, & yes, while it is part of the reason for being out for a sport, you should never put yourself in front of your team. Being an off the field leader is as equally important as being an on the field leader. I guarantee throughout the course of a year the team spends more time off the field than on. Each one of you has the ability change/influence other people while here at Central. This change can either be for better or worse; I challenge you to put the team first. Before you apply pressure to someone in an attempt to that may be negative think about the legacy that you are helping to continue. All of you have the ability to be talked about for years to come. What is said about you, positive or negative, will be a direct result of your actions and attitude while training at Central College. Plan goals that are team oriented, you will be amazed at the results!

Central Nutrition

The Importance of Hydration

So I will admit hydration isn't the most "fun" thing to talk with athletes about but it actually is one of the most important and often neglected aspects of nutrition. If you wait to get yourself hydrated too late you are only asking for trouble. It is either too late or you are going to get too much liquid in your gut and develop abdominal cramping. The true key to hydration is to always be hydrated from the moment you wake up until you go to bed. Science has proven that if you are even 5% dehydrated then there will be a significant effect in your performance level and your risk for injury goes up 6 times. So how do you fight dehydration? The answer is really pretty simple. Upon waking make sure to drink 16 oz of fluid. From that point on always carry a water bottle with you to class. The two days prior to competition it is important to increase sodium intake in order to retain fluids. Once a training or competition day is underway make sure to drink 4-8 oz every 15 minutes. Also be sure to ingest fluids that contain, sodium, potassium and other electrolytes during training in a 1-1 ratio to water. So there you have it. It is not overly exciting and will not directly add 15 lbs but it will make you a better athlete.

HARTSHORN'S HALLOW

PAL Mechanics Part 1: Linear Speed

Speed is one of the most sought after qualities in any sport and every off-season Dutch athletes train to develop their speed. Great running mechanics are crucial if you want to have the ability to move from point A to point B in the shortest amount of time, while using the least amount of energy. Linear **PAL** stands for **P**osture, **A**rm Action & **L**eg Action. When running straight ahead we need every part of our body to be moving in a straight line, otherwise we will be less efficient and thus move slower. Our posture should be tall, up on the toes, hips high and abs & glutes tight. Keep your shoulders and face relaxed and your torso upright. Arm action should be in one plane, straight ahead. Make sure to rotate at the shoulder, keeping a 90 degree bend at the elbow. Our hand should move from chin to hip pocket. Leg action should be knee up/toe up and striking the ground under your center of gravity. Make sure and keep the toes up and strike the ground (do not "paw" when sprinting). Our goal is to apply as much force as possible to the ground, because the more force we can apply against the ground the faster we can run.

Foundations of the haus

The Dynamic Effort for the Bench Press & Squat

"Coach, this weight is too light, can I put more weight on?" Why do you suppose we always say no? In this article, I will put to rest any questions you may have concerning the Dynamic Effort method of training. The Dynamic Effort (DE) method in layman's terms means we are performing a movement with 50-60% of your 1 rep max. For us the DE method is performed in the bench press and squat.

Now that we know what the DE method is it is time to tell you why we use it. The answer to this is for the development of speed strength, better known as explosive strength and/or power. Now let's move on to our most important question, how do we perform it? The number one rule that most of us fail to recognize is you must move the weight as fast as possible! Science tells us that the greatest power output occurs at 50-60% of a 1 rep max (in the bench & squat). However, if you fail to move the weight with as much speed as possible you will not reap the benefits of the DE method. Some of you may have seen us playing with a Tendo Unit that measures bar velocity in meters/second. Optimal bar velocity is anything over 0.65 meters/second. I invite anyone to request to be measured by the Tendo. Set it up and compete against each other. Competition breeds success! When teammates compete everyone wins! Knowledge is not power, applied knowledge is power.

Final Thought

Walking the Tight Rope. Whether you are in-season or out the journey ahead can seem long which, often times, causes us to lose focus. Too often we get too caught up in playoffs or games that are 5 weeks away. This takes away from our performance. Walking the tight rope means making the most out of the day you have been given. Keep your eyes focused on the next step you are going to make. One cannot worry about step 5 until they have taken step 1. Everyday is a big day and you must invest into each day with equal importance. It doesn't matter if it is a training day, an off day or a game day; they are all add up and build off each other. Take advantage of each day as an opportunity to improve and grow. If you do that then everything else will take care of itself.

THE WILL TO WIN IS IMPORTANT, BUT THE WILL TO PREPARE IS VITAL

CENTRAL STRENGTH-TRAINING: REDEFINED