

## *Rakkasan Raiders*

Even a nobody can be a somebody. We have all heard Tom Brady's story, 199th pick in the draft and now one of the more clutch players in the NFL. Here is a lesser known story about Robert Newman. Newman joined the Army in 1943 following the attack on Pearl Harbor. He became a cook and was sent to Europe to serve the troops. Being that he was not involved in the fighting, he along with the rest of his company were heavily taunted by the infantryman who came off the front line. Then one night while Newman was cleaning up the kitchen area and all of the fighters were in bed, a platoon of German Infantry raided the camp. Without hesitation Newman grabbed his rifle that he last fired in basic training and began returning fire to the Germans. Out numbered 40 to 1 during the first several minutes of the battle Newman managed to attack with such force that he held back the German advance. After being joined by the formerly sleeping infantry the Germans were pushed back. It was then discovered that Newman had single handedly killed 17 of the 40 Germans. Two weeks later Newman was awarded the Congressional Medal of Honor. In the end the man with few duties was called upon and did more than was asked of him. What will you do when it's your turn & how can you be sure you will make the most of it?

## Central Nutrition

### Cottage Cheese: The Wonder Protein?

Ok, maybe it isn't the wonder protein but I hope to shed some light as to why cottage cheese should be in everyone's nutrition/recovery plan. Different kinds of proteins breakdown and different rates. Whey protein gets a lot of publicity, & rightly so, but it really should be used primarily after exercise. You see whey breaks down very quickly and stimulates high levels of blood protein. This is critical after exercise but after an hour or so it is no longer in the blood stream. Casein protein, which makes up cottage cheese, stimulates blood levels of protein very moderately but its effects stay strong for up to 7 hours! When your body does not have protein in its blood it will then rob your muscles and "steal" its protein--thus you go into a catabolic (breakdown) state. This becomes increasingly more important when you get ready to go to sleep. Unless you have perfected sleep walking to include eating as well then you are going to breakdown muscle while you sleep. How do you prevent this? Eat cottage cheese before bed-remember levels of protein stay in the blood for up to 7 hours. 1 cup of cottage cheese gives you 26g of protein, not to mention it has one of the best amino acid profiles of any protein. Bottom line: get your daily dose of cottage cheese.

## HARTSHORN'S HALLOW

### Stress Management

Did you know that you don't get stronger in the weightroom? What you are doing in the weightroom is breaking down your body & stimulating it to grow & adapt. So, during the time you are training, you actually get weaker. It is what you do with the other time in your day that determines how much stronger, faster, more explosive, etc that you will become. There are multiple pieces to this puzzle we call "training" and actual time spent in the weightroom is only one part, but don't get me wrong, it is an extremely vital part. Stresses that you place on your body, whether it be eating trans fat, drinking alcohol, smoking, or fighting with your girl/boyfriend all affect your body. Every aspect of your life, especially nutrition, the amount of sleep you get, and managing stresses such as school, family, or significant others all have an effect on your training and recovery. If you continue to stress your body & mind hour after hour, day after day, & don't give your body/mind time to recover, it will begin to break down & you will not see the results that you work so hard for in the weightroom. Stay tuned in to the next issue to find out how, exactly, to "deal" with these stresses.

### Foundations of the haus

#### Strength Training & the Female Athlete

How many times do you suppose I have heard from a female athlete, "Coach I can't lift heavy or I'll get too big!"? At first I just stare at them with a blank look as the concept of 'too big' is not something I am familiar with. Then it clicks & I realize that females generally do not want to be huge and muscular. So, I am going to set the record straight about females & lifting hard & heavy. It is easy to see why women think they will get big. They see large men who lift and naturally assume that they same thing will happen to them. There are 2 things that females must know before they make this assumption.

One, men have much larger levels of testosterone than women. Testosterone is the king of muscle building hormones. It is the reason men are men & women are women. Women do have some testosterone but not in the amount needed to put on tons of muscle. Two, getting big is not something that happens overnight. If you get big overnight let me know the secret! The men that you see lifting with large amounts of muscle have put in years or hard work to look that way. What about the large women in magazines? You have to realize that those women are injecting large of amounts of drugs to look that way. So, in reality they are women turning themselves into men. In the next issue I will reveal some of the benefits of lifting heavy for the female athlete. Until then, put some weight on the bar & let's prepare to dominate the Iowa Conference. Remember, knowledge isn't power, applied knowledge is power!

### Final Thought

Association: In my high school weight room there was a sign that read "Show me your friends & I will show you your future." I never fully got that idea until I got into coaching and noticed the correlation between groups of people who train together and hang out together & their progress in the weight room and in athletics. It is a simple concept really-choose people who train hard and live the right way, and you will begin/continue to do the same thing. Choose those with poor attitudes and make poor choices and you will soon do that as well. Attitudes are infectious, good or bad, and those you choose to surround yourself with will soon share the same attitudes as you, & vice versa. That may mean that you will have to choose the road less traveled but that is exactly why there are so few very successful people today!

**SHOW ME YOUR FRIENDS AND I WILL SHOW YOU YOUR FUTURE**

## **CENTRAL STRENGTH-TRAINING: REDEFINED**

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