

Rakkasan Raiders

"The greatest danger for most of us is not that we aim too high and miss, but that we aim too low and reach it." In my opinion this is one rings true for many athletes here at Central. We are setting our goals too low, and then when we reach them we become satisfied, and that is where we run into trouble. It is important that we never become satisfied with where we are at, or with what we are doing.

The human body is capable of incredible things, the human mind is capable of incredible barriers. As we continue to ask more from you in the weightroom it is important that you continue to build the strength of your mind as well. Continue to set your sights ever higher never being satisfied with what has been done in the past. Don't let mistakes become roadblocks, because you never truly fail until you don't learn from these mistakes. It is essential that we approach every training session and game with a new found confidence in ourselves.

Doubt is a killer, do not allow doubt to dictate your goals, if anything was possible what would your goals be? Guess what. ANYTHING is possible! So, to borrow a phrase, "AIM HIGH", for it is okay to miss but it is failure to not reach at all.

Central Nutrition

We're Going Grocery Shopping

There is one main rule of eating--whatever you buy, or whatever is laying around your house, you will eventually eat. Therefore grocery shopping is one of the most important things you will do in a week. I have run into a lot of your at the grocery store and most of you look confused and lost. Here's the road map-Rule #1: Shop the perimeter of the store. This is where you will find the produce, meats and dairy products which brings me to Rule #2: Stay away from prepackaged food, generally speaking. These foods like, chips, premade frozen foods, etc are made with tons of preservatives to increase their shelf life. While this is a great idea for the company it is a horrible idea for your body. Companies will use things like hydrogenated oils (the absolute worst kind of fat) to preserve foods while compromising your health. Rule #3: Go shopping at least once a week. If you can survive on less than that then chances are you are eating far too many processed foods and/or not eating enough. Most healthy foods will go bad within a week because they are fresh and natural. Rule #4: Make a shopping list before you go. This will eliminate all the impulse buys once you enter the store and ensure that you get quality foods. Apply these 4 simple rules and you are on the right track!

HARTSHORN'S HALLOW

Stress Management

So now we know that all stresses affect our body, but how do we minimize the amount of damage that stress does. The first way is to reduce the stressors in life, but that isn't always easy because you do have to go to class, and lift weights, and have relationships. One technique that you can use to deal with stress is visualization. Sit in a quiet, relaxing place and visualize yourself doing well and succeeding. Spend a few minutes each morning or evening, maybe while drinking some warm green tea. Light massage also helps reduce stress, this is not the time to use deep tissue massage with a tennis ball, but instead get a superficial back or full body massage. This will relax your muscles and allow you to decrease stress levels. Music can also be a great stress reliever, find music that is soothing to you and schedule ten or fifteen minutes each day to kick back and listen to it. This would also be a great time for some light self massage. Whatever you do to help cope with stress, make sure and find some time for yourself. Schedule a few minutes each day that you can do one of these things or just do something for yourself. Otherwise as the stress builds up, the body will begin to break down.

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Strength Training & The Female Athlete: Part 2

In the last issue I squared away some of the false rumors concerning females and heavy lifting. Now I will go over some of the benefits of lifting heavy for the female athlete. First, by lifting heavy a female can increase the density of her bones which should be a concern of every woman with osteoporosis running wild in the U.S. There was a study done in which 10 year old girls lifted weights for a period of 8 weeks and managed to double their bone density in this small time frame. Another benefit of weight training for females is that by increasing their lean body mass they can increase their metabolism. This means that they can burn more calories at rest, something I know most women will not argue with. You see muscle requires calories to maintain even at rest where adipose tissue (i.e. fat) just sits there requiring no extra calories to maintain. So, simply put the more muscle you have the more calories you burn. This brings up another point, and I know this is a touchy subject for some, but ladies please stop watching the scale expecting for your weight to decrease it is probably not going to happen if you train with weights intensely. You see as you become leaner replacing body fat for lean tissue your weight will remain the same and may increase unless you have a lot of body fat to lose. Muscle weighs twice as much as fat but takes up less space so you will lose inches but your bodyweight may increase. These are by no means the only benefits of lifting heavy but are two of the more important. Knowledge is not power, applied knowledge is power.

Final Thought

Failing Forward: This may sound like a contradiction of terms but that is far from the truth. Failure can be a great thing for you so long as you know how to respond to it. Failure is simply the fertilizer that allows us to grow, both as athletes and people. "The difference between average people and successful people is the perception of and response to failure" -John Maxwell. Some people fail and then blame it on someone else the circumstances and thus become a failure. Other evaluate the situation and learn from it. They use it as an opportunity to grow and get better. We shouldn't fear failure but rather welcome it when it happens. Remember one main thing, there is a huge difference between being a failure and failing. Everyone fails but it is your response to it that determines whether or not you are a failure. Fail Forward & Grow!

FAILURE IS SIMPLY THE PRICE YOU MUST PAY TO ACHIEVE SUCCESS

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