

Rakkasan Raiders

This weeks Rakkasan Raider column is going to be a change from the motivational section that it normally is, this week I am going to give a history lesson. The Rakkasan Raiders got their start in 1941 at Camp McCall North Carolina. They were moved to Ft. Campbell Kentucky following WWII. Rakkasan means falling umbrella in Japanese, and got this name after parachuting into Japan in WWII. The Rakkasans have been involved in every major conflict since WWII including the infamous Hamburger Hill. This fine group of fighting men continue to build their legacy today, later this year they will start their 4th tour of duty in the war on terror. Many of the men in the unit have been present for the majority of these deployments. These men are roughly the same age as many of the athletes here at Central, and have many of the same dreams. They confidently go forward to fight on behalf of this country, and on behalf of you, all they ask is this. Do everything with a purpose, don't take anything for granted, and expect nothing less than the best from yourself. These men are doing a their job and doing it well, if you compare your life to theirs you should realize that you have nothing to complain about, and not a single excuse as to why you are not giving your all in everything you do.

Central Nutrition

Going Nuts

Looking for a healthy snack? Well, your best option may be nuts. Now before I go any further let me note one main problem. As with everything else in the American culture we take something that is good for you and then make it horrible be either drowning it in salt, putting a ton of chocolate on it or putting it in unhealthy candies and cakes. What I am talking about here are dry or roasted nuts such as almonds, walnuts (the top 2), cashews, Brazil and peanuts. These nuts contain great sources of protein & healthy fats. Remember, we need to eat more than 3 meals/day so we need to find ways to add in snacks to keep our metabolism high as well as provide our body with a constant stream of healthy calories to help us recover. In addition to this the American diet is extremely deficient in healthy fats (yes those two words can be seen together). We need higher levels of mono and polyunsaturated fats and nuts are one of the best places to find these. Try and get at least one serving of nuts per day. It is best to buy them in bulk because they can get pretty expensive otherwise. A solid serving size would be 15-20 nuts per serving along with another protein source and some dried fruit. So, get your nuts and improve your health & recovery.

HARTSHORN'S HALLOW

Sleep Well & Recover Well

We need quality sleep for a few crucial reasons. First, it is the optimal time for growth and restoration. The secretion of growth hormone reaches its peak during deep sleep and blood supply to the muscles increases. Quality sleep also improves immune system function, sleep deprivation makes you more susceptible to colds and infections. It is also during REM sleep that neural pathways are developed that lock newly learned information into your long-term memory. Creating an optimal sleeping atmosphere helps to encourage quality, deep sleep. First, create a space that is completely dark, and quiet. If you feel that some noise is helpful then a fan or soft classical music playing in the background might help. Also, keep the temperature down, science tells us that 65°F is the optimal temperature to sleep at. Make sure and have a comfortable pillow and wash your sheets once a week. A few tips on getting good sleep are to first make it a priority, it also helps to keep a regular sleep schedule and to create a bedtime ritual. Avoiding alcohol, caffeine, nicotine and exercise prior to going to bed will also help induce quality sleep. Make sure that you are doing these things so that you can get your recommended 8-10 hrs of sleep a night

Foundations of the haus Complaints of a Strength Coach

I have seen many things over the past couple of weeks that have disturbed me greatly. Because of that this issue's column will be used not for education but just for my own stress relief. Keep in mind that this is for humorous puposes only but the sad part is that there will be a lot of truth in this issue, and those of you reading this will know who I am talking about. My number one complaint is men who feel the need to shave any body part besides their face. Fellas, there is nothing wrong with being a man! Somehow there is this social stigma today that a man should shave his chest, legs, etc. Stand strong men! Don't give in! Besides, all the money you will save on shaving supplies can be better used to buy protein! Next on the list is guys who put more focus into their bicep work than posterior chain work. Guys, biceps will not do crap for you when you get on the field or court! I hate to be the one to crush your dreams but you have to make a decision whether you what to look good or play good! Females are not exempt for my complaints either. Ladies the weight room is not a social hour! Get in, do the work, and get out! I have had to break up several female groups in the weight room over the last month. Also despite my efforts to clear this issue up. I still have females say that the weight is too heavy, yet they smoke it! Then when I tell them to put more weight on they roll their eyes! If you just want to tone your body then do it on your own time! If I am coaching you you will work hard, get stronger, and lift heavy weights! Rant over

Final Thought

I just finished a trip with the Central Softball team and in doing so I had the opportunity to learn from one of the greatest coaches around, Coach Wares. Of most importance was the idea of team cohesiveness, the most critical component in a team's success. Coach Wares is the master of creating this and he does so by making sure everyone knows their role and makes them well aware of how important their role is to the team's success. Ego's and selfishness can kill a team. An athlete who thinks they are bigger than the team has no place playing a team sport. Coach Wares creates an environment where every athlete accpets their role (pinch runner or a starter) while still aspiring to get into a starting role. No individual, regardless of ability, is bigger than the team.

WINNERS HAVE SIMPLY FORMED THE HABIT OF DOING THINGS LOSERS DON'T LIKE TO DO

CENTRAL STRENGTH-TRAINING: REDEFINED

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