

Rakkasan Raiders

We are fast approaching the end of the spring semester here at Central. All of the teams have been working extremely hard this spring in preparation for their seasons this fall. I have always felt that spring sports have the advantage of having the fall to prepare here in the weight room, while fall sports have to leave school for the summer. Just about everyone would admit that the training environment offered here at Central cannot be duplicated in any other weight room. This is why it is so important to remember all of the things that you have learned here in your lift group in order to take them with you for the summer. If you will not be staying with us this summer you have a big hill to climb in the next few months. You are the one that will have to make the decision to do the extra rep, run the extra yard, or do the final drill. There will not be anyone looking over your shoulder encouraging you to push yourself past what you thought was previously possible. It is important to remember that your true character is measured when no one is watching. The test is fast approaching, next fall will be here before you know it. Continue to build upon the foundation that you have laid this spring. Central Strength is only as good as YOU make it.

Central Nutrition

Breakfast

This is supposed to be the most important meal of the day, right? That is what our parents always told us when we were younger but they forgot to tell us what we actually need to eat. Peanut Butter Captain Crunch with some milk is NOT breakfast. Neither is wasting your meal plan on a scone & some coffee not matter how sophisticated you THINK you look. Realize that by the time you eat breakfast your body has gone at least 8 hours without anything in it. Therefore you are in a starvation mode. If you skip breakfast and don't eat until lunch then you have gone another 5 hours without fuel for recovery. The solution: breakfast should be one of your 2 biggest meals of the day! It should include fruit, a good carb source (wheat toast, Total cereal, Grape Nuts etc), protein source (eggs, milk, yogurt etc) as well as some fluid (water, 100% juice, green tea). This is also an opportune time to take your multivitamin/mineral complex. As far as calories is concerned a female should consume roughly 250-350 calories and a male 450-550 calories. A cup of Grape Nuts, 1 cup milk, 6 egg whites, 1 whole egg and a banana will give you 550 calories. A solid breakfast has been shown to increase cognitive awareness and also provides you the energy you need to recover and perform.

HARTSHORN'S HALLOW

Alcohol

We are all taught about the negative effects that alcohol has on our body starting in about fifth grade, but seldom do we here about the negative effects it has on your ability to train and perform. Alcohol enters the blood stream very quickly and at high concentrations, the blood then distributes it into every cell of your body, including muscle cells, where it causes damage. This leads to more muscle soreness after workouts and competition. Alcohol also severely suppresses the rapid eye movement (REM) that should occur during your deep sleep cycle, this means that you cannot get fully recovered and you are more fatigued. It also depresses the immune system, which is probably already depressed due to intense training. This combination will lead to more colds and viruses, hampering your ability to train. Extremely low levels of alcohol decrease psychomotor performance (coordination, sensory processing), this means that even if you "feel" fine, your body is going to process every movement a little bit slower which could lead to injury. Alcohol also decreases protein synthesis, which means that all of the protein you strive to ingest can't be utilized by the muscle cells, and it decreases testosterone and growth hormone production, two key chemicals in strength training. You might think that none of this applies to you because you only drink on weekends, well science tells us that alcohol molecules stay in our blood and effect our training for 3-5 days. This means that drinking on Saturday will effect your performance through Thursday.

Foundations of the haus

Final Thought

One of Kenny Rodgers' more famous songs is called The Gambler. In it he sings, "Every hand is a winner and every hand is a loser." This statement is true of sports teams as well. Every single person has the ability to be a winner and win. Also, every person has the ability to be a loser & lose. Each of us have been given our own hand of cards to play; it's called our life. Every aspect of your life will determine your overall success. You can't be a winner one place and a loser another. It boils down to the choices you make and the people you decide to surround yourself with. Sometimes you may think you have a bad hand and fold, giving up. Others of you who have embraced the idea of making the most of your life will go all in and make the most of what life has given you. Basically it is your choice in the end & no one else's. You must learn to play your own hand.

A WINNER MAKES COMMITMENTS, A LOSER MAKES PROMISES

CENTRAL STRENGTH-TRAINING: REDEFINED

day.