

Rakkasan Raiders

The Rakkasan Raider column is entering its 3rd year, and during the course of those 3 years I have managed to not once write a column that directly attacks anyone or any group on campus. Well, I have decided to allow that streak to come to an end. I am tired of athletes who feel that they have earned something. Far too often we see and hear athletes who feel that because of what they did on the field or in the weight room has earned them the right to act or be treated a certain way. There is a saying that says "respect the man **not the position.**" This means that no matter what position you hold and no matter what you did to get there, you will always need to continue to prove that you are in that position for a reason. Far too often people feel that they "have arrived", and it is at that point that they no longer deserve the respect that their position holds.

Yes, you did do something to earn your spot on the team, but the second that you get that position you have to start all over again proving why you deserve to keep it. If you are satisfied and stop working harder than everyone else, you are in trouble; because while you are resting, they are training, and while you are complaining they are getting better and when you meet them...you will lose.

Central Nutrition

Top Of Their Class

The following are the top foods in each nutritional category!
Protein: Lean red meat (93% sirloin). In addition to being packed with protein, it is low in saturated fat and extremely high in zinc (something most athletes are deficient in). 2nd Place = Cottage Cheese
Carbohydrates: Whole Oats-found in good cereals/breads as well as in the original state, oats are full of soluble fiber, natural/healthy fats and have anti inflammatory properties. 2nd Place = Quinoa
Fats: Fish Oil-this was an easy one. Found either in cold water fish or pill form these oils actually stimulate fat to be burned as fuel, decrease joint pain, and improve carbohydrate tolerance. 2nd Place = Flax Oil
Fruit: Prunes-I know everyone thinks these are only for old people but that is far from the truth. They are a good source of fiber, which slows the effects of glucose, and contain 7 times more antioxidants than any fruit & 12 times more than any vegetable. 2nd Place = Oranges
Vegetable: Spinach-it has the highest forms of vitamin K available, it contains phytochemicals which help combat disease, specifically cancer and protects the brain from oxidative stress.
2nd Place = Broccoli

HARTSHORN'S HALLOW

Land Before You Jump

Knowing how to land properly is a critical skill that has to be taught and practiced. If you watch a baby, it will climb up onto the couch and jump off long before it will ever jump up onto the couch. Just like babies, athletes have to learn to how to land before they can safely jump. The reason for this is that the most common mechanism of knee injury is non-contact landing from a jump. It is important to practice landing with both legs and single legged because most of the time in sport you are landing on a single leg. With practice, this skill can be improved just like a sport skill. When landing, you first have to focus on is being soft and quiet. If a person is to turn their back to you, they should not be able to hear you land. To accomplish this you have to bend your knee and sink your hip. Your feet will make contact with the ground in a toe-to-heel pattern, but you will end up with your weight distributed evenly across your feet, your knees bent and your hips low. This will put you in a stable, athletic position. When landing you must resist rotation, do not allow your body to rotate at the knee, hip, or torso. This is critical to a safe landing. Practice these tips to keep your knees healthy.

Foundations of the haus

Training Partners

For this issue I am going to take a break from my usual training toolbox and talk about something that I believe can take you much farther than any training tip or technique. I am talking about the importance of a good training partner. Like so many other things in life, the right partner can elevate you to levels you never dreamed possible. However, the wrong one can drag you down and will never allow you to reach your full potential. My attitude on training partners is a little unorthodox, to some who read this maybe even a little sadistic/psychopathic, but we all know that I am a little strange so let's move on. I believe the relationship of training partners is love/hate. I enjoy spending time with my training partners and I consider them good friends outside the weight room. When we lift together all that is out the window, and the other side of the relationship comes out...I hate my training partners. All I can think about during the workout is burying them. I want to take them out to deep water and drown them. And when they ask for a life jacket, I'll throw them a boulder. That's the psychopathic part, the sadistic portion is that I demand to be treated the same way. If I'm having an off day, I expect them to bury me. In the end of the day I want them to say "I'm never working out with Niehaus again! I can't handle it, he's an animal." Fortunately my current partners are just as sadistic as myself so we are still partners. This is not always the case though, if someone cannot hang give them the boot. Do not allow them to pull you down to their level. This attitude is not for everyone. Remember, Knowledge is not power, applied knowledge is power.

Final Thought

Good is the enemy of Great! Why is it that we are content with just being good at something? Why is it that we are afraid to aim high? It appears to me that too many times we are afraid of failure. We would rather aim low and hit our target than aim high and miss. To me this is a disastrous approach and one that will leave you unsatisfied. "In order to succeed greatly you have to sacrifice greatly" and therein lies the problem. Some people would rather go thru the motions and settle for average then do the thousands of "little things" that surround us, and become great. That is why there are so few great athletes in this world. Everyone knows what it takes to be great but not many are willing to do it. Every team at Central College has the ability to become great. Attack every facet of your life, continue to refine it, and greatness will happen.

GREATNESS IS NOT A FUNCTION OF CIRCUMSTANCE. GREATNESS IS LARGELY A MATTER OF CONSCIOUS CHOICE.

CENTRAL STRENGTH-TRAINING: REDEFINED

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