

## Rakkasan Raiders

There is a saying that goes "the true measure of a man is what he does when no one is looking". In the weight room we will often run into athletes that present themselves one way to their coach and then we find out that the person we thought they were was not who they really are at all. If you fall into this category the only one you are fooling is yourself. A lot of athletes like to talk about all of the good things that they are doing to improve. When in all actuality they are only telling us what we want to hear. This act is no better than skipping your last rep when no one is watching, you have fooled everyone into thinking that you are getting better when in fact you have just become worse. Everyone has heard the old adage "nothing is worth doing half way". This "nothing" means everything. Everything that you do is worth going all out for. When we combine these two thoughts we become the person that is willing to do the right thing all the time, no matter who isn't watching, and they are willing to give 100% while they do it. If you are unwilling to do either or both of these things, you are wasting many peoples time including your own. The best part is that it is never too late to commit to something and change your old habit of cheating yourself and those around you. Keep commitments to yourself.

## Central Nutrition

### Meals Between Meals

The majority of athletes simply do not get enough calories each day. This goes for males and females alike. One way to combat this is by consuming solid "snacks" throughout the day. When we say snacks, we really mean smaller meals. It is important to eat something every 2-3 hours. This keeps your metabolism levels high, stores less fat as fuel, balances blood glucose levels as well as keeps a constant stream of solid nutrients coming in to your body. This is a great time to pick up two nutrients that most athletes are deficient in anyway: protein & fruits/veg. Here are some solid snacks to have between meals:

- \* Promax Bar with 2-3 pieces of fruit & green tea
- \* Trail Mix, Kashi chips & dried fruit (prunes, raisins, apricots etc)
- \* Turkey sandwich on whole wheat bread & small salad
- \* Cottage cheese, bagel & fish oil pills
- \* Granola bar(s) & string cheese
- \* Favorite liquid supplement with peanut butter
- \* Yogurt, bowls of cereal & peanut butter w/ celery

Adding in healthy snacks between each one of your main meals is one of the best ways in helping fuel your body and speeding up recovery.

## HARTSHORN'S HALLOW

### Inner Unit Training: Set Your Core

When we talk about the inner unit we are referring to the deep musculature of the torso, specifically the pelvic floor, transverse abdominus, and the multifidus. These are all muscles that need to contract to stabilize the lumbar spine and prevent injury. When these muscles contract, the spine is put into a neutral position, where it is most stable and most able to handle external forces. This becomes critical while squatting, jumping, twisting, hitting, throwing etc. Almost every movement will be safer and more efficient if the inner unit is activated. Many athletes don't know how to fire their inner unit, and that is why we spend a few minutes every training session learning how to "set your core". Setting your core is simply activating the inner unit. We use movements such as the draw-in crunch, full dead bug, and prone draw-in to teach athletes how to fire their inner unit. Over time, after learning how to fire the inner unit, it will become second nature and your inner unit will fire automatically, whether you are under the squat bar, on the playing field, or moving in daily life. The inner unit is often referred to as nature's weightbelt, because it acts in a similar manner to stabilize the lumbar spine.

## Foundations of the haus

### When In Doubt Attack, Attack, Attack

Attack has become our motto amongst the staff and the athletes that we train. However, Attack is more than a word that looks cool on the back of an off season lifting t-shirt. In this issue I will put to rest a problem that annoys the crap out of me. Athletes who are timid and lift weights like they are afraid they will break something. Last issue I wrote about how I hate my training partners. Well, it will work for the weights as well. You have to have a burning hatred for the weights. When you are getting mentally ready for your workout you are preparing for a battle. That weight staring back at you does not care if you are tired. It doesn't care if you are sore. It doesn't care if you are ranked eighth in the country or eighty-eighth. That weight takes no prisoners and will bury you in a second. You have got to get your mind right, you have got to attack, attack, ATTACK. Only two things are going to happen, that weight is going to destroy you or you are going to destroy it. Do not be naïve, with the weight there can be no compromise there can be no middle ground. It is black and white, victory or defeat. The more I look at a weight the angrier I become. I look at the bar and its laughing at me, I look at the bar again and it's not heavy enough, I look again and the fear starts to creep in and I wonder if this weight is going to drag me to a chalky death. The anger and the build to the point where I have two options, let it consume and paralyze me, or unleash it back into the soul. So when your preparing for that squat attempt and a coach is yelling attack, attack, attack, grab that bar sh the crap out of it, and give that weight a ride. Knowledge is not power, applied knowleged is power.

### Final Thought

I recently read a book called "Man's Search for Meaning" by Viktor Frankl who was a psychologist thrown in a concentration camp and survived unimaginable conditions. During this time he was fed only soup broth & a piece of bread each day and forced to work continuous manual labor jobs digging trenches. Obviously he was challenged physically but he said it all starts with your mind. Basically he sites 3 ways we come about meaning in our lives. (1) By creating a work or doing a deed (2) By experiencing something or encountering someone (3) By the attitude we take toward unavoidable suffering. It amazes me how much he endured by simply realizing the power of his attitude. That is where it all starts. Just when you think you have it bad there is someone who has it worse. No matter what happens to us, no one can ever take away your attitude-guard it with your life.

**HE WHO HAS A "WHY" TO LIVE CAN BEAR ALMOST ANY "HOW"**

# **CENTRAL STRENGTH: ATTACK**

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