

Rakkasan Raiders

Take the words "genetic freak" out of your vocabulary and substitute the words "hard working, committed, and focused freak" and you will have removed one obstacle to doing things you never thought possible. Too many athletes sell themselves short and never realize their full potential. Much of this can be contributed to mental weakness and excuse making. The mental zone in which you have to train to achieve the impossible is one where you are constantly asking yourself "can I make it through this?". Unfortunately many athletes are never able to find this zone because they are in the bad habit of making excuses either to others or themselves on why they are unable to do what is asked. As mentioned the other roadblock in achieving the impossible is mental weakness. The real measure of mental is when everything, including your own mind, is telling you to stop but you keep going. The people that have the most success in life are not always the most talented ones. More often than not it is the people who are just willing to out work everyone else, and stay so focused and so committed that they are willing to do anything to achieve their goals, no matter how much it hurts. When a man says 'I cannot,' he has severely weakened his power of accomplishment.

Central Nutrition

Breakfast Cereals

Cereal has the potential to be one of the best choices for breakfast & at the time can be the worst thing you eat for breakfast. There are literally thousands of choices, however a majority of them are no more than glorified candy bars or snacks and offer very little, if any, nutritional value. In some cases you are better off eating the box it came in because the box would have a greater nutritional content. Here are some answers:

Green Light:

Total Cereals

Raisin Bran

Mini or Frosted Wheats

Grape Nuts

Granola

Oat meal

The green light cereals are packed with quality carbohydrates and packed with fiber as well as vitamins and minerals. The red light cereals are full of sugar and white carbohydrates which provide no nutritional value and in some cases slow or deter your recovery process.

Red Light:

Lucky Charms

Cocoa Puffs

Frosted Flakes

Cinnamon Toast Crunch

Fruit Loops

Fruity Pebbles

HARTSHORN'S HALLOW

Why Do You Need To Continue To Lift In-Season

The body is highly adaptable and it will adjust to the current demands being placed on it. The body responds to those demands (stresses) using the General Adaptation Syndrome or GAS. There are three stages to GAS. First, the shock stage, this is the soreness that you get after a heavy lift or a new exercise. The second stage is the resistance phase where the body adapts to the heavier stress and continues functioning normally, this is "supercompensation". The third stage is the exhaustion phase and it occurs if you stress the body to the point that it can't adapt. We don't hit this stage in training because of our periodized training. So, by continually stressing the body and allowing it to adapt you get stronger. The exact opposite of this is de-training. This starts to occur within 2 weeks of stopping training. Your body will adapt and get weaker if it is not continually being stressed to a higher level. Strength levels can actually decrease to the level of pre-training within a few months. So if you have gained 75lbs on your squat during the off-season you will begin to lose it within two weeks and it will be completely lost within a few months of detraining, just about the same time playoffs start!

Foundations of the haus

Consistency of Training

An athlete asked me today when their team is going to start lifting again. I was not in a good mood and so I told them that "if your team is only going to train four months out of the year then there is really no point in training at all." This person did not take kindly to my comment. Too bad. If you do not want an honest answer then do not ask me a question like this when you or any of your teammates has not sniffed a weight probably sense last May. A significant detraining effect takes place after 2 weeks of non training. You can imagine what kind of effect occurs after 6 months. I understand that off season training is valuable as a team builder, so is gathering around the fire singing "Koombyah" you will be getting just as much out of it and not wasting your time lifting 4 months of the year. Its funny to me how the attitude toward training changes once the inseason rolls around. During the offseason all we hear is "coach, I need to get faster, coach I need to get stronger, etc." During the offseason we are great, every athlete loves us, we are the saviors of the team. During the inseason we are the scourges. "I can't lift inseason I'll get too sore." You would not be sore if you actually trained during the summer! The decision is in your hands. If you want to commit to training we will be here and we will coach our tails off trying to get you to reach your goals. If not, don't waste our time or yours. We will work with athletes the want to win. Remember while you are being pansies, someone is working hard and when you meet they will kick your tail.

Final Thought

Little things over time make a huge difference. I am constantly obsessing about little things in my life, and in the lives of athletes, that can be changed. In lifting and life there are very few big picture things that we can change but there are thousands of little things. It's eating breakfast every day, reviewing your notes for class every day, it's staying in touch with friends as you continue to grow. Take a hard look at your life and try and find simple, little things that can be changed and do it. Consistency is the next component. Once you find those little things then you need to become consistent with it. Changing habits for 1 week isn't enough, it takes time to see significant change. It is not one extraordinary effort but a cumulative effect of many small ones that creates champions!

TO GIVE ANYTHING LESS THAN YOUR BEST IS TO SACRIFICE A GIFT

CENTRAL STRENGTH: ATTACK