

Rakkasan Raiders

As the regular season for many fall sports winds down and we begin to focus on the playoffs I want to use this issue to reflect on a few things that I have noticed this year. Overall I have been very impressed this year with how hard many of the teams are working. The teams that have dedicated themselves to strength and conditioning have continued to find success. The thing that has stuck out the most this fall is the concept of 'team'. I have spent the past 4 1/2 years in the Central College weight room and this year more than any other, the team truly does come first. We have seen many athletes put aside personal feelings or problems for the betterment of the team. Ladies and Gentlemen, this is a true measurement of success. When we are able to look past ourselves and focus on our team, and being successful as a team as opposed to an individual we have reached the right mindset. Central College is beginning to reclaim it's spot on top of the Iowa Conference in all sports. Seniors, you have all done a phenomenal job leading your teams by example. If there is one thing we have here at Central is people that know how to work hard. You are a special group that has laid the foundation for years to come. The best part about the fall sports season...it is not over. We are Central College, We are Central Strength, remember what got you here... **ATTACK EVERYTHING!**

Central Nutrition

Taking Antibiotics Like It's Candy

Tis the season when athletes are exposed and contract many illnesses. A lot of this is a combination of physical stress, emotional stress and the exposure to many other people. During this time we often get sick and think the best place to turn is your local doctor. This is a generalization but they may be the dumbest smart people I know. More times than not they simply give you a pill (typically antibiotics) and send you on your way. Herein lies the problem-antibiotics are way over prescribed by doctors. First of all if you have a virus (many illnesses are viral not bacterial) antibiotics won't do a darn thing but harm. Antibiotics also kill the healthy bacteria that is in our gut so if you do take them be sure to follow it up with some probiotics afterwards. After awhile antibiotics stop working simply due to bacterial resistance-this is where the bacteria evolves thru natural selection and becomes harder to kill. We are compounding the problem by strengthening bacteria when, in reality, we don't really need the antibiotic. Obviously consult your physician if you are sick but don't be afraid to ask them the hard question-do you really need it. You never know there may be a time in your life where you really do need it but the bacteria has become too strong to kill off.

HARTSHORN'S HALLOW

Why Do We Break Our Yearly Training Into Phases

If you haven't noticed already, our training throughout the year is broken down into different phases. Using a fall sport as an example, we typically have a post-season phase from the end of the season through Christmas break, a winter phase from the end of break through spring break, a spring phase from spring break through the end of the school year, a summer phase from the start of summer until fall camp starts, and an in-season phase. The reason that we do this is because we want to focus on different aspects of our athletic development at different times throughout the year. It is very difficult to increase your maximal strength, lateral speed, linear speed, explosiveness, conditioning, sport specific skills, and muscular size all at the same time, so we have different top priorities throughout the year. For example, in the winter phase we focus on general physical preparedness (a type of conditioning) and maximal strength. During the spring we focus on max strength and speed, and during the summer we start to transition into more sport-specific skills and drills and conditioning. In-season is when we try and peak our strength for big competitions such as conf. tourneys, national tourneys and playoffs.

Foundations of the haus

Has Coach Niehaus Finally Reached the End of His Rope?

You know sometimes I feel like the demands of this world are too much to handle. Sometimes I feel like driving my car into a bridge embankment, or maybe jumping out of a window. I find myself feeling this way when someone mentions sports specific training. Honestly, it makes me want to gouge out their eyes. I cannot take this anymore, I feel I should, check that, I MUST set the record straight when it comes to training. I hate to break it to everyone but there is NO SUCH THING as sports specific training. An athlete is an athlete. It doesn't really make any difference whether they play football, basketball, or soccer. The general methods of training will remain the same. I challenge you to name one exercise that is only beneficial to one sport. It can't be any. You want to know the secret to successful program design? Warm up, explosive and maximal strength development, some type of flexibility work, an intense, never say die attitude, and consistency. That's it! That's all you need! Take your bosu ball and shove it! What about all the core strength I'm developing with this trendy pansy exercise? Core strength is worthless without total body strength to back it up. "Way to go Timmy, you spend more time on your back than on your feet but man your core is locked in as you get steamrolled for the 100th time!" Keep your bosu balls and 5 lb weights, I'll take my bumpers and power racks any day. A warning if you ever come up against my athletes- have a lot of stretchers on hand because it is going to be a long day.

Final Thought

You are where you are because of the decisions you have made. It is always interesting when someone asks, "Why did this happen to me?" or "Life isn't fair." The reality is we are accountable for the decisions we make and those decisions put us in our current state. There is no such thing as bad luck. The interesting thing about life, and lifting, is that you get what you deserve most of the time. If you surround yourself with good people, work hard, eat right, eliminate distractions then typically good things will follow. If you don't like where you are then you must make a conscious decision to change your attitude, which in turn changes the outcome of your decisions. Everyone has the power of choice and the decision to change. Embrace that power and good things will soon follow.

YOU MUST BE THE CHANGE YOU WISH TO SEE IN THE WORLD

CENTRAL STRENGTH: ATTACK