



Rakkasan Raiders

For the past 5 years Coach Tim Bates has written this column. It was named after his unit in the army. Coach Bates has moved on in search of his lifelong dream of serving in the FBI with even larger hopes of being apart of the prestigious Hostage Rescue Team. During his time he inspired all of us to dig deeper, train with our heart, never quit, come together as a team & to be better people. His service to Central Strength has been beyond powerful. The problem though is that many of you don't know half of his story, myself included. He is very private, always caring for & helping others; he was a modest team oriented man. In high school he was a Gold Gloves boxer, finishing 2nd Nationally & was offered full sponsorship by Adidas. He choose another route, one of service to our Country. He joined the Army serving 3 years in Afghanistan. During his service he was wounded & awarded a Purple Heart. Choosing to stay he fought in Operation Anaconda (the largest air assault since Vietnam) where he was awarded the Bronze Star for Valor by going back after the wounded. The bottom line is that Coach Bates cared little for his accolades. All he cared about was those around them; he was the epitome of TEAM. He knew the power of team, belief in one another & he never quit or let anyone else. He changed so many lives here, mine included.

Central Nutrition

Stock Up Your Dorm Room

Now that everyone is moved in and unpacked it is time to go grocery shopping and stock up the dorm fridge. Your 3 meals/day at Central Market are not enough to feed the machine of performance enhancement. It is imperative that you eat 5-6 meals throughout the day rather than 2-3 larger meals. By eating every 2-3 hours you will accelerate the recovery process, which means you will be stronger, faster, and have more energy for your next training session or practice. This means everyone needs to eat breakfast, lunch and dinner plus two or three other meals throughout the day. Each meal needs to include healthy sources of protein, carbohydrates, and fats. Here is your shopping list...

- Protein** - milk, yogurt, cottage cheese, tuna, lunch meat, Promax bars
- Carbs** - whole wheat bread/cereal, granola bars, trail mix, fresh fruits and vegetables, dried fruit, oatmeal
- Fats** - natural peanut butter, mixed nuts, fish oil capsules

Many of these foods can be taken with you to classes, meetings, or other activities. The key to nutrition is always planning ahead and being prepared.

RAMIREZ'S RAMPAGE

A New School Year

A new year has arrived for the many new and returning Central athletes. It is time to strap on the shoes and equipment and go to war! For many this is a new beginning, for some it is a continuation of where we left off last year. Now is the time to start out strong, to set our goals high, and to charge forward to meet them. We must lead by example and strive for perfection in everything we do. It is too easy to meet the small goals and become complacent with our accomplishments. Never settling for less than our best and always endeavoring to reach our highest goals will prepare us for the years ahead. Each and every day that we enter the weight room or practice field we need to be ready; ready to give our all in training as well as in practice; setting ourselves up to give our all in every aspect of our lives. Doing the small things and doing them right help us to prepare for the bigger, greater experiences that will happen in our lives. As David Ogilvy said, "Don't bunt. Aim out of the ballpark." Think about where you are aiming now and whether or not you need to adjust your swing. **DOMINATE & DESTROY**

PAJA'S PRINCIPLES OF POWER

No Need For Style Points

Have you ever thought about the shoes you wear to lifting? I bet you have. I bet you even have a pair that you have solely deemed your "training shoes". The question is, how did those shoes earn that renowned title? Is it because they are enhancing performance? Are they good for lifting? Safety? More often than not, this is not the case. The main reasoning behind the madness is usually comfort and looks when one selects their shoes. This is a problem, especially since we train with free weights here at Central. Proper footwear is important. Nike Shox = garbage. When we lift weights, all the force produced under the bar should contribute to moving the weight from point A to point B. The soles of running shoes, such as Shox, absorb and dissipate a large amount of this force being generated against the floor. They may help reduce the impact that causes the chronic injuries associated with running, but there is a time and place for everything and the weight room is not it. Also, perfect balance cannot be assured on an imperfect surface, so you are making it more difficult to control the weight, therefore increasing your risk of injury. To be stable and perform optimally, look for a shoe that fits snug, has an incompressible sole for power against the floor, and provides excellent support. This does not mean you have to be an imposter and buy a pair of Chuck Taylor's or Olympic lifting shoes because you think it is cool, but effective training yields exceptional results. So now, instead of thinking you have to wear them because the strong(er) people do, you'll know why you're wearing them.

Final Thought

What is the biggest decision of your life? Is it be where you will go to college or what your major will be? Those are big decisions but not the most important. The biggest decision you will make in your life is who you surround yourself with, who your friends are. They will determine the type of person you will become, which in turn determines your future. Everything you watch, read, talk about, and do will begin to develop & change you, for better or worse. As we start a new year, new friendships will be forged and lives will be changed. This is a very fun & exciting time in your life but it is also a verty challenging time of your life. If you choose to surround yourself with positive people who have a great work ethic then, in turn, you will continue to grow positively. Choose wisely.

SHOW ME YOUR FRIENDS & I WILL SHOW YOU YOUR FUTURE

CENTRAL STRENGTH: ATTACK