

Rakkasan Raiders

Many of you have mentors and role models who you have looked up to over the years & if you don't have one it is time to start looking. These people can serve as a very powerful support network & help challenge you & grow as you aspire to be like them or better than them. In the Japanese culture they call their mentors "Sensei" which literally means "one who has gone before." They will study under these teachers for decades, learning from them & growing in their trade, typically martial arts. The key here is to realize that they have been where you want to go & know what it takes to get you there. Don't just select someone because they are stronger, faster or more athletic. Select someone who has taken themselves from good to great. Watch them train & interact, study what they are doing-pay attention to detail. Talk to them & ask them questions. Find out what motivates & drives them. Learn more about their lifestyle, their nutrition etc. All of you are surrounded with amazing people (older athletes, coaches, teachers, parents etc) who can teach you some amazing things. Opportunities for growth are everywhere but you have to make an effort to learning. Don't wait, seek out your "sensei" as soon as possible, but be careful who you choose-this is an important decision & shouldn't be taken lightly. **KOUGEKI & HAKAI**

Central Nutrition

Breakfast

Too many of you are setting yourself up for disaster by either skipping breakfast or starting your day by putting garbage in your body. Breakfast is one of the most important meals of the day and should also be one of the largest. A pop tart and Gatorade or a muffin and a cup of coffee are not going to cut it. Since you have been asleep for 8 hours, you start your day in starvation mode. When you wake up you must break the fast. You must eat breakfast everyday. Each breakfast should include fruit, a complex carbohydrate (wheat toast, whole grain cereal, oatmeal), protein (eggs, yogurt, protein supplement), milk, and 100% fruit juice. Females should take in about 300-400 calories and males should take in 500-600 calories. It is also important to drink plenty of water when you wake up in the morning. Even being slightly dehydrated can decrease performance significantly. For those of you who lift or practice early in the morning, you need to eat before you train. You cannot expect your mind and body to perform if you do not have any fuel in the tank. Get up a little earlier and get some protein and carbohydrates in your system before you train. And when you are finished, get to the cafeteria right away and make the most of your post-workout meal.

RAMIREZ'S RAMPAGE

Why Power Athletes Don't Run Miles

As strength coaches we hear every day from many power athletes who have run two miles the previous day. Needless to say power athletes; those involved in football, baseball, basketball, tennis and numerous other sports are not supposed to run miles, but there are many athletes who do not heed this advice. According to the *Essentials of Strength Training and Conditioning*, "...endurance training decrease[s] sprint speed and jump power [as well as decreases muscle strength]" (Baechle 112). To train most effectively, power athletes should be running short sprints at maximal speed with a short time in between repetitions. When following this approach athletes are using their type II muscle fibers during high intensity activities. This means that the muscle fiber develops force and relaxes rapidly, quickly gearing itself up for another repetition. Instead of running those miles, power athletes should continue with conditioning by utilizing variations of sled work, interval training, shuttles, short sprints and pushing the wood. These variations of conditioning will help power athletes train specifically for their sport.

Paja's Principles of Power

Quality vs. Quantity

The Tendo unit is a piece of equipment used to measure the speed of the bar. Strength and speed are among the most sought-after physical qualities in athletics. These two qualities, although thought to be independent qualities, are actually closely related. Strength has been defined as the ability to produce force, or more accurately, the highest force attained at a given speed of movement. This being said, we know the more force we apply to the ground the higher we can jump and the faster we can run. Thus, speed is, in effect, determined largely by strength. We are constantly coaching our athletes to be explosive and move the weight fast. The Tendo unit is important for both us as coaches and for our athletes to ensure that we are being explosive and achieving the particular training objective. With the Tendo we can track speeds and see how it correlates with our training methods. This is important no matter if you are in-season, out-of-season, or in your pre-season. It can be used several different ways to track different data. We all know they can be used on Olympic lifts and dynamic effort squat or bench press. They can also be used for failure prevention, which can be very beneficial for in-season athletes. Failure is very taxing on the central nervous, and when our body's our beat up from competing during the season the last thing we want is to get injured in the weight room. So, if you have the Tendo hooked up and your velocity drops below .35 m/s, we know you have about 1-2 reps left in the tank. By monitoring this, our nervous system doesn't achieve the same fatigue, allowing us to recover faster.

Final Thought

Regret: is there a nastier feeling in this world? How do we deal with it, or better yet, how do we eliminate it? Well, I don't mean to oversimplify it but here is your answer: Do EVERYTHING you know possible to seek & accomplish your goals. If you can do that then you will have no regret. You are not guaranteed anything in life and nor do you deserve anything, you have to earn it & continue to grow as a person thru your accomplishments and failures. You see, there are always going to be successes & failures in life and you can grow from both of those but if you do everything you know possible to accomplish your goals then you can eliminate all doubt. Put your heart on the line, make sacrifices, eliminate distractions, attack the "little things" & seek and destroy your goals.

A GREAT PLEASURE IN LIFE IS DOING WHAT OTHER PEOPLE SAY YOU CAN'T DO

CENTRAL STRENGTH: ATTACK