

Rakkasan Raiders

Absolutely NOTHING is more important than the team & the teams that realize this are by far & away the most successful teams in any sport. Every single person has a role to play and contributes to the success of the team. That includes the freshmen or upperclassmen that don't play on the day of competition. In fact, it is my opinion that the most successful teams have members that know their roles & embrace them. Whether you play or not is not the point because everyone has the ability to add to the environment of the team or take away from it - it is your choice. It is imperative that you have a strong belief in the man or woman next to you and know that they will do your job which frees you up to focus on your task at hand. That is why sacrifice is so important and training together is so important. By doing that you know the man next to you has invested into this program as much as you have, you know he will do whatever it takes to accomplish the goal; WIN. So it doesn't matter what your individual stats are, it only matters if you gave everything you had, you pushed aside your selfish desires and ambitions for the betterment of the team. Believe in each other, Trust each other, Sacrifice for each other, Compete for the man next to you. If you can do that then you will be successful and winning will take care of itself.

Central Nutrition

Making the Most of Your Feeding Opportunities

Every time you step into the cafeteria, you are faced with a feeding opportunity. This is your opportunity to fuel your body in order to achieve maximal mental and physical performance by increasing recovery from practice/training. Every meal you have at the cafeteria needs to include the following 5 things:

1. Protein - chicken breast, turkey, pork, lean beef, fish, eggs, milk, cottage cheese, yogurt (stay away from fried or breaded meats).
 2. Fruits and Vegetables - 10 servings everyday is your goal. broccoli, cauliflower, spinach, peas, sweet potatoes, tomatoes, cucumbers, carrots, green/yellow peppers, green beans, corn, oranges, apples, bananas, plums, cantaloupe, grapes, grapefruit. Eat as many different colors as possible each day.
 3. Carbohydrates-whole grain cereals such as RaisinBran, GrapeNuts Shredded Wheat, whole wheat bread, oatmeal, brown rice, pasta.
 4. Drink containing calories - milk and 100% fruit juice.
 5. Drink containing no calories - water and green tea.
- If each meal contains these 5 components, you are well on your way to taking your training to the next level.

EASTLUND'S ESSENTIALS OF STRENGTH

Functional Movement Screen Part 1 of 2

What is the difference between chess and checkers? In checkers all the pieces move the same, in chess all the pieces move differently. In athletics not all athletes move the same therefore athletes should not train the same way. At Central we do not take a cookie cutter approach that trains all athletes the same way. When incoming freshman arrive on campus they are taking thru a functional movement screen. This screen takes athletes thru different movements that allows us to evaluate the athlete's movement patterns. Thru evaluation we are able to identify an athlete's weak link that might include poor hip flexibility or shoulder flexibility. This allows us as coaches to focus on the athlete's weak link. If this weak link is not identified, the body will compensate, causing inefficient movement patterns. It is this kind of inefficiency that can cause a decrease in performance and an increase in injuries. By identifying inefficient movement patterns we are able to correct compensations patterns and train for a more efficient athlete. In Part 2 I will explain our corrective means to the functional movement screen in more detail.

Paja's Principles of Power

Deload to Reload

Many developmental athletes have probably wondered why we train so heavy even though we are in-season. Reason being, because we can. We know that we can continue to make gains with a developmental freshman week after week. Here at Central our athletes have embraced this mindset and become accustomed to training hard for a period of 6 weeks in-season. After those first 6 weeks there must be a "deload week" of training. The deload is to make you stronger. Some people may take the "no pain, no gain" attitude or something similar that let's their egos get in the way. Sometimes we have to work smarter, not harder. We all know by now that we don't get any stronger in the weightroom, and that lifting weights only serves as a stimulus to become better. It is your lifestyle habits that allow you to recover and become stronger. This is why the little things become so important; nutrition, sleep habits, stretching, massage, managing stress, etc. The manner in which the body reacts to stress has been described by Hans Selye as the General Adaptation Syndrome (Baechle, 514). The first response is the alarm phase during which the athlete may experience soreness. Next is the resistance phase, where the body adapts to the stimulus and returns to more normal functioning. If properly recovered, an athlete will reach the phase of supercompensation. If we do not recover and the stress persists for an extended period of time, the exhaustion phase is reached or we become overtrained. Hence, we need to give our body and mind a break from heavy training and deload to reload!

Final Thought

Are you aware of what is going thru your head as you train? Do you realize that it has as much to do with your success as anything else? Well it is true! Your own self talk is vital to your success as an athlete and in life. Start paying attention to the thoughts that flood your mind thru the day and learn to control and channel these thoughts in a positive way. Often times your mind will try and tell you something is too hard, the weight is too heavy, the test you are going to take is going to be hard etc. Once you realize this type of "self talk" is taking place you can learn to override that system of thinking and start to master your own emotions and thoughts. Start to create positive self talk with words like "compete" "don't quit" etc. If you do this your training & life will be taken to another level.

THE MIND HAS EXACTLY THE SAME POWER AS THE HANDS; NOT MERELY TO GRASP THE WORLD BUT TO CHANGE IT

CENTRAL STRENGTH: ATTACK