

Rakkasan Raiders

The mind is a very powerful thing and influence inflicted by others can significantly improve your cognitive state or severely decrease it. In a study of various POW camps the Korean War produced the largest fatality rate of any other war(38%). Surprisingly enough hardly any physical harm was inflicted on the prisoners. Over half of them died because they gave up. They had surrendered to the enemy mentally & physically. How is this possible? The Koreans employed severe mental tactics to break the prisoners. They were locked in cells all alone, allowed no outside contact or interaction, in some cases they were forced to tell their fellow American what they did wrong to get them in this predicament & allowed no positive emotional support. This shows the mental power people can have on us & further shows that negative associations/interactions can break our spirit. Although it may not cause extreme consequence, death, it will affect us none-the-less. The great news associated with this is that positive interactions can have the reverse effect. It can totally enhance the quality and meaning of someone's life. The interactions you have with teammates, friends, coaches, professors etc will either help or hurt your emotional self. Surrounding yourself with the right people is truly a life or death decision. You have the power to choose, choose wisely.

Central Nutrition

The 21 Super Foods

The following list of foods by Dr. John Berardi should be implemented into your diet as much as possible. The foods listed were picked due to high vitamin & mineral content as well as being excellent sources of high quality protein and carbohydrates as well as being healthy sources of fat.

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| 1. Lean Red Meat | 11. Mixed Beans |
| 2. Salmon | 12. Quinoa |
| 3. Omega-3 Eggs | 13. Whole Oats |
| 4. Low-fat Plain Yogurt | 14. Mixed Nuts |
| 5. Protein Supplements | 15. Avacados |
| (milk, whey, or rice protein) | 16. Extra Virgin Olive Oil |
| 6. Spinach | 17. Fish Oil |
| 7. Tomatoes | 18. Ground Flax Seed |
| 8. Cruciferous Vegetables | 19. Green Tea |
| (broccoli, cabbage, cauliflower) | 20. Liquid Exercise Drinks |
| 9. Mixed Berries | (quickly absorbed protein & carbohydrate) |
| 10. Oranges | 21. Greens + |
| | (vegetable concentrate supplement) |

EASTLUND'S ESSENTIALS OF STRENGTH

Functional Movement Screen Part 2 of 2

Last issue I introduced the Functional Movement Screen and explained why it is implemented with our incoming athletes when they arrive on campus. We learned that thru the Functional Movement Screen we are able to identify inefficient movements that cause a decrease in performance and an increase in injuries. It is thru the corrective means that we are able to correct these compensation patterns and train for a more efficient athlete. At Central we will always start with deep tissue massage to restore muscle quality. Athletes will then go thru their team warm up and they will perform corrective exercises prior to their lift. This is always done as pre-work to establish correct movement patterns before athletes head into their lift. We will only focus on one movement pattern at a time. We will always consider left and right asymmetries, this means if there is an imbalance on one side, greater focus will be placed on that side. The corrective exercises are basic and designed to focus on more specific problems in movement patterns. These exercises are intended to improve proprioceptive, mobility, and stability weaknesses for given patterns of movement.

Paja's Principles of Power Healing The Hips

Ask any athlete what the most important joint is for sports, and they will probably answer, "the hips." The posterior chain is critical for athletic success. The hips provide strength and stability in all our main lifts and all athletics. If you're weak at the hips, you're not going to do much on the platform or field of play. Of course you will be able to do more than someone who is sitting out because they are hurt. Anterior hip pain is very common among athletes, especially during the season, and pain will always hinder performance. So why are you hurting? Usually, if you are hurting your body is telling you something is not working correctly. Many cases of anterior hip pain are caused by something known as femoral anterior glide syndrome (Cressey). Really, all this means is that you are using too much hamstrings and not enough glutes. This is very common in young athletes who have compensation patterns that we find and correct through our functional movement screen. The hamstrings run from the pelvis to the lower leg, so as the hamstrings extend the hip, the head of the femur slides forward in the hip joint capsule. The glutes attach directly to the femur, so the glutes pull the head of the femur posteriorly during hip extension, preventing this anterior joint capsule irritation. So how do we fix the hips? We integrate glute activation work in our dynamic warm-up & torso. Dynamic flexibility does not irritate the joint like static stretching. Also, make sure we are popping our hips through by firing our glutes at lockout during squats, RDLs, glute/hams, etc. Save your hips & Fire those glutes!

Final Thought

There is extreme power in dreams. Remember when you were a kid, you would dream all the time & you always thought you could do whatever you wanted. Why did we stop? Embrace the power of dreams. Don't be afraid to go big. If something is on your heart it is there for a reason. Going after your dreams is never going to be easy. There are going to be a ton of brick walls in your way, it is your job to blast right thru them & after you do it is only going to make the accomplishments of your dreams that much better. Dreams ignite the soul, they motivate & challenge the heart, they invigorate the mind and they challenge us to take action. So go ahead and dream. Become obsessed with your dreams, think about them all the time & blow over any brick wall that gets in your way. **DREAM**

DREAM AS IF YOU WILL LIVE FOREVER, LIVE AS IF YOU WILL DIE TODAY

CENTRAL STRENGTH: ATTACK