

Rakkasan Raiders

Navy SEAL training is regarded as one of the highest achievements in the military and the training for it is down right unfathomable by civilians such as ourselves. Less than 1 out of 4 who actually make it past INDOC make it thru Hell Week to move onto the final stages of becoming a SEAL. Their mental capacity to endure pain, focus when physically abused & perform at a high level is unlike anything else. In the book "Warrior Elite", which follows SEAL Class 228 thru their training, it lays out 6 critical ways someone can survive SEAL training:

- 1- Have a Positive Mental Attitude
- 2- Pay Attention to Details
- 3- Take it 1 Day at a Time
- 4- Mentally Rehearse Things
- 5- Expect to Have Weak Areas--Work on Those
- 6- Ask Yourself, "How Bad Do You Really Want It?"

Obviously SEAL training is unlike anything that you will ever go thru but the 6 ways of survival can be applied to every aspect of our lives, and can significantly impact it. By embracing these 6 concepts we can learn to train our mind & our body to perform at it highest, we can challenge our teammates to create the strongest team possible.

Central Nutrition

Glucosamine Chondroitin

If you suffer from joint pain, then this article is for you. The wear and tear placed on your bodies from training may over time lead to the onset of osteoarthritis. Osteoarthritis is a condition in which the normal smooth cartilage surfaces of the joints become worn away, causing joint pain and swelling. Supplementation with Glucosamine Chondroitin has been shown to reduce joint pain associated with osteoarthritis. Glucosamine and Chondroitin are two molecules that make up the cartilage found within your joints. This cartilage is constantly undergoing a process of breakdown and repair. To be properly repaired, the essential building blocks need to be present. Glucosamine Chondroitin supplements are derived from shellfish (if you are allergic to shellfish, do not take this) and from shark or cow cartilage. Studies have shown that Glucosamine Chondroitin supplementation can relieve joint pain and actually help restore worn down cartilage. Glucosamine Chondroitin can be taken in liquid or pill form. Taken in conjunction with Fish Oil, Glucosamine Chondroitin can help to greatly alleviate joint pain and inflammation, which in turn will lead to faster recovery and improved performance.

RAMIREZ'S RAMPAGE

REASONS TO TRAIN DURING INJURIES

Our mission statement affirms that "Central's strength & conditioning is committed to helping student-athletes maximize their athletic potential while decreasing the chance for injury" but many times in this field injuries do still occur. There is a misconception among athletes that once they can no longer play they no longer need to train, however if the damage is not life or death athletes should still be training. Injuries are not an excuse to sit on your glutes & eat donuts or to take a vacation from training. Strength coaches spend a vast amount of time working with athletes to strengthen the whole body in order to prevent injuries, so when an injury does occur athletes should continue to train to ensure that they will not lose the strength that they have obtained. An injury to one limb doesn't prevent an athlete from training with the other three; there are still many ways to train the rest of the body with the healthy limbs by using bilateral transfer. This method involves the transfer of skilled movements from one limb to another, ensuring that each limb is strengthened through recovery training.

Paja's Principles of Power In-Season Training

Strength and conditioning plays a crucial role in competitive sports these days. Athletes want to work hard to be the best. They know that if they aren't working hard someone else probably is, and when they come face to face with this enemy they want to be prepared to bury them. Athletes thrive in the off-season. They spend a majority of their time correcting deficiencies, rehabilitating injuries, and increasing strength and speed. This is a good investment of time and resources for athletes to prepare for their season. They know that when it comes time for those first practices and the beginning of the season, the results of all their hard work and preparation are going to pay off. They will be stronger, faster, able to jump higher, and have a decreased risk of injury due to proper biomechanics. This is all good stuff, but what good is it to be your strongest, fastest, and most powerful at the beginning of the season, when within 2-3 weeks those results will have quickly deteriorated? Why go through the rigorous off-season workouts if you aren't going to do anything in-season? Science shows that there is a significant detraining effect that takes place after 2 weeks of not training. We know that an athlete's body is going to be beat up during a season, but there still needs to be time to train to maintain, not lose, those hard earned results. If an athlete does not maintain, the potential for injury also increases due to decreased strength and neural firing patterns. Ultimately it is your decision as the athlete, you put in the hard work & made phenomenal gains--don't you want to keep them when you compete?

Final Thought

Is it really about winning and losing? Some coaches don't like to talk about winning saying it is important to focus only on the process and the rest will take care of itself. Other coaches stress that winning is the only thing. So what is the answer? I believe that both are vitally important. By striving for and stressing winning you are allowing yourself to put forth your best effort in a quest to become your best & the team's best. It is thru the striving of winning, this being your process goals, that you truly become your best self. To me winning is a by-product of success. First you are successful (thru your efforts, hard work, dedication, commitment etc.) and then you win-not the other way around. So set your goals high, have a winning mentality and take control of the process.

GOALS ARE NOT ONLY THERE TO MOTIVATE US. THEY ARE ESSENTIAL TO KEEPING US ALIVE

CENTRAL STRENGTH: ATTACK