

## ***Rakkasan Raiders***

Another year, another season of athletics is over. This past fall most our programs lost a lot of special people. Many of those seniors did some amazing things. Certainly these athletes helped make Central great. What makes good teams great is their ability to survive. They take on the *next man in mentality, meaning that no matter who is on the field they refuse to lose.* The off-season has already proven to be the toughest test Central Strength has handed out and it certainly is not going to get any easier. We have already seen groups grow as a team. It is not distance but pain that makes the heart grow fonder. When you are with people that are willing to hurt along next to you you build more than just muscle. Now is the time to decide how much you are really willing to sell for your team. Yeah sure, 50 reps in the squat... it may have seemed like a challenge but everyone did that, does it make you special? As a team...may be... as an individual...nope. What are you willing to do? What are you willing to take on or give up? Most of you had great big deep breath of what it was like to make a run last year. The bar has been moved even higher. Now we find out how great Central athletics can really be. Set your goals high and eliminate everything that will get in your way.

## **Central Nutrition**

### **"Coach, I Can't Gain Weight!"**

We are constantly being approached by athletes who claim they can never gain weight. They eat all the time, or so they think, and don't know what else to do. First of all it is important to realize that you don't actually get any stronger in the weight room or faster on the track. In fact those two areas are simply great stimulus' for strength & speed. You break your body down by training and the only way to actually get stronger is to fully recover from your training. This must be supported with adequate calories from the right kinds of foods. A calorie is not a calorie. Some offer phenomenal benefits for recovery while others actually interfere with it. We have realized that athletes "think" they eat a lot because they have 1-2 large meals/day. This tricks them to thinking they are taking in adequate calories. First of all, get out of bed and eat a large breakfast. It should be the largest meal of the day. Secondly, learn how to snack correctly. You MUST eat something every 2-3 hours. Next, use proper supplementation and get adequate protein. Never, ever skip a meal, in fact schedule in a "cheat meal" once/week where you can eat whatever you want and as much as you want. Lastly, optimize your post workout nutrition. This meal must be HUGE and include 500-700 calories. Bottom line is you have to eat & must do it often.

**A LEADER IS ONE WHO SEES MORE THAN OTHERS SEE, WHO SEES FURTHER THAN OTHERS SEE & WHO SEES BEFORE OTHERS DO**

## **HARTSHORN'S HALLOW**

### **Why do we Train the Torso First**

People who train their torso are often more interested in how their torso looks than how it functions, but just because you have a "six-pack" doesn't mean that you have a strong torso. Torso training needs to be taught and performed in a similar fashion to the squat or bench, because a strong torso is critical to reduce the risk of injury and improve athletic performance. That is why we perform our torso training at the beginning of the workout. We believe so strongly in the importance of torso training that we do it before our Olympic lifts and squats. This also allows the entire coaching staff to be available to correct technique and coach up the athletes. Training the torso at the beginning of the workout also helps to continue to increase the athlete's core temperature, it is a continuation of the warm-up. During this time certain movements are performed that help "activate" or turn on muscles that are going to be used that day. This is helpful because when you step under the bar to squat or pick it up to clean, your torso needs to be properly warmed up and prepared to transfer and accept the forces that are going to be placed on it.

## **PAJA'S PRINCIPLES OF POWER**

### **Live Life As It Comes, Not As It Leaves**

The "Foundations of the Haus" has been very solid, but we must continue to build. Yes, it may be true that we are spoiled with the strength and conditioning program we have built here over the past few years, but that leaves no room for complacency. Why is it that one begins to attain success and automatically feels they are worthy of it? Perhaps we have constructed a solid foundation. This only means we must build from it! Every day is a battle; not just game day. Continue to address the little things--finish every rep through the line, wake up for breakfast, don't skip class, the list is never-ending. Hold yourself accountable. Have a plan and attack it! Attack it every day and then some. Take what you have and go above and beyond where you and everyone else thought you could go. Develop an unshakable belief in your ability to achieve your goals. Make it known that the only thing that can stop you from reaching your goal is you. You are your own enemy--no one else. Nothing can stop you. Implement the idea that you are an unstoppable stampede. It's your decision whether you want to grind out that extra rep under the bar. Keep the momentum flowing and never look back! Looking back in the past will only slow you down and add more weight to the haul. Live life as it comes, not as it leaves. For you are the only person that controls your fate. And as it has been said many times before... Life is short, live every day like it is your last! No matter what, always remember this...

**Champions do whatever they have to whether they want to or not, competitors only do what they want to!**

### **Final Thought**

We live and die by leadership. Leadership is merely influence; nothing more or nothing less and it can come from anyone. Everyone has the ability to influence their team in a positive or negative way and they decide this by their actions. Great leaders are able to push their own selfish motivations aside for the betterment of the team. Great leaders aren't worried about being popular but rather helping their team become successful. As old leaders move on and new leaders step forward teams are taken in new directions. As a leader you must be constantly aware of what is taking place within a team and must be willing to do anything necessary to help the team thrive. As teams head into their respective seasons take a good hard look at who your leaders are; they will determine your success.

## **CENTRAL STRENGTH: ATTACK**