



Rakkasan Raiders

In this issue of Central Strength News I am going to share with you the single greatest piece of advice that I have ever been given. Some of you might know that the name of this column comes from a military unit. I once met an old vet at a Rakkasan Reunion who asked to talk with me. I thought to myself I can give this old man 10 minutes. 2 Hours later I was done with a conversation that would change the way I lead my life. As we were finishing our conversation and about to part ways he grabbed my wrist and said "remember son...him before me, and me before him". Meaning the enemy will die before I do, and I will die before my buddy does. I have carried this with me over 8 years now, always making sure to live by this principle. This little slogan can completely change a team mentality. If you are truly willing to give the guy next to you anything and everything including your life it makes for an unbreakable force. When a team comes together under this concept unbelievable things are possible. Mountains can and will be moved because there is no other option. A team truly becomes a team when there are no individuals and you know what the person next to you will do before they do it. Sellout completely for them and they will do the same for you.

Central Nutrition

ATTENTION Morning Lifters & Practicers

We have multiple athletes in various sports who either practice or train in the mornings and we are constantly baffled when we find out that they don't eat anything before they come in. At best they had a meal 8-10 hours ago and expect to have energy to sustain a energy demanding training session. IT DOES NOT WORK! You MUST get something in your body before you come to train or you will pay in the end. Either you won't be able to finish practice or if you do make it thru it won't be nearly as productive. Bottom line is that your body needs some fuel for it to function. If there is none available in your blood stream it is going to rob muscle and other areas to find energy. This is far from optimal. In addition your mental alertness also severely declines. The solution, simple; EAT. Try and eat a small bowl of a good cereal, granola bars, Promax Bar, liquid supplements, fruit or a small sandwich. It doesn't have to be much but it must be something. In addition to eating something you must get hydrated right away. Being even 5% dehydrated increases your risk of injury and severely decreases performance. Both eating something and drinking is a simple and small task that will pay big dividends if you commit yourself to doing it each day. Food is energy much like gas in your car. If you don't eat, you will breakdown.

HARTSHORN'S HALLOW

Why Compete in the Off-Season

As many of you know, most of our teams compete in some fashion during their off-season training. These competitions take on many different forms, including individual competitions, competitions between squads, and intra-squad competitions. Sometimes it is a push the wood relay, or maybe a bar hang for time, or the infamous obstacle course. Although these competitions aren't always "sport-specific" they serve an extremely important purpose. First off, we believe that you have to be competitive year round. You cannot expect to be prepared to compete at a high level for a few months out of the year if you have not been competitive for the past 8-9 months. Secondly, these competitions are not meant to be easy, they are designed to breed mental toughness, it doesn't matter what sport you compete in, you have to be mentally tough. These competitions also expose athletes, and that is one of the goals of off-season training. It becomes very obvious during these competitions who has that "edge", who is going to fight until they absolutely cannot fight any more; it also becomes clear who will give up at the first sign of discomfort, pain, or adversity.

PAJA'S PRINCIPLES OF POWER

New Toys

"Coach can we use the Nintendo's?" Lately, this has been a popular request from our athletes. No, they are not Nintendo's. The Fitrodyne Powerlyzer by Tendo, or **TENDO UNIT** as it is more commonly know, is not a video game system. It is a piece of equipment used to measure the speed of the bar. Power has many definitions, but when dealing with strength it is defined as work done or energy transferred per unit of time. Strength and speed are among the most sought-after physical qualities in athletics and intimately related. The more force we apply to the ground determines how fast we run, how efficiently we change direction, and how high we jump. Power translates, into faster, more explosive athletes. As an athlete you may hear a coach shout, "Move it fast, you have to be explosive!" Apparently, this concept does not always resonate with our athletes, but with the Tendo unit our athletes can receive immediate feedback on the bar speed. The athlete now knows how fast they are handling the weight and if he or she needs to move the bar faster. But how much faster? With Olympic lifts it is all about the speed of the bar. Any lift should be performed at the given speed or higher. Bar speed for hang clean should be around 1.35 m/s and hang snatch around 1.6 m/s. Science tells us that the push jerk should have the highest power output and should ideally be higher than the snatch-- this has proven difficult for our athletes. Speed squats should have a bar speed of .6-.7 m/s. If bar speed increases from .6 to .74 m/s there has been a 25% increase in bar speed which equals more power being generated and the athlete being able to lift more weight. A high bar speed must be maintained to have a positive effect on the rate of force development. Speed work is implemented into our training because the neuromuscular system recovers faster and we continue to improve without constantly placing our CNS under the stress of maximal effort work.

Final Thought

The dreaded Bar Hangs. Most everyone has done them and everyone would agree they are a challenge. The Bar Hang determines much more than grip strength, in fact rarely is grip strength the limiting factor. The mind and the ability to withstand pain is the main limiting factor. Only those with a powerful mind will ever fully challenge their grip in this competition. We find out in a hurry who wants to compete and who is willing to sacrifice in such a simple drill. Most people feel a little discomfort and "act" like they are slipping and fall down while others grimace in pain and seek to regrip multiple times before falling. Being able to fight thru and withstand pain is a must for any athlete who truly wants to be the best. Continue to challenge your mind & your body to be the best. Redefine & establish new breaking points.

EVERYONE SUFFERS PAIN; THE PAIN OF HARD WORK OR THE PAIN OF REGRET

CENTRAL STRENGTH: ATTACK

n
ar
e