

## *Rakkasan Raiders*

Well, another half a semester down. Some sports are in-season and others out. I want to speak directly to those that are out of season. Now is the time to take advantage of every opportunity. An important thing to realize is that everyday is an opportunity, in and out of the weight room. Each of you have no more than 4 chances left to play the sport(s) that you have dedicated so much of your life to. Think about that for a second...if I gave you 4 chances to eat your favorite meal for the rest of your life and after that you could never touch it again you would cherish and savor each opportunity. Ask a senior how fast their time went, it is nothing more than a blink of an eye. Some of you do an excellent job of making sure that you are getting better in everything you do and reaching out and holding on tight to each chance that you are given. However, most just talk the talk and when you try and walk you end up crawling along. I have talked with so many athletes that say "Coach if I just had one more chance I would do things a lot different." Don't be the person that has to say this. Yes, it is important to relax and have a good time, however, when given an opportunity to get better you must attack it with every ounce of energy and every bit of your soul. The clock is ticking.

## Central Nutrition

### **Skipping Feeding Opportunities**

In an ideal world you should get 5-6 feeding opportunities per day. We call them feeding opportunities because every time you eat you have a choice to put something in your body that will either help you or hurt you. Science is very clear that you are better off getting 5-6 meals during the day as opposed to 2-3 larger ones. Your body can better use and apply the nutrients that are taken in and less is stored as fat due to the balancing of your glucose levels. When you skip a feeding opportunity you miss a chance to put quality calories in your body. Second your metabolism comes to a screeching halt making your body more apt to store calories as fat the next time you eat. Nearly every athlete we have evaluated does not get the necessary calories to recover from their intense training and thus do not reap the full benefits of their training. It is imperative that you eat something every 2-3 hours. Breakfast must be one of your largest meals of the day because you are breaking your overnight fast and getting nutrients in your body after a long period of time when there wasn't many nutrients in your blood stream. Continue to eat your other 2 main meals but insert a midmorning/afternoon snack in there as well (vol 3 ed 2). As a competitive athlete you can not afford to miss a chance to fuel your body and recover. Take advantage.

## **HARTSHORN'S HALLOW**

### A Guide To Your Lifting Card Part II

Last issue I discussed the basic template of your lifting card, now I am going to explain why the movements are in a specific order. We always start our lift with some explosive movement, the reason for this is because the explosive movements (cleans, jerks, squat-jumps, etc.) are very demanding on the central nervous system. To perform them properly and to be as explosive as possible, you do not want to be fatigued from previously performing another lift. After this, we usually perform our heaviest multi-joint movements such as the squat, bench, pull-ups, etc. These are performed second in the lift because they recruit the largest amounts of muscle fiber and we don't want to hamper the effects of these lifts by performing other movements first. After the heaviest multi-joint lifts, we typically do some type of less intense multi-joint movement such as a split squat, sl squat, db military press, db row, ect. These are performed next because they will supplement the training effects of the heavier movements. The last movements performed are single joint movements (curls, pressdowns, etc.) because they recruit a small amount of muscle fiber and they usually aren't essential to increased athletic performance.

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

### Know the Way, Show the Way, Go the Way!

Everyone wants to be successful; successful on the field, successful in the classroom, successful in life. To be successful you need good leadership. Leadership is the ability to affect human behavior so as to accomplish a mission. In sports, that mission is to be the best. The better the leadership, the more potential for success. Being a leader does not mean coming into the gym each day yelling and screaming and high-fiving everyone; that is why we have cheerleaders. One must *want* to become a leader and continually work at it. It requires self-discipline and perseverance. At some point in time, a leader decides they want to communicate the vision, establish direction, and inspire others to success. Leadership requires the individual to practice dominance and take charge. To lead by example, the first person you must lead is yourself. Without the application of self-discipline, a leader will never reach their maximum potential. A successful leader is a learner. They dislike going backwards and are truly passionate about progress. They have the belief to never go to bed the same person that they were when they woke up. Learn something, do something, take yourself out of your comfort zone, you must grow each day! It does not happen overnight. Leadership cannot be awarded, appointed, or assigned. It comes from influence. If a leader has no influence, no one will follow. Everyday you influence someone; so the question is, how will you use your influence? Choose to make daily progress a strong belief you hold. The first characteristic of a successful leader is choice--**CHOOSE TO LEAD!**

### Final Thought

"Working out" vs. "Training" Trust us there is a huge difference. Working out is for people who want to go thru the motions. These are athletes who are just there because they feel like they have to be or think that just showing up is going to make them better. Training on the other hand is a focused aggression that is brought each and every day an athlete sets foot in the weight room. They have a specific purpose for their training and remind themselves of this purpose on a continual basis. If you like to "work out" then I suggest not training with a team because you are probably taking away from the environment of the group. Training is how one accomplishes goals & achieves things they have dreamed about. Ask yourself what your motivation & attitude is when set foot in the weight room

**THE ROAD TO NOWHERE IS PAVED WITH EXCUSES**

# **CENTRAL STRENGTH: ATTACK**