

Rakkasan Raiders

"Do the little things right". You have all heard this preached over and over again in the weight room. I am not sure if too many of you have actually stopped to think about what this means. I am going to pick on an athlete a bit who was in my office today talking about goals. He had several short-term goals typed on a piece of paper and the #1 goal was to win the conference. I don't think that there are any athletes on this campus that don't have that as their #1. Now if this is your #1 goal and all other athletic goals come 2nd why on earth do you as athletes continue down the same road that so many have gone before? When we say "it's the little things" we don't mean bump points or technique. You as athletes spend somewhere around 6 hrs a week in the weight room, that means that there are still 162 hrs in that week that you are spending getting better or worse. It is so easy to come in the weight room and do everything right and then go throw it all away by not doing everything else right throughout your day. Every senior to be can tell you just how fast your time here will go. 99.9% of you have your athletic career end here at Central, why not make sure that it is the best it can possibly be? The steps you have taken to this point don't matter, the only step that matters is your next one.

Central Nutrition

#1 Soup & #1 Stew

Alright, I know you are college kids and don't like to cook but I am telling you this is extremely simple and will feed you for days, not to mention extremely healthy & packed full of nutrients.

Beeman "Vegetable" Soup

- 1 Onion Diced
- 1 Green Pepper Diced
- 4 Stalks of Celery
- 2 Cans Chicken Broth
- 2 Cans Diced Tomato
- 1 Frozen Bag Broccoli
- 1 Frozen Bag Mixed Veggies
- 1 Frozen Bag Carrots
- 1 1/2 Cup Salsa
- 1/2 Bottle V8 Tomato Juice

Add them in a big pot & toss a ton of meat in there and you are set!

Dr. John's Chili

- 4 lbs Browned Ground Beef
- 4Cans Kidney Beans-drained
- 2 Large Onions-Chopped
- 2 Large Tomatoes-Chopped
- 1 lb Carrots-Peeled & Sliced
- 4 Bell Peppers-Different Colors
- 6 Cloves Garlic-Chopped
- Two 46oz Bottles V8 Veg. Juice
- Add Seasoning If You Wish

Add it all together and heat it up.
Toss it down the hatch and grow!

HARTSHORN'S HALLOW

Genetics

Over the past 20 years advances in technology have allowed scientists to discover exactly what genes control what traits, at the same time this has allowed people to use genetics as a crutch in many aspects of their lives. We often hear athletes state that they "just have bad genetics" and that is the reason that they don't make the same strength and speed gains as other athletes. There is one major flaw with this statement though, and that is the fact that you **can** change the expression of your genes. What this means is that if you naturally express slow twitch muscle fibers, through training you can change that expression so that you express a higher number of fast-twitch (explosive) muscle fibers. This phenomenon isn't just limited to muscle fiber types either, it also applies to other areas of your body such as how easily your body stores fat. Your genome contains all the genetic material to multiple different phenotypes, but often it is the environment that influences what phenotype is expressed. With all that being said, theoretically, at some point your genes could become a limiting factor, but we have yet to see an athlete (at any level) reach that point. **SO QUIT MAKING EXCUSES!**

PAJA'S PRINCIPLES OF POWER

Wake Up and Work Hard

Earlier this week we had a recruit watching one of our training sessions and it just so happened to be the day we were doing pull-ups for competition. We all know it is against the NCAA rules and regulations to have a prospective student-athlete train with one of the collegiate teams, but nonetheless the kid wanted to train so he went about his business on his own. Not knowing any better and wanting to impress, he climbed right up on the pull-up bar that I was judging. Now, I quickly stepped down but he proceeded to attempt to rep out as many pull-ups as possible. Shortly thereafter he was over doing leg extensions and under grip reverse pushdowns or something, I'm not quite sure to be quite honest. It was about this time that I made the comment something along the lines of, "Who is this kid and what is he doing?" Coach Hartshorn quickly responded with, "I don't know, but he wants to work hard. That's all we need." Yes, this kid may have been doing some ridiculous movements that probably are not going to be benefiting his athletic career a whole lot, but he doesn't know any better so can you blame him? Absolutely not! My point is you do not need to be the brightest, most talented, or best looking to work hard. All you need to do is make the choice to come in everyday wanting to work hard and attack your weights. Do not wait; the time will never be "perfect." Start where you are, and work with the weapons you have and better weapons will reveal themselves along the way. Chances come and go and who knows what tomorrow will bring, so wake up, work hard, and never **EVER** quit!!!

Final Thought

Genally speaking most athletes are on the same type of training program. If that is true then why do we constantly see athletes who make phenominal gains and other athletes who make little to no progress? The answer is simple, it is not necessarily the program but rather how you approach your training and your life that makes the biggest difference. Yes, the programs that are developed have had a lot of thought & scientific backing but it is worthless if you don't attack your weights & train with a purpose in mind. Your attitude, worth ethic, nutrition, outside behaviors, recovery and flat out will to succeed will determine your success. There are no secrets in training, it has all been done before. The answer is your approach to your training. Embrace it and your future will change dramatically.

ENERGY & PERSISTANCE CONQUER ALL THINGS

CENTRAL STRENGTH: ATTACK