

## Rakkasan Raiders

It was considered impossible. No one could possibly run a sub 4 minute mile. Physiologist warned competitors for even trying saying the body could not take the punishment causing some competitors to focus on other races. For Roger Bannister it was a challenge & a dream. In 1954 with a 15 mph crosswind Bannister finished in 3:59.4 shocking the running world and busting open a flood gate. By the end of 1957 16 runners broke the 4 minute mile barrier. The record today now stands at 3:43.13 with plenty in contention to knock it down once again. As we look toward another year of training & competing, the successful ones have set goals & their sights on maximizing their potential. The truth is we can't let others put limitations on our potential and our dreams. What appears impossible today is average tomorrow. It is far better to aim at your spear at the moon and strike an eagle than to aim at an eagle and strike a rock. Set your goals HIGH, surround yourself with the right people & eliminate everything that will get in the way of achieving your dreams. For nothing is impossible if you truly believe in your goals & you are willing to sacrifice & do anything to achieve them. Dream & dream big. Attack everything as an opportunity to get better.

## Central Nutrition The Missing Link

This is the start of a new year. For us coaches it is an exciting time because all of our athletes, both new and returning, are on campus and ready to get better. Everyone agrees that what we do in the weight room is vital to improving athleticism, but what athletes must realize is that our nutrition is just as important. I have seen countless athletes push themselves in the weight room only to go up to the cafeteria and fill their tray with junk. Through my time here I have noticed that nutrition is often the missing link in our training. There is a reason we do a nutritional evaluation with every athlete: it is important! We want to make sure you know how to use nutrition to make yourself better. Some athletes may say, "I don't pay attention to my nutrition, and I am doing fine." Yes, you may be doing fine, but just think how you could be if you used nutrition to your advantage. Utilizing nutrition and recovery may just be the link that takes an athlete from good to great. So through the course of this semester, I hope to share nutritional information that is practical and can help you become the athlete you want to become. Remember, Central Strength is all about attacking our lives and taking care of our nutrition is absolutely no exception!

## SCIENCE AND PRACTICE OF TRAINING

You can do everything right during your hour in the weight room but what you do during the other 23 hours of the day will ultimately determine if you will become a good athlete or a great athlete. Training actually breaks down the body. It is the recovery process that will repair the damage caused by training resulting in strength/speed/conditioning improvements. Foam rolling and stick/tennis ball massage are used to improve tissue quality by "ironing out" knots in the muscle and connective tissue. Another example is contrast showers. This is done by alternating between hot and cold water (2 min hot - 30 sec cold for 3-4 cycles). This improves recovery by flushing blood through the muscles. Ice baths can also be used to decrease inflammation and help the central nervous system recover. The cryo-cup can be used to massage sore muscles or joints. Simple freeze water in a paper cup, then tear away the cup and massage the muscle or joint. Nutrition is one of the most important factors in recovery. Eating 5-6 meals spread out thru the day, a post-workout recovery drink (chocolate milk), and taking fish oil (Barlean's Fresh Catch) will help your body recover faster. There is no substitute for sleep. Getting 8-9 hours of sleep every night is critical. For more information about recovery methods, training, nutrition, and to read previous issues of this newsletter, visit our website at [www.central.edu/athletics/strength](http://www.central.edu/athletics/strength)

## Coach K's Kounsel

### Pre-work: Preventing Injury and Setting Up For Success

Welcome to the first edition of "Coach K's Kounsel." In these first few editions I will cover different aspects of the workout and we implement the things we do. Many athletes might not know why they need to be here before their actual lift time. The reason is **pre-work**. We believe that pre-work is the first step to success in the weight room. It prepares you mentally and physically for the tasks ahead. If you haven't noticed yet, we have a purpose for everything: from taking off braces to putting hands above the head for hurdles. So, let's get into the "why." FOAM ROLL: To put it simply, rolling out the "knots" can help increase the quality of soft tissue, which in turn helps improve the quality of movement. HURDLES: Hurdles are very important to hip, knee, and ankle mobility. Bracing during pre-work and workouts is an article in itself. Plainly put, problems will trickle up the body moving from joint to joint. You will also be weakening the already problematic joint wh it needs to be strengthened. "Why should my hands be together and locked out over my head?" This does many things including keeping you hips and chest tall, taking away the body's natural balancer, and giving the coaches a visual aid to see if you are compensating. OTHER: Most likely there is some other movement done after those two. The final movements are some sort of stretch or mobility movement done to help prevent injury in the weight room and also on the field, as well as, increase your range of motion. **Believe it! Pre-work sets you up for a great day in the weight room.**

### Final Thought

What determines your destiny? Well, I am sure a lot of different answers come to mind but I know that there are three questions that will lead us down the right path. The first is, What is the most important decision of your life? Answer: *Your Friends*-who you choose to associate with will define your character & your growth. What is the most important choice of your life? Answer: *Your Attitude*. You have the ability to choose your own attitude. Whatever happens to you, you have the power to choose how you respond to it. What is the most important day of your life? Answer: *Today*. Today is the only day you have any control over. Yesterday is gone & there are no guarantees for tomorrow. Notice that you have the power over each one of these. Where you are today is a direct result of the choices you have made in your life.

**"I ALWAYS TALKED TO MY PLAYERS ABOUT TODAY. IT WAS THE ONLY DAY THAT MATTERED" -JOHN WOODEN**

# CENTRAL STRENGTH: ATTACK

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