

Rakkasan Raiders

Sacrifice. We all know this is essential to any team's success but how do we truly define sacrifice? I am not sure it is possible but I do know of a powerful story that shows what sacrifice actually is. Rick Hoyt was born with spastic quadriplegia, meaning he has no control over any of his limbs & can't speak w/o the use of a computer. Doctors told his parents to put him in a home & he would have no quality of life. His parents said no & raised him like their other children. One day his father, Dick, pushed his chair while doing a "fun run" and Rick went crazy with excitement. That led to 66 marathons, 229 triathlons (8 of those were Ironman Triathlons) along with 85 half marathons. Dick would put Rick in a raft and pull him while he swam, carry him in his arms and mount him on the front of his bike to ride and then push him in a wheeled chair to run his race. To me that is sacrifice. A willingness to live a life that is not "normal", making adjustments to serve someone else, doing a grueling physical activity just because it brought joy to the life of someone else.

In our lives it is easy to get caught up in ourselves. We live in a culture that tells us that it is all about "me". The individuals & teams that refuse to listen to that garbage & embrace the power of team are the ones that enjoy true success. www.youtube.com/watch?v=GRHxHapwirw&feature=related

Central Nutrition

Navigating Central Market

As college students, we have the luxury of being provided with a great food service. However, if you don't know where the best choices are, you are most likely consuming a sub-optimal diet. The first stop for each meal is easy because it's the first thing you see: the salad bar. This provides vital nutrients to keep you healthy and your body running smoothly. Your next stop should be either Mongolian or Comfort Foods. Mongolian is a great option for your main course because it usually provides a great protein source (beef, chicken, or pork) along with cooked vegetables. If there is nothing there, check Comfort Foods. This also usually (not always) has a quality protein source with cooked vegetables and a decent carb source. If both of those options fall thru, hit up the Deli. Go with whole wheat bread here and load it up with meat and veggies. Before you head off to get your drinks, check the vegetarian section; you'd be surprised how much good stuff you can find (however, stay away if there is soy!). On *rare* occasions there is good stuff at the Grill (such as chicken philly), but it should be avoided. As for drinks, stick with milk, water, and tea. Stay away from pop, excessive amounts of Gatorade, and "fruit" juices.

SCIENCE AND PRACTICE OF TRAINING

THE POWER OF THE PULL-UP

One exercise that you will do at least once/week here at Central Strength is the pull-up. The pull-up is one of the most often over-looked and under-trained exercises. Training the muscles of the back is important to ensure muscular balance which results in a healthy shoulder joint. The primary muscle worked is the Latissimus dorsi, which happens to be the largest muscle in the upper body. Because of where the lat originates on the spine, doing pull-ups also serves as distraction on the lower thoracic and lumbar spine which helps with intervertebral disc health. The Central Strength gym record for most pull-ups is 38 reps. But even if you are not strong enough to do 1, you can use the bands to assist your pull. But if you use bands, always try to use a lighter band or spotter to ensure you keep getting stronger. There are many variations to the pull-up. You can do chin-ups (palms facing you), neutral grip pull-ups, weighted pull-ups, jumping pull-ups, hand walking pull-ups, partner shock pull-ups, tennis ball pull-ups, running pull-ups, tempo pull-ups, alternate grip pull-ups, jungle gym pull-ups...the possibilities are endless. Pull-ups are one of the most important components to any strength program. The show muscles are in front, but the GO muscles are in the back!

Fundamentals of Fears

Plyometrics

Plyometrics can be defined as a type of exercise using explosive movements, especially bounding, hopping, and jumping to develop muscular power. Plyometrics consist of movements that require a group of muscles to overcome either the weight of the body or another type of external force (i.e. elastic bands). Movements, such as plyometrics, where the body is forced to move extremely quick in order to overcome the resistance, requires a large amount of nervous system activity and less muscle activity. We need to be careful when doing plyometrics so we do not "fry" the nervous system. Performing too many plyometrics in combination with other nervous system movements (like Olympic Lifts) can easily over train the nervous system. So, how do plyometrics help athletes? As athletes, we want to move quickly and explosively, and the only way to move quickly and explosively is to train that way. One of the most basic examples of a plyometric is the box jump. Some of the most important parts of plyometrics are the starting and the ending position. Remember we are training athletes, therefore, we need to start and finish in an athletic position. This means a wide base and soft landings (bending at the ankle, knee and hip). Also, don't limit plyometrics to the lower body. Some upper body plyometrics are clap push-ups or medicine ball push-ups. The key to doing plyometrics is speed. We want to move quick!! The more force you apply against the ground the faster you run & the higher you jump. Train fast & become fast!

Final Thought

Act Now! Dreams are worthless and goals are impossible to achieve without action. In the world of athletics you can have the greatest training program in the world, sound nutritional advice, all sorts of dreams and plenty of motivational quotes written on your walls but these are of little good without the willingness to ACT. Each morning when you awake you must leap from your bed excited to get something accomplished. Procrastination is born out of laziness and fear. The only way to overcome fear is through action. You have to have a deep hunger & passion for success. Do not delay because success will not wait. It is an impulse that must be acted on immediately. The best time is now and now is the only time you have any control over. Tell yourself, "I will act now!" and hunt down those goals and dreams.

TOMORROW IS THE DAY RESERVED FOR THE LABOR OF THE LAZY

CENTRAL STRENGTH: ATTACK