

Training Newsletter- Volume 1

This past summer I have had the pleasure of working with student athletes from the following schools. I would like to personally thank them and wish them the best of luck in 2009-2010.

St. Andrews, St. Francis, St. Kevin's, St. Bernadette's, Holy Cross, St. Anastasia, St. Pius, St. Dots, Annunciation, Drexel Hill Middle School, Haverford Middle School, ETR, St. Aloysius, Monsignor Bonner, Archbishop Prendergast, Cardinal O'Hara, Notre Dame Academy, Ridley, Malvern Prep, Strath Haven, Garnett Valley H.S, Springfield, Archbishop Carroll, Upper Darby, Episcopal Academy, Penncrest, Rustin, West Catholic, St. Josephs Prep, Sacred Heart Academy, University of Wisconsin, Muhlenberg College, Ursinus College, Lycoming, Villanova University , St. Josephs University, Alleghany College,

Fall & Winter Update

If any students are interested in training during both the fall, winter or spring I will be offering training packages throughout the year. Session will be held at both the Springfield Healthplex and off-site. Please note that programs are available for students who are just looking to improve their overall level of conditioning, nutrition and shape. If you are not interested in "sports performance training" a program can be put together for you to help you improve your overall level of fitness.

The Benefits of Group Training

As an athletic development coach I am always looking to challenge the clients that I work with. One of the best ways to do this is by group training. Below are what I believe to be the benefits of group training.

1. You meet and make new friends.
2. You always try harder if you are competing against another person or group of people.
3. Affordability: It's cheaper to train in a group than it is for 1 on 1
4. Less pressure: 1 on 1 training has its place however for most kids the pressure of 1 on 1 is not what they need at an early age.

Top 10 Mistakes Kids make when it comes to training and sports.

1. **Skipping breakfast.** Plain and simple. You **MUST** eat breakfast if you want to performance at your best
2. **Not drinking enough water and electrolyte drinks during the day.** Just like eating, if you are lacking in this area you are setting yourself up for failure.
3. **Picking one sport at an early age and focusing all of his/her time on one sport.** To say that I think kids should play a variety of sports is an understatement. I understand that parents see kids getting basketball scholarships at an early age and think that their son/daughter should focus on one sport but I am here to tell you that I firmly believe this is a huge mistake. There are several reasons why I think kids should play more than one sport but below are a few of my reasons
 - a. Socially it's a good thing. You will meet new teammates and make new friends
 - b. Less wear and tear on your body. If you play "hoops" 12 months a year you are running the risk of overuse injuries. If you play baseball year round you run the risk of overuse injuries.
 - c. You can help your school. I have several kids who played a certain sport in middle school but then decided to give it up and concentrate on just one sport when if they played 2-3 they would be helping their friends and school.
 - d. Less burnout.
4. **Supplements.** I get asked this question all the time "What supplements should I take to gain weight? My answer is boring but it will always remain the same "Unless you are eating 5-6 good meals at home with all of the required nutrients supplements are a waste of money".
5. **Big Bench Press Syndrome:** "How much do you bench?" I hear this all the time. It's the true measure of strength right? WRONG. Hey, I like the bench press but it's just one movement. Kids are obsessed with this movement. Hey, I get it, I understand, I was a kid before however I am here to tell you that I can think of 20 movements right away that are better. Focus on **RELATIVE STRENGTH** first when it comes to training. What do I mean by this? Relative strength is your ability to move your body weight. So, if you way 150 and you can bench press 150 that's really good but if you are unable to do 20 push-ups (By this I mean REAL push-up's. Chest to ground) or pull-ups than you are setting yourself up for injury. THINK BODY WEIGHT FIRST
6. **Not Sprinting Enough:** Here is a tip. If you want to get in running shape RUN SPRINTS. Plain and simple. Let's skip the long distance running for right now (Unless you run cross country). Get out on a track and run 10 x 30 yd sprints with 1 min rest and you will get in shape. Here is another tip, JOIN THE TRACK TEAM IF YOU WANT TO GET FASTER.
7. **Win at all cost:** What has happened to stick ball or street hockey? What about pick up hoops or tackle football with NO coaches? Kids need to get back out in the street or playground and PLAY and HAVE fun. It's not always about winning. Get out in a parking lot and organize a game yourself and HAVE FUN.
8. **Lack of Mobility and Stability:** Plain and simple, high school kids need to stretch more and to work more on their overall stability. Sitting at a desk or computer or a classroom causes a lot of

problems. If kids spent 10 minutes a day stretching I believe they would feel much better and injuries would go down. For stability work kids need to work on proper landing mechanics.

9. **Texting:** We live in a society where we now communicate via the text. Hey, I text so I can relate HOWEVER at the gym or when you are TRAINING you don't text. You can talk to your girlfriend or boyfriend later. Put the phone away and TRAIN. I had an athlete tell me that he trained "yesterday" for 5 hours. I said what did you do for 5 hrs, he said most of the time was spent "Texting his girlfriend during his workout" Plain and simple that's 4 hours too long and if I was training him the workout would have been cancelled as soon as I saw "OMG I love you"
10. **Worrying about Numbers:** I believe any athlete that feels better about themselves and sees improvements is going to do better on game day. I see it every day, kids and coaches get caught up chasing numbers instead of looking at the big picture. The big picture is to improve the way you MOVE. If you improve in this area you will improve in all facets of your game. So, stop chasing numbers and look at the big picture which is improving all areas of your game.

Nutritional Tips

10 Habits of Effective Eating (John Berardi)

1. Eat every 2-3 hours and try and have 6 meals/snacks a day.
2. Make sure to eat lean animal protein at every meal (Chicken, turkey, steak, fish, eggs, tuna)
3. Vegetables at every meal (This includes breakfast) Example, spinach in an omelet.
4. Eat fruit and vegetables throughout the day. (Only eat "other carbohydrates" breads, rice, bagels if you TRAINED that day)
5. Make sure you get a good % of calories from FAT
 - a. 1/3 % from animal fat
 - b. 1/3 % from avocados, olive oil, etc
 - c. 1/3 % from polysaturated fat (fish oil, flax seed, etc)
6. Eliminate simple calorie drinks (fruit juice, ice tea, soda, etc)
7. Eat whole foods BEFORE supplements. (**Supplements do not replace "real food"**)
 8. **Have "cheat meals" 10% of the time. 90% eat "clean and 10% eat whatever you want.**
9. Learn to "prep" food. Make food ahead of time.
10. Balance Food choices w/ variety.

10 questions you need to ask every time you eat

1. Where are the carbs? Is the food starchy? Are the carbs non Fruit or Vegetables? If so, as did I work out that day? If so, eat any type of carbohydrate. If not unless its fruit or vegetables limit the amount of "starchy" carbs (bread, pasta). Do not eliminate carbohydrates just make good choices.
2. Where is the complete protein? If there is none you need to make sure you find it and eat it.
3. Where are the vegetables?
4. Where are the fats?

5. Where is the fish oil? Try and take 1 tablet w/ each meal. Athletes should be taking Fish Oil Supplements daily.
6. What am I going to drink? Try and stay away from sugary food
7. Am I breaking any of the 10 rules from above? If so, that's fine but it counts as one of your "cheat meals" for the week

Thanks and I hope that you had a great summer

Kevin Miller-CSCS