

Velocity Sports Performance™



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### Velocity Sports Performance...

is hosting the USA Weightlifting Sports Performance Coach Certification which focuses on the utilization and application of Olympic lifts for general strength and conditioning. This certification is appropriate for high school coaches, strength coaches, and personal trainers who work with athletes in sports other than weightlifting.

#### Who is USA Weightlifting?

USA Weightlifting (USAW) is the National

### The Life and Responsibilities of a High School Athlete.

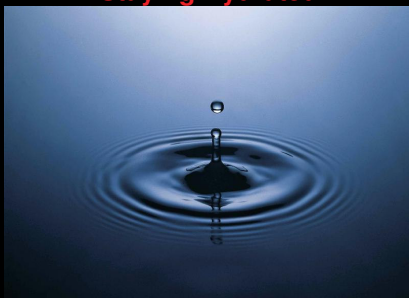
Being a modern high school athlete is not for the faint of heart. Think about it, the generation before you didn't face the same fierce competition for a college scholarship, playing time, or even just making the cut. Does this mean that athletes are better now than they were just a few decades ago? Maybe, but the fact is that sport participation is at an all time high in the United States.

Twenty years ago, we were just starting to see the effects of Title IX (ask your Mom if you haven't heard of it), and there weren't nearly the amount of club, AAU, or tournament teams as there are today. So you are up against more of your peers and your time is spread incredibly thin with year-round competition and school work.

Governing Body (NGB) for Olympic weightlifting in the United States. USAW is a member of the United States Olympic Committee (USOC) and a member of the International Weightlifting Federation (IWF). As the NGB, USAW is responsible for conducting Olympic weightlifting programs throughout the country, as well as becoming an international power competitively broadening young athletes' knowledge of the sport in the United States.

**\*ATTENTION\*** OUR FACILITY WILL CLOSE ON JULY 19TH SO THAT OUR COACHES MAY CONTINUE TO FURTHER THEIR EDUCATION AND PROVIDE QUALITY SERVICE TO YOU.

### Staying Hydrated



**Remember**, whether it's before, during or after practice or games, an easy way to check your hydration status is to look at the color of your urine: If it's dark like apple juice, you need more fluids. If it is light like lemonade, you're probably well hydrated.

**ELECTROLYTES-** When you sweat you lose more than just water, electrolytes are in the fluids that your body sweats out. Electrolytes are essential minerals your body needs, such as sodium, potassium and chloride. Gatorade helps you replace those electrolytes you just lost in your sweat.

Signs of dehydration: muscle cramps, fatigue, headache, thirst, nausea, irritability, dizziness & weakness

A great way to determine how much fluid you need to replace is to weigh yourself before and after exercise. If you lose weight, you'll need to drink 20 to 24 ounces of fluid for every pound lost to get back to your pre-exercise weight. If you've actually gained weight, you're drinking too much and need to reduce the amount of fluids you're taking in during activity.

Is it still possible for you to be successful on the field or court? Of course! The good news is that there are also more resources and qualified instruction available to help you improve each part of your game. The key though, is to have a plan. With so much on your plate, wasting even the slightest amount of time and effort could roadblock the path to full athletic potential. Here is some sound advice on ways to manage two vital high school athlete responsibilities.

**The Balancing Act**  
Success starts in the classroom. Balancing a commitment to excellence in the classroom as well as on the field or court can be a very daunting task, but is essential to taking your game to the next level. Creating good habits early on in high school will give you the tools for continued achievement in college. Begin by planning ahead to get the most out of your time. Obviously, games and practices are inflexible in regards to scheduling. Therefore, be stringent in setting aside your time for studying. Remember that you will need extra time to study for big exams. Ultimately, plan ahead, stick to the plan, and know what to expect for yourself. Lay out realistic goals that you would like to accomplish and begin scheduling the necessary steps that will help you achieve those goals. Through hard work and effective planning, anything is possible.

### Join the Crowd

With your academics in order, now let's look at the physical responsibilities. Normally, blazing your own path is the way to go. But not when it comes to training for improved

**Before:** 2-3 glasses in 15 minutes before exercise

**During:** 5-8 oz every 15 minutes

**After:** Use the determining factors above and replace all fluids lost (at least 17 oz) Following guidelines for recovery can give you a tremendous edge over competitors who don't. So don't wait until it's too late. If you drink only when you are thirsty you may already be on your way to becoming dehydrated. Gatorade will help you play longer, harder, safer and better!

**Courtney Conley has been selected to the Under Armour All-America Softball game.**



Velocity would like to congratulate Courtney Conley on the esteemed honor of being just 1 of 30 girls selected to the Under Armour All-America Softball game out of 300,000 softball players nationwide. The game will allow Courtney and others selected to showcase their talents at Disney's Wide World of Sports.

**This game will be broadcast Saturday July 19, 2008 at 1:00 PM on ESPN-U.**

athleticism. Becoming part of the norm here is a good thing. Between private training facilities such as Velocity Sports Performance, school programs, and Nike SPARQ trainers, found at Velocity, there are more athletes training than those that aren't training. But you should know that all training is not created equal. First, make sure you train with a qualified Performance Coach. Even the best program in the hands of someone without the proper knowledge can be dangerous. What makes someone qualified? Good question, here is what to look for in a Performance Coach:

1. Experience training high school age athletes
2. Certification
3. College degree in Exercise Science related field

Secondly, commit to a training plan that is as comprehensive as possible. Athleticism has so many dynamic parts working together that if you focus on only one piece of the puzzle, your results will always be cut short. The critical elements of an effective training plan include:

- **Speed:** Training to improve linear speed can be divided into acceleration (starting speed) and maximum velocity (top speed). The focus should be on efficient technique with an explosive, yet relaxed effort.
- **Agility:** Focus on balance, coordination, and powerful changes of direction. Many

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athletes can make up for a lack of linear speed by minimizing the time needed to plant and cut out of their breaks.

- **Strength:** Though related, this is different than "power" training and plays an important role in reducing the likelihood of injury. Strength training should emphasize full body development, preferably with free-weight based exercises.
- **Power:** The goal of power training is to produce high amounts of force in short amounts of time. Under qualified instruction, plyometric exercises are good for improving power, as is medicine ball training and Olympic-style weightlifting.
- **Endurance:** Stamina into the final minutes of competitions will often determine the outcome. If your sport involves repeated short sprints followed by periods of rest, then build specific endurance by performing sprint-type intervals rather than long slow running.
- **Dynamic Flexibility:** Being flexible means you can move more efficiently and are probably less likely to have tight muscles that damage easily. But the days of a "sit and stretch" warm up are over. All athletes are better off using stretches that emphasize whole body

movement and resemble sporting positions.

Lastly, the part of your plan that ties everything together is rest. Without allowing your highly trained body to recover, even the most thought out and perfectly designed program will fall short. Scheduling rest days between long practices, workouts, traveling, and games is difficult. At the least, commit to 48 hour breaks between your Nike SPARQ training sessions. So if you train on Monday, then don't train again until Wednesday. This will provide the recovery your system needs to repair itself from the previous training days and avoid overtraining. Also consider where you are in your competitive season when scheduling both training and resting days. Generally, shoot for training three days per week in the off-season and pre-season, and two days per week while in-season.

#### You're Ready

As the saying goes, "No one said it would be easy". The challenges you face as a high school athlete exist at an all time high. Speak with your local Sports Performance Director to plan a strategy that will allow you to reach your academic and athletic goals.



#### Rockwood / Parkway Physicals

Thursday July 31, 2008 PRO Rehab will be holding physicals for athletes from the Rockwood and Parkway school districts in the Velocity Sports Performance training facility located 17363 Edison Avenue in Chesterfield Missouri.

Consequently, all classes after 4 PM will be closed **excluding** Developmental 2

classes at 4 & 5 PM.

The physicals will go by alphabetical order as follows:

Last names beginning: A-M @ 5:00 PM

N-Z @ 6:00 PM

Please govern yourselves according to this schedule.

- Pick up Physical form from school or on school website
- Physical form MUST be signed by a parent prior to getting physical
- Cost is \$20/per student (Cash or check made out to PRORehab)
- No Appointment necessary
- High school age students only please
- Completed physical form will be returned to student -no copies made.

If you have any questions please call PRO Rehab. (314) 238-2255