



# “Black Bear” Performance News

April Edition

## In-season Strength Training

In today’s day and age, strength and conditioning is a major component of an athlete’s preparation for their sport. Unfortunately this has not always been the case. Many sports enthusiasts and coaches had the thought that building muscle would put on unnecessary bodyweight, tighten muscles, and make an athlete slower. The idea that weight lifting would increase the risk of injury has also been a concern of coaches. As we all know, this is not the case although many sports were slower to adapt the training philosophy.

In most sports, strength training was implemented in the off-season and was eliminated during the in-season to preserve an athlete for practice and games. Researchers have found that elite athletes experience a strength loss in as little as three weeks removed from strength training. The conditions that an athlete experiences during the course of competition will result in faster and deeper losses of strength. For example, over the course of a season the amount of volume experienced on the field or court will negatively affect the athlete’s level of total body strength without the implementation of strength training. Planning training sessions should work around competition with a number of factors to consider: player fatigue, travel conflicts, injuries, and schedule changes.

In any case, training should not be neglected. The volume and intensity of the workout can and will be adjusted according to plan. The preparation of a devised in-season plan should be done well in advance to the start of pre-season and continuously fine-tuned during the season. The preparation and operation of an in-season program must include the coaching staff and athletic training staff to keep clear lines of communication and maintain the continuity of training. The main objectives of in-season training is to prepare athletes for game day, maintain strength and power, and minimize the risk of injury.

### IN-SEASON DO’S

- Perform 2 training sessions per week
- Multi-joint movements (explosive exercises, squats, bench press, pull-ups, rows)
- 4-6 exercises each workout
- 3-4 sets of 2-5 repetitions
- 45 minutes of training per session
- Maximize the speed of the bar on movements
- Train the day after a game

### IN-SEASON DONT’S

- Stop training-lead to decrease in performance
- Perform a split routine (upper / lower)
- Perform high repetitions and low weight-you will become slower and weaker

## Quote:

*“Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are.”*

—John Wooden



### RUN WITH IT Domino’s Pizza

Calories: 250  
Carbs: 23g  
Protein: 12g  
Fat: 12.5g

Memphis BBQ Chicken -thin crust



### PASS ON IT Domino’s Pizza

Calories: 310  
Carbs: 19g  
Protein: 12g  
Fat: 18.5

Pepperoni Feast –thin crust





**EXERCISE OF THE MONTH:**

**Back Extension**

The back extension exercise, also referred to as hyperextensions, is an excellent exercise to begin strengthening the posterior chain (back, glutes, and hamstrings). One important feature of this exercise is that it strengthens both the glutes and hamstrings as hip extensors, which is their dominant function when playing sports. This role is in contrast to the role of knee flexion, which is the dominant role during a seated leg curl exercise. For these reasons and for the safety of the exercise we use back extensions as a foundational movement in our programs.

To perform the back extension:

- ◆ Position yourself prone (face-down) in a back-extension machine.
- ◆ Make sure your position is adjusted so that the creases of the hips hang slightly in front of the hip pad.
- ◆ With your torso perpendicular to the floor, squeeze the glutes and hamstrings to extend the torso into a straight line.
  - ◆ The back should be in a slightly arched or flat position.
  - ◆ The body should be parallel to the floor at the top of the movement.
- ◆ Lower the body back to a perpendicular position and repeat for the desired amount of repetitions.

Recipe of the Month:

# 10-Minute Seared Tuna

**Prep and Cook Time:** 10 minutes

**Ingredients:**

- 12 oz of tuna cut into 2 steaks
- 2 TBS mirin rice wine (can be found in Asian section of supermarket)
- 1 + 1 TBS fresh squeezed lemon juice
- 2 TBS tamari (soy sauce)
- 1 TBS minced fresh ginger
- 3 TBS minced scallion
- salt & white pepper to taste

**Directions:**

1. Preheat 10-12 inch stainless steel skillet over medium-high heat for 2 minutes.
2. While pan is preheating, rub tuna with 1 TBS lemon juice, season with a little salt and white pepper, and prepare ginger and scallion.

Place tuna on preheated skillet and cook for 1-2 minutes on each side, depending on thickness, and then remove from skillet. Seared tuna is best when medium rare. This is our Stovetop Searing cooking method. Place on a plate.

Turn heat down to medium and add rest of ingredients to pan in order given, and cook for 1 minute. Season with salt and pepper. Pour over tuna and serve.

PER SERVING:

- ◆ 168 calories / 7g fat (2g sat)
- ◆ 7g carbs / 20g protein
- ◆ 3g fiber / 0mg cholesterol

## Summer Training Sessions

### May Training

**Monday's+Wednesday's:6am/7am/1pm/2pm/3:30pm**

**Tuesday's+Thursday's:8am/1pm/2pm**

**Friday's:6am/7am/8am/1pm**

### June and July Training

**Monday's-Thursday's: 6am/7am/1pm/2pm/3:30pm**

**Friday's- 6am/7am/8am/1pm**