

Dear Athlete,

Just wanted to check in as we finish off our first weekends of the identification camp.

Performance Tip: Movement is the key to success, Create an Aerobic base.

I had a coach once tell me, "if you have to choose between lifting weights and running, choose what mimics your sport the most". Being big and strong is an important aspect of success on the gridiron, but if you can't move from point A to point B faster or more efficient than your competition, then you will find yourself as a spectator on the sidelines. Too many conditioning programs focus on spending countless hours in the weight room and little to no time on the treadmill or the track. Each position on the field needs a high level of endurance, speed and agility to succeed. If any of these factors are sacrificed or ignored in order to do some extra bench press or bicep curls, then so will your performance.

At Elite or with Bison Football, CONDITIONING is the core component of our programming. All our Football players, regardless of position, spend as much or even more time running as they do lifting. Depending on your position, the amount and type of movement conditioning varies, but all players will benefit by including some form of it to their programming. While power training is essential to football, development of the maximal oxygen uptake is also necessary to reduce fatigue in the fourth quarter. A great example of this is Winnipeg Blue Bomber Doug Brown. Doug has consistently been one of the best players in the CFL well into the twilight of his career, due in no small part to his high level of conditioning. When training at Elite, Doug spends countless hours working on foot speed, agility, and aerobic/anaerobic conditioning, and less time worrying about his "max" bench. Even though Doug is a defensive lineman, a position where strength and power are important, he understands that having a high level of fitness is just as important. No matter what position you play, if you cannot move, and for that matter, move as well at the end of a game as you can at the beginning, you are not going to succeed. **So get out and Move!**

For more information on Doug Brown's training regime log onto www.footballmanitoba.com and click on "Gridiron Chalk Talk".

Nutrition 101: Hydrate

Nutrition and performance go hand in hand when talking about success. As hard as you work in the weight room and on the track, you will never see its benefits if you don't put the right nutrients into your body. If your training regime does not include a sound nutritional component (being told to eat a bowl of pasta before bed is not a nutritional guide), that focuses on eating the right amount of food at the right time, then you are simply wasting your time (and in some cases your money as well).

While good sources of Proteins, Carbohydrates and Fats are important to a sound nutritional program, the most important thing that an athlete can put into their body is water. Staying hydrated is essential for everyone, but athletes have an even greater need to maintain proper hydration. Water is the most important nutrient for life and has many important functions including regulating body temperature, lubricating joints and transporting nutrients and waste throughout the body. Not being properly hydrated can result in muscle cramps, dizziness, and fatigue and heat illness

Hydration Needs for Athletes

Each individual has different hydration levels, it is impossible to provide specific recommendations or guidelines about the type or amount of fluids an athlete should consume. Finding the right amount of fluid to drink depends upon a variety of factors that include the length and intensity of exercise, temperature of the surrounding environment and the amount an individual sweats. If you sweat a lot you are more susceptible to being dehydrated. There are two methods used in monitoring adequate hydration:

1. Monitoring urine volume output and colour:

A large amount of light coloured, diluted urine probably means you are hydrated; dark coloured, concentrated urine probably means you are dehydrated.

2. Weighing yourself before and after exercise:

Any weight lost is likely from fluid, so try to drink enough to replenish those losses. While with the Winnipeg Blue Bombers, Elite's co-owner Jeff Fisher did a segment for TSN on hydration and athletic performance. Blue Bomber linebacker Greg Battle was weighted before and after practice during training camp . After 2 hours of practice, Greg had lost a total of 12 pounds. If this player did not properly hydrate before and after practice, his performance and most importantly his health could be affected.

Tips on Hydration

Before Exercise:

Weigh yourself before activity

Drink about 15-20 fl oz, 2-3 hours before exercise

Drink 8-10 fl oz 10-15 min before exercise

During Exercise:

Drink 8-10 fl oz every 10-15 min during exercise

After Exercise:

Weigh yourself after exercise and replace fluid losses.

Drink 20-24 fl oz water for every 1 lb lost.

Consume a 4:1 ratio of carbohydrate to protein within the 2 hours after exercise to replenish glycogen stores.

Being properly hydrated is the first step in implementing a proper nutritional program into your Athletic Performance. If you have any questions about conditioning, nutrition or anything in between, please don't hesitate to contact me. Good luck next practice!

Coach Harper

"What am I willing to sacrifice for what I want to become"

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