Elite High Performance Centers

Our Game is Your Performance

"Training at Elite these past six years has not only taken my game to new heights in the CFL when I am at an age when my play should be declining, but it has also ingrained a work ethic in me and a passion for improvement and excellence that will continue to serve me just as well off of the field when I retire."

-Doug Brown
Winnipeg Blue Bombers

Grid-Iron Chalk Talk

By this time of the pre-season, your camps should be wrapping up and just getting ready to "go-live".

Just because the season starts, doesn't mean your training stops....it just changes a bit.

Maintenance or In-Season Phase of Training in OUR opinion is the most important phase there is to your Seasonal Periodization Programming.

Often the shape it takes is a couple of compound lifts per week with movements like- cleans, snatch, squats and bench press. Foot speed maintenance drills, stretching and cardiovascular maintenance will keep your off-season's gains around as well as prevent in-season de-training!

As important as your In-Season Programming, is your in-season DIET. Make sure your diet has plenty of complex carbohydrates for energy and protein for muscle recuperation. There are a lot of recuperation supplements on the market designed for "Athletic Repair". As always, prior to using any Nutritional Supplements, please speak with a Health Professional with experience working with these products. After 17 years of Training Pro-Athletes, the only Supplement retailer we at ELITE work with is GORILLA JACK because of their knowledge and commitment to excellence. For information at anytime regarding what Supplements may be a good partner for your IN-SEASON program, call 697-5884 and speak to Martin or Barry.

Here are a few quick tips to making your In-Season Program part of your next ELITE PERFORMANCE from ELITE HIGH PERFORMANCE FOOTBALL DIRECTOR- MATT HARPER!!!

1- Stretching is the most important component of your IN-SEASON programming. Find a trainer on your team, another athlete or coach that you can work with on a daily basis to help maintain or increase your flexibility. Stretching can help reduce injuries, maintain strength and valuable speed.
2- Drink FLUID!!! Lots of it! Water is the best thing for you during this time of year! Proper level of hydration allows you to perform at your best...how much water? If you are practicing daily, you should be in the range of 3-6 litres of fluid per day.
3- Rest! You can only get better if you allow yourself to recuperate. Here is a tip, the day after a game, get a lift and a stretch in and take the following day OFF! That is a recipe that ALL of our PRO's use and allows for a full day of recovery during your busy week!

To sum it up...make sure you don't get fooled into thinking that your In-Season Program should consist of just games and practices. Frequent pit-stops at the gym, with your trainer, on your couch and in front of your fridge are all components to a successful next ELITE PERFORMANCE.

Until next time,
Onward and upward,
Jeff Fisher
ELITE PERFORMANCE CENTERS

Elite
High Performance & Sports Injury Centers