

Iowa Strength and Conditioning



Tips For Recovery:

- Get 8 hours of sleep every night. You recover, grow and get stronger during rest periods.
- Drink plenty of fluids!
- Eat several nutritious meals a day and use the supplements we provide for additional calories, vitamins, minerals and protein when needed.
- Stretch on your own daily.
- Foam Roll daily.
- Use the ice tubs after a hard workout.
- Use the Powerplate before and after workouts.
- PLAN AHEAD! Pack bars and snacks on busy days. Stay on top of your school work to avoid “all nighters.”
- Be PROACTIVE. We have every tool at our disposal.

“THE IOWA WAY”

Watch the little things; a small leak will sink a great ship.

Benjamin Franklin

This is a lesson that we like to preach each and every day. If we take care of the little things day by day, the big things will take care of themselves. What are the little things? The little things are all the small details that you can choose to do with perfection or to simply overlook, everyday! Do you finish every drill as hard as you can? Do you manage your time wisely? Was your footwork perfect on every drill you did in individuals today? Did you take 200 practice shots, as prescribed, or 198? All of these seemingly small details will catch up with you in the end. Your conditioning may suffer, as well as a particular skill, your footwork and efficiency, your grades and ultimately your ability to help the team accomplish its goals!

It is the willingness to prepare to be the best that will separate us from our competition, identify us as Hawkeyes and ultimately lead to us to being crowned Champions!!!

