DEVELOPING TODAY'S FINEST ATHLETES

Mizzou Performance Club

2006, Issue 4 JANUARY 2006

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- Winter Sports Updates
- Spring Sports

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New Equipment continued…



2 Landmines have our athletes perform rotational core exercises and T-Bar rows among others.



Plyoback Rebounder with a medicine ball rack. The rebounder has been a tremendous help by allowing our athletes to do their medicine ball work individually.



2 Jump Pads and Sonic Timers to measure vertical jumps whether it be for height or speed.



3 Premium EVA Foam Rollers. These rollers allow our athletes to perform new regeneration (or recovery) techniques.



2 Core Boards add stabilization and core work to our athletes workouts.

4 sets of Jumpstretch bands that have been used in various ways such as to aid in stretching, explosiveness, and core exercises.



6 Power Wheels allow our athletes to work core and body stabilization exercises.



The ability to have this equipment has added to the supplemental areas of all our programs. Thank you for all your donations that make it possible for us to develop today's finest athletes.

Scott Bird Leaves for Kansas State



Scott Bird left Missouri in August to become the head strength coach for the baseball program at Kansas State. He will work primarily with the baseball team in its new weight room at Tointon Stadium. With 14 years of proven success in the field of Strength and Conditioning, Bird is a veteran in the field. He has worked with a variety of men's and women's sports at some of the country's highest ranked universities. Bird has coached 27 All-Americans, 4 conference players of the year, and 3 national champions.

Bird spent the previous four seasons as an Assistant Director of Strength and Conditioning at the University of Missouri. Bird's responsibilities at Missouri included assisting with the player development program for football as well as being responsible for the development of Tiger Baseball and Lady Tiger Gymnastics. Bird was also the Director of both the Mizzou Performance Club and the Mizzou Strength and Speed Clinic. He was an asset to our program and will be greatly missed by the University of Missouri. Good luck to Scott and his future ventures.

You can contact him at : sbird@KSU.edu



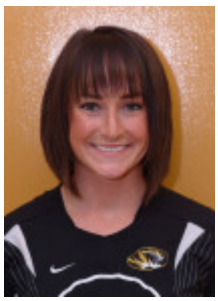
Lindsay Hunter earn All-American honors.

Volleyball

The Tigers strong start to the 2005 season led to their most successful finish in program history with an appearance in the "elite eight" round of the NCAA Championships. The team trained twice per week during the season to maintain the improvements they had accomplished in preparing for this historic campaign. Each player in the Tigers' rotation trained with an individualized program to ensure their peak performance throughout the season. The freshman class committed to training an extra day for an eight week phase of the season where the "Fab Four" capitalized on their redshirt year. The Fab Four were led by middle blocker Amanda Hantouli who set personal records in every evaluation and gained 13 pounds of muscle while adding four inches to her vertical jump.

Numerous players earned recognition for their tremendous accomplishments during the 2005 season. Senior captain Lindsey Hunter became the first student athlete in any sport to lead the Big XII conference in a statistical category during all four years of their eligibility. With over 6,000 assists, Hunter finishes ranked sixth in NCAA history as she was awarded First Team All Conference, All Region, and All American honors. Juniors Nicole Wilson and Jessica Vander Kooi also achieved All Conference, All Region, and Honorable Mention All American recognition. Hunter and Wilson were also honored as members of the All NCAA Tournament team for the State College region. The 2005 squad set numerous records with each individual category leader on the roster led by Danru Shen who achieved almost every statistical record except those held by Hunter and Wilson.

With the development and emergence of the Fab Four freshman and returning leadership of All Americans Vander Kooi, Nicle Wilson, and Big XII Libero of the Year, Tatum Ailes, the Volleyball program will continue to build a tradition of excellence on the foundation of their most successful season in history.



Senior defender Erica Pusch received the 2005-06 Missouri Soccer Strength & Conditioning Athlete of the Year award.

Soccer

The Lady Tigers finished the season with a 9-8-3 record. Although this included a post season loss to #1 ranked Texas A&M in the first round of the Big 12 Tournament, the Lady Tigers finished with many other accomplishments this year. Among these were numerous academic awards and one second team All Big XII Team acceptance. Erica Pusch finished her Soccer career as the recipient of the Missouri Soccer Strength and Conditioning Athlete of the Year award. This Award is given to one athlete on each team who has shown great focus, intensity, enthusiasm, leadership, and discipline in the weight room throughout the year . Antwan Floyd the Soccer Strength and Conditioning Coach states, "It has truly been an honor to coach such a physically and mentally gifted athlete who is able to turn any situation into a positive. There is no doubt in my mind that Erica Pusch will be successful in life no matter what career path she chooses. I want to publicly say thank you Erica, for all of your hard work and effort during your college career."

Cross Country

With the closing race of the 2005 season, the men's team finished fifth and the women's team finished fourth in the Big XII conference Championship. The team performed extremely well in this culmination of the season, especially considering that each team had their best runner out due to injury.

At this competition, Senior Valerie Lauver, finished ninth overall, but was the first Tiger to finish the race. This made for the third consecutive time that Lauver has earned All Big XII honors.

This season, Matt Noonan was the only Tiger on the Cross Country team to gain entry into the NCAA National Championships. He broke the 30 minute barrier for the race and placed 90th. This was the first time since 1977 that the 30 minute barrier had been broken by a Tiger, and the first time since 2000 that a Tiger had placed in



Senior Matt Noonan Breaks Into Top-100 at NCAA Championships.

Men's Basketball

The Missouri Tiger Men's Basketball team spent the fall months preparing for the demands of the upcoming season. Preseason training was geared toward integrating these individual offseason benefits into a team concept. Everything had a team-building component, whether it was weight training, conditioning, or speed-agility-quickness training. The preseason also involved the addition of on-court basketball workouts with the coaching staff. Strength and conditioning workouts were balanced with these individual basketball workouts throughout the week to attain the proper demands along with suitable recovery.

The game of basketball is a game of quickness: quick body, quick mind, and quick instincts. To insure that intensity was developed, all training imposed this stimulus. Player's competed against one another, against themselves, and against the clock. All workouts were designed with consequences for those not meeting specified standards; anything less was unacceptable and additional "higher standard" workouts were provided for those not meeting these standards.

Entering into the playing season, workouts are manipulated on a daily basis to counter the demands of practice. Player's are subjected to high levels of fatigue over extended hours. These workouts return the body to a performance level that is sometimes more beneficial than further breakdown through high-intensity strength training. Workouts are designed to be time-efficient while maintaining the requisite volumes and intensities for growth and improvement.



Thomas Gardener is the Big 12 leading point producer.

Women's Basketball

The Missouri Women's Basketball team ended summer workouts and arrived in August with something to prove. The team lifted twice a week and conditioned four days a week. Drills consisted of court sprints to 2-mile runs, along with basketball specific drills. The Lady Tigers ended their preseason on a positive note having 33 PR's (Personal Records) out of a possible 38. They also had two team records set. Cherice Mack set a new record of 182 lbs. in the Hang Clean and Blair Hardiek ran a team record of 2.79 seconds in the 20-yard sprint. The Lady Tiger Basketball team has sense started their season and are off to an 8-2 start with one of those loses coming at the hands of number 18th ranked Arizona State. The women opened conference play on January 4th at home against the National Defending Champions Baylor Bears and defeated them 64-61.



Carlynn Savant, spots Tiffany Brooks during a preseason lift.

Wrestling



No. 4 Matt Pell pens his opponent.

The Mizzou Wrestling team trained for the 2005-06 season during the fall pre-season with strength training three days per week followed by conditioning drills which included six mile distance runs on Monday, stadium sprints in the stands of Faurot Field on Wednesdays and touch football games on Fridays. The grueling pre-season training schedule is culminated with the championship football game between Head Coach Brian Smith and Assistant Bart Horton's teams challenging for the title.

Two-time National Runner-up at 174 pounds and junior captain Ben Askren demonstrated his commitment to becoming the first National Champion in Mizzou history by setting personal records in five of seven evaluations. Matt Pell, a junior, who set personal records in Clean and Jerk, improved his Squat by 30 pounds and added five Pull-ups to his previous best while dropping from the 184 to 165 pound weight class. The dedication of freshman Mike Chandler and Raymond Jordan during their redshirt seasons last year was rewarded with a spot in the starting lineup at 157 and 184 pounds respectively. Both Chandler and Jordan achieved personal record performances in every test, with Chandler claiming team records for the 125-157 pound weight classes in Bench Press, Clean and Jerk, and Pull-ups. The future looks bright as newcomer Max Askren has shown an unmatched dedication to preparation in his training to continue the tradition of "Tiger Style" wrestling.

Swimming and Diving

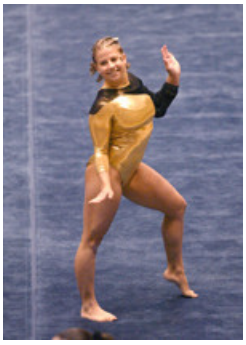


Lori Halvorson became the second freshman woman to set a school record this season, doing so in the 200 IM.

The Swimming and Diving team has started the year with a splash in their brand new facility. The swimmers started a whole new type of program this year, with an emphasis on muscle endurance. Their workouts are split into mini circuits. Each mini circuit has between 3-5 exercises that are done continuously without rest. There are typically three sets of different mini circuits and they perform each mini circuit three times through. In the mini circuit, typical exercises include squat jumps, hang cleans, chin-ups, abdominal work, and bench press. After a mini circuit, each athlete has supplemental exercises to do based on their primary swimming stroke.

The divers are split into two different groups to lift. One group is doing a general fitness workout; working to maintain strength and long, lean muscles. They perform lots of explosive movements and fast twitch training to help them move into their diving positions more quickly. The second group is working to put on muscle so they can jump higher off the board, giving them more time to complete their dives before hitting the water. They are doing this by lifting heavier weights with longer rest in between sets. The divers were tested three weeks ago and set new team records in the bench press, squat, hang clean, vertical jump, 1:00 min push-ups, 1:00 min sit-ups, and pull-ups.

Gymanstics



Lauren "Bunny" Schwartzman and the Missouri Tigers are Ranked 16th in the Preseason polls.

The Gymnastics team finished off their pre-season with their annual Black & Gold meet on December 10th. The team lifts twice a week throughout the pre-season, focusing on quickness, strength, and power. The workout for the first four weeks, is a circuit made up of 15 exercises done continuously without rest. These exercises include pull-ups, pushups, lunges, and various other bodyweight exercises to prepare the team for pre-season practice. Once pre-season begins, the girls then switch to one day of platform circuits and one day of physioball circuits. A platform circuit consists of 4-7 Olympic lifts done continuously without rest. This includes lifts such as hang cleans, push jerks, and front squats. The physioball circuit is made up of 15-20 exercises, all using the physioball. This includes exercises like push-ups, single leg squats, and core work. These workouts are designed for injury prevention and to build lean, strong muscle that will help them perform their routines and keep them healthy throughout the season. The gymnastics team is looking forward to their upcoming season.

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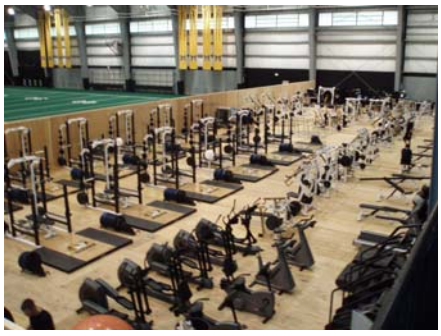
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The purpose of the Mizzou Performance Club is to develop the University of Missouri's Strength and Conditioning program as one of the elite resources in college athletics. The club will raise funds to support the program by purchasing new and cutting edge training equipment, refurbishing existing equipment, and continuing staff development.

www.mutigers.com

Temporary Look For Tiger Strength & Conditioning

The University of Missouri Strength Staff will be busy during the Christmas Holidays. We will not only be preparing for the spring semester, but we will be relocating the Yeckel Training Center. On January 5th and 6th of 2006, the Strength Staff will move the entire Yeckel Training Center from the Tom Taylor Building to the Devine Pavilion. The reason for the move is that The University of Missouri is renovating the Tom Taylor Building to house a brand new state of the art weight room. The current Yeckel Training Center is nine thousand square feet, but when the construction of the new Center is finished it will measure around fourteen thousand square feet. All of the platforms, racks, dumbbells, and machines as well as all staff offices will be housed on the lower level of the new weight room. The new Yeckel Training Center will also have a second story where all cardio equipment and TVs will be stored. The transition should only take around seven months to complete. The Yeckel Training Center should reopen before school begins in fall of 2006.



A look from the balcony of Dan Devine Pavilion at the temporary weight room.

If you have any comments or anything that you would like to see in future publications, please e-mail Shayne McKenzie at mckenziesh@missouri.edu or Keith Caton at catonr@missouri.edu.