

Mizzou Performance Club

2004-05, Issue 2

JULY, 2005

**Future stories in
the Performance
Club Newsletter:**

- Summer Update
- Outlook on Fall Sports
- CSCCa Conference
- New Facility Update

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TIGERS EAT BETTER

The most significant advancement in the strength and conditioning program during the 2004-05 season was the commitment made to support the student-athletes' education on the important role that proper nutrition can have on their athletic development and sport performance. The project began with presentations to all of Mizzou's head coaches and individual team representatives of the Student Athlete Advisory Council (SAAC) on the need to enhance their awareness of the immense potential for a competitive improvement in mental and physical performance through sound meal planning and food choices. The sports nutrition program became a reality through the financial support of Director of Athletics Mike Alden and the athletic administration which allocated over \$50,000 to support the student athletes hunger for healthier nutrition.

With the support of the administration and a strong commitment from the coaches and players, the strength and conditioning staff embarked on their quest, to teach the student athletes how to improve the quality of their nutrition through team education sessions, individualized sport specific dietary analysis and one-on-one individualized counseling. The student athletes were trained to eat breakfast everyday and plan their meals more effectively to meet the intense demands of their athletic and academic schedules. While incorporating more food choices from the "Top 25" such as water (#1), fruits, vegetables and lean proteins that would increase their energy levels, enhance recovery, and improve their body composition rather than average selections such as fast foods, pizza, sweets and soft drinks that may hinder their performance.

To assist the student athletes' efforts to enrich their new dietary behaviors, each Tiger was provided with a durable 32 ounce water bottle customized to represent their team, a one year supply of a daily multiple vitamin, a Gatorade Nutrition or EAS energy/recovery shake following each strength and conditioning workout, in addition to their daily choice from dozens of flavors of Balance or EAS energy bars, not to mention the endless supply of PowerAde dispensed from the fountain in the entryway to the Yeckel Training Center weight room.

Plans for the future include the incorporation of a full time nutritionist.

NSCA Strength and Conditioning All-Americans

The NSCA All-American Strength and Conditioning Athletes of the Year program recognizes collegiate athletes whose athletic accomplishments, in the opinion of the strength coach, reflect their dedication to strength training and conditioning. These athletes are also recognized for their academic and personal accomplishments as well as their integrity as student athletes.

The 2004-2005 winners from the University of Missouri are:

Football - Beau Viehman a 2004 Team Captain

Soccer - Shea Swoboda 2004 Team Captain

Wrestling - Tyron Woodley

Two time All-American at the 165lb. weight class

Track & Field - Jennifer Bennett
Big 12 All-American Pole Vaulter
2003

A list of our current and past All-Americans can be found on our website @

mutigers.collegesports.com.

FOOTBALL



Brad Smith makes a play during the 2004 season.

During a successful spring semester, the football team dedicated themselves to improving leadership, mental toughness and unity. In order to accomplish these goals, the support of everyone directly involved with the Mizzou Football Team would be needed and the strength staff was willing to do whatever necessary.

Following the spring game, a two week training phase was used to introduce new exercises to provide a foundation for more sophisticated methods of training. Some of the

new exercises included box squats, rack squats, high pulls from the floor, sled pulls, Olympic complex variations, dead lifts, and the incorporation of sub-max eccentric and isometric exercises. This generated a new excitement in the air and this was only the beginning.

The football team was sent home with a three week pre-summer program to prepare them for what is called "Summer Ball" designed to prepare the team for the upcoming 2005 Football season.

Summer Ball began on Monday, June 6th with a four-day split routine, Monday-Tuesday and Thursday-Friday. Monday's focus is speed technique development. Tuesday is dedicated to lateral speed and agility. Thursday is a plyometric/acceleration day and Friday is a position specific conditioning day.

After two weeks, the team is doing great and leadership has really stepped up. Stay tuned for more updates in future newsletters.



2004-2005 Men's Basketball Team

MEN'S BASKETBALL

The spring semester for the Missouri Tiger Men's Basketball team involved competition throughout workouts. All training was geared toward competitive games amongst players as well as individually. Each

workout was objectively graded based on performance in various lifts, conditioning tasks, and competitive games. At the end of each week, all scores were tallied to determine a winner by position.

Our goal was to learn how to compete in everything, regardless of the task and the repercussions.

This summer the Tigers' have been working hard to improve their overall conditioning. Many of the workouts have been designed to bring about changes in the player's basketball-specific energy systems. Further, with so many young players in the program, the team has been training to improve their basketball-specific movements, such as

lateral slides and kicks, sprints to balance, close-outs to balance, and the specific footwork utilized to control and defend the dribble.

The team has demonstrated tremendous commitment to all that has been asked of them. The summer months are always the most enjoyable as a coach because of the progress that can be made in just eight weeks, and this summer has been no exception.



2004-2005 Women's Basketball Team

WOMEN'S BASKETBALL

Losing in the second round of the Big 12 Tournament to the soon to be National Champions Baylor, was not the way the Tigers wanted to end their season. The off-season training began in March with a major emphasis in core strength and power.

Many of the ladies saw improvement in the weight room with P.R. in many of the tests.

Most of the ladies saw a 20 pound increase in their squat.

Returning 10 players; as well as four out of five starters, the Tigers have a strong base on which to build. They have just started their summer training, which emphasizes conditioning and strength. Three of the five incoming freshman plan to join the Tigers sometime during the summer. Allowing them to join their teammates

for summer workouts helps the incoming athletes adjust to the demanding schedule of college athletics and allows them to learn what is expected from Mizzou basketball players.

When classes resume in August, the ladies will test their summer efforts and prepare for six weeks of pre-season that will carry them into their season.

VOLLEYBALL

As the 16th overall seed in the NCAA Championship tournament the 2004 Mizzou Volleyball team was privileged to host the first and second rounds for the first time in the history of the program. To build on this achievement the team began preparing for the 2005 season at home in January before the start of the winter semester.

The team was led in the off-season by their captain senior setter and All-American Lindsey Hunter who has set the standard for her position in

the strength and conditioning program. The 2004 Performance Athlete of the Year award winner, junior middle blocker Nicole Wilson, continued to shine for the Tigers as she set two team records among her several personal best performances. Senior Lisa Boyd and junior Abbie Booth battled back and forth throughout the spring season trading the team record in chin-ups almost every week.

The Tigers pre-season began in May with a trip to Beijing, China where they com-

peted in exhibitions with several university teams in the capital city. The team returned to campus for summer workouts in June and has been challenged with plyometrics and agility exercises in a sand court to compliment their training in the weight room. The veteran squads' years of sacrifice and commitment to their athletic development has prepared them to continue to enhance the Mizzou Volleyball tradition of excellence.



Jessica Vander Kooi looks to elevate her game this season after a successful summer of training.

SOCCER

The Lady Tigers are coming off of an undefeated spring season. This includes a 1-0 win over Ohio State. To prepare for the fall season the girls have committed to being here and training as a team starting in July. This will be the third year they've done this as a team.

We have recently reconfigured the training and conditioning criteria for the girls. This includes two fitness tests, the 300 yard shuttle, and the Intermittent Recovery Test. Both

require the girls to perform soccer specific movements; acceleration for short distances, deceleration, and change of direction. These tests include assessments of core lifts, bodyweight exercises, speed, agility, and explosive power.

Athlete improvements thus far include Lauren Grice; who has improved her 3-Hop by 2 feet, Aria Hudetz; the team record in the Intermittent Recovery test (16.6), and Elyse

Nikonchuk; the team record holder with 91 sit-ups in 1 minute, and Erica Pusch; :51 average in the 300 yard shuttle test. (Three consecutive shuttles with only 3 minutes rest in between). This is also a team record.

Our two Captains Erica Pusch and Amber Swinehart have done a great job of bringing this team together and getting them to believe in the Soccer program.

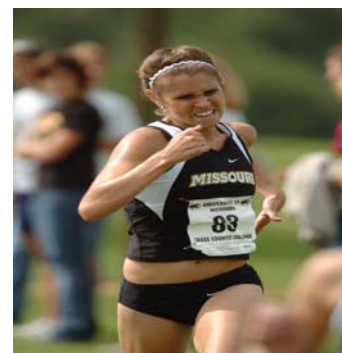


Elyse Nikonchuk controls the ball to get past a defender.

MEN & WOMEN'S CROSS COUNTRY

The cross country team has a new found enjoyment in the weight room. The women's cross country teams' efforts paid off in the fall with a team entrance to the NCAA National Championship where they placed 11th, the best finish in 20 years for the team. The men's teams hard work paid off as well, as they had one of the best seasons in recent history, with Tim Ross receiving a at large bid for the NCAA National Championships.

They enjoyed their workouts which focused on strength endurance, and mobility, with a combination of bodyweight exercises, machine exercises, and free weight exercises. They worked out twice a week for nearly the entire year. The workouts paid off again in the Spring with Amanda Bales placing high at the Big 12 Tournament, and Tipper O'Brien running the fastest 1,500M time in Mizzou History.



Amanda Bales finishes strong during a 2004 cross country meet.

WRESTLING

Following the most successful season in the program's history during the 2003-04 campaign, expectations were raised for the 2004-05 Tiger wrestlers. The challenge began with an intense pre-season program that trained the Tigers to develop the power, strength and stamina it would require to achieve their demanding goals.

Senior Captain Tyron Woodley led the way for Mizzou both in the weight room and on the mat. Tyron was recognized as the Performance Athlete of the Year and by the National Strength and Conditioning Association as an All-American for

his commitment to developing his athletic potential which contributed to his second All-American honor at the National Championship tournament.

The intense dedication to their physical preparation was reward for two sensational sophomores as Ben Askren earned a second place finish and second consecutive All-American honor, while Matt Pell achieved his first All-American recognition. The duo continued their success with several post-season personal records in the weight room on their way to reaching a championship and third place finish respectively at the Pan American games.

While Missouri's three All-Americans were leading the Wrestling team to an 11th place finish at the National Championships, the highest in the program's history, the future stars of the program were earning their stripes in the weight room. The young tigers were lead by true freshman Raymond Jordan, whose relentless effort lead to improvements in his bench press, squat and clean and jerk by 53, 70, and 34 pounds respectively. Look to see his hand raised at the center circle of the Hearn center soon.

GYMNASTICS



2005 Gymnastics Team

The gymnastics team had an excellent year both in the weight room and the gym. They placed fourth at Big XII Championships. They qualified for NCAA Regional Championships in Nebraska and placed third as a team,

just missing qualifying for the

National Championships. One senior, Alisha Robinson, qualified individually for Nationals where she placed 5th on vault and earned her second All-American title in her career.

We used six basic tests in the weight room for the girls this year which included squat, bench, dips, chins, flexibility and sit-ups. Lauren Schwartzman and Rachel Dombart broke the team squat record when they squatted 212lbs. All the girls

were extremely successful in the testing and were very strong by the time their season began in January. They were a young team losing only two seniors this year and look to be very successful in the coming year.

MEN & WOMEN'S SWIMMING AND DIVING

The swimming and diving team made great progress in the weight room and the pool this year. Working closely with the coaches, we came up with a program that helped both the men's and women's teams have a very successful year.

Throughout the year, the team's workouts consisted of hang clean, bench and squat as well as other supplementary lifts, core, and balance work. The men's team finished with a

dual meet record of 6-2 and finished 3rd at Big XII Championships, while the girls finished their dual meet season with a record of 7-2 and a 5th place finish at the Big XIs. One male diver, Evan Watters, and one female diver, Nicky Frazier qualified for NCAA National Championships. Brian Hoffer was named the Big XII men's swimming coach of the year. After a short break, both teams were back in the weight room

working hard in anticipation of next year. Everyone gained lots of strength throughout the off-season as well as being the strongest and most fit they have ever been at Mizzou.

MEN & WOMEN'S TRACK AND FIELD

The Tiger Track team has seen great success this season. During their indoor season the Men and Women's team produced 23 NCAA qualifiers. The Outdoor season produced 29 total NCAA qualifiers. Of those 29, six met USA Track & Field "A" standard and will be competing for a spot in the World Championships at a later date. Also included in that 29 are seven Jr. National Qualifiers (under the age of 20) who show promise of becoming NCAA Championship contenders in their respective

events next year.

Athletes that stand out are Juniors Hans Uldal and Ashley Patten, Senior Conrad Woolsey, Junior Chris Horn, and Senior, Lindsay Markworth. Patten is a three time BIG XII champion in the 800m and recorded a time of 2:06.02 this year placing her 7th on the NCAA level. Uldal is a Decathlete who competed for his country at the 2004 Summer Olympics in Greece and is currently ranked 2nd in the NCAA at his event with a point

total of 7740. Woolsey is the Big XII Indoor season Champion and currently ranked 3rd in the NCAA outdoor season. Markworth is the Women's team record holder in the Clean (238 lbs.) and in the Squat (386 lbs.).

Training such a large team and wide variety of athletes is collaborative effort that requires great planning and communication. Josh Stoner, Atwan Floyd, and Bryan Mann share the responsibility of managing the 100+ athletes.



Hans Uldal 2005 Track and Field Indoor Season

SOFTBALL

The 2005 season was a very successful season for the Tiger softball program. A season total record of 44-15 with an appearance in the Big 12 tournament final where they lost to Texas 2-0. The Tigers also made their 3rd consecutive appearance and hosted their first ever NCAA tournament regional where, after losing their first game, they fought back with four straight wins to make the final where they lost to the 6th ranked Stanford Car-

dinal 3-2. Other team highlights included a team record and 3rd best nationally 82 home runs, 3rd best nationally in runs per game, as well as a 20th national rank in team earned run average. The Tigers will return 7 of 8 position players with 5 of those earning All-Big 12 Conference honors in 2005.

The Tigers have a lot to build upon and have just begun the summer development program after a 3 week break following the season. The play-

ers will follow a plan that is designed to restore deficiencies and rehabilitate injuries attained during the course of the season. Toward the end of the summer the workouts will prepare them for the upcoming fall semester. When the

players report in August, we will begin team workouts consisting of lifting and running to prepare for a championship run in 2006.



2005 Softball Team

BASEBALL

Mizzou's baseball team finished its season in the semifinals of the NCAA Regional Tournament losing to last year's National Champion Cal-State Fullerton 8-6. Mizzou finished with a 40-23 record, its best since 1991. Max Scherzer was also named Big 12 pitcher of the year along with being a second team All-American. The Tigers had three players taken in the Major League draft. Outfielder James Boone was drafted by

the Pittsburgh Pirates in the third round. Two pitchers were also chosen. Andrew Johnston was taken in the 9th round by the Colorado Rockies and Doug Mathis went in the 13th round to the Texas Rangers.

The players also did a great job in the weight room. There were 38 P.R.'s (personal records) set during the in-season. Their hard work paid off late in the season when they went to Baylor and had to play in 100

degree temperatures. Head coach Tim Jamieson said he felt the Tigers won the series because they were in better shape than the Bears.

In May senior pitcher Meade Hedricks was named Baseball Strength and Conditioning Athlete of the year. Meade set his P.R. on squats along with increasing all of his lifting numbers.

The team was given summer manuals to continue their work as they play in various summer leagues around the country.



Max Scherzer pitches during the 2005 baseball season

WOMEN & MEN'S GOLF

The Women's Golf team had quite a successful season in the weight room and on the course. The Women ultimately made the NCAA tournament for the first time in school history and finished in 16th place. Coach Stephanie Cooper-Priesmeyer was named the NCAA Central Region Coach of the year for her team's efforts.

The women enjoyed the workouts which focused on core strength, joint mobility, and increasing the strength of the prime movers of the golf swing. They tested push-ups, sit-ups, flexibility, and the vertical jump. This was the first year of testing the vertical jump, and the girls got to show off their athleticism.

The ladies also got to show off their competitive side with on at least one Friday a month having a competition with some sort of consequence or reward. They enjoyed this and showed what fierce competitors they are, both on and off of the course.

Under first year Coach Mark Leroux, the goal of the men's team was to get stronger. They tried to get as strong as possible, and focused on the bench and squat. The team saw incredible results, as every single one of the men at least doubled their squat, with one athlete tripling his

initial squat by the end of the year. The bench press saw similar results, with one person doubling it. The men enjoyed every workout, and saw each workout as a new challenge.

The hard work and strides in the weight room carried over to the course. They had two individuals break the school single round record by two strokes, won two team tournaments back to back (first time in team history), and went to the NCAA tournament for the first time since 1986, where they finished 20th.

TENNIS



2004-2005 Tennis Team

Tennis had a lot of success this season. They finished their season with a record of 14-8. They advanced to the second round of the Big XII Championship after upsetting Oklahoma State, before falling to #1 ranked Baylor. Senior Katka Sevcikova was named to the 2005 All-Big XII team

following the season.

In the weight room, the girls worked very hard. The basis of their workout was about getting them in shape and prepared for the long, tiring season ahead. They enjoy being in the weight room. We focused mainly on strength and cardiovascular fitness throughout the year. They do a wide variety of workouts to condition their bodies for their season as well

as high volume of training. They will be ready for a great season next year.

Mizzou Performance Athlete of the Year

The Mizzou Strength & Conditioning Athlete of the year award is given on a team by team basis to the athlete that has displayed excellence in every category in the acronym F.I.E.L.D. Standing for Focus, Intensity, Enthusiasm, Leadership, and Dedication.

The Winners for the 2004-05 season were:

Football - Beau Viehman

Women's Basketball - Tiffany Brooks

Volleyball - Nicole Wilson

Soccer - Shea Swoboda

Gymnastics - Jodie Heinicka

Wrestling - Tyron Woodley

Baseball - Meade Hedricks

Softball - Heather Kunkel

Cross Country

- Men's: Tim Ross

- Women's: Jill Peterson

Swimming & Diving

- Men's: David Darmitzel

- Women's: Belinda Wood

Track and Field

-Men's: Chris Horn

- Women's: Jennifer Bennett

Golf

- Men's: Chris Zeller

- Women's: Stephiane Turner



100 Tom Taylor Bldg.
Columbia, MO 65211

Pat Ivey
573-882-6791
E Mail: iveyp@missouri.edu

Josh Stoner
573-884-0106
E Mail: stonerj@missouri.edu

Scott Bird
573-884-0107
E Mail: birds@missouri.edu

Antwan Floyd
573-884-0083
E Mail: floydav@missouri.edu

Jana Heitmeyer
573-882-9820
E Mail: jch5yb@mizzou.edu

Shayne McKenzie
573-884-2884
E Mail: mckenzie@missouri.edu

Bryan Mann
573-884-0105
E Mail: jbm69@mizzou.edu

Shannon Turley
573-884-1838
E Mail: turley@missouri.edu

Jeff Watkinson
573-884-7047
E Mail: watkinsonj@missouri.edu

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

Member Recognition

We would like to thank all of our performance club members for their contribution to the development of the University of Missouri Strength and Conditioning Program.

ALL AMERICAN:

William & Lucille Capper

ALL-CONFERENCE:

Carl Gessler

David Hennis

Bo & Ann Hoskins

Charles "MAC" McDonald

TEAM CAPTAIN:

Alan Kimes

Tony Logan

C. Keith Miller

Paul Olive

Dr. John Tabash

Kevin & Anita Woods

Ford Farmington Hills, MI

FIRST TEAM:

Dennis Smith

H. Stephen Talge

Tim & Margaret Thurman

TEAMMATE:

N. Fred Beaman

Robert & Jamie Driver

Larry & Kathryn Hamilton

Pat & Starla Ivey

Max D. Jones

Leo & Edith Letterman

Ben Loeb

Shayne McKenzie

Charles Palmer

Michael Plumly

Josh & Christin Stoner

C. Wayne Schinder

Liz Townsend

Four Corners Framing Jim West

Thomas & Bernice White

In Memoriam:

Mary Nell Porter