

Mizzou Performance Club

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Former Mizzou Stars Serve as Role Models for Seniors

As the collegiate football season comes to an end, the Mizzou seniors begin their pursuit of a career at the next level. This year seniors will have a different experience than those in the past. They are accompanied this year in their training process by Mizzou alumni who are also trying to find their place at the next level. Alumni like Brock Olivo, Brad Ekwerekwu, and Xzavie Jackson have returned to train and help guide the NFL hopefuls.

Olivo, Ekwerekwu, and Jackson provide knowledge and experience after having already gone down the seniors' path. Olivo, a senior on the 1997 Tiger team, spent 4 years in the NFL playing for the Detroit Lions from 1998-2002 then left for Italy where he coached for the South Lazio Marines.

While Jackson has just been signed to a contract with the Philadelphia Eagles, Ekwerekwu is still looking to battle his way onto a NFL roster. He was able to make it until the last cut with the Kansas City Chiefs in their 2007 training camp and looks to make it one step further this year.

These three athletes carry with them very different football experiences. Some have been to the NFL and back, while others are still keeping their NFL hopes alive. This creates a great environment for our draft-eligible seniors to not only become physically stronger, but to also have the opportunity to learn from those who have gone down that same path.

Coach Antwan Floyd is in charge of the NFL Pro-Player Development Program.

"Having former players return and share their experiences gives our players a taste of what is available to them if they work hard. It is what being a part of a championship program is all about," said Floyd.



Senior Lorenzo Williams and alumni Brad Ekwerekwu take a breather during a workout.

New DXA Room is Great Addition in Yeckel Weight Room

In June 2007, the University of Missouri Athletic Department became the only collegiate athletic program to own a DXA scanner. Dual Energy X-Ray Absorptiometry, DXA, is used to measure student-athletes' body composition. Backed by considerable research, it is considered the "gold standard" in body composition, which means it provides the most accurate results. DXA data shows an athlete's muscle, fat and bone composition in his or her body.

During November 2007, construction for a new DXA room

began and lasted approximately two weeks. With the addition of this new room, the DXA machine is now on display for anyone walking through the Mizzou Athletic Training Complex.

The construction area was very clean and contained; therefore, it did not take away from any athletes' training time in the weight room. The DXA room is just inside the weight room to the right of the main doors.

A big thank you to **Kas Carlson** and **C&C Construction** for graciously donating their time and energy into this new addition. Thank you!



The new DXA room sits just to the right of the main doors in the Yeckel weight room



Pezzullo as a gymnast (above) and as a coach (right)

Pezzullo Joins Athletic Performance Staff

In January 2008, Amanda Pezzullo was named Graduate Assistant of Athletic Performance after working as an intern for 8 months within the department. Excited to fill this new position, Pezzullo is ready to tackle her new responsibilities. In this role, she assists with football, gymnastics, diving, and sports nutrition for all student-athletes. She has been recognized as a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association as well as a former athlete for Mizzou.

Originally from Wheaton, Illinois, Pezzullo competed on Mizzou's gymnastics team from 2003-2007 under Head Coach Rob Drass. She was a four year letter winner for her team and started every competition of her collegiate career. Pezzullo was also a three time 1st team Academic All American during her time as a student-athlete.

Pezzullo graduated with honors from the University of Missouri in May 2007 with Nutrition and Fitness degree and a Psychology minor. She is now working to-

wards her Master's degree in Health Education and Promotion.

Because of her athletic experience and honors education, Pezzullo will be a valuable member to the University's Athletic Performance Staff.



Football



The Missouri Tigers put the success of 2007 behind them and have begun preparing for 2008

The Tigers finished the season only a month ago with an impressive 38-7 win over the Arkansas razorbacks in the AT&T Cotton Bowl and are already back at work preparing for the 2008 football season. Beginning the fall semester and leading up to the start of Spring Football practice the 2nd week of March the Tigers will participate in the Winning Edge Program:

Lifting - three total body strength training sessions per week (Monday, Wednesday, and Friday). Players are designated into a level by the staff according to physical and psychological readiness:

LEVEL 1 - All incoming players begin at this level. General goals of level one program:

1. Identify individual weaknesses using a Functional Movement Screen
2. Increase the athletes work capacity.
3. Teach proper technique in core lifts.

LEVEL 2 -After meeting the goals set for level 1, athletes will progress to level 2. General goals for level 2 include:

1. Continue to increase the athletes work capacity.
2. Increase max voluntary strength.
3. Improve body composition (increase lean mass).

LEVEL 3 - This level will consist mainly of 2nd and 3rd year players. Players must demonstrate the capacity to be a self-starter, trust the staff, and maintain a positive attitude. General goals of level three program:

1. Introduction to the dynamic effort method.
2. Increase muscles ability to absorb force.
3. Increase the number of movement patterns.

LEVEL 4 - Most of these will be 4th and 5th year players. Players here must lead by example, possessing a positive and warrior-like mentality. They must be able to mentally prepare for each workout with this in mind. The highest level of focus must be demonstrated. General goals of level four program:

1. Enhancement of dynamic strength (chains and bands).
2. Increase motor recruitment

3. Refinement of special strengths (accelerative, reversal, etc.)

Each lifting session begins with a dynamic warm-up and stretch routine followed by core stabilization. The first portion of the lifting workout begins with the core lift of the day (Squat, Bench, Clean or variation depending on level assignments). Once the core lift is completed, the auxiliary and supplemental exercises will begin. Supplemental exercises are used to address the weaknesses and needs of each individual student-athlete. The final portion of the workout consists of hip mobility and cool-down stretches. Testing is conducted the final two weeks of the training period.

Running - consists of anaerobic conditioning the first 2-3 weeks to prepare the team for Mat Drills. Mat Drills are conducted on Tuesday and Thursday mornings thereafter. Performance testing occurs on Friday afternoons with the 40 yard, 10 yard dashes, as well as vertical jump, broad jump, I-test, and 3-cone are all evaluated.

Men's Basketball

The Sally O. Nichols Weight Room, located prominently in Mizzou Arena, is currently going through numerous renovations. This world-class facility houses the finest equipment available in the sports training field, and its status will only be enhanced by the recent upgrades.

Newly issued Uesaka Bumpers with Mizzou Basketball Logos are now available in 25, 35, and 45 pound weights. Each athlete is able to meet their individual needs thanks to the different weight options made possible by this new equipment.

Iron Grip Urethane Plates in units of 2.5, 5, 10, 25, 35, and 45 will arrive for use to the weight room in April, complete with the Mizzou basketball logo. These special plates will allow the players to further their athletic advancement.

Iron Grip Dumbbells in units of 5 pounds through 90 pounds with tiger head and basketball will also be a new arrival to the Mizzou weight room on the first of April. These

dumbbells will serve a variety of needs and are sure to be utilized daily.

The variety of new equipment is especially important in this point of the Mizzou Basketball season. Increased tools and weight options allow the athletes to effectively maintain their peak physical condition. This "Maintenance Phase" occurs in the last six weeks of the season because most over training injuries occur during this time.

In addition to the cardio work completed every day by the athletes, Missouri Men's Basketball is also lifting two times a week. Our weight sessions are 30 minutes in length and are conducted prior to basketball practice. Each workout is tailored to the individual players' needs, which determines the machines they use and the amount of repetitions they do.

The strength and conditioning sessions are a necessary and vital component to competitive Big XII Basketball play. Missouri Basketball is

privileged to have the support of the University, donors, and fans, all of which help provide the best strength and conditioning equipment available. The Mizzou Basketball program would be greatly hindered without these resources.

Additional tools, such as the new Uesaka Bumpers, Urethane Plates, and Iron Grip Dumbbells, are continually being added to enhance our strength and conditioning efforts. Missouri Basketball is fortunate to have access to the resources at the Sally O. Nichols Weight Room. This equipment continually aids our program throughout the basketball season and subsequent off season.



The Men's Basketball team has a "new look" weight room and "new look" team

Baseball

The Mizzou Baseball team has continued to gain strength, speed, and explosiveness after returning to campus from the extended Christmas Break. Their hard work during the fall and winter definitely showed as 90 percent of the team achieved personal records (PR) in the squat within the first two weeks of training!

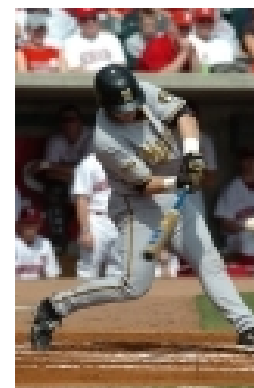
As pre-season begins, the team will be lifting twice a week. Having anywhere from 3 to 5 games a week makes it tough to lift consistently, but Coach Jamieson and his staff have determined that lifting is one of the most important factors for

the team to stay strong, healthy, and explosive. Being in great shape makes a big difference when you play more than fifty games in a season.

Each lift during the in-season will begin with a dynamic warm-up and then will move into a "flush" workout. The athletes will bring their core temperature up while working on dynamic flexibility. One of our main reasons to perform the flush workout first is to get the body loose, flush out any lactic acid, and get blood flow into the muscles. The first lift of the week will be a heavier lifting day while the second

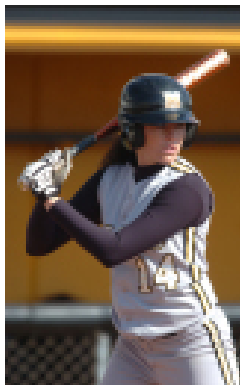
day will work on speed and explosiveness. The second day will prepare their nervous system for that weekend's games.

The team will continue to train hard during the in-season and all the way through tournament play. Their lifting program will continue to change in order to work on the players' areas of weakness and to avoid the staleness of repetitive workouts. GO TIGERS!!!!!!!!!!!!!!!!!!!!!!



The Mizzou baseball team enters the season with high expectations

Softball



Jen Bruck has not only been a threat on the mound, but also at the plate.

The Tigers softball team came into the 2008 season with high expectations after being a pre-season top 20 team. These expectations followed them in the weight room. Graduate Assistant Andrew Paul lead the Tigers in the weight room this off-season.

"First I had to let them know that the standards had been raised by their own accomplishments on the field. They took it from there."

With 10 new players on a 21 player roster, the 4 seniors became the catalysts during off-season conditioning. The result was one of the best off-seasons these sen-

iors had in their four years at Mizzou.

Each training session included a 45 minute "movement development" session and a 45 minute strength training session. During the "movement development session, the athletes learned running form while doing resisted and assisted sprints along with doing sport-specific agilities in the Devine Indoor Facility. The athletes would then make their way to the weight room for their strength session in which they focused on improving explosiveness using lifts like the hang clean and squat.

The result was new all-time team records set in the hang clean, broad jump, 10 yard, 20 yard, and 60 yard dashes.

Freshman Rhea Taylor established her presence by breaking the 10 and 60 yard records while squatting 300 lbs and jumping 8'4" in the broad jump. Sara Simons broke her own team hang clean record by lifting 192 lbs.

The Tigers responded to the high standards in the weight room. Now it is time to do it on the field.

Women's Basketball



The young Mizzou Women have made their mark in the Big 12 this season

At the beginning of the season, most of the Women's Basketball team was doing fairly normal off-season lifts. The team is a very young team and needed the extra time to increase their absolute strength.

In November, the emphasis changed and the true in-season workouts started. Instead of doing heavy squats and increasing absolute strength, box squats were substituted and done for speed or explosive strength. The change of the squat to a box squat allowed the athletes to take the pressure off of their knees. Anyone who has played a long basketball season understands that any strain that can be removed from the knees is

a God send. Doing the lifts for speed meant that a relatively light weight was used which allowed the athlete to recover from the game or practice and prepare for the next training session.

Weights were adjusted by the use of the hand dynamometer to account for accumulated fatigue. The hand dynamometer, when done on a daily basis, allows the coach to know what the status of the central nervous system is. If the central nervous system is ready to go, more weight or volume can be added to the exercise. If the central nervous system is depressed, less weight or volume should be used on the exercise.

With the start of the Big 12 season, the workouts again changed. The box squat was replaced by single leg movements. This was done to allow the athlete to maintain strength while not putting additional stressors on the body. By choosing the unilateral movement, an increased demand has been put on balance and coordination thereby allowing the weights to be decreased and still achieve a great training effect. The Big 12 is a tough and physical conference to play in, and the workouts must constantly be changed to allow the athlete to perform at their highest level.

Swimming and Diving



The Swimming team has worked hard in the weight room and has had great results in the water

The swimming and diving teams are approaching the end of their competition season with three meets left before Big XII Championships. The swimmers started off their pre-season doing three weeks of circuits, plate pushes and medicine ball training in the Devine Indoor Pavilion. The next phase separated the swimmers into levels based on their experience and weaknesses. The freshman had a basic workout based around learning the lifts and technique, at the same time gaining strength while the seniors' workout focused

more on explosiveness and power with a moderate amount of weight. The third (and current) phase split the team into groups based on stroke. There were four or five different exercises that focused on muscles used predominately in their primary stroke. For example, breaststrokers did a barbell lateral lunge instead of a squat to help them develop their groin muscles.

This year, the divers were split into three different groups for their pre-season. One group did a general fitness workout working to

maintain strength and long, lean muscles. They did lots of explosive movements and fast twitch training to help them move into their diving positions more quickly. The second group worked to put on muscle so they could jump higher off the board, giving them more time to complete their dives before hitting the water. They did this by lifting heavier weights with longer rest in between sets. The final group is the cardio/bodyweight group. This group does three intense cardio sessions per week.

Wrestling

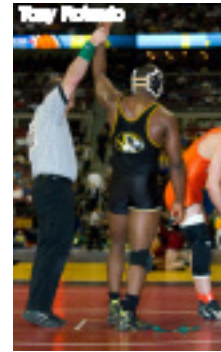
The Mizzou Wrestling program is currently ranked number 11 in the nation (7-3-1, 0-1-1). Some of the standouts this year have been Michael Chandler (19-3) in the 159 lb class, Nicholas Marable (18-3) in the 165 lb class, Raymond Jordan (20-1) in the 184 lb class, and Maxwell Askren (17-2) in the 197 lb class. The team has been battling hard and are ready for a showdown with number 19th ranked Oklahoma Sooners on Friday, February 8th. The match will be in conjunction with a

Missouri Gymnastics meet and the event will be called Beauty and the Beast.

The Tigers have been working hard in the weight room while in-season. They lift twice per week with extra conditioning performed after practice. The first day is a heavier lift and the second lift of the week is designed to help recover and peak the wrestlers for the competition on the following days. The non-starters will begin lifting a third day of the week to help

them further their strength, size, and explosiveness. The extra lift will be a great way to make sure that the wrestlers progress and are ready to step into their role next year.

The team will continue to practice and workout hard during the rest of the season. Hopefully through their hard work, they will be able to reach deep down and finish off the year with a few more wins. GO TIGERS!!!!!!!!!!!!!!



The Mizzou wrestling team entered the 2008 season ranked 3rd nationally

Volleyball

Offseason conditioning is already well underway for Volleyball. For Strength and Conditioning this is one of the most important times of the year, as the players get to focus completely on becoming better athletes without the pressure of daily practices or competitions. As this is the case, the ladies are training five days per week; three days are dedicated to weight training and two days specifically for agility and

plyometric work. This will continue until testing week right before spring break. There are two main areas of emphasis while training during this offseason: becoming physically stronger while at the same time improving their ability to move quickly and jump higher. This is accomplished through traditional weight training that includes squatting, benching and power cleaning as well as plyometrics such as box jumping. Agility work includes many different forms of

movement training such as simple movement mechanics (ie. high knees, butt kicks, lateral shuffles) as well as various cone drills and partner reaction drills. After struggling a bit last year with injuries and playing alternate positions, the ladies are excited to begin laying the groundwork for a campaign to accomplish their number one goal: win a Big 12 Championship!



The Missouri Volleyball team only loses two seniors from last years squad including Tatum Ailes (above)

Gymnastics

The gymnastics team is halfway through their season and feeling better than ever! The team lifted twice a week throughout pre-season focusing on quickness, strength and power as well as improving overall fitness. The first two weeks of school, while they have open workouts in the gym, is a circuit made up of 15 exercises done continuously without rest. These exercises include pull-ups, pushups, lunges, and various other bodyweight exercises as well as sprints to prepare the team for pre-season

practice. For the next seven weeks, the girls switch to one day of platform circuits and running then a second day of physioball/band circuits and core work. The platform circuit consists of 5-6 Olympic lifts done continuously without rest. This includes lifts such as hang snatch, good mornings, and Romanian deadlifts. The physioball circuit is made up of 8-12 exercises, all using the physioball or band. This includes exercises like push-ups, single leg squats, and hamstring curls. The last five weeks, the team will lift twice a week in order to build up

their strength before they begin their competitive season while adding in cardio to increase fitness levels. All of the workouts are designed to maintain strength, prevent injuries, 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 Big 12 Championships at Oklahoma in March.



Adrienne Perry performs the floor exercise



The Mizzou women have come off a great season and bring their momentum into the weight room

Soccer

The soccer team is trying something a little new, as they like to do every year. This year, during the off-season, the athletes will be wearing their heart rate monitors during everything they do to see how it effects the body. They will be wearing the monitors during every lift, every conditioning session, as well as every team and individual practice.

Also, this year the workouts are being done in a mini circuit fashion to try and assist with the improvement of their conditioning level. A main lift will be paired with an explosive exer-

cise and a supplemental exercise.

Another change is that every senior has a group to lead. They are responsible for everything that group does. This is providing the seniors another opportunity to develop their leadership skills and they are taking this opportunity seriously. They feel that they ended last season with some unfinished business and understand that what they do now will prepare them for the fall season.

As far as the lifting goes, it has gotten quite competitive in the

weight room. The long standing squat record of Shea Swoboda is in danger of being broken by Senior Mo Redmond and Sophomore Kari Adam. They are a constant source of motivation for each other as well as the team. Look for big things to happen for this team, no longer are they the young over-achievers. This team is now filled with seasoned veterans who understand that hard work is necessary to be the best team in the Big 12 and they are passing that mentality on to the younger athletes on the team.



The Missouri tennis team brings experience to the court in 2008

Tennis

The Spring Semester brings on the main competitive season for Mizzou Women's Tennis. Several back to back non-conference competitions give way to the Big XII tournaments in April and NCAA's in May. Our current team only has seven athletes (rules stipulate that the team must have six to compete), so the emphasis lies not only in continuing athletic performance throughout the season, but remaining healthy and competitive as well. As such, the workouts consist of total body, free weight exercises. A

variety of exercises ranging from explosive movements such as push jerks and box jumping to basic range of motion, strength movements such as dumbbell bench press and box step ups are used to round out the lifting sessions. Every workout includes flexibility, rotator cuff strength and core (abs and low back) as integral parts of what their Head Coach (Blake Starkley) and Strength Coach (Sean Edinger) feel are key areas to finding success during an extensive and grueling competitive season. While the team only

consists of one senior and two juniors, Coach Starkey feels that their athleticism is on par with any of the previous teams he has coached here at Mizzou. With good success early on in the spring season, it would seem that all of the hard work during the fall preparation phase has paid strong dividends in allowing the Tigers to jump out to a quick and aggressive start that will hopefully extend all the way through the NCAA tourneys later this Spring.



The Golf team has made some huge changes to the record board

Men's Golf

The Men's Golf Team had a great fall season in the weight room focusing on building their strength, power and explosiveness through various lifts and exercises such as squats, bench press, jump shrugs, and plyometric box jumps. The men came into every 6:00am workout with great passion and enthusiasm which set the tone for great things to come. They pushed and challenged each other to get better every single day in and out of the weight room. Almost every

member of the team stayed well beyond their one-hour workout to get in some extra lifts, stretching or cardio. Their hard work and dedication didn't go unrewarded as the fall season culminated with several personal records being set by every member of the team including Coach Leroux (who participates in every one of the team workouts). A total of 59 personal records were set between 9 of the players and Coach Leroux. On top of that, 3 players set 4 all-time team records:

freshman Will Harrold jumped his way to the new vertical jump record, freshman Tyler Hillis set the new pull-up record, and senior Kyle Marcolla set two all-time records in the squat and in the bench press. Lastly, junior Peter Malnati was nominated as a 2007-2008 National Strength and Conditioning Association (NSCA) Strength and Conditioning All-American for his outstanding work and leadership in the weight room.

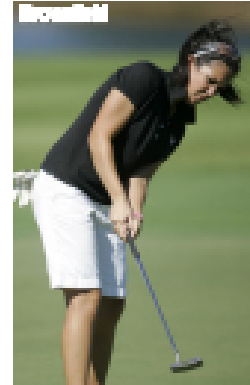
Women's Golf

With the spring semester well under way, women's golf is lifting 3 times a week depending on the tournament schedule. This time of year is considered the "in season" lifting phase of training. The semester will be broken into two segments. First, the ladies will lift weights and develop speed and agility. The second segment will be golf specific exercises and

lifting. The cardio for this segment will consist of mainly workouts on the machines. This type of non-impact workout will help to prevent injuries associated with over-training.

A new product called the Ab-Enforcer has just been ordered for the women's golf team. This state-of-the-art equipment gives bio-feedback information. During a golf swing, a golfer strives for a "neutral" posi-

tion. This means that her spine will be in a natural position at impact. The Ab-Enforcer will beep or vibrate if an athlete is not in a neutral position, thus allowing for immediate feedback. It allows the golfer to correct their posture. With the addition of this equipment, the workouts will be greatly enhanced.



The women's Golf Team is prepared for a grueling Big 12 schedule

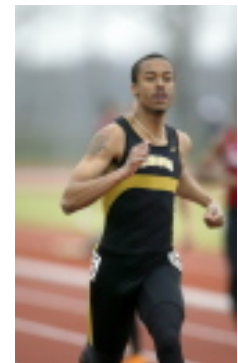
Track and Field

We have added a new training stimulus to the Missouri Track training this year. The Power Plate provides variety in training by creating a vibrating foundation for athletes to train on. This machine moves within a range of 30-60 oscillations per second and causes the muscles to activate under involuntary circumstances recruiting more muscle fibers than normal activity. It can be used as contrast in training, to improve muscle length when stretching and as muscular massage pre or post workout.

When you train at an elite level you find that recovery becomes crucial for top performance. We emphasize the latter two aspects of power plate training to aid the athletes in recovery during a grueling 23+ week season.

For example, if an athlete strains a muscle during the season the body naturally goes into a mode of defense to protect the body from further injury. Part of this defense is tightening of the fascia which surrounds the injured muscle as well as compensation by

other muscle in the area. If an athlete continues the activity that caused the injury it will take them longer to recover. The Power Plate is beneficial in this circumstance because it helps keep the muscle loose and initiates increases in circulation and flexibility, aiding in pain reduction. Decreasing chance of injury increases training consistency allowing athletes to perform better and see greater gains during their career.



The Missouri Track team has had great success during the indoor season

Cross Country

The Missouri Cross Country team entered the indoor season after becoming accustomed to new leadership in the weight room during the fall semester. As the school year approached, Coach Jared Wilmes and Coach Rebecca Wilmes made the work done in the weight room a high priority.

The runners are able to come to the weight room twice a week and always bring their energy with them. Their workouts consist of bodyweight exercises

meant to correct individual deficiencies in the athletes. Each exercise stresses the importance of correct posture and correct use of the core musculature.

Each session begins with an agility based warm-up meant to activate the lateral musculature rarely worked when running long distances. This is followed by a core strengthening session that teaches the athletes to use their core properly. They then will go through their main exercises which consist of push-ups, single

leg exercises and flexibility based exercises. The athletes are encouraged to use the foam rollers to loosen up tight musculature before leaving.

These types of workouts have had a great impact on performance and team unity.



Dan Hedgecock looks for more success in the indoor season after a very successful fall season

MIZZOU



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2008 Athletic Performance Development Clinic

The 2008 Athletic Performance Development Clinic is set for **Saturday, April 26, 2008.**

This clinic has become an annual event and draws college and high school coaches from all over the state of Missouri each year. This years line-up is one of the best in recent years. 5 guest speak-

ers are set to present including Dr. Andrew Fry from the University of Kansas, Bob Jones, Head Strength and Conditioning Coach at William Woods University, and Ross Schwisow of Linwood High School.

The Missouri staff will present on a wide variety of topics ranging

from nutrition to strongman training. If registered by April 19, the cost of attendance is \$30 for an individual coach. For more information, contact

Josh Stoner, Director of S&C

E-mail: Stonerj@missouri.edu



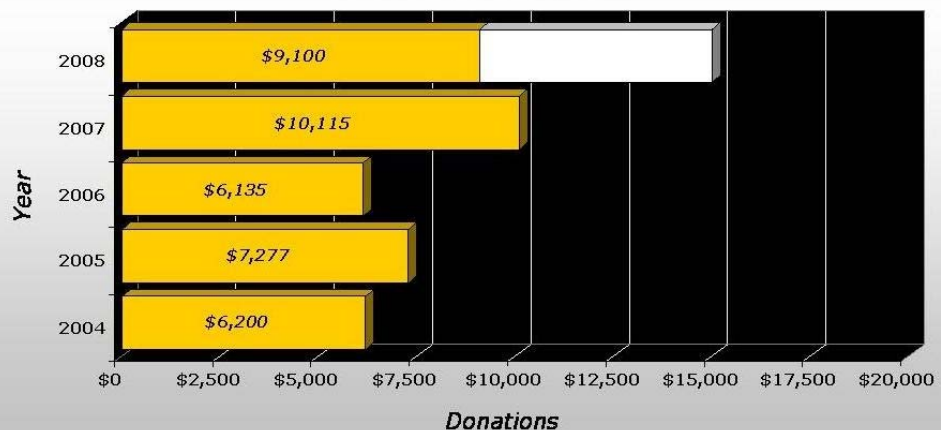
The purpose of the Mizzou Performance Club is to develop the University of Missouri's Strength and Conditioning program as one of the elite resources in college athletics. The club will raise funds to support the program by purchasing new and cutting edge training equipment, refurbishing existing equipment,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

www.mutigers.com

Thank You for Your Continued Support in Reaching Our Goal for 2008!

Only \$5,100 more to go!

MPC Income Statement



■ Donations Received to Date □ 2008 Goal = \$15,000

