

BOILER PUMP

THE OFFICIAL NEWSLETTER OF PURDUE SPORTS PERFORMANCE

Issue #8: September 2014

In This Issue:

Our 2014-15 Staff Update

Coach Spotlight: Our New SPA's

Coaches' Corner: Milestones

Real Talk: Leadership

Sport Science Report

Boiler Fuel News

Mental Conditioning

Summer Recap / Fall Sports Preview!

Meet the 2014-15 Sports Performance Staff

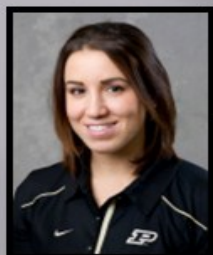
2014-15 Purdue Sports Performance Staff Roles

Updated:
August 2014



Duane Carlisle,
Director

Team Assignment: FOOTBALL



Christina Specos,
Associate Director

Team Assignments: WBB, WVB, WTEN
Oversee: WSOC



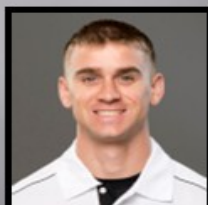
Doug Davis,
Sr. Associate Director

Team Assignment: FOOTBALL



Joshua Bonhotal
Assistant Director

Team Assignments: MBB, DIVING
Oversee: MSWIM, MTEN



Grant Geib, SPA

Team Assignments:
BASEBALL, WSWIM
Assist: FOOTBALL



Wally Becker, SPA

Team Assignments:
TRACK & FIELD, M&W GOLF,
WSOC, MSWIM



Gavin Roberts, GA

Team Assignments: MTEN, CHEER
Assist: SOFTBALL, MBB



Spencer Dawson, SPA

Team Assignments:
SOFTBALL
Assist: WBB, WVB, T & F, XC



Kyle Murray, SPA

Team Assignments: WRESTLING
Assist: FOOTBALL, BASEBALL



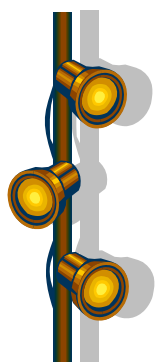
Jonathan Brinson, SPA

Team Assignments: CHEER
Assist: WSOC, WSWIM, WTEN



Christopher Giacchino, SPA

Team Assignments: T&F: THROWERS, XC
Assist: FOOTBALL



Coach Spotlight: Introducing...



Get to Know Our NEW Sports Performance Associates!

Kyle Murray

Kyle is proudly from New Jersey and comes to us from Rutgers University, where he spent the past four years as an assistant strength and conditioning coach. He graduated from Towson University in Maryland and earned his master's degree from Salisbury University, also located in Maryland. In his free time Kyle enjoys working out and attending concerts.

Christopher Giacchino

Chris is a graduate of Sacred Heart University in Fairfield, Conn. He completed his master's degree in exercise science from the University of Connecticut this past May. Chris is also a certified Athletic Trainer. His previous coaching experience includes Texas Christian University, Quinnipiac University and UCONN. Chris enjoys playing rugby in his free time.

Spencer Dawson

We welcome Spencer BACK to Purdue, now as a full-time coach. A former intern with PSP and quarterback at Purdue, Spencer is an Indiana native and grew up bleeding black and gold. Previously, he interned at Harvard, Mike Boyle Strength and Conditioning in Boston and the University of Michigan. Spencer's hobbies are barbecuing, water sports and reading historical non-fiction books!

Jonathan Brinson

Jon is a graduate of University of Mount Olive in Mount Olive, N.C., where he played basketball. His previous coaching experiences include time at North Carolina State, Valdosta State and the University of Michigan. Jonathan considers himself a hard core gamer and regularly plays Call of Duty on XBOX. A fun fact about Jon is that he has lived in three different continents and 12 different states, as the son of an Army First Sargent. He thinks he is the most competitive coach on staff!

BOILERMAKERS®

Women's Track & Field

The Power Clean (1RM) battle between Kendria Kelly-Taylor and Vania Anane during last year's testing. They were the two last ladies remaining, and they battled back and forth until they both missed 80 kilos, while the rest of the athletes and coaches in the room cheered them on. The atmosphere in the room that day was great.

Baseball

Last year after fall baseball we had a week-long weight room competition that consisted of testing numbers and various challenges each day. The guys energy and enthusiasm that week was through the roof. I'm looking forward to it again this year!

Football vs. Basketball

The football vs. basketball challenge on Slayter now known as "Slaughter" Hill. The challenge quickly became a battle for survival as both teams fought just to complete the brutal workout. The best part about it was watching guys from two separate teams come together and pick each other up during the workout.

Women's Swimming

Watching Kylie Vogel and Anji Li of the woman's swimming team battle it out in a pull up competition on the team training trip to Hawaii. Kylie came away with the win, but when it was over both ladies had completed over 100 pullups.

Coaches' Corner:

Student-Athlete Milestones

Our coaches dish on a few of their most memorable student-athlete training moments!

Women's Basketball

The mile test is a staple in our program: a real mental, physical, and team-building challenge. The day that everyone on the team CRUSHED their best times, after only running it three times in that training period, really showed intense focus, determination and, of course, team support! Everyone was so proud and empowered!

Women's Soccer

Their first "overtime" conditioning last year was awesome. After about 45 minutes of sprinting, the ladies completed their last rep, hit the ground, exhausted and soon realized that the conditioning session was not over, instead they were going to enter overtime. For the next 10 minutes, they continued to perform sprint after sprint, holding many of their teammates up in between reps. They leaned on each other and found a way to push through the challenge that was placed in front of them.

Women's Volleyball

When volleyball strength tested after a great training block many of the girls experienced PR's in their squat and bench press. The PR bell was just recently installed in Mollenkopf at the time. After testing, the entire team ran over to have each person who PR'ed ring the bell. They were so pumped and proud!



Real Talk: Leadership

This month's "leadership tip" is a collection of our staff's favorite training and leadership quotes. Enjoy!

"Leadership is getting players to believe in you. If you tell a teammate you're ready to play as tough as you're able to, you'd better go out there and do it. Players will see right through a phony. And they can tell when you're not giving it all you've got." -Larry Bird

"In leadership, there are no words more important than trust. In any organization, trust must be developed among every member of the team if success is going to be achieved."

-Mike Kryzewski

"We are what we repeatedly do. Excellence then, is not an act, it is a habit." - Aristotle

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'" -Muhammad Ali

"My responsibility is leadership, and the minute I get negative, that is going to have an influence on my team." - Don Shula



Sports Science Report

Linking Research and Performance



Throughout the years, research in sports performance has contributed to the improvement of practical training methods. Our department was fortunate enough to be able to host Tania Spiteri, Ph.D. candidate from Edith Cowan University in Perth, Australia. for the past nine months. Tania has been instrumental in helping our coaches to refine our evaluation and assessment methods to positively enhance our programming skills and decisions based upon sport science research. Some of the testing done, including force plate analysis and use of electronic timing gates, will be used to understand in more details the correlations between the training that our student-athletes engage in and its transfer to on-court and on-field performance improvements. Purdue Sports Performance is proud to be on the cutting edge of technology and research in this joint relationship with ECU.

Our goal is to serve our student-athletes and coaches at the highest level and to continually strive to develop our expertise in our craft. Included is an example of the contribution of sports performance training methods and their transfer to enhance performance in Australia's WNBL team players. Continued research with our own teams to determine best practices will always be a staple of the Purdue Sports Performance philosophy.



[J Strength Cond Res](#), 2014 Sep;28(9):2415-2423.

Contribution of Strength Characteristics to Change of Direction and Agility Performance in Female Basketball Athletes.

[Spiteri T¹](#), [Nimphius S](#), [Hart NH](#), [Specos C](#), [Sheppard JM](#), [Newton RU](#).

⊕ Author information

Abstract

Spiteri, T, Nimphius, S, Hart, NH, Specos, C, Sheppard, JM, and Newton, RU. Contribution of strength characteristics to change of direction and agility performance in female basketball athletes. *J Strength Cond Res* 28(9): 2415-2423, 2014-Research has often examined the relationship between 1 or 2 measures of strength and change of direction (COD) ability reporting inconsistent relationships to performance. These inconsistencies may be the result of the strength assessment used and the assumption that 1 measure of strength can represent all "types" of strength required during a COD task. Therefore the purpose of this study was to determine the relationship between several lower-body strength and power measures, COD, and agility performance. Twelve ($n = 12$) elite female basketball athletes completed a maximal dynamic back squat, isometric midhigh pull, eccentric and concentric only back squat, and a countermovement jump, followed by 2 COD tests (505 and T-test) and a reactive agility test. Pearson product-moment correlation and stepwise regression analysis were performed on all variables. The percentage contribution of each strength measure to an athletes total strength score was also determined. Our results demonstrated that both COD tests were significantly correlated to maximal dynamic, isometric, concentric, and eccentric strength ($r = -0.79$ to -0.89), with eccentric strength identified as the sole predictor of COD performance. Agility performance did not correlate with any measure of strength ($r = -0.08$ to -0.36), whereas lower-body power demonstrated no correlation to either agility or COD performance ($r = -0.19$ to -0.46). These findings demonstrate the importance of multiple strength components for COD ability, highlighting eccentric strength as a deterministic factor of COD performance. Coaches should aim to develop a well-rounded strength base in athletes; ensuring eccentric strength is developed as effectively as the often-emphasized concentric or overall dynamic strength capacity.

PMID: 24875426 [PubMed - as supplied by publisher]

This month's sports science topic comes to you from Coach Specos.



Contact us: Lauren Link—lvarnau@purdue.edu

Follow Us!



@BoilerFuel

Changes in the Sports Nutrition Department



Student-athletes can look forward to increased access to their sports dietitians this year! As of July 1, Lauren Link was effectively made full-time within Athletics, making her the first full-time dietitian for Purdue Athletics! Lauren earned her bachelor's degree in dietetics and in nutrition, fitness, and health from Purdue, where she was a member of the women's soccer team from 2007 to 2011. She was a four-time Academic All-Big Ten honoree and part of the Big Ten Tournament championship squad in 2007. Previously, Lauren worked as a clinical dietitian for St. Vincent Health.

Check out the Fueling Stations!

Stations are now available to **all** student-athletes for PRE, DURING and POST workout supplementation!



We also welcome a second full-time sports dietitian shortly—this is big-time for the Sports Nutrition Department! Please welcome Christine Steinmetz to Purdue! Christine earned her bachelor's degree at St. Louis University, where she was a member of the women's soccer team. She earned her master's degree from Rush University, and has been working as a dietitian for a Physical Therapy and Weight Loss Clinic in Chicago.



For Pre-workout, choose things rich in carbohydrate:



What to eat???

And ... when???



For Post-workout, choose things rich in protein AND carbohydrate:

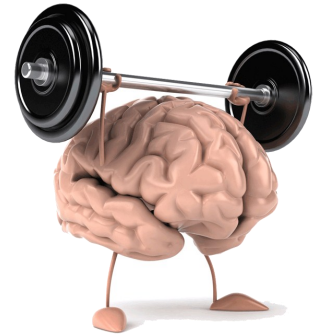




Mental Conditioning

Boiler Focus

Sport and Performance Psychology – Purdue Athletics



Boilermaker Sport and Performance Psychology Services

The Boilermaker Sport and Performance Psychology Program provides the following services to the department:

~personal counseling

~performance enhancement and psychological skills training

~psychological rehabilitation from injury

~assessment and consultation with coaching, medical, training, and administrative staff.

Mental skills training and team building activities are also available for teams and individuals when requested.

Varsity student-athletes experience many "peaks" and "valleys" during their college career. We associate sports with inherent enjoyment, excitement and prestige, yet there are also unique pressures facing college athletes. These pressures include managing a rigorous schedule filled with classes and practices, traveling to competitions, dealing with injuries, being a highly visible member of the university community and many more. In addition to these unique challenges, student-athletes might also struggle with the mental stressors common to other students. Anxiety, depression, social issues, relationship concerns and difficulty adjusting are just some of the concerns that can negatively impact one's performance in sport, school and life. Many student-athletes can learn to cope effectively with these pressures on their own or with support from family, teammates and friends. However, at times these multiple demands can exceed athletes' ability to cope, and meeting with a sport psychologist can help them get back to feeling more in control of their lives.

Confidentiality

Information disclosed in individual counseling sessions is confidential. Information will be released only with the express written consent of the student-athlete or in instances where disclosure is required by law (e.g. threat of harm to self/others, court order, abuse of children or incapacitated adult).



Mental Conditioning

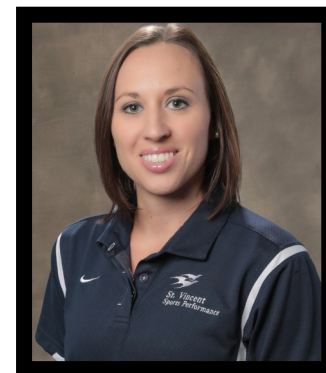


Sport & Performance Psychology Staff

Chris Carr, Ph.D. – Dr. Carr begins his eighth year as the Consulting Sport Psychologist with Purdue Athletics. Dr. Carr has more than 20 years of experience as a counseling sport psychologist and has been the athletic department sport psychologist for Indiana University, Ohio State University and Washington State University during his career. He currently coordinates Sport & Performance Psychology Services at St. Vincent Sports Performance in Indianapolis and is in his fourth year as the Indiana Pacers Team Performance Psychologist. He is on the NCAA Competitive Safeguards and Medical Aspects of Sport Committee and has been a USA Team Sport Psychologist at both the 2002 Winter Olympic Games (US Ski Team) and 2008 Summer Olympic Games (US Diving Team). He played collegiate football at Wabash College and coached at Ball State University earlier in his career, as well as receiving his doctoral degree in Counseling Psychology (with a minor in sport psychology) from BSU. His daughter is a sophomore gymnast at Central Michigan University. **(Dr. Carr is at Purdue on Thursdays.)**



Kacey Oiness, Ph.D. – Dr. Oiness joined SVSP in June of 2014, and this is her first year as a consulting sport psychologist with Purdue Athletics. Kacey spent the last three years working as a sport psychologist and post-doctoral intern with University of Oklahoma's Athletic Department/Psychological Resources for OU Student-Athletes. Kacey was a collegiate gymnast at Iowa State University and received her doctoral degree in counseling psychology from Colorado State University. **(Dr. Oiness is at Purdue Mondays and some Thursdays.)**



Hayley Hughes, M.S.Ed. – Hayley is a fourth-year doctoral student in counseling psychology at Purdue and is the Sport Psychology Doctoral Practicum Student for Purdue Athletics during the 2014-15 academic year. Hayley received her undergraduate degree in psychology from Cornell University, where she was a four-year member of the women's ice hockey team (and an all-Ivy League honoree). Originally from Toronto, Hayley is the first sport psychology doctoral practicum student at Purdue and will provide counseling for PU student-athletes. **(Hayley is at Purdue Wednesdays and Fridays.)**



PURDUE™



Purduesports.com



Boiler Power



@BoilerPower

Contact the Staff

Directors

Duane Carlisle, Director
765-494-2268
dcarlisle@purdue.edu

Doug Davis
765-496-1670
davis676@purdue.edu
Christina Specos
765-494-7816
cspecos@purdue.edu
Joshua Bonhotal
765-494-7855
jbonhotal@purdue.edu

Mollenkopf Staff

Office Phone: 765-496-1655

Grant Geib
ggeib@purdue.edu
Kyle Murray
murra112@purdue.edu
Christopher Giacchino
cgiacchi@purdue.edu

Mackey Staff

Office Phone: 765-494-7932

Wally Becker
wbecker@purdue.edu
Gavin Roberts
gjrobert@purdue.edu
Spencer Dawson
sdawson@purdue.edu
Jonathan Brinson
jbrinso@purdue.edu

BOILER UP™