

# BOILER PUMP

THE OFFICIAL NEWSLETTER OF PURDUE SPORTS PERFORMANCE

***Issue #14: March 2015***

**Inside  
the  
Huddle:  
Baseball  
and  
Softball**



**Spotlight  
on:  
Our  
Coaching  
Alumni**

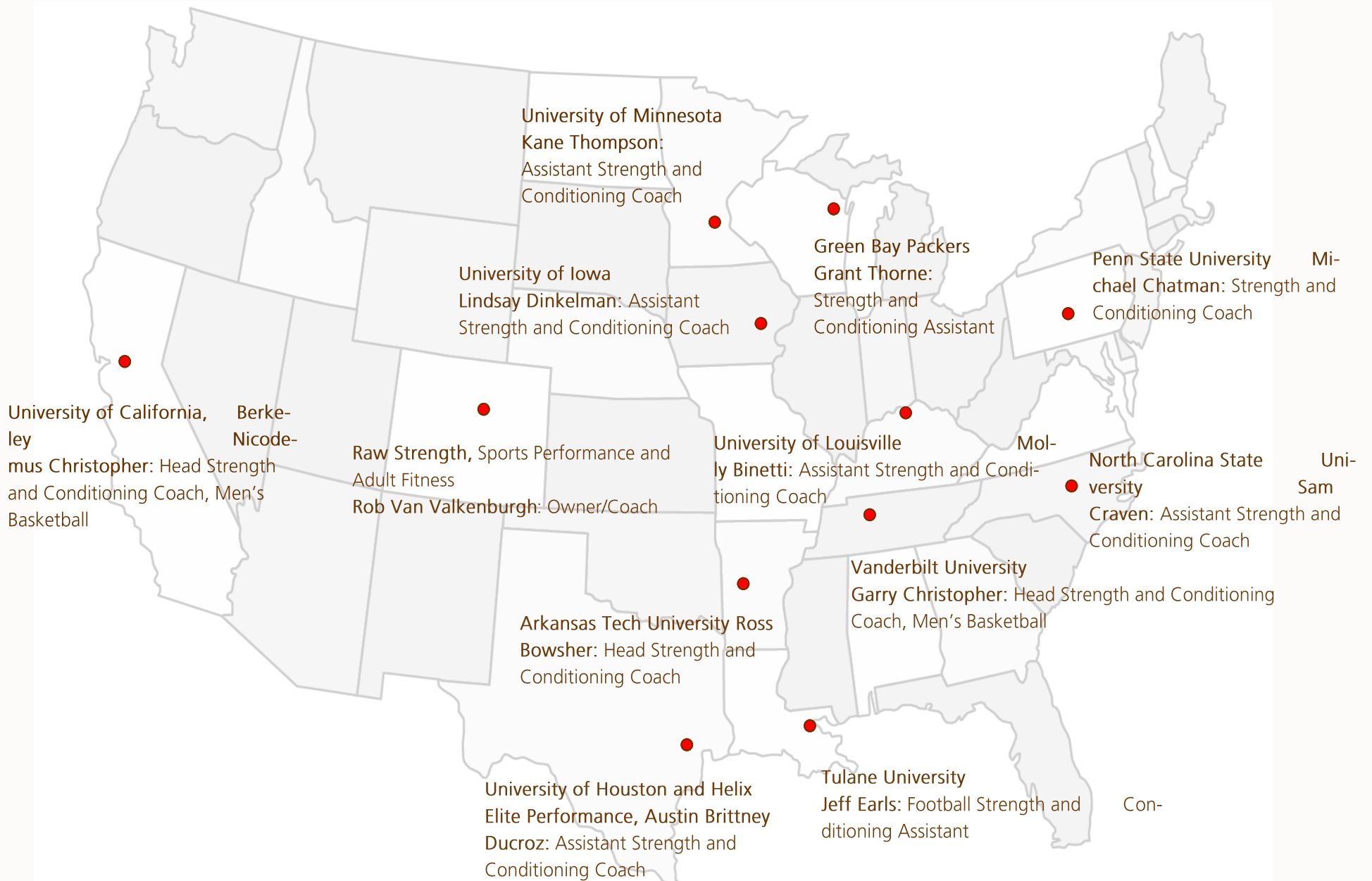
**Sport Science Report:  
*The Importance of RECOVERY!***

**Boiler Fuel News:  
*March "Calorie" Madness!***

**Mental Conditioning: *Effective Imagery***

# Spotlight On: Our Coaching Alumni

***Our coaching tree is growing! Check out where our former coaches have gone!***



# Inside The Huddle

## ***Coach Dawson talks Softball with senior first baseman Ashley Burkhardt***

**Tell us a little about yourself.**

I'm a senior studying applied exercise and health with a concentration in Sport Performance. My teammates call me Burk or Burkie. I love warm weather and am really not a fan of snow.

**What are you most proud of accomplishing within the weight room or training?**

Passing my 300-yard shuttle test coming back from winter break. That was one of the most mentally challenging things I've ever done, but was so relieved when it was over.

**What would you say are the attributes of a successful softball player?**

Being able to learn from failure. Softball is a sport where you fail way more times than you succeed at the plate and being able to bounce back from failure with a positive attitude is going to feed that positivity to your teammates.

**Tell us about your most memorable training session.**

It probably had to be a couple weeks ago when Coach Dawson gave three of our girls a challenge and if they were able to knock all of the "bowling pins" down, then we wouldn't have conditioning. Let's just say we didn't have conditioning. :)

**What advice would you give an incoming freshman about Purdue Sports Performance?**

Never hold anything back. You will never know your full potential unless you leave it all in the weight room. It's always fun seeing what you can accomplish in there.

**What has been the highlight of your Purdue softball career?**

I think the biggest highlight would be seeing our program completely turn around and being able to play the sport I love with teammates that I would take a bullet for if I had to.

**What is your favorite quality about Coach Dawson?**

He always shows up to weights and conditioning with a smile on his face.. and sometimes a fun challenge for the team to do.

**Who is your favorite athlete of all-time and why?**

Michael Jordan because he played every game to his full potential and never held anything back.

**What's your favorite ice cream flavor?**

Anything coffee flavored.



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# Inside The Huddle

## ***Coach Geib Interviews Joe Eichmann, senior RHP of Purdue Baseball***



**In what ways do you believe your training has influenced your baseball performance?**

My training has influenced my baseball performance through strength and durability. I have gained velocity and been able to recover more quickly since I have started training here.

**What are you most proud of accomplishing in the weight room or training?**

I am most proud of the whole team achieving "Death by 5's" three separate mornings. To me, that is the hardest workout we ever take on and it feels great to have everyone complete it three different times.

**Tell us about your most memorable training session at Purdue.**

My most memorable training session at Purdue was during one of the first weeks my freshman year. We had seven 300-yard shuttles, one minute to run and one minute rest in between. After it was done I had felt like I had just completed my first real test of playing D1 baseball.

**Do you have any favorite or least favorite exercises?**

Hill runs!

**What is your favorite quality about Coach Geib?**

My favorite quality about Coach Geib is his passion. It is really clear he loves Purdue, his job and his athletes. He is always accessible and willing to work with your schedule, he always has unbelievable energy and enthusiasm morning after morning, and he is incredibly knowledgeable and good at his job. It's easy to work for a coach like him!

**What advice would you give to an incoming freshman about training with Purdue Sports Performance?**

My biggest piece of advice would be to never try and cut corners. You only fall behind and hurt your team.

**What has been the highlight of being a Purdue baseball player?**

Winning the Big Ten Championship has been the highlight of being a Purdue baseball player.

**Who is your favorite athlete of all-time and why?**

My favorite athlete of all-time is Derek Jeter. I love how he always knew how and what to do to win.

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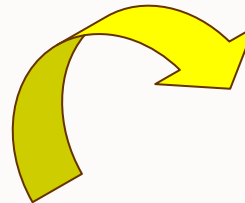
# Sports Science Report



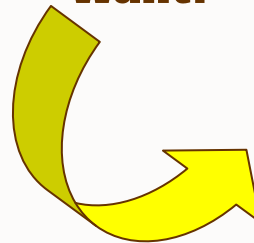
This Month's Report is Brought to you by Coach Specos

**The Importance of *RECOVERY!***

**Is this you?!?!?**



**Now,  
*THIS*  
is  
what  
we  
want!**



## OH, THE STRUGGLE...

As a student-athlete, achieving adequate recovery during a long season can be quite the challenge. It takes a vested personal interest and consistent effort to stay on top of taking care of your body. Peak performance can only occur when you fuel your body correctly, keep pain and inflammation at bay, keep your muscle and tendon tissues from losing mobility, flush metabolic by-products from hard practices and workouts and achieve optimal repair through adequate and quality sleep. It is definitely a full time job to take care of your body, but it is necessary in order to have the best fighting chance against illness and injury. In this five-page segment, I've provided some quick tips on how to establish good, consistent habits that promote recovery especially tools that you can use on the road! Please note that the list is endless and this one is short, but I hope you can take these practical tips and get started right away!





# Sports Science Report



**This Month's Report is Brought to you by Coach Specos**

## **The Importance of *RECOVERY!***

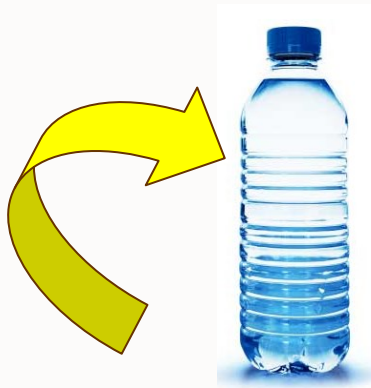
### Nutrition and Hydration

Always pack healthy snacks and scan take-out and restaurant menus for performance foods vs. "fun" foods. Foods that are processed, fried and quite frankly, made of "garbage" can promote inflammation and impede recovery. Fruits and vegetables contain vitamins and antioxidants that promote recovery and repair cellular damage. Quality protein sources and long-lasting quality carbohydrates will also promote muscular repair and replenish glycogen stores, respectively. If you don't pack poor choices, you won't be tempted to eat them. ;-)



### Recovery DIY!

Don't have the funds? A simple solution is to grab some athletic tape and make a "peanut" out of two tennis balls. GREAT for massage around hard to reach areas and along the back!



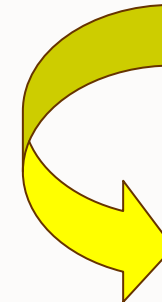
### Stay Hydrated!

Dehydration can lead to poor performance. Stay away from sodas and other drinks of empty calories that don't rehydrate as well!



### Stretching and Self-Massage Equipment

There are many tools that we use in training sessions, practices, and games to promote pre-session warm-up and post-session recovery. Stretching straps are a great tool to have to help you effectively stretch when you don't have a partner or coach to help put your body in the right position for effective stretches. Massage tools like the stick and rollers help to improve mobility and relieve pain. Self-massage helps to relax tense muscles and desensitize trigger points as well as to improve blood and lymph flow, mechanically pushing "junk" out of the tissues. These tools are compact enough to travel with!





# Sports Science Report

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## The Importance of *RECOVERY!*



### Hydrotherapy: Cold Tub and Contrast Baths

Hydrotherapy is a GREAT tool to use to promote recovery and relaxation, but also for a warm up! Parameters below are some examples of how to use this treatment method and how it works.

**Cold Plunge:** 10-15 minutes after training sessions

**Hot Whirlpool:** 12-15 minutes, 4-5 times per week

**Contrast Bath:** helps to increase blood flow. The hot water causes the opening of blood vessels while the cold causes closing. This treatment serves as a "pumping" action to promote the removal of waste products.

Hot = between 102-104 degrees F

Cold = between 50-54 degrees F



### *Time Recommendations:*

-Contrast for Warm up: 30 seconds in each, 3x

-Contrast for Recovery: Longer ratios like 2:1 or 3:2, 4-5 times

\*\*Always drink water before, during and after hot hydrotherapy treatments in order to replenish any lost fluids and reduce the risk of dehydration.

### *On the Road???*

Check out an inexpensive method below for creating your own cold tub in your hotel! GREAT for teams that play two games with on off day in between! It takes a little effort, but well worth it! Remember to gradually add ice and keep an eye on the temp with a travel thermometer!

Option #2: Contrast SHOWERS using the parameters mentioned.







# Sports Science Report

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## Sleep

Sleep is underrated but is so necessary! Dr. Cheri Mah of Stanford University is a renowned expert in the area of sleep research. In 2011, her study (in *SLEEP*, volume 34, issue 7) investigated the effects of sleep extension over multiple weeks and how it affected various athletic performance measures in collegiate basketball players. The study concluded that "optimal sleep" (minimum goal of 10 hours per night) is beneficial in reaching peak athletic performance, resulting in:

- Faster sprint times
- Improved shooting accuracy
- Improved reaction time
- Decreased reports of fatigue
- Improved ratings of physical and mental well-being during practices and games

## Strategies for Better Sleep!

### Keep a Consistent Routine:

- Same bed time each night
- Put phone on silent mode
- Set your alarm for next morning
- Wind down: read/stretch/pray/meditate/ keep a journal



### Avoid Distractions:

- Turn off electronics



### Set a great environment:

- Make room completely dark (eye mask)
- Keep room cool (between 60-67 degrees F)
- Ensure a quiet environment: ear plugs??
- Make it comfortable

### Watch your habits:

- Avoid energy drinks
- Avoid caffeine close to bed time
- Avoid late night heavy meals

## REMEMBER! Sleep deprivation ...

- |   |                                  |  |
|---|----------------------------------|--|
| -Delays reaction times (visual and auditory)      | -Impairs your strength and power | -Impacts attention and decision-making |
| -Reduces endurance and cardiovascular performance | -Increases your level of fatigue | -Decreases coordination                |



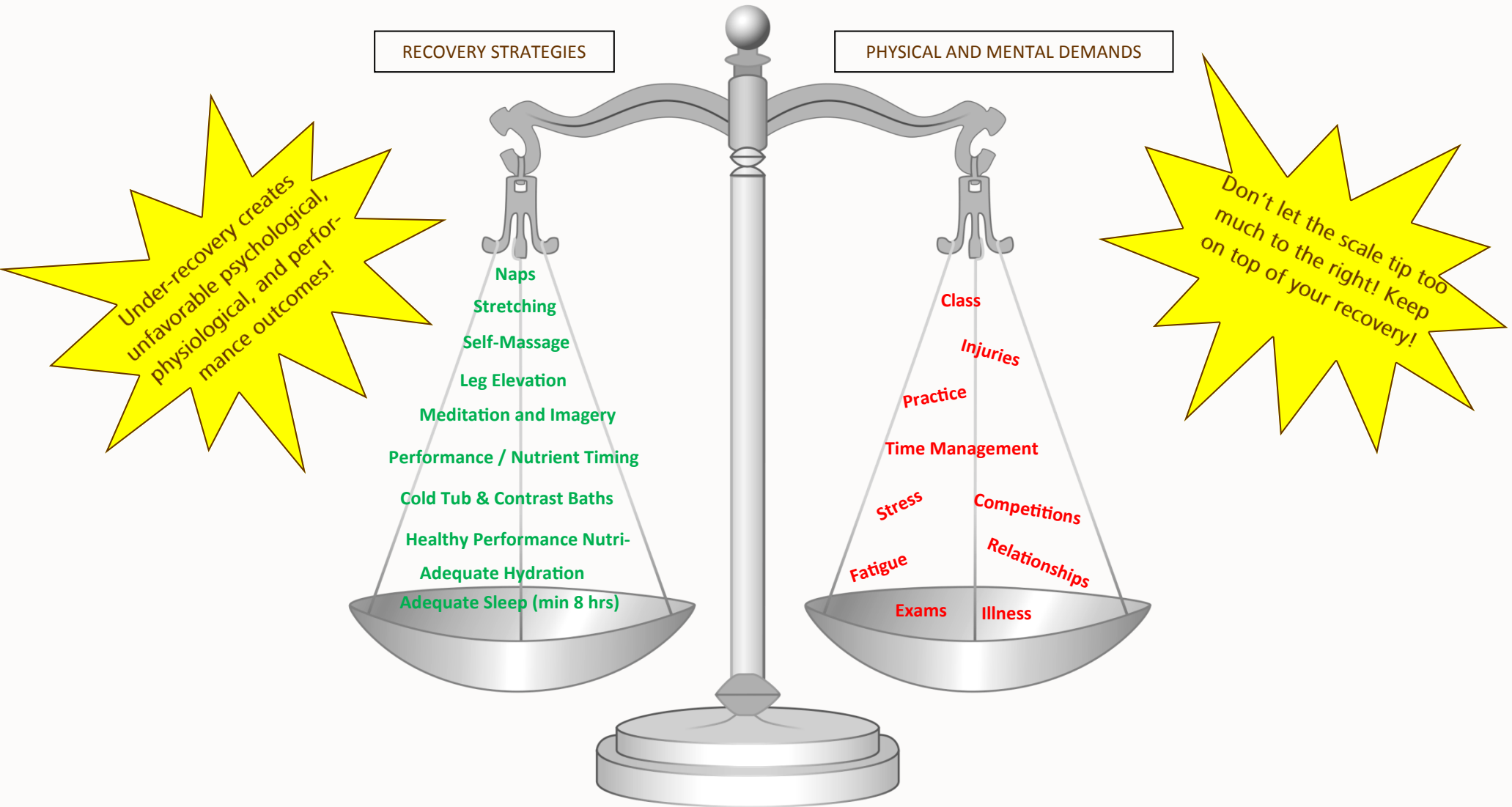


# Sports Science Report



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## BALANCE BETWEEN ATHLETIC PERFORMANCE AND RECOVERY



AVOID BURNOUT, BREAKDOWN AND WEAKNESS! PROMOTE GROWTH, STRENGTH, AND PERFORMANCE!

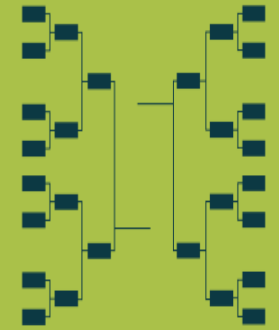
# March Madness

CALORIE



From the Super Bowl to the NCAA Tournament, March is often filled with viewing parties, carry-ins, and frequent trips to the local Buffalo Wild Wings!

Calories can add up quick if you're not choosing your snacks carefully!



**145**

calories in 1  
chocolate chip  
cookie



**130**

calories in 1  
handfull of  
tortilla chips



**150**

calories in one 12 oz.  
bottle of Bud Light



**550**

calories in just 6  
traditional wings at  
Buffalo Wild Wings



**480**

calories in 1/2 cup of  
Velveeta queso dip



**330**

calories in 1 slice  
of Papa John's  
pepperoni pizza



# Need a game plan?

- \* Have a balanced, nutritious dinner before arriving to the party
- \* Drink water or another 0 calorie beverage and limit alcoholic drinks
- \* Don't sit next to or at the snack table
- \* Use veggies or pretzels for dips instead of chips and bread



## Choose MORE:

**Fruit & Veggies**  
**Pretzels**  
**Popcorn**  
**Chili**  
**Salsa**  
**Guacamole**  
**Hummus**  
**Bean Dips**  
**Cheese/Veggie Pizza**  
**Pulled Chicken/Pork**  
**Meatballs**  
**Water/Tea**



## Choose LESS:

**Potato Chips**  
**Nachos**  
**Cheesy Dips**  
**Ranch/Sour Cream Dips**  
**Potato Salad**  
**Wings**  
**Ribs**  
**Hot Dogs/Brats**  
**Meaty Pizza**  
**Desserts**  
**Beer**  
**Soda**



Have questions? Talk to your Sports RD about YOUR game plan!

Lauren Link, RD - [LaurenLink@purdue.edu](mailto:LaurenLink@purdue.edu)  
Christine Steinmetz, MS, RD - [Csteinm@purdue.edu](mailto:Csteinm@purdue.edu)



**@BoilerFuel**

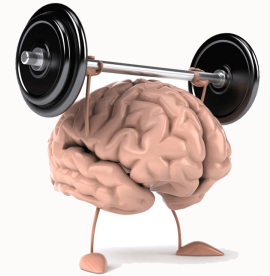




# Mental Conditioning

## "Imagery"

by Hayley Hughes, Sport Psychology PhD Student with Purdue Athletics



### **Mental Imagery**

#### **Sensing your Success**

Imagery is a tool that involves using your imagination to help reach performance goals (e.g., to see success, to motivate, to refocus). Unlike physical practice, imagery can be utilized at any time and under any circumstances.

The brain regions responsible for performing physical movements appear to be also responsible for imagery processes without actually performing the movement. However, imagining the event happening is not enough to produce the correct imagery process. Like motor skills, if the mental imagery technique is not performed properly, gains in motor performance will be lacking.

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### **Implementing Effective Imagery**

Be calm and relaxed. If you are too anxious or too "worked up," it will be unlikely that you can create and maintain your desired mental image. Find a calming place to begin your imagery (with more practice, you will be able to do it anywhere). Get in a comfortable position and, if needed, take a few deep breaths to slow down your breathing and relax.

**Sensing your success, not just seeing it.** Try to use all five senses when creating your scenario. Visualize, smell, hear, taste, and feel yourself in the environment and completing the action/movement or play successfully. You can also play around with the image as needed, such as slowing the speed of the imagery to correct a technique you have had trouble with, or using intentional distraction to detach yourself from the sound of the crowd that causes you anxiety.

**Control your images.** This process can be easier said than done. The key is to continue practicing the imagery in a nonjudgmental way. In other words, there will be times when distracting images may pop up; instead of getting frustrated, tell yourself it is okay and refocus on the intended imagery. The more you practice, the more controlled your images will become.

**Keep imagery practices easy, until you are ready to make them more complex.** As stated in step 2, you can play around with your imagery. However, starting out small is the best way to build your mental imagery skills. Once you are able to control the images of simple tasks/plays, then begin to move on to more complex imagery processes. You will continue to improve your mental imagery skills and thus increase your chances of meeting your performance goals.

The ultimate test for imagery training is how well it serves you in competition. Imagery will eventually need to be practiced in training and competitive situations. Eventually imagery (and other mental skills) should become instinctive or second nature, occurring almost automatically when needed. Consistent practice of imagery training provides an opportunity to develop skill and confidence so that the possibilities of performance can become reality.





# PSP on the WEB



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## 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**

Office Phone: 765.496.2110

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

### **Mackey**

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™