

BOILER PUMP

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Real Talk: Leadership

Coach Carlisle's Leadership Topic of the Month:

Building Relationships

Invest the time and energy to get to know and strengthen the relationships you have with your teammates. Inquire about their day, challenges and goals. Make an ongoing effort to get to know everyone on your team, not just your friends. The relationship building you do each day will pay off immeasurably down the road.



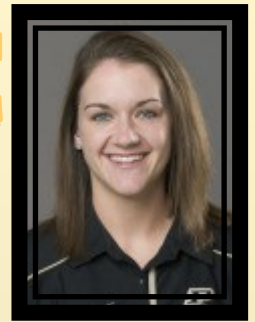
FEBRUARY TRIVIA

Which country has won the most gold medals in the Winter Olympic Games since they began?

- A. Norway
- B. Canada
- C. Germany
- D. United States



Sports Science Report



If You Don't Snooze, You Lose

As a college athlete, many areas of life need to be addressed. Between class, practice, workouts, study tables, homework, eating, traveling for games or matches, and trying to have some semblance of a social life, few athletes claim they can get to bed at a decent hour. Many people, not just athletes, fall victim to sleep deprivation, or sleep “debt,” which is the amount of sleep we get that is below our natural quota. But how does sleep, or lack thereof, actually affect performance?

Cheri Mah, researcher on sleep and athletic performance at Stanford, has published several studies on collegiate athletes in basketball, swimming and tennis and has found multiple positive effects due to extended sleep, defined as approximately 10 hours, such as:

- Faster sprint times
- Decreased reaction times
- More accurate tennis serves, free throw percentages and three-point percentages
- Reduced daytime sleepiness
- Improved overall mood

Benefits can be derived not just from a solid night of sleep, but from naps, as well. Research has shown the optimal nap length is between 10 and 30 minutes, but it will vary by individual responses. Dr. Charles Czeisler, director of the Division of Sleep Medicine at Harvard, says there are numerous athletic advantages of naps. There is conclusive evidence of a correlation between sleep and mental acuity, especially logical and critical thinking, as well as memory retention, specifically in newly acquired skills. Furthermore, sleep has a capacity to control inflammation and speed recovery time from injury, something people are more susceptible to when sleep-deprived. A higher level of growth hormone is released during deep stages of sleep, which stimulates muscle growth and repair and helps athletes recover. The research has been so convincing that teams such as the Boston Celtics have used Dr. Czeisler to help coordinate their schedules to allow optimal rest for players.

For those that struggle with getting enough sleep, here are some strategies to help get there:

- Go to bed and wake up at the same times every day, plus or minus 30 minutes. Make it part of your training routine.
- Shoot for seven to nine hours of sleep per night (or more if you are an adolescent).
- Avoid alcohol and caffeine; they interfere with sleep.
- Increase your sleep time several weeks prior to a major competition.
- Take daily naps if you don't get enough sleep each night.

For more information, check out the following resources:

Dr. Cheri Mah, Stanford University

Dr. Charles Czeisler, Harvard University

<http://www.acefitness.org/certifiednewsarticle/1427/nap-your-way-to-better-performance-you-snooze-you/>

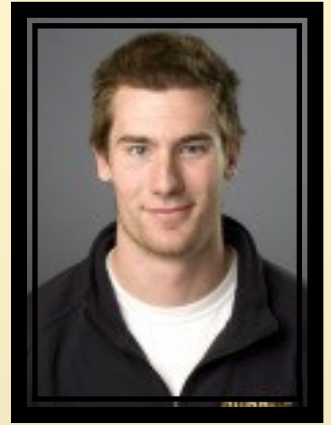
<http://www.bostonglobe.com/sports/2013/10/13/celtics-hope-get-more-catching-more/JVooJNkik4I3YCBSitCrKP/story.html>

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



Inside the Huddle...

This month, Purdue Sports Performance catches up with men's swimmer Danny Tucker (freestyle) and women's swimmer Tracy Glaser (breaststroke/IM).



Q: Tell us about your experience competing in and winning the U.S. Open meet last year.

A: Competing in the U.S. Open was a lot of fun. Championship meets are about spending a week with your teammates, swimming fast and eating good food, not worrying about anything else. Winning the 100-meter free was unexpected, I swam much better than my goal time, but simply getting to race in the top heat was a great experience.

Q: In what ways do you believe strength training has helped influence your performance?

A: Lifting has certainly helped me achieve my goals, especially as a sprinter. Everything in my race is more powerful. The most notable improvement is my start.

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

A: My advice to newcomers would be take everything one step at a time. It's good to push yourself, but only increase weight in small increments and let yourself adapt properly.

Q: What is your most memorable workout with the PSP staff?

A: My favorite workout was the lat special, any pull-ups or related shoulder/back exercises.

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

A: My favorite athlete is Jason Lezak for his incredible anchor leg of the 4x100m relay at the Beijing Olympics.

(Watch it here! <http://www.youtube.com/watch?v=fFiV4ymEDfY>)



Q: In what ways do you believe your training has influenced your swimming performance throughout your career?

A: Every year, I have gotten stronger in the weight room, and I have also gotten faster in the pool. It's exciting to feel yourself becoming more powerful and being able to pull more water with each stroke you take.

Q: What are you most proud of accomplishing in the weight room?

A: I'm proud of how much I have improved in my pull-ups. My shoulders have gotten a lot stronger, and it has really helped my swimming.

Q: Do you have any favorite exercises or workouts? What about least favorite?

A: My favorite exercise would be anything on the TRX, boxing or dancing in between weight stations. My least favorite is easily the prowler push!

Q: Tell us about your most memorable workout experience with the PSP staff.

A: Last year, we did team challenges at the end of every workout. On this particular day, the team challenge was a dance competition, and Coach Geib started break dancing in the middle of the turf. No one was expecting it, and we all learned about his hidden dancing skills!

Q: What is your favorite thing about Coach Geib?

A: Coach Geib is one of the best coaches I have ever had. He cares so much about each individual athlete and about the success of our team as a whole. He is always bringing new ideas and exercises to the weight room and is continuously encouraging us to get stronger and better in every way possible.

Q: What advice would you give to an incoming swimmer about training with Purdue Sports Performance?

A: Work hard and take advantage of the time you have being trained by some of the best sports performance coaches in the county, but don't forget to have fun!!

Q: What has been the highlight of being a Purdue swimmer?

A: For me, the highlight of being a Purdue swimmer would have to be the friendships I have created with my teammates. They have helped me reach my goals and have encouraged me to never set limits on what I can accomplish.



NEWS

Welcome, Lauren!



Please welcome Lauren Link! She is taking Whitney Sweat's place as half-time sports nutritionist. Lauren is a Registered Dietitian (RD) with degrees from Purdue in dietetics and in nutrition, fitness and health. Since 2012, she has been a clinical dietitian with St. Vincent Healthcare and will continue in that capacity at half-time. She is married to Logan Link, whom she met as a fellow student-athlete (Lauren played soccer and Logan football). Her primary responsibilities are with baseball, men's basketball, football, softball, women's swimming, men's and women's tennis, women's track and field, volleyball, and cheer. She has an office in the Mackey athletic training room. Her office hours are all day on Tuesdays and Wednesdays and mornings only on Fridays.

Good Luck, Whitney!

Whitney Sweat has moved on to a position as a tactical performance dietitian in San Diego. This January, she began with Naval Special Warfare on-base there. Since her arrival at Purdue in January of 2012, Whitney has been exceptionally dedicated to getting the Mollenkopf fueling station up and running. She also has been critical in efforts to expand and tailor nutrition efforts within each team. We are so grateful for her partnership in growing the sports nutrition program and proud of the impact she has had on hundreds of student-athletes in the process. I know her family is happy to have her back west, but we are already missing her here! Best wishes to Whitney in California!





Not TOP TEN

Items to order when you're out to eat

10

Starbucks Blended Frappuccino (venti) + a Scone or Muffin

You may not think that an on-the-go breakfast or mid-afternoon snack could amount to much, but this pair has nearly 1000 calories!

Choose This!



9

McDonald's Milkshake

Don't waste half of your daily calories or more on a drink that doesn't fuel you with proper energy or the nutrients your body needs!

8

Wendy's Triple Baconator

We like bacon just as much as you, but 9 strips of bacon and 1350 calories, this sandwich is too far over the top!

7

Five Guy's Large Fries

This order of fries is enough for all five guys! With 1465 calories, it's certainly not a side dish and has more calories than most entrees!



6

TGI Friday's Santé Fe Chopped Salad

Did you ever think a salad could have 1800 calories? This one does. At Taco Bell, it would take 12 crunchy tacos to equal the same number calories!

Greek Yogurt
with Fruit & Cereal



Any flavor yogurt
Fruit
Granola or favorite cereal

Baked Sweet Potato Fries



Slice potatoes into strips
Lightly toss with olive oil
Season with favorite seasoning
Bake at 400°F for about 45 minutes

5

Applebee's Crispy Orange Chicken Bowl

Breaded meats – like the chicken in this dish – are most often deep-fried, and raise the calorie count significantly... in this case, to a shocking 1900 calories!

4

BW3's Ribs and Boneless Wings Combo

All the ribs combos are high-calorie, but at 1960 total calories, the ribs and wings combo is one of the highest. Each wing counts for 100 calories, sauce included.

3

Cold stone Creamery PB&C Shake (gotta-have-it size)

The key to enjoying Cold stone's ice cream is to stick with the "like it" size. Larger sizes add up fast, like this peanut butter and chocolate shake containing 2010 calories.

2

Outback Steakhouse Baby Back Ribs (full rack)

Even if you're trying to gain weight, this is not the way to do it. A whopping 2010 calories in one meal encourages fat accumulation instead of the lean mass you want.

1

Chili's Jalapeno Smokehouse Burger with Jalapeno Ranch

You're better off sharing this whopping 2130 calories with at least one other person... probably two people.

**Bachelor(ette) Beef Roast**

3-6 lbs beef roast
1 can cola
16 oz bottle ketchup

Cook all ingredients in crockpot for 8-10 hours on low. Serve!

**Chocolate Banana Smoothie**

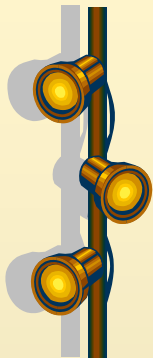
1 banana (pref. frozen)
2 tbsp. cocoa powder
¼ cup low-fat milk
Ice as desired
(*add in 1 tbsp. of PB or PB2)

**BBQ Pulled Pork Burgers**

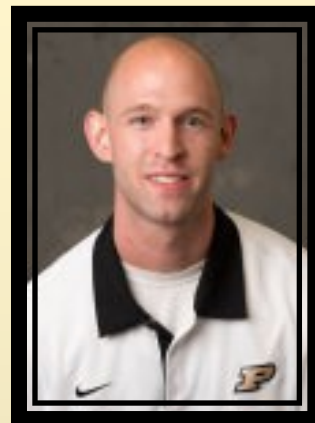
2 lb boneless pork shoulder
1 cup bbq sauce
1/8 tsp salt
1/8 tsp garlic
1 cup water

Combine pork, water, and spices in crockpot for about 3-4 hours on medium. Remove pork, shred with fork, and mix with bbq sauce.

COACH SPOTLIGHT: WALLY BECKER



Coach Becker joined the Purdue staff in 2012 after working as a professional intern at the University of Evansville. He coordinates the sports performance programs for men's and women's golf, soccer, and track and field; assists with men's swimming; and serves as the corrective exercise specialist on staff. Becker received a bachelor's degree in health promotion and wellness from the University of Wisconsin-Stevens Point and a master's in exercise science from Ball State University where he was a volunteer graduate assistant. He has completed internships at Notre Dame and Wisconsin.



What is your favorite part of being a coach? The time spent on the floor, in the trenches, working to help make each athlete as competitive as possible on game day. I work with more than 130 athletes weekly, which provides me with many opportunities to make an impact.

Who has influenced you the most throughout your career? I have a lot of respect for and owe a lot to the strength staffs at Wisconsin, Notre Dame, Ball State and Evansville. Individuals at those places provided me with guidance and allowed me the opportunity to make mistakes.

What is your favorite quote? "Give me six hours to chop down a tree, and I will spend the first four sharpening the axe." - Abraham Lincoln. This is one of my favorite quotes because it illustrates the importance of preparation.

What is your training philosophy? Set a standard or expectation early for your teams and hold them accountable. Each one of my athletes know that I expect them to be technically efficient at all lifts, work hard and be disciplined during each session.

What is your favorite type of training session or exercise? My favorite type of training session is the one that pushes the athletes outside of their comfort zones. As far as exercises, a properly executed power clean or back squat is hard to beat.

What can we find under 'Most Played' in your iTunes Library? I am the metal head on staff. You will find a lot of ear-splitting heavy metal.

Tell us something interesting about you we don't know: My wife, Megan, and I are expecting our first child on July 22, 2014.





PSP Coach News

NFL Pro Day / Combine Training with Coach Carlisle has begun!



Coach Carlisle Teaching 40-yard dash starts.



Sprint Mechanics / Arm Drive Drills



BoilerPower



@BoilerPower

PSP on the WEB



Purduesports.com

The Team Behind the Team

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

765-496-1655

Ross Bowsher

rbowsher@purdue.edu

Grant Geib

ggeib@purdue.edu

Kane Thompson

kthompson@purdue.edu

Mackey Staff

765-494-7932

Wally Becker

wbecker@purdue.edu

Molly Binetti

mbinetti@purdue.edu

Sam Craven

wcraven@purdue.edu

Gavin Roberts

gjrobert@purdue.edu