

BOILER PUMP

THE OFFICIAL NEWSLETTER OF PURDUE SPORTS PERFORMANCE

Issue #1: November 2013

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A NOTE FROM OUR DIRECTOR

We are pleased to bring you the first issue of the monthly Purdue Sports Performance newsletter. Our aim is to present you with an inside look into our department and staff as well as to provide insight on how we service our student-athletes and respective sport coaches. We hope that you find the content educational, informative and fun!



Welcome to our first monthly newsletter! Be sure to check out the "Boiler Bytes" clip describing our comprehensive program here: https://www.youtube.com/watch?v=B0jq_k8GqIk



Meet the Staff



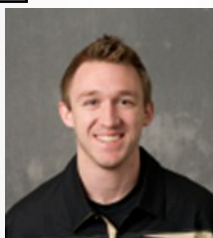
Christina Specos, *Associate Director*



Duane Carlisle, *Director*



Doug Davis, *Senior Associate Director*

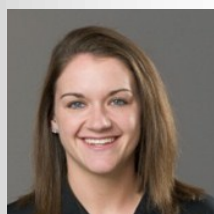


Joshua Bonhotal, *Assistant Director*

Sports Performance Assistants



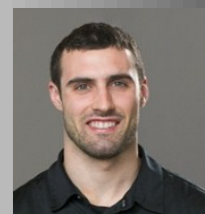
Wally Becker



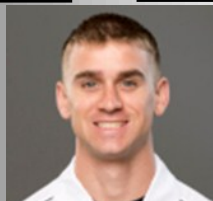
Molly Binetti



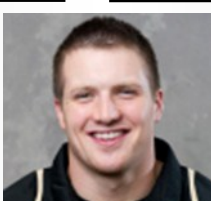
Ross Bowsher



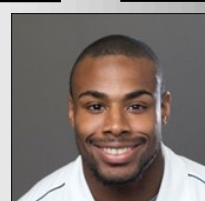
Sam Craven



Grant Geib



Kane Thompson



Gavin Roberts

Christina Specos: Women's Basketball and Volleyball; *Oversee:* Women's Soccer and Tennis

Doug Davis: Football

Joshua Bonhotal: Men's Basketball and Swimming; *Oversee:* Men's Tennis

Wally Becker: Track and Field, Men's & Women's Golf, Soccer, Men's Swimming

Molly Binetti: Cheerleading, Women's Tennis; *Assist:* Cross Country, Women's Swimming, Volleyball

Ross Bowsher: Baseball, Track and Field: Throwers, *Assist:* Football

Sam Craven: Cross Country, Softball, *Assist:* Track and Field, Women's Basketball and Volleyball

Grant Geib: Baseball, Women's Swimming, *Assist:* Football

Kane Thompson: Diving, Wrestling; *Assist:* Football

Gavin Roberts, Graduate Assistant: Cheerleading, Men's Tennis; *Assist:* Men's Basketball

Real Talk: Leadership



Coach Carlisle's

Leadership Tip of the Month:

Modeling Behavior:

Good Work Ethic

Working your hardest every day in practice, conditioning, and training sessions is a very effective way to impact your team. It is a choice that you consciously make in order to set the tone of high expectations, accountability and team standards. Your coaches and teammates will look to you as a natural leader by example, and others will follow suit.

Recommended Reading:

championshipcoachesnetwork.com

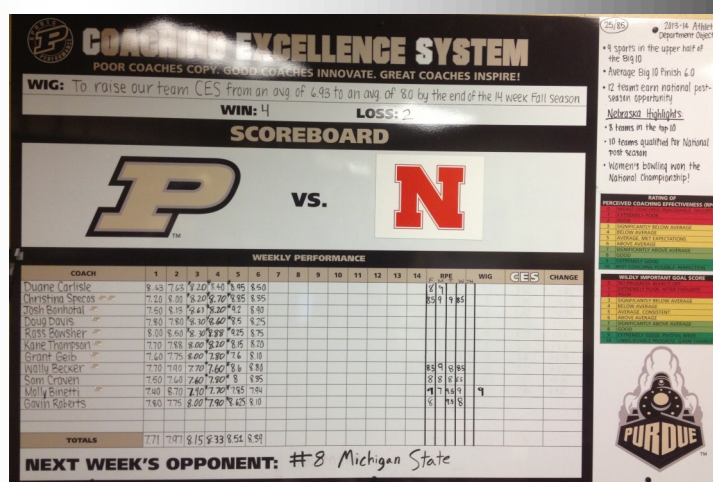


@duanecarlisle

OUR COACHES COMPETE TOO!

Coach Carlisle has developed the *Coaching Excellence System*, a system aimed at holding each PSP coach accountable on the level of their coaching and wildly important goals every week. Using a 1-10 scale, coaches score their perceived coaching effectiveness every day. In addition, each coach has set two wildly important goals (WIGs) for the season and records a weekly score, also from a 1-10 scale, based upon the level of completion of these goals. Goals chosen by each PSP coach are deemed to be the **most** important to enhance their personal performance and their

student-athletes' experience and success. Each coach's weekly average total score is compared from week to week to monitor progress. Staff averages become the total weekly score for our department. We use other Big Ten schools as our "opponents" each week. Their score is developed and weighted based upon their Director's Cup performances. From this data, a win-loss is measured. We are constantly striving as a coaching staff to improve daily and perform at the highest level while providing the best opportunities for our student-athletes to succeed.



Real Talk Leadership Opportunity Scenario

How would you handle THIS situation?



<http://youtu.be/Vrz54mVA3sA>

Sports Science Report

Strength Diagnosis: What is it?

Many coaches and athletes believe that strength is measured in weight but if you truly look at strength one realizes there is much more than just the load being moved. Strength is truly measured in time! Remember there are 3 types of strength that need to be either trained equally or specific for the needs of the athletes sport! The best way to measure if your training the correct strength quality for your athletes is with the tendo unit!

- Absolute strength moves at a speed of less than 0.3–0.5 meters/second
- Strength-Speed moves at a speed of at 0.6–0.7 meters/second
- Speed-Strength moves at a speed of 0.8–1.0 meters/second

So, remember, when training your core lifts, the purity of the lift is not the amount of weight on

the bar but the speed that it is moving at for a specific goal.



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

Suggested Reading: <http://articles.elitefts.com/training-articles/the-tendo-and-its-use-for-autoregulation/>

Hot off the Press!



PSP Coach News



October 9-10: **Coach Josh Bonhotal** attended the **Leaders in Performance** summit in London. This is an exclusive invite-only event that brings together the very best CEOs, general managers, head coaches, performance directors and senior performance practitioners across all sports — and across the world — to discuss the best and most advanced training practices. Purdue was one of only two universities represented. Coach JB also had the opportunity to spend time in site visits with Manchester United, Arsenal and Tottenham!

Coach Specos has been asked to speak at the National Strength and Conditioning Association (NSCA) Coaches' Conference in January 2014! She will present on "Complete Annual Programming for Division I Women's Basketball."

<http://www.nsca.com/Events/Conferences/Coaches-2014/>



@christinaspecos





Inside the Huddle...

This Month, Purdue Sports Performance highlights male student-athlete Ricardo Allen, All-Big Ten senior captain cornerback.

Q: Describe your most memorable workout with the PSP Staff.

A: My most memorable workout has to be the special “track and field” day training session we had. At the end of all the races, there was a “big-boy” race, and it was hilarious to watch the O-Line and D-Line run 4x100!

Q: In what area have you physically improved the most training here?

A: I’ve improved my lower body strength the most while being here. It has helped me play faster and I am more explosive on game day.

Q: What are your favorite and least favorite exercises/workouts?

A: My favorite workouts are the sprint workouts: 10-, 20-, 40-yard races. My least favorite exercise is stretching!

Q: What advice would you give an incoming freshman about PSP?

A: Buy in to the program and listen to whatever they tell you to do. Go 100 percent every day and the hard work will pay off for sure.



Inside the Huddle...

This Month, Purdue Sports Performance highlights female student-athlete Samantha Epenesa, sophomore outside hitter on the volleyball team.

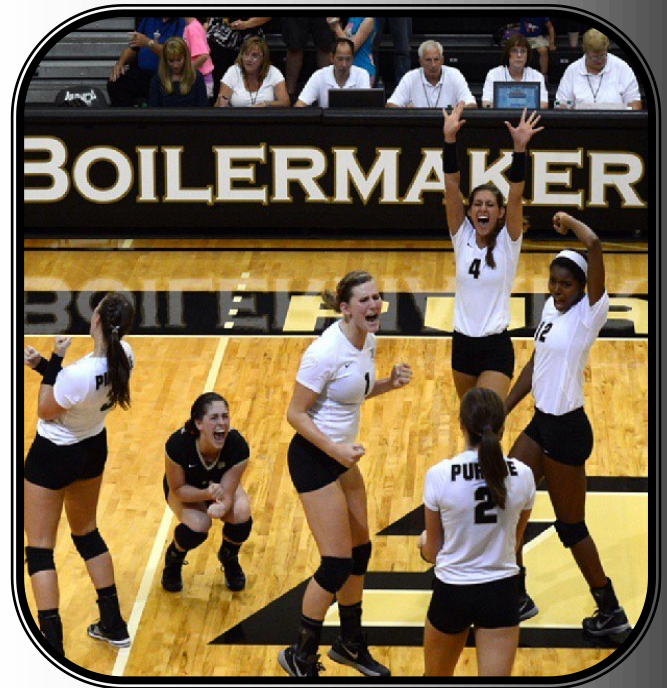


Q: Describe your most memorable workout with the PSP Staff.

A: My most memorable workout was in my first spring conditioning. I really got the feeling of death... and after, the 100% feeling of survival. I don't think I've ever felt as accomplished!

Q: In what area have you physically improved the most training here?

A: The area I am most improved in is my arm strength. It's given me the ability to drive for the ball harder and to swing faster.



Q: What are your favorite and least favorite exercises?

A: My favorite exercise is the partner mirror box reaction drills that we do in off-season conditioning. My least favorite is overhead squats.

Q: What advice would you give an incoming freshman about PSP?

A: Go "ALL IN!" Most girls are scared to bulk up but PSP staff knows what is right for your sport. Trust the system because we are so lucky to have so many people to care about our team's success!

BOILERMAKER FUEL

HIGH PERFORMANCE SPORTS NUTRITION

RECIPE OF THE MONTH: BLACK BEAN BURGERS

1. Preheat a grill or oven to high heat or 375°F, and lightly oil a sheet of aluminum foil.
2. In a medium bowl, mash the black beans until they form a thick paste.
3. Add minced green pepper, onion and garlic.
4. In a small bowl, stir together egg, cumin, chili powder and chili sauce. Mix into black beans.
5. Add the crackers and form the mix into patties.
6. Place the patties on the foil and grill or bake for them 8-10 minutes on each side.

INGREDIENTS:

- 1 (16oz.) can of black beans
- ½ green bell pepper, minced
- ½ onion, minced
- 1 clove of garlic, minced
- 1 egg
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 2 tsp. chili sauce or hot sauce
- ½ cup crushed crackers

Meet our Sports Dieticians



@BoilerFuel



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Check out this link, all about Purdue Sports Nutrition!

<https://www.youtube.com/watch?v=MTI4k750mlQ>

THE FACTS ABOUT PROTEIN



WHY DO I NEED IT? Protein repairs muscle after workouts, builds lean muscle mass, increases fullness after eating, and makes up the antibodies of your immune system.

WHAT KIND SHOULD I EAT?

Diversify your protein sources. Always eating chicken (or whatever your preferred protein source) is *not* the best way to go.

TYPE	EXAMPLES	ADVANTAGES	CAUTIONS
Animal	beef, chicken, pork, seafood, turkey, egg	Best source of iron	Higher fat cuts aren't optimal for performance
Dairy	milk, cheese, yogurt, cottage cheese	Best source of calcium, whey protein and certain amino acids	Choose low fat options more often to avoid extra saturated fat
Vegetarian	starchy beans, peanut butter, tofu, soy milk	Rich in vitamins and minerals, especially potassium	Variety is necessary to get all the essential amino acids
Supplements	powders, drinks, bars	Convenient	Costs ~2x more than food sources per gram of protein

WHEN SHOULD

I EAT IT?

Protein should be eaten **at all meals and with most snacks**.

Eat snacks that offer a balance of both carbohydrates and protein, like...

- low-fat yogurt
- dried fruit and nuts
- roast beef sandwich
- string cheese and pretzels
- crackers with hummus
- apple with peanut butter

Always consume protein-rich foods **after strength training sessions**. Try chocolate milk, a sandwich, canned tuna, hard-boiled eggs, or a Gatorade shake.

HOW MUCH DO I NEED?

When eating a meal, about **1/4 to 1/3 of your plate should be protein-rich foods**. The **daily amount of protein** you need when training is based on your sport and your body weight as shown in the following chart:

Endurance training	1.2 - 1.6 g/kg*
Strength and power sports	1.4 - 1.7 g/kg
After strength training	6 - 12 g essential amino acids**
Resistance training (the first 6-8 weeks)	1.5 - 1.7 g/kg
Resistance training (after 6-8 weeks)	1.0 - 1.2 g/kg
While pursuing weight loss	1.8 - 2.0 g/kg
Maximum need for any healthy athlete	2.0 - 3.0 g/kg

*Amounts are in grams (g) of protein needed per kilogram (kg) body weight. To find your weight in kilograms, divide your weight in pounds by 2.2.

**This is equivalent to 10-20 g of protein from a high quality (animal) source. Maximum muscle protein synthesis is reached at 20-30 grams protein at one time. More than that does not increase muscle protein synthesis.



COACH SPOTLIGHT: KANE THOMPSON



@kanetthompson

In his third year at Purdue, Coach Kane is the head sports performance coach for wrestling and diving and assists with football. An Iowa native, Kane earned his B.S. degree in exercise science and M.S. in kinesiology from the University of Northern Iowa, where he also played football. As our highlighted coach of the month, he shares with us some information on a few of his favorite things!

Who Are Your Mentors in This Profession: Jed Smith, Head Strength Coach of University of Northern Iowa; Chris Klieman, Defensive Coordinator at North Dakota State; and Shea Thompson, my brother and Assistant Strength Coach at University of Minnesota

Favorite quote: “It is not the violence that sets men apart, it is the distance he is prepared to go!” - Forrest Bondurant

Favorite Book: *America’s Coach* by Ross Bernstein

Favorite Exercise: Power Clean


Favorite Memory at Purdue Sports Performance:

Coach Earls’ and Coach Bowsher’s 10-yard dash competition in 2012



<http://www.youtube.com/watch?v=MoexFcEDOoU>

Tell Us Something We Don’t Know About You! I’m a small-town country boy that loves the outdoors.

Check out the “All About Coach Kane” video interview and clips **HERE!**  <http://youtu.be/S54EqJtbtx8>

The Team Behind the Team



PSP on the WEB



@BoilerPower



BoilerPower



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