

BOILER PUMP

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Real Talk: Leadership

Coach Carlisle's leadership topic of the month:

You gotta be **tough!**

Maintaining poise and positivity in times of pressure and adversity shows your teammates how to respond to negative situations. Your teammates look up to you! Grinding it out and bouncing back with optimism despite any mistakes you make will show mental toughness and show that your teammates can trust and rely on you to help them get through tough times.



Recommended Reading: <http://www.championshipcoachesnetwork.com>

Real Talk Leadership Opportunity Scenario

How would you handle THIS situation?

<http://youtu.be/YK5SGZqRnIE>

Congratulations!



Congratulations to Purdue Volleyball!

Volleyball season ends in the Elite Eight!

What a great run!

Another milestone for a successful program!

"The eighth-ranked Boilermakers posted a 23-12 record in 2013, including a program-record eight wins over top 25 teams, and three against top 10 foes. The team made its fourth straight Sweet 16 appearance, including two Elite Eight berths since 2010."

AVCA All-Americans: Val Nichol (third team)
and Kiki Jones (honorable mention).

Sports Science Report

All About Fascia



As defined by Thomas Myers, fascia is a “body-wide collagenous web “ of connective tissue found throughout the body. Myofascia is the term used to describe the inseparable interweaving of muscle tissue and fascia. Research done by Myers describes that the body consists of many “myofascial meridians” or better analogized as “tracks” or “slings” that connect in different directions across the body. Different tracks are responsible for specific movement patterns that we see every day in sport-related movements. Examples of this are myofascial trains that assist with postural support,

control and balance with flexion, extension, and lateral movements (i.e. bending forward, backward and side to side). Some of these assist to create lateral and rotational movements, while other slings in the body assist with braking mechanisms of the same movements (i.e. baseball and softball pitching, kicking a soccer ball, basketball slides and crossovers, and full body extension for optimal sprinting, jumping and swimming.)

Each student-athlete at Purdue has myofascial and movement work (such as foam rolling with various tools or

vibration massage technology, etc.) in his or her program to properly prepare the body for movement, or to correct dysfunctions in movement patterns. Any restriction across these slings or trains can prevent proper body alignment and support, cause muscle length imbalances resulting in a restricted range of motion. All of these issues can lead to pain and a decrease in the resilience of the tissue once a workout is over.

*This month’s sports science topic comes to you from **Coach Specos***

Suggested Reading (Book): *Anatomy Trains* by Thomas W. Myers

Hot off the Press!

PSP Coach News



The sports performance football staff took a trip to the University of Missouri in December to observe training sessions; share training knowledge about programming; and talk all about how to maximize the ideal system of training that incorporates all aspects of training, nutrition, motivation, and more!

Coach Carlisle spent the month of December traveling to visit his mentor, Mike Boyle, and Eric Cressey, both with training centers located in Boston. In addition, he visited Bommarito Performance Systems in Miami, as well as the Philadelphia Eagles to learn about their system of training.

The weekend of January 10 and 11, the sports performance staff is going to attend the NSCA Coaches Conference in Indianapolis. Coach Specos will be presenting at this conference all about “Complete Annual Programming for Division I Basketball.”

Inside the Huddle...



This Month, Purdue Sports Performance highlights wrestler Braden Atwood, two-time NCAA qualifier and Big Ten Championship place winner.

1. What are you most proud of accomplishing in the weight room during your time here?

I'm most proud of the numbers jump in all of the Olympic lifts. I was in the weight room all summer with Coach Thompson, and I gained significant amounts in all of the core lifts. The strength I have gained has just boosted my wrestling to another level.

2. In what area have you physically improved the most since arriving on campus?

I have improved most on my upper body and core strength. Coming in as a freshman, I had good lower body strength when it came to wrestling, but my upper body strength was lacking. Now my upper body strength is up with my lower body strength resulting in me becoming a strong wrestler.

3. In what ways do you believe your training has influenced your performance?

I've always been one to put the work in that other people don't. Staying in the weight room all summer and having coach to push me is the only reason I made those major gains to be at D1 wrestling strength.

4. What are your favorite and least favorite exercises?

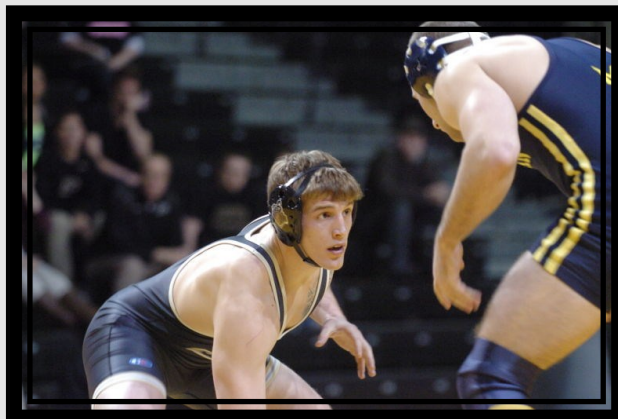
My favorite exercise would be the unique exercises: ropes, logs, tuggers, sled, the exercises that require some brute strength rather than a ton of technique. My least favorite would be the high rep high-speed exercise. Coach calls them HIT (high intensity training) training.

5. What is your best advice about maximizing your wrestling training experience with Purdue sports performance?

Trust coach in whatever he says. Buy into the program 100 percent and give everything you have everyday and come back and do it again the next. Coach will supply the training and tips; just be sure to bring all your effort and results will show.

6. What is your most memorable workout with Coach Kane?

Coach joined some of the other guys and me two summers ago in the Tough Mudder run. We didn't train for it or anything; we just knew that it couldn't be any tougher than what we train for. We ran the tough mudder, and we all killed it!



Inside the Huddle...

This Month, Purdue Sports Performance highlights Track & Field athletes Brandon Winters (110-meter hurdles) and Bre-Anna Smith (800 meters)

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

A: I am most proud of my squat, bench press and power clean improvements.

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

A: Since arriving on campus, I believe I've improved the most in my lower body strength and power.

Q: What are your favorite and least favorite exercises?

A: My favorite exercises are definitely the power clean, squat and bench press. My all-time least favorite exercise is the single-leg RDL!

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

A: PSP really knows what they are doing, they will really push you, and they will take care of you. All you have to do is come prepared to work, sports performance will do the rest and you will improve.



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

A: My proudest moment is improving my back squat from 195 pounds to 250 pounds since my freshman year.

Q: In what ways do you feel your training has influenced your performance?

A: Training has helped me tune up the muscles that athletes don't usually focus on, and that has prevented me from developing injuries. I also have gotten a lot stronger which has helped me be able to maintain a high intensity level in competition and training.

Q: What are your favorite and least favorite exercises?

A: My favorite exercise would have to be the back squat, and my least favorite is the hang snatch.

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

A: My advice would be to forget their past lifting program and embrace what's in front of them. College athletics requires a new intensity, and the PSP staff gives us the tools to be able to compete at that level. Weight training and competition directly correlate so take it seriously.



PURDUE UNIVERSITY ATHLETICS

January 2014

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Are you feeding or are you fueling?

Tired? Underperforming? Irritable? Dizzy? Hungry? Running on empty may be the cause. A study found that almost 70% of a Division I university's student athletes didn't eat enough food to support their workouts and performance.

A pattern of underfueling can lead to

- More frequent injuries and illness
- Low energy
- Lack of mental focus
- Loss of strength and muscle mass
- Overall poor performance

So how can you eat regularly with a hectic schedule of classes, practice, lifts and competition? Refuel with a wrap! It's fast, easy, portable, and nutritious. See the back page for easy suggestions!

FEEDING IS:

Unorganized
Based on taste only
Inconsistent
An afterthought
Poorly timed relative to training
Often high in fat and/ or sugar

Highly processed
Requires no food preparation or planning
Eating that makes you feel sluggish, easily fatigued, or overly hungry during practice

FUELING IS:

Well organized
Consistent
Balanced between what your body needs and what you mind wants
Considers your needs for training and fueling before, during, & after practice

Allows room for well-timed "special foods"
Takes some planning but does not become a preoccupation
Results in body composition that reflects your individual training program

BOTTOM LINE

"If you want your body to perform well and feel good, treat it right by not holding back the fuel it needs."** Contact your sports dietitian if you need help.

	CARB	PROTEIN	VEGETABLE	FAT	SEASONING	TIPS
Breakfast Wrap 	Tortilla	Egg Canned Black Beans Milk	Tomato	Canola Oil	Pepper Shredded Cheese	⇒ Whisk milk, eggs, and pepper in a bowl. Cook on medium heat with canola oil. ⇒ Drain and rinse beans before use.
Chicken Avocado Wrap 	Black Bean Tortilla	Canned Chicken (in water)	Lettuce	Avocado	Salsa	⇒ Heat tortilla in microwave for 10-15 seconds for easier wrapping. ⇒ Drain and rinse beans before use.
Monkey Wrap 	Tortilla	Peanut Butter	Sliced banana Sliced strawberries	(Peanut Butter)	Cinnamon (optional)	⇒ Vary by using different fruits and different nut butters.
Veggie Wrap 	Brown Rice or Quinoa Tortilla	Canned Black Beans	Spinach Red Onion	Avocado Hummus	Basil Italian Seasoning	⇒ Buy minute brown rice for quicker cooking time. ⇒ Drain and rinse beans before use.
Tuna Salad Wrap 	Tortilla	Canned Tuna (in water)	Lettuce	Avocado	Pepper Salt	⇒ Store leftover tuna in a plastic container in the refrigerator.
Sweet Potato Wrap 	Sweet Potato Tortilla	Canned Black Beans	Spinach	Olive oil	Taco Seasoning	⇒ Microwave sweet potatoes for a quick cooking method. ⇒ Drain and rinse beans before use.
Cranberry Walnut Chicken Wrap 	Tortilla	Canned Chicken	Red Onion Celery Cranberry	Walnuts (chopped)	Salt Pepper Light Mayonnaise	⇒ Buy chicken, tuna, or salmon canned in water or broth.
Salmon Wrap 	Tortilla	Canned Salmon (in water)	Lettuce Bell pepper Tomato	Avocado	Ranch Dressing	⇒ Store leftover salmon in a plastic container in the refrigerator.

PSP Coach Alumni Update

"Where are they now?"

The Purdue sports performance tree is growing! We are proud of our former coaches that have had the opportunity to advance their careers after their stint here. Below is an update on the progress of our beloved former staff members.

Head to Head: Brotherly battle in the



On May 31, 2102, **Tennessee** basketball coach Cuonzo Martin appointed Nicodemus Christopher to oversee all strength and conditioning efforts related to the men's basketball program.

<http://www.youtube.com/watch?v=uvin3qnS33I>



Garry Christopher joined the **Vanderbilt University** as its new men's basketball's strength and conditioning coach in the summer of 2013.

<http://www.tennessean.com/VideoNetwork/2514259210001/Vanderbilt-s-Garry-Christopher-helps-the-Commodores-bulk-up> / <http://youtu.be/RSZeG0dZgEg>



Jeff Earls is now the top strength and conditioning assistant for football at **Tulane University**. He also works directly with volleyball and sand volleyball.

<http://www.youtube.com/watch?v=1Chlx0uLKkg>



PSP Alumni Update

"Where are they now?"



Brittney Ducroz joined the **University of Houston** sports performance staff in March of 2013 and worked with the softball, soccer, and swimming and diving teams to develop in-season and off-season workout programs. As of December, she is working full time in the private sector preparing four of her athletes — sprinters, hurdlers, and divers — for the **Olympic** games in Rio 2016!

Lindsay Dinkelman is in her second year with the **University of Iowa** Olympic strength & conditioning staff. Dinkelman is responsible for rowing, soccer, women's golf, women's tennis and women's gymnastics.



From Volleyball to Olympic Lifting: Former **Purdue PSP** assistant Amanda Miller is currently pursuing her **master's degree** in organizational leadership and supervision at Purdue. Her latest athletic accolades include finishing in second place at the "Star of the North" Games in St. Paul, Minn., where she achieved a personal best, going 6 for 6 with a 67 kg snatch and 86 kg clean and jerk. She then went on to compete at the National Championships.



Grant Thorne started as an original **Purdue PSP** staff member in April of 2011. He has since moved on to work on his master's degree in the **Purdue Health and Kinesiology department** and serves as a clinical instructor. This past summer, he had the opportunity to work as a consultant to the **Green Bay Packers**, utilizing mechanical and physiological tracking (including GPS technology) and determining competition load, recovery, and rehabilitative decisions.



COACH SPOTLIGHT: GRANT GEIB

In his second year at Purdue, Coach Geib is our resident sports science technology guru. He is responsible for baseball, and women's swimming as well as assisting with football. A native of Cleveland, Geib graduated with a degree in exercise science from Ohio Wesleyan University, where he played wide receiver on the Battling Bishops' football team. Geib completed his graduate degree in kinesiology and biomechanics at the University of Tennessee and worked as a strength and conditioning intern and coaching assistant for the Volunteers' football team during the 2011 season.

What's the best part of being a coach? The best part of being a coach is having the opportunity to help athletes improve. There's no better feeling than watching a team put the work in and have it pay off. My second favorite part is trying to keep up with the athletes. I love to jump in training sessions when I can.

Who are your mentors? Ron McKeefery, Angelo James, Chad Short.

What is your favorite quote? "Courage is not the absence of fear, but rather the judgment that something else is more important than fear." ~Unknown

What is your favorite book? The Fighters Mind by Sam Sheridan.

What is your favorite PSP Memory? My first summer as a sports performance coach for football we had a 10-yard dash competition. I was only on the undercard (The Pay-Per-View matchup was Earls vs. Bowsher), but I won my race and the team went crazy. As the new coach on board, it gave me a chance to prove myself.

What is your favorite thing to coach / type of training session? I love coaching any speed and agility training sessions. The teams will tell you I'm a big fan of hills and pulling/pushing sleds.

What sports have you participated in? Football, baseball, track and boxing.

What's playing on your iPod most frequently? Recently, an indie rap group called Doomtree. I listen to some strange music.

Tell us something fun that we don't know about you! I have a secret breakdancing talent. See the swimming 2013 training video.



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