

BOILER PUMP

THE OFFICIAL NEWSLETTER OF PURDUE SPORTS PERFORMANCE

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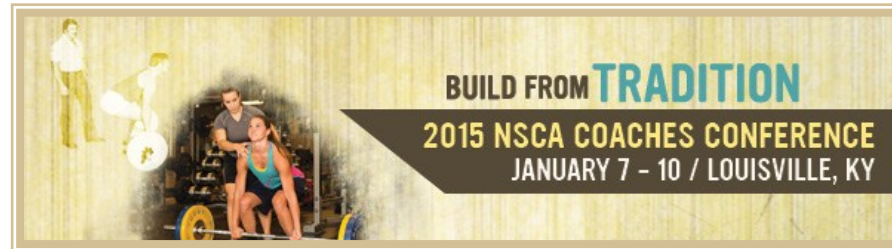
Issue #10: November 2014



PSP News!

Behind the Scenes at Purdue Sports Performance

Find out what's been going on with the staff members!



Coach Specos and former women's basketball player Sam Ostarello's photo were chosen as the artwork in this ad for the **National Strength and Conditioning Coaches Association** conference. Coach Specos will present on "*Technology at Purdue Sports Performance*" on Jan. 9 in Louisville.

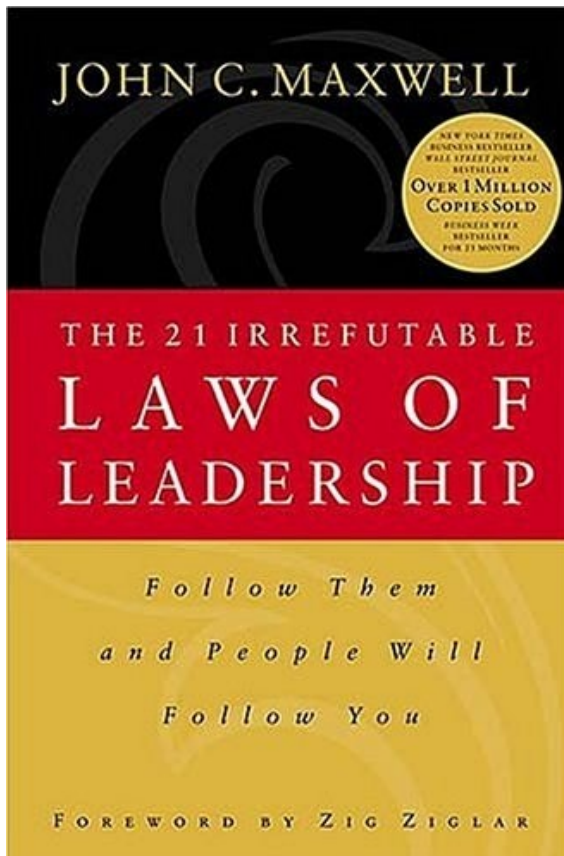


He's still "got it!" Coach Gavin Roberts was chosen as a model for the "*Hammer Down Cancer Game*" football uniforms. On Oct. 11 vs. Michigan State, Purdue players wore helmets, shoe laces, socks and gloves featuring neon yellow in support of the **Purdue University Center for Cancer Research**. In addition, approximately 65 Purdue football season-ticket holders who are cancer survivors or currently battling the disease, formed a tunnel for the team to run through as it took the field prior to kickoff.

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Real Talk: Leadership

Finding a Way to Win



John Maxwell, world-renowned leadership guru and best selling author of “The 21 Irrefutable Laws of Leadership,” describes *the law of victory* in his book. This law states that great leaders understand the importance of helping their teams find a way to win. They ask themselves this fundamental question: *“What contribution do I need to make in order to help my team win?”* They have a keen understanding of the role they must fulfill at any given point during a competition. This role must be in the best interest of serving the team. Whether the role is to encourage, play defense, score, bring energy or dive for a loose ball, strong leaders fill gaps where needed to help the team move forward. Regardless of the score, leaders first and foremost recognize that there is a way to win despite the current circumstance. They have the ability to get their teammates to unify around the strategic approach to win the game. Fortunately, we have lots of true leaders at Purdue who constantly strive to lead their teams to victory and truly understand that in order to achieve victory, *“No one of us is as strong as all of us.”*



This month's leadership topic comes to you from Coach Carlisle.

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Inside The Huddle

Coach Bonhotal shares the focus of the preseason and in-season training plan for optimal performance during the season!

Men's Basketball

Preseason

As official practice approaches, training must shift to place a greater emphasis on conditioning. Lifting intensities remain relatively high to attenuate gains made during the offseason, however volume must be significantly reduced to allow for the increase in conditioning. In addition, frequency of lifting sessions is also be reduced to offset the increased frequency of conditioning sessions. During the preseason phase, activities have now progressed from more general conditioning to specific conditioning. As such, conditioning intensity is the highest of any time of the year. The most notable addition to training during this phase is the inclusion of basketball circuits. Basketball circuits are comprised of several basketball specific movements performed at a high intensity for a short duration. These movements include jumping, sliding, backpedalling and cutting. The aim of the basketball circuit is to closely mimic the energy system demands of a game, while also maintaining a relatively high quality of movement. With the intensity and specificity of conditioning during the preseason phase, players will no doubt be prepared to handle the rigorous demands of practice as they embark on another season.



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Men's Basketball

In-season



A major key to successful athletic development is in-season training which will attenuate and hopefully promote strength and power in-season. During this time, training must be designed to maintain strength, power and speed while managing fatigue from practice and competition. This means volume must be kept low, however intensity will remain relatively high when appropriate. Proper recovery methods become increasingly important to minimize fatigue and soreness. Such methods include self myofascial-release, stretching, active recovery, hydrotherapy and massage/soft-tissue work. Athletes need to continue to be loaded in order to maintain strength throughout the season. Weakness or atrophy will decrease performance while also increasing the athlete's risk for injury. Redshirts and developing athletes who do not play are expected not just to maintain, but to continue improving strength, power and speed during the season. Training will taper towards the end of the season to keep athletes fresh and prepared for a long and successful tournament run.



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Inside The Huddle

Coach Specos interviews seniors Liza Clemons and Whitney Bays. They dish about preseason training, leadership and their impact heading into the 2014-15 season!

Women's Basketball

CS: Let's talk about preseason training. What workout stuck out the most in your mind?

WB: We worked really hard this summer doing things that we didn't do before, but one of the most memorable "finisher" workouts was when we were surprised and played "Trash Ball." It was definitely a hard workout, but it was also very fun and competitive since we had to score to earn points and communicate with each other, as we would in a normal practice or game.

LC: The mile. Definitely the mile. After not being able to condition with the team, I still was able to beat the time goal set for me. I wasn't expecting to do well at all, but on the day we ran and all crushed it, we collectively had the mindset that it was nothing. I almost sold myself short by doubting myself ... but the team's commitment to each other pulled me through.

CS: What personal performance accomplishments are you most proud of?

WB: Bench press. I've increased dramatically, to be able to max bench press 140 pounds, which is well over 20 pounds more than what I've ever been able to do. After all of my knee injury struggles, I've never been able to squat with weight. After getting healthy and consistently working at it, I'm able to squat with good weight on the bar to full depth, and my weight keeps increasing!

LC: Bench press for me, too. I've also improved 20 pounds. It's always been my weakest area.

CS: What was most different about this past off season and preseason training?

WB: I enjoyed having spinning and Pilates as our recovery day. It was a way to get a workout that was in a different environment and broke up the training week. And Pilates is NO joke, definitely worked my core and challenged my flexibility!

LC: Everyone trained harder and did extra on her own without being told. Everyone got in the gym more. We're hungry. So, it's time to eat.



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Inside The Huddle

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Women's Basketball



CS: As senior leaders, what's your best advice on how to use training to develop a championship culture?

WB: Going through tough conditioning, whether it is running, or circuits, or max days, builds team chemistry by testing one's mental toughness. We're there for each other to expect the best and push through the worst.

LC: Training is hard. We must hold everyone accountable. Everyone starts somewhere, but we all have to improve and rise up. When you have championship expectations and a couple years of experience behind you, there are no excuses. We want success more than anything, and we must get everyone to buy in despite the hard times.

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

WB & LC: Come in and work hard but ask questions. Work hard because when you first get here, it's the time to work on your conditioning. The harder you work in the preseason, the easier it is when practice time comes around. Work smart by doing this right the first time, but don't be afraid to fail. Put it all out on the line and use your support system. Teammates are here to help each other push through.



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Sports Science Report



Understanding Back Pain

Back pain is very common. About **80 to 90 percent** of Americans experience lower back pain at some point in their lives (McKinley, 2010). Many experience this chronic lower back pain due to their profession, sport or various physical activities, and often lose productivity because of it. Understanding types of back pain is the first step improved daily living.

There are many types and different symptoms associated with back including but not limited to (Coates, 2010):

- Persistent aching or stiffness along your spine
- Sharp, localized pain
- Pain that radiates from the back to the buttocks and down the leg as far as the toes
- Inability to stand straight without pain or spasms
- Nighttime back pain

Common Types of Back Pain

Lumbago: The Lumbar region is located at and above the waist in the middle of the back. This pain can stem from extended sitting, standing and also excessive or faulty lifting (Ben-Yishay, 2000).

Causes of Lumbago:

Insufficient movements * Wear and tear * Fracture * Osteoporosis

Sciatica: Refers to pain, weakness, numbness, or tingling in the leg and is caused by injury to or pressure on the sciatic nerve and actually considered is a symptom.

Causes of Sciatica:

Breakdown of discs that act as a pad between vertebrae or Spondylosis

Forward or backward displacement of a vertebrae on the vertebra below it or sacrum also referred to as Spondylolisthesis

Spinal Stenosis or the narrowing of the spinal canal which limits the space for the spinal cord and nerves (Berardoni, 2014).

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



Sports Science Report



Understanding Back Pain, continued

To help alleviate current and reduce the severity of future occurrences, there are two approaches:

Direct: Exercises targeted at the low back region would emphasize flexion, extension, lateral flexion, rotation, anti-flexion, anti-extension and anti-rotation among others.

Indirect: Would use the thought of your back pain as a smoke detector, which is warning you of a problem elsewhere in your body. Outside of the aforementioned causes, muscle imbalances could result in low back pain. Starting from the ground up every joint and muscle group should be addressed in order to improve poor movement patterns.

If your pain is severe and doesn't improve over one to two weeks or you start to experience sciatica, consult a doctor for the appropriate course of action.



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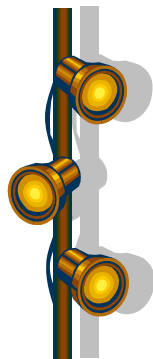
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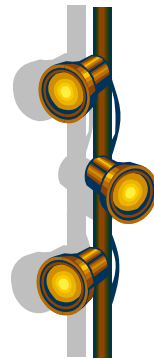
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This month's sports science topic comes to you from Coach Jonathan Brinson.



Coach Spotlight:



Sports Performance Associate Kyle Murray

Tell us about where you're from.

I'm proudly from the state of New Jersey, the toughest state in the country.

How did you decide that you wanted to become a coach?

My father used to be a high school baseball coach, so I think growing up watching him coach definitely influenced me.

What is your favorite part about being a coach?

My favorite part about being a strength coach is definitely interacting with the student-athletes. My second favorite part is that I get to lift a lot of weights at my job.

Who has influenced you the most throughout your career?

Jay Butler, former head strength and conditioning coach for the Tampa Bay Buccaneers.

What is your favorite quote?

"The worst thing I can be is the same as everybody else." – Arnold Schwarzenegger

What is your favorite book?

"The Count of Monte Cristo," "To Kill a Mockingbird" and "Slaughterhouse Five."

What are your hobbies/interests outside of work?

I enjoy working out, going to concerts, cooking and reading.



What are your favorite TV shows/movies?

I don't watch a lot of TV, but I do like Seinfeld.

What is your training philosophy?

My training philosophy incorporates many things and is constantly evolving from year to year. Some of the things that have been foundational to me in the past are mental and physical toughness, proper technique, proper progression, proper nutrition and proper recovery.

What is your favorite type of training session or favorite exercise?

I don't know if I have a favorite exercise. I like them all.

What can we find under "Most Played" in your iTunes library?

311, Pearl Jam, Red Hot Chili Peppers. Definitely some EDM in there too.

Tell us something interesting about you we don't know:.

Last year, I won an all-expense paid trip to Bermuda.

Tell us something about your experience as an athlete that helps you be a better coach.

I think being an athlete helped develop my competitiveness, which I try to instill into the athletes I work with.

We understand that you're quite a healthy eater. What are your favorite foods/meals?

My favorite meal is grilled chicken with Frank's Red Hot, brown rice and broccoli.

Boilermaker **SPORTS** Nutrition

Head into the Holidays with these 10 Habits



1. **Commit** to your holiday workout plan and stick to it.
2. Eat the **BEST** of what there is, not **ALL** of what there is. “A little bit of everything” is usually a lot of food.
3. **Be prepared.** How will you respond to a friend or relative who is pressuring you to eat more or to eat certain foods, but you don’t want to?
4. **Be realistic.** Deciding to lose weight over the holidays may be a losing game. Strive to maintain your weight instead.
5. **Eat slowly.** It takes about 20 minutes for your mind to get the signal to your body that you’re full.
6. **Don’t skip meals.** You will end up feeling starved and then overeating. Eat every three to four hours.
7. Plan on **NOT making huge changes** after the New Year. Anticipating food restrictions sets you up for binge-type eating.
8. **Don’t deprive** yourself of your favorites, **but be thoughtful** about it and choose the foods that you *really, really* like – the ones that you don’t usually eat except during the holidays. Pass by the foods that you can get any day.
9. **Maintain perspective.** Overeating one day won’t make or break you, and it certainly won’t cause weight gain. It takes repeated overeating to gain weight.
10. **Listen to your body.** Eat when you’re hungry, stop when you’re full and rest when you’re tired.

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Boiler Fuel Bonus:

ICYMI, check out our GROCERY SHOPPING TOUR!

<http://www.youtube.com/watch?v=JjfCV1lZHQ0>

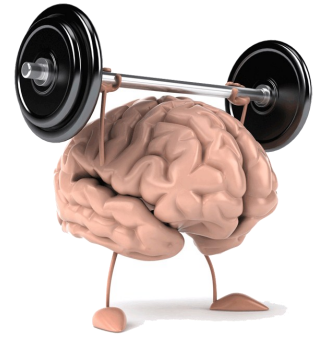


Mental Conditioning

Boilermaker Focus

Mental Preparation for Athlete Excellence by *Dr. Chris Carr, Sport Psychologist*

"Refocus"



It is part of the game to make mistakes. What is important is the ability to "let go" and "refocus" on the next play. When an athlete has either a bad or great play, there is a natural tendency to think about the past as you prepare for the future (next play). One of the key components of athletic performance is the ability to stay "in the moment" and optimize individual performance.

Here are some "tips" to developing a "REFOCUS" routine that allows you to move to the next play ... and play it at your optimal level:

First, take a deep breath and "let go" ... once the play is over, let it be over. If you missed a tackle, dropped a pass or made a great run, take a deep breath on your way to the huddle or sidelines ... and "let go". The play is over ... the outcome cannot change. So start telling your body (and mind) to "let go" ... by taking the deep breath.

Take a moment and "rewind ... rerecord" the play ... When you are in the huddle or getting a drink on the sidelines, just close your eyes and re-visualize that past play ... go back to that point where you made the mistake ... and then revisualize the play **DOING IT EXACTLY HOW YOU WANTED TO DO IT** (perfect performance). For example, if you dropped a third-and-15-yard pass ... go back and visualize running the route ... make the cut ... and "catch" the ball for a first down. Do this for each play, and you begin to establish a confident and focused feeling.

Find a "cue word" for the correct performance ... once you have revisualized the play, think of a "cue word" that helps you to stay focused on the next play. Thus, you have a process where you do the following after a "bad" play":

- *First, take a deep breath and "let go"

- *Second, when you have a few moments ... close your eyes, rewind, rerecord

- *Third, find a positive "cue" word for the next play

"The real glory is being knocked to your knees and then coming back. That's real glory". — Vince Lombardi

"The man who has no imagination has no wings." — Muhammad Ali

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