

# BOILER PUMP

THE OFFICIAL NEWSLETTER OF PURDUE SPORTS PERFORMANCE

***Issue #2: December 2013***

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#BOILERUP

# Introducing: PSP Clinical Students

Coach Specos and Clinical Instructor Grant Thorne collaborate to provide our health and kinesiology department undergraduate clinical students with an opportunity to learn on the job and gain experience through their 20 hours per week practical for their HK350 coursework. Students are instrumental in assisting with setup and breakdown for each training session and assisting each sports performance coach during the session. Each week, we meet as a group to discuss an assigned journal article reading, have a lecture and roundtable discussion with each staff member on a specific topic relative to sports performance and sit in on conference calls with other leaders in our profession.



**Coach Specos and Clinical Instructor Grant Thorne with the 2013-13 Health and Kinesiology Sports Performance Clinical Students in Mackey Performance Center.**



# Introducing: PSP Clinical Students **THANKS!**

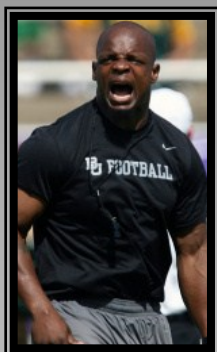
*Purdue Sports Performance would like to thank the following guest speakers from this past year who so graciously shared their time, wisdom, career stories and professional advice to our clinical students.*

*Conference call guest speakers include:*

*~Johnny Parker, retired NFL Strength and Conditioning Coach and Legend in the field of Strength and Conditioning*



<http://www.cscca.org/news/legendsaward/2009/parker>

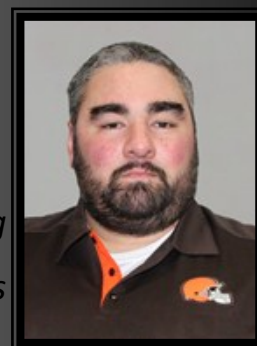


*~Kaz Kazadi, Assistant Athletic Director/Athletic Performance, Baylor University and American Football Monthly's 2013 FBS Strength and Conditioning Coach of the Year*



*~Matthew Shaw, Assistant Strength and Conditioning Coach, University of Denver*

*~Chris DiSanto, Assistant Strength and Conditioning Coach, Cleveland Browns*



*~Megan Young, Assistant Strength and Conditioning Coach, Auburn University*



# Real Talk: Leadership

## Coach Carlisle's Leadership Topic of the Month

It's all about **ENERGY!!**

Energy, enthusiasm, passion and drive are contagious! Every practice and training session is an opportunity to ignite a fire in yourself and your teammates. Everyone has a bad day, but it is the team's collective energy and efforts that can pick up a player when he or she is down.



 @duanecarlisle

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

### Real Talk Leadership Opportunity Scenario

How would you handle THIS situation?



[http://youtu.be/1wPa7\\_UeMBc](http://youtu.be/1wPa7_UeMBc)

## ***Coaching Excellence Program: Update***

Coach Carlisle awards "game balls" to staff members who go above and beyond the call of duty during the course of a given week. They have a high coaching excellence score (CES), made significant contribution to the department and received outstanding feedback from their respective sport coaches. In the month of November, game balls were awarded to the following PSP Coaches:

**Week of 11/3:** Coach Specos and Coach Geib

**Week of 11/10:** Coach Bonhotal

**Week of 11/17:** Coach Becker and Coach Craven

COACH	
Duane Carlisle	
Christina Specos	PP
Josh Bonhotal	P
Doug Davis	PP
Ross Bowsher	PP
Kane Thompson	PP
Grant Geib	P
Wally Becker	P
Sam Craven	P
Molly Binetti	P
Gavin Roberts	P

# Sports Science Report

## Force Plate Testing: What is it?

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

The force plate is designed to measure the force, velocity and power involved in athletic movements. As a part of our sports performance program, we use the force plate to measure these variables in a variety of vertical jump tests and also through a strength test known as the isometric mid-thigh pull (MTP). The MTP is a test of maximum strength in which an athlete pulls up on a stationary bar (positioned at the mid-thigh) as hard and fast as he/she can. We measure the maximum amount of force applied when pulling the bar, as well as how fast that force is achieved. When combined with jump data, this gives an excellent testament of the strength and speed qualities of an athlete. We can use this information to make calculated training decisions that target the team and individual needs. Additionally, the force plate helps to track athletic progress, and has the potential to monitor fatigue and prevent injuries over the course of the season. The force plate is an extremely valuable tool and continues to develop as an important resource for the Purdue Sports Performance team.



**Suggested Reading:** <http://www.fittech.com.au/products/ForcePlate.htm>

## Hot off the Press! PSP Coach News



**Coach Sam Craven** recently competed in the Fort Wayne Open Olympic lifting competition. He snatched 87 kg and clean and jerked 115 kg! He plans to compete again in February in Columbus, OH.

**Coach Grant Geib** was featured on Ron McKeefery's **Iron Game Chalk Talk** website, presenting "Speed Sled Progressions" **Check it out HERE:** <http://shar.es/I1TTb>

Last month, **Coach Carlisle** spoke to the Athletic Affairs committee about our department. He also served as a guest lecturer for Rachel Clark's nutrition class, lecturing on a general overview of our sports performance department and how the relationship between sports nutrition and performance benefits our student athletes.





# Inside the Huddle...

This month, Assistant Director of Sports Performance / Head Men's Basketball Performance coach Josh Bonhotal shares the physical transformations of sophomore center A.J. Hammons and redshirt freshman forward Jay Simpson.



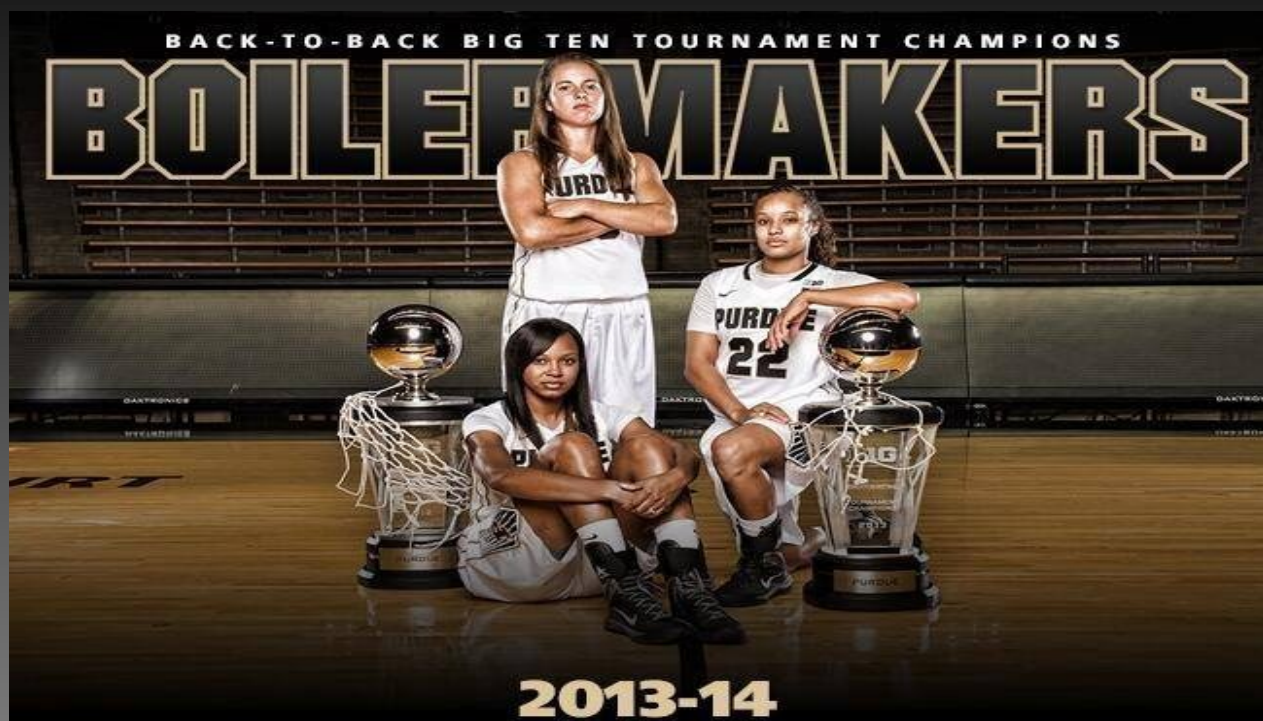
## Quick Facts: A.J. Hammons #20

A.J. has made tremendous strides over the past year in terms of improving his body composition (-27 pounds), mobility/movement efficiency, conditioning and overall strength. As a result, he has the ability to be a much more effective player on the court. Improvements in his body composition, conditioning and speed have enhanced his ability to sprint the floor, making him a greater threat to get easy buckets in transition. In addition, A.J. has really dedicated himself to improving his lower body. Substantial gains in his hip mobility and lower body strength allow him to more effectively get into and maintain a stance throughout the course of a game. This improvement has major implications when he is fighting for position on the block as well as when he needs to show on a ball screen where he must slide his feet in order to stay in front of a smaller, quicker ball handler.

## Quick Facts: Jay Simpson #23

Jay's transformation over the past year has been remarkable. He has dropped 30 pounds in just over a year. Along with the weight loss, Jay has really gotten himself into shape. Jay's commitment to conditioning has enabled him to be a much more productive player. He is able to play for longer stretches and bring instant energy when he steps onto the court. Additionally, his vertical jump, speed and overall strength have improved tremendously. These improvements have changed his game. He has become a guy who is capable of playing above the rim and is a major threat sprinting the floor in transition. His improved ability to run and jump combined with his size and tremendous strength gains make him a matchup nightmare! He is able to overpower smaller defenders, while he can bring bigger defenders outside where he can use his speed and quickness to blow by them and get to the rim.





**This Month, Purdue Sports Performance interviews women's basketball captains Courtney Moses, Dee Dee Williams, and KK Houser.**

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

**CMo:** Having to do the "Warrior Test" (10 court lengths) in less than 63 seconds!

**DD:** The team competition circuit where we broke up into two teams and tag-team raced through different distances on the Jacob's Ladder, Versa-climber and Prowler pushes and then had to be the first team that ran up to the Boilermaker statue in order to win!

**KK:** The day we had our mile test at 6 a.m. and then had to come back and do our sandbag work capacity circuit in the afternoon. It was a mentally challenging morning followed by a physically challenging afternoon workout.

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

**CMo:** I've leaned out, increased my core strength and improved my speed.

**DD:** I feel like I've gained overall total-body improvements in strength but particularly proud of

my increase in upper body strength. I've improved my agility, and it's really helped improve my defense on the court.

**KD:** My total body strength and size has increased. I've gained 25 pounds and really developed physically since entering as a freshman.

**Q: What are your favorite motivational saying before a session?**

**CMo:** "Get Your Weight Up!!"

**DD:** "Here We Go, Y'all!"

**KK:** "Turn UP!"

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

**CMo:** Pay attention to your diet. Proper diet and workout go hand in hand.

**DD:** Come in with a purpose, knowing what you want to get out of each session.

**KK:** Buy into the system early. You'll get better results, quicker!





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



**CMo:** When you're in a session, whether weights or conditioning, you're competing against your *teammates* (to keep high energy), *yourself* (to beat your last workout) and other *competition* (who is also preparing for the season). Thinking of another team's efforts is also a motivation. Always outwork your last session and know that if you don't, your competition will be working harder. Training is a journey and you need to keep your eyes focused on the prize rather than feeling defeated by a hard workout.

**DD:** Do all of the small things. Pay attention to detail. People think workouts are all about the big things—like bench press and squats—but details matter. Focusing my attention to detail when doing agility work and mobility work, etc. has helped me to move better and be quicker on the court.

**KK:** Coming in as a freshman, get in the habit of being vocal and talking through the workouts. When you get into a game, being vocal is key. It's necessary to bring positive energy to your teammates and you have to be able to communicate through fatigue in games and practices.



@2khouser  
2khouserrrr



@DeeDee20\_  
\_ladyjohnson



**Check out the preseason training highlight video put together by Coach Specos HERE:**

<http://youtu.be/Ca1p12PP4R4>





QUICK-FIX  
FISH

**Easy baked fish...**

Lightly coat any fish fillet with olive oil and sprinkle with salt, pepper or any spices you like. Bake at 400° for 10 minutes if fillet is 1 inch thick (add 10 minutes for every additional inch).

**Shrimp...** Buy it peeled, deveined and cooked to eliminate any prep work. It's great with cocktail sauce for an evening snack.

**Cod/Pollock/Halibut...** Bake fish as above and flake it into pieces with a fork. Mix equal amounts salsa and sour cream. Serve fish, sour cream salsa, and shredded cabbage on corn tortillas... fish tacos!

**Tuna...** Mix a can of tuna and a bag of frozen vegetables in with ramen noodles for a complete meal.

**Salmon** — Mix 1 spoonful of ketchup with 1 spoonful of honey. Spread the mixture on a salmon fillet and bake as directed above.

***Tips Brought to you by  
Our Sports Dieticians***



@BoilerFuel

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and

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### HOW CAN I GET ENOUGH VITAMIN D?

Salmon, cooked, 3 ounces	320 IU
Tuna, drained, 3 oz	154 IU
Shrimp, canned, 3 ounces	90 IU
Fortified milk, 1 cup	100 IU
Fortified orange juice, 1 cup	100 IU
Egg yolk, 1 large	25 IU
Recommended daily intake (DRI) for ages 14-70	600 IU

Recommendation for winter and fall 1000 IU vitamin D3 supplement

Recommendation for summer and spring 5-30 minutes (less for light skin, more for dark) sun exposure 2 times a week between 10am and 2pm without sunscreen

## Vitamin D and Athletic Performance

"Evidence exists for a relationship between vitamin D status, muscle function and athletic performance. The data is limited but emerging in young healthy athletes" says Dr. Kimberly White, a Senior Scientist at the Gatorade Sports Science Institute. You might even say that vitamin D is the 'utility player' of nutrients. We've known about its important role in bone health for a long time. But we're only just discovering its links to some key factors in athletic perfor-

mance. For example, in those who are vitamin D deficient, supplementation enhances muscle growth, especially the type 2 fibers that are crucial to short bursts of speed and strength. Insufficiency also wreaks havoc on the immune system, raising the risk of upper respiratory tract infections. And poor vitamin D status is linked to an increased risk for stress fractures, higher levels of inflammation, musculoskeletal pain and depressed mood.

**"...a surprisingly high percentage of athletes, especially indoor athletes, are probably vitamin D deficient."**

Cannell et al. Medicine & Science in Sports & Exercise Vol. 41 No. 3, 2009

### How do I know if I'm deficient?

A blood test is the best indicator of vitamin D status. Other signs and symptoms of deficiency include bone pain, muscle weakness and pain, increase in cold and flu, decreased bone density, and fatigue.

If any of the factors in this list describe you, your need for vitamin D is higher

Living north of 35°-37° latitude

Dark skin

Late fall and winter months

Use of sunscreen

Sun exposure only in the early or late day

High body fat percentage

Increased age



Student contributors: Jacquie Sullivan, Spencer Harstead, Hailey Wilson



## COACH SPOTLIGHT: ROSS BOWSHER

In his third year at Purdue, Coach Bowsher is our resident expert in all areas related to strength quality diagnosis and is responsible for baseball, track and field—throwers as well as assisting with football. A native of Indianapolis, he previously worked at Butler University.

**Who are your mentors?** Coach Carlisle, Jim Peal, Louie Simmons

**What is your favorite quote?** “Without a plan, you plan to fail!”



**What is your favorite book?** *Why Zebras Don't Get Ulcers*

**What is your favorite PSP memory?**

Trying to make Coach Earls laugh at my desk by watching funny YouTube videos.

**What is your favorite piece of equipment and exercise?** A barbell and plates. I feel the conventional deadlift is the best exercise for young athletes to build a strength and size base.

**What is your preferred training method/way to train?**  
Conjugate Sequencing

**Describe your powerlifting background.** I won a Junior World Championship in 2005 at the IPA Worlds. I have competed in six American Senior Nationals the highest level meets in the country. I have won five American Powerlifting Federation and International Powerlifting Association state or regional meets. My best

Finish was second place at the 2009 Senior Nationals in York Pennsylvania with a 835 pound squat, 525 pound bench press and 705 pound deadlift. My all-time best competition lifts are 875 pound squat, 580 pound bench and 720 pound deadlift.

**Tell us something fun that we don't know about you!** I have a Chihuahua I love more than anything, Nucky, named after a famous American gangster.



Check out the “All About Coach Ross” video interview and clips [HERE!](http://youtu.be/WZAAmf49Dco)



<http://youtu.be/WZAAmf49Dco>



# Happy Holidays!



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