

# BOILER PUMP

THE OFFICIAL NEWSLETTER OF PURDUE SPORTS PERFORMANCE

*Issue #5: March 2014*



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# Real Talk: Leadership

Coach Carlisle's leadership topic of the month:

## Kindness

Be on the lookout for teammates who are contributing to your team. Call out a teammate for making a hustle play, pushing through a workout, recovering from a mistake, etc. Praise the actions and attitudes you want to see repeated. As Mother Teresa once said, *"Kind words are short and easy to speak, but their echoes are truly endless."*



## MARCH MADNESS TRIVIA QUESTION

Who was the first undefeated NCAA men's basketball national champion?

- A. Wisconsin in 1943
- B. Kentucky in 1949
- C. Indiana in 1953
- D. San Francisco in 1956

## FEBRUARY TRIVIA QUESTION ANSWER

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



# PSP Coach News

## We Welcome...



### **Chris Carr, Counseling Sport Psychologist**

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Chris Carr, Ph.D., HSPP, rejoined Purdue Athletics as the Consulting Sport Psychologist in January 2014. He previously served in this role with Boilermaker Athletics from 2001 to 2007. Dr. Carr is the sport and performance psychologist and coordinator for Sport and Performance Psychology at St Vincent Sports Performance in Indianapolis. He is currently the team performance psychologist for the Indiana Pacers (since 2011) and the Indiana Fever (since 2001). He was the USA Diving National Team sport psychologist from 2004 to 2008 and was in Beijing for the 2008 Summer Olympic Games as the USA Olympic Diving Team sport psychologist. He is an Ad Hoc Member and first psychologist on the NCAA Competitive Safeguards and Medical Aspects of Sport (CSMAS) Committee. He was the consulting sport psychologist for Indiana University Athletics from 2006 to 2013 and was also the psychologist for athletics at Ohio State University (1995-2000), Arizona State University (1994-95) and Washington State University (1992-94).



Dr. Carr is the past-president of Division 47 (Exercise and Sport Psychology) of the American Psychological Association and served on the Executive Committee from 2007 to 2009. He is on the United States Olympic Committee Registry of Sport Psychology Providers based at the United States Olympic Training Center in Colorado Springs, Colo. He previously was the consulting sport psychologist for the Kansas City Royals (1999-2005), Columbus Crew (1996-2000), Arizona Cardinals (1994-95) and the US Alpine Ski Team (1992-2002), where he was the USA Ski Team Sport Psychologist for the 2002 Winter Olympic Games.

Dr. Carr has a Ph.D. in counseling psychology with a minor in exercise science/sport psychology from Ball State University in Muncie, Ind. He spent one year as a clinical research assistant in sport psychology at the United States Olympic Training Center in Colorado Springs.

A former collegiate football player and native of Muncie, he received his B.A. in psychology from Wabash College and his M.A. in counseling psychology from Ball State, where he was a graduate assistant football coach in 1983 and 1984. He also studied off-campus at Oxford University and played club rugby during his stay. Dr. Carr lives in Westfield, Ind., with his wife, Kelli, and daughter, Rachel, who will begin her collegiate gymnastics career at Central Michigan University in the fall of 2013.

### **Tania Spiteri, Visiting Scholar**

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Tania Spiteri, MSc, is a PhD student from Edith Cowan University, Perth, Australia. She has worked with various elite sporting teams in Australia, including Australian Rules Football, rugby, soccer, netball, wheelchair basketball, surfing and most recently with the men's and women's national basketball teams focusing on the implementation of athlete monitoring techniques, strength and power testing and the training and developing athletes change of direction and agility performance. Tania is a visiting research scholar at Purdue and will perform research with the women's basketball team, investigating the neuromuscular profile of faster versus slower change of direction and agility performances in addition to analyzing player decision-making skills on court.

# Sports Science Report

## Functional Movement Screen (FMS)



### What is it?

The Functional Movement Screen, or FMS, is a movement screening system developed by Gray Cook and Lee Burton. The FMS is a 21-point screen used to assess, rate, and rank individual's movement capacity. It consists of seven different movement patterns: deep squat, hurdle step, in-line lunge, shoulder mobility, active straight leg raise, trunk stability and rotary stability. Each movement pattern receives a score of 0, 1, 2, or 3. A score of 3 represents that the athlete is able to perform the movement correctly without compensation, a score of 2 represents the athlete is able to perform the movement but has compensation, a score of 1 reflects the athlete is unable to perform the movement or get into the movement pattern and a score of 0 means the athlete had pain during the test.

### Why is it important?

Multiple studies have found correlations between poor performance on the screen and the potential for injury. One such study involving football players found that athletes scoring below a 14 were 11 times more likely to suffer an injury (Kiesel et al., 2007). Another study found that female collegiate athletes in NCAA Division II (volleyball, basketball, soccer) were four times more likely to suffer an injury with scores 14 or below (Chorba, et al., 2010). Other studies have looked at athletes with multiple asymmetries on the FMS. One study found that athletes with asymmetries, regardless of overall score were still 2.3 times more likely to get injured (Kiesel et al., 2011).

### What do we do with the results?

Purdue sports medicine and sports performance use the results of the screen to classify athletes into high-risk, moderate-risk and low-risk athletes. This is determined by reviewing the athletes overall score, as well as number of asymmetries present. Once the athletes are categorized, the moderate and high risk athletes are provided with an individualized corrective exercise program.

### Additional Resources:

Chorba RS, Chorba DJ, Bouillon LE, Overmyer CA, Landis JA. Use of a functional movement screening tool to determine injury risk in female collegiate athletes. *North Am J Sports Phys Ther.* 2010; 5(2): 47-54

Kiesel K, Plisky P, Butler, R. Functional movement test scores improve following a standardized off-season intervention program in professional football players. *Scand J Med Sci Sports.* 2011; 21: 287-292

Kiesel K, Plisky P, Voight M. Can serious injury in professional football be predicted by a pre-season functional movement screen? *North Am J Sports Phys Ther.* 2007; 2: 147-158

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





# Inside the Huddle...



**This month, Purdue Sports Performance catches up with infielder Steve Maniago and outfielder Lindsey Rains.**

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

**A:** Since beginning training this past summer, I have improved in just about every area. Lowered my 60 time, added 40 pounds to my bench max and 50 pounds to my squat max.

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

**A:** Through my training, I have put myself in a situation to be successful on the baseball field. Not just with overall strength but also by learning techniques that have made me faster and quicker on the field.

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

**A:** Listen and take in as much as you can because everyone in the Purdue sports performance program has valuable information to help you be a better athlete. Give 100 percent effort in every workout so you are not cheating yourself or your teammates.

**Q: What has been the highlight of being a Purdue baseball player?**

**A:** Being a part of some very special teams. Learning what it means to be a good teammate and winning as a team.

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

**A:** Paul George. He was an underdog who, in college and early NBA career, had talent but relied on his athletic ability. Once he hit a peak he realized he had to change his work ethic. He worked as hard as he could and became one of the best players in the NBA in two years.

**Q: What is your favorite quality about Coach Geib?**

**A:** How knowledgeable he is about all aspects of speed and strength training. He also puts a lot of thought into every exercise and everything we do has a specific purpose.



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

**A:** By making me stronger and more explosive, especially when it comes to hitting and getting good jumps to balls hit to the outfield.

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

**A:** Before coming to college, it never even crossed my mind to squat as high as I do now. Although not as heavy as a lot of girls on the team, I still feel like it's a personal accomplishment, even shocked myself.

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

**A:** The most memorable training session would have to be when Michelle Poe passed her mile time. It was so memorable because we used the whole team to push her and encourage her

the whole mile as she pushed herself to pass the test. The team started tearing up from the emotion and happiness we felt towards the accomplishment.

**Q: What is your favorite thing about Coach Craven?**

**A:** My favorite quality about Coach Craven is his honesty. He is tough with our team, and he tells us when we can push harder and when we have had a really awesome day.

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

**A:** To lean on your teammates for encouragement. You may walk in the weight room already tired from the long practice and day, but it's the best when your team is right there with you pushing themselves to get better. If you allow yourself to lean on your teammates and encourage them, in itself you're getting better, as well.

**Q: What has been the highlight of being a Purdue softball player?**

**A:** Being able to cherish the moments experienced on the field and off the field with your best friends. I never thought I would come to Purdue and become so close to my teammates. On top of it all, I get to play the sport I love with all of them, it's amazing.

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

**A:** My favorite athlete of all time is Kobe Bryant. He's such a great competitor and his hard work and commitment is shown through his performance.

# Mental Conditioning



## “Mental Focus Tips”

(Notes from the 2008 Olympic Games in Beijing)

*Dr. Chris Carr – Sport Psychologist, St. Vincent Sports Performance*

### Getting Started: The Mental Edge

*Why is it important to practice mental skills? Well, how much of your “game” (athletic performance) is “mental”? If you believe that confidence, composure and focus are important to you in being a great athlete, then mental training skills will enhance your performance. Here are some key “tips” to get you started on a great mental game plan. As I sit here in Beijing, China, watching all of these elite USA athletes come into the village, I hear a constant theme about “working their plan” toward a gold-medal performance. Plan on making your own commitment as an athlete to have a great “plan”!*

***Make Daily Practice Goals:*** *Take a notebook (could be your mental training journal) or some 3x5 cards and write down 1-3 goals for each practice. Not just “doing” what is on the practice schedule, but make the goal specific to your improvement (e.g. percent of passes completed; number of digs successfully done). Just 1-3 goals a day....then review after each practice. Did you accomplish your goal(s)? Did you make good progress? Then make revisions and be goal-directed at the next practice....every day!*

***Begin Practicing Relaxation:*** *Being a “composed” athlete is essential to great performance. Camp is a great time to begin practicing relaxation training....Dr. Carr has a relaxation CD that you can download (it is an MP3 file)....ask your coach or athletic trainer for a copy. Do the exercise at least 4-5 times a week (nighttime before bed is a great time to practice) to get the best results....how will you know? You will be able to take a deep breath, relax/calm your mind, and refocus for the next play....as you practice the relaxation exercise, your body will “learn” how to relax when you need it.*

***Have a Pre-Practice Mental “Routine”:*** *Consistency in your mental preparation is a “key” to having a great mental plan. Find some techniques that help you to “focus” on your practice goals, help you to feel “confident” with your abilities (especially when you are struggling or had a bad practice), and help you to be “composed” and ready for each drill/practice/scrimmage....maintaining a mental “toughness” in the face of fatigue and challenge. Mental “training” helps you to develop mental toughness!!*

**“When you’re through learning, you’re through.” – John Wooden**



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12 OZ CHILI SAUCE	\$2.15
1 LB RED POTATOS	\$1.00
5 OZ CANNED TUNA	\$0.89
10 OZ FROZEN VEG MEDLEY	\$1.75
3 OZ RAMEN NOODLES	\$0.45
DOZEN LARGE EGGS	\$1.58
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ONION @ 1	\$0.50
GREEN PEPPER @ 1	\$1.00
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10 OZ WHOLE GRAIN COUSCOUS	\$2.45
15 OZ CAN BBQ BAKED BEANS	\$2.45
15 OZ CAN DICED TOMATO	\$1.25
15 OZ CAN CORN	\$1.25
14 OZ MINUTE BROWN RICE	\$2.99

TOTAL AMOUNT

**7 Meals for**  
**\$50.75**

**QUICK** These meals come together fast... 20 minutes or less  
**EASY** You don't have to be a chef to make these meals  
**CHEAP** Buy all the ingredients for these 7 meals for only \$50  
**NUTRITIOUS** Full of lean protein, vegetables & energizing carbs

**MEXICAN CHICKEN**

On a large piece of tin foil, stack a chicken breast, 1/2 can drained beans, and some salsa. Pinch together all sides of the tin foil at the top like a tent. Bake it at 350 for 20-45 minutes, depending on the thickness of the chicken.

**CHILI POTATO**

Stab holes in a potato with a fork. Microwave it for 3-5 minutes on each side. Cut it in half lengthwise. Top with homemade chili, or Hormel turkey chili with beans, also heated in the microwave.

**BETTER RAMEN NOODLES**

Prepare ramen noodles as directed on the package. In the last few minutes of cooking, add frozen stir-fry veggies & canned tuna or shrimp.

**OMELET**

Heat 2-3 tsp oil in a pan over medium heat. Add sliced mushrooms, and fresh or frozen chopped onions & green peppers, and sauté about 5 minutes. Beat eggs in a small bowl and pour into the pan with the veggies. Cook through on both sides. Serve with peanut butter toast.

**TACO SALAD**

Brown 1/2 lb ground sirloin, then add 1 packet of taco seasoning and 1 can drained black beans; heat through. Stack on your plate: crushed tortilla chips, beef/bean mixture, shredded cheese, lettuce, tomatoes, green onions, 1/4 of a sliced avocado, and salsa.

**HONEY GLAZED PORK CHOPS**

Prepare couscous according to the package directions. Combine 1 Tbsp honey, 2 Tbsp applesauce, and 1/8 tsp cinnamon in a small bowl. Heat skillet, then brown 2 pork chops for 3 minutes on one side. Turn the pork and spoon honey mixture on top. Cover and cook 3 minutes. Uncover and cook over medium-low heat for 10 minutes, turning once. Heat frozen, fresh, or canned green beans in microwave to serve on the side.

**SUPER EASY BEANS & TOMATOES**

Heat Uncle Ben's Ready Rice brown rice in the microwave for 90 seconds. Mix the rice with 1 can baked beans, 1 can diced tomatoes, and 1 can corn, then heat the mixture in the microwave for 3 minutes.



# GROCERY SHOPPING TIPS & TRICKS



Identify staples to re-stock every time you shop

bread	milk	eggs
yogurt	cereal/oatmeal	bananas
oranges	apples	lettuce/spinach
peanut butter	nuts	olive oil
carrot sticks	hummus	granola bars



Buy produce that's in-season ([http://www.in.gov/isda/files/Harvest\\_Calander.pdf](http://www.in.gov/isda/files/Harvest_Calander.pdf))



When lean meats and seafood are on sale, buy in bulk and freeze



Purchase foods from ALL food groups:



**Carb-rich**: whole grain pasta, rice, cereal, bread, crackers, granola bars, potatoes, peas, corn



**Protein-rich**: fish, chicken, sirloin steak, ground round or ground sirloin, pork tenderloin, deli meat (ham, turkey, roast beef), cheese, yogurt, milk, nuts, eggs



**Fruits**: fresh, frozen or canned: apples, oranges, kiwis, grapefruit, bananas, pears, strawberries, raspberries, blueberries, nectarines, peaches, grapes, melons



**Vegetables**: fresh, frozen or canned: spinach, tomatoes, carrots, asparagus, bell peppers, onion, green beans, broccoli, cauliflower, zucchini, celery



**Fats**: peanut butter, olive oil, avocados, nuts, seeds, salad dressings, cheese



## COACH SPOTLIGHT: SAM CRAVEN



Coach Craven joined the Purdue staff in February of 2013. He coordinates the sports performance programs for **softball** and **cross country** while assisting with **track & field, volleyball, and women's basketball**. Sam came to Purdue from North Carolina State University, where he served as an intern strength and conditioning coach. Previously, he was a graduate assistant at Ball State University (2010 -12) and a sports performance intern at the University of Buffalo (2010). In addition, Sam was a performance specialist intern at Athletes' Performance in Los Angeles during the summer of 2011. A 2010 graduate of the State University of New York at Brockport, Sam earned a bachelor's of science degree in exercise physiology and a minor in biology. He earned a master's of art degree in sports performance from Ball State in 2012. He is a NSCA certified strength and conditioning specialist and a USAW Level 1 sports performance coach, as well as a USA Track and Field Level 1 certified coach.

**What is your favorite part of being a coach?** As coaches, we have an amazing opportunity to shape the bodies and minds of the student-athletes. Knowing we have a positive impact on their lives brings a great feeling of fulfillment.

**Who has influenced you the most throughout your career?** Every coach I have had the opportunity to learn under throughout my experiences at the University of Buffalo, Ball State University, Athletes' Performance, North Carolina State University and here at Purdue.

**What is your favorite quote?** "Heart is what separates the good from the great." - Michael Jordan

**What is your training philosophy?** Every session, every set, every repetition is an opportunity to improve and to get better. Know there is always an objective and the ultimate goal is to get each athlete as prepared as possible for the demands of their respective sport.

**Tell us about your experiences competing in Weightlifting competitions:** In the sport of weightlifting, there are two separate lifts in which one has to lift as much weight as possible for one repetition. The first lift is called the "snatch" and second is the "clean and jerk." I have been a competitive person my whole life, and competing in weightlifting keeps the competitive drive alive. Constant practice with these lifts also gives me extra insight when coaching as we use variations of these two lifts during training.

**What is your favorite type of training session or exercise?** I get after heavy squats, deadlift, cleans and snatches.

**What can we find under "most played" in your iTunes Library?** Five Finger Death Punch, All That Remains, Killswitch Engage, Coheed and Cambria.

**Tell us something interesting about you we don't know:** I am stronger than Coach Becker in anything.



# PSP on the WEB



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A continued thank you to all of the John Purdue Club members that support our staff and student athletes!