

Varsity Club

Volume 1, Issue 2

Graig White's

Slump Busting

This morning I was in the weight room and one of my athletes came in looking sad. I asked her, "What's up? Why are you looking so sad?" She said to me that she was upset because she felt like she was in a slump. She asked me, "What's the best way to get out of a slump?" I thought about it for a minute and said to her, "Don't get into one."

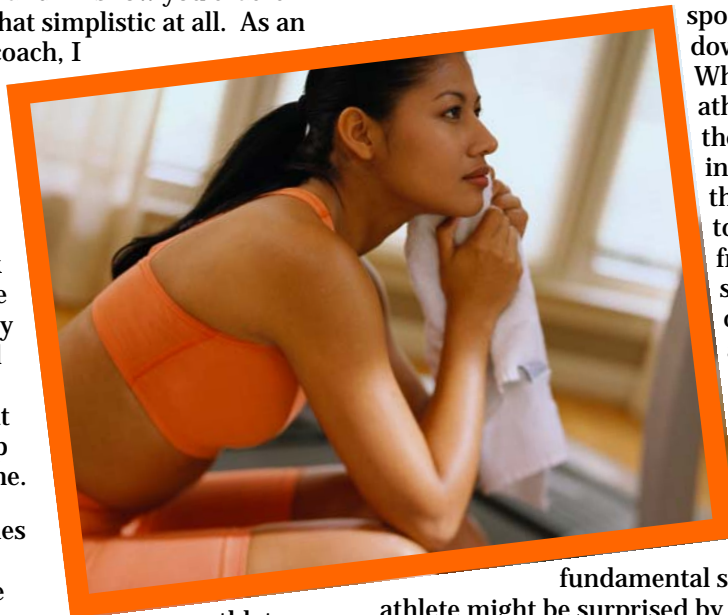
That may sound really simplistic, but stay with me and I'll show you that it may not be that simplistic at all. As an athlete and coach, I know that confidence comes from being prepared. Great players work hard to make sure that they are prepared for any situation that may come up during a game.

When it comes to "Slump Busting", the first thing an athlete needs is a goal. When a good solid game plan is in place, the wins will outnumber the losses. When deciding what the goal should be, there are a few things to keep in mind. First, write down the goal and put it somewhere you can see it. Athletes function better with visual clues. The second thing that an athlete needs to do is to create a "time frame" for him or her to reach their goal. Doing this, will help them

become more conscious of reaching it.

Another component to concentrate on is their physical conditioning. When training, people owes it to themselves to see that their best effort was put forth in every training session. This will go a long way in creating the confidence needed to stay away from any slump.

The most important aspect is making sure that the athlete has their basic



sports skills down. When athletes find themselves in a slump, they need to go start from square one and analyze their ability to execute

fundamental skills. The athlete might be surprised by what they find.

Getting athletes out of a slump is a job that coaches wish they didn't have to do, but if a person is in the business long enough they will eventually have to deal with it.

Can You Pass The Test?

Before taking any supplement, ask yourself the following questions:

1. Do you eat something for breakfast seven days a week?
2. Do you eat at least three meals a day?
3. Do you monitor the number of calories you consume?
4. Do you restrict your intake of fat calories to 25% of your total diet?
5. Do 60% of your calories come in the form of carbohydrates?
6. Do you eat from all food groups?
7. Do you eat three to five servings of fruit a day?
8. Do you eat at least one vegetable a day?
9. Do you consume a well-balanced pre-game and post-game meal?
10. Do you drink 2 quarts of water a day, above and beyond what you perspire?

If you cannot answer yes to each of the questions, why take a supplement? Don't expect supplements to replace the needs for a daily balanced diet.

Thanks to Dan Riley, Head Strength and Conditioning Coach for the Houston Texans!

Amino Acids

In this day and age of athletes looking to gain an edge over the competition, amino-acid supplements have become a big part of many athletes' training protocols. Aminos have been marketed as high tech supplements that are better than the ones commonly found in the foods we eat.

What are amino acids you may ask? Aminos are the individual building blocks of protein. Several amino acids joined together make a protein. Different combinations of aminos result in different proteins. More than 20 different aminos are used to make all the proteins the body requires. The body can produce all but eight aminos on its own. These amino acids are essential and are supplied by foods rich in proteins such as eggs, milk and meat.

The protein needs of most athletes can be met with 1.5 grams of protein per kilogram of body weight per day. Why do athletes take amino-acid supplements, if getting the necessary

grams of protein from normal food is so easy? The answer, plain and simple is marketing. During intense exercise, protein is broken down by muscle. In response, manufacturers of amino acids claim athletes should replace lost protein with aminos. However, this may not be the best advice.

Muscle protein will be broken down only when glycogen, energy in the muscle, is used up. In order to preserve muscle protein, instead of taking amino acid supplements, athletes should build up glycogen stores by eating more carbohydrates. Eating extra protein in amino acid form will not improve performance. Any protein not used by the body will be stored as fat. The extra

weight can reduce speed, also extra protein, and amino acids produce nitrogen. Extra nitrogen is excreted from the body by the kidneys. This process, joined with the loss of water during exercise can lead to dehydration, which robs an athlete of endurance and strength.

Before investing your hard-earned money on the latest amino acid powder or tablets, spend some time with your strength coach to find out how to meet your protein needs with regular food.



Healthy Summer

By Gregory "Graig" White
SJSports Physical Fitness Advisor

Summer is the best time to be outside, soaking up the sunshine and enjoying the warm weather. But the glaring rays and the heat can present some serious problems for people who like to workout outside. To ensure a safe and healthy exercise protocol when the heat rises, follow these key points:

- Sometimes even the most advanced fitness enthusiasts may not be immune to the adverse effects of the humidity and intense heat. Keep your workout times to either early morning or evening hours. You want to escape the sun while it is at its highest point. Swimming is also a safe exercise when it's hot.
- Dehydration is a common danger people face in the summer. Drinking water before you workout and every 15 minutes during your workout, is one

of the best ways to avoid this potential danger.

- Protection from the sun's rays is needed by all. Whether you are running, biking or playing tennis, don't forget your sunscreen. Apply it freely before going outside and use a product that is waterproof which will last as long as your workout.
- While working out, wearing the right clothes is important. Pick clothes that will allow you to move freely, yet won't get in the way of your exercise protocol. Choose items made of cotton, for breath ability, with lycra added to enhance the fit.

Remember, don't over exert and follow these tips and you will enjoy a safe and healthy summer.

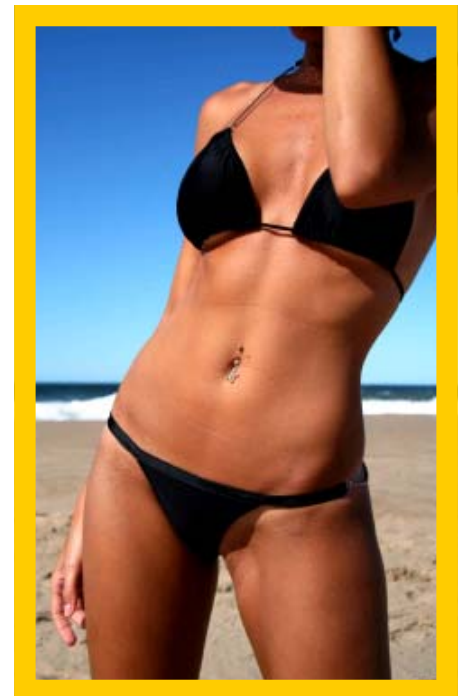


Beach Bodies

With summer quickly approaching, many people have found the time to start working on their "Beach Bodies". However, fifty percent of you will not see your workouts to the end. Most will drop out within six months. Even people who exercise regularly must avoid the pitfalls that keep people from reaching their goals. Here are some suggestions to help you get the body you want.

1. You must believe that an exercise program will make a difference in your life.
2. Set goals that are realistic and consistent with your age and the amount of time you have to exercise.

3. Create a program that is personalized just for you. It has to be enjoyable and fit your lifestyle and needs.
4. Get support from your friends and family. Those who have support are more likely to stick with it.
5. Identify obstacles that may get in your way (lack of time, money, etc.) and find ways to overcome them.
6. Work not to "think too much". People tend to intellectualize concepts dealing with exercise. It's not rocket science, get out and get to work.



Graig White's Varsity Club

108 Linden St.
Camden, NJ 08102

Phone: 856-541-2766
E-mail: gwhite@teamconditionng.com

We're on the Web: <http://www.teamconditioning.com>

"The Choice of Champions!"

"Graig White is a passionate Strength & Conditioning coach. His complete understanding of the needs of the individual athlete, and the time he takes to create such focused and personalized programs for each student-athlete speaks volumes about his commitment to developing players in all sports. My players have been pushed to tremendous limits, but leave each session really feeling a sense of growth and accomplishment towards their individual goals for that day. They all thank Coach White for teaching, inspiring, and in the end helping them reach their very best potential as an athlete. And they return for more the next day! He is a real commodity for our program and we are fortunate to have him."

Brian Wischusen
Men's Basketball Coach
Rutgers University - Camden

